

# Iowa Cross Country

## Big Ten Preview

September 13, 2024 | Champaign, Illinois

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### 2024 IOWA CROSS COUNTRY SCHEDULE

Date	Meet	Results
Aug. 30	Hawkeye Invite (Iowa City, Iowa)	M: 3rd   W: 2nd
Sept. 13	<b>Big Ten Preview (Champaign, Ill.)</b>	<b>5 p.m.</b>
Sept. 27	Gans Creek Classic (Columbia, Mo.)	8 a.m.
Oct. 18	Bradley Pink Classic (Peoria, Ill.)	1:30 p.m.
Nov. 1	Big Ten Championships (Champaign, Ill.)	TBA
Nov. 15	NCAA Midwest Regional (Peoria, Ill.)	TBA
Nov. 23	NCAA Championships (Madison, Wis.)	TBA

### IOWA COACHING STAFF

#### Joey Woody

Director of Track & Field/Cross Country

#### Randy Hasenbank

Associate Head Coach for Cross Country  
Assistant Track & Field Coach

#### Jason Wakenight

Assistant Coach, Director of Recruiting

### HOW TO FOLLOW

Results are posted on the Iowa cross country X account: [@iowa XC\\_TF](#) and online at [hawkeyesports.com/tracklive](http://hawkeyesports.com/tracklive).



### HAWKEYES TO WATCH



Miriam Sandeen  
Iowa's top finisher at  
Hawkeye Invite



Rowan Boulter  
6K PR: 22:42.2



Will Ryan  
Preseason B1G  
Athlete to Watch



Carson Houg  
8K PR: 25:49.4

#### THIS WEEK

The University of Iowa cross country team hits the road, traveling to Champaign, Illinois, to compete in the Big Ten Preview at the Orange and Blue Golf Course. Illinois will host the Big Ten Preview, with competing teams Iowa, Rutgers and Wisconsin. The women's 6,000-meter race begins at 5 p.m. (CT) and the men's 8,000-meter race will follow at 5:45. Admission is free.

#### LAST WEEK

The University of Iowa cross country team kicked off its 2024 season at the Hawkeye Invite at the Ashton Cross Country Course. The women took second with 39 points in the 4,000-meter race and the men got third with 79 points in the 6,000-meter placed race. The women finished the evening with three top-10 finishes. Senior **Miriam Sandeen** and junior **Rowan Boutler** both set personal records at 14:20.4 and 14:41.5, respectively.

#### WOMEN'S TOP RUNNERS

**Amber Aesoph** is the leading returner for Iowa in 2024. The senior from Sioux City was Iowa's top finisher in four of seven meets last season. Returning upperclassmen **Jalyssa Blazek**, **Abby Ryon** and **Aleah Tenpas** combined to score on 13 occasions in 2023. Miriam Sandeen was named to the Big Ten's Preseason Watch List.

#### MEN'S TOP RUNNERS

Seniors **Ian Geisler** and **Yohana Yual** and juniors **Brayden Burnett**, **Carson Houg**, **Hayden Kuhn**, **Will Ryan** and **Miles Sheppard** return as point scorers from the previous season. Ryan was named to the Big Ten's Preseason Watch List. The sophomore trio of **Luke Knepp**, **Flynn Milligan** and **Miles Wilson** look to push and breakthrough to the top five.

#### HAWKEYE NEWCOMERS

Iowa welcomes nine newcomers to the 2024 roster. Freshmen **Armaan Chopra**, **Ethan Eichhorn**, **Kyle Montgomery** and **Jaxson Plumb** join the men's team this fall. On the women's side, **Lara Kallem** transfers in from Simpson College. Freshmen **Julia Gehl**, **Marissa Long**, **Elena Torres** and **Hillary Trainor** make up the newest underclassmen.

## LOCAL FOCUS

Of the 31 athletes on the Hawkeyes' cross country team, 23 hail from the state of Iowa. Ian Geisler, Cameron Kalaway and **Audra Soderlind** come to the Hawkeye State from Illinois. Two Hawkeyes, Marissa Long and Miriam Sandeen, are Minnesota natives. Armaan Chopra (Virginia), Kyle Montgomery (Indiana) and Elena Torres (Colorado) represent their respective states in 2024.

## FAST START

Iowa kicked off the 2023 cross country season in record-setting fashion at the Hawkeye Invite, with Max Murphy shattering the program's six-year 6,000-meter record. Murphy's 17:57.7 broke the school's top mark by nearly 13 seconds. Previously, the Hawkeye star had ranked sixth all-time in school history, before the 22-second personal best set at the Ashton Cross Country Course. Four more Hawkeyes moved up the program record list: Hayden Kuhn (18:05.4 - 2nd), Miles Sheppard (18:07.4 - 3rd), Will Ryan (18:17.4 - 7th), and Ian Geisler (18:17.6 - 8th).

## 2023 NCAA CHAMPIONSHIPS

Junior Max Murphy placed 69th at the NCAA Championships in Charlottesville, Virginia, with a 30:13.9 personal best in the 10,000-meter race. Murphy's time moved him to fifth in program history. The Bettendorf, Iowa, native was Iowa's first NCAA qualifier since 2019. Murphy's finish is the highest since 2010, when Jeff Thode placed 30th. Murphy saved his best race for last, with an average 1,000-meter split of 2:57.4. As he has done all season, the Hawkeye junior kept pace and climbed toward the front of the pack with each passing split. Out of 236 runners, Murphy broke into the top 100 at the 6K mark and continued to push forward to his personal best finish.

## NEXT UP FOR THE HAWKEYES

The Hawkeyes will head to the Gans Greek Classic in Columbia, Missouri, on Sept. 27.

## LINK UP WITH THE HAWKEYES

For an inside look at the Iowa cross country program and to access exclusive coverage, "like" The University of Iowa Cross Country and Track & Field Facebook page and follow the Hawkeyes on X (@IowaXC\_TF) and Instagram (@IOWAXCTF). Follow live results at [hawkeyesports.com/tracklive](http://hawkeyesports.com/tracklive).

## 2024 ROSTER

### Men

Brayden Burnett	Jr.	Cedar Falls, Iowa
Armaan Chopra	Fr.	Virginia Beach, Va.
Ethan Eichhorn	Fr.	Council Bluffs, Iowa
Ian Geisler	Sr.	Lake in the Hills, Ill.
Carson Houg	Jr.	Urbandale, Iowa
Luke Knepp	So.	Bettendorf, Iowa
Hayden Kuhn	Jr.	Marion, Iowa
Flynn Milligan	So.	Des Moines, Iowa
Kyle Montgomery	Fr.	Greenwood, Ind.
Eli Naumann	Jr.	Peosta, Iowa
Jaxson Plumb	Fr.	Des Moines, Iowa
Will Ryan	Jr.	Waukee, Iowa
Miles Sheppard	Jr.	Keokuk, Iowa
Miles Wilson	So.	Cedar Rapids, Iowa
Yohana Yual	Sr.	Des Moines, Iowa

### Women

Amber Aesoph	Gr.	Sioux City, Iowa
Jalyssa Blazek	Jr.	Lawler, Iowa
Rowan Boulter	Jr.	Iowa City, Iowa
Julia Gehl	Fr.	Dubuque, Iowa
Cameron Kalaway	So.	Mount Prospect, Ill.
Lara Kallem	Gr.	Dallas Center, Iowa
Clare Kelly	So.	Van Meter, Iowa
Marissa Long	Fr.	Chanhassen, Minn.
Ellie Rathe	So.	La Porte City, Iowa
Abby Ryon	Gr.	Mount Pleasant, Iowa
Miriam Sandeen	Sr.	Eden Prairie, Minn.
Lillian Schmidt	Sr.	Dubuque, Iowa
Audra Soderlind	So.	Oswego, Ill.
Aleah Tenpas	Jr.	Johnston, Iowa
Elena Torres	Fr.	Loveland, Colo.
Hillary Trainor	Fr.	Sumner, Iowa

### Ashton Cross Country Course

The University of Iowa men's and women's cross country team's home for training and competition is the Ashton Cross Country Course. Located west of the Finkbine Golf Course, the course first opened in 2003 and has hosted the 2014 Big Ten Championships and 2016 NCAA Regional. The course boasts a rolling terrain with outstanding rhythm for running, and offers the ability to race from 3K to 10K around a layout that enables spectators to view the race from start to finish.

**Men's Top 10 All-Time Best Performers****6,000 Meters**

1. Max Murphy ..... 17:57 ..... 2023 Hawkeye Invite
2. Hayden Kuhn ..... 18:05 ..... 2023 Hawkeye Invite
3. Miles Sheppard ..... 18:07 ..... 2023 Hawkeye Invite
4. Ian Eklin ..... 18:10 ..... 2017 Hawkeye Invite
5. Michael Melchert ..... 18:12 ..... 2016 Hawkeye Invite
6. Nathan Mylenek ..... 18:16 ..... 2019 Hawkeye Invite
7. Will Ryan ..... 18:17 ..... 2023 Hawkeye Invite
8. Ian Geisler ..... 18:17 ..... 2023 Hawkeye Invite
9. Eric MacTaggart ..... 18:18 ..... 2005 Hawkeye Invite
10. Nick Trattner ..... 18:18 ..... 2022 Big Ten Preview

**8,000 Meters**

1. Jesse Luciano ..... 23:01 ..... at 2008 Auburn Invite
2. Micah VanDenend ..... 23:39 ..... at 2006 Pre-Nationals
3. Eric MacTaggart ..... 23:24 ..... at 2008 Auburn Invite
4. Jeff Thode ..... 23:27 ..... at 2010 Bradley Classic
5. Sam Bailin ..... 23:36 ..... at 2008 Auburn Invite
6. Max Murphy ..... 23:44 ..... at 2022 Gans Creek Classic
7. Tommy Tate ..... 23:46 ..... at 2008 Auburn Invite
8. Mark Battista ..... 23:48 ..... at 2008 Auburn Invite
9. Kevin Lewis ..... 23:52 ..... at 2014 Big Ten Champ's
10. Nathan Mylenek ..... 23:53 ..... at 2019 NCAA Pre-Nationals

**10,000 Meters**

1. Nathan Mylenek ..... 29:53 ..... at 2017 NCAA Regional
2. Jeff Thode ..... 29:55 ..... at 2010 NCAA Regional
3. Daniel Soto ..... 30:04 ..... at 2017 NCAA Regional
4. Matt Esche ..... 30:10 ..... at 2002 NCAA Regional
5. Max Murphy ..... 30:13 ..... at 2023 NCAA Champs
6. Jesse Luciano ..... 30:17 ..... at 2008 NCAA Champs
7. Micah VanDenend ..... 30:26 ..... at 2002 NCAA Regional
8. Kevin Herd ..... 30:28 ..... 1993
9. Joe Welter ..... 30:28 ..... at 2002 NCAA Regional
10. Brandon Cooley ..... 30:29 ..... at 2017 NCAA Regional

**Ashton Cross Country Course Records****Women's 3,000 Meters**

Diane Nukuri, Iowa - Hawkeye Open - 9/9/06 ..... 9:47

**Women's 4,000 Meters**

Diane Nukuri, Iowa - Hawkeye Open - 9/15/07 ..... 13:14

**Women's 6,000 Meters**

Leah O'Connor, Michigan St. - Big Ten Champs. - 11/2/14 ..... 19:26

**Men's 6,000 Meters**

Festus Lagat, Iowa State - Hawkeye Invitational - 9/1/17 ..... 17:49

**Men's 8,000 Meters**

Malachy Schrobilgen, Wisconsin - Big Ten Champs. - 11/2/14 ..... 23:35

**Men's 10,000 Meters**

Wesley Kiptoo, Iowa State - NCAA Regional - 11/12/21 ..... 30:17

**Women's Top 10 All-Time Best Performers****3,000 Meters**

1. Diane Nukuri ..... 9:47 ..... 2006 Hawkeye Open
2. Meghan Armstrong ..... 10:01 ..... 2006 Hawkeye Open
3. Brooke Eilers ..... 10:15 ..... 2010 Iowa Invite
4. Besty Flood ..... 10:18 ..... 2010 Iowa Invite
5. Tess Wilberding ..... 10:20 ..... 2016 Hawkeye Invite
6. Amanda Hardesty ..... 10:21 ..... 2009 Hawkeye Invite
7. Lauren Hardesty ..... 10:21 ..... 2010 Hawkeye Invite
8. Madison Waymire ..... 10:21 ..... 2016 Hawkeye Invite
9. Kelsey Hart ..... 10:22 ..... 2011 Iowa Invite
10. Shannon Stanley ..... 10:25 ..... 2006 Hawkeye Open

**4,000 Meters**

1. Diane Nukuri ..... 13:14 ..... 2007 Hawkeye Open
2. Kayla Beattie ..... 13:41 ..... 2012 Toledo Bubble Buster
3. Megan Ranegar ..... 13:45 ..... 2012 Toledo Bubble Buster
4. Meghan Armstrong ..... 13:47 ..... 2007 Hawkeye Open
5. Mareike Schrulle ..... 13:47 ..... 2012 Toledo Bubble Buster
6. Nicole Benson ..... 13:52 ..... 2012 Toledo Bubble Buster
7. Andrea Shine ..... 13:58 ..... 2017 Hawkeye Invite
8. Jolly Burke ..... 14:03 ..... 2007 Hawkeye Open
9. Madison Waymire ..... 14:03 ..... 2017 Hawkeye Invite
10. Nikki Chapple ..... 14:09 ..... 2004 Hawkeye Triangular

**5,000 Meters**

1. Diane Nukuri ..... 15:55 ..... at 2007 Auburn Invite
2. Racheal Marchand ..... 16:15 ..... at 2008 Auburn Invite
3. Meghan Armstrong ..... 16:25 ..... at 2007 Auburn Invite
4. Nan Doak ..... 16:31 ..... at 1983 Big Ten Champ's
5. Jolly Burke ..... 16:33 ..... at 2007 Auburn Invite
6. Jenny Spangler ..... 16:34 ..... at 1983 Big Ten Champ's
7. Renee Doyle ..... 16:41 ..... at 1986 Purdue Invite
8. Tracy Dahl ..... 16:42 ..... at 1991 Illinois St. Invite
9. Sarah Spencer Perry ..... 16:50 ..... at 2008 Auburn Invite
10. Brooke Eilers ..... 16:53 ..... at 2008 Auburn Invite

**6,000 Meters**

1. Diane Nukuri ..... 19:37 ..... at 2007 NCAA Regional  
at 2007 Big Ten Champ's
2. Mareike Schrulle ..... 19:43 ..... at 2012 NCAA Champ's
3. Racheal Marchand ..... 19:54 ..... at 2008 NCAA Champ's
4. Meghan Armstrong ..... 20:07 ..... at 2007 NCAA Regional
5. Jolly Burke ..... 20:20 ..... at 2007 Big Ten Champ's
6. Betsy Flood ..... 20:22 ..... at 2010 NCAA Regional
7. Andrea Shine ..... 20:35 ..... at 2018 B1G Champs
8. Emma Gordon ..... 20:37 ..... at 2022 NCAA Regional
9. McKenzie Melander ..... 20:41 ..... at 2011 Big Ten Champ's
10. Megan Ranegar ..... 20:43 ..... at 2012 NCAA Champ's

**2024 Men's Team Results & Scorers**

**Aug. 30 | Hawkeye Invite | 6K | 3rd Place | 75 points**

- 10. Will Ryan ..... 18:24.8
- 12. Kyle Montgomery..... 18:29.9
- 16. Ethan Eichhorn ..... 18:39.4
- 17. Miles Sheppard ..... 18:40.7
- 20. Carson Houg ..... 18:49.8

**2024 Women's Team Results & Scorers**

**Aug. 30 | Hawkeye Invite | 4K | 2nd Place | 39 points**

- 4. Miriam Sandeen ..... 14:20.4, PR
- 5. Elena Torres ..... 14:21.6
- 7. Amber Aesoph..... 14:30.6
- 11. Rowan Boulter ..... 14:41.5, PR
- 12. Marissa Long ..... 14:43.7