Iowa Cross Country

NCAA Midwest Regional

November 15, 2024 | Peoria, 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	Big Ten Preview (Champaign, Ill.)	M: 7th | W: 5th
Sept. 27	Gans Creek Classic (Columbia, Mo.)	M: 13th | W: 12th
Oct. 18	Bradley Pink Classic (Peoria, Ill.)	M: 3rd | W: 10th
Nov. 1	B1G Championships (Champaign, Ill.)	M:13th | W: 16th
Nov. 15	**NCAA Midwest Regional (Peoria, Ill.)**	**11 a.m.**
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**.

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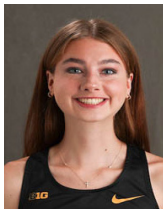
HAWKEYES TO WATCH



Miriam Sandeen
Iowa's top finisher at B1G Championships

Elena Torres
6k PR: 20:59.0

Carson Houg
8k PR: 24:26.0

Miles Wilson
Iowa's top finisher at B1G Championships

THIS WEEK

University of Iowa men's and women's cross country heads to Peoria, Illinois, for the NCAA Midwest Regional on Nov. 15. Bradley University will host the event at the Newman Golf Course. The women's 6,000-meter race begins at 11 a.m. (CT), with the men's 10,000-meter to follow at 12 p.m.

LAST TIME OUT

University of Iowa men's and women's cross country opened postseason competition on Nov. 1 at the Big Ten Championships at the Blue and Orange Golf Course in Champaign, Illinois. The men placed 13th overall with 370 points, while the women finished 16th with 479 points.

WOMEN'S TOP RUNNERS

Miriam Sandeen is the leading runner for Iowa in the 2024 regular season. The senior from Eden Prairie, Minnesota, has been Iowa's top finisher in the Hawkeye Invite, Big Ten Preview, Bradley Pink Classic and B1G Championships. Freshman **Elena Torres** finished as Iowa's top runner at the Gans Creek Classic. Senior **Amber Aesoph** and junior **Rowan Boulter** combined to score for all of Iowa's 2024 regular season races.

MEN'S TOP RUNNERS

Juniors **Will Ryan**, **Miles Sheppard**, **Brayden Burnett**, and **Carson Houg** have been Iowa's point scorers this season. Ryan was named to the Big Ten's Preseason Watch List. Sophomore **Miles Wilson** has been a consistent top-five runner for Iowa in every meet for the 2024 season.

LAST TIME HERE

The Hawkeyes had a previous look at the Newman Golf Course at the Bradley Pink Classic on Oct. 18. The men placed third overall with 165 points in the 8,000-meter race led by Brayden Burnett in 29th (24:20.5). Miles Wilson, Carson Houg, Will Ryan and **Ethan Eichhorn** rounded out Iowa's top five. The women's team finished tenth with 275 points in the 6,000-meter race. Miriam Sandeen paced the Hawkeyes, finishing in 30th place (21:05.6) followed by Amber Aesoph, Elena Torres, **Jalyssa Blazek** and Rowan Boutler.

HAWKEYE NEWCOMERS

Iowa's freshman class has made a significant impact this season. On the women's side, Elena Torres has been recognized twice as Big Ten Freshman of the Week, earning the honor for her performances at the Big Ten Preview and Gans Creek Classic. She was also named Iowa's September Woman Athlete of the Month. Additionally, **Marissa Long** and Hillary Trainor have consistently placed among Iowa's top five runners in the team's first two races. The men's team has also seen strong performances from its freshmen. **Kyle Montgomery** and Ethan Eichhorn have been key contributors, finishing among Iowa's top five at multiple meets. Montgomery excelled at the Hawkeye Invite, Gans Creek Classic, and Bradley Pink Classic, while Eichhorn secured top-five finishes at the Hawkeye Invite, Big Ten Preview, and Bradley Pink Classic.

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

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 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.

NEXT UP FOR THE HAWKEYES

Pending qualification, the Hawkeyes will head to the NCAA Championships in Madison, Wisconsin, on Nov. 23.

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.

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
	Ian Geisler	18:17	2023 Hawkeye Invite
9.	Eric MacTaggart	18:18	2005 Hawkeye Invite
	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
	Lauren Hardesty	10:21	2010 Hawkeye Invite
	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
	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
	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

Sep. 13 |Big Ten Preview | 8K | 7th Place | 178 points

19. Miles Wilson ..... 24:06.2, PR
40. Miles Sheppard ..... 24:36.0, PR
41. Kyle Montgomery 24.36.4
44. Ethan Eichhorn 24:43.2
46. Hayden Kuhn ..... 24:46.7, PR

Sep. 27 |Gans Creek Classic | 8K | 13th Place | 368 points

43. Brayden Burnett ..... 23:59.7, PR
49. Will Ryan ..... 24:05.4, PR
56. Miles Wilson 24:11.8
107. Miles Sheppard 24:40.4
130. Kyle Montgomery 24:47.3

Oct. 18 |Bradley Pink Classic| 8K | 3rd Place | 165 points

29. Brayden Burnett 24:20.5
34. Miles Wilson 24:24.2
49. Carson Houg ..... 24:35.3, PR
50. Will Ryan 24:36.0
53. Ethan Eichhorn ..... 24:38.0, PR

Nov. 1 |Big Ten Championships| 8K | 13th Place | 370 points

63. Miles Wilson ..... 23:54.5, PR
77. Brayden Burnett 24:03.7
81. Will Ryan 24:06.6
105. Carson Houg ..... 24:26.0, PR
118. Hayden Kuhn 24:44.4

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

Sep. 13 | Big Ten Preview | 6K | 5th Place | 140 points

22. Miriam Sandeen ..... 21:13.2, PR
24. Amber Aesoph ..... 21:17.5, PR
27. Elena Torres 21:23.1
31. Hillary Trainor 21:29.4
39. Rowan Boulter ..... 21:47.4, PR

Sep. 27 | Gans Creek Classic | 6K | 12th Place | 422 points

51. Elena Torres ..... 21:07.4, PR
82. Miriam Sandeen 21:27.3
97. Amber Aesoph 21:33.9
102. Hillary Trainor 21:35.6
127. Rowan Boulter 21:49.3

Oct. 18| Bradley Pink Classic | 6K | 10th Place | 275 points

30. Miriam Sandeen ..... 21:05.6, PR
35. Amber Aesoph ..... 21:10.0, PR
44. Elena Torres 21:18.2
84. Jalyssa Blazek 21:46.9
90. Rowan Boulter 21:53.8

Nov. 1 |Big Ten Championships| 6K | 16th Place | 479 points

104. Miriam Sandeen ..... 20:58.6, PR
105. Elena Torres ..... 20:59.0, PR
134. Amber Aesoph 21:25.9
138. Hillary Trainor 21:30.2
152. Jalyssa Blazek ..... 21:44.1, PR