



Men's Team Roster

Name	Yr.	Hometown (Last School)
Ben Anderson	So.	Clive, Iowa (West Des Moines Valley)
Matt Butler	So.	Bettendorf, Iowa (Bettendorf)
Kevin Docherty	Fr.	Saint Paul, Minn. (Saint Paul)
Nate Ferree	So.	Appleton, Wis. (Xavier)
Sam Fourman	Sr.	Oak Park, Ill. (Oak Park)
Daniel Gardarsson	Fr.	Coralville, Iowa (West)
Anthony Gregorio	So.	Palatine, Ill. (Palatine)
Michael Hart	So.	West Branch, Iowa (West Branch)
Daniel Huff	So.	Waverly, Iowa (Waverly-Shell Rock)
Kevin Lewis	Sr.	Ottumwa, Iowa (Ottumwa)
Samuel McElhiney	*Fr.	Bettendorf, Iowa (Pleasant Valley)
Michael Melchert	Fr.	Monticello, Iowa (Monticello)
Brook Price	*Fr.	Iowa City, Iowa (City)
Connor Simmons	*Fr.	Des Moines, Iowa (Valley)
Josh Sindelar	*Fr.	Honey Creek, Iowa (St. Albert Catholic)
Taylor Soltys	So.	Naperville, Ill. (Neuqua Valley)
Ben Witt	Sr.	Burlington, Iowa (Burlington)

Women's Team Roster

Name	Yr.	Hometown (Last School)
Katie Adams	So.	Marengo, Ill. (Marengo)
Maria Bote Gonzalez	Fr.	Merida, Spain
Kelly Breen	*Fr.	Palatine, Ill. (Fremd)
Courtney Bruns	*Fr.	West Branch, Iowa (West Branch)
Lindsey Bruns	So.	West Branch, Iowa (UN-Omaha)
Anna Eisenzimmer	Fr.	Mineral Point, Wis. (Mineral Point)
Lisa Gordon	Jr.	Western Springs, Illinois (Lyons Township)
Grace Haerr	So.	Schaumburg, Ill. (Schaumburg HS)
Taylor Majher	Fr.	Naperville, Ill. (Naperville, Ill.)
Courtney Martin	Jr.	Ames, Iowa (Ames)
Shannon Maser	Sr.	Stillwell, Kan. (Blue Valley West)
Astrid Montuclard	*Fr.	Papeete, Tahiti (Paul Gauguin)
Kara Neustrom	Fr.	West Des Moines, Iowa
Carolyn Newhouse	So.	Marion, Iowa (Linn-Mar)
Elizabeth Niedert	Fr.	Glen Ellyn, Ill.
Rachel Price	Jr.	Chicago, Ill. (Loyola Academy)
Anna Reishmann	Fr.	Konstanz, Germany
Jordyn Sindt	*Fr.	Griswold, Iowa (Griswold)
Nicole Stinnett	Fr.	Sammamish, Wash.
Jocelyn Todd	Jr.	St. Louis, Mo. (Ladue Watkins)
Katharina Trost	*Fr.	Piding, Germany (Karls gymnasium)
Tess Wilberding	So.	Troy, Mich. (Birmingham Seaholm)
Samantha Zishka	So.	Lancaster, Ohio (Lancaster)

Men's Cross Country Team Quick Facts

2013 Big Ten Cross Country Championship Finish (Pts.): 10th (275)
 2013 NCAA Regional Cross Country Finish (Pts.): 14th (370)
 NCAA Qualifiers Returning/Lost 0/0
 All-Region Returning/Lost: 1/0
 All-Big Ten Honorees Returning/Lost: 0/0
 Academic All-Big Ten Returning/Lost: 4/0
 Letterwinners Returning/Lost: 5/3

Men's Cross Country Historical Quick Facts

Highest Big Ten Championships Team Place (Yrs.): 1st (1961, 1966)
 Highest NCAA Regional Team Place (Pts., Yr.): 1st (79, 2002)
 Highest NCAA Championships Team Place (Yr.): 2nd (1955)
 NCAA Champions: 1 - Deacon Jones, 1955
 All-Americans: 5 student-athletes, 7 honors
 NCAA Regional Champions: 1 - Micah VanDenend, 2006
 All-Region Honorees: 20 student-athletes, 39 honors
 Big Ten Champions: 6 student-athletes, 9 titles
 All-Big Ten Honorees: 7 student-athletes, 9 honors
 USTFCCA All-Academic Team Members: 7 student-athletes, 7 honors
 Academic All-Big Ten Honorees: 40 student-athletes, 86 honors

Women's Cross Country Team Quick Facts

2013 Big Ten Cross Country Finish (Points): 12th (369)
 2013 NCAA Midwest Regional Finish (Points): 21st (512)
 NCAA Qualifiers Returning/Lost 0/0
 All-Region Returning/Lost: 0/0
 All-Big Ten Honorees Returning/Lost: 0/0
 Academic All-Big Ten Returning/Lost: 3/1
 Letterwinners Returning/Lost: 7/2

Women's Cross Country Historical Quick Facts

Highest Big Ten Championships Team Place (Pts., Yr.): 1st (74, 1982)
 Highest NCAA Regional Team Place (Pts., Yr.): ... 3rd (118, 2006; 111, 2007)
 Highest NCAA District Champ's Team Place (Yr.): .. 2nd (1986, 1991)
 Highest NCAA Championships Team Place (Pts., Yr.): 8th (249, 1982)
 All-Americans: 11 student-athletes, 14 honors
 NCAA Regional Champions: 2 student-athletes, 3 honors
 All-Region Honorees: 12 student-athletes, 17 honors
 Big Ten Champions: 2 - Tracy Dahl, 1992; Diane Nukuri, 2007
 All-Big Ten Honorees: 14 student-athletes, 19 honors
 USTFCCA All-Academic Team Members: 5 student-athletes, 6 honors
 Academic All-Big Ten Honorees: 71 student-athletes, 126 honors



Hawkeye Early Bird Invitational

August 30 - Iowa City, Iowa

4,000 meters - 1st/2 teams (19 points)

Individual Results

Place	Name	Time
1.	Kevin Docherty	12:34.52
3.	Sam Chaney	12:43.61
4.	Ben Anderson	12:45.56
5.	Caleb Wilfong	12:48.32
6.	Sam Fourman	12:48.99
10.	Nate Ferree	13:04.57
12.	Michael Hart	13:14.52
15.	Nate Lonsway	13:21.82
16.	Matt Butler	13:24.65
17.	Daniel Huff	13:30.86

Iowa Black & Gold Invitational

September 13 - Iowa City, Iowa

6,000 Meters - 1st/3 teams (18 points)

Individual Results

Place	Name	Time
1.	Kevin Lewis	18:33.68
2.	Ben Witt	18:50.43
3.	Sam Chaney	18:53.69
5.	Kevin Docherty	18:56.64
7.	Quentin Shaffer	18:58.28
11.	Nate Ferree	19:01.90
20.	Caleb Wilfong	19:28.12
22.	Matt Butler	19:32.70
27.	Daniel Huff	19:55.58
32.	Nate Lonsway	20:07.09

Roy Griak Invitational

September 28 - Minneapolis, Minn.

8,000 meters - 15th/24 teams (381 points)

Individual Results

Place	Name	Time
26.	Kevin Lewis	24:59.5
55.	Ben Witt	25:17.6
96.	Kevin Docherty	25:44.6
99.	Nate Ferree	25:46.3
125.	Sam Chaney	25:58.5
134.	Quentin Shaffer	26:03.4
152.	Ben Anderson	26:10.7
203.	Matt Butler	26:55.5
229.	Michael Hart	27:52.3

Pre-National Invitational

October 19 - Terre Haute, Ind.

8,000 meters - 24th/52 teams (677 points)

Individual Results

Place	Name	Time
53.	Kevin Lewis	24:15.09
128.	Ben Witt	24:48.71
153.	Nate Ferree	24:58.11
162.	Quentin Shaffer	25:01.01
181.	Kevin Docherty	25:05.61
270.	Caleb Wilfong	25:38.65
298.	Sam Chaney	25:53.95

Big Ten Championships

November 2 - West Lafayette, Ind.

8,000 Meters - 10th/11 teams

Team Results

Place	Team	Points
1.	Indiana	51
2.	Michigan	66
3.	Wisconsin	71
4.	Minnesota	136
5.	Illinois	140
6.	Purdue	163
7.	Michigan State	170
8.	Ohio State	182
9.	Penn State	209
10.	Iowa	275
11.	Nebraska	314

Individual Results

Place	Athlete	Time
26.	Kevin Lewis	25:03.9
59.	Quentin Shaffer	25:34.3
64.	Ben Witt	25:39.6
67.	Kevin Docherty	25:43.8
81.	Caleb Wilfong	26:02.6
90.	Nate Ferree	26:48.7
91.	Sam Chaney	27:00.8
94.	Matt Butler	27:38.9

NCAA Midwest Regional

November 15 - Ames, Iowa

10,000 meters - 14th/29 teams

Team Results - Top 20 Teams

Place	Team	Points
1.	Oklahoma State	45
2.	Tulsa	57
3.	Iowa State	113
4.	Oklahoma	156
5.	Minnesota	156
6.	Kansas	158
7.	Illinois	210
8.	Missouri	212
9.	Nebraska	320
10.	South Dakota State	328
11.	Southern Illinois	349
12.	South Dakota	353
13.	Bradley	361
14.	Iowa	370
15.	Illinois State	399
16.	Eastern Illinois	418
17.	Loyola (Ill.)	426
18.	Wichita State	437
19.	UMKC	476
20.	North Dakota State	478

Individual Results

Place	Athlete	Time
15.	Kevin Lewis	* 30:47.84
76.	Nate Ferree	32:04.74
81.	Caleb Wilfong	32:06.14
82.	Ben Witt	32:06.84
123.	Kevin Docherty	32:42.94
142.	Sam Chaney	33:06.74
185.	Quentin Shaffer	34:52.34

* -- All-Region

2013 Season Best Times

Athlete	4,000 Meters	6,000 Meters	8,000 Meters	10,000 Meters
Ben Anderson	12:45.56	--	26:10.7	--
Matt Butler	13:24.65	19:32.70	26:55.5	--
Sam Chaney	12:43.61	18:53.69	25:53.95	33:06.74
Kevin Docherty	12:34.52	18:56.64	25:05.61	32:42.94
Nate Ferree	13:04.57	19:01.90	25:46.3	32:04.74
Sam Fourman	12:48.99	--	--	--
Michael Hart	13:14.52	--	27:52.3	--
Daniel Huff	13:30.86	19:55.58	--	--
Kevin Lewis	--	18:33.68	24:15.09	30:47.84
Nate Lonsway	13:21.82	20:07.09	--	--
Quentin Shaffer	--	18:58.28	25:01.01	34:52.34
Caleb Wilfong	12:48.32	19:28.12	25:38.65	32:06.14
Ben Witt	--	18:50.43	24:48.71	32:06.84



Hawkeye Early Bird Invitational

August 30 - Iowa City, Iowa
3,000 meters - 1st/2 teams (21 points)

Individual Results

Place	Name	Time
2.	Lena Placzek	11:07.97
3.	Tess Wilberding	11:08.26
4.	Courtney Martin	11:08.33
5.	Samantha Zishka	11:08.50
7.	Jocelyn Todd	11:14.79
9.	Shannon Maser	11:24.57
11.	Rachel Price	11:30.09
14.	Katie Adams	11:40.22
17.	Grace Haerr	11:58.69
18.	Gina O'Brien	12:02.35

Iowa Black & Gold Invitational

September 13 - Iowa City, Iowa
4,000 Meters - 4th/4 teams (97 points)

Individual Results

Place	Name	Time
14.	Samantha Zishka	14:34.32
15.	Katie Adams	14:37.84
21.	Lena Placzek	14:44.45
23.	Rachel Price	14:45.63
25.	Courtney Martin	14:47.37
29.	Shannon Maser	14:56.14
30.	Lisa Gordon	15:02.56
37.	Grace Haerr	16:00.27

Roy Griak Invitational

September 28 - Minneapolis, Minn.
6,000 meters - 21st/28 teams (614 points)

Individual Results

Place	Name	Time
113.	Courtney Martin	22:40.70
134.	Samantha Zishka	22:53.60
146.	Shannon Maser	23:02.25
199.	Katie Adams	23:27.50
208.	Lena Placzek	23:35.25
214.	Rachel Price	23:41.05
219.	Tess Wilberding	23:47.35
272.	Alana Jones	25:00.80

Pre-National Invitational

October 19 - Terre Haute, Ind.
6,000 meters - 13th/35 teams (414 points)

Individual Results - White Race

Place	Name	Time
66.	Katie Adams	22:16.88
68.	Shannon Maser	22:21.59
69.	Courtney Martin	22:22.54
86.	Tess Wilberding	22:36.41
130.	Rachel Price	23:03.69

Pre-National Invitational

October 19 - Terre Haute, Ind. - 6,000 meters

Individual Results - Open Race

Place	Name	Time
47.	Alana Jones	23:13.57
51.	Jocelyn Todd	23:19.15

Big Ten Championships

November 2 - West Lafayette, Ind.
6,000 meters - 12th/12 teams (369 points)

Team Results

Place	Team	Points
1.	Michigan State	43
2.	Michigan	55
3.	Minnesota	68
4.	Penn State	143
5.	Ohio State	157
6.	Indiana	158
7.	Wisconsin	158
8.	Purdue	221
9.	Illinois	241
10.	Northwestern	264
11.	Nebraska	320
12.	Iowa	369

Individual Results

Place	Athlete	Time
78.	Courtney Martin	22:53.4
82.	Katie Adams	23:04.8
84.	Rachel Price	23:08.3
86.	Tess Wilberding	23:10.9
90.	Shannon Maser	23:17.5
95.	Jocelyn Todd	23:26.1
104.	Alana Jones	24:46.2

NCAA Midwest Regional

November 15 - Ames, Iowa
6,000 meters - 21st/30 teams (512 points)

Team Results - Top 20 Teams Plus Iowa

Place	Team	Points
1.	Iowa State	39
2.	Minnesota	59
3.	Oklahoma State	192
4.	Southern Illinois	217
5.	Kansas	218
6.	Missouri	261
7.	Bradley	265
8.	Illinois	270
9.	Northwestern	274
10.	Loyola (Ill.)	277
11.	Illinois State	286
12.	Tulsa	309
13.	Kansas State	317
14.	Saint Louis	415
15.	South Dakota State	433
16.	Wichita State	451
17.	Drake	503
18.	North Dakota State	504
19.	UMKC	506
20.	Nebraska	509
21.	Iowa	512

Individual Results

Place	Athlete	Time
66.	Shannon Maser	21:49.23
77.	Courtney Martin	21:51.58
92.	Katie Adams	21:59.83
136.	Rachel Price	22:35.48
153.	Tess Wilberding	22:53.63

2013 Season Best Times

Athlete	3,000 Meters	4,000 Meters	6,000 Meters
Katie Adams	11:40.22	14:37.84	21:59.83
Lisa Gordon	--	15:02.06	--
Grace Haerr	11:58.69	16:00.27	--
Alana Jones	--	--	24:46.2
Courtney Martin	11:08.33	14:47.37	21:51.58
Shannon Maser	11:24.57	14:56.14	21:49.53
Gina O'Brien	12:02.35	--	--
Lena Placzek	11:07.97	14:44.45	23:35.25
Rachel Price	11:30.09	14:45.63	22:35.48
Jocelyn Todd	11:14.79	--	23:26.1
Tess Wilberding	11:08.26	--	22:36.41
Samantha Zishka	11:08.50	14:34.32	22:53.60



Men's Top 10 All-Time Best Performers

6,000 Meters

1. Eric MacTaggart 18:18 2005 Hawkeye Invite
2. Jeff Thode..... 18:21 2009 Hawkeye Invite
3. Dan Haut 18:24 2005 Hawkeye Invite
4. Jeff Kent 18:27 2005 Hawkeye Invite
5. Nick Holmes 18:30 2009 Hawkeye Invite
6. Adam Roche 18:33 2005 Hawkeye Invite
Sam Bailin..... 18:33 2009 Hawkeye Invite
Kevin Lewis..... 18:33 2013 Iowa Invite
9. Jesse Luciano..... 18:40 2008 Hawkeye Invite
10. Tommy Tate 18:41 at 2006 Early Bird Invite

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. Tommy Tate 23:46 at 2008 Auburn Invite
7. Mark Battista..... 23:48 at 2008 Auburn Invite
8. Andy Napier 23:56 at 2008 Auburn Invite
9. Brendan Camplin..... 24:01 at 2008 Auburn Invite
10. Bruce MacTaggart 24:04 at 2008 Auburn Invite

10,000 Meters

1. Jeff Thode..... 29:55 at 2010 NCAA Regional
2. Matt Esche 30:10 at 2002 NCAA Regional
3. Jesse Luciano..... 30:17 at 2008 NCAA Champ's
4. Micah VanDenend..... 30:26 at 2002 NCAA Regional
5. Kevin Herd..... 30:28 1993
6. Joe Welter 30:28 at 2002 NCAA Regional
7. Tony Rakaric..... 30:31 at 2002 NCAA Regional
8. Dan Haut 30:39 at 2002 NCAA Regional
9. Alex Webster..... 30:40 at 2006 NCAA Regional
10. Nick Holmes 30:43 at 2011 Chili Pepper Festival

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

Danette Doetzel, Michigan St. - Big Ten Champ's - 10/31/04..20:33

Men's 6,000 Meters

Eric MacTaggart, Iowa - Hawkeye Invitational - 9/2/05.....18:18

Men's 8,000 Meters

Simon Bairu, Wisconsin - Big Ten Champ's - 10/31/04.....23:45

Men's 10,000 Meters

Antonio Vega, Minnesota - NCAA Regional - 11/12/0530:52

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. Amanda Hardesty..... 10:21 2009 Hawkeye Invite
Lauren Hardesty 10:21 2010 Hawkeye Invite
7. Kelsey Hart 10:22 2011 Iowa Invite
8. Shannon Stanley..... 10:25 2006 Hawkeye Open
Krista Anderson 10:25 2006 Hawkeye Open
Racheal Marchand..... 10:25 2008 Hawkeye Invite

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. Jolly Burke 14:03 2007 Hawkeye Open
8. Nikki Chapple 14:09 2004 Hawkeye Triangular
9. Krista Anderson 14:14 2007 Hawkeye Open
10. **Lisa Gordon..... 14:17 2012 Toledo Bubble Buster**

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. McKenzie Melander 20:41 at 2011 Big Ten Champ's
8. Megan Ranegar 20:43 at 2012 NCAA Champ's
9. Kayla Beattie..... 20:54 at 2011 Wisconsin Invite
10. Nikki Chapple 21:04 at 2004 NCAA Regional

* - This time is also the Big Ten Championships Record.



IOWA TRACK AND FIELD

2014-15 MEDIA GUIDE

Cross Country
NCAA & regional champions and honorees



Meghan Armstrong



Jennifer Brower



Tracy Dahl



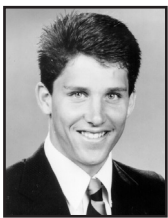
Nan Doak



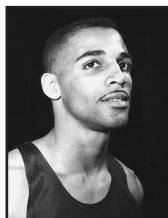
Renee Doyle



Rich Ferguson



Kevin Herd



Deacon Jones



Jeanne Kruckeberg



Racheal Marchand



Diane Nukuri



Mareike Schrulle



Jenny Spangler



Stetson Steele



Jeff Thode



Micah VanDenend



Ted Wheeler



Larry Wiczorek

National & Regional Champions & Honorees

NCAA Champion

Deacon Jones 1957

All-Americans

Men's

Kevin Herd 1992-93
Deacon Jones..... 1957
Stetson Steele..... 1998
Jeff Thode 2010
Ted Wheeler 1952
Larry Wiczorek..... 1966-67

Women's

Meghan Armstrong 2007
Jennifer Brower 1991
Tracy Dahl 1991-92
Nan Doak 1980, 1982-83
Renee Doyle 1986
Jeanne Kruckeberg 1990
Racheal Marchand..... 2006, 2008
Diane Nukuri..... 2006-07
Mareike Schrulle..... 2012
Jenny Spangler..... 1983

Honda Sports Awards Nominee

Nan Doak 1983
Diane Nukuri..... 2007

NCAA Regional Champion & Athlete of the Year

Men's

Micah VanDenend 2006

Women's

Diane Nukuri..... 2006-07
Racheal Marchand..... 2008

NCAA All-Region Team

Men's

Mark Battista 2009
Trent Corey 1997, 2001
Matt Esche..... 2002-05
Dan Haut 2002, 2004-05
Nick Holmes..... 2011
Kevin Lewis 2013
Jesse Luciano 2007-08
Eric MacTaggart 2005-06, 2008
Nick Nordheim..... 1998-99, 2001
Jared Pittman 1997

NCAA All-Region Team (Con't)

Men's (Con't)

Brian Rae 2003
Tony Rakaric..... 2002, 2004
Adam Roche 2004-05
Paul Sarris..... 1998-99
Chad Schwitters..... 1998
Reed Steele..... 1998
Stetson Steele..... 1997-98
Jeff Thode 2009-11
Micah VanDenend 2002, 2005-06
Joe Welter 2001-02

Women's

Sarah Arens 2003
Meghan Armstrong 2005-07
Kayla Beattie 2011
Jolly Burke 2007
Nikki Chapple..... 2004
Brooke Eilers..... 2009
Betsy Flood 2010
Racheal Marchand..... 2005-06, 2008
McKenzie Melander 2011
Diane Nukuri..... 2006-07
Megan Ranegar 2012
Mareike Schrulle..... 2012
Sarah Spencer Perry 2008



Big Ten Champions

Men's

Rich Ferguson	1952-53
Jock Hunn	1926
Deacon Jones.....	1958
H.R. Phelps	1923-24
James Tucker	1961
Larry Wieczorek.....	1966-67

Women's

Tracy Dahl	1992
Diane Nukuri.....	2007

Big Ten Athlete of the Year

Women's

Tracy Dahl	1992
Diane Nukuri.....	2007

Big Ten Coach of the Year

Women's

Jerry Hassard	1989
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Big Ten Freshman of the Year

Men's

Jared Pittman	1993
Reed Steele.....	1998

All-Big Ten Honorees

Men's

Jesse Luciano	2008-09
Eric MacTaggart	2006
Brian Rae	2003
Tony Rakaric.....	2003
Chad Schwitters	1997
Stetson Steele.....	1996
Jeff Thode	2010
Micah VanDenend	2004, 2006

Women's

Meghan Armstrong	2006-07
Erin Boland	1994
Jennifer Brower	1991
Jolly Burke	2007
Tracy Dahl	1991-92
Renee Doyle	1986-88
Betsy Flood	2010
Tami Hoskins.....	1989
Jennifer Johnson.....	1991
Jeanne Kruckeberg	1989
Racheal Marchand.....	2006, 2008
McKenzie Melander	2011
Diane Nukuri.....	2007
Mareike Schrulle.....	2012

Big Ten Athlete of the Month

Men's

Kevin Herd	September 1992
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Women's

Tracy Dahl ...	Sept. 1990, Oct. 1992, Nov. 1992
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Big Ten Athlete of the Week

Men's

Trent Corey	Sept. 11, 2001
Matt Esche.....	Sept. 7, 2004
Jesse Luciano	Oct. 7, 2008
Eric MacTaggart	Sept. 6, 2005
Jeff Thode	Oct. 19, 2010
Micah VanDenend	Sept. 17, 2002

Women's

Sarah Arens	Sept. 3, 2003
Meghan Armstrong	Sept. 6, 2005
Kayla Beattie.....	Sept. 11, 2012
Betsy Flood	Sept. 8, 2009
Lauren Hardesty	Sept. 7, 2010
Racheal Marchand.....	Oct. 7, 2008
Diane Nukuri.....	Sept. 18, 2007
Diane Nukuri.....	Oct. 2, 2007
Diane Nukuri.....	Oct. 16, 2007
Mareike Schrulle.....	Oct. 16, 2012

Big Ten Sportsmanship Award

Men's

Sam Bailin	2008
Mark Battista	2010
Brendan Camplin	2009
Nate Ferree.....	2013
Cameron Rieger.....	2011
Ben Witt	2012

Women's

Brooke Eilers.....	2009
Kelsey Hart	2010
Shannon Maser	2013
Sarah Spencer Perry	2008
Mareike Schrulle.....	2011, 2012



Shannon Maser



Kevin Lewis



CoSIDA Academic All-American

Chad Schwitters 1997

CoSIDA Academic All-District

Kevin Herd 1990, 1992-93
 Stetson Steele 1996, 1998

USTFCCCA Academic Team

Men's

2007, 2008, 2010

Women's

1995, 1997, 1999, 2000, 2003, 2004, 2005,
 2006, 2007, 2008, 2009, 2010, 2011, 2012,
 2013

USTFCCCA All-Academic Honorees

Men's

Dan Haut 2004
 Kevin Herd 1993
 Kevin Lewis 2013
 Jesse Luciano 2007-08
 Chad Schwitters 1998
 Stetson Steele 1998

Women's

Meghan Armstrong 2004-05
 Sarah Arens 2004
 Brooke Eilers 2009
 Megan Ranegar 2012
 Mareike Schrulle 2012

Big Ten Distinguished Scholar

Men's

Sam Bailin 2008
 Kevin Lewis 2013

Women's

Fionna Fallon 2008
 Kelsey Hart 2011-12
 McKenzie Melander 2011
 Lena Placzek 2012
 Marieke Schrulle 2012
 Jocelyn Todd 2012-13

Academic All-Big Ten

Men's

L.J. Albrecht 1988-90
 Ravi B'Have 1994, 1996
 Sam Bailin 2008, 2010
 Mike Biderman 2001
 Bill Branigan 1992
 David Brown 1987-90
 Matt Butler 2013
 Brendan Camplin 2007-10
 Trent Corey 2000-01

Academic All-Big Ten (Con't)

Nate Ferree 2013
 Matt Gerard 1992-94
 Dan Haut 2002, 2004-05
 Kevin Herd 1990, 1992-93
 Alan Jackson 2005
 Chase Kadlec 2009-11
 Kevin Lewis 2012-13
 Ben Lloyd 2002-03
 Jesse Luciano 2007-10
 Eric MacTaggart 2005-06, 2008
 Steve Marshall 1991-93
 Pete McDowell 1993-94
 Sean Moeller 1998-99, 2001
 Andy Morris 1997, 1999
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 Andy Napier 2005-08
 James Paul 2008-10
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 Adam Thomas 2001
 Andy Weise 1986
 David White 1990-91
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Krista Anderson 2006-07
 Lindsay Anderson 2009-10
 Sarah Arens 2000, 2002-03
 Meghan Armstrong 2005-07
 Atalie Barber 2001, 2003
 Holly Barnes 1992
 Briana Benning 1994-97
 Danielle Berndt 2010-11
 Allison Billhardt 2005
 Kerri Blackstone 1996
 Jennifer Brower 1989-91
 Jolly Burke 2007
 Katie Butler 2000
 Jenni Capista 2003-04
 Megan Daniel 1994
 Jennie Docherty 2006, 2009-10
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 Brooke Eilers 2009-11
 Katie Ellis 2007, 2009-10
 Molly Esche 2005-07
 Fionna Fallon 2008-10

Academic All-Big Ten (Con't)

Shawn Fleck 1995
 Betsy Flood 2009-11
 Alienor Gilchrist 1997
 Keelin Gorman 2011
 Kristin Haefke 1998
 Amanda Hardesty 2010
 Kelsey Hart 2010-12
 Rachel Hawks 2006-07
 Jennifer Johnson 1991-93
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 Jennifer Kiciak 1996-97
 Tricia Kiraly 1988
 Natalie Kleinfelter 1993-94
 Christine Kotarba 2004, 2007
 Jeanne Kruckeberg 1987-89
 Kimberly Kruk 1994
 Michelle Lahann 2000-02
 Jackie Laesch 2011
 Jennifer Lisy 1992
 Shannon Maser 2012-13
 Amy McRell 1991-92
 McKenzie Melander 2009-11
 Georgia Millward 2001-03
 Jennifer Moore 1987-89
 Amy Murphy 1999
 Sarah Murray 1993
 Haley Newbrough 1997
 Val Oltman 1999
 Kiersten Pauling 1994-96
 Lena Placzek 2012-13
 Rachel Price 2013
 Megan Ranegar 2010-12
 Katherin Rehn 2011
 Ericka Roberts 2000-02
 Hannah Roeder 2009-10
 Janeth Salazar 1987
 Christine Salsberry 1990-93
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 Kristi Schmidt 1999
 Kim Schneckloth 1986-89
 Jennifer Schoonover 1994
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 Anna Shearer 1999-2000
 Michelle Sokol 2002, 2004
 Jenny Spangler 1985
 Laura Spencer 2004
 Shannon Stanley 2004
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 Jocelyn Todd 2012-13
 Jamie Voss 1992



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Stetson Steele was a three-time All-American, two-time all-region and six-time academic all-Big Ten honoree in cross country and track from 1996-2000. He holds the school 10,000-meter record, and in 2000 he won the Drake Relays 5,000-meter title and was Iowa's Big Ten Medal of Honor winner.



IOWA TRACK AND FIELD

2014-15 MEDIA GUIDE

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Micah VanDenend holds three school records and won the 2007 Big Ten 10,000-meter outdoor track title. He was the 2006 NCAA Midwest Regional Cross Country Meet Champion and Male Athlete of the Year. The four-time all-region honoree competed for Iowa from 2002-07.

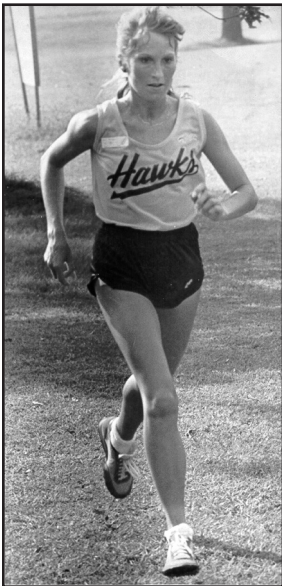


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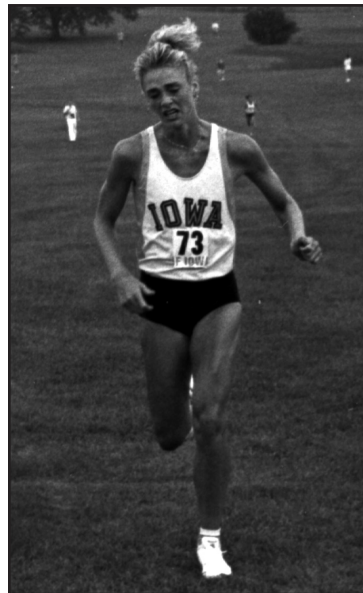
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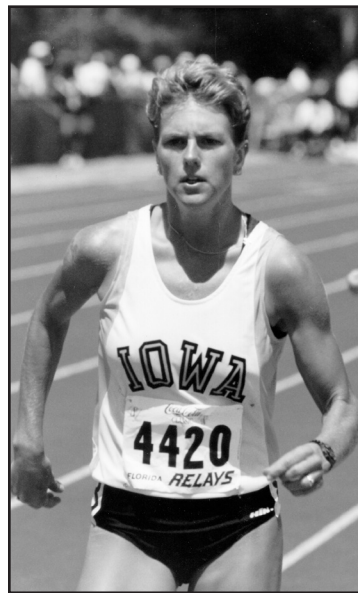
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Nan Doak was Iowa's first cross country all-American, earning a total of three honors (1980, 1982-82).



Jennifer Brower was an all-American for the Hawkeyes in 1991. She also ran on the 1991 Iowa squad that posted a second-place finish at the NCAA district meet - its highest finish there in school history.



Tracy Dahl was Iowa's first Big Ten Cross Country Champion. The two-time all-American (1991-92) won the title and was named Big Ten Female Cross Country Athlete of the Year in 1992.