



2024 SEASON REVIEW

2024 SCHEDULE

AUGUST

30 Cyclone Preview M: 1st; W: 1st

SEPTEMBER

21 at Greeno/Dirksen Invitational W: 2nd
27 at Nuttycombe Invitational M: 2nd; W: 20th

OCTOBER

19 at Wisconsin Pre-Nationals M: 2nd; W: 28th

NOVEMBER

1 at Big 12 Championship M: 3rd; W: 7th
15 at NCAA Midwest Regional M: 2nd; W: 4th
23 at NCAA Championships M: 2nd

QUICK FACTS

Location	Ames, Iowa
Founded	1858
Enrollment	30,432
Nickname	Cyclones
Mascot	Cy
Colors	Cardinal & Gold
Affiliation	NCAA Division I
Conference	Big 12
Facility	Iowa State Cross Country Course
President	Dr. Wendy Wintersteen
Director of Athletics	Jamie Pollard

BIG 12 IN THE POLLS

(Final Rankings)

School	Men	Women
Arizona	NR	NR
Arizona State	NR	NR
Baylor	NR	NR
BYU	1	1
Cincinnati	NR	NR
Colorado	19	NR
Houston	NR	NR
Iowa State	2	NR
Kansas	NR	NR
Kansas State	NR	NR
Oklahoma State	8	27
TCU	NR	NR
Texas Tech	NR	NR
UCF	NR	NR
Utah	NR	NR
West Virginia	NR	2

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MEN'S & WOMEN'S CROSS COUNTRY



IOWA STATE CYCLONES

USTFCCCA Men's Ranking 4th
USTFCCCA Women's Ranking NR
Men's Coach Jeremy Sudbury
Women's Coach Cale Wallace

THE LEAD

The Iowa State cross country seasons saw standout performances from individuals and a complete team effort that propelled the men to their third Top 5 and second runner-up NCAA finish in the last four seasons. Said Mechaal, Sanele Masondo, Joash Ruto and Robin Kwemai Bera earned All-America honors for the men while Maelle Porcher represented the women with her third straight NCAA appearance.

KEY STORYLINES

- The Iowa State men earned their second consecutive automatic bid to the NCAA Championships with a runner-up finish at the Midwest Regional in Peoria, Ill.
- Head coach Jeremy Sudbury was named the USTFCCCA Midwest Region Coach of the Year for leading his team to runner-up finishes at the national and regional championships.
- All seven individual runners for the Cyclone men earned USTFCCCA All-Midwest Region honors, placing in the top 25.
- Kwemai Bera, a freshman this season, finished individually in the top five at Nuttycombe and Pre-Nationals before earning All-Big 12, all-region and All-America honors in the championship season.
- Ruto, also a freshman, stormed onto the scene late for Iowa State, running for the first time at the Big 12 Championships and taking home all-conference honors in the 8K race. He returned for the NCAA Championships, running his first 10K of the season, and helped ISU to its runner up finish, placing 34th individually.
- Ruto was named the Big 12 Men's Newcomer of the Year for his performances.
- Gable Sieperda closed his outstanding Iowa State career as a four-time NCAA Championship qualifier and a four-time All-Midwest Region finisher. He also earned three all-conference honors in his career.
- Mechaal followed up a solid first season as a Cyclone in 2023 with big moves into 2024. Mechaal earned his first All-America honors with a top 10 finish at the NCAA Championship.
- Porcher was consistently at the top for the ISU women, claiming the top finish for the Cyclones in every meet she raced. She ran a gutsy race in Peoria to earn an individual bid to the 2024 NCAA Championship, her third appearance at the national meet.
- Riley Beach and Bella Heikes also earned All-Midwest Region honors for the Iowa State women, both individually finishing in the top 25 in Peoria.

JUST THE FACTS

2

Number of runner-up finishes for the Iowa State men at the NCAA Championship in the past four seasons.

10

Number of Iowa State runners to earn All-Midwest Region honors in 2024.

16

Consecutive seasons that the Iowa State women have had at least one representative at the NCAA Championship meet.

MEN'S EVENT RESULTS

WOMEN'S EVENT RESULTS

CYCLONE PREVIEW *(1st/3 teams)*

Ames, Iowa

Place	Runner	Time (6K)
1st	Devan Kipyego	17:38.5
2nd	Ryan Watts	17:39.0
4th	Emanuel Galdino	18:15.7
5th	Seth Clevenger	18:23.5
7th	Quinton Orr	18:32.0
11th	Allen Bonnessen	18:46.2
12th	Ernie Mattson	19:01.5
16th	Riley Simpson	19:12.0

GREENO/DIRKSEN INVITATIONAL *(NTS)*

Lincoln, Neb.

Place	Runner	Time (8K)
5th	Emanuel Galdino	24:42.7
7th	Quinton Orr	24:53.1
13th	Allen Bonnessen	25:17.9
23rd	Ernie Mattson	25:34.7

NUTTYCOMBE INVITATIONAL *(2nd/24 teams)*

Madison, Wis.

Place	Runner	Time (8K)
5th	Robin Kwemoi Bera	23:18.2
19th	Said Mechaal	23:53.5
22nd	Silas Winders	23:57.7
29th	Gable Sieperda	23:59.7
33rd	Devan Kipyego	24:01.6
44th	Ryan Watts	24:09.5
52nd	Hanibal Haile	24:13.6

WISCONSIN PRE-NATIONALS *(2nd/32 teams)*

Madison, Wis.

Place	Runner	Time (8K)
5th	Robin Kwemoi Bera	22:45.8
19th	Said Mechaal	23:10.7
24th	Sanele Masondo	23:14.9
30th	Devan Kipyego	23:18.2
50th	Gable Sieperda	23:31.0
57th	Timothy Sindt	23:33.4
93rd	Ryan Watts	23:48.4
124th	Silas Winders	24:05.6

BIG 12 CHAMPIONSHIP *(3rd/13 teams)*

Waco, Texas

Place	Runner	Time (8K)
4th	Robin Kwemoi Bera	22:16.7
10th	Said Mechaal	22:35.5
13th	Joash Ruto	22:43.8
14th	Sanele Masondo	22:51.2
21st	Gable Sieperda	23:01.4
22nd	Devan Kipyego	23:08.2
23rd	Timothy Sindt	23:08.9
24th	Rodgers Rotich	23:12.8
28th	Silas Winders	23:21.7
37th	Ryan Watts	23:34.1

NCAA MIDWEST REGIONAL *(2nd/31 teams)*

Peoria, Ill.

Place	Runner	Time (10K)
3rd	Robin Kwemoi Bera	29:09.34
4th	Said Mechaal	29:09.35
11th	Gable Sieperda	29:26.48
13th	Sanele Masondo	29:30.39
15th	Silas Winders	29:42.93
22nd	Timothy Sindt	29:53.85
24th	Ryan Watts	29:55.23

NCAA CHAMPIONSHIP *(2nd/31 teams)*

Madison, Wis.

Place	Runner	Time (10K)
10th	Said Mechaal	28:59.8
23rd	Sanele Masondo	29:16.8
34th	Joash Ruto	29:22.4
37th	Robin Kwemoi Bera	29:23.8
49th	Gable Sieperda	29:31.7
93rd	Devan Kipyego	29:51.9
94th	Timothy Sindt	29:52.3

CYCLONE PREVIEW *(1st/3 teams)*

Ames, Iowa

Place	Runner	Time (5K)
1st	Maelle Porcher	16:57.6
2nd	Bella Heikes	17:02.4
3rd	Riley Beach	17:08.7
4th	Taylor Briggs	17:12.5
5th	Josie Baker	17:13.6
6th	Sydney Morrell	17:14.1
8th	Claire White	17:18.6
9th	Becca Heitzig	17:22.0
11th	Keelee Leitzen	17:34.0
14th	Makayla Clark	17:37.6
15th	Mya Trober	17:40.4
16th	Aspen Fulbright	17:41.9
20th	Ashlyn Keeney	17:47.2
23rd	Camryn Sattler	17:58.5
28th	Ruby Hughes	18:15.6

GREENO/DIRKSEN INVITATIONAL *(2nd/22 teams)*

Lincoln, Neb.

Place	Runner	Time (5K)
6th	Aspen Fulbright	17:54.3
9th	Ashlyn Keeney	18:01.6
12th	Ruby Hughes	18:07.9
16th	Mya Trober	18:22.8
25th	Keele Leitzen	18:41.3
27th	Camryn Sattler	18:41.4

NUTTYCOMBE INVITATIONAL *(20th/25 teams)*

Madison, Wis.

Place	Runner	Time (6K)
16th	Maelle Porcher	20:30.0
94th	Riley Beach	21:23.8
95th	Bella Heikes	21:24.3
119th	Taylor Briggs	21:38.0
154th	Sheridan Wheeler	22:00.1
170th	Becca Heitzig	22:30.6
188th	Josie Baker	23:31.0

WISCONSIN PRE-NATIONALS *(29th/33 teams)*

Madison, Wis.

Place	Runner	Time (6K)
21st	Maelle Porcher	19:55.8
108th	Bella Heikes	20:40.2
149th	Riley Beach	21:00.0
172nd	Taylor Briggs	21:09.0
193rd	Sheridan Wheeler	21:20.1
201st	Ruby Hughes	21:28.2
210th	Ashlyn Keeney	21:34.2
241st	Josie Baker	22:15.9

BIG 12 CHAMPIONSHIP *(7th/16 teams)*

Waco, Texas

Place	Runner	Time (6K)
9th	Maelle Porcher	19:58.2
40th	Bella Heikes	20:51.2
41st	Riley Beach	20:51.7
47th	Ruby Hughes	21:06.5
50th	Sheridan Wheeler	21:09.9
52nd	Taylor Briggs	21:10.9
61st	Kiki Connell	21:27.0
62nd	Aspen Fulbright	21:27.4
65th	Becca Heitzig	21:33.4
68th	Ashlyn Keeney	21:41.1

NCAA MIDWEST REGIONAL *(4th/31 teams)*

Peoria, Ill.

Place	Runner	Time (6K)
3rd	Maelle Porcher	19:52.8
18th	Riley Beach	20:20.8
21st	Bella Heikes	20:22.5
42nd	Ruby Hughes	20:47.5
55th	Sheridan Wheeler	20:57.7
58th	Taylor Briggs	20:58.84
67th	Kiki Connell	21:11.20

NCAA CHAMPIONSHIP *(NTS)*

Madison, Wis.

Place	Runner	Time (6K)
103rd	Maelle Porcher	20:32.9

2024 CYCLONE CROSS COUNTRY

SEASON REVIEW