



2025 SEASON REVIEW

2025 SCHEDULE

AUGUST

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

SEPTEMBER

26 at Gans Creek Classic M: 1st; W: 7th

OCTOBER

17 at Nuttycombe Invitational M: 27th; W: 3rd

31 at Big 12 Championship M: 2nd; W: 2nd

NOVEMBER

14 at NCAA Midwest Regional M: 2nd; W: 3rd

22 at NCAA Championships M: 3rd; W: 20th

QUICK FACTS

Location	Ames, Iowa
Founded	1858
Enrollment	30,177
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	11	2
Cincinnati	NR	NR
Colorado	10	13
Houston	NR	NR
Iowa State	3	20
Kansas	NR	NR
Kansas State	NR	NR
Oklahoma State	1	12
TCU	NR	NR
Texas Tech	NR	NR
UCF	---	NR
Utah	---	17
West Virginia	---	9

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MEN'S & WOMEN'S CROSS COUNTRY

@CycloneTrackXC @CycloneTrackXC

IOWA STATE CYCLONES

USTFCCCA Men's Ranking 3rd

USTFCCCA Women's Ranking 20th

Men's Coach Jeremy Sudbury

Women's Coach Cale Wallace

THE LEAD

Entering the season with high hopes, Iowa State cross country once again delivered on the national stage as the Cyclone men brought home their fourth Top 5 team finish in the last five years while the women returned to the NCAA Championships and posted a Top 20 finish. ISU had six runners earn All-America status while several others were recognized with all-region and all-conference honors.

KEY STORYLINES

- The Iowa State men earned their third consecutive automatic bid to the NCAA Championships with a runner-up finish at the Midwest Regional in Stillwater while the Cyclone women earned an at-large bid during the NCAA Selection Show.
- Five Cyclone men (Joash Ruto, Robin Kwemai Bera, Sanele Masondo, Rodgers Kiplimo, Devan Kipyego) earned USTFCCCA all-region status for finishing in the Top 25 while Betty Kipkore, Mercy Kibet and Maelle Porcher earned all-region honors for the women.
- Kwemai Bera followed up a strong freshman campaign with a Top 15 finish at the NCAA Championships in Columbia, earning All-America status for the second straight season.
- Freshman Meshack Kimutai ran well for the Cyclones all season and was the second ISU finisher at the national meet, finishing 22nd for his first All-America honors.
- Kimutai was named the Big 12 Men's Newcomer of the Year for his performances, the second straight year a Cyclone has earned the honor (Ruto).
- Kiplimo and Ruto also finished within the Top 40 at the national championship to be named All-Americans for the second time in their careers.
- Kwemai Bera, Ruto, Kiplimo, Masondo and Kimutai were also All-Big 12 runners for the ISU men this season.
- The Iowa State women returned to the NCAA Championships after building up confidence and experience a season ago.
- Three-time NCAA qualifier Maelle Porcher returned for her senior season to lead a young Cyclone squad back to the national meet.
- Porcher, along with freshmen Mercyline Kirwa and Mercy Kibet and redshirt-freshman Betty Kipkore, led ISU to a runner-up finish at the Big 12 Championships with all-conference honors.
- Kipkore, Kibet and Porcher also earned all-region status while Kipkore and Kibet ran in the Top 20 at the NCAA Championships for their first All-America honors.
- The Cyclone women finished inside the Top 20 nationally for the 11th time in the last 17 seasons.

JUST THE FACTS

2

Team placement for both the Cyclone men and women at the 2025 Big 12 Championships.

4

Number of Top 5 team finishes for the Iowa State men at the NCAA Championship in the past five seasons.

17

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



MEN'S EVENT RESULTS

CYCLONE PREVIEW (1st/4 teams)

Place	Runner	Time (6K)
2nd	Allen Bonnesen	17:40.8
4th	Emanuel Galdino	17:59.5
6th	Seth Clevenger	18:08.0
7th	Isaac Rivera	18:11.2
12th	Nathan Pestka	18:29.8
15th	Quinton Orr	18:37.9
17th	Riley Simpson	18:44.0

Ames, Iowa

GANS CREEK CLASSIC (1st/31 teams)

Place	Runner	Time (8K)
2nd	Joash Ruto	22:32.0
6th	Sanele Masondo	22:50.3
7th	Robin Kwemai Bera	22:50.7
13th	Rodgers Kiplimo	22:59.4
19th	Meshack Kimutai	23:02.7
52nd	Devan Kipyego	23:24.6
70th	Ryan Watts	23:33.7
75th	Hanibal Haile	23:35.5

Columbia, Mo.

NUTTYCOMBE INVITATIONAL (27th/31 teams)

Place	Runner	Time (8K)
19th	Seth Clevenger	23:37.9
63rd	Hanibal Haile	24:04.6
181st	Isaac Rivera	25:17.8
188th	Quinton Orr	25:26.3
208th	Emanuel Galdino	26:07.3

Madison, Wis.

BIG 12 CHAMPIONSHIP (2nd/13 teams)

Place	Runner	Time (8K)
3rd	Robin Kwemai Bera	22:55.8
5th	Joash Ruto	22:57.4
10th	Rodgers Kiplimo	23:06.5
12th	Sanele Masondo	23:09.8
13th	Meshack Kimutai	23:14.3
28th	Devan Kipyego	23:46.9
38th	Allen Bonnesen	23:58.6
55th	Quinton Orr	24:45.8

Lawrence, Kan.

NCAA MIDWEST REGIONAL (2nd/30 teams)

Place	Runner	Time (10K)
2nd	Joash Ruto	29:46.0
3rd	Robin Kwemai Bera	29:48.0
4th	Sanele Masondo	30:01.5
10th	Rodgers Kiplimo	30:24.3
22nd	Devan Kipyego	30:53.8
32nd	Allen Bonnesen	31:19.3
99th	Quinton Orr	32:59.1

Stillwater, Okla.

NCAA CHAMPIONSHIP (3rd/32 teams)

Place	Runner	Time (10K)
15th	Robin Kwemai Bera	28:51.5
22nd	Meshack Kimutai	28:54.4
23rd	Rodgers Kiplimo	28:56.5
36th	Joash Ruto	29:02.9
86th	Sanele Masondo	29:31.0
107th	Devan Kipyego	29:39.3
187th	Allen Bonnesen	30:22.2

Columbia, Mo.



WOMEN'S EVENT RESULTS

CYCLONE PREVIEW (1st/4 teams)

Place	Runner	Time (5K)
1st	Betty Kipkore	16:44.3
2nd	Bella Heikes	16:56.2
3rd	Sydney Morrell	17:00.8
4th	Riley Beach	17:05.3
6th	Olivia Verde	17:16.6
8th	Ruby Hughes	17:32.0
14th	Ashlyn Keeney	18:12.9
17th	Josie Baker	18:27.8
19th	Mya Trober	18:28.8

Ames, Iowa

GANS CREEK CLASSIC (7th/31 teams)

Place	Runner	Time (5K)
3rd	Mercyline Kirwa	19:13.7
14th	Betty Kipkore	19:38.1
20th	Maele Porcher	19:45.3
88th	Ruby Hughes	20:45.6
104th	Sydney Morrell	20:53.3
113th	Maya Ledesma	20:57.6
123rd	Olivia Verde	21:02.2
132nd	Riley Beach	21:08.3

Columbia, Mo.

NUTTYCOMBE INVITATIONAL (3rd/30 teams)

Place	Runner	Time (6K)
5th	Mercyline Kirwa	19:44.8
13th	Maele Porcher	20:04.4
14th	Betty Kipkore	20:05.0
29th	Mercy Kibet	20:26.9
115th	Ruby Hughes	21:15.6
128th	Sydney Morrell	21:23.3
141st	Riley Beach	21:32.1
171st	Maya Ledesma	21:55.2

Madison, Wis.

BIG 12 CHAMPIONSHIP (2nd/16 teams)

Place	Runner	Time (6K)
5th	Mercyline Kirwa	19:24.0
6th	Betty Kipkore	19:26.9
7th	Mercy Kibet	19:27.2
14th	Maele Porcher	19:56.2
41st	Ruby Hughes	20:51.8
52nd	Riley Beach	21:14.8
53rd	Maya Ledesma	21:17.7
66th	Becca Heitzig	21:46.5
69th	Sydney Morrell	21:56.5

Lawrence, Kan.

NCAA MIDWEST REGIONAL (3rd/32 teams)

Place	Runner	Time (6K)
3rd	Betty Kipkore	19:53.2
5th	Mercy Kibet	20:04.6
9th	Maele Porcher	20:31.0
41st	Riley Beach	21:30.6
50th	Maya Ledesma	21:41.5
53rd	Ruby Hughes	21:44.1
96th	Sydney Morrell	22:20.9

Stillwater, Okla.

NCAA CHAMPIONSHIP (20th/32 teams)

Place	Runner	Time (6K)
15th	Betty Kipkore	19:01.4
20th	Mercy Kibet	19:05.7
89th	Maele Porcher	19:54.3
225th	Riley Beach	20:54.5
234th	Maya Ledesma	21:03.1
247th	Ruby Hughes	21:19.4
251st	Sydney Morrell	21:27.9

Columbia, Mo.

