

Northeast-10 Conference
16 Belmont Street
South Easton, MA 02375



CROSS COUNTRY

Director of Media Relations: Gregory Pellegrino
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2008 NE-10 Cross Country • Regular Season Release
November 10, 2008 • For Immediate Release

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Northeast-10 Cross Country Report For Contests Through November 9, 2008

Northeast-10 Men's Athlete of the Week



Ruben Sanca, UMass Lowell (Sr., Boston, Mass.) - Won the individual title and led UMass Lowell to the NCAA East Regional Championship. Was named NCAA East Region Runner of the Year as he ran the 10K course in 30:36.3, besting the remainder of the field by more than 30 seconds.

Northeast-10 Women's Athlete of the Week



Christina DaLomba, UMass Lowell (Sr., Marstons Mills, Mass.) - Placed first overall and led UMass Lowell to the NCAA East Region Championship for the second time in four years. Ran the 6K course in 22:10.0 and earned All-East Region Team honors for the fourth successive year.

Northeast-10 Men's Freshman of the Week



Jeff Veiga, UMass Lowell (Fr., Lowell, Mass.) - Placed 14th overall and helped UMass Lowell to the NCAA East Region Championship. Ran the 10K course in 32:16.3.

Northeast-10 Women's Freshman of the Week



Jill Alves, Stonehill (Fr., Whitman, Mass.) - Place sixth overall at the NCAA East Region Championship. Ran the 6k course in 23:09 to earn All-Region honors.

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Weekly Honor Roll:

Melissa Nash, Bentley (Sr., Marshfield, Mass.) - Qualified for the NCAA Division II championships for the third straight year with her third consecutive runner-up finish in the NCAA Div. II East Regional. Covered the 6,000-meter Franklin Park course in 22:25.7.

Gina Micaroni, Le Moyne (Fr., Blossvale, N.Y.) - Finished in 15th place in a time of 23:50.1 to earn All-Region honors at the East Region Cross Country Championships.

Kelsey Ryan, Le Moyne (Sr., Warsaw, N.Y.) - Finished in eighth place in a time of 23:19.7 to earn All-Region honors at the East Region Cross Country Championships.

Sarah Brassard, UMass Lowell (Sr., Oxford, Mass.) - Placed fourth overall and led UMass Lowell to the NCAA East Region Championship. Ran the 6K course in 22:37.7.

Lyra Clark, UMass Lowell (So., Nashua, N.H.) - Placed eighth overall and helped UMass Lowell to the NCAA East Region Championship. Named to the NCAA All-East Region Team for the second straight year and ran the 6K course in 23:17.8.

Jason DeDonato, UMass Lowell (Sr., Nashua, N.H.) - Placed 10th individually and helped UMass Lowell to the NCAA East Region Championship. Ran the 10K course in 31:59.6.

Angus MacDonald, UMass Lowell (So., Methuen, Mass.) - Placed fifth overall and helped UMass Lowell to the NCAA East Region Championship. Ran the 10K course in 31:36.4.

Chris Croff, Southern Connecticut (Jr., Lisbon, Conn.) - Finished second with a time of 31:07 at the NCAA East Region Championships. Earned All-East Region Honors.

John Fennekohl, Southern Connecticut (So., Mamora, N.J.) - At the NCAA East Region Championship, finished ninth overall with a time of 31:56 to earn All-East Honors.

Joseph Poulsen, Southern Connecticut (So., Oxford, Conn.) - Finished fourth overall at the NCAA East Region Championship. Earned All-Region honors in the process and finished with a time of 31:29.

Kristina Coriarty, Stonehill (Sr., Brockton, Mass.) - Finished seventh overall at the NCAA East Region Championship. Completed the 6k course in a time of 23:14 to earn All-Region honors.

Josh Andrews, Stonehill (Jr., Chelmsford, Mass.) - Finished 11th overall at the NCAA East Region Championship. Completed the 10k course in a time of 32:06 to earn All-Region honors.

Past Men's Athletes of the Week:

9/2: Jake McAndrew, Le Moyne, Jr.
9/8: Zachary Lankow, Stonehill, So.
9/15: John Fennekohl, Southern Connecticut, So.
9/22: Ruben Sanca, UMass Lowell, Sr.
9/29: Chris Croff, Southern Connecticut, Jr.
10/6: Pat Cullen, Saint Rose, Gr..
10/13: Ruben Sanca, UMass Lowell, Sr.
10/20: Brian Mulwo, American International, Fr.
10/27: Ruben Sanca, UMass Lowell, Sr.

Past Women's Athletes of the Week:

9/2: Melissa Nash, Bentley, Sr.
9/8: Lyra Clark, UMass Lowell, So.
9/15: Frannie Kloza, Bentley, So.
9/22: Christina DaLomba, UMass Lowell, Sr.
9/29: Melissa Nash, Bentley, Sr.
10/6: Mary Lynn Denholm, Saint Michael's, Sr.
10/13: Christina DaLomba, UMass Lowell, Sr.
10/20: Heather Gostyla, Assumption, Sr.
10/27: Melissa Nash, Bentley, Sr.

Past Men's Freshman of the Week:

9/8: Corey Donahoe, Stonehill
9/15: Steven Polito, Stonehill
9/22: Carlos Montrond, UMass Lowell
9/29: Bryan Sutherland, Bentley
10/6: Brandon Madigan, Saint Rose
10/13: Jeff Veiga, UMass Lowell
10/20: 10/20: Brian Mulwo, American International
10/27: Carlos Montrond, UMass Lowell

Past Women's Freshman of the Week:

9/2: Gina Micaroni, Le Moyne
9/8: Gina Micaroni, Le Moyne
9/15: Jill Alves, Stonehill
9/22: Gina Micaroni, Le Moyne
9/29: Evelyn Marrero, Bentley
10/6: Gina Micaroni, Le Moyne
10/13: Gina Micaroni, Le Moyne
10/20: Jen D'Angelo, American International
10/27: Jill Alves, Stonehill

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Jenny Gardynski, Stonehill (Sr., Everett, Mass.) - Place tenth overall at the NCAA East Region Championship with a time of 23:22 to earn All-Region honors.

Kevin Gill, Stonehill (So., Brockton, Mass.) - Finished seventh overall at the NCAA East Region Championship. Completed the 10k course in a time of 31:43 to earn All-Region honors.

Matt Meagher, Stonehill (Sr., Mansfield, Mass.) - Place sixth overall at the NCAA East Region Championship with a time of 31:37. Earned All-Region honors in the process.

Weekly Notes:

BENTLEY: Senior Melissa Nash (Marshfield, Mass.) will be heading to the NCAA Division II championships for the third straight year after her third consecutive runner-up finish in the Regional.

UMASS LOWELL: UMass Lowell captured its second NCAA Men's East Region Championship in nine years Sunday at Franklin Park. Senior Ruben Sanca won the individual title and was named the NCAA East Region Runner of the Year, earning a place on the All-East Region Team for the fourth straight year. Sanca was one of six UML runners named to the team. On the women's side, senior Christina DaLomba won the individual title and led UMass Lowell to its second NCAA East Region title in four years.

SAINT ROSE: The Saint Rose men's and women's cross country teams registered its best finishes ever with a pair of fifth place showings at the NCAA East Regional Championships on Sunday. The women's squad had five runners among the top-41 in a field that included 166 participants. Meanwhile, the men had three runners cross the finish line in the top-35 of a field with 167 entries.