



CROSS COUNTRY WEEKLY REPORT

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October 6, 2009 Week 5

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NORTHEAST-10 MEN'S ATHLETE OF THE WEEK



Jake McAndrew, Le Moyne (Sr., Oswego, N.Y.) - Finished in second place among 245 runners in a time of 25:44 over the 8k at Lehigh's Paul Short Run this past Friday afternoon.

NORTHEAST-10 WOMEN'S ATHLETE OF THE WEEK



Danielle Matteo, Adelphi (Sr., Valley Stream, N.Y.) - Matteo was the just the third NCAA Division II finisher across the line in the women's gold race at the 6k Paul Short Run. Her time of 21:59 led the Panthers and was 104th among the Division I field.

NORTHEAST-10 MEN'S FRESHMEN OF THE WEEK



Andrew Coelho, Adelphi (Fr., Wantagh, N.Y.) - Coelho placed 42nd overall in the men's brown race at the Paul Short Run. His time of 25:58 helped the Panthers post a spread of nine seconds and capture second overall out of 38 teams.

NORTHEAST-10 WOMEN'S FRESHMAN OF THE WEEK



Brianna Cano, Pace (Fr., Franklin Square, N.Y.) - Won the Mount Saint Mary Invitational with a time of 21:09, finishing 26 seconds ahead of the second place finisher.

2009 NORTHEAST-10 CROSS COUNTRY WEEKLY INFORMATION



ADELPHI: The Adelphi cross-country program competed at the Paul Short Run on Friday, October 2. The men posted a spread of just nine seconds, picking up second overall in the brown race while the women placed 40th in the women's gold race. The Panthers are currently ranked second (women) and third (men) in the region and the women retained their National ranking of #25 last week.



AMERICAN INTERNATIONAL: AIC was off this week and will return to action at Saturday's New England Championships.



FRANKLIN PIERCE: Franklin Pierce finished 26th at Saturday's Pop Crowell Invitational. Sophomore Melissa Eymek (23:55), senior Alexandra Edwards (25:00), senior Natasha Williams (27:53) and sophomore Ciara Chicas (31:40) each posted personal season-best times for Franklin Pierce. The Ravens will compete on Saturday at the James Early Invitational, hosted by Westfield State.



LE MOYNE: The men's team finished in 16th place at the 36th Annual Brooks Paul Short Run hosted by Lehigh on Friday afternoon. Senior Jake McAndrew (Oswego, N.Y.) finished the 8K race in 25:44 to place second, just five seconds behind first place. The women's team placed 14th among 32 teams at the Paul Short Run. Sophomore Gina Micaroni (Blossvale, N.Y.) crossed the finish line 10th in 23:04 over the 6K course. The Dolphins return to action on Saturday as they host Saint Rose in a dual meet at 11:00 a.m.



UMASS LOWELL: UMass Lowell continued to hold firm in the USTFCCA East Region Polls last week, the men at No. 2 and the women at No. 4. Nationally, the River Hawk men are currently No. 12.



NEW HAVEN: The New Haven cross country teams did not compete this week. Both teams will return to action on Saturday when they travel to the All-New England Championships in Boston, Mass.



PACE: Freshman Brianna Cano won the Mount St. Mary Invitational with a time of 21:09 to lead the Setters to a fourth place finish. Junior Sarah Rodriguez took fourth place, while classmate Michele Tanzi took 14th place.



SAINT ANSELM: The Saint Anselm men's and women's cross country teams competed at the Pop Crowell Invitational on Saturday, hosted by Gordon College. The men's team placed 10th out of 24 teams, while the women's squad was seventh out of 27. The men's team were led by Christopher Powers and Drew Matthews, who finished 27th and 28th, respectively. Powers crossed in a time of 28:22, while Matthews finished in 28:30. For the women, the Hawks placed three runners in the top 30, led by senior Jessica Marzik's 12th-place finish in 19:55. Just six seconds behind was Jessica St. Laurent, who was 15th in 20:01. Bianca Ciuffredo slid into the top 30 in 28th place, finishing in a time of 20:28. The Hawks are back in action this weekend as the team travels to the New England Championships.



SAINT ROSE: The Saint Rose cross country teams both had exceptional all-around performances at the prestigious 36th annual Brooks Paul Short Run on the campus of Lehigh University Friday afternoon. The women's squad placed seventh among 32 complete teams in the Collegiate 'White' Race, while the men's team finished 33rd among 38 institutions in the Collegiate 'Brown' Race that had nearly one third of the field comprised of Division I schools. Sophomore Macky Lloyd was the top Saint Rose male finisher for the fourth time in as many meets this season. Lloyd covered the 8k layout in 26:27 to place 90th among 322 entries. Junior Meaghan Lucie led the Golden Knights contingent in the women's race by finishing 29th in a field that consisted of 248 entries. Lucie completed the 6k trek in 23:56.



SOUTHERN NEW HAMPSHIRE: Emma Lundberg (Hebron, N.H.) finished third overall at the Pop Crowell Invitational Saturday with a time of 19:03 as the Penmen placed eighth overall. It marks the second time this season Lundberg has established a school record, as she ran a 19:17 at the UMass Dartmouth Invitational.



STONEHILL: MEN: Stonehill jumped up three spots to No. 9 in last week's USTFCCA Division II National poll after its winning performance at the Pre-National Invitational, hosted by the University of Southern Indiana. The Skyhawks are ranked first in the region for the fourth-straight week. Stonehill is back in action this coming weekend after a week off for the New England Championships at Franklin Park in Dorchester. **WOMEN:** Stonehill held steady at No. 22 in last week's USTFCCA Division II National poll and first in the East Region as well. The Skyhawks are back in action this coming weekend after a week off for the New England Championships at Franklin Park in Dorchester.

NCAA DIVISION II REGION RANKINGS

USTFCCCA Men's East Region
September 29, 2009

1. Stonehill
2. UMass Lowell
3. Adelphi
4. Southern Connecticut
5. Bentley
6. American International
7. Saint Rose
8. Felician
9. New York Tech
10. New Haven

NCAA DIVISION II REGION RANKINGS

USTFCCCA Women's East Region
September 29, 2009

1. Stonehill
2. Adelphi
3. Southern Connecticut
4. UMass Lowell
5. Bentley
6. Philadelphia
7. Saint Rose
8. New York Tech
9. Merrimack
10. Georgian Court

NE-10 CHAMPIONSHIP

Sunday, October 25
Hosted By Saint Michael's College

More Details to Follow.

**NCAA DIVISION II TOURNAMENT**

November 7 or 8

Regionals

Hosted By UMass Lowell at Franklin Park

November 21

NCAA CHAMPIONSHIP

Hosted By Univ. of Southern Indiana



NCAA 2009 CROSS COUNTRY CHAMPIONSHIPS

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FOR THE LATEST INFORMATION VISIT THE NE-10 WEBSITE AT WWW.NORTHEAST10.ORG

NE-10 TOP 50 MEN'S PERFORMANCES OF THE YEAR (8K)

Rank	Athlete	School	Time	Site
1	Glarius Rop	American Int'l	24:05	UMD Shriners
2	Victor Kemboi	American Int'l	25:05	UMD Shriners
3	Daniel Wang	UMass Lowell	25:10	UMD Shriners
4	Adam Clark	Adelphi	25:19	UMD Shriners
5	Joseph Poulsen	So. Connecticut	25:20	Conn. College
6	Eric McDonald	UMass Lowell	25:21	UMD Shriners
7	Ryan Pezzulo	Adelphi	25:23	UMD Shriners
8	Pat Fullerton	Stonehill	25:24	USI Pre-Nat.
t-9	Kevin Gill	Stonehill	25:26	UMD Shriners
t-9	Pat Fullerton	Stonehill	25:26	UMD Shriners
t-11	Dan Pilz	Stonehill	25:27	UMD Shriners
t-11	Steve Polito	Stonehill	25:27	UMD Shriners
13	Ben Rumery	Stonehill	25:28	UMD Shriners
14	Carlos Techera	Adelphi	25:31	UMD Shriners
15	Sean Gelinas	UMass Lowell	25:32	UMD Shriners
16	Daniel Pilz	Stonehill	25:34	USI Pre-Nat
17	Josh Andrews	Stonehill	25:37	UMD Shriners
t-18	Julien Devanne	American Int'l	25:44	UMD Shriners
t-18	Jake McAndrew	Le Moyne	25:44	Paul Short Run
20	Macky Lloyd	Saint Rose	25:45	NYIT Invt.
21	Andrew Coelho	Adelphi	25:46	UMD Shriners
t-22	Angel Ortega	Adelphi	25:49	UMD Shriners
t-22	Angel Ortega	Adelphi	25:49	Paul Short Run
t-24	Adam Clark	Adelphi	25:53	Paul Short Run
t-24	Josh Andrews	Stonehill	25:53	USI Pre-Nat
26	Angus MacDonald	UMass Lowell	25:54	Purple Valley
27	Carlos Techera	Adelphi	25:56	Paul Short Run
28	Ryan Pezzulo	Adelphi	25:57	Paul Short Run
29	Andrew Coelho	Adelphi	25:58	Paul Short Run
30	Tim Guerin	UMass Lowell	26:01	Purple Valley
31	Stephen Polito	Stonehill	26:05	USI Pre-Nat
t-32	Steve Bergantino	Bentley	26:06	Codfish Bowl
t-32	Greg Wilson	UMass Lowell	26:06	Purple Valley
34	Jake McAndrew	Le Moyne	26:07	Binghamton
35	Erik Dunn-Gaudet	UMass Lowell	26:08	UMD Shriners
36	Steve O'Brien	UMass Lowell	26:09	Purple Valley
37	Jason Lynch	Stonehill	26:10	UMD Shriners
38	Daniel Gaunya	So. Connecticut	26:11	Conn. College
39	Andy Watson	Bentley	26:18	Codfish Bowl
t-40	Rob Destradeur	Bentley	26:19	Codfish Bowl
t-40	Jeff Veiga	UMass Lowell	26:19	Purple Valley
42	Ben Rumery	Stonehill	26:20	USI Pre-Nat
43	Justin Thompson	Saint Rose	26:22	NYIT Invt.
44	Dan O'Connell	Bentley	26:24	Codfish Bowl
45	Jake McAndrew	Le Moyne	26:25	St. Rose Joust
46	Macky Lloyd	Saint Rose	26:27	Paul Short Run
47	Brian Nill	So. Connecticut	26:31	Conn. College
t-48	Joseph Poulsen	So. Connecticut	26:32	CCSU Invt.
t-48	Justin Thompson	Saint Rose	26:32	Paul Short Run
50	Kyle Higgins	Assumption	26:37	UMD Shriners

Updated Through 10/06/09

NE-10 TOP 50 WOMEN'S PERFORMANCES OF THE YEAR (5K)

Rank	Athlete	School	Time	Site
t-1	Julie Collignon	American Int'l	18:29	UMD Shriners
t-1	Julie Collignon	American Int'l	18:29	CCSU Invt.
t-3	Danielle Matteo	Adelphi	18:37	UMD Shriners
t-3	Gina Cristaldi	Adelphi	18:37	UMD Shriners
5	Kristen Veit	Stonehill	18:47	UMD Shriners
t-6	Kristen Wojuniak	Adelphi	18:50	UMD Shriners
t-6	Jill Alves	Stonehill	18:50	UMD Shriners
8	Lyra Clark	UMass Lowell	19:00	Keene State
9	Kelsey Proctor	So. Connecticut	19:01	CCSU
10	Haley Catarius	UMass Lowell	19:02	UMD Shriners
t-11	Danielle Matteo	Adelphi	19:03	Hofstra Invt.
t-11	Emma Lundberg	So. New Hampshire	19:03	Pop Crowell
13	Lynlee Joynt	Stonehill	19:12	UMD Shriners
t-14	Emma Lundberg	So. New Hampshire	19:17	UMD Shriners
t-14	Sarah Bonomo	UMass Lowell	19:17	UMD Shriners
t-16	Gina Cristaldi	Adelphi	19:18	Hofstra Invt.
t-16	Emma D'Ambro	Le Moyne	19:18	St. Rose Joust
18	Jess Jarrard	Stonehill	19:19	UMD Shriners
19	Kelly Walton	UMass Lowell	19:20	UMD Shriners
20	Gina Butler	UMass Lowell	19:25	UMD Shriners
21	Catherine Connors	Adelphi	19:26	UMD Shriners
22	Lauren Lesniak	Bentley	19:30	Codfish Bowl
23	Jessica Edwards	Saint Michael's	19:34	Vermont Champ.
t-24	Gina Micaroni	Le Moyne	19:35	St. Rose Joust
t-25	Stephanie Wilson	Stonehill	19:35	UMD Shriners
26	Kristen Wojtuniak	Adelphi	19:39	Hofstra Invt.
t-27	Katelyn Allen	UMass Lowell	19:42	UMD Shriners
t-27	Emma Lundberg	So. New Hampshire	19:42	Codfish Bowl
29	Lindsey Booth	Stonehill	19:43	UMD Shriners
30	Melissa Bredice	Saint Rose	19:50	St. Rose Joust
31	Jennifer Nicoloro	UMass Lowell	19:53	UMD Shriners
32	Jennifer D'Angelo	American Int'l	19:54	CCSU Invt.
33	Jessica Marzik	Saint Anselm	19:55	Pop Crowell
t-34	Rachel Graham	Bentley	19:56	Codfish Bowl
t-34	Gina Micaroni	Le Moyne	19:56	Binghamton
t-34	Emma D'Ambro	Le Moyne	19:56	Binghamton
t-34	Jaclyn Sullivan	So. Connecticut	19:56	CCSU
38	Jenilee Fuertes	Adelphi	19:59	UMD Shriners
39	Jessica St. Laurent	Saint Anselm	20:01	Pop Crowell
40	Melissa Bredice	Saint Rose	20:02	Shacklette
t-41	Cassie Papandrew	Adelphi	20:05	UMD Shriners
t-41	Mary Hazen	UMass Lowell	20:05	UMD Shriners
43	Danielle Lyons	Adelphi	20:06	Hofstra Invt.
44	Lauren Lesniak	Bentley	20:09	Shacklette
t-45	Rachel Graham	Bentley	20:10	Shacklette
t-45	Katie Meagher	Merrimack	20:10	Codfish Bowl
47	Dominique Stasulli	New Haven	20:13	Leeber SJ Invt.
t-48	Catherine Connors	Adelphi	20:14	Hofstra Invt.
t-48	Lauren DiMitruck	New Haven	20:14	Leeber SJ Invt.
t-48	Jessica Edwards	Saint Michael's	20:14	Panther Invt.

Updated Through 10/06/09