

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



CROSS COUNTRY

Director of Media Relations: Gregory Pellegrino
E-Mail: gpellegrino@northeast10.org
2008 NE-10 Cross Country • Regular Season Release
September 8, 2008 • For Immediate Release

PHONE (508) 230-9844
FAX: (508) 230-9845
WEBSITE: WWW.NORTHEAST10.ORG

Northeast-10 Cross Country Report For Contests Through September 7, 2008



Northeast-10 Men's Athlete of the Week

Zachary Lankow, Stonehill (So., Saugus, Mass.) - Finished the Trinity Invitational 5K race in 16:46, good for sixth place, helping the Skyhawks earn a fifth place team finish.



Northeast-10 Women's Athlete of the Week

Lyra Clark, UMass Lowell (So., Nashua, N.H.) - Placed second and led UMass Lowell to fourth place at the Trinity College Bantam Invitational. Ran the 4K course in 16:52.



Northeast-10 Men's Freshman of the Week

Corey Donahoe, Stonehill (Fr., Billerica, Mass.) - Turned in a 13th place finish at the 5K Trinity Invitational. His time of 16:50 helped the Skyhawks collect a 5th place team finish.



Northeast-10 Women's Freshman of the Week

Lindsey Bonk, Saint Rose (Fr., Clifton Park, N.Y.) - Took 29th out of 134 competitors at the fourth annual Golden Knights Joust. Completed the 3-mile race in 20:54 as Saint Rose finished fourth among 13 complete teams at the event.

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



CROSS COUNTRY

Director of Media Relations: Gregory Pellegrino
E-Mail: gpellegrino@northeast10.org
2008 NE-10 Cross Country • Regular Season Release
September 8, 2008 • For Immediate Release

PHONE (508) 230-9844
FAX: (508) 230-9845
WEBSITE: WWW.NORTHEAST10.ORG

Weekly Honor Roll:

Jen D'Angelo, American International (Fr., Watertown, Conn.) - Finished the Trinity Invitational with a time of 19:01.

Kyle Mackie, American International (Fr., Amherstburg, Ont.) - Finished the Trinity Invitational with a time of 18:19.

Evelyn Marrero, Bentley (Fr., Amsterdam, N.Y.) - Was Bentley's number two runner for the second straight week, finishing seventh overall at the Saint Rose Golden Knight Joust. Covered the 3-mile course in 19:30.

Melissa Nash, Bentley (Sr., Marshfield, Mass.) - Placed second amongst 134 runners at the Saint Rose Golden Knight Joust, with a 3-mile time of 18:34.

Dan O'Connell, Bentley (So., Medfield, Mass.) - Was third amongst collegians and fourth overall at the Saint Rose Golden Knight Joust, posting a five-mile time of 27:05.

Andy Watson, Bentley (Jr., New Milford, Conn.) - Finished second in a 137-runner field at the Saint Rose Golden Knight Joust, covering the 5-mile course in 26:40.

Rex Radloff, UMass Lowell (Jr., Dedham, Mass.) - Placed eighth overall and led UMass Lowell to the team championship at the Trinity College Invitational. Ran the 5K course in 16:48 as the River Hawks occupied places 8-12.

John Doherty, Merrimack (Fr., Chelmsford, Mass.) - Finished 13th overall at the Amherst Invitational, fourth among Merrimack runners, with a time of 17:57.8.

Jefferson Welch, Merrimack (Sr., Haverhill, Mass.) - Captured the Amherst Invitational in a time of 16:56.5, leading Merrimack to a share of first-place as a team.

Mary Denholm, Saint Michael's (Sr., Sparks, Md.) - At the Golden Knight Joust, set new meet record to claim the women's individual title with a time of 18:12.

Melissa Bredice, Saint Rose (Jr., Colonie, N.Y.) - Was the top Saint Rose finisher at the Golden Knights Joust. Finished 13th overall among 134 participants in the race, covered the 3-mile trek in 20:15 to help Saint Rose to a fourth place finish among 13 teams.

Pat Cullen, Saint Rose (Gr., Hyde Park, N.Y.) - Took fourth overall among 137 entries at the Golden Knights Joust. Was also the first Saint Rose finisher, completed the 5-mile layout in 27:12 to help the Golden Knights to a fifth place showing among 12 institutions.

Macky Lloyd, Saint Rose (Fr., Voorheesville, N.Y.) - Was the second freshman to cross the line at the Golden Knights Joust. Would up 10th overall among 137 competitors after covering the 5-mile course in 27:36 to help Saint Rose finish fifth out of 12 institutions at the event.

Kasey Sullivan, Southern Connecticut (Jr., Southbury, Conn.) - Placed 20th with a time of 17:54 in Trinity College Invitational.

Jill Alves, Stonehill (Fr., Whitman, Mass.) - Turned in a sixth place finish in her first collegiate race at the Trinity Invitational, helping the Skyhawks to a second place team finish. Wrapped up the 4K race in 17:17.

Past Men's Athletes of the Week:

9/2: Jake McAndrew, Le Moyne, Jr.

Past Women's Athletes of the Week:

9/2: Melissa Nash, Bentley, Sr.

Past Men's Freshman of the Week:

Past Women's Freshman of the Week:

9/2: Gina Micaroni, Le Moyne