

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



CROSS COUNTRY

Director of Media Relations: Gregory Pell
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2008 NE-10 Cross Country • Regular Season
October 20, 2008 • For Immediate Release

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Northeast-10 Cross Country Report For Contests Through October 19, 2008



Northeast-10 Men's Athlete and Freshman of the Week

Brian Mulwo, American International (Fr., Kenya) - Placed second overall and was the top-finishing attached runner with a time of 26:31, leading the Yellow Jackets to a first-place finish at the Western New England College Invitational.



Northeast-10 Women's Athlete of the Week

Heather Gostyla, Assumption (Sr., Bloomfield, Conn.) - At the Plansky Invitational placed second overall of the mixed 5k finishing with a time of 20:37.1.



Northeast-10 Women's Freshman of the Week

Jen D'Angelo, American International (Fr., Watertown, Conn.) - Finished sixth at the Western New England College Invitational with a time of 20:38, helping the Yellow Jackets to a seventh-place team finish.

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Weekly Honor Roll:

Sarah Beaudoin, American International (So., Chicopee, Mass.) - Finished eighth at the Western New England College Invitational with a time of 20:48, helping the Yellow Jackets to a seventh-place team finish.

Matt Hegarty, American International (So., Springfield, Mass.) - Finished fourth at the Western New England College Invitational with a time of 26:53, helping the Yellow Jackets to a first-place team finish.

Kyle Mackie, American International (Fr., Amherstburg, Ont.) - Finished 15th at the Western New England College Invitational with a time of 28:12, helping the Yellow Jackets to a first-place team finish.

Patrick Erban, Assumption (Fr., Attleboro, Mass.) - At the Plansky Invitational helped Assumption College to a first place team finish with a fifth place over all finish in the Mixed 5K running a time of 17:12.9.

Kyle Higgins, Assumption (Fr., Braintree, Mass.) - At the Plansky Invitational led Assumption to a first place team finish with a second place over all finish in the Mixed 5K running a time of 17:08.7.

Chris O'Day, Assumption (Jr., Braintree, Mass.) - At the Plansky Invitational led Assumption to a first place team finish with a third place overall finish in the Mixed 5K running at time of 17:12.3.

Erynn Sweeney, Assumption (Fr., Braintree, Mass.) - At the Plansky Invitational finished 14th overall finishing with a time of 22:22.8 in the mixed 5k.

Courtney Garrity, Franklin Pierce (Sr., Manchester, N.H.) - Finished 61st (out of 150) with a time of 23:14 at the Western New England College Invitational.

Justin MacGregor, Southern Connecticut (Sr., Derby, Conn.) - Finished with a time of 16:40, placing him 5th overall in the St. John's Fall Festival. Helped the Owls finish in 3rd place, finishing ahead of three Division-I teams.

Mike Cardillo, Saint Michael's (Fr., Middleton, Mass.) - At the Saint Michael's Invitational, ran the eight-kilometer course in 27:58.5, placing fifth.

Shauna Harrington, Saint Michael's (So., Griswold, Conn.) - At the Saint Michael's Invitational, raced to an 18th place finish with a time of 21:19.1, on the five-kilometer course.

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.

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.

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

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

