



CROSS COUNTRY WEEKLY REPORT

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September 15, 2009 Week 2

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NORTHEAST-10 MEN'S ATHLETE OF THE WEEK



Jake McAndrew, Le Moyne (Sr., Oswego, N.Y.) - Placed 12th, highest among Division II runners, in 26:07 over the 8,000m course at the Binghamton Invitational on Saturday.

NORTHEAST-10 WOMEN'S ATHLETE AND FRESHMAN OF THE WEEK



Kelsey Proctor, Southern Connecticut (Fr., Guilford, Conn.) - Finished 10th at the Central Connecticut State Invitational (5,000 meters) on Saturday. Completed the course in a time of 19:01. Was the top finisher for the Owls.

NORTHEAST-10 MEN'S FRESHMAN OF THE WEEK



Glarius Rop, American International (Fr., Eldoret, Kenya) - Rop won the Trinity College Invitational in a time of 15:35, 25-seconds faster than the second place finisher.

NE-10 MEN'S ATHLETE OF THE WEEK

Sept. 8 Jake McAndrew - LEM
 Joseph Poulsen - SCS
 Sept. 15 Jake McAndrew - LEM
 Sept. 22
 Sept. 29
 Oct. 6
 Oct. 13
 Oct. 20
 Oct. 27

NE-10 WOMEN'S ATHLETE OF THE WEEK

Sept. 8 Danielle Matteo - ADE
 Sept. 15 Kelsey Proctor - SCS
 Sept. 22
 Sept. 29
 Oct. 6
 Oct. 13
 Oct. 20
 Oct. 27

NE-10 MEN'S FRESHMAN OF THE WEEK

Sept. 8 Andrew Coelho - ADE
 Sept. 15 Glarius Rop - AIC
 Sept. 22
 Sept. 29
 Oct. 6
 Oct. 13
 Oct. 20
 Oct. 27

NE-10 WOMEN'S FRESHMAN OF THE WEEK

Sept. 8 Emma D'Ambro - LEM
 Gina Cristaldi - ADE
 Sept. 15 Kelsey Proctor - SCS
 Sept. 22
 Sept. 29
 Oct. 6
 Oct. 13
 Oct. 20
 Oct. 27

WEEK 1 HONOR ROLL

MEN: Peter Jusseume, Assumption (So., Marshfield, Mass.), Rob Dextrateur, Bentley (Fr., Branford, Conn.), John Lawrence, Merrimack (Fr., Peabody, Mass.), Matt Dunham, New Haven (So., Kingston, N.Y.), Drew Matthews, Saint Anselm (Jr., Madison, Conn.), Macky Lloyd, Saint Rose (So., Voorheesville, N.Y.), Joseph Poulsen, Southern Connecticut (Jr., Oxford, Conn.) and Patrick Fullerton, Stonehill (Jr., Bradford, Mass.).

WOMEN: Julie Collignon, American International (Fr., Orvault, France), Erynn Sweeney, Assumption (So., Braintree, Mass.), Lauren Lesniak, Bentley (Jr., Dracut, Mass.), Alexandra Edwards, Franklin Pierce (Sr., Smithfield, R.I.), Gina Micaroni, Le Moyne (So., Blossvale, N.Y.), Katelyn Meagher, Merrimack (So., Mansfield, Mass.), Lauren DiMitruck, New Haven (Jr., Kensington, Conn.), Jessica Marzik, Saint Anselm (Sr., Shelton, Conn.), Melissa Bredice, Saint Rose (Sr., Coltonie, N.Y.), Emma Lundberg, Southern New Hampshire (So., Vinalhaven, Maine) and Stephanie Wilson, Stonehill (Fr., Wayzata, Minn.)

NCAA DIVISION II POLL

USTFCCCA Preseason Division II Poll
 August 26, 2009
 Men

School

1. Adams State
2. Western State
3. Chico State
4. Abilene Christian
5. Grand Valley State
6. Queens of Charlotte
7. Western Washington
8. Colorado School of Mines
9. Minnesota State
10. Harding
11. Edinboro
12. Southern Indiana
13. Stonehill
14. UMass Lowell
15. Alaska Anchorage
16. Wayne State (Mich.)
17. Augustana (S.D.)
18. Metro State
19. Lock Haven
20. Southwest Baptist
21. Pittsburg State
22. Western Oregon
23. Drury
24. Missouri Southern State
25. Southern Connecticut

USTFCCCA Preseason Division II Poll
 August 26, 2009
 Women

School

1. Adams State
2. Grand Valley State
3. Seattle Pacific
4. Shippensburg
5. Augustana (S.D.)
6. Western State
7. Chico State
8. Minnesota Duluth
9. Alaska Anchorage
10. Western Washington
11. Slippery Rock
12. Tampa
13. Missouri Southern State
14. Southern Indiana
15. Edinboro
16. Midwestern State
17. Cal State LA
18. Ferris State
19. Harding
20. UAH
21. Mesa State
22. Stonehill
23. UC San Diego
24. Dallas Baptist
25. Pittsburg State

TOP 25 USTFCCA DIVISION II COACHES' POLL NE-10 BREAKDOWN

Men

Team	PRE
UML	14
SCS	25
STO	13

Women

Team	PRE
STO	22

2009 NORTHEAST-10 CROSS COUNTRY WEEKLY INFORMATION



AMERICAN INTERNATIONAL: **MEN:** AIC opened the season with a third-place team finish at the Trinity Invitational, with three runners placing in the top-six. Freshman Glarius Rop won the Trinity College Invitational in a time of 15:35, 25-seconds faster than the second place finisher. Sophomores Brian Mulwo and Victor Kemboi finished in fifth and six with respective times of 16:21 and 16:26. **WOMEN:** AIC opened the season at the Trinity Invitational. Freshman Julie Collignon was the top finisher for the Yellow Jackets as she placed third with a time of 16:46. Sophomore Jen D'Angelo placed 31st in a time of 17:54.



BENTLEY: Both Bentley teams finished second in the 28th Shacklette Invitational, even though the men's team was running exclusively freshmen and the women were missing three due to injury. The top runners for the Falcons were Rob Dextrateur (Branford, Conn.) and junior Lauren Lesniak (Dracut, Mass.), each of whom placed second overall. The Falcons are now off until the Codfish Bowl on Sept. 26.



FRANKLIN PIERCE: Franklin Pierce finished seventh at the 28th annual Shacklette Invitational over the weekend. Senior Alexandra Edwards led the way with a 53rd-place finish and a time of 25:28. The Ravens are back in action Sept. 25 at the Rivier Invitational.



LE MOYNE: The men's and women's teams each placed third at the Binghamton Invitational on Saturday. Senior Jake McAndrew (Oswego, N.Y.) placed 12th in the men's race in 26:07, while Sophomore Gina Micaroni (Blossvale, N.Y.) placed 10th in 19:56. The Dolphins return action on Saturday at the Mansfield Invitational.



MERRIMACK: **MEN:** Merrimack finished third at the Shacklette Invitational Saturday morning. Freshman John Lawrence (Peabody, Mass.) was the team's top runner and the top runner among freshman in a time of 28:00. Six of Merrimack's runners were in the top-27 overall. The Warriors are idle next weekend before racing in the Codfish Bowl on September 26. **WOMEN:** Merrimack finished third at the Shacklette Invitational Saturday morning. Katelyn Meagher (Mansfield, Mass.) finished fourth overall, tops among Merrimack runners for the second straight week. Julie Binney (South Easton, Mass.) was the top runner among all freshmen at the meet, finishing seventh overall...the Warriors are idle next weekend before racing in the Codfish Bowl on September 26.



NEW HAVEN: The Chargers men's cross country team finished third and the women's team fifth at the Fairfield University Invitational on Saturday. Matt Dunham led the men's team with a 12th place finish and a time 27:07 (8K). Lauren DiMitruck led the team with a 30th place finish and a time of 20:20 (5K). The New Haven cross country teams returns to action on Saturday, September 26 at the Victor F. Leeber, S.J. Invitational in Fairfield, Conn.



SAINT ANSELM: The Saint Anselm men's and women's cross country teams hosted the 28th Annual Shacklette Invitational on a rainy Saturday morning. Both teams finished in fourth place overall in the event. Senior Jessica Marzik paced the women's team with a fifth-place finish, while junior Drew Matthews was the top men's finisher in 11th place overall.



SAINT MICHAEL'S: The Saint Michael's cross country team had three athletes run in under 30:00 and one athlete come in just over 30:00 in their meet on Sunday. Although this didn't allow them to stand out against the competing colleges, it was a significant improvement from where the team stood at the start of their 2008 season.



SAINT ROSE: The Golden Knights edged Bentley University by a mere four points collectively on the strength of a pair individual victories to sweep the 28th annual Shacklette Invitational that was run on the campus of Saint Anselm College Saturday. Sophomore Macky Lloyd (Voorheesville, N.Y.) covered the men's 8k course in a winning time of 26:59, while senior Melissa Bredice (Colonie, N.Y.) ran the women's 5k circuit in a top time of 20:02 to highlight the day for Saint Rose. Four of the top-eight runners wore Saint Rose uniforms in the men's race. In the women's race, Saint Rose produced six runners in the top-17 including Bredice.



SOUTHERN CONNECTICUT: The Owls ran at the Central Connecticut State University Invitational on Saturday and was the only Division-II program at the meet. Both the men and women have a week off before returning to action on Sept. 26 for the Connecticut College Invitational.



SOUTHERN NEW HAMPSHIRE: Junior Melissa Hurley (Ashaway, R.I.) registered a collegiate-best 5K time of 21:13 at the Saint Anselm Shacklette Invitational Saturday.



STONEHILL: **MEN:** Stonehill, ranked 13th in the USTFCCA Division II preseason poll, captured its first team title of the year at the Trinity Bantams Invitational in Manchester, Conn., on Saturday. Junior Patrick Fullerton (Bradford, Mass.) led the Skyhawks contingent with a time of 16-minutes flat to finish second overall. Stonehill took three of the top four spots and four of the top seven to easily take the team title. Junior co-captain Dan Pilz (Newington, Conn.), senior Josh Andrews (Chelmsford, Mass.) and junior Benjamin Rumery (Dayton, Maine) also turned in top ten finishes. **WOMEN:** Stonehill, ranked 22nd in the USTFCCA Division II preseason poll, placed fourth at Saturday's Trinity Bantams Invitational in Connecticut. Freshman Stephanie Wilson (Wayzata, Minn.) turned in an eighth place finish in her collegiate debut with a time of 17:07 over 4K. Junior co-captain Kelly O'Toole (Nashua, N.H.) rounded out the top ten with a time of 17:17.

NCAA DIVISION II REGION RANKINGS

NCAA Men's Regional Poll Coming Soon.

NCAA DIVISION II REGION RANKINGS

NCAA Women's Regional Poll Coming Soon.

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

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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	Jake McAndrew	Le Moyne	26:07	Binghamton
2	Jake McAndrew	Le Moyne	26:25	St. Rose Joust
3	Joseph Poulsen	So. Connecticut	26:32	CCSU Invt.
4	Macky Lloyd	Saint Rose	26:59	Shacklette
5	Matthew Dunham	New Haven	27:07	Fairfield Invt.
6	Chris Croff	So. Connecticut	27:09	CCSU Invt.
7	Macky Lloyd	Saint Rose	27:12	St. Rose Joust
8	Daniel Gaunya	So. Connecticut	27:18	CCSU Invt.
9	Rob Dextrateur	Bentley	27:20	Shacklette
10.	Justin Thompson	Saint Rose	27:25	Shacklette
11.	Teddy Farley	Bentley	27:30	Shacklette
12.	Samuel Montclair	New Haven	27:31	Fairfield Invt.
13.	Patrick Martucci	So. Connecticut	27:33	CCSU Invt.
14.	Josh Perry	So. Connecticut	27:41	CCSU Invt.
15.	Ryan Freitas	New Haven	27:43	Fairfield Invt.
16.	Joseph Sullivan	So. Connecticut	27:50	CCSU Invt.
t-17.	Alaric Best	New Haven	27:55	Fairfield Invt.
t-17.	Justin Thompson	Saint Rose	27:55	St. Rose Joust
19.	Brian Nill	So. Connecticut	27:57	CCSU Invt.
t-20.	John Lawrence	Merrimack	28:00	Shacklette
t-20.	Paul Ryskowski	So. Connecticut	28:00	CCSU Invt.
22.	Brandon Madigan	Saint Rose	28:08	Shacklette
23.	Curtis Trueb	Bentley	28:11	Shacklette
24.	Tyler Gantz	Saint Rose	28:15	Shacklette
25.	John Doherty	Merrimack	28:17	Shacklette
26.	John Drago	Bentley	28:21	Shacklette
27.	Tyler Gantz	Saint Rose	28:27	St. Rose Joust
t-28.	Drew Matthews	Saint Anselm	28:29	Shacklette
t-28.	Brandon Madigan	Saint Rose	28:29	St. Rose Joust
t-28.	Evan Oustrich	Le Moyne	28:29	St. Rose Joust
31.	Michael Corrado	Saint Rose	28:39	St. Rose Joust
32.	Harry Mullin	Merrimack	28:40	Shacklette
t-33.	John Surabian	Saint Anselm	28:41	Shacklette
t-33.	Nick Provost	Saint Anselm	28:41	Shacklette
35.	Christopher Powers	Saint Anselm	28:43	Shacklette
t-36.	Craig Robinson	Bentley	28:47	Shacklette
t-36.	Connor Green	Merrimack	28:47	Shacklette
38.	Michael Corrado	Saint Rose	28:49	Shacklette
39.	Evan Oustrich	Le Moyne	28:50	Binghamton
40.	Nicholas Cutter	Le Moyne	28:51	St. Rose Joust
41.	Sean Maguire	Bentley	28:51	Shacklette
42.	Chris Trajkovsky	Assumption	29:09	St. Rose Joust
43.	Peter Jesseaume	Assumption	29:10	Shacklette
44.	Brandon Krupunich	Saint Rose	29:16	Shacklette
t-45.	Chris Lawrence	Merrimack	29:17	Shacklette
t-45.	Chris Letourneau	Bentley	29:17	Shacklette
47.	Rob Hennessy	Bentley	29:22	Shacklette
48.	Arnold Lane	New Haven	29:25	Fairfield Invt.
49.	Chris Trajkovsky	Assumption	29:31	Shacklette
50.	Brendan Danaher	Assumption	29:39	Shacklette

Updated Through 9/14/09

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

Rank	Athlete	School	Time	Site
1.	Kelsey Proctor	So. Connecticut	19:01	CCSU
2.	Danielle Matteo	Adelphi	19:03	Hofstra Invt.
t-3.	Gina Cristaldi	Adelphi	19:18	Hofstra Invt.
t-3.	Emma D'Ambro	Le Moyne	19:18	St. Rose Joust
5.	Gina Micaroni	Le Moyne	19:35	St. Rose Joust
6.	Kristen Wojtuniak	Adelphi	19:39	Hofstra Invt.
7.	Melissa Bredice	Saint Rose	19:50	St. Rose Joust
t-8.	Gina Micaroni	Le Moyne	19:56	Binghamton
t-8.	Emma D'Ambro	Le Moyne	19:56	Binghamton
t-8.	Jaelyn Sullivan	So. Connecticut	19:56	CCSU
11.	Melissa Bredice	Saint Rose	20:02	Shacklette
12.	Danielle Lyons	Adelphi	20:06	Hofstra Invt.
13.	Lauren Lesniak	Bentley	20:09	Shacklette
14.	Rachel Graham	Bentley	20:10	Shacklette
15.	Catherine Connors	Adelphi	20:14	Hofstra Invt.
t-16.	Katie Meagher	Merrimack	20:16	Shacklette
t-16.	Jill Alves	Stonehill	20:16	Bryant Invt.
18.	Lauren DiMitruck	New Haven	20:20	Fairfield Invt.
19.	Jessica Marzik	Saint Anselm	20:21	Shacklette
20.	Emma Lundberg	SNHU	20:24	Shacklette
21.	Brianna Cano	Pace	20:27	Hofstra Invt.
22.	Kristen Veit	Stonehill	20:28	Bryant Invt.
t-23.	Julie Binney	Merrimack	20:31	Shacklette
t-23.	Dominique Stasulli	New Haven	20:31	Fairfield Invt.
25.	Kaitlyn DiBello	Saint Rose	20:43	St. Rose Joust
26.	Jessica St. Laurent	Saint Anselm	20:44	Shacklette
27.	Kaitlyn DiBello	Saint Rose	20:51	Shacklette
t-28.	Jennifer Richard	Merrimack	20:54	Shacklette
t-28.	Katie Meagher	Merrimack	20:54	Bryant Invt.
t-28.	Alison Vogeliien	Saint Rose	20:54	St. Rose Joust
t-28.	Katie Rossettini	Saint Rose	20:54	St. Rose Joust
t-32.	Lynley Joynt	Stonehill	20:56	Bryant Invt.
t-32.	Jessica Jarrard	Stonehill	20:56	Bryant Invt.
34.	Bianca Ciuffredo	Saint Anselm	20:58	Shacklette
t-35.	Cassie Papandrew	Adelphi	21:03	Hofstra Invt.
t-35.	Tania Bernadino	New Haven	21:03	Fairfield Invt.
37.	Caitlin Fahey	Bentley	21:06	Shacklette
38.	Katie Rossettini	Saint Rose	21:08	Shacklette
t-39.	Jenilee Fuertes	Adelphi	21:11	Hofstra Invt.
t-39.	Meaghan Lucie	Saint Rose	21:11	Shacklette
41.	Melissa Hurley	SNHU	21:13	Shacklette
t-42.	Kristen Meyer	Adelphi	21:15	Hofstra Invt.
t-42.	Katelyn Morrell	So. Connecticut	21:15	CCSU Invt.
44.	Lindsey Booth	Stonehill	21:17	Bryant Invt.
t-45.	Alison Vogeliien	Saint Rose	20:20	Shacklette
t-45.	Meaghan Lucie	Saint Rose	21:20	St. Rose Joust
47.	Liz Dalia	Saint Rose	21:21	Shacklette
t-48.	Brittany Roderman	Bentley	21:24	Shacklette
t-48.	Lindsey Kennedy	Bentley	21:24	Shacklette
t-48.	Jessica Pickett	Stonehill	21:24	Bryant Invt.

Updated Through 9/14/09