

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



CROSS COUNTRY

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2008 NE-10 Cross Country • Regular Season  
October 6, 2008 • For Immediate Release

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## Northeast-10 Cross Country Report For Contests Through October 5, 2008

### Northeast-10 Men's Athlete of the Week



**Pat Cullen, Saint Rose** (Gr., Hyde Park, N.Y.) - Completed the 8k layout at the Brooks Paul Short run hosted by Lehigh University in 27:08 to place 50th in a field that featured 270 runners.

### Northeast-10 Women's Athlete of the Week



**Mary Lynn Denholm, Saint Michael's** (Sr., Sparks, Md.) - Became the first female in school history to win the Vermont State Championship. Ran the 5K course in 18:52.1 (3:46/K pace), besting the runner-up by just three-tenths of a second in a meet involving schools from all three NCAA divisions.

### Northeast-10 Men's Freshman of the Week



**Brandon Madigan, Saint Rose** (Fr., Scotia, N.Y.) - Took 56th among 270 entries at the Brooks Paul Short Run that was hosted by Lehigh University. Completed the 8k trek in 27:13 to become the second Saint Rose runner across the line.

### Northeast-10 Women's Freshman of the Week



**Gina Micaroni, Le Moyne** (Fr., Blossvale, N.Y.) - Registered a 27th-place finish at Lehigh's Paul Short Run. Completed the 6K course in 22:50 to lead the Dolphins to a 25th-place finish in the 37-team, 260-member field race

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## Weekly Honor Roll:

**Patrick Erban, Assumption** (Fr., Attleboro, Mass.) - At the Keene State Invitational ran the 8k course in 27:41 to finish 1:22 behind the leader.

**Heather Gostyla, Assumption** (Sr., Bloomfield, Conn.) - At the Keene State Invitational ran a 20:32 to finish 1:21 behind the individual winner.

**Courtney Garrity, Franklin Pierce** (Sr., Manchester, N.H.) - Finished 136th at the Pop Crowell Invitational with a time of 22:59.

**Sarah Brassard, UMass Lowell** (Sr., Oxford, Mass.) - Placed fifth overall and fourth among scoring runners at the Keene State Invitational. Ran the 5K course in 19:25 and led UMass Lowell to fourth place among six teams.

**Jessica Markik, Saint Anselm** (Jr., Shelton, Conn.) - Led Saint Anselm to a fifth-place finish at the Pop Crowell Invitational with an 18th-place showing in a time of 20:02.

**Joanne Smith, Saint Rose** (Sr., Monroe, N.Y.) - Finished 58th among 260 runners at the Brooks Paul Short Run that was hosted by Lehigh University. Ran the swiftest 6k time in the past 10 years by a Saint Rose competitor with a 23:34 clocking to wind up 58th among 260 runners.

**Alex Brown, Southern New Hampshire** (Sr., Hudson, N.H.) - Placed 16th out of 232 runners with the second-fastest 8K time in program history (27:30) at the Pop Crowell Invitational.

**Jacquelyn Dussault, Southern New Hampshire** (Fr., Manchester, N.H.) - Registered the third-fastest 5K time in program history (20:11) to finish 22nd out of 276 runners at the Pop Crowell Invitational.

**Emma Lundberg, Southern New Hampshire** (Fr., Vinalhaven, Maine) - Posted the second-fastest 5K time in program history (19:59) to finish 17th out of 276 runners at the Pop Crowell Invitational.

## Weekly Notes:

**SAINT MICHAEL'S:** Senior Mary Lynn Denholm became the first female in school history to win the Vermont State Championships on Saturday at Castleton State College. Denholm ran the 5K course in 18:52.1 (3:46/K pace), besting the runner-up from Middlebury College by just three-tenths of a second. The meet featured 10 schools, including the University of Vermont (an NCAA Division I program).

**SAINT ROSE:** Senior Joanne Smith posted the fastest 6k time by a Saint Rose runner in 10 years after crossing the line in 23:34 at the Brooks Paul Short Run that was hosted by Lehigh University on Friday.

### 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.

### 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.

### 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

### 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