

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 27, 2008 • For Immediate Release

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## Northeast-10 Cross Country Report For Contests Through October 26, 2008



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

**Ruben Sanca, UMass Lowell** (Sr., Boston, Mass.) - Won the individual title at the Northeast-10 Conference Championship and led UMass Lowell to the team title. Ran the five-mile course in 24:33.0 as the River Hawks scored 31 points.



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

**Melissa Nash, Bentley** (Sr., Marshfield, Mass.) - Ran to victory at the Northeast-10 Conference championships, covering the 5,000-meter course in 18:19. A top-two finisher for the third straight year, became Bentley's fourth NE-10 individual champion.



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

**Carlos Montrond, UMass Lowell** (Fr., Brockton, Mass.) - Placed 10th overall and helped UMass Lowell capture the Northeast-10 Conference Championship. Ran the five-mile course in 25:35.1 as the River Hawks scored 31 points.



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

**Jill Alves, Stonehill** (Fr., Whitman, Mass.) - Placed fourth overall at the Northeast-10 Conference Championship. Ran the 5k course in 18:42 to earn First-Team All Conference honors.

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## Weekly Honor Roll:

**Gina Micaroni, Le Moyne** (Fr., Blossvale, N.Y.) - Finished in seventh place at the Northeast-10 Conference Championships. Completed the 5K course in a season-best time of 18:50 to lead the Dolphins to a fifth-place team finish.

**Sarah Brassard, UMass Lowell** (Sr., Oxford, Mass.) - Placed third overall and helped UMass Lowell to the Northeast-10 Conference Championship. Ran the 5K course in 18:38 and earned All-Conference First Team honors.

**Lyra Clark, UMass Lowell** (So., Nashua, N.H.) - Placed fifth overall at the Northeast-10 Conference Championship and helped lead UMass Lowell to the team title. Ran the 5K course - her first competition since Sept. 6 - in 18:45 to earn First Team All-Conference honors for the second straight year.

**Christina DaLomba, UMass Lowell** (Sr., Marstons Mills, Mass.) - Placed second overall and led UMass Lowell to the Northeast-10 Conference Championship. Ran the 5K course in 18:30 and earned All-Conference honors for the fourth time in her career.

**Angus MacDonald, UMass Lowell** (So., Methuen, Mass.) - Placed fifth individually and led UMass Lowell to the Northeast-10 Conference Championship. Ran the five-mile course in 25:23.6 and earned All-Conference honors for the second straight year.

**Rex Radloff, UMass Lowell** (Jr., Dedham, Mass.) - Placed fourth individually and led UMass Lowell to the Northeast-10 Conference Championship. Ran the five-mile course in 25:21.4 and earned All-Conference honors for the third time in his career.

**Adam Holmes, Merrimack** (Sr., Abington, Mass.) - Finished ninth overall at the Northeast-10 Conference Championships. Finished the 8k course in a time of 25:28 to earn Second-Team All Conference honors.

**Mary Lynn Denholm, Saint Michael's** (Sr., Sparks, Md.) - Placed eighth individually at the Northeast-10 Conference Championship. Finished the 5k course in 18:57 to earn Second-Team All Conference honors.

**Laura Brustolon, Southern Connecticut** (Jr., Mystic, Conn.) - Paced the Owls with a time of 19:05, placing 9th overall in the 139 runner field at the Northeast-10 Championships. Was awarded Second-Team All Conference honors.

**Chris Croff, Southern Connecticut** (Jr., Lisbon, Conn.) - Finished third overall with a time of 25:12 in the 125 runner field at the Northeast-10 Championships. Was awarded First-Team All Conference honors.

**Jacob Edwards, Southern Connecticut** (Sr., North Stonington, Conn.) - Finished eighth overall at the Northeast-10 Conference Championships. Finished the 8k course in a time of 25:27 to earn Second-Team All Conference honors.

### Past Men's Athletes of the Week:

9/2: Jake McAndrew, Le Moyne, Jr.  
9/8: Zachary Lankow, Stonehill, So.  
9/15: John Fennekoh, 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.  
10/20: Brian Mulwo, American International, Fr.

### 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.  
10/20: Heather Gostyla, Assumption, 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  
10/20: Brian Mulwo, American International

### 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  
10/20: Jen D'Angelo, American International

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**John Fennekohl, Southern Connecticut (So., Mamora, N.J.)** – Placed sixth overall with a time of 25:27 at the Northeast-10 Conference Championships. Was awarded First-Team All Conference honors.

**Josh Andrews, Stonehill (Jr., Chelmsford, Mass.)** – Finished seventh overall at the Northeast-10 Conference Championships completing the 8k course in a time of 25:26 to earn First-Team All Conference honors.

**Kristina Coriaty, Stonehill (Sr., Brockton, Mass.)** - Finished sixth overall at the Northeast-10 Conference championships. Ran the 5k course in 18:48 to earn First-Team All Conference honors.

**Kevin Gill, Stonehill (So., Brockton, Mass.)** – Finished second overall at the Northeast-10 Conference Championship with a time of 25:04. Earned First-Team All Conference honors in the process.

### Weekly Notes:

**BENTLEY:** Senior Melissa Nash became the fourth Northeast-10 champion in Bentley women's cross country history when she outran the field at Saint Michael's Saturday. She's the Falcons' first champion since Julie Doherty since 2001.

**UMASS LOWELL:** The UMass Lowell men captured their sixth Northeast-10 Conference championship in nine years while the River Hawk women stunned the field and captured their second title in four years. Senior Ruben Sanca became the fifth River Hawk runner to win the individual title as he ran the five-mile course in 24:33. Sanca joins former UMass Lowell standouts Patrick Morasse (2003, 2005), Chris Kapfer (2004) and Carl Mease (2002) as individual champions.

**SAINT ROSE:** The College of Saint Rose men's and women's teams both posted its best finishes ever at the NE-10 Championships on Saturday. The women's squad was third behind four sub-20 minute performances that put five Golden Knights in the top-25. The men had two runners in the top-25 en route to a fourth place effort.