



2011 CROSS COUNTRY

NEWS AND NOTES



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NEC CROSS COUNTRY FACTS & FIGURES RESULTS AND UPCOMING EVENTS

MEN'S RESULTS

Bryant	37 of 43, New England Championships
CCSU	14 of 43, New England Championships
Fairleigh Dickinson.....	13 of 13, Metropolitan Championship
Long Island	10 of 13, Metropolitan Championship
Monmouth	Did Not Compete This Week
Mount St. Mary's	2 of 4, Father Bede Invitational
Quinnipiac	33 of 43, New England Championships
Robert Morris	6 of 12, Slippery Rock Invitational
Sacred Heart	26 of 24, New England Championships
St. Francis (NY).....	4 of 13, Metropolitan Championship
Saint Francis (PA)	3 of 4, Father Bede Invitational
Wagner	6 of 13, Metropolitan Championship

WOMEN'S RESULTS

Bryant	21 of 39, New England Championships
CCSU	18 of 39, New England Championships
Fairleigh Dickinson.....	13 of 13, Metropolitan Championship
Long Island	No Team Score Metropolitan Championship
Monmouth	Did Not Compete This Week
Mount St. Mary's	2 of 3, Oct. 8, Father Bede Invitational
Quinnipiac	9 of 39, New England Championships
Robert Morris	3 of 13, Slippery Rock Invitational
Sacred Heart	11 of 39, New England Championships
St. Francis (NY).....	10 of 13, Metropolitan Championship
Saint Francis (PA)	3 of 3, Father Bede Invitational
Wagner	9 of 13, Metropolitan XC Championship

UPCOMING EVENTS - MEN

Bryant	Oct. 14, Brown Invitational
CCSU	Oct.21, CCSU Mini-Meet
Fairleigh Dickinson.....	Oct. 15, UAlbany Invitational
Long Island	Oct. 15, UAlbany Invitational
Monmouth	Oct. 15, Princeton Invitational
Mount St. Mary's	Oct. 15, Blue & Gold Invitational
Quinnipiac	Oct. 21, Quinnipiac Invitational
Robert Morris	Oct. 14, Penn State National Invitational
Sacred Heart	Oct.15, UAlbany Invitational
St. Francis (NY).....	Oct. 15, UAlbany Invitational
Saint Francis (PA)	Oct.15, Lafayette Invitational
Wagner	Oct. 15, Father O'Neil Invitational

UPCOMING EVENTS - WOMEN

Bryant	Oct. 14, Brown Invitational
CCSU	Oct.21, CCSU Mini-Meet
Fairleigh Dickinson.....	Oct. 15, UAlbany Invitational
Long Island	Oct. 15, UAlbany Invitational
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Wagner	Oct. 15, Father O'Neil Invitational

NEC Men's Athlete and Rookie of the Week

**Sam Alexander, Central Connecticut
Sr., Waterford, CT/Waterford**

Alexander earns NEC Athlete of the Week honors after a speedy third-place finish at Saturday's New England Championship 8K. The senior paced the Blue Devils with a time of 24:39, nine seconds faster than his 2010 finish. The Connecticut native and All-New England selection was the first NEC harrier across the finish line, en-route to helping CCSU to a 14th place team finish.



NEC Women's Athlete of the Week

**Rebecca White, Quinnipiac
Jr., Natick, MA/Natick**

White nabs her second consecutive NEC Athlete of the Week nod after her eighth-place finish at Saturday's New England Championships, helping the Bobcats to a ninth place finish overall. The Massachusetts product and 2010 NEC Women's Cross Country individual champion completed the 5K with a time of 18:04 and earned All-New England honors for her performance.



NEC Men's Rookie of the Week

**Spencer Mannion, Quinnipiac
Fr., Brookfield, CT/Brookfield**

Mannion picks up his third NEC Rookie of the Week honor following his performance at last Saturday's New England Championship 8K. The freshman paced the Bobcats for the fourth time this season with a time of 26:08, good enough for 68th in the field of 282.



NEC Women's Rookie of the Week

**Michelle Schiewe, Robert Morris
Fr., Swidnica, Poland/Czestochowska Second Liceum**

Schiewe adds a second NEC Rookie of the Week honor to her resume after placing fifth individually at the Slippery Rock Invitational 6K with a time of 22:42. The freshman paced the team for the third time this season as she helped the Colonials to a third place finish overall.



NEC CROSS COUNTRY

WEEKLY AWARDS ARCHIVE

NEC Men's Athlete of the Week

Sept. 6	John Krell, CCSU
Sept. 13	Paul Guilhuley, St. Francis (NY)
Sept. 20	Craig Hunt, CCSU
Sept. 27	Dylan Bernard, MSM
Oct. 4	Khari Bowen, Monmouth
Oct. 11	Sam Alexander, CCSU

NEC Men's Rookie of the Week

Sept. 6	Khari Bowen, Monmouth
Sept. 13	Spencer Mannion, QU
Sept. 20	Spencer Mannion, QU
Sept. 27	Tommy Gruschow, MSM
Oct. 4	Khari Bowen, Monmouth
Oct. 11	Spencer Mannion, QU

NEC Women's Athlete of the Week

Sept. 6	Jen Nelson, Monmouth
Sept. 13	Brittany Heninger, SHU
Sept. 20	Brittany Heninger, SHU
Sept. 27	Brittney Lane, SHU
Oct. 4	Rebecca White, QU
Oct. 11	Rebecca White, QU

NEC Women's Rookie of the Week

Sept. 6	McKenzie Doyle, MSM
Sept. 13	Emma Boulduc, SHU
Sept. 20	McKenzie Doyle, MSM
Sept. 27	Michelle Schiewe, RMU
Oct. 4	Kylie Jackson, SFPA
Oct. 11	Michelle Schiewe, RMU

MEN'S TOP-7 TIMES LIST

BRYANT

37/43 at New England Championships

1. Jeffrey Dorosh	27:09
2. David Hurley	27:21
3. Ryan Busby	27:48
4. Stephen Wood	28:19
5. Kenneth Rayner	28:42
6. Francis Foley	29:17

MONMOUTH

Did Not Compete This Week

1.	
2.	
3.	
4.	
5.	
6.	
7.	

SACRED HEART

26/43 at New England Championships

1. Jeffrey Lusignan	25:14
2. Christopher Connelly	25:46
3. Aleksandr Morin	26:51
4. Patrick Peterson	28:47
5. Ryan Bezner	29:41

CCSU

14 /43 at New England Championship

1. Sam Alexander	24:39
2. Criag Hunt	25:11
3. Anthony Gonsalves	26:26
4. John Krell	26:46
5. Jeremy Schmid	27:16
6. Andrew Hill	27:25
7. Andy Pullaro	27:36

MOUNT SAINT MARY'S

3/4 at Father Bede Invitational

1. Gigi Gibilisco	16:22
2. Chris Swisko	16:31
3. Tommy Gruschow	16:32
4. Kevin Pitts	17:06
5. Joe Perry	17:13
6. Vinny Cherry	17:23
7. Sean Caskey	17:41

ST. FRANCIS (NY)

4/13 at Metropolitan Championships

1. Rafal Kspeka	26:21
2. Paul Gilhuley	26:23
3. Joseph Gilhuley	26:52
4. Michael Gale	27:11
5. Brian Nersten	27:34
6. Jacob Stapleton	27:42
7. Tozar Roberts	29:38

FAIRLEIGH DICKINSON

13/13 at Metropolitan Invitational

1. Kimutai Bett	28:08
2. Robert Cherkis	28:44
3. Cody Shave	29:30
4. Frank Ortiz	30:30
5. Philip Guth	30:46
6. Nico Stabile	31:40
7. Wilson Mantilla	32:15

QUINNIPIAC

33/43 at New England Championships

1. Spencer Mannion	26:08
2. Richard Stoliker	27:08
3. John Healy	27:30
4. Thomas Dextradeur	27:49
5. Jacob Cetera	28:32
6. Edgar Carrasco	28:45
7. Josh Wells	39:26

SAINT FRANCIS (PA)

3/4 at Father Bede Invitational

1. Ryan Dubois	17:07
2. Adam Mengel	17:10
3. Pat Himes	17:22
4. Wes Buehler	18:09
5. Jake Portock	19:03

LONG ISLAND

10/13 at Metropolitan Championship

1. Rogers Kipruto	26:01
2. Kenneth Wallace Whitfield	29:22
3. Elijah Taylor	29:38
4. Jonathan Pineiro	30:06
5. Chirs Welch	30:37

ROBERT MORRIS

6/12 at Slippery Rock Invitational

1. Tip Worob	27:27
2. Brian Mitchell	28:18
3. Freddie Thompson	28:28
4. Arthur Leathers	28:36
5. Dorian Rumble	28:44
6. Mac Byrne-Houser	30:06
7. Michael Molchaney	31:39

WAGNER

6/13 at Metropolitan Championship

1. Thomas Iannacone	26:39
2. Daniel Zaccariello	26:56
3. James Naglieri	28:11
4. Michael Baio	29:35
5. Tim Mendez	29:38
6. Dylan Moulton	31:19

WOMEN'S TOP-7 TIMES LIST

BRYANT

21/30 New England Championships

1. Lauren Ganim	20:35
2. Megan Robertson	21:20
3. Brooke Tomasetti	21:23
4. Kara Walsh	21:33
5. Emileigh Gilfoy	22:41
6. Katherine Dustin	23:26

MONMOUTH

Did Not Compete This Week

1.	
2.	
3.	
4.	
5.	
6.	
7.	

SACRED HEART

11/39 at New England Championships

1. Brittany Heninger	18:21
2. Brittny Lane	18:22
3. Brittany Llobell	19:20
4. Alyssa Selmquist	19:35
5. Emma Bolduc	19:53
6. Teresa Gagliostro	20:04
7. Megan Papp	20:30

CCSU

18/39 at New England Championship

1. Krisztina Dearborn	18:58
2. Alasia Griebel	19:19
3. Elizabeth Eberhardt	19:27
4. Amanda Asaro	19:52
5. Shannon MacBryde	20:38
6. Sara Larkin	21:04
7. Megan MacBryde	21:27

MOUNT SAINT MARY'S

2/3 at Father Bede Invitational

1. McKenzie Doyle	20:43
2. Colleen Smith	21:07
3. Kathryn Franke	21:11
4. Megan Schott	21:47
5. Christina Praydis	22:21
6. Megan Early	22:41
7. Stephanie Joson	22:44

ST. FRANCIS (NY)

10/13 at Metropolitan Championships

1. Charisma Clerk	19:38
2. Rosemarie Petrizzo	20:29
3. Jasmin Viera	20:30
4. Mary Gallagher	20:41
5. Alexandra Delacruz	21:10
6. Taia Thomas	22:10
7. Atoya Webb	23:38

FAIRLEIGH DICKINSON

13/13 at Metropolitan Championships

1. Christine Taylor	21:14
2. Keyana Hynds	21:54
3. Lordess Shabazz	23:58
4. Annemarie Pantke	24:16
5. Alyssa Adler	24:44
6. Juanita Caldwell	25:07
7. Tara Kinnaugh	25:48

QUINNIPIAC

9/39 at New England Championship

1. Rebecca White	18:04
2. Brianna Faust	18:47
3. Amanda Faust	18:54
4. Andrea Szarkowicz	19:03
5. Julie Lanning	19:51
6. Katie Kelly	19:53
7. Paige Pallotto	19:59

SAINT FRANCIS (PA)

3/3 at Father Bede Invitational

1. Felisha Wright	21:40
2. Calley Bridges	22:32
3. Hannah Reist	23:29
4. Sara Benfer	23:57
5. Lauren Krug	24:52

LONG ISLAND

No Team Score at Metropolitan Championship

1. Emily Rosairo	22:09
2. Jalisa Sanchez	23:43
3. Tricia Beckles	27:53
4. Tiffany Parker	29:00

ROBERT MORRIS

3/13 at Slippery Rock Invitational

1. Michelle Schiewe	22:42
2. Kristie Domis	23:43
3. Marissa Polk	23:38
4. Ashley Slifko	24:32
5. Brianna Iannarelli	24:44
6. Lindsay Erath	24:53
7. Alexandra Zielinski	24:55

WAGNER

6/13 at Metropolitan Championships

1. Alexis Bivona	19:20
2. Cameo Kirk	19:44
3. Samantaha Lauro	19:58
4. Taylor Fredrickson	20:10
5. Heather Wolf	20:43
6. Victoria Spector	20:55
7. Kelly Dennis	21:29