NEC Women’s Cross Country
(Week 1 - September 7, 2005)

Athlete of the Week
Katina Alexander, Monmouth
Sr., Pleasantville, NJ/Pleasantville

Alexander is named Athlete of the Week after finishing in second place overall at the Monmouth Kickoff. Alexander posted a time of 14:31.1 over 4-kilometers, a new Monmouth course record. In Monmouth’s debut race of the season, Alexander led the Hawks to a 2-1 dual meet record.

Rookie of the Week
Brecken Drager, Wagner
Fr., Loomis, CA/Del Oro

Drager earned Rookie of the Week honors after finishing fourth at the Monmouth Kickoff. In her first competitive race of the season, Drager finished the 4-kilometer race in 14:58.1.

Top Seven Times List

Central Connecticut State
9/3 - Blue Devil Invitational (2nd out of 6 - 70 points)
5,000 meters
Ashley Hill 19:30
Robyn Hudson 19:39
Megan Jaswell 20:06
Dawn Hudak 20:39
Kathleen Lima 21:36
Bryanna Smith 21:47
Kristin Coit 22:26

Fairleigh Dickinson
9/3 - Monmouth Kickoff 4,000 meters
Karina Pinto 19:08.8
LaShell Greene 19:20.3
Jessica Sanders 20:00.6
Asha Jones 20:11.2
Denise Thompson 21:13.3
Dara Jones 21:17.0

Long Island
9/2 - Stony Brook Invitational (9th out of 11 - 270 points)
5,000 meters
Nichole Lopez 23:22.36
Shayla Wallace 25:57.49
Temi Akojie 26:19.97
Crystal Strachan 26:20.37
Crista Strachan 28:17.70
Janel McFarlane 29:41.94
Eva Terry 32:37.52

Monmouth
9/3 - Monmouth Kickoff 4,000 meters
Katina Alexander 14:31.1
Malia Lyles 15:12.4
Nadya Pirela 15:53.0
Kristin Wallace 15:59.2
Jessica Jones 16:07.5
Melissa Vientos 17:19.0
Felicia Phiefer 17:54.4

Mount St. Mary’s
9/2 - Mount St. Mary’s Duals 5,000 meters
Brittany McCann 19:42.58
Kim Najem 19:53.38
Andrea Stute 20:55.33
Terri Gibbons 21:39.48
Liz Kessler 21:57.90
Catlin Greene 21:34.65
Samantha Wilcox 21:45.29

Quinnipiac
9/2 - Stony Brook Invitational (2nd out of 11 - 58 points)
Jenna Nechamen 20:04.83
Ashley Reichelt 20:49.83
Ashley Uniszewsiecz 21:07.85
Susan Ashe 21:10.00
Erik O’Connell 21:11.60
Brittany Carter 21:25.56

Robert Morris
Did not compete last week.

Sacred Heart
Did not compete last week.

St. Francis (NY)
Did not compete last week.

St. Francis (PA)
Did not compete last week.

Wagner
9/3 - Monmouth Kickoff 4,000 meters
Brecken Drager 14:58.1
Meaghan Robbins 15:14.3
Megan Melvin 15:38.3
Maris Reutzel 15:58.6
Ryan Rogers 16:54.5
Ashley Mallen 17:00.2
Katelyn Archer 17:35.7

NEC Women’s Cross Country
Championships
October 29, 2005
Hosted by St. Francis (PA)

NEC Athlete of the Week
Sept. 7 Katina Alexander, Monmouth

NEC Rookie of the Week
Sept. 7 Brecken Drager, Wagner

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