



CROSS COUNTRY WEEKLY REPORT

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September 29, 2009 Week 4

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NORTHEAST-10 MEN'S ATHLETE OF THE WEEK



Joseph Poulsen, Southern Connecticut (Jr., Oxford, Conn.) - Placed second overall at the Connecticut College Invitational with a time of 25:20.

NORTHEAST-10 WOMEN'S ATHLETE OF THE WEEK



Julie Collignon, American International (So., Orvault, France) - Placed third overall at Central Connecticut's Ted Owens Invitational with a time of 18:29.09, tying her own school record. AIC was the only non-Division I school at the meet.

NORTHEAST-10 MEN'S FRESHMAN OF THE WEEK



Rob Dextrateur, Bentley (Fr., Branford, Conn.) - Was Bentley's number three man in the 41st annual Codfish Bowl, completing the 8,000-meter Franklin Park course in 26:19.5. Was 21st overall and 11th amongst collegians.

NORTHEAST-10 WOMEN'S FRESHMAN OF THE WEEK



Dominique Stasulli, New Haven (Fr., Shenandoah, Pa.) - Helped lead the Chargers to a fifth place finish at the 33rd Annual Father Leeber S.J. Invitational Saturday morning. Finished first for the Chargers in 18th with a time of 20:13.

NE-10 MEN'S ATHLETE OF THE WEEK

Sept. 8 Jake McAndrew - LEM
Joseph Poulsen - SCS
Sept. 15 Jake McAndrew - LEM
Sept. 22 Glarus Rop - AIC
Sept. 29 Joseph Poulsen - SCS
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 Julie Collignon - AIC
Sept. 29 Julie Collignon - AIC
Oct. 6
Oct. 13
Oct. 20
Oct. 27

NE-10 MEN'S FRESHMAN OF THE WEEK

Sept. 8 Andrew Coelho - ADE
Sept. 15 Glarus Rop - AIC
Sept. 22 Glarus Rop - AIC
Sept. 29 Rob Dextrateur - BEN
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 Julie Collignon - AIC
Sept. 29 Dominique Stasulli - UNH
Oct. 6
Oct. 13
Oct. 20
Oct. 27

WEEK 4 HONOR ROLL

MEN: Kyle Higgins, Assumption (So., Braintree, Mass.), Steve Bergantino, Bentley (Sr., Guilford, Conn.), Angus MacDonald, UMass Lowell (Jr., Methuen, Mass.), Ryan Frietas, New Haven (Jr., Elk Grove, Calif.), Matt Smith, Saint Michael's (So., Winchester, Mass.) and Patrick Fullerton, Stonehill (Jr., Bradford, Mass.).

WOMEN: Kelsey Baltzell, Assumption (Jr., Sutton, Mass.), Lauren Lesniak, Bentley (Jr., Dracut, Mass.), Melissa Dymek, Franklin Pierce (So., Hubbardston, Mass.), Jessica St. Laurent, Saint Anselm (Sr., Huntington, Miss.), Laura Brustolon, Southern Connecticut (Sr., Mystic, Conn.), Emma Lundberg, Southern New Hampshire (So., Hebron, N.H.) and Jill Alves, Stonehill (So., Whitman, Mass.).

NCAA DIVISION II POLL

USTFCCCA Division II Poll
September 23, 2009
Men

USTFCCCA Division II Poll
September 23, 2009
Women

School

1. Adams State
2. Western State
3. Chico State
4. Grand Valley State
5. Abilene Christian
6. Queens of Charlotte
7. Colorado School of Mines
8. Western Washington
9. Southern Indiana
10. Edinboro
11. Minnesota State
12. Stonehill
13. UMass Lowell
14. Alaska Anchorage
15. Lock Haven
16. Central Missouri
17. Pittsburg State
18. Southwest Baptist
19. Cal Poly Pomona
20. Shippensburg
21. Missouri Southern State
22. Tarleton State
23. Drury
24. Harding
25. Hillsdale

School

1. Adams State
2. Grand Valley State
3. Augustana
4. Western State
5. Chico State
6. Shippensburg
7. Alaska Anchorage
8. Missouri Southern State
9. Western Washington
10. Minnesota Duluth
11. Southern Indiana
12. Seattle Pacific
13. Tampa
14. Ashland
15. Cal State LA
16. Mesa State
17. Dallas Baptist
18. Hillsdale
19. Pittsburg State
20. Northern Kentucky
21. Harding
22. Stonehill
23. Ferris State
24. Slipper Rock
25. Adelphi

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

Team	PRE	W1	W2
UML	14	14	13
SCS	25	25	-
STO	13	13	12

Women

Team	PRE	W1	W2
STO	22	21	22
ADE	-	-	25

2009 NORTHEAST-10 CROSS COUNTRY WEEKLY INFORMATION



ADELPHI: The Adelphi University cross-country program was off last weekend but will return to action on Friday, October 2 at the Paul Short Run in Lehigh, Pennsylvania. The Panther women achieved a program first last week when the USTFCCA ranked Adelphi #25 in the country, the first such honor in program history. The men also moved up the regional rankings, sliding into the third spot behind Stonehill and UMass-Lowell. The women trail only #22 Stonehill in the regional rankings.



AMERICAN INTERNATIONAL: AIC's women's cross country team placed fifth of five teams at Central Connecticut State's Ted Owens Invitational. The Yellow Jackets were the only non-Division I school at the meet. Sophomore Julie Collignon placed third overall with a time of 18:29.09, tying her own school record that she set last week. Senior Malcolm Forbes finished 31st with a time of 29:48.55 to lead the men's squad.



ASSUMPTION: Sophomore Kyle Higgins (Braintree, Mass.) was the Greyhounds top performer as the team finished third in the Worcester City Championship, while sophomore Kelsey Baltzell (Sutton, Mass.) and sophomore Erynn Sweeney (Braintree, Mass.) were both in the top 10 for the women who also finished third.



BENTLEY: In the Codfish Bowl, the Bentley men finished third amongst 18 teams, trailing only the Greater Boston Track Club and the Boston Athletic Association, and the Falcon women were fifth of 23. Bentley's top runners were junior Lauren Lesniak (Dracut, Mass.), 20th of 207 with a time of 19:30.8 for 5,000 meters, and senior Steve Bergantino (Guilford, Conn.), 15th of 202 in 26:06.7 (8,000 meters). The Falcons are now off until the New England's Oct. 10.



UMASS LOWELL: Only 25 seconds separated UMass Lowell's top five runners as it captured the team championship at the Williams College Purple Valley Classic. Junior Angus MacDonald led the way in fifth place with a time of 24:54 while senior Tim Guerin placed sixth in 26:01. The UMass Lowell women captured the Williams College Purple Valley Classic, placing five freshmen runners in the top nine places, led by Kelly Walton (20:15), who placed second, and Gina Butler (20:16), who took third.



MERRIMACK: MEN: The men's team finished 11th out of 23 teams and second among Northeast-10 schools at the Codfish Bowl Invite. Running well for the men were freshman John Lawrence 40th-26:56, freshman Harry Mullin 44th-27:02, and sophomore John Doherty 70th- 27:35. **WOMEN:** The women's team finished 9th out of 18 teams and second among Northeast-10 schools at the Codfish Bowl Invite. Running well for the women were senior Katie Meagher 36th-20:10, freshman Christina Fisher 52nd-20:33, and senior Jen Richard 63rd- 20:43.



NEW HAVEN: The University of New Haven cross country teams competed at the 33rd Annual Father Leeber S.J. Invitational Saturday morning. The men finished tied for seventh place, out of nine teams, while the women grabbed a fifth place finish, of nine teams. The UNH men's and women's cross country teams return to action at the All-New England Championships in Boston, Mass. on Saturday, October 10.



PACE: Freshman Brianna Cano (Franklin Square, N.Y.) led the Setters to an 11th place finish at the Connecticut College invitational. Cano finished in 14th place with a time of 23:22.



SAINT ANSELM: Saint Anselm traveled to the Connecticut College Invitational this past weekend, where the women placed ninth and the men finished in 16th. Jessica St. Laurent led the Hawks with a 36th-place finish as she finished in a time of 24:20, a pace of 6:32 per mile. This is the second straight meet she has been the top Saint Anselm finisher. Drew Matthews was the top Saint Anselm men's runner in a time of 31:06. Both teams return to action on Saturday at the Pop Crowell Invitational, hosted by Gordon College.



SAINT MICHAEL'S: The Purple Knights cross country team had 41 runners come out for the Purple & Gold race they hosted on Saturday. The men's team had four athletes run the 5K course in under 20 minutes, claiming the fastest times of the day. Sophomore Matt Smith came in at 18:22, 52 seconds ahead of sophomore Tom Perekslis who finished second at 19:14. Sophomore Brian McDonnell finished third at 19:17, followed by freshman Nathan Buck at 19:24. Freshman Julie Saliy was the first member of the women's team to finish, coming in 12th with a time of 21:40.



SAINT ROSE: The Golden Knights are ranked #7 in the men's USTFCCA East Regional Poll. Saint Rose has won three consecutive team titles to start the year, while sophomore Macky Lloyd established the second fastest 8k time in school history at the Shacklette Invitational on Saturday, September 19. Meanwhile, the women's squad is ranked #6 in the USTFCCA East Regional Poll.



SOUTHERN CONNECTICUT: MEN: On Saturday, the Owls finished fifth overall in the 16-team field at the Connecticut College Invitational with 153 points. Junior Joseph Poulsen led the squad with a time of 25:20. He finished second overall in the meet. **WOMEN:** The Owls notched two top-10 finishes this weekend at the Connecticut College Invitational. Senior Laura Brustolon won the meet as she set a new course record with a time of 21:49. Freshman Kelsey Proctor placed ninth as she finished in 23:08. Southern finished sixth overall in the 15-team field with 163 points. Both squads return to action on October 10th for the New England Championships.

2009 NORTHEAST-10 CROSS COUNTRY WEEKLY INFORMATION



SOUTHERN NEW HAMPSHIRE: Sophomore Emma Lundberg (Hebron, N.H.) posted the second-fast time in program history with her 19:42 effort at the Codfish Bowl on Saturday, one week after setting a school record at the UMass Dartmouth Invitational. She now owns five of the top six 5K times

in program history.



STONEHILL: MEN: The Skyhawks moved up one slot to No. 12 in last week's USTFCCA Division II National poll and remained the top ranked team in the organization's East Regional rankings. Stonehill captured the team title at the Pre-National Invitational hosted by the University of Southern Indiana on Saturday, led by fifth-place finisher junior Patrick Fullerton (Bradford, Mass.). The Skyhawks placed four runners in the top ten, had all five scoring runners in the top 13 and put all seven runners in the top 25. Stonehill's top five runners all finished within one minute of each other and all seven finished in a 90-second span. The Skyhawks defeated three other nationally-ranked programs in #9 Southern Indiana (2nd), #24 Harding University (3rd) and #5 Abilene Christian (4th). Junior captain Daniel Pilz (Newington, Conn.) followed Fullerton by ten seconds for sixth overall (25:34.84), while senior Joshua Andrews (Chelmsford, Mass.) was eighth (25:53.31) and sophomore Stephen Polito (Worcester, Mass.) was tenth (26:05.36). **WOMEN:** Stonehill is ranked 22nd in last week's USTFCCA Division II National poll and remained the organization's top-ranked team in the East Region. The Skyhawks turned in a fourth place finish at Saturday's Pre-National Invitational, hosted by the University of Southern Indiana. Stonehill finished behind #13 University of Tampa, #11 Southern Indiana and #23 Ferris State University and ahead of #21 Harding University. Sophomore Jill Alves (Whitman, Mass.) led the Skyhawks with a 15th-place finish (out of 75) with a time of 23:23.92 over the 6K course which will host the NCAA Division II Championships in November. Freshmen Lynley Joynt (Guilderland, N.Y.) and Kristen Veit (Easthampton, Mass.) also recorded top-20 finishes. Junior Lindsay Booth (Franklin, Mass.) placed 22nd overall with a personal-best time of 23:52.01.

NCAA DIVISION II REGION RANKINGS

USTFCCCA Men's East Region
September 22, 2009

1. Stonehill
2. UMass Lowell
3. Adelphi
4. So. Connecticut
5. American International
6. Bentley
7. Saint Rose
8. Felician
9. New York Tech
- t-10. Merrimack
- t-10. New Haven
- t-10. Wilmington

NCAA DIVISION II REGION RANKINGS

USTFCCCA Women's East Region
September 22, 2009

1. Stonehill
2. Adelphi
3. So. Connecticut
4. UMass Lowell
5. Philadelphia
6. Saint Rose
7. New York Tech
8. Bentley
9. Merrimack
10. Le Moyne

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



NCAA 2009 CROSS COUNTRY
CHAMPIONSHIPS

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NE-10 TOP 50 MEN'S PERFORMANCES OF THE YEAR (8K)

Rank	Athlete	School	Time	Site
1	Glarius Rop	American Int'l	24:05	UMD Shriners
2	Victor Kemboi	American Int'l	25:05	UMD Shriners
3	Daniel Wang	UMass Lowell	25:10	UMD Shriners
4	Adam Clark	Adelphi	25:19	UMD Shriners
5	Joseph Poulsen	So. Connecticut	25:20	Conn. College
6	Eric McDonald	UMass Lowell	25:21	UMD Shriners
7	Ryan Pezzulo	Adelphi	25:23	UMD Shriners
8	Pat Fullerton	Stonehill	25:24	USI Pre-Nat.
t-9	Kevin Gill	Stonehill	25:26	UMD Shriners
t-9	Pat Fullerton	Stonehill	25:26	UMD Shriners
t-11	Dan Pilz	Stonehill	25:27	UMD Shriners
t-11	Steve Polito	Stonehill	25:27	UMD Shriners
13	Ben Rumery	Stonehill	25:28	UMD Shriners
14	Carlos Techera	Adelphi	25:31	UMD Shriners
15	Sean Gelinas	UMass Lowell	25:32	UMD Shriners
16	Daniel Pilz	Stonehill	25:34	USI Pre-Nat
17	Josh Andrews	Stonehill	25:37	UMD Shriners
18	Julien Devanne	American Int'l	25:44	UMD Shriners
19	Macky Lloyd	Saint Rose	25:45	NYIT Invt.
20	Andrew Coelho	Adelphi	25:46	UMD Shriners
21	Angel Ortega	Adelphi	25:49	UMD Shriners
22	Josh Andrews	Stonehill	25:53	USI Pre-Nat
23	Angus MacDonald	UMass Lowell	25:54	Purple Valley
24	Tim Guerin	UMass Lowell	26:01	Purple Valley
25	Stephen Polito	Stonehill	26:05	USI Pre-Nat
t-26	Steve Bergantino	Bentley	26:06	Codfish Bowl
t-26	Greg Wilson	UMass Lowell	26:06	Purple Valley
28	Jake McAndrew	Le Moyne	26:07	Binghamton
29	Erik Dunn-Gaudet	UMass Lowell	26:08	UMD Shriners
30	Steve O'Brien	UMass Lowell	26:09	Purple Valley
31	Jason Lynch	Stonehill	26:10	UMD Shriners
32	Daniel Gaunya	So. Connecticut	26:11	Conn. College
33	Andy Watson	Bentley	26:18	Codfish Bowl
t-34	Rob Destradeur	Bentley	26:19	Codfish Bowl
t-34	Jeff Veiga	UMass Lowell	26:19	Purple Valley
36	Ben Rumery	Stonehill	26:20	USI Pre-Nat
37	Justin Thompson	Saint Rose	26:22	NYIT Invt.
38	Dan O'Connell	Bentley	26:24	Codfish Bowl
39	Jake McAndrew	Le Moyne	26:25	St. Rose Joust
40	Brian Nill	So. Connecticut	26:31	Conn. College
41	Joseph Poulsen	So. Connecticut	26:32	CCSU Invt.
42	Kyle Higgins	Assumption	26:37	UMD Shriners
43	Ben Saviet	UMass Lowell	26:39	Purple Valley
44	Teddy Farley	Bentley	26:42	Codfish Bowl
45	Ryan Freitas	New Haven	26:44	Leeber SJ Invt
46	Ethan Penny	Stonehill	26:46	USI Pre-Nat
47	Matthew Dunham	New Haven	26:48	Leeber SJ Invt
48	Tom Clark	Adelphi	26:49	UMD Shriners
t-49	Tom Eickelberg	Adelphi	26:50	UMD Shriners
t-49	Todd Sather	Stonehill	26:50	USI Pre-Nat

Updated Through 9/29/09

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

Rank	Athlete	School	Time	Site
t-1	Julie Collignon	American Int'l	18:29	UMD Shriners
t-1	Julie Collignon	American Int'l	18:29	CCSU Invt.
t-3	Danielle Matteo	Adelphi	18:37	UMD Shriners
t-3	Gina Cristaldi	Adelphi	18:37	UMD Shriners
5	Kristen Veit	Stonehill	18:47	UMD Shriners
t-6	Kristen Wojuniak	Adelphi	18:50	UMD Shriners
t-6	Jill Alves	Stonehill	18:50	UMD Shriners
8	Kelsey Proctor	So. Connecticut	19:01	CCSU
9	Haley Catarius	UMass Lowell	19:02	UMD Shriners
10	Danielle Matteo	Adelphi	19:03	Hofstra Invt.
11	Lynley Joynt	Stonehill	19:12	UMD Shriners
t-12	Emma Lundberg	So. New Hampshire	19:17	UMD Shriners
t-12	Sarah Bonomo	UMass Lowell	19:17	UMD Shriners
t-14	Gina Cristaldi	Adelphi	19:18	Hofstra Invt.
t-14	Emma D'Ambro	Le Moyne	19:18	St. Rose Joust
16	Jess Jarrard	Stonehill	19:19	UMD Shriners
17	Kelly Walton	UMass Lowell	19:20	UMD Shriners
18	Gina Butler	UMass Lowell	19:25	UMD Shriners
19	Catherine Connors	Adelphi	19:26	UMD Shriners
20	Lauren Lesniak	Bentley	19:30	Codfish Bowl
t-21	Gina Micaroni	Le Moyne	19:35	St. Rose Joust
t-21	Stephanie Wilson	Stonehill	19:35	UMD Shriners
23	Kristen Wojtuniak	Adelphi	19:39	Hofstra Invt.
t-24	Katelyn Allen	UMass Lowell	19:42	UMD Shriners
t-24	Emma Lundberg	So. New Hampshire	19:42	Codfish Bowl
26	Lindsey Booth	Stonehill	19:43	UMD Shriners
27	Melissa Bredice	Saint Rose	19:50	St. Rose Joust
28	Jennifer Nicolero	UMass Lowell	19:53	UMD Shriners
29	Jennifer D'Angelo	American Int'l	19:54	CCSU Invt.
t-30	Rachel Graham	Bentley	19:56	Codfish Bowl
t-30	Gina Micaroni	Le Moyne	19:56	Binghamton
t-30	Emma D'Ambro	Le Moyne	19:56	Binghamton
t-30	Jaclyn Sullivan	So. Connecticut	19:56	CCSU
34	Jenilee Fuertes	Adelphi	19:59	UMD Shriners
35	Melissa Bredice	Saint Rose	20:02	Shacklette
t-36	Cassie Papandrew	Adelphi	20:05	UMD Shriners
t-36	Mary Hazen	UMass Lowell	20:05	UMD Shriners
38	Danielle Lyons	Adelphi	20:06	Hofstra Invt.
39	Lauren Lesniak	Bentley	20:09	Shacklette
t-40	Rachel Graham	Bentley	20:10	Shacklette
t-40	Katie Meagher	Merrimack	20:10	Codfish Bowl
42	Dominique Stasulli	New Haven	20:13	Leeber SJ Invt.
t-43	Catherine Connors	Adelphi	20:14	Hofstra Invt.
t-43	Lauren DiMitruck	New Haven	20:14	Leeber SJ Invt.
t-43	Jessica Edwards	Saint Michael's	20:14	Panther Invt.
46	Kelly Walton	UMass Lowell	20:15	Purple Valley
t-47	Caitlin Fahey	Bentley	20:16	Codfish Bowl
t-47	Gina Butler	UMass Lowell	20:16	Purple Valley
t-47	Katie Meagher	Merrimack	20:16	Shacklette
t-47	Katie DiBello	Saint Rose	20:16	NYIT Invt.
t-47	Jill Alves	Stonehill	20:16	Bryant Invt.
t-47	Kristen Mahoney	Stonehill	20:16	UMD Shriners

Updated Through 9/29/09