**NE10 MEN’S ATHLETE OF THE WEEK**

**Tyler McLaren, Southern New Hampshire**

*Senior, Pepperell, Mass.*

McLaren claimed his second consecutive individual title Saturday, as Southern New Hampshire won the fifth annual Bruce Kirsch Cup at the Hopkinton State Fairgrounds. He blew away the field in a time of 25:16.0, topping the next closest competitor by more than 37 seconds.

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**NE10 WOMEN’S ATHLETE OF THE WEEK**

**Antonia Pagliuca, Assumption**

*(Senior, Peabody, Mass.)*

Pagliuca led Assumption to the UMass Dartmouth Invitational Championship on Saturday, racing to a third-place finish with a time of 18:06.94. The Hounds beat out a field of 40 teams as they claimed their first championship of the season.

**NE10 MEN’S ATHLETE OF THE WEEK**

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<tr>
<th>Date</th>
<th>Athlete</th>
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<tr>
<td>Sept. 6</td>
<td>Leakey Kipkosgei, AIC</td>
<td>Stonehill</td>
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<tr>
<td>Sept. 12</td>
<td>Tyler McLaren, SNHU</td>
<td>Assumption</td>
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<tr>
<td>Sept. 19</td>
<td>Tyler McLaren, SNHU (2)</td>
<td>Stonehill</td>
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<tr>
<td>Sept. 26</td>
<td>Antonia Pagliuca, ASM</td>
<td>Assumption</td>
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**NE10 MEN’S ROOKIE OF THE WEEK**

**Micah Hewiston, Southern New Hampshire**

*(Freshman, New Market, Md.)*

Hewiston was the top freshman finisher, and fourth overall at the fifth annual Bruce Kirsch Cup at the Hopkinton State Fairgrounds. He eclipsed his previous personal best by 1:13, and helped the Penmen sweep the top-five places to garner the team title.

**NE10 WOMEN’S ROOKIE OF THE WEEK**

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<tr>
<td>Sept. 6</td>
<td>Courtney Fisher, ASM</td>
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<td>Jill Couto, SNHU</td>
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**NE10 WOMEN’S ROOKIE OF THE WEEK**

**Julia Dempsey, Merrimack**

*(Freshman, Cumberland, R.I.)*

Dempsey propelled Merrimack to a second-place finish at the Bowdoin Invitational on Saturday afternoon. She trimmed over 30 seconds off her time from the first race of the season, as she once again led the Warriors with a third-place finish. The rookie posted a time of 19:18.6 seconds, averaging just over a six-minute mile.

**NE10 WOMEN’S ROOKIE OF THE WEEK**

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<td>Kevin Wheelock, Stonehill</td>
<td>Merrimack</td>
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<td>Cedric Jocelyn, SNHU</td>
<td>Merrimack</td>
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<td>Micah Hewiston, SNHU</td>
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<td>Julia Dempsey, Merrimack</td>
<td>Merrimack</td>
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**AROUND THE NE10**

- The 2017 NE10 Cross Country Championships will be held on Sunday, October 22 and will be hosted by American International College.
**NE10 CHAMPIONSHIP**

**Sunday, October 22**
- Hosted by American International -

**NCAA CHAMPIONSHIP**

**NCAA Regionals: November 4 or 5**
- Hosted by Daemen College -

**NCAA Championships: Saturday, Nov. 18**
- Host - Evansville, Indiana -

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**NE10 HONOR ROLL - WEEK 3**

**Gerard Connelly, Adelphi (Jr., Nesconset, N.Y.)**
Adelphi competed at the UMass Dartmouth Invitational and Connelly placed fifth overall in the men’s varsity 8k event. He shaved 45 seconds off his personal best time and helped the team to a fifth-place finish crossing in 25:36.8.

**Nicole Julian, Adelphi (So., Chicopee, Massachusetts)**
Crossing first for the women and dropping 16 seconds off her personal best, Julian finished in a time of 19:18.6, good for 27th in the field of 299 competitors. She helped the team finish 21st out of 40 teams at the UMass Dartmouth event.

**Ivy Chepyegon, American International (Jr., Kabarnet, Kenya)**
Chepyegon placed fourth with a time of 18:30.1 at the UMass Dartmouth Invitational on Saturday, guiding her team to a 12th-place finish out of 40 teams. This is her second top-four finish this season after she won the Panther Invite on September 1.

**Paige Fehskens, Bentley (So., Wareham, Mass.)**
Fehskens was the runner-up in the Kirsh Cup, covering the 5,000-meter State Fairgrounds course in 23:52.3.

**Marissa Farago, Franklin Pierce (Fr., Salisbury, Mass.)**
At Saturday’s Bruce Kirsh Cross Country Cup, Farago turned in a 6k time of 24:14.0 to finish third (of 37) and lead the Ravens to a third-place finish (of five teams).

**Jeff Reddy, Franklin Pierce (So., Chester, N.H.)**
On Saturday at the Bruce Kirsh Cross Country Cup, Reddy turned in an 8k time of 26:47.6 to finish sixth (of 65) and help the Ravens to a third-place finish (of six teams).

**Christian Gentile, Merrimack (Sr., Melrose, Mass.)**
Gentile ranked second among Merrimack’s runners with a seventh-place effort at the Bowdoin Invitational. He ran the 8K course in 27:02.6 seconds.

**Sophie Gorton, Merrimack (Jr., Plymouth, Mass.)**
Gorton made major improvements from her season-opening race, running to a 9th-place finish as the next-best Warrior finisher at the Bowdoin Invitational on Saturday. She clocked in at 19:43.3, down almost a minute from her first race of the season.

**Keith Steinbrecher, Merrimack (Sr., Wading River, N.Y.)**
Steinbrecher led Merrimack at last weekend’s Bowdoin Invitational, running the top time for the Warriors. He averaged a 5:20 mile to finish in 26:32.1 seconds and in fourth place overall.

**Abby French, Saint Michael’s (So., Nashua, N.H.)**
French finished 10th among 47 runners on Saturday at Middlebury’s Aldrich Invitational, clocking in at 20:22 to place only behind eight harriers from Middlebury, and a USCAA All-America runner from Vermont Tech.

**Shannen Kerin, Saint Rose (So., Colonie, N.Y.)**
Kerin finished second at the Oswego Invitational 5k with a time of 19:48.8.

**Jill Couto, Southern New Hampshire (So., Newton Junction, N.H.)**
Couto ran to her second straight individual victory Saturday to lead Southern New Hampshire to a second-place finish at the fifth annual Bruce Kirsch Cup at the Hopkinton State Fairgrounds. Couto completed the 6k course in a time of 22:39.0, outpacing her next closest competitor by 13.3 seconds.

**Riley Dowd, Stonehill (Jr., Peabody, Mass.)**
Dowd assisted the Skyhawks to their second title of the year at the Kutztown DII/III Challenge, as he took first place over 200 competitors with a time of 26:28.0. Stonehill posted 29 points over the 19 teams that competed in the race.

**Emily Knox, Stonehill (Sr., Worcester, Mass.)**
Knox assisted the Skyhawks to their second title of the season at the Kutztown DII/III Challenge. She finished second overall among the 195 competitors with a time of 22:40.6. Stonehill totaled 51 points for the first-place finish.