Ham helped lead the Ravens to a blowout victory at the Philadelphia Metropolitan Championship by finishing second, with a 5k time of 28:15.5. He was one of four Ravens to finish among the top six finishers at the event.

Julia Morena, Bentley
(Jr., Boylston, Mass.)

Morena was Bentley’s top finisher in the season-opening Dartmouth Invitational, placing 30th overall with a 6,000-meter time of 24:08.24 (a mile pace of 6:28). Seventeen of the runners to beat her to the line were from Division I institutions.

Peter Saviano, Franklin Pierce
(Fr., Sandown, N.H.)

Saviano finished fifth at the Philadelphia Metropolitan Championship, with an 8k time of 28:58.0, as part of a team victory at the event.

Sarah Hart, Franklin Pierce
(Fr., Glastonbury, Conn.)

As part of a fourth-place finish for the team, placed 32nd at the Philadelphia Metropolitan Championship, with a 5k time of 23:00.1.

- Three Northeast-10 Conference programs received national attention in the USTFCCCA Preseason Polls. On the men’s side, Stonehill was ranked #21, while American International was among the teams receiving votes. While on the women’s side, Stonehill is ranked #18 overall.
- The 2015 Northeast-10 Conference Cross Country Championship will take place on Sunday, October 25th in Burlington, Vt. and will be hosted by Saint Michael’s College.
Ryan Cadorette, Bentley (So., Saco, Maine)
In his 2015 season debut, Cadorette finished 18th overall in the Dartmouth Invitational with a time of 25:46.35. That equates to a 5:11 mile pace, best by an NE-10 runner this past weekend. Of the 17 runners to finish in front of him, 14 were from Dartmouth and two were running unattached.

Alyssa Lambert, Franklin Pierce (Sr., Manchester, N.H.)
Lambert secured the first-ever individual title in program history at Saturday’s Philadelphia Metropolitan Championship, by running a 5k time of 20:27.6, leading the Ravens to a fourth-place finish.

Ross Henry, Saint Michael’s (Jr., Chagrin Falls, Ohio)
Henry placed third in 29:57 at the Vermont Tech Invitational on Saturday, helping the Purple Knights win the four-team meet. It was the second race of his young career after joining the team this season for his first year of college running.

Torin La Liberte, Saint Michael’s (Jr., Madison, N.H.)
La Liberte placed fourth on Saturday at the Vermont Tech Invitational in a time of 30:03. He helped the Purple Knights win the four-team meet.