CROSS COUNTRY
WEEK 4 - SEPTEMBER 28, 2015

NORTHEAST-10 CONFERENCE MEN’S ATHLETE OF THE WEEK

Ryan Cadorette, Bentley
(So., Saco, Maine)

Cadorette led Bentley in the Roy Griak Invitational at the University of Minnesota with his 8,000-meter time of 27.02.2 putting him 29th overall in the Maroon Division II race. He was 10th after one mile and 39th after 5K before finishing strong. His mile pace was 5:26.3.

NORTHEAST-10 CONFERENCE WOMEN’S ATHLETE OF THE WEEK

Pascaline Jerotich, American International
(Jr., Eldoret, Kenya)

Jerotich placed second at the Northeast-10 Preview Meet with a time of 22:38.9 over 6,000 meters, helping American International win the team title. She placed second behind a runner from USC-Beaufort.

NORTHEAST-10 CONFERENCE MEN’S ROOKIE OF THE WEEK

Rastafari Morgan, Saint Rose
(Fr., Kingston, N.Y.)

Morgan dished out another stellar performance in his young running career as he crossed the line in third place overall, second for the Golden Knights, in Saturday’s Purple Valley Classic at Williams. Morgan recorded a 5K time of 16:42.3.

NORTHEAST-10 CONFERENCE WOMEN’S ROOKIE OF THE WEEK

Makenzie Cyr, Stonehill
(Fr. Douglas, Mass.)

Cyr continued the impressive start to her collegiate career on Saturday at the Ted Owen Invitational, as she finished fourth overall and clocked in at 18:50.0. Cyr’s third consecutive top-10 performance helped Stonehill finish first as a team.

AROUND THE NE-10

- Three Northeast-10 Conference programs received national attention in the September 23rd edition of the the USTFCCA Polls. On the men’s side, Stonehill was ranked #22, while Franklin Pierce was among the teams receiving votes. On the women’s side, Stonehill is ranked #16 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.

NE-10 MEN’S ATHLETE OF THE WEEK

Sept. 8 Nacho Hernando-Angulo, SNHU
Sept. 14 Colton Ham, Franklin Pierce
Sept. 21 Nacho Hernando-Angulo, SNHU (2)
Sept. 28 Ryan Cadorette, Bentley
Oct. 5
Oct. 12
Oct. 19

NE-10 WOMEN’S ATHLETE OF THE WEEK

Sept. 8 Makenzie Cyr, Stonehill
Sept. 14 Julia Morena, Bentley
Sept. 21 Nicole Borofski, Stonehill
Sept. 28 Pascaline Jerotich, American Int’l
Oct. 5
Oct. 12
Oct. 19

NE-10 MEN’S ROOKIE OF THE WEEK

Sept. 8 Michael Grady, Adelphi
Sept. 14 Peter Saviano, Franklin Pierce
Sept. 21 Cody Murphy, Bentley
Sept. 28
Oct. 5
Oct. 12
Oct. 19

NE-10 WOMEN’S ROOKIE OF THE WEEK

Sept. 8 Makenzie Cyr, Stonehill
Sept. 14 Sarah Hart, Franklin Pierce
Sept. 21 Ivy Chepyegon, American Int’l
Sept. 28 Makenzie Cyr, Stonehill (2)
Oct. 5
Oct. 12
Oct. 19
Antonia Pagliuca, Assumption (So., Peabody, Mass.)
At the NE-10 Preview Meet, Pagliuca placed fifth overall in a time of 23:01.6 as the Hounds finished second as a team at the event.

Ben Kapuscinski, Saint Rose (Jr., Sea Cliff, N.Y.)
Kapuscinski led the Saint Rose squad, and finished second overall, at the Purple Valley Classic hosted by Williams. He posted a 5K time of 16:46.4.

Michelle Lujan, Saint Rose (Jr., Cornwall, N.Y.)
Lujan picked up her first win of the season Saturday afternoon at the Purple Valley Classic 5K, hosted by Williams. Her time of 19:46.4 registered more than 25 seconds faster than her closest competitor.

Dieter Gutbrod, Southern Connecticut (Sr., Sandy Hook, Conn.)
Gutbrod was the first runner to cross the finish line at the Saint Michael’s NE-10 Preview meet on Saturday morning. He finished with a time of 27:22.7.

Nacho Hernando-Angulo, Southern New Hampshire (Jr., Logrono, Spain)
Hernando-Angulo cruised to a second-place finish at the 2015 Northeast-10 Cross Country Preview Meet on Saturday. He finished less than one second behind the race winner, and helped lead the Penmen to a second-place team finish as well.

Stacey Wojcik, Southern New Hampshire (Sr., Wrentham, Mass.)
Wojcik finished third overall at the 2015 Northeast-10 Cross Country Preview Meet on Saturday. The senior crossed the finish line in 22:46 on the 6,000-meter course, and averaged a 6:07 mile time.

Aisha McAdams, Stonehill (Jr., North Kingstown, R.I.)
McAdams paced Stonehill to a first place team finish on Saturday at the Ted Owen Invitational, completing the five-kilometer course in 18:49.8, good for third overall out of 88 competitors.