



2005 WOMEN'S CROSS COUNTRY News & Notes

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*Central Connecticut State • Fairleigh Dickinson • Long Island • Monmouth • Mount St. Mary's
Quinnipiac • Robert Morris • Sacred Heart • St. Francis (NY) • St. Francis (PA) • Wagner*

NEC Women's Cross Country (Week 2 - September 13, 2005)

Athlete of the Week

**Katina Alexander, Monmouth
Sr., Pleasantville, NJ/Pleasantville**

Alexander is tabbed Athlete of the Week for the second consecutive week after she logged a top-20 finish at the Fordham Invitational. Facing nationally-ranked competition, Alexander finished the 5K course in 19:04, placing her 19th out of 210 runners. She was the top finisher among the four NEC schools competing.

Rookie of the Week

**Kathleen Henry, Sacred Heart
Fr., Basking Ridge, NJ/Ridge**

Henry earned Rookie of the Week accolades after posting a time of 19:53 over 5,000 kilometers at the Fordham Invitational. In her first collegiate race, Henry placed 56th out of 210 runners. Among NEC runners, Henry finished behind only Katina Alexander of Monmouth and teammate Katie Duffy.

Top Seven Times List

Central Connecticut State

9/10 - Dartmouth Invitational (6th out of 9 - 191 points)
5,000 meters
Ashley Hill 21:08.30
Robyn Hudak 21:10.20
Megan Jaswell 22:17.70
Dawn Hudak 23:01.60
Kathleen Lima 23:46.80
Bryanna Smith 24:41.60
Kristin Coit 25:30.00

Monmouth

9/10 - Fordham Invitational (10th out of 18 - 268 points)
5,000 meters
Katina Alexander 19:04
Malia Lyles 20:03
Kristin Wallace 20:22
Nayda Pirela 21:12
Jessica Jones 21:48
Melissa Vientes 22:22
Katie Muller 24:33

St. Francis (NY)

9/10 - Fordham Invitational (13th out of 19 - 407 points)
8,000 meters
Cristen Mullen 20:11
Kate Stewart 21:52
Jill Zita 22:50
Holly Chambers 24:00
Jessica Hart 24:36
Andreen Francis 26:06
Valerie Mellon 27:39

Fairleigh Dickinson

9/10 - Fordham Invitational (15th out of 19 - 513 points)
5,000 meters
LaShell Green 24:01
Karina Pinto 25:09
Jessica Sanders 25:27
Denise Thompson 25:52
Dara Jones 30:12
Asha Jones 31:03

Mount St. Mary's

Did not compete last week.

Quinnipiac

Did not compete last week.

Robert Morris

Did not compete last week.

Sacred Heart

9/10 - Fordham Invitational (9th out of 19 - 254 points)
5,000 meters
Katie Duffy 19:43
Kathleen Henry 19:53
Jenna Pizani 20:05
Anne Duffy 20:24
Erin Kulasewski 20:52
Ann Regan 21:38
Terressa Howard 21:49

St. Francis (PA)

Did not compete last week.

Wagner

9/10 - Wagner Invitational (2nd out of 3)
5,000 meters
Meaghan Robbins 19:39.60
Brecken Drager 19:54.53
Megan Melvin 20:32.47
Maris Reutzl 21:25.78
Ryan Rogers 21:35.31
Ashley Mallen 21:49.03
Katelyn Archer 23:32.33

NEC Women's Cross Country Championships

October 29, 2005
Hosted by St. Francis (PA)



NEC Athlete of the Week

Sept. 7 Katina Alexander, Monmouth
Sept. 13 Katina Alexander, Monmouth

NEC Rookie of the Week

Sept. 7 Brecken Drager, Wagner
Sept. 13 Kathleen Henry, Sacred Heart