



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 3 - September 20, 2005)

Athlete of the Week

**Katie Gwyther, Quinnipiac
 Sr., Madison, NH/Kennett**

Gwyther is named Athlete of the Week after racing to a record-setting, first place finish at the Red Flash Invitational. The 2004 NEC Outstanding Performer shattered the course record by over 50 seconds. Gwyther navigated the 5K course in 18:02, finishing 1:21 ahead of the second place finisher.

Rookie of the Week

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

Henry is tabbed Rookie of the Week for the second consecutive week for her top-five finish at the Red Flash Invitational. Henry ran a time of 20:15 to lead the Pioneers to a second place finish. Henry was the top freshman runner at the race and the only rookie in the top-10.

Top Seven Times List

Central Connecticut State

9/17 - Ted Owen Invitational (4th out of 5 - 103 points)
 5,000 meters

Ashley Hill	19:01
Robyn Hudak	19:38
Dana Merise	20:21
Megan Jaswell	20:30
Dawn Hudak	21:10
Bryanna Smyth	21:23
Kathleen Lima	21:50

Fairleigh Dickinson
 Did not compete last week.

Long Island

9/17 - Red Flash Invitational (12th out of 12 - 318 points)
 5,000 meters

Nicole Lopez	23:19
Jaime Smith	23:36
Crystal Strachan	24:38
Temi Akojie	24:59
Shayla Wallace	25:55
Janel McFarlane	29:45
Eva Terry	32:03

Monmouth

9/17 - Red Flash Invitational (6th out of 12 - 171 points)
 5,000 meters

Katina Alexander	20:07
Malia Lyles	20:59
Nayda Pirela	22:18
Jessica Jones	22:27
Melissa Vientos	23:52
Felicia Phiefere	24:57
Lindsey Rutter	25:44

Mount St. Mary's

9/17 - Red Flash Invitational (5th out of 12 - 147 points)
 5,000 meters

Kim Najem	20:36
Brittany McCann	21:19
Andrea Shute	21:38
Terri Gibbons	21:49
Samantha Willox	22:15
Jessica Rafeedie	22:24
Liz Kessler	22:32

Quinnipiac

9/17 - Red Flash Invitational (4th out of 12 - 81 points)
 5,000 meters

Katie Gwyther	18:02
Jenna Nechamen	20:31
Susan Ashe	21:10
Lisa Zino	21:13
Erin O'Connell	21:18
Brittany Carter	21:23
Abbey Gosling	21:32

Robert Morris

9/17 - Red Flash Invitational (11th out of 12 - 310 points)
 Did not report times.

Sacred Heart

9/17 - Red Flash Invitational (2nd out of 12 - 68 points)
 5,000 meters

Kathleen Henry	20:15
Katie Duffy	20:18
Anne Duffy	20:42
Jenna Pisani	21:06
Erin Kulasewski	21:16
Terressa Howard	22:23
Kathryn O'Connor	22:31

St. Francis (NY)

9/17 - Red Flash Invitational (10th out of 12 - 282 points)
 Did not report times.

St. Francis (PA)

9/17 - Red Flash Invitational (1st out of 12 - 52 points)
 5,000 meters

Whitney Schnarr	19:28
Erika Jacobs	20:29
Bridget Campbell	20:32
Shannon Kovack	20:39
Antonia Artise	21:08
Amy Shoemaker	21:34
Sarah Rutledge	21:52

Wagner

9/17 - Red Flash Invitational (8th out of 12)
 5,000 meters

Brecken Drager	21:09
Megan Melvin	22:17
Maris Reutzel	22:30
Ashley Mallen	23:44
Katelyn Archer	25:24

**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
Sept. 20	Katie Gwyther, Quinnipiac

NEC Rookie of the Week

Sept. 7	Brecken Drager, Wagner
Sept. 13	Kathleen Henry, Sacred Heart
Sept. 20	Kathleen Henry, Sacred Heart