



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 1 - September 7, 2005)

Athlete of the Week

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

Alexander is named Athlete of the Week after finishing in second place overall at the Monmouth Kickoff. Alexander posted a time of 14:31.1 over 4-kilometers, a new Monmouth course record. In Monmouth's debut race of the season, Alexander led the Hawks to a 2-1 dual meet record.

Rookie of the Week

**Brecken Drager, Wagner
Fr., Loomis, CA/Del Oro**

Drager earned Rookie of the Week honors after finishing fourth at the Monmouth Kickoff. In her first competitive race of the season, Drager finished the 4-kilometer race in 14:58.1.

Top Seven Times List

Central Connecticut State

9/3 - Blue Devil Invitational (2nd out of 6 - 70 points)
5,000 meters

| | |
|---------------|-------|
| Ashley Hill | 19:30 |
| Robyn Hudak | 19:39 |
| Megan Jaswell | 20:06 |
| Dawn Hudak | 20:39 |
| Kathleen Lima | 21:36 |
| Bryanna Smith | 21:47 |
| Kristin Coit | 22:26 |

Fairleigh Dickinson

9/3 - Monmouth Kickoff 4,000 meters

| | |
|-----------------|---------|
| Karina Pinto | 19:08.8 |
| LaShell Greene | 19:20.3 |
| Jessica Sanders | 20:00.6 |
| Asha Jones | 20:11.2 |
| Denise Thompson | 21:13.3 |
| Dara Jones | 21:17.0 |

Long Island

9/2 - Stony Brook Invitational (9th out of 11 - 270 points)
5,000 meters

| | |
|------------------|----------|
| Nichole Lopez | 23:22.36 |
| Shayla Wallace | 25:57.49 |
| Temi Akojie | 26:19.97 |
| Crystal Strachan | 26:20.37 |
| Crista Strachan | 28:17.70 |
| Janel McFarlane | 29:41.94 |
| Eva Terry | 32:37.52 |

Monmouth

9/3 - Monmouth Kickoff 4,000 meters

| | |
|------------------|---------|
| Katina Alexander | 14:31.1 |
| Malia Lyles | 15:12.4 |
| Nayda Pirela | 15:53.0 |
| Kristin Wallace | 15:59.2 |
| Jessica Jones | 16:07.3 |
| Melissa Vientos | 17:19.0 |
| Felicia Phiefer | 17:54.4 |

Mount St. Mary's

9/2 - Mount St. Mary's Duals 5,000 meters

| | |
|-----------------|----------|
| Brittany McCann | 19:42.58 |
| Kim Najem | 19:53.38 |
| Andrea Shute | 20:55.53 |
| Terri Gibbons | 21:19.48 |
| Liz Kessler | 21:27.90 |
| Caitlin Greene | 21:34.65 |
| Samantha Wilcox | 21:45.29 |

Quinnipiac

9/2 - Stony Brook Invitational (2nd out of 11 - 58 points)
5,000 meters

| | |
|---------------------|----------|
| Jenna Nechamen | 20:04.83 |
| Ashley Reichelt | 20:49.83 |
| Ashley Uniszkievicz | 21:07.85 |
| Susan Ashe | 21:10.00 |
| Erin O'Connell | 21:11.60 |
| Brittany Carter | 21:25.56 |

Robert Morris

Did not compete last week.

Sacred Heart

Did not compete last week.

St. Francis (NY)

Did not compete last week.

St. Francis (PA)

Did not compete last week.

Wagner

9/3 - Monmouth Kickoff 4,000 meters

| | |
|-----------------|---------|
| Brecken Drager | 14:58.1 |
| Meaghan Robbins | 15:14.3 |
| Megan Melvin | 15:38.3 |
| Maris Reutzel | 15:58.6 |
| Ryan Rogers | 16:54.5 |
| Ashley Mallen | 17:00.2 |
| Katelyn Archer | 17:35.7 |

NEC Women's Cross Country Championships

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



NEC Athlete of the Week

Sept. 7 Katina Alexander, Monmouth

NEC Rookie of the Week

Sept. 7 Brecken Drager, Wagner