



WEEKLY CROSS COUNTRY REPORT

Week 2 – For meets through 9/20/09

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Last Week's Results

- 09/19 Sarah Lawrence at Bard Invitational (7th/11)
Culinary Institute at Bard Invitational (10th/11)
New Rochelle at Bard Invitational (11th/11)
St. Joseph's at New York Institute of Technology Invitational (4th/4)
- 09/20 Pratt Institute at Queensborough CC Invitational (1st/10)

This Week's Schedule

- 09/25 St. Joseph's at Stevens Tech Invitational
New Rochelle at Stevens Tech Invitational
- 09/26 Albany Pharmacy at Southern Vermont Invitational
- 09/27 Pratt Institute at Brooklyn College Invitational
Sarah Lawrence at York Invitational

RUNNER OF THE WEEK

Kelly McConnell • Pratt Institute
Sophomore • Irvington (Irvington High)

Kelly McConnell is this week's HVWAC Runner of the Week after leading her team to a first place finish at the Queensboro CC Invitational, continuing their winning ways as defending HVWAC champions. The sophomore captured 5th place overall in the strong field posting a time of 29:21 around the 6K course.

ROOKIE OF THE WEEK

Teresa Mangan • St. Joseph's College
Freshman • Cleveland, OH (St. Joseph's)

Teresa Mangan is this week's HVWAC Rookie of the Week. Running in her first intercollegiate meet, Mangan was the top finisher for St. Joseph's at the NYIT Invitational which also featured Division I and II teams. Mangan posted a 5K time of 24:43 taking 22nd place in the Division III competition.

HONOR ROLL

Erika Nichols • Sarah Lawrence College
Senior • Stowe, VT

Nichols was the top HVWAC finisher at the Bard College Invitational capturing 23rd place with a 5K time of 22:59, leading the Gryphons to a 7th place finish in the deep field.



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	Runner of the Week	Rookie of the Week	Honor Roll
Week 1 (9/7-9/13)	Nicole Izzo Albany Pharmacy Alyssa Beasley New Rochelle	Kerline Dieudonne New Rochelle	Brittany Ronan Culinary Institute
Week 2 (9/14-9/20)	Kelly McConnell Pratt Institute	Teresa Mangan St. Joseph's College	Erika Nichols Sarah Lawrence