



WEEKLY CROSS COUNTRY REPORT

Week 3 – For meets through 9/27/09

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Last Week's Results

- 09/25: St. Joseph's at Stevens Tech Invitational (8th/11)
New Rochelle at Stevens Tech Invitational (11th/11)
- 09/26: Albany Pharmacy at Southern Vermont Invitational (3rd/6)
- 09/27: Pratt Institute at York Invitational (Incomplete)
Sarah Lawrence at York Invitational (5th/12)

This Week's Schedule

- 10/01: Medgar Evers at MEC Invitational I
- 10/03: Albany Pharmacy, Culinary Institute, Sarah Lawrence & St. Joseph's at Mount Saint Mary Invitational
- 10/04: Pratt Institute at College of Staten Island Invitational

RUNNER OF THE WEEK

Rebecca Nashett • Albany College of Pharmacy
Junior • Tupper Lake, NY (Saranac Lake)

Rebecca Nashett has been selected as this week's HVWAC Cross Country Runner of the Week. Nashett had the highest finish ever by an Albany Pharmacy cross country runner, taking 11th place in the Southern Vermont Invitational completing the 5K course in 24:43, missing out on a top 10 finish by three seconds.

ROOKIE OF THE WEEK

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

Teresa Mangan earned HVWAC Cross Country Rookie of the Week honors for the second straight week, with an 11th place finish in the 4K competition at the Steven Tech Invitational crossing the line in 17:43. The freshman led the Lady Bears ahead of three other teams, their best finish this season.

HONOR ROLL

Maddy Waldrep • Sarah Lawrence College
Freshman • Baltimore, MD

Despite running a longer 6K distance, Waldrep was able to maintain her pacing and improve her time throughout the race taking 28th place at the York Invitational.



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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
Week 3 (9/21-9/27)	Rebecca Nashett Albany Pharmacy	Teresa Mangan St. Joseph's College	Maddy Waldrep Sarah Lawrence