



CROSS COUNTRY

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Tuesday, October 27, 2009

FOR IMMEDIATE RELEASE

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TWO HAWKS CLAIM PERFORMER OF THE WEEK HONORS IN THEIR LAST REGULAR SEASON RACE

CAMBRIDGE, Mass. – With two strong runs to end their regular season, University of Hartford's junior Jonas Hampton (Pottstown, Pa./Pottsgrove) and freshman Kayla Koonz (Gardiner, N.Y./New Paltz) capture the male and female cross country Performer of the Week awards, respectively, for the week ending October 25.

For the fourth time this season, Hampton led the Hawks helping them place eighth out of 11 teams at the Connecticut State Mini Meet. Hampton posted a team-best 26th-place finish on Saturday, completing the 5K course in 15:51.06.

In her first season as a Hawk, Koonz has been a top runner for Hartford, leading the women three times this season. On Saturday, Koonz led the Hawks to a sixth-place team finish. Crossing the finish line of the 3K course in 11:02.56, Koonz took 30th overall.

Albany – After hosting the 43rd annual UAlbany Invitational, the Great Danes took the weekend off to prepare for the America East Championship on Saturday, October 31.

Binghamton – The Bearcats return to action at the conference championship in Vermont on Saturday when the women race at 11 a.m. followed by the men at 12 p.m..

Boston U. – The Terriers last competed at the New England Championships, but return to action this weekend at the America East Championship meet.

Hartford – The Hawks men's and women's teams competed in the Central Connecticut State Mini-Meet on Saturday, placing eighth and sixth out of 11 teams, respectively. Kayla Koonz led the women for the third time this season, finishing the three kilometer course in 11:02.56 to place 30th. Senior Ariana Bass (Penacook, N.H./Concord) was the second Hartford runner to finish, claiming 36th overall. Jonas Hampton led the men for the fourth time this season, completing the 5K course in 15:51.06. Sophomore Andrew Chalmer (Ashland, N.H./Plymouth Regional) was the second Hawk to cross the finish line, running to a 46th-place finish. Hartford returns to action at the conference meet on Saturday.

Maine – The Black Bears will travel to Vermont to compete in the America East Championship meet on October 31.

UMBC – The Retrievers rested this past weekend to ready themselves for the conference race.

New Hampshire – After top-five finishes at the New England Championships, the Wildcat squads have taken the past two weeks off. New Hampshire returns to action in Vermont where the men will try to defend their conference title.

Stony Brook – The Seawolves raced against Fairfield, Iona and Manhattan in a quad meet on Wednesday where both teams placed fourth. Red shirt freshman Mary O'Conner (Waterford, Ireland/St. Agenias Secondary School) crossed the finish line first for the women, completing the 3K Van Cortlandt Park course in 11:02. Classmate Jillian Fauser (Northport, N.Y./Northport) finished second for the women in a time of 11:35. Junior Shamell Forbes (Springfield Gardens, N.Y./Valley Stream Central) was the top finisher for the Seawolves men, running the course in 9:20. Sophomore Mark Appledorf (Hauppauge, N.Y./Hauppauge) crossed seven seconds later to finish second for Stony Brook. The Seawolves return to action at the conference race hosted by Vermont.

Vermont – After sweeping the Saint Michael's Invitational on Friday, October 16, the Catamounts took the weekend off to prepare for the America East Championship which they will host on Saturday.

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