



# North Atlantic Conference

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## NAC Men's and Women's Cross Country All-Conference Teams Announced

Following the NAC Cross Country Championships, the men's and women's all-conference teams have been selected. Runners scoring in the top seven earned first-team honors while the next seven for each gender earned second team accolades.

UMF senior Drew Croteau became the fourth different Beaver runner to win the event in the past four years. Croteau earned Runner of the Year honors after winning the NAC men's cross country championship race in a time of 6:02. Castleton freshman Nick Grasso was the top finishing rookie runner and captured Rookie of the Year honors after finishing the race in third place. UMF first year runner Emily Farley earned Runner and Rookie of the Year honors after winning the women's race in a time of 7:03.

In a vote of the conference coaches, Castleton State head coach Blair Marelli was selected by his peers as both the Men's and Women's Conference Coach of the Year. The Elms women's team earned the inaugural Team Sportsmanship Award and Castleton State received recognition on the men's side.

### Men's Cross Country All-Conference Teams

#### First Team

Drew Croteau	Maine-Farmington	Sr.
Chris Gatchell	Castleton State	Jr.
Nicholas Grasso	Castleton State	Fr.
Andrew Gundlach	Lasell	Jr.
Gabe McConkey	Johnson State	Jr.
Michael Sullivan	Castleton State	Fr.
Brian York	Maine Maritime	Fr.

#### Second Team

Pete Delano	Maine-Farmington	Fr.
Christopher Johnson	Lasell	So.
Greg Lauranzano	Lasell	Sr.
Jeffrey Paul	Castleton State	Fr.
Jon Preuss	Johnson State	So.
Michael Stearns	Johnson State	Fr.
David Walsh	Lasell	Fr.

#### Runner of the Year

Drew Croteau	Maine-Farmington	Sr.
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#### Rookie of the Year

Nick Grasso	Castleton State	Fr.
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#### Coach of the Year

Blair Marelli	Castleton State
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#### Team Sportsmanship Award

Castleton State

### Women's Cross Country All-Conference Teams

#### First Team

Justine Campbell	Castleton State	Jr.
Kate Dickinson	Maine-Farmington	Sr.
Emily Farley	Maine-Farmington	Fr.
Elizabeth Halnon	Castleton State	Fr.
Kayla McKenna	Lasell	So.
Caitie O'Donnell	Lesley	Fr.
Katherine Sprowl	Castleton State	Jr.

#### Second Team

Maggie Klein	Castleton State	Fr.
Sadie Lloyd	Lesley	Sr.
Lyn Plog	Maine-Farmington	Fr.
Sam Posey	Maine-Farmington	So.
Danielle Ring	Mount Ida	Sr.
Teri Slawel	Maine-Farmington	So.
Emily Weston	Maine-Farmington	So.

#### Runner of the Year

Emily Farley	Maine-Farmington	Fr.
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#### Rookie of the Year

Emily Farley	Maine-Farmington	Fr.
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#### Coach of the Year

Blair Marelli	Castleton State
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#### Team Sportsmanship Award

Elms College