emerging elites

THE TRAINING PROGRAM FOR COMPETITIVE ATHLETES

Date	Name	Affliation	Event	Time	Place	Notes
2-Oct	Mike Amirault	Xaverian Brothers	5K	17:31		PR!
6-Oct	Chrissy Meagher	University of Connecticut	5K	19:19		
6-Oct	Jenny Donnelly	Noble and Greenough	5K	20:21		
6-Oct	Emma MacDonald	Noble and Greenough	5K	22:07		
6-Oct	Brett Hayes	Noble and Greenough	5K	22:08		
6-Oct	Lauren Smith	Fontbonne Academy	5K	22:12		3rd on team
9-Oct	Mike Amirault	Xaverian Brothers	5K	17:21		Team won Catholic Champs
9-Oct	Pete Dolan	Xaverian Brothers	5K	17:15		Team won Catholic Champs
13-Oct	Lauren Smith	Fontbonne Academy	5K	21:21		PR!
13-Oct	Patrick Condon	Reading High School	5K	17:11		
13-Oct	Kaitryn Power	Fontbonne Academy	5K	22:18		Course PR!
13-Oct	Gabe Pacione	Hamilton Wenham Regional	5K	15:56	1st	
13-Oct	Jenny Donnelly	Noble and Greenough	5K	18:45		
19-Oct	Jenny Donnelly	Noble and Greenough	5K	19:22		New course record
19-Oct	Brett Hayes	Noble and Greenough	5K	21:12		
19-Oct	Emma MacDonald	Noble and Greenough	5K	21:12		
20-Oct	Gabe Pacione	Hamilton Wenham Regional	5K	15:19	2nd	
20-Oct	Ari Garber	Brown University	5K	18:15	3rd	
23-Oct	Lauren Smith	Fontbonne Academy	5K	21:10		
23-Oct	Kaitryn Power	Fontbonne Academy	5K	21:51		
23-Oct	Alex Smith	Fontbonne Academy	5K	23:56		
26-Oct	Jenny Donnelly	Noble and Greenough	5K	19:57	1st	
26-Oct	Gabe Pacione	Hamilton Wenham Regional	5K	15:17		

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