



## FOR IMMEDIATE RELEASE

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# Louco, Vernot, Carney, Loughery, Mitchell Take Home A-10 Cross Country Weekly Awards

**NEWPORT NEWS, Va.**— Duquesne senior Cordon Louco was named the Atlantic 10 Conference Men's Cross Country Performer of the Week, the league announced Tuesday. Dayton senior Taylor Vernot and Richmond senior Colleen Carney were named the Women's Co-Performers of the Week. Davidson's Coleman Mitchell and Dayton's Maddie Loughery were also named the Men's & Women's Rookies of the Week, respectively. The awards were based off performances from opening weekend meets, held Aug. 31-Sept. 2.

Louco, a senior from Pittsburgh, Pa., finished first overall at the Duquesne Duals with a mark of 25:34.53 (8K) at Schenley Park in Pittsburgh. The senior was one of five Duquesne runners to finish in the top 10 and helped lead the Dukes to the team title.

Vernot, a senior from Wauseon, Ohio, was Dayton's top finisher at the Queen City Invitational held at Northern Kentucky, with a time of 17:49.8 (5K). She placed fourth overall in the field and was joined by teammate Emily Borchers in the top 10.

Carney, a senior from Glen Mills, Pa., won the Spider Alumni Open this past weekend with a time of 10:59.2 (2-mile). She helped lead the Spiders to a team victory over fellow A-10 schools George Mason and VCU.

Loughery, a freshman from Indianapolis, Ind., helped lead the Flyers to a fourth-place team finish at the Queen City Invitational. Loughery placed 38<sup>th</sup> in a field of 109 runners with a time of 19:10.4 (5K).

Mitchell, a freshman from Durham, N.C., finished fifth overall at the Spider Alumni Open with a time of 15:31.7 (5K), helping the Wildcats to a third-place team finish.

### ***About the Atlantic 10 Conference***

*The Atlantic 10 Conference was founded in 1975 and consists of 14 diverse members across eight states and Washington, D.C. The mission of the Atlantic 10 is to provide an enhanced student-athlete experience through 21 nationally competitive championship sports. The basketball-centric conference is committed to integrity, educational excellence and providing quality equitable championship experiences for its student-athletes, coaches, and support staff. The membership consists of Davidson College, the University of Dayton, Duquesne University, Fordham University, George Mason University, The George Washington University, La Salle University, the University of Massachusetts, the University of Rhode Island, University of Richmond, St. Bonaventure University, Saint Joseph's University, Saint Louis University and Virginia Commonwealth University. For more information, visit [www.atlantic10.com](http://www.atlantic10.com).*