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Louco, Michon, Yarbrough, Turbyfill, O'Flaherty Earn A-10 Cross Country Weekly Honors

NEWPORT NEWS, Va.— Duquesne's Cordon Louco and Saint Joseph's Zach Michon were named the Atlantic 10 Conference Men's Cross Country Co-Performers of the Week, while Davidson's Caroline Yarbrough was named the Women's Performer of the Week, the league announced Tuesday. Davidson's Trent Turbyfill and George Mason's Siobhra O'Flaherty were named the Men's & Women's Rookies of the Week, respectively. The awards were based off performances from meets held Oct. 8-14.

Louco, a senior from Pittsburgh, Pa., earned a 25th-place finish in a strong field of 206 runners at the Penn State National Open with a time of 25:32 (5.2 miles). His performance helped lead the Dukes to an 18th-place finish and his individual time bested other runners from several ranked opponents.

Michon, a junior from Robbinsville, N.J., recorded a collegiate-best 8K time of 24:39.3 to lead the Hawks to a sixth-place team finish at the Princeton Invitational. He finished 20th overall in a field of 219 runners and was the top A-10 finisher in a field that also included George Mason, George Washington and La Salle.

Yarbrough, a senior from Greensboro, N.C., placed third overall out of 413 competitors at the Royals XC Challenge, helping the Wildcats win the team title. She stopped the clock in 17:04, a new personal best time, and the second fastest 5K in program history.

Turbyfill, a freshman from Orlando, Fla., led the Wildcats across the line in his first ever 8K with a time of 24:43 good for a 22nd place finish out of 396 competitors at the Royals XC Challenge.

O'Flaherty, a freshman from Carlow, Ireland, led Mason for the second straight race finishing 18th at the Princeton Invitational with a time of 21:48.4 (6K).

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.