

BC ALUMNI XC/TF NEWSLETTER



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WOMEN'S CROSS COUNTRY MAKES APPEARANCE AT NATIONALS

Coming off of an excellent start to the cross-country season, the women's cross-country program continued to achieve success at a national scale this fall. The team traveled up to New Hampshire, where they competed at the NCAA Division 1 Northeast Region Cross Country Championships. Going into the race ranked second, the team battled a strong field to finish third, ultimately earning an at-large bid to the National Championships. Abby Lewis and Aoife Dunne finished in 20 th and 21 st place respectively, earning themselves All-Region honors. Lewis, who has had an incredible debut season with the Eagles, was the top true freshman on the women's side, cementing herself as part of the bright future of the Eagles.

The Women's Cross Country program finished the season with a strong performance at the NCAA D1 National Cross-Country Championships in Madison, Wisconsin. The team finished in 29 th place, spearheaded by Abby Loveys and Aoife Dunne. Also scoring for the Eagles were senior Roshni Singh, freshman Abby Lewis, and transfer Yasmine Abbes. Overall, the women had a strong season, highlighted by their performances at ACCs, the Regional Championships, and the National Championships. The program looks to continue its success during the indoor season and in seasons beyond!



BC EAGLES HEADING INTO OUTDOOR SEASON RIGHT ON TRACK

Men's Distance

After a strong season last year, the men's team is poised for an even bigger breakthrough, with multiple athletes ready to break the 14-minute barrier in the 5K.

Among these standout performers, senior Steven Jackson is set to make a triumphant return to the NCAA Indoor Championship, showcasing the program's depth and competitive edge. With performances like these, the team is well on its way to rewriting the program's record book and leaving a lasting legacy.

Women's Distance

This indoor season, the women's team is poised to continue its success following a strong fall. The women's DMR will be the event to watch this coming season, with the program looking to qualify for the National Championships and improve upon its 9th place finish from last season. Individually, Molly Hudson is set to continue her success from last indoor season, looking to break the 4:30 barrier in the women's mile for the first time in program history.

Field Events

The Boston College field events group has experienced remarkable growth in talent and dedication in recent years. As we approach the conclusion of the indoor season, we anticipate the highest number of individual field event performers at the ACC Championships in recent history. Several of these athletes are well-positioned to make valuable contributions to the team's point totals.

Sprints

The Boston College Sprints program is incredibly excited for the upcoming season. The group may be young, but they possess the work ethic and talent to make an impact at the ACC Championships over the spring semester! The goal for the sprints portion of the program is to garner as many medals as possible at the Conference Championships. Overall, the group may be small, but the quality of athletes is high, and their impact on the program will continue to be felt.



CATCHING UP WITH THE ALUMNI

CATE ROBBIE '03

Cate Robbie's first memory of Boston College was its appearance in a childhood book, and it had stuck with her ever since. When her college search was underway a decade later, BC remained a standout for her. Speaking to me from her home in Boulder, Colorado, former Boston College student-athlete Cate Robbie (nee Guiney) '03 shared words of wisdom, fun memories, and other details about her time on the BCXCTF squads. Recruited by former coach Randy Thomas to run for the Eagles, Robbie went on to transform the program as a part of the Fall 2000 team that placed 4th at the Cross Country National Championships despite frigid conditions with temperatures well below zero. Robbie expressed that capturing that title, as well as her desire to help the team propelled her to clutch the last All-American spot in the race. Another highlight was winning both the Big East Championship Cross Country team title in 2000 and the individual title in 2001, breaking the school record for 6k with her 20:04 at Van Cortlandt Park in New York. These were her proudest accomplishments while on the team. As a dedicated student and English major, Robbie was grateful for the support that was given to the student athletes at BC, and that although it could be difficult to balance academics and athletics at times, she was in an environment where her overall success was prioritized. While cross country was Robbie's main sport, she also competed in the 3k and 5k during track season and enjoyed the team's annual trip to Mt. Sac in California in April as a break from the cold Boston springtime. After a race, Robbie could often be found enjoying an ice cream and hanging out with her twin sister, moments she still cherishes.

Today, Robbie is still connected to the Heights through her freshman daughter, Elle '28, and passion for the current team. Robbie is very impressed with the accomplishments of both the men's and women's teams and looks forward to following their future successes. Robbie emphasized the importance of team goals and revealed that by prioritizing team goals, athletes can reach individual success beyond imagination. She is extremely proud to have represented Boston College during her time on the Heights, and encourages all athletes to keep setting goals.



A STUDENT PERSPECTIVE

SOPHIE ALBRIGHT, 2025



EVENTS: High jump

FAVORITE MEMORY FROM THE TEAM:

Hosting the indoor ACCS at the Track at New Balance due to the enormous amount of support from the BC and greater Boston Community as a whole, propelling her to hit her college PR

FAVORITE VENUE TO COMPETE AT: Indoor is the Track at New Balance. Outdoor is Hayward Field in Oregon where her high school championships were hosted

PIECE OF ADVICE FOR YOUR TEAMMATES: Cherish every moment and don't take a day for granted

GO-TO POST-RACE MEAL: 5 Guys double cheeseburger with fries

ANNA BECKER, 2027



EVENTS: 400M & 200M

FAVORITE MEMORY FROM THE TEAM:

Getting up on Saturdays during pre-season to do whole sprints -- we have to get up early to get there before football team so we blast music and getting the work done with everyone. It's such special team bonding!

FAVORITE VENUE TO COMPETE AT: The TRACK at New Balance for indoor & the Georgia Tech track for outdoors

BEST PIECE OF ADVICE YOU'VE BEEN

GIVEN: Believe in the work that you've done, believe that what you put in is enough and know that you can do it bc you practice so hard

GO-TO POST-RACE MEAL: Pasta with bolognese

**Don't forget to check out our team store for BC
XC/T&F apparel!**



Link to Cross Country apparel:

<https://tinyurl.com/BCXCmerch>

Link to T&F apparel:

<https://tinyurl.com/BCTFmerch>