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NEW HAVEN, Conn. -- After a highly successful Cross-Country season, Southern Connecticut State University's Men's and Women's cross-country teams look to continue, as they now have their tickets punched to nationals.

Both the Owls Men's and Women's teams secured first place in the NE10 conference championship race on Oct. 26 in Manchester, New Hampshire, hosted at Saint Anselm College.

The ladies secured their win across the six-kilometer course, collectively scoring 42 points to outscore runners-up, Bentley, with 86 points.

SCSU graduate student, Courtney Henschcliffe, placed first for the ladies with a time of 22:49, sweeping the competition by over 30 seconds.

"I think everyone executed the race plan perfectly, and it takes a lot of trust in your training, your coaches, and your teammates to pull together what we pull together, and I couldn't be more proud," said Henschcliffe.

The men's team accompanied the women with another impressive performance, scoring 23 points over the eight-kilometer course to beat runners-up Franklin Pierce who collected 78 points.

On the men's side, Southern had an individual winner as well, with a time of 25:46 Jonathan Volpe took home first place, followed by SCSU freshman Colton Sallum, who placed second overall.

“I think our chemistry allowed us to be so successful,” Sallum said. “If someone had an off day, someone else had their back and stepped it up, which allowed us to score those wins.”

The Owls successfully defended their NE10 Championship title, with the men’s team adding to their wins from 2018, 2022, 2023, 2024, and now 2025. The women’s team also captured the 2025 title, their second in program history after earning their first in 2023.

Just a few weeks later, the Owls were back in New Hampshire on Nov. 8 to race in the NCAA DII East Region Championship at the Hopkinton Fairgrounds.

With two successful races across the six-kilometer and ten-kilometer distances, the men and women took home the NCAA East Region championship title.

With a time of 21:29, Henschcliffe placed first, becoming the first woman in SCSU history to ever win a regional race.

Henschcliffe said she entered the season unsure of what to expect, especially after graduating so much talent, calling this year’s group “a relatively young team.”

SCSU Junior, Peyton Dauphinais, followed suit, coming in third with an impressive time of 21:46.

Dauphinais said, “Overall, our team's performance has been amazing. The girls have been working really hard and have really been focusing on our team goals as a whole.”

The women sealed yet another victory on the six-kilometer course, scoring 44 points to top runner-up Roberts Wesleyan, which finished with 53.

Dauphinais said the team’s last two races went “perfectly” and that everyone “executed great races.”

“It really takes everyone to be on the same page with working day in and day out for that conference and regional win,” said Henschcliffe.

The men added to the success, scoring 34 points over the ten-kilometer course, well ahead of Roberts Wesleyan’s 106.

Finishing in 31:02, Volpe delivered another exceptional race at the regional level, securing an additional individual victory.

The Owls held their East Regional Championship titles this year. The men extended their streak with titles in 2022, 2023, 2024, and now 2025. The women’s team also secured the 2025 East Regional crown, marking their second title in program history after winning in 2023.

Winning the regional meet secured the Owls a flight to Kenosha and a spot on the starting line at Nationals.

This marks just the third time in program history that both teams will head to nationals together, previously doing so in 2023 in Joplin, Missouri, and again in 2024 in Sacramento, California.

The team will continue their season at the NCAA Division II National Championship race hosted at the University of Wisconsin-Parkside in Kenosha, Wisconsin on Saturday, Nov. 22, 2025.

Start times for the Women’s race will be 11:00 a.m., followed by the men's race at 12:15 p.m.