

**WESTFORD ACADEMY STUDENT-ATHLETE NAMED
GATORADE MASSACHUSETTS GIRLS TRACK AND FIELD PLAYER OF THE YEAR**

CHICAGO (June 25, 2026) — In its 41st year celebrating the nation's best high school athletes, Gatorade today announced Abigail Hennessy of Westford Academy is the 2025-26 Gatorade Massachusetts Girls Track and Field Player of the Year.

Gatorade Player of the Year is the top honor in high school sports, celebrating the nation's best high school athletes for their excellence in sport, academics and community. The award recognizes Hennessy as Massachusetts' best high school girls track and field athlete and she joins an elite legacy that spans professional athletes and coaches to CEOs, such as Sanya Richards (2001-02, St. Thomas Aquinas High School, Florida), Sydney McLaughlin-Levrone (2015-16 & 2016-17, Union Catholic Regional High School, New Jersey) and Jane Hedengren (2024-25, Timpview High School, Utah).

The 5-foot-9 senior middle distance and distance talent won the 2-mile event at the Division II state meet this past season and her time of 9:50.72 set a state record in addition to ranking No. 4 nationally among prep girls competitors this spring. Hennessy also broke the tape in the mile at the state's Meet of Champions and she took third at the HOKA Festival of Miles. The state's 2025-26 Girls Cross Country Gatorade Player of the Year, her personal-best 3200-meter time of 9:50.84 ranked No. 6 in 2026 and No. 9 in girls prep history. Hennessy capped her spring season with a second place finish and a personal-best time of 4:33.18 in the mile at New Balance Nationals, which ranked No. 4 nationally, along with a 21st-place finish in the 800-meter.

An accomplished pianist, Hennessy has served as a teaching assistant in German at Westford Academy. She has volunteered locally and extensively in association with her church youth group. Also a middle school youth running coach, she has donated her time to City Reach as well by supporting the unhoused. "Hennessy is a great candidate," said Matt Wilson, head coach of Westborough High School. "She ran the second-fastest 2-mile in the country, while having the versatility to drop down and be the fastest 800-meter and mile runner in the state as well. I'm honestly not sure there's any other (prep girl) truly on her level. If she entered a race this spring, she was winning it. If I were putting a list together for the state, it's Abigail Hennessy, then a big tier-drop to the next group."

Hennessy has maintained a 4.25 GPA in the classroom. She has signed a written letter of athletic aid to compete on scholarship at the University of Washington this fall.

The [Gatorade Player of the Year](#) program annually recognizes one state winner from each of the 50 states and Washington D.C., in 12 different sports: football, girls volleyball, boys and girls cross country, boys and girls basketball, baseball, softball, boys and girls soccer, and boys and girls track & field. In total, 610 high school athletes are honored each year. From the pool of state winners, one national winner is selected in each of the 12 sports. The selection process is administered by the Gatorade Player of the Year Selection Committee, which leverages experts including coaches, scouts, media and others as sources to help evaluate and determine the winners in each sport.

As part of Gatorade's commitment to breaking down barriers in sport, every Player of the Year also receives a grant to donate to a social impact partner. To date, the Gatorade Player of the Year program has provided more than \$6.4 million in grants to winners across more than 2,200 organizations.

To learn more about the Gatorade Player of the Year program, check out past winners or to nominate student-athletes, visit playeroftheyear.gatorade.com or follow us on social media on Instagram at [instagram.com/Gatorade](https://www.instagram.com/Gatorade), Facebook at [facebook.com/GatoradePOY](https://www.facebook.com/GatoradePOY) and X (Twitter) at x.com/Gatorade.

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