

Pinkerton Girls'

Cross-Country

Fall 1993



Commitment

Dedication

Pride

a letter from the coach.

Dear Athletes,

We will all have different memories of our season together. Each of us will have different days to remember as our best, and different days when things were difficult. I think all of us will be able to look back with pride at our many successes. We all worked hard to make it happen.

Our success this season came from two sources. We were led by a strong group of veteran runners who knew what had to be done and stood ready to lead the team. We also had an exciting group of first year runners who responded to the challenge. Together, we showed we could run with the best teams in the state.

I would like to single out the Class of 1994 for their contributions to the team. These runners worked hard to make their final season the best. They were a major reason for our success, and we'll remember their leadership for years to come.

I hope you enjoy this booklet.

Coach Ted Carey.

Pinkerton Girls' Cross Country Fall 1993

Final Roster

Seniors: Class of 1994

Kate Kretschmer, Capt.
Vicki Marshall
Abby Phelps, Capt.
Marta Prachar, Capt
Andria Stramecki
Erin Tripp

Sophomores: Class of 1996

Shelley Arsenault
Abby Bent
Jen Dole
Danielle Fillis
Sarah Hill

Managers:

Tara Schirm
Sarah Grandy

Coach: Ted Carey

Juniors: Class of 1995

Amy Belanger
Aly Cecere
Jen Goldthwaite
Sandy Lukosius
Jen Muller
Jen Rogers
Jen Shorter

Freshmen: Class of 1997

Alison Day
Rachel Dow
Emma Eldred
Suzanne Gale
Abby Lefebvre
Heather Moher
Stephanie Schlott
Abby Willets

Season History: Fall 1993

Nineteenth Season of Girls' Cross Country at Pinkerton Academy.

August 16th: 41 athletes arrive for the first day of practice, the largest turnout ever. Mike Beeman is there to assist us through our first two weeks of summer runs.

August 26th: The team makes its first cuts ever at the pre-season run-off. Although it was tough to send the so runners many away, it was necessary to reduce our numbers to 25.
(With the additions of Heather Moher and Vicki Marshall later in the season, we would eventually carry 27 runners.)

September 3rd: We run in our first simulated meet at the **Annual Alumnae Race**. Amy Kruschwitz '85 and Tif Pope '92 return to take first and second in the meet, but the varsity holds on to win. Shelley Arsenault decides the meet by displacing Julie Ramsden '91.
(The meet was much closer than it should have been, as an entire group of veteran runners stopped to help runner Marta Prachar. Marta had wilted in the heat. She would come back strong and run her fastest races in the cool days of November.)

September 8th: We open our season on the coldest, rainiest day of the year. It takes our best running to top Alvirne, 26 to 29. Abby Phelps breaks the twenty minute barrier for the first time in her career. Rachel Dow, Heather Moher and Suzanne Gale run top seven in their first meets ever.
*(Alvirne would be back to beat us in the **Bobcat** and **Manchester Invitationals**. Abby would go on to break twenty minutes each time she ran her home course. She is only runner ever to do it three times.)*

September 14th: A beautiful day in Merrimack sees us raise our record to 4-0 as we record double shut-out victories over Merrimack and BG. Rachel Dow sets a course record as she notches her first meet win. Amy Belanger clinches the shut-out when she crosses the line before any other opposing runner.
(Rachel's record will never be broken. The course -- not a very good one -- will never be used again!)

September 18th: After our first team dinner at the Rogers', we head to Durham for our first invitational. We enter both the varsity and jv divisions of the **Bobcat Invitational**. Suzanne Gale and Vicki Marshall lead a strong second team to the meet championship, while Abby Phelps and Marta Prachar bring the varsity to the brink with a fourth place finish.
(This would be the last meet Suzanne and Vicki would run as jv's. They would both finish the season as part of the team that traveled to the NE championships.)

September 25th: The heart of our season begins as we split the team and enter all three divisions in the **Coca-Cola Manchester Invitational**. Heather Moher leads a strong group of freshmen that captures five of the top ten places, beating Manchester Central 33-71 and taking the team championship. Jen Muller leads an experience group of runners in the B-race to a fourth place finish in the meet. Captains Abby Phelps, Marta Prachar and Kate Kretschmer lead a team that includes all six seniors to a ninth place finish -- seventh in New Hampshire.

(The performances at this meet allow us to set our team goals for the season -- to place in the class and state meets, and qualify a team for the NE championships.)

September 28th: The toughest workout of the season is posted, as the team heads to Berry Hill for an intense afternoon. All runners make it through.

*(The workout was part of a ten day period where we pushed ourselves to a new level of running. After this week, we would never again doubt our abilities to finish **any** practice!)*

October 5th: Salem shows with only 3 runners, as we raise our record 6-0. Runners in our top 12 include Emma Eldred, Danielle Fillis, Abby Lefebvre, and Alison Day.

(We would go on to beat Salem's full team in both the Class Meet and the MOC. Alison Day would go on to finish in the top 12 in all but one of our meets.)

October 7th - 9th: Homecoming weekend began with a pizza night at the Lukosius' before the pep rally, and continued with a dinner at the Marshall's. At the meet, four of our top five runners ran personal bests, but it wasn't enough. Londonderry had four runners break twenty minutes, as they take the meet 18-43. It was our first loss of the season, and the only loss for the school on Mack Plaque Weekend.

(Londonderry would go on to be ranked 16th nationally, and eventually finished second at the NE championships. Vicki Marshal and Amy Belanger cemented their standings in the team's top eight with their performances today.)

October 12th: We travel to Nashua on a cold, rainy day. For the only time all season, we run 26 members strong. Abby Phelps is the only runner to break twenty minutes, but it's not enough to beat the hometown team. Only Lisa Cone's 15th place finish prevents a shut-out as we take Keene 16-43. Our record now stands at 7-2.

(It would be our last loss this season.)

October 15th: We take advantage of the day off from classes to spend a day at Derryfield, preparing for the post-season. The hill workouts are the toughest posted all season. Many runners find themselves leaving it on the trails. An after-practice brunch rounds out a full day together as a team.

October 19th: Our dual-meet season ends at Derryfield with wins over Portsmouth and Winnacunnet, bringing our record to 9-2. Abby Lefebvre finishes the season with her first top seven performance. *(Abby finished in the top twelve every meet this season.)*

October 22nd: Erin Tripp's peak performance leads Pinkerton to a second place finish in the state's JV championships. Veterans Jen Muller, Abby Bent and Sandra Lukosius also run the best races of the season. Only Manchester Central ran ahead of us, as 12 Astro runners took home medals.

October 28th: Our post-season activities keep many team members running, exposing them to the cool days that mark the championship season. The first Pinkerton Cup mile is run. Abby Bent takes the cup with a time of 6:42.

October 29th: We spend the night before the class meet together, having our final dinner of the season at the Lukosius'.

October 30th: Strong Performances by all seven runners propel Pinkerton to a fourth place finish at the class championships. Abby Phelps becomes the first Pinkerton runner to break twenty minutes in the class meet, taking a ninth place finish. Heather Moher and Rachel Dow finish back-to-back at 26th and 27th. Suzanne Gale and Kate Kretschmer round out the scoring.

(While the Varsity was preparing for the meet, a large group of runners was helping Vicki Marshall prepare for the MOC. Her performances would be key over the next two weeks.)

November 6th: Our team goal is realized as we qualify for the NE Championships by placing sixth at the Meet of Champions. Abby Phelps earns all-state honors by placing eighth in the meet. Rachel Dow cracks the state's top 50 with a 21:22. Suzanne Gale, Heather Moher and Marta Prachar show good grouping, clinching the victories over Salem and Alvirne.

(Again, while the varsity was preparing for the meet, a large group of runners was helping Amy Belanger prepare for the NE meet.)

November 12th-13th: We arrive in Rhode Island on Friday and use the afternoon to run the course. What seemed like a wide-open course would be all too crowded the next morning, as we fought and clawed our way to a 16th place finish. The four senior runners all finished in the top five in their final meet. Abby Phelps earned All-New England Honors by placing 13th with a time of 19:14. Rachel Dow joined Marta Prachar, Vicki Marshall and Kate Kretschmer as the scoring runners.

Results: 1993 Run-Off

1	Abby Phelps Sr	19	Sandra Lukosius Jr
	21:48		27:01
2	Maria Prachar Sr	20	Jen Shorter Jr
	24:10		27:13
3	Rachel Dow Fr	21	Jen Rogers Jr
	24:12		27:24
4	Erin Tripp Sr	22	(Sheila Pederson Fr)
	25:00		27:31
5	Suzanne Gale Fr	23	Sarah Hill So
	25:04		28:06
6	Kate Kretschmer Sr	24	Abby Bent So
	25:04		28:08
7	Andrew Strembecki Sr	25	(Sarah Grandy Fr)
	25:18		28:10
8	Erica Foskitt Sr	26	Jen Dole So
	25:52		28:20
9	Abby Hefeburn Fr	27	Shelly Arsenault So
	26:03		28:21
10	Emma Eldred Fr	28	(Kristen Yassenka So)
	26:09		28:21
11	Alison Day Fr	29	(Jamie Metts Jr)
	26:25		28:50
12	Danielle Fillis So	30	(Elissa Thibautot Fr)
	26:39		28:53
13	Stephanie Schlott Fr	31	(Jessica Force Fr)
	26:47		29:00
14	Amy Belanger Jr	32	(Jill Therien Sr)
	26:50		30:04
15	Abby Willers Fr	33	(Marissa Gallien So)
	26:55		31:06
16	Alyson Cecere Jr	34	
	26:55		
17	Jen Goltswaite Jr	35	
	26:57		
18	Jen Muller Jr	36	
	26:59		

1993 Run Off

Frosh: 1 Rachel Daw
24:12
2 Suzanne Gale
25:04
3 Abby Lefebvre
26:03
4 Emma Eldred
26:09
5 Alison Day
26:25
6 Stephanie Schlott
26:47

Soph: 1 Danielle Fillis
26:39
2 Sarah Hill
28:06
3 Abby Bent
28:08
4 Jen Dole
28:20
5 Shelly Arsenault
28:21

Pinkerton ANNUAL Alumnae Cross-Country Reunion

Dear Alumnae,

As a former runner here at Pinkerton, the 1993 Pinkerton Girls' Cross-Country team is proud to invite you to attend this year's annual alumnae reunion. The date is Friday, September 3rd, and the festivities start at 5:00 pm. If you haven't been back to the old school recently, or if there are too many friends you haven't seen, we hope this would be an opportunity to do some catching up. For those of you who are still running, there will be a 3.1 mile run at 5:30 pm. The men's alumni race is schedule for 6:00 pm. After the races, there will be food and drink available in the Sheppard Auditorium. Bring your old photos or scrapbooks to share with your teammates. We hope to see you there!

NOTE: Although we've made an effort to expand the mailing list this year, there are many runners we've had trouble locating. If you are still in contact with any former teammates, please share this information and send us any corrected addresses. Former **Coach Pat Nelson Hicks** has been trying to contact members of her teams from the late 70's who are now celebrating the fifteenth anniversary of their first championship years. Let us know if we can help!

Event: Annual Alumnae Reunion. **Date:** Friday, September 3rd, 1993
Registration Fee for Race: NONE!!

Time Schedule: 5:00 pm	Course Prep and Organization
5:30 pm	Women's 3.1 Mile Race
6:00 pm	Men's 3.1 Mile Race
after the races	food and drink in the Sheppard Auditorium.

For more information: Contact Coach Ted Carey
10 Farmington Road
Nashua, NH 03060
(603) 888-2540

Pinkerton Academy Girls'

Cross Country 1993

Dual Meet Record 9-2-0:

Summary

September 5, 1993 at Pinkerton.

Pinkerton 26
Alvirne 29

Pinkerton 25
Concord 34

Meet Winner: Abby Phelps (19:54)

Trailblazer: Abby Phelps

September 14, 1993 at Merrimack.

Pinkerton 15
Merrimack 50

Pinkerton 15
Bishop Guertin 50

Meet Winner: Rachel Dow (20:15-course record)

Trailblazer: Rachel Dow

October 5, 1993 at Pinkerton.

Pinkerton 20
Trinity 41

Pinkerton 15
Salem 50

Meet Winner: Abby Phelps (19:21)

Trailblazer: Heather Moher

October 9, 1993 at Pinkerton.

Pinkerton 43
Londonderry 18

Meet Winner: Helena Kimball (18:54)

First Pinkerton Finisher: Abby Phelps (3rd 19:24)

Trailblazer: Vicki Marshall

October 12, 1993 at Nashua.

Pinkerton 43
Nashua 20

Pinkerton 16
Keene 43

Meet Winner: Abby Phelps (19:45)

Trailblazer: Amy Belanger

October 19, 1993 at Derryfield Park.

Pinkerton 18
Winnacunnet 45

Pinkerton 15
Portsmouth 50

Meet Winner: Abby Phelps (20:17)

Trailblazer: Abby Lefebvre

CROSS COUNTRY

PINKERTON ACADEMY vs.

Alvirne - Concord

Place Pinkerton

Weather wet + cold

Date 9/8/93

Course Length 3.1 mi

Course Record 17:44 Danielle Wood (Sp) 1992

PLACE	COMPETITOR	SCH	TIME	PLACE	COMPETITOR	SCH	TIME
1	Abby Phelps	PA	19:54	31		PA	25:01
2	Sabina Verbeck	C	21:02	32	Liz Kieranski	C	25:03
3	Rachel Caron	C	21:06	33	Erin Tripp	PA	25:04
4	Kristen Robitaille	A	21:15	34	Emily Pamar	C	25:14
5	Rachel Dow	PA	21:20	35	Jen Goldthwaite	PA	25:30
6	Andrea Tassi	A	21:55	36	Jen Dole	PA	25:35
7	Marta Prachar	PA	22:04	37	Shelley Arsenault	PA	25:38
8	Helena Johnson	C	22:08	38	Trisha Comi	C	25:40
9	Julie Boyson	A	22:14	39	Jen Shorter	PA	25:44
10	Leigh Beaudette	A	22:24	40	Abby Gosselin	C	25:45
11	Kate Kretschmer	PA	22:24	41	Sarah Rosenthal	C	25:48
12	Amy Belanger	PA	22:25	42	Paige Beaushiman	C	25:49
13	Kim Nolan	A	22:27	43	Alison M ^c Kibben	A	25:53
14	Heather Moher	PA	23:09	44	Micky	A	26:14
15	Suzanne Gale	PA	23:23	45	Provercher	A	26:28
16	Vicki Marshall	PA	23:35	46	Kate Rahmberg	A	26:30
17	Andria Stramecki	PA	23:48	47	Amy Reauvidais	A	26:38
18	Erica Foskitt	PA	23:52	48	Sarah Hill	PA	27:20
19	Eileen O'Neil	A	23:52	49	Danni Plotz	C	27:29
20	Emma Eldred	PA	23:53	50	Almaisa Yanoff	C	27:59
21	Jen Troup	A	23:56	51	Anna Karnavkh	C	28:24
22	Karen Desjardins	A	24:05	52	M. Economou	A	28:27
23	Abby Lefebvre	PA	24:15	53	Nedra Curtis	A	28:28
24	Pam Ellis	A	24:22	54	Jyssica Adams	A	28:48
25	Jen Muller	PA	24:23	55	Teresa Muise	C	29:01
26	Alison Day	PA	24:28	56	Meg Savage	C	
27	Jen Rogers	PA	24:40	57			
28	Daniell Fillis	PA	24:47	58			
29	Abby Bent	PA	24:54	59	Alycen Cecere	PA	24:55
30	Abby Willets	PA	24:56	60	Sandra Lukasius	PA	24:42

28A

	1	2	3	4	5	6	7	TOTAL
PINKERTON	1	3	5	8	9	11	12	26 ✓
Alvirne	2	4	6	7	10	13	14	29
PINKERTON	1	4	5	7	8	9	10	25 ✓
Concord	2	3	6	11	12	13	14	34

CROSS COUNTRY

PINKERTON ACADEMY vs.

Alvirne and Concord

Place Pinkerton
Course Length 3.0 miles

Weather cold, harsh rain Date 9/8/93
Course Record 17:44 Daniyelle Wood ('92)

PLACE	COMPETITOR	SCH	TIME	PLACE	COMPETITOR	SCH	TIME
1	Abby Phelps	PA	19:54	31	Sandy Lukosius	PA	25:01
2	Sabina Verbeck	C	21:02	32	Liz Kieronski	C	:03
3	Rachel Caron	C	:06	33	Erin Tripp	PA	:04
4	Kristen Robitaille	A	:15	34	Emily Pomar	C	:14
5	Rachel Dow	PA	:20	35	Jen Goldthwaite	PA	:30
6	Andrea Tassi	A	:55	36	Jen Dole	PA	:35
7	Marta Prachar	PA	22:04	37	Shelley Arsenault	PA	:35
8	Helena Johnson	C	:08	38	Trisha Comi	PA	:38
9	Julie Boyson	A	:14	39	Jen Shorter	PA	:40
10	Leigh Beaudette	A	:24	40	Abby Gosselin	C	:44
11	Kate Kretschmer	PA	:24	41	Sarah Rosenthal	PA	:45
12	Amy Belanger	PA	:25	42	Paige Beaushiman	C	:48
13	Kim Nolan	A	:27	43	Allison McKibben	A	:49
14	Heather Moher	PA	23:09	44	Mickey Marks	A	:53
15	Suzanne Gale	PA	:23	45	Rebecca Provencher	A	26 14
16	Vicki Marshall	PA	:35	46	Kate Ramberg	A	:28
17	Andria Stramecki	PA	:48	47	Amy Robidoux	A	:30
18	Erica Foskitt	PA	:52	48	Sarah Hill	PA	:38
19	Eillen O'Neil	PA	:52	49	Danine Plotz	C	27:20
20	Emma Eldred	PA	:53	50	Almaisa Yanoff	PA	:29
21	Jen Troup	A	:56	51	Anna Karnaukn	C	:59
22	Karen Desjardins	A	24:05	52	Melissa Economou	A	28:24
23	Abby Lefebvre	PA	:05	53	Nedra Curtis	A	:27
24	Pam Ellis	A	:22	54	Jyssica Adams	A	:28
25	Jen Muller	PA	:23	55	Teresa Muise	C	:43
26	Alison Day	PA	:28	56	Meg Savage	C	29:01
27	Jen Rogers	PA	:40	57			
28	Danielle Fillis	PA	:47	58			
29	Abby Bent	PA	:54	59			
30	Abby Willets	PA	:56	60			

	1	2	3	4	5	6	7	TOTAL
PINKERTON	1	3	5	8	9	11	12	26
Alvirne	2	4	6	7	10	13	14	29
PINKERTON	1	4	5	7	8	9	10	25
Concord	2	3	6	11	12	13	14	34

CROSS COUNTRY

PINKERTON ACADEMY vs.

Merrimack and Bishop Guertin

Place Merrimack
Course Length 3.1 miles

Weather sunny and warm
Course Record first run on the course

Date 9/14/93

PLACE	COMPETITOR	SCH	TIME	PLACE	COMPETITOR	SCH	TIME
1	Rachel Dow	PA	20:51	31	Marscie	BG	28:20
2	Abby Phelps	PA	20:56	32	Jarry	BG	28:28
3	Marta Prachar	PA	22:24	33	Cormier	BG	28:28
4	Kate Kretschmer	PA	23:00	34	Butler	BG	29:11
5	Heather Moher	PA	23:00	35	Giannotti	BG	29:48
6	Erin Tripp	PA	23:01	36	Kulick	BG	30:43
7	Amy Belanger	PA	23:18	37	Dodson	FM	30:48
8	Jardullo	M	23:26	38	Seguin	BG	33:20
9	Abby Lefebvre	PA	23:31	39			
10	Fitzmaurice	BG	23:35	40			
11	Carmona	BG	23:41	41			
12	Suzanne Gale	PA	23:55	42			
13	Oloson	BG	24:06	43			
14	Emma Eldred	PA	24:06	44			
15	Alison Day	PA	24:26	45			
16	Vicki Marshall	PA	24:51	46			
17	Andria Stramecki	PA	24:51	47			
18	Abby Willets	PA	24:55	48			
19	Danielle Fillis	PA	25:09	49			
20	Jen Goldthwaite	PA	25:16	50			
21	Sandy Lukosius	PA	25:18	51			
22	Fenton	M	25:32	52			
23	Abby Bent	PA	25:49	53			
24	Jen Muller	PA	25:58	54			
25	Sarah Hill	PA	26:05	55			
26	Shelley Arsenault	PA	26:54	56			
27	Snaith	BG	26:56	57			
28	Jen Dole	PA	27:12	58			
29	Malsen	M	28:04	59			
30	Gilbert	M		60			

	1	2	3	4	5	6	7	TOTAL
PINKERTON	1	2	3	4	5	6	7	15
Merrimack	8	9	10	11	12	13	14	50
PINKERTON	1	2	3	4	5	6	7	15
Bishop Guertin	8	9	10	11	12	13	14	50

P.A. vs Merr and B.G. 9/14/93

Rank	Name	Time	Group	Rank	Name	Time	Group
1	Dow	20:51	P.A	26	Arsenault	26:54	P.A
2	Dhelps	20:56	P.A	27	Snaitth	26:56	B.G
3	Praththa	22:24	P.A	28	Dole	P.A 27:12	P.A
4	Kretschmer	23:00	P.A	29	Masten	28:04 MERR	MERR
5	Moher	23:00	P.A	30	Gilbert	28:15	merr
6	Tripp	23:01	P.A	31	Maxicic	28:20	B.G
7	Bebanger	23:18	P.A	32	JARRY	28:28	B.G
8	Jardullo	23:26	MERR	33	Cormier	28:28	B.G
9	Lefebvre	23:31	P.A	34	Butler	29:11	B.G
10	Fitzmaurice	23:35	B.G	35	Giannotti	29:48	B.G
11	Carmona	23:41	B.G	36	Kulick	30:43	B.G
12	Gale	23:55	P.A	37	Roxanna Dodson	32:13	MERR
13	Olosn	24:06	B.G	38	Seguin Kristin	33:20	B.G
14	Eldred	24:06	P.A	39	PA BG	PA MNS	BG MNS
15	Gay	24:26	P.A	40	1 8	1 8	2 1
16	Marshall	24:51	P.A	41	2 9	2 9	3 5
17	Stkamecki	24:51	P.A	42	3 10	3 10	4 7
18	Willets	24:55	P.A	43	4 11	4 11	6 8
19	Fillis	25:09	P.A	44	5 12	5 12	9 12
20	Goldthwaite	25:16	P.A	45	6	6	10
21	Lukasius	25:18	P.A	46	7	7	11
22	Fenton	25:32	MERR	47	15 50	15 50	26 33
23	Bent	25:49	P.A	48	Seguin Marlana	34:49	
24	Muller	25:58	P.A	49			

CROSS COUNTRY

PINKERTON ACADEMY vs.

Salem - Trinity

Place PA

Weather sunny + cool

Date 10/5/93

Course Length 3.1

Course Record 17:44

Danielle Wood 1992

PLACE	COMPETITOR	SCH	TIME	PLACE	COMPETITOR	SCH	TIME
1	Abby Phelps	PA	19:21	31	Becca Compton	Sa	32:02
2	Rachel Dow	PA	20:34	32	Nancy Burgland	Tr	:47
3	Heather Roy	Tr	:59	33	Mary Ann Markey	Tr	33:57
4	Heather Moher	PA	21:11	34	Kate Rodman	Tr	:57
5	Meredith Noyes	Tr	:12	35			
6	Marta Prachar	PA	:20	36			
7	Vicki Marshall	PA	:47	37			
8	Kate Kretschmer	PA	:57	38			
9	Suzanne Gale	PA	22:04	39			
10	Beth McAlliston	Tr	:12	40			
11	Amy Belanger	PA	:20	41			
12	Lisa Eders	SA	:24	42			
13	Emma Eldred	PA	:43	43			
14	Danielle Fillis	PA	:48	44			
15	Abby herebvre	PA	:53	45			
16	Alison Day	PA	23:11	46			
17	Jen Rogers	PA	23:17	47			
18	Abby Bent	PA	:41	48			
19	Abby Willers	PA	:49	49			
20	Erin Tripp	PA	:50	50			
21	Jen Muller	PA	24:11	51			
22	Sandy Lukosius	PA	:11	52			
23	Aly Cecere	PA	:21	53			
24	Stephanie Schlott	PA	:41	54			
25	Jen Goldwaite	PA	25:11	55			
26	Jen Dole	PA	:14	56			
27	Jessica Carpenter	TR	26:30	57			
28	Sarah Hill	PA	27:10	58			
29	Pam Wilson	Tr	:37	59			
30	Kristen Fredricks	SA	28:49	60			

	1	2	3	4	5	6	7	TOTAL
PINKERTON								15
Salem								50
PA	1	2	4	6	7	8	9	20
Trinity	3	5	10	11	12	13	14	41

Salem	Tri
50	15

NASHUA HIGH SCHOOL
CROSS COUNTRY

Girls

NASHUA HIGH SCHOOL VS Keene, Pinkerton
 DATE 10/12/93
 WEATHER Cloud

NAME	SCHOOL	TIME	PL	NAME	SCHOOL	TIME
Phelps	Pink	19:45	26	Geheb	N	:24
M. Marquis	N	20m	27	D. Fillis	Pink	:25
E. Chaw	N	:26	28	Belanger	Pink	:41
L. Sinks	N	:28	29	Robert	Pink	:53
S. Taylor	N	:42	30	Madre	Keene	:57
L. Matrossian	N	:47	31	Hillenbrand	Keene	:58
D. Chaw	N	21:18	32	Kildau	N	24m
J. Corrow	N	:19	33	Arsenault	Pink	:01
Dow	Pink	:45	34	Eldred	Pink	:03
Phachar	Pink	:46	35	Bert	Pink	:12
Moher	Pink	:49	36	Nue	N	:18
Fasiliera	NHS	:57	37	Willetts	Pink	:24
Hurley	N	22:11	38	Muller	Pink	:36
Cone	Keene	:14	39	Clement	N	:47
Moreira	N	:26	40	Trantaglia	N	:57
V. Marshall	Pink	:30	41	Doule	Pink	25:38
DiBernardo	Keene	:39	42	Lukasius	Pink	:42
Moore	Keene	:53	43	Cecre	Pink	:43
Kretschmer	Pink	4	44	Schott	Pink	:52
Gale	Pink	5	45	Bridges	Keene	:57
Bethel	Keene	6	46	Goldthwaite	Pink	26:21
Teferve	Pink	23:15	47	Sharter	Pink	:22
Stramecki	Pink	6	48	Hill	Pink	27:40
Tripp	Pink	7	49	Wright	Keene	29:34
Daly	Pink	:21	50			

	1	2	3	4	5	6	7	TOTAL
NASHUA	2	3	4	5	6	7	8	20
*Pink	1	9	10	11	12			43
*Nashua	1	2	3	4	5			15
*Keene	8	9	10	11	12			50
*Pink	1	2	3	4	6			16
Keene	5	7	8	11	12			43

CROSS COUNTRY

PINKERTON ACADEMY vs.

Nashua and Keene

Place Nashua
Course Length 3.1 miles

Weather cold, harsh rain Date 10/12/93
Course Record unknown

PLACE	COMPETITOR	SCH	TIME	PLACE	COMPETITOR	SCH	TIME
1	Abby Phelps	PA	19:45	31	Emily Hillibrand	K	:58
2	Michelle Marquis	NA	20:00	32	Jen Kilday	N	24:00
3	Bridget Chow	N	:26	33	Shelley Arsenault	PA	:01
4	Tracy Sipka	N	:28	34	Emma Eldred	PA	:03
5	Sarah Taylor	N	:42	35	Abby Bent	PA	:12
6	Lara Marcsisin	N	:47	36	Lee Nye	N	:18
7	Denise Chow	N	21:18	37	Abby Willets	PA	:24
8	Jaime Conrow	N	:19	38	Jen Mullern	PA	:36
9	Rachel Dow	PA	:45	39	Carrie Clement	N	:42
10	Marta Prachar	PA	:46	40	Alexis Tranfaglia	N	:55
11	Heather Moher	PA	:49	41	Jen Dole	N	25:38
12	Amy Basiliere	N	:57	42	Sandy Lukosius	N	:42
13	Jackie Hurly	N	22:11	43	Aly Cecere	PA	:43
14	Lisa Cone	K	:14	44	Stephanie Schlott	PA	:52
15	Moreira	N	:26	45	Jantzen Bridges	K	:57
16	Vicki Marshall	PA	:30	46	Jen Goldthwaite	PA	26:21
17	Barbara DiBernardo	K	:39	47	Jen Shorter	PA	:22
18	Stacy Moore	K	:53	48	Sarah Hill	PA	27:40
19	Kate Kretschmer	PA	:54	49	Wright	K	29:34
20	Suzanne Gale	PA	:55	50			
21	Audrey Berhel	K	:56	51			
22	Abby Lefebvre	PA	23:15	52			
23	Andria Stramcki	PA	:16	53			
24	Erin Tripp	PA	:17	54			
25	Alison Day	PA	:21	55			
26	Abby Geheb	N	:24	56			
27	Danielle Fillis	PA	:25	57			
28	Amy Belanger	PA	:41	58			
29	Jen Rogers	PA	:53	59			
30	Stacy Moore	K	:57	60			

	1	2	3	4	5	6	7	TOTAL
PINKERTON	1	9	10	11	12	13	14	43
Nashua	2	3	4	5	6	7	8	20
PINKERTON	1	2	3	4	6	9	10	16
Keene	5	7	8	11	12	13	14	43

CROSS COUNTRY

PINKERTON ACADEMY vs.

PORTSMOUTH.

WINN.

Place Derryfield

Weather seasonable

Date 10/19/93

Course Length 3.1

Course Record Danielle Wood 17:57 '92

PLACE	COMPETITOR	SCH	TIME	PLACE	COMPETITOR	SCH	TIME
1	Abby Phelps	PA	20:17	31	Amy Freiberg	Win	28:16
2	Rachel Dow	PA	21:20	32	Sarah Hill	PA	28:48
3	Amy Lovering	Wi	21:24	33			
4	Heather Mohr	PA	21:49	34			
5	Amy Belanger	PA	22:03	35			
6	Marta Pratchar	PA	22:11	36			
7	Abby Leterbre	PA	23:15	37			
8	Kate Kretschmer	PA	23:03	38			
9	Suzanne Gale	PA	23:16	39			
10	Andria Strameki	PA	23:17	40			
11	Erin Tripp	PA	23:24	41			
12	Tamara Drew	Wi	23:33	42			
13	Tracy Lyford	Port	23:47	43			
14	Danielle Fillis	PA	23:53	44			
15	Jen Muller	PA	23:57	45			
16	Abby Bent	PA	24:02	46			
17	Emma Eldred	PA	24:07	47			
18	Sandy Lukosius	PA	24:09	48			
19	Susan Stowe	Port	24:25	49			
20	Erin Roferty	Port	24:34	50			
21	Tricia Allen	Port	24:45	51			
22	Jessica Zaricki	Port	24:47	52			
23	Aly Cecere	PA	25:00	53			
24	Shelley Arsenault	PA	25:00	54			
25	Abby Willers	PA	25:28	55			
26	Stephanie Schlot	PA	25:30	56			
27	Jen Hayes	Wi	25:36	57			
28	Jen Sarah Hill Rogers	PA	25:47	58			
29	Jessica Leveroni	Wi	26:14	59			
30	Stacy Piwinski	Wi	28:16	60			

	1	2	3	4	5	6	7	TOTAL
PINKERTON	1	2	3	4	5	6	7	15
Ports	8	9	10	11	12			50
PA	1	2	4	5	6	7	8	18
Winn	3	9	10	11	12			45

Ports	Winn
3	1
4	2
5	8
6	9
7	10
25	30

CROSS COUNTRY

PINKERTON ACADEMY vs. Portsmouth and Winnacunnet

Place Derryfield Park Weather Seasonable Date 10/19/93
 Course Length 3.1 miles Course Record Danyelle Wood 17:57 ('92)

PLACE	COMPETITOR	SCH	TIME	PLACE	COMPETITOR	SCH	TIME
1	Abby Phelps	PA	20:17	31	Amy Freiberg	W	:16
2	Rachel Dow	PA	21:20	32	Sarah Hill	PA	:48
3	Amy Lovering	W	:24	33			
4	Heather Moher	PA	:49	34			
5	Amy Belanger	PA	22:03	35			
6	Marta Prachar	PA	:11	36			
7	Kate Kretschmer	PA	23:03	37			
8	Abby Lefebvre	PA	:15	38			
9	Suzanne Gale	PA	:16	39			
10	Andria Stramecki	PA	:17	40			
11	Erin Tripp	PA	:24	41			
12	Tamara Drew	W	:33	42			
13	Tracy Lyford	Po	:47	43			
14	Danielle Fillis	PA	:53	44			
15	Jen Muller	PA	:57	45			
16	Abby Bent	PA	24:02	46			
17	Emma Eldred	PA	:07	47			
18	Sandy Lukosius	PA	:09	48			
19	Susan Stowe	Po	:25	49			
20	Erin Rafferty	Po	:34	50			
21	Tricia Allen	Po	:45	51			
22	Jessica Zaricki	Po	:47	52			
23	Aly Cecere	PA	25:00	53			
24	Shelley Arsenault	PA	:00	54			
25	Abby Willets	PA	:28	55			
26	Stephanie Schlott	PA	:30	56			
27	Jen Hayes	W	:36	57			
28	Jen Rogers	PA	:47	58			
29	Jessica Leveroni	W	26:14	59			
30	Stacy Piwinski	W	:16	60			

	1	2	3	4	5	6	7	TOTAL
PINKERTON	1	2	4	5	6	7	8	18
Winnacunnet	3	9	10	11	12	13	14	45
PINKERTON	1	2	3	4	5	6	7	15
Portsmouth	8	9	10	11	12	13	14	50

Pinkerton Academy Girls' Cross-Country 1993

Invitational Summary.

Bobcat Invitational

September 18, 1993 at Durham.

JV Division -- Team Award: First Place Trophy

Individual Awards: Top Five to Suzanne Gale (3rd 21:01)
Vicki Marshal (5th 23:29)

Varsity Division -- Team: Fourth Place Finish

Individual Awards: Top 10 to Abby Phelps (5th 20:11)

19th Coca-Cola Manchester Invitational

September 25, 1993 at Derryfield Park.

Freshmen Division -- Team Award: First Place Plaque.

Individual Awards: Medal to Heather Moher (4th 14:28)
Rachel Dow (6th 14:49)
Suzanne Gale (8th 14:55)
Ribbons to Abby Willets Alison Day
Abby Lefebvre Emma Eldred

"B" Division -- Team: Fourth Place.

Individual Awards: Ribbons to Jen Muller Danielle Fillis
Aly Cecere Sandy Lukosius
Shelley Arsenault Abby Bent
Jen Dole

"A" Division -- Team: Ninth Place.

Individual Awards: Medal to Abby Phelps (13th 20:24)
Ribbons to Marta Prachar Kate Kretschmer
Amy Belanger Vicki Marshall
Erin Tripp Andria Stramecki

Pinkerton Academy Girls' Cross-Country 1993

Post-Season Summary

JV State Championship.

October 22, 1993 at Derryfield Park.

Team Award -- Second Place Plaque.

Individual Awards: Medals to Erin Tripp (9th 22:53)
Jen Muller (12th 23:14) Abby Bent (18th 23:27)
Sandy Lukosius (19th 23:31) Emma Eldred (21st 23:37)
Abby Willets (23rd 23:44) Alison Day (25th 23:50)
Andria Stramecki (26th 23:50) Shelley Arsenault (28th 24:05)
Abby Lefebvre (30th 24:10) Jen Rogers (31st 24:14)
Danielle Fillis (32nd 24:15)

Ribbons to Aly Cecere Jen Dole
Stephanie Schlott Jen Goldthwaite Jen Shorter
Sarah Hill

Class I Championships.

October 30, 1993 at Derryfield Park.

Team -- Fourth Place Finish.

Individual Award: Ribbon and All-Class Honors to
Abby Phelps (9th 19:59)

New Hampshire Meet of Champions.

November 6, 1993 at Derryfield Park.

Team -- Sixth Place Finish.

Individual Award: Medal and All-State Honors to
Abby Phelps (8th 19:47)

New England Championships.

November 13, 1993 at Bryant College, Rhode Island.

Team -- Sixteenth Place Finish.

Individual Award: Medal and All-New England Honors to
Abby Phelps (13th 19:14)

Varsity Letters:

Abby Phelps Rachel Dow
Heather Moher Marta Prachar
Suzanne Gale Vicki Marshall
Amy Belanger Kate Kretschmer
Abby Lefebvre Alison Day
Erin Tripp Andria Stramecki

Coach's Awards:

Abby Phelps
Abby Bent

JV Letters:

Abby Bent Emma Eldred
Abby Willets Danielle Fillis

N. H. I. A. A.
HIGH SCHOOL CROSS COUNTRY CHAMPIONSHIPS
OCTOBER 30, 1993
CLASS L WOMEN

PLACE	T	PI NO.	NAME	SCHOOL	GR TIME
1	1	350	DANYELLE WOOD	SPAULDING	12 18:25
2	2	260	HELENA KIMBALL	LONDONDERRY	11 19:21
3	3	269	MEGAN GAYMAN	CENTRAL	12 19:44
4	4	264	AMY DECAMP	LONDONDERRY	9 19:46
5	5	261	KELLY FIEBEL	LONDONDERRY	12 19:51
6	6	270	THERESE GESEL	CENTRAL	12 19:54
7	7	279	KASIE WALLACE	CENTRAL	9 19:57
8	8	277	JODIE BARIL	CENTRAL	9 19:57
9	9	321	ABBY PHELPS	PINKERTON	12 19:59
10	10	278	SARAH BAGNE-HALL	CENTRAL	9 20:00
11	11	319	MICHELLE MARQUIS	NASHUA	12 20:29
12	12	320	SARAH TAYLOR	NASHUA	12 20:31
13	13	274	KATIE MC QUAD	CENTRAL	11 20:31
14	14	265	LIZ CATE	LONDONDERRY	9 20:38
15	15	236	SABINA VERBECK	CONCORD	12 20:43
16	16	318	TRACY SIPKA	NASHUA	10 20:51
17	17	317	LARA MARCSISIN	NASHUA	11 20:53
18	18	272	LISA COTS	CENTRAL	11 20:55
19	19	374	AMY LOVERING	WINNACUNNET	10 20:58
20	20	263	ERIN STAHL	LONDONDERRY	10 20:59
21	21	280	CHRISTINA BAINES	MEMORIAL	12 21:03
22	22	291	JEAN TUSON	WEST	11 21:12
23	23	202	KIM NOLAN	ALVIRNE	12 21:21
24	24	203	ANDREA TASSI	ALVIRNE	12 21:31
25	25	293	JAIME COLE	WEST	12 21:33
26	26	324	HEATHER MOHER	PINKERTON	9 21:34
27	27	322	RACHEL DOW	PINKERTON	9 21:36
28	28	265	AIMEE WAMBOLDT	LONDONDERRY	12 21:40
29	29	341	MICHELLE MILONE	SALEM	11 21:43
30	30	237	RACHEL CARON	CONCORD	12 21:46
31	31	312	JAIME CONROW	NASHUA	11 21:49
32	32	238	HELENA JOHNSON	CONCORD	10 21:59
33	33	311	DENISE CHOW	NASHUA	10 22:04
34	34	363	MEREDITH NOYES	TRINITY	10 22:05
35	35	376	BETH COUGHLIN	WINNACUNNET	9 22:06
36	36	220	COLEEN BODDY	EXETER	11 22:08
37	37	345	KRISTIE LAPIERRE	SALEM	11 22:10
38	38	346	NICOLE GOODWIN	SALEM	10 22:11
39	39	292	WENDY PICHETTE	SALEM	12 22:15
40	40	328	SUZANNE GALE	WEST	9 22:15
41	41	207	JULIE BOYSON	PINKERTON	10 22:19
42	42	205	JEN TROUP	ALVIRNE	11 22:20
43	43	343	BARBIE LAPIERRE	ALVIRNE	10 22:23
44	44	206	LEIGH BEAUDETTE	SALEM	11 22:23
45	45	342	SANDRA LEVESQUE	ALVIRNE	11 22:23
46	46	325	KATE KRETSCHMER	SALEM	11 22:25
47	47	310	BRIDGET CHOW	SALEM	12 22:26
48	48	323	MARTA PRACHAR	PINKERTON	10 22:28
49	49	348	NICOLE COMEAU	NASHUA	12 22:28
50	50	354	KAREN MORRIS	PINKERTON	12 22:33
				SALEM	11 22:34
				SPAULDING	11 22:37

N. H. I. A. A.
HIGH SCHOOL CROSS COUNTRY CHAMPIONSHIPS
OCTOBER 30, 1993
CLASS L WOMEN

PLACE	RACE NO.	NAME	SCHOOL	GR	TIME
1	51	262 CINDY EVANS	LONDONDERRY	12	22:53
2	52	355 DAWN LAVOIE	SPALDING	11	22:59
3	53	347 LISA EDEN	SALEM	11	23:00
4	54	204 EILEEN D'NEIL	ALVIRNE	9	23:14
5	55	372 TAMARA DREW	WINNACUNNET	11	23:11
6	56	352 KATIE JONES	SPALDING	11	23:12
7	57	252 LISA CONE	KEENE	12	23:11
8	58	327 AMY BELANGER	PINKERTON	11	23:11
9	59	240 BETH CURLEY	CONCORD	10	23:11
10	60	255 KELLY MOORE	KEENE	10	23:21
11	61	375 SERENA SCHOLL	WINNACUNNET	10	23:21
12	62	338 TRACY LYFORD	PORTSMOUTH	12	23:21
13	63	253 BARBARA DI BERNARDO	KEENE	12	23:21
14	64	294 ALYSON PARIS	WEST	11	23:30
15		226 KRISTINA SHARP	DOVER	9	23:35
16	65	335 DANIELLE BOUCHER	PORTSMOUTH	11	23:36
17	66	353 KATIE MURPHY	SPALDING	11	23:37
18	67	281 JESSICA GAMACHE	MEMORIAL	10	23:45
19	68	245 EMILY POMAR	CONCORD	11	23:48
20	69	359 ERIN MAURER	WINNACUNNET	12	23:54
21	70	256 STACY MOORE	KEENE	9	23:57
22	71	209 KAREN DESJARDINS	ALVIRNE	10	24:01
23	72	248 AUDREY BETHEL	KEENE	10	24:04
24	73	241 PAIGE BEAUCHEMIN	CONCORD	9	24:13
25	74	356 SARAH BEAUDOIN	SPALDING	11	24:18
26	75	362 BETH MCALLISTER	TRINITY	10	24:21
27	76	340 SUSAN STOWE	PORTSMOUTH	10	24:22
28	77	295 SUZANNE RUSSELL	WEST	11	24:27
29		303 TRACY FENTON	MERRIMACK	11	24:33
30	78	254 EMILY HILLENBRAND	KEENE	10	24:36
31	79	351 CHRISTI GUILMETTE	SPALDING	12	24:38
32	80	287 MARISSA RODRIQUEZ	MEMORIAL	12	24:42
33	81	231 HOLLY BOUDREAU	EXETER	10	24:50
34		305 LARA JARDULLO	MERRIMACK	9	24:54
35	82	284 LYNN PARISEAU	MEMORIAL	11	25:03
36	83	339 ERIN RAFFERTY	PORTSMOUTH	10	25:35
37	84	334 JESSICA ZARICKI	PORTSMOUTH	12	25:39
38	85	333 TRICIA ALLEN	PORTSMOUTH	12	25:47
39	86	247 STEPHANIE MAHEUX	CONCORD	8	25:46
40	87	367 JEN HAYES	WINNACUNNET	12	25:50
41	88	249 JANTZEN BRIDGES	KEENE	9	25:59
42	89	285 JEN PILLOTTE	MEMORIAL	11	26:00
43	90	230 EMILY COFFIN	EXETER	11	26:12
44	91	296 SARA NELSON	WEST	11	27:01
45		304 ANJA GIBERT	MERRIMACK	11	27:17
46	92	273 JESSICA LEVERONI	WINNACUNNET	10	27:24
47	93	233 MARIK SCHMIDT	EXETER	11	27:47
48	94	297 AMY WAY	WEST	12	28:22
49	95	289 AMANDA LAVALLEE	MEMORIAL	10	28:29
50	96	365 NANCY BURGLAND	TRINITY	10	28:56

N. H. I. A. A.
HIGH SCHOOL CROSS COUNTRY CHAMPIONSHIPS
OCTOBER 30, 1993
CLASS L WOMEN

PLACE	T&P1	NO.	NAME	SCHOOL	GR	TIME
101	97	361	JESSICA CARPENTER	TRINITY	11	29:15
102	98	366	PAM WILSON	TRINITY	9	29:24
103	99	229	SARA PASTER	EXETER	12	29:26
104	100	234	MEGAN WARNOCK	EXETER	11	29:41
105		227	MARY BRAKE	DOVER	9	30:57

N. H. I. A. A.
HIGH SCHOOL CROSS COUNTRY CHAMPIONSHIPS
OCTOBER 30, 1993
CLASS L WOMEN

T E A M R E S U L T S

1. CENTRAL
3 6 7 8 10 (13) (18) = 34
MEGAN GAYMAN, THERESE GESEL, KASIE WALLACE, JODIE BARIL,
SARAH DAGUE-HALL, KATIE MC QUAD, LISA COTS
2. LONDONDERRY
2 4 5 14 20 (28) (51) = 45
HELENA KIMBALL, AMY DECAMP, KELLY FIEBEL, LIZ CATE,
ERIN STAHL, AIMEE WAMBOLDT, CINDY EVANS
3. NASHUA
11 12 15 17 31 (33) (47) = 87
MICHELLE MARQUIS, SARAH TAYLOR, TRACY SIPKA, LARA MARCSISIN,
JAIME CONROW, DENISE CHOW, BRIDGET CHOW
4. PINKERTON
4 26 27 40 46 (48) (58) = 148
REBY PHELPS, HEATHER MOHER, RACHEL DOW, SUZANNE GALE,
KATE KRETSCHMER, MARTA PRACHAR, AMY BELANGER
5. ALVIERE
23 24 41 42 44 (54) (71) = 174
KIM NOLAN, ANDREA TASSI, JULIE BOYSON, JEN TROUP,
LEIGH BEAUDETTE, EILEEN O'NEIL, KAREN DESJARDINS
6. SOLEM
29 37 38 43 45 (49) (53) = 192
MICHELLE MILONE, KRISTIE LAPIERRE, NICOLE GOODWIN, BARBIE LAPIERRE,
SANDRA LEVESQUE, NICOLE COMEAU, LISA EDEN
7. CONCORD
15 30 32 59 68 (73) (86) = 204
SABINA VERBECK, RACHEL CARON, HELENA JOHNSON, BETH CURLEY,
EMILY EDMAR, PAISE BEAUCHEMIN, STEPHANIE MAHEUX
8. SPALDING
1 50 52 56 65 (74) (79) = 225
CANYELLE WOOD, KAREN MORRIS, DAWN LAVOIE, KATIE JONES,
KATIE MURPHY, SARAH SEAUOIN, CHRISTI GUILMETTE
9. WEST
22 23 39 64 77 (91) (94) = 227
JEAN TUSON, JAIME COLE, WENDY PICHETTE, ALYSON PARIS,
SUZANNE RUSSELL, SARA NELSON, AMY WAY
10. WINNACUNNET
19 35 55 61 69 (87) (92) = 239
AMY LOVERING, BETH COUGHLIN, TAMARA DREW, SERENA SCHOLL,
ERIN MAURER, JEN HAYES, JESSICA LEVERONI
11. KEENE
57 60 63 70 72 (78) (88) = 322
LISA COLE, KELLY MOORE, BARBARA DI BERNARDO, STACY MOORE,
AUDREY BETHEL, EMILY HALLENBRAND, JANTZEN BRIDGES
12. MEMORIAL
21 57 60 62 39 (95) = 339
CHRISTINA BAINES, JESSICA CAMACHE, MARISSA RODRIGUEZ, LYNN PARISEAU,
JEN PILOTTE, AMANDA LAVALLEE

N.H.I.A.A.
HIGH SCHOOL CROSS COUNTRY CHAMPIONSHIPS
OCTOBER 30, 1993
CLASS L WOMEN

T E A M R E S U L T S

13. PORTSMOUTH

62 65 76 83 84 (85) = 370
TRACY LYFORD, DANIELLE BOUCHER, SUSAN STOWE, ERIN RAFFERTY,
JESSICA ZARICKI, TRICIA ALLEN

14. EXETER

36 81 90 93 99 (100) = 399
COLEEN BODDY, HOLLY BOUDREAU, EMILY COFFIN, MARIEK SCHMIDT,
SARA PASTER, MEGAN WARNOCK

15. TRINITY

34 75 96 97 98 = 400
MEREDITH NOYES, BETH MCALLISTER, NANCY BURGLAND, JESSICA CARPENTER,
PAM WILSON

N. H. I. A. A.
HIGH SCHOOL CROSS COUNTRY CHAMPIONSHIPS
NOVEMBER 6, 1993
MEET OF CHAMPIONS WOMEN

PLACE	IMP	NO.	NAME	SCHOOL	CLA	GR	TIME
1		1395	DANYELLE WOOD	SPAULDING	L	12	18:37
2	1	1398	CARA ALEY	HANOVER	I	11	18:44
3		1421	MOLLY DEMARK	LACONIA	I	10	18:47
4	2	1339	HELENA KIMBALL	LONDONDERRY	L	11	18:55
5	3	1347	EMILY HODGSON	CENTRAL	L	12	19:42
6	4	1343	AMY DECAMP	LONDONDERRY	L	9	19:43
7		1452	MICHELLE BLEAKLEY	SANBORN	I	12	19:46
8	5	1374	ABBY PHELPS	PINKERTON	L	12	19:47
9	6	1399	WAVERLY WATSON	HANOVER	I	12	19:48
10	7	1349	THERESE GESEL	CENTRAL	L	12	19:52
11	8	1357	SARAH GAGNE-HALL	CENTRAL	L	9	19:59
12	9	1358	KASIE WALLACE	CENTRAL	L	9	20:10
13	10	1348	MEGAN GAYMAN	CENTRAL	L	12	20:15
14	11	1340	KELLY FIEBEL	LONDONDERRY	L	12	20:16
15		1456	SHANNON HEALD	COE-BROWN	M&S	12	20:16
16	12	1353	KATIE MC QU Aid	CENTRAL	L	11	20:23
17	13	1372	MICHELLE MARQUIS	NASHUA	L	12	20:24
18	14	1446	BETH KRAFT	OYSTER RIVER	I	9	20:25
19	15	1342	ERIN STAHL	LONDONDERRY	L	10	20:34
20		1337	SABINA VERBECK	CONCORD	L	12	20:36
21	16	1430	JEN FLANDERS	MONADNOCK	I	12	20:45
22	17	1405	BRADY KELLY	HANOVER	I	9	20:47
23		1338	RACHEL CARON	CONCORD	L	12	20:48
24	18	1373	SARAH TAYLOR	NASHUA	L	12	20:49
25		1453	KIM SCHULTZ	SANBORN	I	10	20:50
26		1359	CHRISTINA BAINES	MEMORIAL	L	12	20:58
27	19	1345	LIZ CATE	LONDONDERRY	L	9	20:58
28	20	1400	MELISSA ROTH	HANOVER	I	11	21:00
29	21	1431	MEGHAN SHUTERAN	MONADNOCK	I	9	21:01
30	22	1371	TRACY SIPKA	NASHUA	L	10	21:03
31		1396	AMY LOVERING	WINNACUNNET	L	10	21:05
32	23	1424	PENNEY GILBERT	LEBANON	I	11	21:10
33	24	1423	JENNIFER DORAN	LEBANON	I	12	21:11
34	25	1445	CHRISTY NORTHROP	OYSTER RIVER	I	10	21:13
35	26	1401	KATE RAPPAPORT	HANOVER	I	11	21:16
36	27	1386	MICHELLE MILONE	SALEM	L	11	21:18
37		1422	STEPHANIE COTTER	LACONIA	I	10	21:19
38	28	1432	HEATHER WOOD	MONADNOCK	I	9	21:19
39		1455	MARTHA WOODS	BELMONT	M&S	10	21:20
40		1360	JEAN TUSON	WEST	L	11	21:21
41	29	1375	RACHEL DOW	PINKERTON	L	9	21:22
42	30	1391	NICOLE GOODWIN	SALEM	L	10	21:25
43	31	1365	JAI ME CONROW	NASHUA	L	11	21:25
44	32	1428	SARAH DORAN	LEBANON	I	10	21:29
45	33	1444	HEATHER CARMICHAEL	OYSTER RIVER	I	11	21:32
46	34	1489	TARA BARTON	WHITE MOUNTAINS	M&S	12	21:32
47	35	1351	LISA COTS	CENTRAL	L	11	21:37
48	36	1327	ANDREA TASSI	ALVIRNE	L	12	21:40
49	37	1460	KIRSTEN YOUNG	CONANT	M&S	10	21:41
50		1397	CHANDRA WALKER	CON-VAL	I	11	21:48

N. H. I. A. A.
HIGH SCHOOL CROSS COUNTRY CHAMPIONSHIPS
NOVEMBER 6, 1993
MEET OF CHAMPIONS WOMEN

PLACE	RACE NO.	NAME	SCHOOL	CLA	GR	TIME
51	38	1344	AIMEE WAMBOLDT	LONDONDERRY	L	12 21:52
52	39	1410	KELLY LIVINGSTON	KENNETT	I	12 21:53
53	40	1441	ASHLING LAMARQUE	OYSTER RIVER	J	12 21:53
54	41	1363	YARROW WRIGHT	CONANT	M&S	9 21:54
55	42	1325	KRISTEN ROBITAILLE	ALVIRNE	L	12 21:57
56		1361	JARNE COLE	WEST	L	12 21:57
57		1486	ELISE BEDROSTAN	PELHAM	M&S	10 21:58
58	43	1490	JULIE INGERSON	WHITE MOUNTAINS	M&S	9 21:59
59	44	1367	SANDRA LEVESQUE	SALEM	L	11 22:00
60	45	1341	CINDY EVANS	LONDONDERRY	L	12 22:04
61		1454	CHRISTA CASE	SOUHEGAN	I	10 22:05
62	46	1381	SUZANNE GALE	PINKERTON	L	9 22:09
63	47	1413	MARA KENDRICK	KENNETT	I	10 22:10
64	48	1377	HEATHER MOHER	PINKERTON	L	9 22:12
65	49	1390	KRISTIE LAPIERRE	SALEM	L	11 22:14
66	50	1429	MELANIE MORIN	MONADNOCK	I	11 22:20
67	51	1376	MARTA PRACHAR	PINKERTON	L	12 22:20
68	52	1404	AMANDA BLANK	HANDOVER	I	10 22:25
69	53	1379	VICKI MARSHALL	PINKERTON	L	12 22:26
70	54	1388	BARBIE LAPIERRE	SALEM	L	10 22:31
71	55	1389	LAURA BAGNE	SALEM	L	10 22:33
72		1482	JILL KILLEEN	NEWMARKET	M&S	7 22:35
73	56	1364	DENISE CHOW	NASHUA	L	10 22:38
74	57	1491	JESSICA JAWORSKI	WHITE MOUNTAINS	M&S	11 22:40
75		1488	ELIN KONRAD	SANT BANI	M&S	11 22:40
76	58	1411	SARAH LYONS	KENNETT	I	12 22:41
77	59	1442	MARYBETH MAZZARO	OYSTER RIVER	I	11 22:42
78	60	1326	KIM NOLAN	ALVIRNE	L	12 22:44
79	61	1493	JEN WHITE	WHITE MOUNTAINS	M&S	11 22:45
80	62	1330	LEIGH BEAUDETTE	ALVIRNE	L	11 22:47
81	63	1331	JULIE BOYSON	ALVIRNE	L	10 22:49
82		1465	RENEE KINGSBURY	FALL MOUNTAIN	M&S	10 22:52
83	64	1378	KATE KRETSCHMER	PINKERTON	L	12 22:53
84	65	1403	EMILY VANARMAN	HANDOVER	I	11 22:56
85	66	1468	ELIZABETH McGOOLDRICK	LITTLETON	M&S	12 22:57
86		1496	SANDRA ABBOTT	WINNISQUAM	M&S	11 22:57
87	67	1367	JACKIE MURLEY	NASHUA	L	10 23:01
88	68	1412	KATE BURDETTE	KENNETT	I	9 23:03
89	69	1362	AMY BSILIERE	NASHUA	L	11 23:07
90		1467	AMANDA LADKEY	HOPKINTON	M&S	11 23:07
91	70	1458	CHEL WALKER	CONANT	M&S	10 23:09
92		1480	ROSALIE LEBEAU	NEWMARKET	M&S	8 23:11
93		1485	SARAH SANDERS	NEWMARKET	M&S	8 23:12
94		1497	EMILY SALLANT	WINNISQUAM	M&S	11 23:15
95	71	1393	NICOLE COMEAU	SALEM	L	11 23:15
96	72	1425	MANDI HERRIN	LEBANON	I	11 23:19
97	73	1329	JEN TROUP	ALVIRNE	L	11 23:19
98	74	1473	NICOLE LAFITTE	LITTLETON	M&S	11 23:20
99		1487	MARIANNA COSTA	PELHAM	M&S	11 23:20
100		1484	MEREDITH MITCHELL	NEWMARKET	M&S	8 23:26

N. H. I. A. A.
HIGH SCHOOL CROSS COUNTRY CHAMPIONSHIPS
NOVEMBER 6, 1993
MEET OF CHAMPIONS WOMEN

T E A M R E S U L T S

1. CENTRAL
3 7 8 9 10 (12) (35) = 37
EMILY HODGSON, THERESE BESEL, SARAH GAGNE-HALL, KASIE WALLACE,
MEGAN GAYMAN, KATIE MC QUAD, LISA COTS
2. LONDONDERRY
2 4 11 15 19 (38) (45) = 51
HELENA KIMBALL, AMY DECAMP, KELLY FIEBEL, ERIN STAHL,
LIZ CATE, AIMEE WAMBOLDT, CINDY EVANS
3. HANOVER
1 6 17 20 26 (52) (65) = 70
CARA ALEY, WAVERLY WATSON, BRADY KELLY, MELISSA ROTH,
KATE RAPPAPORT, AMANDA BLANK, EMILY VANARMAN
4. NASHUA
13 18 22 31 56 (67) (69) = 140
MICHELLE MARQUIS, SARAH TAYLOR, TRACY SIPKA, JAIME CONROW,
DENISE CHOW, JACKIE HURLEY, AMY BSILIERE
5. OYSTER RIVER
14 25 33 40 59 (81) (82) = 171
BETH KRAFT, CHRISTY NORTHROP, HEATHER CARMICHAEL, ASHLING LAMARQUE,
MARYBETH NAZZARO, LUCIA NAZZARO, STEPHANIE ZAJDLICZ
6. PINKERTON
5 29 46 48 51 (53) (64) = 179
ABBY PHELPS, RACHEL DOM, SUZANNE GALE, HEATHER MOHER,
MARTA PRACHAR, VICKI MARSHALL, KATE KRETSCHMER
7. MONADNOCK
16 21 28 50 87 (89) (90) = 202
JEN FLANDERS, MEGHAN SHUTERAN, HEATHER WOOD, MELANIE MORIN,
DENISE GAMERL, REBECCA MACMASTER, BARBARA STEERE
8. SALEM
27 30 44 49 54 (55) (71) = 204
MICHELLE MILONE, NICOLE GOODWIN, SANDRA LEVESQUE, KRISTIE LAPIERRE,
BARBIE LAPIERRE, LAURA GAGNE, NICOLE COMEAU
9. LEBANON
23 24 32 72 76 = 227
PENNEY GILBERT, JENNIFER DORAN, SARAH DORAN, MANDI HERRIN,
MEGAN BRESSETT
10. ALVIRNE
36 42 60 62 63 (73) = 263
ANDREA TASSI, KRISTEN ROBITAILLE, KIM NOLAN, LEIGH BEAUDETTE,
JULIE BOYSON, JEN TROUP
11. WHITE MOUNTAINS
34 43 57 61 79 (84) = 274
TARA BARTON, JULIE INGERSON, JESSICA JAWOROWSKI, JEN WHITE,
KRISTIN HANCOCK, LEAH HOLZ
12. KENNETT
39 47 58 68 75 (91) (92) = 287
KELLY LIVINGSTON, MARA KENDRICK, SARAH LYONS, KATE BURDETTE,
MANDY HERGET, MANDY HAVLENBECK, TARYN PALMER

N. H. I. A. A.
HIGH SCHOOL CROSS COUNTRY CHAMPIONSHIPS
NOVEMBER 6, 1993
MEET OF CHAMPIONS WOMEN

T E A M R E S U L T S

13. COMANT

37 41 70 77 80 (85) (93) = 305

KIRSTEN YOUNG, YARROW WRIGHT, RACHEL WALKER, HEATHER WILKINS,
HOLLY SCHEUMING, KATE DESPRES, MARILEE VAGALEBRE

14. LITTLETON

66 74 78 83 86 (88) = 387

ELIZABETH MCGOLDRICK, NICOLE LAFITTE, HOILLY GURL, SARA KATE MAY,
AMY SUNDMAN, APRIL CASPARI

Spitler Race Systems Team Results of NEW ENGLAND HIGH SCHOOL CHAMPIONSHIP GIRLS

Place	Points	School	Points	Scoring	Team Members
1	66	CENTRAL NH	5	EMILY	HODGSON
			10	THERESE	GESEL
			14	SARAH	GAGNE HALL
			18	KASIE	WALLACE
			19	MEGAN	GAYMAN
2	91	LONDONDERRY NH	3	HELENA	KIMBALL
			9	AMY	DECAMP
			12	KELLY	FEIBEL
			29	LIZ	CATE
			38	ERIN	STAHL
3	124	ESSEX JUNCTION VT	11	SARAH	BAUER
			23	MANDY	RANSOM
			27	RACHEL	FISKE
			31	MARISSA	COLSTON
			32	NIKKI	ROGERSON
4	136	NORWICH FREE CT	4	JILL	AKUS
			15	ERIN KATE	MANDELBERG
			22	STEPHANIE	JOHNSON
			35	CORRIE	HANSON
			60	JULIE	EISENHARD
5	194	HANOVER NH	2	CARA	ALOY
			6	WAVERLY	WATSON
			40	MELISSA	ROTH
			54	KELLY	BRADY
			92	AMANDA	BLANK
6	229	MERCY CT	21	RACQUEL	SANCHEZ
			36	AMY	MONTEMERLO
			53	MANDI	HESCA
			55	LIZ	SWIFT
			64	MAUREEN	TRIQA
7	261	NASHUA NH	25	MICHELLE	MARQUIS
			37	TRACY	SIPKA
			49	SARAH	TAYLOR
			61	JAIME	CONROW
			89	DENISE	CHOW
8	273	MANCHESTER CT	45	SHELLY	BRAND
			46	JENNIFER	TIERNEY
			47	ANN MARY	LUKAS
			57	JENNIFER	GATES
			78	MELISSA	PAQUETTE
9	311	ST RAPHAEL RI	33	REBECCA	PEREIRA
			65	AMY	GONNELLI
			69	REBECCA	ANDERSON
			70	VALERIE	KLEK
			74	AMY	HEPBURN
10	315	AMITY CT	16	JANIS	EISENBERG
			41	JESSICA	MARKO
			77	MEGHAN	DAWSON
			82	DEBRA	HEVENSTONE
			99	KATHLEEN	HADLOCK

Spitler Race Systems Team Results of NEW ENGLAND HIGH SCHOOL CHAMPIONSHIP GIRLS

Place	Points	School	Points	Scoring	Team Members
11	325	OYSTER RIVER NH	24	BETH	KRAFT
			42	CHRISTY	NORTHROP
			66	ASHLING	LAMARQUE
			79	HEATHER	CARMICHAEL
			114	MARY BETH	NAZZARO
12	331	EAST PROVIDENCE RI	13	KIM	SCHIFINO
			43	AMY	HORROCKS
			83	MEAGHAN	MCELROY
			88	MICHELLE	CAPOBIANCO
			104	MELISSA	BERTHIAUME
13	338	THETFORD ACADEMY VT	1	EMILY	GROSSMAN
			28	DANIELLE	BRAGG
			84	ANNE	PERRY
			93	ELIZABETH	HENRY
			132	HANNAH	FOGG
14	344	SOUTH KINGSTOWN RI	7	JESSICA	MCGARTY
			68	LAUREN	MCGARTY
			73	CATHY	LALLI
			91	MAUREEN	ONEILL
			105	CHRISTINE	BERNIER
15	359	WILTON CT	17	JAIME	SUTHERLAND
			39	CARRIE	LUKAS
			59	MEGHAN	LYNCH
			113	AMY	LISCOMB
			131	LEIGH	STUART
16	379	PINKERTON NH	8	ABBY	PHELPS
			75	RACHEL	DOW
			85	MARTA	PRACHAR
			103	VICKI	MARSHALL
			108	KATE	KRETSCHMERE
17	387	PONAGANSET RI	52	EDEN	HINDLEY
			63	KARYN	BARLOW
			67	JILL	DEEROSIER
			98	ALISON	KEACH
			107	LISA	ARMOR
18	410	LAMOILE UNION VT	44	JAMIE	NOBLE
			48	CHANDRA	REACH
			81	KAREN	FERRARI
			111	HEATHER	ELGIN
			126	CARRIE	FERRARI
19	429	BETHEL CT	62	LAUREN	PRETNAR
			76	ROBIN	LIBERTY
			86	MELANIE	KASACK
			95	MONICA	GALLAGHER
			110	BRIDGET	SMITH
20	470	PEOPLES ACAVT	30	HEATHER	RYDER
			50	ELISE	HANCOCK
			102	ALISON	GINGRAS
			134	JENNIFER	CURRIER
			154	JESSICA	ALLEN

Spitler Race Systems Team Results of NEW ENGLAND HIGH SCHOOL CHAMPIONSHIP GIRLS

Place Points School Points Scoring Team Members

21	481	LYNDON INSTITUTE VT	51	DIANNA	KRAUSS
			56	LEANN	LABOR
			97	MOLLY	DWYER
			133	CHRISTINE	LEGACY
			144	CYNTHIA	VASKO
22	538	BARRINGTON RI	20	CHERYL	TWOMEY
			119	YASEMIN	SALTUK
			122	SADIE	GILLETTE
			129	KELLI	SHERAN
			148	CAROLYN	DANISH
23	589	MT MANSFIELD VT	87	BETH	NAYLOR
			94	KRISTA	BLITTERSDORF
			135	MARTHA	YAGGI
			136	CANDACE	MITCHELL
			137	JENNIFER	MULLEN

Incomplete Team: SMITHFIELD RI
 Incomplete Team: WESTERLY RI
 Incomplete Team: LINCOLN RI
 Incomplete Team: MT ST CHARLES RI
 Incomplete Team: CLASSICAL RI
 Incomplete Team: LINCOLN RI
 Incomplete Team: SPAULDING NH
 Incomplete Team: LACONIA NH
 Incomplete Team: SANBORN NH
 Incomplete Team: COE-BROWN NH
 Incomplete Team: CONCORD NH
 Incomplete Team: MONADNOCK NH
 Incomplete Team: CONCORD NH
 Incomplete Team: SANBORN NH
 Incomplete Team: MILTON VT
 Incomplete Team: ST JOHNSBURY VT
 Incomplete Team: RUTLAND VT
 Incomplete Team: MT ABRAHAM VT
 Incomplete Team: UNION 32 VT
 Incomplete Team: BURKE MOUNTAIN VT
 Incomplete Team: OTTER VALLEY VT
 Incomplete Team: WOLCOTT CT
 Incomplete Team: E O SMITH CT
 Incomplete Team: ST BERNARD CT
 Incomplete Team: LITCHFIELD CT
 Incomplete Team: PLATT CT
 Incomplete Team: HALL CT
 Incomplete Team: EAST HARTFORD CT
 Incomplete Team: ROCKVILLE
 Incomplete Team: DARIEN CT
 Incomplete Team: NEWTOWN CT
 Incomplete Team: WHEELER CT
 Incomplete Team: NEWTOWN CT
 Incomplete Team: WOLCOTT CT
 Incomplete Team: CHARIHO RI

Spitler Race System Results of NEW ENGLAND HIGH SCHOOL CHAMPIONSHIP GIRLS

Place	Points	Time	Bib	Finishers Name	School
1	1	18:18	270	EMILY GROSSMAN	THETFORD ACADEMY VT
2	2	18:27	115	CARA ALOY	HANOVER NH
3	NONE	18:31	199	DANYELLE WOOD	SPAULDING NH
4	3	18:36	108	HELENA KIMBALL	LONDONDERRY NH
5	NONE	18:39	200	MOLLY DEMARK	LACONIA NH
6	4	18:44	376	JILL AKUS	NORWICH FREE CT
7	NONE	18:50	55	SUZANNE LAVALLEE	LINCOLN RI
8	NONE	18:59	371	LESLIE ALMEIDA	WOLCOTT CT
9	NONE	19:03	54	EMILY SELVIDIO	WESTERLY RI
10	5	19:05	101	EMILY HODGSON	CENTRAL NH
11	6	19:07	116	WAVERLY WATSON	HANOVER NH
12	7	19:13	73	JESSICA MCGARTY	SOUTH KINGSTOWN RI
13	8	19:14	136	ABBY PHELPS	PINKERTON NH
14	9	19:14	109	AMY DECAMP	LONDONDERRY NH
15	10	19:16	102	THERESE GESEL	CENTRAL NH
16	11	19:19	263	SARAH BAUER	ESSEX JUNCTION VT
17	12	19:25	110	KELLY FEIBEL	LONDONDERRY NH
18	13	19:26	94	KIM SCHIFINO	EAST PROVIDENCE RI
19	14	19:28	103	SARAH GAGNE HALL	CENTRAL NH
20	NONE	19:31	420	ALISON HANSCOM	EAST HARTFORD CT
21	NONE	19:33	201	MICHELLE BLEAKLEY	SANBORN NH
22	NONE	19:34	375	PATRICIA OLIVER	PLATT CT
23	NONE	19:35	374	KARA KERR	LITCHFIELD CT
24	15	19:37	377	ERIN KATE MANDELBERG	NORWICH FREE CT
25	16	19:38	404	JANIS EISENBERG	AMITY CT
26	17	19:38	390	JAIME SUTHERLAND	WILTON CT
27	18	19:40	104	KASIE WALLACE	CENTRAL NH
28	19	19:46	105	MEGAN GAYMAN	CENTRAL NH
29	NONE	19:48	373	JILL DI FRANCESCA	ST BERNARD CT
30	20	19:49	87	CHERYL TWOMEY	BARRINGTON RI
31	21	19:52	384	RACQUEL SANCHEZ	MERCY CT
32	NONE	19:53	203	SABINA VERBECK	CONCORD NH
33	NONE	19:54	372	COURTNEY BELLOWS	E O SMITH CT
34	22	19:57	378	STEPHANIE JOHNSON	NORWICH FREE CT
35	23	19:58	266	MANDY RANSOM	ESSEX JUNCTION VT
36	24	19:58	129	BETH KRAFT	OYSTER RIVER NH
37	25	20:00	122	MICHELLE MARQUIS	NASHUA NH
38	DISPLC	20:02	106	KATIE MCQUAID	CENTRAL NH
39	27	20:04	269	RACHEL FISKE	ESSEX JUNCTION VT
40	28	20:05	271	DANIELLE BRAGG	THETFORD ACADEMY VT
41	NONE	20:06	422	MEREDITH KALISH	DARIEN CT
42	NONE	20:06	202	SHANNON HEALD	COE-BROWN NH
43	29	20:07	112	LIZ CATE	LONDONDERRY NH
44	NONE	20:08	425	JESSICA GRIFFING	WHEELER CT
45	30	20:08	283	HEATHER RYDER	PEOPLES ACAVT
46	31	20:09	264	MARISSA COLSTON	ESSEX JUNCTION VT
47	NONE	20:10	305	JULIE THORNTON	ST JOHNSBURY VT
48	32	20:10	268	NIKKI ROGERSON	ESSEX JUNCTION VT
49	NONE	20:11	304	ALANNA JONES	MILTON VT
50	33	20:12	59	REBECCA PEREIRA	ST RAPHAEL RI
51	DISPLC	20:12	107	JODIE BARIL	CENTRAL NH
52	35	20:12	379	CORRIE HANSON	NORWICH FREE CT
53	36	20:12	385	AMY MONTEMERLO	MERCY CT
54	37	20:12	124	TRACY SIPKA	NASHUA NH
55	38	20:13	111	ERIN STAHL	LONDONDERRY NH
56	NONE	20:14	306	JOYA TETREULT	RUTLAND VT
57	39	20:14	391	CARRIE LUKAS	WILTON CT
58	40	20:14	119	MELISSA ROTH	HANOVER NH
59	41	20:16	405	JESSICA MARKO	AMITY CT
60	42	20:18	130	CHRISTY NORTHROP	OYSTER RIVER NH

Spitler Race System Results of NEW ENGLAND HIGH SCHOOL CHAMPIONSHIP GIRLS

Place	Points	Time	Bib	Finishers Name	School	
61	43	20:28	95	AMY	HORROCKS	EAST PROVIDENCE RI
62	NONE	20:29	421	BETH	HOOPER	ROCKVILLE
63	44	20:30	275	JAMIE	NOBLE	LAMOILE UNION VT
64	45	20:31	399	SHELLY	BRAND	MANCHESTER CT
65	46	20:32	398	JENNIFER	TIERNEY	MANCHESTER CT
66	47	20:33	397	ANN MARY	LUKAS	MANCHESTER CT
67	48	20:34	277	CHANDRA	REACH	LAMOILE UNION VT
68	NONE	20:35	427	KATIE	LERZ	WOLCOTT CT
69	49	20:36	123	SARAH	TAYLOR	NASHUA NH
70	NONE	20:38	205	RACHEL	CARON	CONCORD NH
71	50	20:39	282	ELISE	HANCOCK	PEOPLES ACAVT
72	51	20:42	290	DIANNA	KRAUSS	LYNDON INSTITUTE VT
73	NONE	20:43	426	SARAH	ZIMMERMAN	NEWTOWN CT
74	52	20:44	80	EDEN	HINDLEY	PONAGANSET RI
75	53	20:47	387	MANDI	HESCA	MERCY CT
76	54	20:48	117	KELLY	BRADY	HANOVER NH
77	55	20:48	383	LIZ	SWIFT	MERCY CT
78	NONE	20:48	423	MARNIE	LARABEE	NEWTOWN CT
79	56	20:49	289	LEANN	LABOR	LYNDON INSTITUTE VT
80	NONE	20:50	308	SARAH	CZOK	UNION 32 VT
81	NONE	20:51	204	JEN	FLANDERS	MONADNOCK NH
82	57	20:52	400	JENNIFER	GATES	MANCHESTER CT
83	DISPLC	20:52	265	KRISTINA	RAGOSTA	ESSEX JUNCTION VT
84	NONE	20:52	307	EMILY	ERWIN	MT ABRAHAM VT
85	59	20:53	392	MEGHAN	LYNCH	WILTON CT
86	60	20:54	381	JULIE	EISENHARD	NORWICH FREE CT
87	61	20:55	125	JAIME	CONROW	NASHUA NH
88	NONE	20:56	309	JESSICA	REIGLE	BURKE MOUNTAIN VT
89	62	20:57	413	LAUREN	PRETNAR	BETHEL CT
90	NONE	20:58	206	KIM	SCHULTZ	SANBORN NH
91	63	21:00	81	KARYN	BARLOW	PONAGANSET RI
92	64	21:01	388	MAUREEN	TRIGA	MERCY CT
93	65	21:02	61	AMY	GONNELLI	ST RAPHAEL RI
94	NONE	21:04	57	CHRISTINA	BATASTINI	CLASSICAL RI
95	66	21:06	131	ASHLING	LAMARQUE	OYSTER RIVER NH
96	67	21:07	82	JILL	DEEROSIER	PONAGANSET RI
97	68	21:08	75	LAUREN	MCGARTY	SOUTH KINGSTOWN RI
98	69	21:09	62	REBECCA	ANDERSON	ST RAPHAEL RI
99	70	21:10	63	VALERIE	KLEK	ST RAPHAEL RI
100	DISPLC	21:10	380	STEPHANIE	SMITH	NORWICH FREE CT
101	NONE	21:10	56	ANGELA	MARTINELLI	MT ST CHARLES RI
102	DISPLC	21:11	114	CINDY	EVANS	LONDONDERRY NH
103	73	21:12	74	CATHY	LALLI	SOUTH KINGSTOWN RI
104	74	21:13	60	AMY	HEPBURN	ST RAPHAEL RI
105	75	21:14	137	RACHEL	DOW	PINKERTON NH
106	76	21:14	412	ROBIN	LIBERTY	BETHEL CT
107	77	21:14	407	MEGHAN	DAWSON	AMITY CT
108	78	21:15	402	MELISSA	PAQUETTE	MANCHESTER CT
109	79	21:16	135	HEATHER	CARMICHAEL	OYSTER RIVER NH
110	DISPLC	21:17	401	JILL	NEUMEYER	MANCHESTER CT
111	81	21:19	276	KAREN	FERRARI	LAMOILE UNION VT
112	82	21:20	406	DEBRA	HEVENSTONE	AMITY CT
113	83	21:22	97	MEAGHAN	MCELROY	EAST PROVIDENCE RI
114	84	21:23	272	ANNE	PERRY	THETFORD ACADEMY VT
115	85	21:24	139	MARTA	PRACHAR	PINKERTON NH
116	86	21:28	411	MELANIE	KASACK	BETHEL CT
117	87	21:32	297	BETH	NAYLOR	MT MANSFIELD VT
118	88	21:35	96	MICHELLE	CAPOBIANCO	EAST PROVIDENCE RI
119	NONE	21:36	312	JENNIFER	BAILEY	OTTER VALLEY VT
120	89	21:38	126	DENISE	CHOW	NASHUA NH

Spitler Race System Results of NEW ENGLAND HIGH SCHOOL CHAMPIONSHIP GIRLS

Place	Points	Time	Bib	Finishers Name	School
121	DISPLC	21:39	267	LYNN PRENTICE	ESSEX JUNCTION VT
122	91	21:40	77	MAUREEN ONEILL	SOUTH KINGSTOWN RI
123	92	21:42	120	AMANDA BLANK	HANOVER NH
124	93	21:43	273	ELIZABETH HENRY	THETFORD ACADEMY VT
125	94	21:44	296	KRISTA BLITTERSDORF	MT MANSFIELD VT
126	95	21:44	416	MONICA GALLAGHER	BETHEL CT
127	DISPLC	21:46	64	CARRIE SAMPERS	ST RAPHAEL RI
128	97	21:47	291	MOLLY DWYER	LYNDON INSTITUTE VT
129	98	21:48	83	ALISON KEACH	PONAGANSET RI
130	99	21:49	408	KATHLEEN HADLOCK	AMITY CT
131	DISPLC	21:50	65	DEBBIE JUSTA	ST RAPHAEL RI
132	NONE	21:52	419	CARA MCGOWAN	HALL CT
133	NONE	21:54	66	LAUREN DRURY	SMITHFIELD RI
134	DISPLC	21:55	389	AMY BYSIEWICZ	MERCY CT
135	NONE	21:56	58	ALICIA FELICIO	LINCOLN RI
136	102	21:58	284	ALISON GINGRAS	PEOPLES ACAVT
137	NONE	21:59	428	STEPHEN SMITH	CHARIHO RI
138	103	22:00	140	VICKI MARSHALL	PINKERTON NH
139	104	22:02	98	MELISSA BERTHIAUME	EAST PROVIDENCE RI
140	105	22:02	76	CHRISTINE BERNIER	SOUTH KINGSTOWN RI
141	DISPLC	22:03	121	MANDY SNYDER	HANOVER NH
142	107	22:04	85	LISA ARMOR	PONAGANSET RI
143	NONE	22:07	69	KATHY MARTIN	SMITHFIELD RI
144	108	22:08	141	KATE KRETSCHMERE	PINKERTON NH
145	DISPLC	22:10	138	HEATHER MOHER	PINKERTON NH
146	110	22:10	414	BRIDGET SMITH	BETHEL CT
147	111	22:11	279	HEATHER ELGIN	LAMOILE UNION VT
148	DISPLC	22:12	415	KATRINA WAWER	BETHEL CT
149	113	22:13	394	AMY LISCOMB	WILTON CT
150	114	22:14	133	MARY BETH NAZZARO	OYSTER RIVER NH
151	DISPLC	22:17	113	AIMEE WALMBOLDT	LONDONDERRY NH
152	DISPLC	22:18	99	JANET GOULET	EAST PROVIDENCE RI
153	DISPLC	22:19	118	EMILY VAN ARMAN	HANOVER NH
154	DISPLC	22:21	128	AMY BASILIERE	NASHUA NH
155	119	22:22	88	YASEMIN SALTUK	BARRINGTON RI
156	DISPLC	22:22	382	BECKY JUDD	NORWICH FREE CT
157	DISPLC	22:22	409	JENNIFER HALSTEAD	AMITY CT
158	122	22:23	93	SADIE GILLETTE	BARRINGTON RI
159	DISPLC	22:24	127	JACKIE HURLEY	NASHUA NH
160	DISPLC	22:28	84	CHRISSY SHORT	PONAGANSET RI
161	DISPLC	22:32	79	MICHELLE PHETTEPLACE	SOUTH KINGSTOWN RI
162	126	22:43	278	CARRIE FERRARI	LAMOILE UNION VT
163	DISPLC	22:47	78	KATE MENDILLO	SOUTH KINGSTOWN RI
164	DISPLC	22:49	86	DEBBIE KOCH	PONAGANSET RI
165	129	22:51	89	KELLI SHERAN	BARRINGTON RI
166	DISPLC	22:53	142	AMY BELANGER	PINKERTON NH
167	131	22:55	393	LEIGH STUART	WILTON CT
168	132	22:59	274	HANNAH FOGG	THETFORD ACADEMY VT
169	133	23:30	294	CHRISTINE LEGACY	LYNDON INSTITUTE VT
170	134	23:30	285	JENNIFER CURRIER	PEOPLES ACAVT
171	135	23:31	300	MARTHA YAGGI	MT MANSFIELD VT
172	136	23:32	301	CANDACE MITCHELL	MT MANSFIELD VT
173	137	23:33	302	JENNIFER MULLEN	MT MANSFIELD VT
174	DISPLC	23:34	298	ELISE LONDON	MT MANSFIELD VT
175	DISPLC	23:35	396	MADIA LEHMEJIAN	WILTON CT
176	DISPLC	23:40	299	JOSI MCKNIGHT	MT MANSFIELD VT
177	DISPLC	23:44	100	MIKKI WOSENOCROFT	EAST PROVIDENCE RI
178	DISPLC	23:46	395	KACEY WALKER	WILTON CT
179	DISPLC	23:48	417	CHRISTINE FLEMING	BETHEL CT
180	144	23:52	293	CYNTHIA VASKO	LYNDON INSTITUTE VT

Spitler Race System Results of NEW ENGLAND HIGH SCHOOL CHAMPIONSHIP GIRLS

Place	Points	Time	Bib	Finishers Name	School
181	DISPLC	23:54	410	RACHEL GRANT	AMITY CT
182	DISPLC	23:57	295	ALLISON LUND	LYNDON INSTITUTE VT
183	DISPLC	24:00	132	LUCIA NAZZARO	OYSTER RIVER NH
184	148	24:03	90	CAROLYN DANISH	BARRINGTON RI
185	DISPLC	24:15	403	JULIE MEISER	MANCHESTER CT
186	DISPLC	24:27	386	OBRIEN ZADLICZ	MERCY CT
187	DISPLC	25:23	134	STEPHANIE NUSES	OYSTER RIVER NH
188	DISPLC	25:28	281	KYLE MATYSECK	LAMOILE UNION VT
189	DISPLC	25:42	280	CHRISTINE ALLEN	LAMOILE UNION VT
190	154	26:08	287	JESSICA PAGE	PEOPLES ACAVT
191	DISPLC	26:18	288	NATALIE PAGE	PEOPLES ACAVT
192	NONE	32:28	72	ROXY BINA	SMITHFIELD RI

AREA ROUNDUP

Astro runners give new coach a present

By CHRIS PANTAZIS
Derry News Staff

The Pinkerton Academy girls cross-country team made sure first-year Coach Ted Carey's first official meet would be a memorable one when it clipped both Concord and Alvirne despite some nasty weather at the PA track Wednesday.

The Astros downed Alvirne by a 26-29 score, and Concord by a 25-34 count in a steady rain.

"It took the best races from the girls to come out on top, and it was nice to get the wins," said Coach Carey.

The victors were led by Abby Phelps, who placed first with a time of 19 minutes and 54 seconds. That is the 19th best time ever run by a girl on Pinkerton's course.

Astro freshman Rachel Dow placed fifth overall (21:20), while Marta Prachar took seventh (22:04), Kate Kretschmer was 11th (22:24), Amy Belanger was 12th (22:25), freshman Heather Moher copped the 14th spot (23:09), and freshman Suzanne Gale finished 15th (23:23).

► GIRLS CROSS COUNTRY

Londonderry wins Bobcat Invitational

Londonderry placed three runners in the top four and cruised to victory in the annual Bobcat Invitational.

The Lancers won the 22-team meet with 27 points followed in the top five by Nashua with 44, Alvirne with 148, Pinkerton with 151 and host Oyster River of Durham with 163.

Helena Kimball won the 3.1-mile race in 19 minutes, 40 seconds, setting the pace for teammates Cindy Evans, third at 20:06, and Kelly Feibel, fourth at 20:08. Fellow Lancer Amy Decamp also cracked the top 10 with a seventh-place finish at 20:30.

Nashua's Bridget Chow was sixth at 20:22 while the Panthers crowded up the back end of the top 10 with Tracy Sipka (eighth, 20:33), Michelle Marquis (ninth, 20:35) and Amy Fitzpatrick (10th, 20:35).

Kristen Robitaille was Alvirne's top runner, placing 15th in 21:06. She was followed by teammates Andi Tassi (29th, 22:04), Kim Nolan (33rd, 22:30) and Jen Troup (35th, 22:32).

For Pinkerton, Abby Phelps was fifth in 20:11 while Rachel Dow (30th, 22:07), Marta Prachar (34th, 22:30), Heather Moher (37th, 22:39) and Kate Kretschmer (45th, 23:10) constituted the rest of the Astros' top five.

Denise Chow of Nashua won the junior varsity race in 21:15 while Pinkerton won as a team, led by Suzanne Gale's third-place (23:01) finish.

► BOYS CROSS COUNTRY

Pinkerton takes Bobcat win

Pinkerton Academy had five of the top seven finishers to dominate the Bobcat Invitational at Oyster River High School in Durham.

Matt Downin of Pinkerton won the 3.1-mile race in 16:14, beating Nashua's Lionel Silverston by 18 seconds.

Pinkerton took the next three spots with John Stanley (16:57), Mark Blanchard (17:09) and John Alizio (17:17). Freshman Joe Fesh took seventh for the Astros in 17:26.

Nashua finished second with Bill Reed (sixth, 17:22) and freshman Paul St. Jean (17:29) cracking the top 10.

Bishop Guertin finished third in the 16-team competition. The Cardinals' top finisher was Bob Bergeron, who was ninth in 17:32.

Londonderry's top runners didn't compete, but freshman Joe La-tourneau finished 11th for the Lancers in 17:41. Nashua's Don Tacewicz was 12th in 17:43 and Bishop Guertin's Brian Berthelotte was 16th in 17:57.

Souhegan's top runner was Ike Ericson, who finished 18th in 17:58. Merrimack's Matt Mayer was 24th in 18:05. Alvirne's Brian Andersen was 34th in 18:25.

Academy's girl runners remain unbeaten

By CHRIS PANTAZIS
Derry News Staff

First-year Coach Ted Carey saw his Pinkerton Academy girls cross-country team keep its record perfect with a sweep of Merrimack and Bishop Guertin in Merrimack Tuesday.

The now 4-0 Astros blanked both rivals by scores of 15-50 on

a course that left something to be desired.

"We ran very carefully and kept our eyes down," said Carey. "The course was something they seemed to have laid out in a hurry last week."

The Astros took all of the top seven spots in the race, and freshman Rachel Dow led the way by setting a new course record of 20 minutes and 51 seconds.

Abby Phelps finished second for the winners (20:56), while Marta Prachar grabbed third (22:24), Kate Kretschmer took fourth (23:00), Heather Moher copped fifth (23:00), Erin Tripp collected sixth (23:01), and Amy Belanger came in seventh (23:18).

"They all ran consistently with what they have so far this season," added Carey.

Phelps paces Pinkerton runners at home

By Chris Pantazis
DERRY NEWS STAFF

Abby Phelps made history while leading the Pinkerton Academy girls cross-country team to wins over Salem and Trinity in Derry Tuesday.

The Astros beat Trinity 20-41, and the shorthanded Blue Devils 15-50.

Phelps became the first PA girl

harrier to break the 20-minute mark twice in one season by winning the race with a time of 19 minutes and 21 seconds. That time also placed her 10th all-time among girls on the Pinkerton course.

Also finishing in the top 10 in the race were freshman Rachel Dow in second (20:34), Heather Moher in fourth (21:11), Marta Prachar in sixth place (21:20),

Vicki Marshall in the seventh spot (21:47), Katie Kretschmer in the eighth slot (21:57), and Suzanne Gale in ninth (22:04).

"Abby made history, and everyone else pulled their times way down," said a happy Ted Carey, the coach of the PA team.

"When we have that many times under 22 minutes, it's a good day," he added.

Pinkerton is now 6-0 this fall.

Lancers, Astros run well at Derryfield

By Chris Pantazis
DERRY NEWS STAFF

MANCHESTER — The Londonderry Lancers came in second while the Pinkerton Astros were ninth in the Manchester Invitational's girls "A" race at Derryfield Park Saturday.

Coach Ed Burgess' girls finished behind Central in the big race, and they were led by Helena Kimball in fourth place (time of 19 minutes and 23 seconds), Erin Stahl in 16th (20:33), Cindy Evans in 26th (21:00), Aimee Wamboldt in 27th (21:01), and Amy DeCamp in 30th place (21:07).

"I was pleased with the finish. When you can be second at the Manchester Invitational, you've done something," said Burgess.

In the "B" race, Erin Mitchell came in 21st (23:50), and Alison Raymond finished 32nd (24:30).

Liz Cate came in fifth in the freshman race (14:34).

On the Pinkerton side, the top finishers for Coach Ted Carey in the "A" race were Abby Phelps in 13th (20:24), Marta Prachar in 45th (22:06), Kate Kretschmer in 60th (22:48), Amy Belanger in 82nd (23:46), Vicki Marshall in 85th (23:50), Erin Tripp in 89th (24:15), and Andrea Stramecki in 97th place (24:40).

PA came in fourth in the "B" race thanks to the work of Jen Muller (27th, 24:08), Danielle Fillis (30th, 24:20), Aly Cecere (53rd, 25:29), Sandy Lukosius (55th, 25:32), and Shelly Arsenault (60th, 25:41).

The Astros won the freshman race thanks to the placements of Heather Moher (fourth, 14:28), Rachel Dow (sixth, 14:49), Suzanne Gale (eighth, 14:55), Abby Willets (14th, 15:35), Abby LeFebvre (18th, 15:51), Alison Day (19th, 15:52), Emma Eldred (26th, 16:20), and Stephanie Schlott (time and place unavailable).

Londonderry 18, Pinkerton 43: Helena Kimball led five Londonderry runners in the top six as the Lancers improved to 7-0 with yesterday's win at Pinkerton Academy.

Kimball ran the the third-fastest time in course history, completing the 3.1-mile race in 18:54. Teammate Kelly Feibel was second in 19:23 while Amy DeCamp was fourth in 29:25, Erin Stahl was fifth in 19:41 and Cindy Evans was sixth in 20:22.

Liz Ate (eighth, 20:37) and Aimee Wamboldt (ninth, 21:35) also cracked the top 10 for the Lancers.

Abby Phelps' third-place finish in 19:24 was the top Pinkerton (6-1) effort while Rachel Dow was seventh in 20:30 and Vicki Marshall was 10th in 21:49.

Nashua wins Connecticut...

Phelps stars but Astros fall

◆ Abby Phelps wins the race but she isn't enough to carry the Pinkerton girls' cross country team to victory.

NASHUA, N.H. — Pinkerton's Abby Phelps was the only runner to finish the 3.1-mile course in under 20 minutes, followed by a crowd from Nashua.

Pinkerton beat Keene, 16-43, but was no match for Nashua.

"Abby really dominated," said Pinkerton coach Ted Carey. "She's been really working hard. I think it was a goal of hers to beat everyone in purple (Nashua's color) today. It was good to see her do it."

Pinkerton 16, Keene 43
Nashua 20, Pinkerton 43
Nashua 15, Keene 50

Top 10: 1. Abby Phelps (P) 19:45; 2. Michelle Marquis (N) 20:00; 3. Bridget Chow (N) 20:46; 4. Tracy Sipka (N) 20:28; 5. Stacy Taylor (N) 20:42; 6. L. Matakis (N) 20:47; 7. Denise Chow (N) 21:18; 8. Jen Conrow (N) 21:19; 9. Rachel Dow (P) 21:45; 10. Marta Prachar (P) 21:46

Records: Pinkerton 7-2

Next meet: Pinkerton, Tuesday vs. Portsmouth and Winnacunnet at Derryfield Park in Manchester, N.H., 3:30 p.m.

Season ends just fine for Astro girl runners

By Chris Pantazis
DERRY NEWS STAFF

MANCHESTER — The last meet of the regular season was a sweet one for the Pinkerton Academy girl's cross-country team.

Coach Ted Carey's girls simply tore the Winnacunnet Warriors and Portsmouth Clippers apart in Derryfield Park in Manchester Tuesday.

The victories left the Astros with a 9-2 regular season record.

The PA side downed the Winnacunnet Warriors by a score of 18-45. And it shut out the Clippers by a 15-50 score.

The winners took no less than nine of top 10 places in the race. Abby Phelps led the way by winning the event in a time of 20 minutes and 17 seconds.

The academy's other top racers included Rachel Dow in second place (21:20), Heather Moher in fourth (21:49), Amy Belanger in the fifth spot (22:03), Marta Prachar in sixth place (22:11), Kate Kretschmer in the seventh position (23:03), Abby Lefebvre in eighth (23:15), Suzanne Gale in the ninth spot (23:16), and Andria Stramecki in 10th place (23:17).

Academy girl runners second

By Chris Pantazis
DERRY NEWS STAFF

MANCHESTER — The Pinkerton Academy girls cross-country team placed second to Manchester Central at the junior varsity state meet in Manchester's Derryfield Park Friday.

Central scored 15 points, while Pinkerton notched 66, and Nashua took third with 72 points.

PA Coach Ted Carey was pleased to have his harriers finish ahead of Nashua, and he also had

plenty of reason to be happy with the individual efforts of his runners. There were 72 individuals in the race, and 12 Astros finished in medal spots (the top 35 places).

Erin Tripp paced the crew by coming in ninth overall in a time of 22 minutes and 53 seconds. She was followed by Jen Muller in 12th place (23:14), Abby Bent in the 18th slot (23:27), Sandy Lukosius in 19th (23:31), Emma Eldred in 21st place (23:37), Abby Willets in the 23rd position (23:44).

Girl runners qualify for the New Englands

By Chris Pantazis
DERRY NEWS STAFF

MANCHESTER — Saturday's Meet of Champions in Manchester's Derryfield Park wound up being a positive experience for both the Londonderry High and Pinkerton Academy girls cross-

country contingents.

Coach Ed Burgess' Lancers and Coach Ted Carey's Astros both placed among the top six teams to advance to this Saturday's New England Meet in Smithfield, R.I.

Manchester Central's juggernaut

QUALIFY, Page 28

Girl runners move on to New Englands

QUALIFY

Continued from Page 19
naut won the meet of champs by scoring 37 points. They were followed by Londonderry (51), Hanover (70), Nashua (140), Oyster River (171) and Pinkerton (179).

A total of 16 teams and 120 individuals from across the Granite State ran in the race.

The Lancers were led by Helena Kimball, who placed fourth with her time of 18 minutes and 55 seconds. She was followed by

Amy DeCamp in sixth (19:43), Kelly Feibel in 14th (20:16), Erin Stahl in 19th (20:34), Liz Cate in the 27th spot (20:58), Aimee Wamboldt in 51st (21:52), and Cindy Evans in the 60th slot (22:04).

Pinkerton was paced by Abby Phelps in eighth place (19:47). She was trailed by Rachel Dow in 41st (21:22), Suzanne Gale in the 62nd spot (22:09), Heather Moher in 64th (22:12), Marta Prachar in 67th place (22:20), Vicki Marshall in 69th (22:26), and Kate Kretschmer in 83rd place (22:53).

Local harriers run well at New England meet

By Chris Pantazis
DERRY NEWS STAFF

SMITHFIELD, R.I. — Both the Londonderry High and Pinkerton Academy girls cross-country teams had reasons to be happy on their return from the New England Cross-Country Championships held at Bryant College in Smithfield, R.I. Saturday.

Coach Ed Burgess' Lancers finished second, while Coach Ted Carey's Astros put forth some solid times in placing 16th out of the 23 teams at the event.

To no one's surprise, Manchester Central won the event with 66 points. But Londonderry (91 points) gave that rival a run for its money. The Lancers were well ahead of the Little Green harriers at the one-mile mark, forcing Central to stage a comeback.

"Time-wise and point-wise this was our best finish. We came in

second in 1986 as well," said Coach Burgess.

Helena Kimball led Londonderry with her best time ever (18 minutes and 36 seconds) on a 3.1 mile course. She finished fourth out of 192 runners.

She was followed by Amy DeCamp in 14th place (19:14), Kelly Feibel in 17th (19:25), Liz Cate in 43rd (20:07), Erin Stahl in 55th slot (20:13), Cindy Evans in 102nd place (21:11), and Aimee Wamboldt in 151st (22:17).

Pinkerton was led by Abby Phelps, who edged out DeCamp of LHS for 13th place (19:14).

Rachel Dow came in 10th (21:14), while Marta Prachar was 115th (21:24), Vicki Marshall took 138th place (22:00), Kate Kretschmer took 144th (22:05), Heather Moher was 145th (22:10), and Amy Belanger was 166th (22:55).

Things we did well:

Attendance
Attitude
Performance
Avoided injury
Trailblazer and Stars
of the Meet.
Season's Record.
Looked good in our
Daisy Dukes

Things we will improve:

Pre-Season Running.
Weight Room.
Avoid **all** injury.
Dress for the weather.
Attend an out of state
invitational.
Beat Londonderry!

Special Thanks To:

Mr. Royce	Mr. Rutland	Ms. Latham
Mrs. Carey	Mr. Hall	Mr. Clark
Mike Beeman	Dr. Bannister	Jess Carter
Mrs. Muller	The Lukosius Family	
The Rogers Family	The Marshall Family	

all the family and friends who came to cheer us on!!

POEM

Pinkerton Girls'

Cross-Country

Fall 1993



Commitment

Dedication

Pride

Pinkerton Girls' Cross-Country Fall 1993

July 28, 1993

Dear Athlete,

Thank you for expressing an interest in our Cross-Country Program. While I had anticipated sending two mailings prior to our first practice, I believe I've gathered all the important information into this one letter. You should expect no other letter before our first team workout. Read On !!

ITEM! You may not practice or be a part of our team until you have returned the pink form. This is the parental permission form. They must be signed on both sides and returned to me. While many of you handed them to me before the end of the school year, many have not. You must bring them to the first workout on **Monday, August 16th**. If you need a blank sheet, call me (888-2540) and I can get one to you.

ITEM! If this will be the first time you will be competing on an Academy sports team, you will also need to submit an Athletic Physical Form. Remember, your doctor must fill it out on the academy form. Again, if you have questions, call me.

ITEM! Our Pre-Season practice schedule is set. Mandatory practices will held on August 16th - 20th, and August 23rd - 27th. The locker room will be opened at 8:00am and practice will begin at 8:15am. You should plan on practices running to 10:30am. Course clean-up day is set for Wednesday, August 25th.

ITEM! School starts for everyone on Wednesday, September 1st. It starts for freshmen on Tuesday, August 31th. It starts for teachers on Monday, August 30th. On August 30 thru September 2, the locker room will open at 3:00pm and practice will start at 3:15pm. Plan on practices lasting until 5:15pm.

ITEM! Our first event is the annual Alumnae Meet on Friday, September 3rd. Our locker room will open at 4:30pm. We will be on the track at 5:00pm. The women's race will go at 5:30pm; the men's race will run at 6:00pm. After the race, there will be food and drink available in the auditorium. While former coach Pat Hicks has helped me locate many former runners, your efforts can also help. Spread the word to you former teammates and let them know we're looking for a big turnout.

ITEM! Our schedule has been approved and is included.

ITEM! We will not practice as a team on September 4th, 5th or 6th. We will assume our normal practice schedule on Tuesday, September 7th, and open our season at home on Wednesday, September 8th.

Introduction

As a student-athlete at Pinkerton Academy you should be aware that:

*You have the **privilege** to participate in sports.

*You are a student first and an athlete second. **Never use sports as an excuse for poor academic performance.**

*Cross-Country is a unique sport. It is the single most grueling test of an athlete.

*Hard Work, discipline, desire and dedication are the keys to excellence.

*Winners are rare and special. Strive to be a winner.

* Only a consistent, daily effort in practice will lead to success. It is expected you will always do your best. When you do not give your best, you cheat yourself and your team.

*Only **you** can make yourself a winner. You coach and your teammates can only point the way.

*Your coach and team are asking you to make a four-year commitment. Four years of dedicated hard work will make you a competitor.

*Be an enthusiastic supporter of your teammates in everything they do. Be there for your teammates and they will be there for you.

***Take pride in yourself and your team.** Do nothing that would shame your school, team or coach.

***Smoking, drinking, or taking drugs will not make you a better athlete, student or person.**

Remember, anything worthwhile requires sacrifice. The rewards are many for those willing to commit. Our commitment begins in August and ends the weekend of the New England's. Your coach is dedicated to helping you reach your individual and team goals. Your coach knows that, with your help, your Cross-Country season will be a rewarding and enjoyable experience.

Team Rules and Expectations

*Athletes must meet all eligibility requirements as listed in the PA Athletic Booklet. Athletes must have had a physical, returned a physical form and returned the permission form in order to participate.

***Attendance is mandatory at every practice and meet.** Even if injured or sick, you are still expected to attend practices and meets unless excused by the coach. You are required to stay until the end of every meet, including the warm-down and stretch. Your teammates need and deserve your full support.

*If you are not on the absentee list for the day, you will be required to have a note to the coach before 2:00 pm to be excused from practice for that day. This does not mean that you will always be excused. You should always bring a note with you upon return to the team.

*The posted and assigned workouts will be followed. Never cut a practice short without talking to the coach. Never cheat on a practice.

*The locker room will be left the same way you found it: spotless every day!!

*Disciplinary action will be taken against any athlete caught smoking, drinking, taking drugs. Disciplinary action will be taken against athletes who disrupt classes, campus or practices.

*Uniforms issued to you, your own practice gear, your personal possessions and equipment assigned to you are **your** responsibility. Take care of your uniforms, equipment, locker rooms and facilities.

*No fooling around will be permitted in the locker room, on the track, on the course, on the roads, on the bus, at the meets, etc.....

*You are expected to ride the team bus **to and from** each away meet.

*The team will show good sportsmanship. The athlete will respect and cooperate with officials.

THE COACH AND THE CAPTAINS WILL ENFORCE THESE RULES. THE TEAM WILL GIVE IS RESPECT AND COOPERATION TO THE CAPTAINS AND COACH.

THE PUNISHMENTS SHALL FIT THE CRIMES!!

RANGE OF PUNISHMENTS WILL BE FROM 50/50/50 TO PROBATIONS TO MEET SUSPENSIONS.

Mr. Ted Carey

Coach

Pinkerton Academy Girls' Cross-Country

Rules of the Road

As road running will be the single most important part of our training, these rules will be followed to make for safe, effective workouts.

- 1) Whenever possible, use the sidewalk.
- 2) If there is no sidewalk, always run **against** the traffic.
- 3) Stay running in single file, especially on the narrow backroads.
- 4) **Never** run in front of a car. Always assume the driver has not seen you. When crossing the street, always wait for the signal or wait for traffic to clear. **A car should never have to slow because you are on the road!**
- 5) Respect the property of others. Stay off private land. Concentrate on your running. **Don't fool around on the road!**
- 6) Dress for the weather. Be prepared to run in cold or wet weather. If you do not have proper dress, you will not be able to practice.

Remember: the impression we leave while running on the road is the impression our towns have of us as a team. Let's leave the best impression possible.

Weight Room Rules

- 1) No students or athletes can be in the weight room without a coach or teacher present and supervising.
- 2) Be protective of the weight room. It looks nice now and we want to keep it that way.
- 3) **Emphasize safety.** Use only the equipment that has been assigned. Use only the equipment that you know how to safely handle.
- 4) An inventory of all weights should be done before you leave the room. Weight trees are numbered and plates that are hung should match these checklists.
- 5) Be sure all doors are locked when you leave.

The Cross-Country team will be assigned set times for the weight room. All athletes will be expected to stay for the entire session. There will be no loitering in the hallway. No one will be dismissed early without the prior permission of the coach.

Top 20 All-Time Women's
Performances
Pinkerton Cross-Country Course

1)	Danielle Wood	Spaulding	17:44	1992
2)	Bridgette Riley	Pinkerton	18:52	1984
3)	Christy Bonneau	Keene	18:57	1989
4)	Nancy Belanger	Central	19:09	1984
5)	Helena Kimball	Londonderry	19:15	1991
6)	Cindy Smith	Pinkerton	19:16	1984
6)	Andrea O'Connell	Pinkerton	19:16	1985
8)	Renee White	Timberlane	19:17	1988
9)	Emily Cartwright	Keene	19:19	1989
10)	Amy Kruschwitz	Pinkerton	19:27	1984
11)	Michelle Remillard	Pinkerton	19:30	1985
11)	Tracy Sipka	Nashua	19:30	1990
13)	Jo Ann Connolly	Central	19:34	1985
13)	Jody Higgins	Concord	19:34	1985
15)	Carlye Kinsella	Pinkerton	19:41	1990
16)	Tiffany Pope	Pinkerton	19:42	1991
17)	Tricia Connell	Londonderry	19:49	1987
18)	Tiffany Pope	Pinkerton	19:53	1989
19)	Cheri Brown	Concord	19:59	1987
20)	Sharon Caterina	Central	20:00	1984