

2021

# Pinkerton Academy TRAILBLAZERS



To My Trailblazers:

Out of all the teams I have coached during my 18 years or so, this team came together like no other. You really cared about one another and showed this support for your teammates every day. I appreciated all of your positive energy and all of the fun we had together. You came to practice every day ready to work hard and we got a little better each day. We never took any shortcuts and the frequency with which you earned PR's is a testament to your dedication. While I probably won't add it to my playlist, I won't ever be able to hear "Red Line" without thinking about you guys. I loved some of the new traditions such as singing "I'm still standing" during our track workouts and incorporating the boys team into our theme days. Thanks for making every day enjoyable! We may have been a small team, but we were mighty!

To Coach Bernard (Joyce):

Thanks for all you do for our team every day. I couldn't do this without you. I appreciate being able to bounce ideas off of you and together we do what we think is best for the team. You always have the best interests of the girls at heart and never fail to keep us motivated.

To Our Seniors:

Hailee, Kristina, Laura, Makenna, and Mimi thank you for all you have done for the team over the past four years. You should be proud of all you have accomplished and contributed to the Trailblazers during your time on the team. We laughed and cried together (well mostly that was Mimi thinking about Christmas). We have run countless miles together and created bonds that will last a lifetime. Whenever you raced, you always left it all out there. Your legacy will live on. Though you are graduating, remember you will always be a Trailblazer.

To our Underclassmen:

With 5 out of our top 7 returning next year, we have so much potential. Everyone worked hard and contributed to the team in so many ways. We need to remember that the key to success is summer training. Cross country is truly a summer sport that plays out in the fall. Hopefully we can commit to showing up to tryouts in shape. If we do, we should compete for a Championship in 2022.

Yours in running,

Coach Alizio

## Girls' Cross Country Roster – 2021

Head Coach Jonathan Alizio, Assistant Coach Amy Bernard

Laura Adams - Senior  
Makenna Alden - **Senior Captain**  
Hailee Langill - Senior  
Kristina Packowski - Senior  
Mariesa Preble - **Senior Captain**  
Grace Jellow - **Junior Captain**  
Sophia Carpenter - Sophomore  
Isabelle Groulx - Sophomore  
Ginia Rufo - Sophomore  
Contessa Silva - Sophomore  
Mia Eckerman - Freshman  
Makayla Evans - Freshman  
Althea LeBlanc - Freshman  
Sydney Sexton - Freshman

## PINKERTON GIRLS CROSS COUNTRY 1975-2021

<b>YEAR</b>	<b>SEASON</b>	<b>DIVISION I</b>	<b>NEW ENGLANDS</b>
1975	9-1	12 <sup>th</sup>	
1976	9-4	3 <sup>rd</sup>	
1977	11-0	1 <sup>st</sup>	2 <sup>nd</sup>
1978	11-0	1 <sup>st</sup>	1 <sup>st</sup>
1979	9-0	1 <sup>st</sup>	1 <sup>st</sup>
1980	9-1	2 <sup>nd</sup>	2 <sup>nd</sup>
1981	9-1	2 <sup>nd</sup>	2 <sup>nd</sup>
1982	12-1	3 <sup>rd</sup>	4 <sup>th</sup>
1983	12-0	2 <sup>nd</sup>	2 <sup>nd</sup>
1984	10-1	1 <sup>st</sup>	5 <sup>th</sup>
1985	8-2	5 <sup>th</sup>	
1986	7-7	7 <sup>th</sup>	
1987	8-2	6 <sup>th</sup>	
1988	12-0	3 <sup>rd</sup>	
1989	7-3	3 <sup>rd</sup>	20 <sup>th</sup>
1990	12-1	2 <sup>nd</sup>	10 <sup>th</sup>
1991	10-3	5 <sup>th</sup>	
1992	6-7	7 <sup>th</sup>	
1993	9-2	4 <sup>th</sup>	16 <sup>th</sup>
1994	9-1	4 <sup>th</sup>	10 <sup>th</sup>
1995	8-2	3 <sup>rd</sup>	10 <sup>th</sup>
1996	6-2	3 <sup>rd</sup>	8 <sup>th</sup>
1997	2-6	7 <sup>th</sup>	
1998	6-2	3 <sup>rd</sup>	3 <sup>rd</sup>
1999	5-3	5 <sup>th</sup>	5 <sup>th</sup>
2000	5-1	3 <sup>rd</sup>	6 <sup>th</sup>
2001	5-1	3 <sup>rd</sup>	13 <sup>th</sup>
2002	6-1	4 <sup>th</sup>	14 <sup>th</sup>
2003	8-0	3 <sup>rd</sup>	7 <sup>th</sup>
2004	4-3	6 <sup>th</sup>	
2005	5-2	5 <sup>th</sup>	
2006	5-1	1 <sup>st</sup>	16 <sup>th</sup>
2007	10-0	3 <sup>rd</sup>	16 <sup>th</sup>
2008	9- 0	2 <sup>nd</sup>	20 <sup>th</sup>
2009	9- 0	6 <sup>th</sup>	18 <sup>th</sup>
2010	10-0	4 <sup>th</sup>	
2011	9-1	6 <sup>th</sup>	
2012	6-1	4 <sup>th</sup>	

2013	6-1	3 <sup>rd</sup>	9 <sup>th</sup>
2014	8-0	4 <sup>th</sup>	11 <sup>th</sup>
2015	8-0	1 <sup>st</sup>	4 <sup>th</sup>
2016	5-3	1 <sup>st</sup>	3 <sup>rd</sup>
2017	6-0	1 <sup>st</sup>	1 <sup>st</sup>
2018	3-3	1 <sup>st</sup>	8 <sup>th</sup>
2019	2-2	8 <sup>th</sup>	
2020	3-0	Pandemic shortened season	
<b>2021</b>	<b>1-0</b>	<b>8<sup>th</sup></b>	



# PINKERTON GIRLS CROSS COUNTRY 2021

**Fastest Time at home (since 1984)**  
**Morgan Sansing (14) 17:58**

**Fastest Time at Derryfield (since 1984)**  
**Ariel Vaillancourt (13 NE) 18:27**

<b>Top seven performances at home (since 1984)</b>	<b>Top seven performances at Derryfield (since 1985)</b>
<b>Seniors</b>	<b>Seniors</b>
Morgan Sansing(2015) 18:51	Morgan Sansing(15MI) 18:59
Bridgette Riley(1984) 18:52	Ariel Vaillancourt(15DI) 19:04
Aryon Trujillo (07) 19:03	Ashley Morgenstern (05L) 19:11
Maison D'Amelio (17) 19:04	Morgan Sansing(15DI) 19:20
Rachel Dow(1996) 19:04	Meghan Cross (19DI) 19:35
Ashley Morgenstern(05) 19:10	Aryon Trujillo (07L) 19:36
Liz Stockinger (2000) 19:13	Aryon Trujillo (07MI) 19:40
<b>Juniors</b>	<b>Juniors</b>
Morgan Sansing(14) 17:58	Morgan Sansing (14DI) 18:40
Morgan Sansing (14) 18:03	Morgan Sansing (14MI) 18:53
Morgan Sansing (14) 18:17	Maison D'Amelio (16DI) 19:03
Ashley Morgenstern (04) 18:33	Meghan Cross (18DI) 19:16
Jordan Vaillancourt (17) 18:48	Maison D'Amelio (16MI) 19:16
Aryon Trujillo (06) 18:49	Ariel Vaillancourt(14DI) 19:25
Liz Stokinger(1999) 18:49	Liz Stokinger(1999L) 19:37
<b>Sophomores</b>	<b>Sophomores</b>
Meghan Cross (17) 18:29	Ariel Vaillancourt(13NE) 18:27
Meghan Cross (17) 19:03	Morgan Sansing(13NE) 19:02
Liz Stokinger(1998) 19:11	Maison D'Amelio (15DI) 19 :06
Maison D'Amelio (15) 19:12	Morgan Sansing(13DI) 19:08
Chelsea Henderson(99) 19:19	Ciara April(16DI) 19:11
Kiley Donohue(08) 19:24	Morgan Sansing(13MI) 19:15
Casey Darasz (2002) 19:26	Jordan Vaillancourt(16DI) 19:20
<b>Freshman</b>	<b>Freshman</b>
Ashley Morgenstern(02) 19:04	Meghan Cross(16DI) 18:52
Ashley Morgenstern(02) 19:11	Jordan Vaillancourt(15DI ) 19:01
Andrea O'Connell(1985) 19:16	Ciara April(15DI) 19:17
Casey Darasz (2001) 19:29	Chelsea Henderson(98NE) 19:51
Chelsea Henderson(98) 19:33	Morgan Sansing (12DI) 19:57
Ginia Rufo (20) 19:39	Ashley Morgenstern(02MC) 20:08
Morgan Sansing(12) 19:46	Casey Darasz (2001MoC) 20:09
<b>2.1 Mile Course at Derryfield</b>	<b>Top Seven Times at Nashua South</b>
Jordan Vaillancourt (2015) 12:43	Meghan Cross (17) 18:14
Ciara April (2015) 13 :05	Morgan Sansing(14) 18:16
Meghan Cross(2016) 13 :23	Morgan Sansing(14) 18:25
Ariel Vaillancourt (2012) 13:27	Ashley Morgenstern(05) 18:25
Mariesa Preble (2018) 13 :31	Morgan Sansing (13) 18:36
Taylor Lacey (2012) 13:35	Aryon Trujillo(06) 18:38
Vivienne Rouge (2012) 13:40	Meghan Cross(16) 18:41

PA Home Course Sub 20 All-time List										
1	Danielle Wood	Spaulding	17:44	1992		91	Nichole Guilbeault	PA	19:34	2002
2	Morgan Sansing	PA	17:58	2014		92	Jo Ann Connolly	Central	19:34	1985
3	Morgan Sansing	PA	18:03	2014		93	Jody Higgins	Concord	19:34	1985
4	Morgan Sansing	PA	18:08	2014		94	Denise Shaldenko	BG	19:34	1996
5	Cassie Shea	Concord	18:09	2014		95	Ariel Vaillancourt	PA	19:35	2014
6	Morgan Sansing	PA	18:17	2014		96	Chrissy Fulton	Concord	19:36	2002
7	Rachel Umberger	Concord	18:18	2002		97	Cayla Pellegrini	PA	19:37	2008
8	Meghan Cross	PA	18:29	2017		98	Sammy Goldsmith	PA	19:37	2011
9	Ashley Morgenstern	PA	18:33	2004		<b>99</b>	<b><i>Tess Silva</i></b>	<b>PA</b>	<b>19:37</b>	<b>2021</b>
10	Rachel Umberger	Concord	18:35	1999		100	Kim Najem	PA	19:38	2001
11	Ember Smith	Concord	18:37	1999		101	Erica Nason	Concord	19:38	1998
12	Jordan Vaillancourt	PA	18:48	2017		102	Ginia Rufo	PA	19:39	2020
13	Aryon Trujillo	PA	18:49	2006		103	Julie Dutton	Londonderry	19:40	1999
14	Liz Stockinger	PA	18:49	1999		104	Kaila Cote	PA	19:41	2014
15	Morgan Sansing	PA	18:51	2015		105	Carley Kinsella	PA	19:41	1990
16	Bridgette Riley	PA	18:52	1984		106	Erin Stahl	Londonderry	19:41	1993
17	Helena Kimball	Londonderry	18:54	1993		107	Taylor Lacey	PA	19:42	2015
18	Erin Waters	Concord	18:56	2014		108	Morgan Sansing	PA	19:42	2013
19	Briggett Fleming	BG	18:55	1996		109	Tiffany Pope	PA	19:42	1991
20	Christy Bonneau	Keene	18:57	1989		<b>110</b>	<b><i>Izzy Groulx</i></b>	<b>PA</b>	<b>19:42</b>	<b>2021</b>
21	Amy Decamp	Londonderry	19:02	1995		111	Morgan Sansing	PA	19:43	2015
22	Meghan Cross	PA	19:03	2017		112	Chelsea Henderson	PA	19:43	1999
23	Aryon Trujillo	PA	19:03	2007		113	Suzanne Gale	PA	19:43	1995
24	Maison D'Amelio	PA	19:04	2017		114	Meghan Cross	PA	19:44	2019*
25	Ashley Morgenstern	PA	19:04	2002		115	Ciara April	PA	19:45	2017
26	Liz Stockinger	PA	19:04	1999		116	Ashley Morgenstern	PA	19:45	2003

27	Tonya Smith	Concord	19:04	1996		117	Morgan Sansing	PA	19:46	2012
28	Rachel Dow	PA	19:04	1996		118	Cassandra Cronin	Londonderry	19:46	2011
29	Ember Smith	Concord	19:06	1998		119	Sarah Pelarske	PA	19:47	1996
30	Kelly O'Toole	Nashua South	19:07	2006		120	Gretchen Andrus	Bow	19:47	2005
31	Nancy Belanger	Central	19:09	1984		121	Colleen Kennedy	Londonderry	19:47	2011
32	Ashley Morgenstern	PA	19:10	2005		122	Jenna Bradish	Alvirne	19:48	2017
33	Devon Devost	Concord	19:11	2004		124	Erin Moon	Concord	19:48	1996
34	Ashley Morgenstern	PA	19:11	2002		125	Jess Fontane	Alvirne	19:49	2017
35	Liz Stockinger	PA	19:11	1998		126	Ally Connolly	Concord	19:49	2004
36	Maison D'Amelio	PA	19:12	2015		127	Carley Kinsella	PA	19:49	1990
37	Gina Matarozzo	PA	19:13	2009		128	Meg Helms	Concord	19:49	1999
38	Liz Stockinger	PA	19:13	2000		129	Tricia Connell	Londonderry	19:49	1987
39	Samantha Moland	Londonderry	19:13	1999		130	Gillian Heineke	Concord	19:49	1999
40	Sarah Pelarske	PA	19:14	1998		131	Ashley Morgenstern	PA	19:50	2003
41	Amy Decamp	Londonderry	19:14	1996		132	Bridgett Fleming	BG	19:50	1995
42	Violet Sullivan	Exeter	19:15	2017		133	Grace Ferguson	Concord	19:50	2006
43	Ariel Vaillancourt	PA	19:15	2015		134	Maison D'Amelio	PA	19:51	2016
44	Helena Kimball	Londonderry	19:15	1991		135	Maison D'Amelio	PA	19:51	2015
45	Andrea O'Connell	PA	19:16	1985		136	Taylor Lacey	PA	19:51	2014
46	Cassie Shea	Concord	19:16	2015		137	Ariel Vaillancourt	PA	19:51	2013
47	Renee White	Timberlane	19:17	1988		138	Liz Cate	Londonderry	19:51	1995
48	Chelsea Henderson	PA	19:19	1999		139	Julie Dutton	Londonderry	19:51	1997
49	Emily Cartwright	Keene	19:19	1989		140	Alison March	Londonderry	19:51	1997
50	Rachel Dow	PA	19:19	1996		141	Jordan Vaillancourt	PA	19:52	2015
51	Abby Phelps	PA	19:21	1993		142	Suzanne Gale	PA	19:52	1996
52	Tanya Smith	Concord	19:21	1998		143	Sarah Pelarske	PA	19:52	1996
53	Kailin Gregoire	Londonderry	19:22	2017		<b>144</b>	<b>Gigi Rufo</b>	<b>PA</b>	<b>19:52</b>	<b>2021</b>
54	Becca McMahon	Londonderry	19:22	2001		145	Sammy Goldsmith	PA	19:53	2009
55	Cayla Pellegrini	PA	19:23	2009		146	Carrie Corbett	Concord	19:53	2004
56	Ashley Morgenstern	PA	19:23	2005		147	Ashley Morgenstern	PA	19:53	2002



57	Kelly Feibel	Londonderry	19:23	1993		148	Kim Najem	PA	19:53	1999
58	Kalin Gregoire	Londonderry	19:23	2015		149	Jenn Saucier	PA	19:53	1999
59	Elizabeth Troisi	Londonderry	19:24	2009		150	Liz Ackley	Keene	19:53	1998
60	Kiley Donohue	PA	19:24	2008		151	Tiffany Pope	PA	19:53	1989
61	Abby Phelps	PA	19:24	1993		152	Lauren Noble	Spaulding	19:54	2017
62	Erica Nason	Concord	19:24	1999		153	Taylor Lacey	PA	19:54	2015
63	Ariel Vaillancourt	PA	19:25	2015		154	Marcie Marino	Londonderry	19:54	2008
64	Rachel Dow	PA	19:25	1995		155	Leanne Schindler	PA	19:54	2006
65	Amy Decamp	Londonderry	19:25	1993		156	Casey Darasz	PA	19:54	2002
66	Liz Cate	Londonderry	19:25	1996		157	Abby Phelps	PA	19:54	1993
67	Ashley Morgenstern	PA	19:26	2005		158	Bre-Anne McKenna	Londonderry	19:54	1996
68	Casey Darasz	PA	19:26	2002		159	Jordan Vaillancourt	PA	19:55	2017
69	Ariel Vaillancourt	PA	19:27	2013		160	Abby Ward	Spaulding	19:55	2017
70	Melanie Pond	PA	19:27	2009		161	Hailey O'Rourke	PA	19:55	2009
71	Amy Kruschwitz	PA	19:27	1984		162	Cathy Hyland	Concord	19:55	2002
72	Rachel Dow	PA	19:27	1996		163	Ciara April	PA	19:56	2015
73	Casey Darasz	PA	19:29	2001		164	Michaela Conery	Concord	19:56	2014
74	Suzanne Gale	PA	19:29	1996		165	Sam Pearl	Concord	19:56	2014
75	Darlene Gaudet	Londonderry	19:30	2008		166	Chelsey Pepin	PA	19:56	2008
76	Nicky Ouelett	Goffstown	19:30	2002		167	Alissa Rogers	Londonderry	19:56	2011
77	Michelle Remillard	PA	19:30	1985		<b>168</b>	<b><i>Makenna Alden</i></b>	<b>PA</b>	<b>19:56</b>	<b>2021</b>
78	Tracy Sipka	Nashua	19:30	1990		169	Devon Drewes	Concord	19:57	1998
79	Nadia Humber	Salem	19:30	1998		170	Sydney Lagueux	Londonderry	19:57	2011
80	Devon Drewes	Concord	19:30	1999		171	Laura Braley	Concord	19:58	2014
81	Meredith Ford	Concord	19:30	1999		172	Britney Godin	PA	19:58	2007
82	Sarah Pelarske	PA	19:31	1996		173	Madeline Trolan	Nashua South	19:58	2006
83	Heather Kuil	Concord	19:31	1998		174	Kiley Donohue	PA	19:59	2009
84	Michaela Conery	Concord	19:32	2015		175	Brenna McLaughlin	PA	19:59	2009
85	Nadia Humber	Salem	19:32	2000		176	Hannah Doolittle	PA	19:59	2008
86	Brianna Deveareaux	Londonderry	19:33	2009		177	Katie Ormond	PA	19:59	2003

87	Megan Lessard	Central	19:33	2003	178	Loey Kenna	Concord	19:59	2002
88	Casey Darasz	PA	19:33	2002	179	Cheri Brown	Concord	19:59	1987
89	Chelsea Henderson	PA	19:33	1998		*Modified 3.1 Course			
90	Jenn Saucier	PA	19:33	1999					



## PR Chart

First Name	Last Name	Grade	Home PR	5k PR	DF PR
Laura	Adams	12	24:01	24:47	
<u>Makenna</u>	<u>Alden</u>	12	19:56	20:05	20:48
<u>Hailee</u>	<u>Langill</u>	12	22:21	23:46	
<u>Kristina</u>	<u>Packowski</u>	12	22:52	22:25	23:22
<u>Mimi</u>	<u>Preble</u>	12	20:04	20:11	20:11
<u>Grace</u>	<u>Jellow</u>	11	20:27	21:00	22:11
<u>Sophia</u>	<u>Carpenter</u>	10	23:40	24:59	27:26
<u>Izzy</u>	<u>Groulx</u>	10	19:42	19:14	20:24
<u>Gigi</u>	<u>Rufo</u>	10	19:39	20:10	21:08
Tess	Silva	10	19:37	19:14	20:02
Mia	Eckerman	9	22:07	23:32	
Makayla	Evans	9	23:42	23:24	
Althea	LeBlanc	9	20:42	22:05	22:21
Sydney	Sexton	9	21:32	22:26	

## 2021 Race Log

First Name	Last Name	Grade	Time Trial	Alumni Meet	Souhegan 4k	Nashua North	Mack Plaque	M.I.	Thetford
Laura	Adams	12	27:59	DNR					
Makenna	Alden	12	22:49	22:06	17:38	20:31	19:56	21:16	21:34
Hailee	Langill	12	27:22	25:51	20:36	23:46	DNR	DNR	25:16
Kristina	Packowski	12							
Mimi	Preble	12	23:46	22:28	19:20	DNR	21:39	24:15	24:14
Grace	Jellow	11	25:46	22:43	20:19	DNR	22:13	23:20	23:13
Sophia	Carpenter	10	28:55	26:14	22:40	26:13	25:09	27:26	27:09
Izzy	Groulx	10	21:14	21:01	17:17	20:09	19:42	20:30	21:17
Gigi	Rufo	10	22:01	20:57	17:49	20:10	19:52	21:08	22:06
Tess	Silva	10	21:14	DNR		20:20	19:37	21:06	21:11
Mia	Eckerman	9	28:56	26:39	22:32	24:44	24:09	16:47*	25:09
Makayla	Evans	9	27:11	25:08	20:39	23:24	23:55	16:00*	25:36
Althea	LeBlanc	9	24:42	24:32	19:21	DNR	22:03	15:10*	23:19
Sydney	Sexton	9	24:32	22:47	18:50	22:26	21:32	15:13*	25:05

First Name	Last Name	Batt/Bo rder	T'T 10/15	Black Bear	JV States	D1's	PA-XC vs Faculty	MOC's	NE's
Laura	Adams								
<u>Makenna</u>	<u>Alden</u>	20:28		22:10		20:54		20:05	
<u>Hailee</u>	<u>Langill</u>	DNR	22:21				22:38		
<u>Kristina</u>	<u>Packowski</u>								
<u>Mimi</u>	<u>Preble</u>	22:02		23:26		22:34	20:46		
<u>Grace</u>	<u>Jellow</u>	21:00		22:51		22:31	20:27		
<u>Sophia</u>	<u>Carpenter</u>	25:03	24:27		24:59		23:40		
<u>Izzy</u>	<u>Groulx</u>	19:38		20:26		20:24		19:14	21:22
<u>Gigi</u>	<u>Rufo</u>	20:35		22:38		21:34			
Tess	Silva	19:33		20:38		20:02		19:14	21:48
Mia	Eckerman	DNR	23:57		23:32		22:07		
Makayla	Evans	23:24	23:42		24:04				
Althea	LeBlanc	22:05		22:53		22:21	20:42		
Sydney	Sexton	22:44	22:30		22:41		21:40		



### 2021 Girls Cross Country Schedule

Date	Opponent	Location	Time	Note
Thurs. Sept. 2nd	Alumni Meet	Home	5:00PM	
Sat. Sept. 11th	Souhegan Relays	Souhegan	10:00AM	
Sat. Sept. 18th	Nashua North Invitational	Nashua	10:00AM	<b>Mines Falls</b>
Tues. Sept. 21st	Londonderry <b>Mack Plaque</b>	Home	4:00PM	
Sat. Sept. 25th	Manchester Invitational	Manchester	7:00AM	<b>Derryfield Park</b>
Sat. Oct. 2nd	Thetford Invitational	Thetford, VT	10:00AM	
Sat. Oct. 9th	Battle of the Border	Alvirne	10:00AM	
Sat. Oct. 16th	Black Bear Invite	Coe Brown	10:00AM	
Fri. Oct. 22nd	JV State Championship	Alvirne	3:30PM	
<b>Sat. Oct. 30th</b>	<b>Division I Championship</b>	<b>Manchester</b>	<b>1:00PM</b>	<b>Derryfield Park</b>
Fri. Nov. 5th	33rd Annual JV vs. Faculty	Home	3:30 PM	—
Sat. Nov. 6th	Meet of Champions	Nashua South	2:30PM	<b>Mines Falls</b>
Sat. Nov. 13th	New Englands	Thetford, VT	10:00AM	

Girls Coaches: Amy Bernard and Jon Alizio

*“And the coach’s award goes to . . .”*

**Mimi Preble – Varsity  
&  
Mia Eckerman - JV**

*“I’d like to thank . . .”*

Candice Alizio  
Coach Clark  
Mr. O’Reilly

Coach Bernard  
The Trainers  
Mr. Squires

Rick Bernard  
Coach Karthas  
Mr. Sojka

All of our Cross Country Parents!

*“Thank you everyone for all you did to help us  
this season” Coach Alizio ☺*







Teammates for life



Trailblazers forever







Fists of Fire, ha!