

48 F

Saturday, Nov. 14, 2009

**HUNT OF EASTERN FALLS SHORT IN QUALIFYING EFFORT**

*At regional qualifier, senior finishes 54<sup>th</sup> at New England men's cross country meet*

CUMBERLAND, Maine -- Competing against the top Division III cross country runners in New England, Eastern Connecticut State University senior **Dave Hunt (New Milford)** finished among the top 17 percent in a field of 323, but fell short in his bid to qualify for the national championship Saturday at the 2009 NCAA Division III New England Regional qualifier at the Twin Brook Recreation Center.

Attempting to become the first Eastern male to qualify for the national meet since 1976, Hunt was among the leading pack of 30 after one mile, but eventually placed 54th over the 8,000 meter layout. He led a group of six runners for Eastern, which checked in with an impressive 26th-place finish in a field of 48.

Hunt, a first-year transfer from Central Connecticut, was timed in 26:39 in a race won by Williams College's Edgar Kosgey (25:16) of Keyna. All five of Williams' scoring runners finished among the top 15 as they eased to a first-place win over runner-up Amherst College. The top seven finishers in the race from teams that do not qualify on a team basis gain a spot in the national championship field.

Four of Eastern's six runners are in their first year. Freshman **Nick Miller (Norwich)** was 130th overall, senior **Sam Buczek (Milford)** 170th, freshman **Tim Callahan (Portland)** 195th, senior **David Tignonsini (Vernon)** 221st and freshman **Brad Beausoleil (Plainfield)** 245th.

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Saturday, Nov. 14, 2009

## **QUINONES TOP FINISHER FOR EASTERN W-CROSS COUNTRY**

*First-year runner places 139th overall at New England Regional Championship Meet*

CUMBERLAND, Maine -- First-year sophomore **Amanda Quinones (Trumbull)** paced seven Eastern Connecticut State University women's cross country runners at the finish line at the 2009 NCAA Division III New England Regional qualifier over 6,000 meters Saturday at the Twin Brook Recreation Center.

A Division I transfer, Quinones led all Eastern runners for the fifth straight race in which she has competed, finishing 139th overall in a field of 315 of the most accomplished New England Division III runners. She was timed in 25:11 in a race won by Jacqui Wentz (21:35) of MIT, who helped the Engineers share first place with Middlebury College.

Behind Quinones for Eastern was senior **Alexis Cavanaugh (Cheshire)**, freshman **Cora Gingras (East Hampton)**, juniors **Becky Knapp (Naugatuck)** and **Melissa Healy (Naugatuck)**, freshman **Denica Gagnon (Colchester)**, and junior **Amanda Ericson (Bolton)**. Cavanaugh was 100th, Gingras 211th, Knapp 252nd, Healy 264th, Gagnon 275th and Ericson 279th.

Saturday, Nov. 14, 2009

### **DEPTH BOOSTS EASTERN W-SWIMMING PAST SMITH, 136-126**

*Fourteen swimmers contribute points as Warriors win home-opener*

WILLIMANTIC, Conn. – Sparked by freshman **Stephanie O’Kelly’s (Westport)** two first-place finishes, a balanced Eastern Connecticut State University swim team captured its home-opener with a 136-126 victory over Smith College Saturday at the Sports Center pool.

Smith (0-2) swimmers won seven individual events and the Pioneers captured one relay, but Eastern (1-1) received points from 14 different individuals in downing Smith for the second consecutive season.

Led by O’Kelly, who won her first two collegiate races in the 100 and 200 yard breaststroke, the Warriors claimed 21 Top Three finishes. Holding a slim lead after 12 events, Eastern totaled 12 points in the 200 yard individual medley to cement the victory. Senior **Jessica Wilson (Torrington)** won the race after placing second to O’Kelly in the 100 and 200 breast, and O’Kelly added a third-place finish after her two breaststroke wins. O’Kelly was .34 seconds off the program record in the 200 break and less than a second record in the 100.

Four swimmers collected double-digit point totals. Behind O’Kelly’s 21 points, Wilson added 17, junior **Amy Arisco (Wallingford)** 16 and senior **Kelsy Doheny (West Haven)** 15. O’Kelly and Doheny also contributed to the winning 200 yard medley relay and Arisco and Willson swam the first and final legs of the 400 yard freestyle relay which was second.

In addition to O’Kelly and Wilson, other Eastern swimmers capturing individual titles were Arisco in the 200 yard butterfly and Doheny in the 50 yard freestyle.

Three Smith swimmers – two of them freshmen – combined for the team’s seven individual titles. Junior Lily Seidman (Westfield, IN) won the 100 and 200 yard freestyle and 100 yard butterfly, freshman Emma Reim (Ledyard) the 500 and 1,000 yard freestyle and freshman Michelle Mai (Paris, France) the 100 and 200 yard backstroke. Reim also swam the opening leg of the winning 400 yard freestyle relay.

Eastern visits Saint Joseph College (CT) Saturday at 1 p.m.

47  
Saturday, Nov. 7, 2009

**BUCZEK PACES SIX EASTERN M-CROSS COUNTRY RUNNERS AT ECAC**

*Senior cuts more than a minute off his time on this course from a year ago*

WILLIAMSTOWN, Mass. – Eastern Connecticut State University senior **Sam Buczek (Milford)** finished among the top 25 percent in a field of 294 runners Saturday at the ECAC Division III Men's Cross Country Championship Meet at Mt. Greylock High School.

Buczek placed 73<sup>rd</sup> overall in a time of 28:35, which was more than a minute faster than the time he posted on this course last year at the NCAA Division III New England Regional Championship.

The team's No. 2 runner this year, Buczek was the only one of the team's top seven runner to compete. The others -- among them No. 1 runner **Dave Hunt (New Milford)** -- will await this coming Saturday's regional championship meet at the Twin Brook Recreation Center in Cumberland, ME.

**ECAC Division III  
Men's Cross Country Championship  
Run over 8,000 meters  
at Mt. Greylock Regional HS  
Williamstown, Mass.**

**Team Results  
Top 10**

1. Williams College 85; 2. Saint Vincent College (PA) 89; 3. Bates College 101; 4. Amherst College 111; 5. Vassar College 159; 6. Johnson & Wales U. 217; 7. U. of Southern Maine 221; 8. Tufts U. 282; 9. The College of New Jersey 290; 10. Lyndon State College 336.  
**25. EASTERN CONN. 749.**

**Eastern's finishers**

73. Sam Buczek 28:35; 157. Casey McGarvey 30:11; 163. 163. Stefan Skolozdra 30:19; 173. Ken Landry 30:30; 209. Alejandro Hernandez 31:28; 213. Ryan Hughes 31:44.

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Saturday, Nov. 7, 2009

**CAVANAUGH LEADS EASTERN W-CROSS COUNTRY AT ECAC MEET**  
*Senior places among top 40 percent in 275-person field at regional championship*

WILLIAMSTOWN, Mass. – Eastern Connecticut State University senior **Alexis Cavanaugh (Cheshire)** continued her comeback from shin splints by finishing among the top 40 percent in a field of 275 runners Saturday at the ECAC Division III Women's Cross Country Championship Meet at Mt. Greylock High School.

Last year's No. 2 runner, Cavanaugh placed 102<sup>nd</sup> overall in her third race of the season after missing the first half of the year while recovering from shin splints. Cavanaugh was timed in 26:48 over the 6,000 meter race, nearly one minute faster than her time on this course last year at the regional qualifier.

Three of Eastern's other four competitors were freshmen.

Only half of Eastern's runners competed in the race, with many choosing to rest for next Saturday's NCAA Division III New England qualifier at the Twin Brook Recreation Center in Cumberland, ME.

**ECAC Division III  
Women's Cross Country Championship  
Run over 6,000 meters  
at Mt. Greylock Regional HS  
Williamstown, Mass.**

**Team Results  
Top 10**

1. Middlebury College 37; 2. Williams College 50; 3. Amherst College 105; 4. Vassar College 133; 5. U.S. Coast Guard Academy 177; 6. Springfield College 201; 7. Colby College 226; 8. Tufts U. 236; 9. Bates College 238; 10. Saint Vincent College (PA) 270.  
**34. EASTERN CONN. 973.**

**Eastern's finishers**

102. Alexis Cavanaugh 26:48; 181. Melissa Healy 28:25; 235. Brittany Miskell 30:39;  
253. Victoria Pemberton 32:18; 255. Megan Frost 32:20

Saturday, October 31, 2009

**QUINONES OF EASTERN ACHIEVES ALL-ALLIANCE DISTINCTION**

*First-year sophomore 17<sup>th</sup> overall in NEA scoring at cross country championship*

KEENE, N.H. – First-year Eastern Connecticut State University sophomore **Amanda Quinones (Trumbull)** became the 12 member of the program to earn All-New England Alliance honors Saturday at the Little East Conference/New England Alliance Championship run over 5,000 meters at Keene State College.

A first-year transfer from Division I Rider University, Quinones was 17<sup>th</sup> overall in a field of 126 in alliance scoring as the Warriors' top scorer. She was also 11<sup>th</sup> overall in a field of 61 in conference scoring.

The top seven runners in the LEC scoring are named All-LEC and the top 20 in alliance scoring merit All-NEA honors. The LEC is comprised of six institutions which sponsor cross country and the New England Alliance is comprised of six LEC institutions and seven members of the Massachusetts State College Athletic Conference.

Keene State College won its tenth straight titles in both the alliance and conference competitions. The ows out-pointed the University of Southern Maine for both titles, winning by 34 points in alliance scoring and by 13 in conference scoring.

Eastern was seventh among 13 teams in the alliance and fifth among six scoring teams in the Little East Conference.

Eastern competes in the ECAC Championship Saturday at Mt. Greylock High School in Williamstown, MA.

**little east conference  
2009 Cross Country Championship  
at Keene, NH  
Run over 5,000 meters**

**Eastern's Top 7 Finishers**

11. Amanda Quinones 20:49; 20. Cora Gingras 21:40; 25. Alexis Cavanaugh 22:24; 33. Becky Knapp 23:22; 35. Eileen Benway 23:25; 37. Melissa Healy 23:58; 38. Amanda Ericson 24:16.

**Team Results**

1. Keene State College 20; 2. U. of Southern Maine 33; 3. Massachusetts Dartmouth 94; 4. Rhode Island College 105; 5. **EASTERN CONN. 124**; 6. Massachusetts Boston 164.

(more)

**New England Alliance  
2009 Cross Country Championship  
at Keene, NH  
Run over 5,000 meters**

**Eastern's Top 7 Finishers**

17. Amanda Quinones 20:49; 34. Cora Gingras 21:40; 47. Alexis Cavanaugh 22:24; 60. Becky Knapp 23:22; 63. Eileen Benway 23:25; 69. Melissa Healy 23:58; 73. Amanda Ericson 24:16.

**Team Results**

1. Keene State College 25; 2. U. of Southern Maine 59; 3. Westfield State College 81; 4. Bridgewater State College 98; 5. Massachusetts Dartmouth 162; 6. Rhode Island College 183; 7. **EASTERN CONN. 221**; 8. Worcester State College 223; 9. Salem State College 248; 10. Fitchburg State College 257; 11. Massachusetts Boston 310; 12. Massachusetts Maritime Academy 340; 13. Mass College 374.

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Saturday, October 31, 2009

## **HUNT EARNS HONORS AT CONFERENCE CROSS COUNTRY MEET**

*In first try in race, Eastern senior's ninth-place finish is highest ever in alliance*

KEENE, N.H. – Running cross country at Eastern Connecticut State University for the first season, senior **Dave Hunt (New Milford)** was named All-New England Alliance by finishing ninth overall at the 2009 Little East Conference/New England Alliance Men's Cross Country Championship, hosted by Keene State College Saturday.

Over the 8,000 meter layout, Hunt was timed in 27:08 as Eastern's top finisher. His ninth-place finish is the highest ever by an Eastern male runner in 13 years of alliance competition.

The top seven runners in the LEC scoring are named All-LEC and the top 20 in alliance scoring merit All-NEA honors. The LEC is comprised of six institutions which sponsor cross country and the New England Alliance is comprised of six LEC institutions and six members of the Massachusetts State College Athletic Conference.

The University of Southern Maine won its second alliance title in three years with a slim five-point win over 2008 champion Keene State College, and captured its third Little East title in four years with a four-point win over 2008 champion Keene State.

Eastern was eighth among 12 teams in the alliance and fifth among six scoring teams in the Little East Conference.

Hunt, a second-semester transfer from Division I Central Connecticut, becomes the first Eastern male runner to achieve all-alliance honors since Mike Chilly in 2002. Chilly had previously been the program's top alliance finisher when he took 13<sup>th</sup> place in 1999.

Eastern competes in the ECAC Championship Saturday at Mt. Greylock High School in Williamstown, MA.

**little east conference  
2009 Cross Country Championship  
at Keene, NH  
Run over 8,000 meters**

**Team Results**

1. U. of Southern Maine 27; 2. Keene State College 31; 3. Massachusetts Dartmouth 82; 4. Rhode Island College 112; **5. EASTERN CONN. 120**; 6. Massachusetts Boston 188.

**Eastern's Top 7 Finishers**

9. Dave Hunt 27:08; ; 21. Sam Buczek 28:25; 27. Nick Miller 28:51; 30. Andrew Orum 29:29; 33. David Tignonsini 29:42; 34. Tim Callahan 29:48; 37. Brad Beausoleil 30:33.

(more)

**New England Alliance  
2009 Cross Country Championship  
at Keene, NH  
Run over 8,000 meters**

**Team Results**

1. U. of Southern Maine 27; 2. Keene State College 32; 3. Massachusetts Dartmouth 107; 4. Westfield State College 130; 5. Fitchburg State College 161; 6. Rhode Island College 166; 7. Bridgewater State College 184; **8. EASTERN CONN. 188**; 9. Salem State College 230; 10. Massachusetts Maritime Academy 268; 11. Worcester State College 336; 12. Massachusetts Boston 338.

**Eastern's Top 7 Finishers**

9. Dave Hunt 27:08; ; 32. Sam Buczek 28:25; 42. Nick Miller 28:51; 51. Andrew Orum 29:29; 54. David Tignonsini 29:42; 55. Tim Callahan 29:48; 62. Brad Beausoleil 30:33.

45  
Saturday, Oct. 17, 2009

**EASTERN'S HUNT WINS M-CROSS COUNTRY DUAL MEET WITH RIC**  
*Senior leads field of 19 but Anchormen take five of first eight spots in win*

MANSFIELD, Conn. - Eastern Connecticut State University senior **Dave Hunt (New Milford)** led 19 runners at the tape but visiting Rhode Island College placed its five scorers among the top eight in edging the Warriors, 25-30, Saturday afternoon in men's cross country at Mansfield Hollow State Park.

Hunt moved into the lead early over the 8,000 meter layout and eased to a nine-second victory over Rhode Island sophomore Michael Macedo as he led all Eastern runners at the finish for the fifth time in five races this season.

All five of Rhode Island's scoring runners were either freshmen or sophomores. The Anchormen put their five scorers ahead of Eastern's fourth finisher en route to the five-point win.

Senior **Sam Buczek (Milford)** and freshman **Nick Miller (Norwich)** placed fourth and sixth, respectively, for Eastern, with sophomore **Andrew Orum (Griswold)** and freshman **Tim Callahan (Portland)** comprising Eastern's fourth and fifth runners. They placed ninth and tenth, respectively.

Eastern competes in the Little East Conference/New England Alliance Championship Oct. 31 at Keene State College at 11 a.m.

**Men's Cross Country**  
**At Mansfield Hollow State Park**  
**Mansfield, Conn.**

**Run over 8,000 meters**

**Rhode Island College 25, Eastern Conn. 30**

1. Dave Hunt (E) 26:26; 2. Michael Macedo ® 26:35; 3. Conor McCloskey (R) 27:05; 4. Sam Buczek (E) 27:12; 5. Shawn Stadnick ® 27:22; 6. Nick Miller (E) 27:24; 7. Kyle Mann ® 27:27; 8. Austin Pena ® 28:01; 9. Andrew Orum (E) 28:06; 10. Tim Callahan (E) 28:21; 11. David Tignonsini (E) 28:34; 12. Bradu Beausoleil (E) 28:55; 13. Ethan Leary ® 29:06; 14. Stefan Skolozdra (E) 29:25; 15. Kevin Carey ® 29:51; 16. Ryan Hughes (E) 30:35; 17. Chris Allegretta ® 31:07; 18. Richard McPhillips ® 31:15; 19. Casey McGarvey (E) 33:13.

**Records: R, 1-0; E, 0-1**

4/1

Saturday, Oct. 17, 2009

**FOR SECOND STRAIGHT RACE, QUINONES PACES EASTERN W-XC**

*In loss to RIC, three of Warriors' top four finishers are first-year runners*

MANSFIELD, Conn. - First-year Eastern Connecticut State University sophomore Amanda Quinones (Trumbull) placed second overall as the Warriors' top finisher Saturday in a 23-33 loss to Rhode Island College at Mansfield Hollow State Park.

Quinones, a first-year transfer from Division I Rider University, led all Eastern runners for the second straight week, capturing second place overall in a field of 18 over the 5,000 meter layout.

Rhode Island sophomore Brittany Richer led all runners at the tape in a time of 21:19, 20 seconds faster than Quinones.

Rhode Island runners comprised five of the top eight finishers. Behind Quinones, freshman **Cora Gingras (East Hampton)** was fourth, junior **Becky Knapp (Naugatuck)** seventh, first-year sophomore **Eileen Benway (Uncasville)** ninth and senior **Alexis Cavanaugh (Cheshire)** 11<sup>th</sup>. Last year's No. 2 runner, Cavanaugh was competing for the first time this year as she recovers from shin splints.

Eastern competes in the Little East Conference/New England Alliance Championship Oct. 31 at Keene State College at 11 a.m.

**Women's Cross Country  
At Mansfield Hollow State Park  
Mansfield, Conn.**

**Run over 5,000 meters**

**Rhode Island College 23, Eastern Conn. 33**

1. Brittany Richer ® 21:19; 2. Amanda Quinones (E) 21:39; 3. Katie Desrosiers ® 22:19; 4. Cora Gingras (E) 22:55; 5. Heather Feeney ® 23:03; 6. Jamie Nunes ® 23:15; 7. Becky Knapp (E) 23:23; 8. Nicole Poirier (RO) 23:29; 9. Eileen Benway (E) 23:37; 10. Lindsey Brisson ® 23:52; 11. Alexis Cavanaugh (E) 23:59; 12. Bianca Jones-Pearson ® 24:04; 13. Justyna Barlow ® 24:36; 14. Amanda Ericson (E) 24:45; 14. Denica Gagnon (E) 25:15; 15. Melissa healy (E) 25:34; 16. Brittany Miskell (E) 26:32; 17. Megan Frost (E) 26:32.

**Records: R, 1-0; E, 0-1**

Saturday, Oct. 17, 2009

**Men's Cross Country  
At Mansfield Hollow State Park  
Mansfield, Conn.**

**Run over 8,000 meters**

**Rhode Island College 25, Eastern Conn. 30**

19  
1. Dave Hunt (E) 26:26; 2. Michael Macedo ® 26:35; 3. Conor McCloskey (R) 27:05; 4. Sam Buczek (E) 27:12; 5. Shawn Stadnick ® 27:22; 6. Nick Miller (E) 27:24; 7. Kyle Mann ® 27:27; 8. Austin Pena ® 28:01; 9. Andrew Orum (E) 28:06; 10. Tim Callahan (E) 28:21; 11. David Tignonsini (E) 28:34; 12. Bradu Beausoleil (E) 28:55; 13. Ethan Leary ® 29:06; 14. Stefan Skolozdra (E) 29:25; 15. Kevin Carey ® 29:51; 16. Ryan Hughes (E) 30:35; 17. Chris Allegretta ® 31:07; 18. Richard McPhillips ® 31:15; 19. Casey McGarvey (E) 33:13.

**Records: R, 1-0; E, 0-1**

**Women's Cross Country  
At Mansfield Hollow State Park  
Mansfield, Conn.**

**Run over 5,000 meters**

**Rhode Island College 23, Eastern Conn. 33**

18  
1. Brittany Richer ® 21:19; 2. Amanda Quinones (E) 21:39; 3. Katie Desrosiers ® 22:19; 4. Cora Gingras (E) 22:55; 5. Heather Feeney ® 23:03; 6. Jamie Nunes ® 23:15; 7. Becky Knapp (E) 23:23; 8. Nicole Poirier (RO) 23:29; 9. Eileen Benway (E) 23:37; 10. Lindsey Brisson ® 23:52; 11. Alexis Cavanaugh (E) 23:59; 12. Bianca Jones-Pearson ® 24:04; 13. Justyna Barlow ® 24:36; 14. Amanda Ericson (E) 24:45; 14. Denica Gagnon (E) 25:15; 15. Melissa healy (E) 25:34; 16. Brittany Miskell (E) 26:32; 17. Megan Frost (E) 26:32.

**Records: R, 1-0; E, 0-1**

#4

Saturday, Oct. 10, 2009

**QUINONES, JOHNSON PACE EASTERN W-CROSS COUNTRY AT EARLEY**

*Warriors match last year's finish with 12<sup>th</sup>-place showing in field of 25 teams*

WESTFIELD, Mass. - First-year Eastern Connecticut State University sophomore runner **Amanda Quinones (Trumbull)** led her team in a collegiate cross country race for the first time, placing 26<sup>th</sup> overall Saturday at the 14<sup>th</sup> Annual James Earley Cross Country Invitational at Stanley Park.

Behind Quinones and junior **Karina Johnson (East Hartford)**, Eastern matched its 12<sup>th</sup>-place of a year ago, this year placing among the top half of the 25-team field. Teams from the New England Alliance - University of Southern Maine and host Westfield State College - placed 1-2 in the field with point totals of 58 and 88, respectively.

The team's fourth finisher across the line at the Connecticut College Invitational two weeks ago, Quinones set the pace for nine Eastern runners Saturday. Over the 5,000 meter layout, the Division I transfer averaged a 6:42 mile and was timed in 20:48 in scoring 25 points. Johnson, who had led Eastern runners in the previous 13 meets in which she had competed, was 24 seconds off Quinones' pace. Johnson was timed in 21:12 and totaled 35 team points.

Junior **Becky Knapp (Naugatuck)**, freshman **Cora Gingras (East Hampton)** and junior **Amanda Erierson (Bolton)** all scored points for the Warriors, with freshmen **Denica Gagnon (Colchester)** and **Megan Frost (Fairfield)** comprising the team's top seven. Knapp had a scoring place of 86<sup>th</sup>, Gingras 94<sup>th</sup> and Erierson 103<sup>rd</sup>. Knapp was timed in 22:50, five minutes faster than a year ago when she placed 190<sup>th</sup> in a field of 206.

Quinones ran competitively at Rider University last fall, where the Broncos took second place in the Metro Atlantic Athletic Conference championships at Lake Buena Vista, FL. She was the team's eighth-place finisher in that meet.

Eastern hosts Rhode Island College Saturday at 10:45 a.m. at Mansfield Hollow State Park in its final tuneup before the Little East Conference/New England Alliance Championship Oct. 31 at Keene, NH.

(more)

2017

14<sup>th</sup> Annual  
James Earley Women's Cross Country Invitational  
Team Results  
Top 10

1. U. of Southern Maine 58; 2. Westfield State College 88; 3. Trinity College 116; 4. Roger Williams U. 143; 5. Bridgewater State College 149; 6. U. of New England 191; 7. Gordon College 221; 8. Massachusetts Dartmouth 239; 9. Pace U. 245; 10. Rhode Island College 276.

**12. EASTERN CONN. 343.**

**Eastern's finishers**

26. Amanda Quinones 20:48; 36. Karina Johnson 21:12; 98. Becky Knapp 22:50; 113. Cora Gingras 23:13; 127. Amanda Erierson 23:36; 140. Denica Gagnon 23:51; 187. Megan Frost 25:37; 189. Melissa Healy 25:41; 192. Brittany Miskell 25:47.

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Saturday, Oct. 10, 2009

### EASTERN'S DAVE HUNT SECOND AT EARLEY XC INVITATIONAL

*First-year senior becomes program's top finisher ever at 14<sup>th</sup> annual race*

WESTFIELD, Mass. – Eastern Connecticut State University senior **Dave Hunt (New Milford)** became the Warriors' highest finisher ever at the James Earley Cross Country Invitational with a second-place finish in a field of 253 Saturday at Stanley Park.

Running cross country for the first season at Eastern after a three-year career at Central Connecticut, Hunt was less than five seconds off the time of individual winner Jonathan Joyce of Westfield State. Running at a 5:19 pace, Hunt was timed in 26:28 over the 8,000 meter layout. Joyce posted a winning time of 26:22.

With Hunt, senior **Sam Buczek (Milford)** and freshman **Nick Miller (Norwich)** placing among the top 50, Eastern claimed eighth place as a team in a field of 23 with a total of 204 points. Buczek scored 36 points, Miller 42.

UMass Dartmouth, like Eastern a member of the Little East Conference, won the team title with 72 points, 24 less than runner-up Trinity College. All five of UMass's scorers placed among the top 21.

Hunt becomes only the third Eastern runner to finish among the Top 10 in the race. In 2000, freshman Kris Sortwell crossed the line in tenth place in a field of 159 and in 1999, freshman Mike Chilly was eighth.

Also among Eastern's top five scorers Saturday were freshman **Tim Callahan (Portland)** and senior **David Tignonsini (Vernon)**. Callahan scored 55 points, Tignonsini 69. Rounding out the top seven were sophomore **Andrew Orum (Griswold)** and freshman **Brad Beausoleil (Plainfield)**. Orum placed 79<sup>th</sup> and Beausoleil 87<sup>th</sup>.

It marks the seventh Top 10 finish in the race for Eastern, which has competed in all 14 James Earley meets. With two runners among the Top 20 in 2001, the Warriors recorded their highest finish ever, at fourth place in a field of 22.

A former all-state cross country runner and Class "LL" 1,600 meter state champion in high school, Hunt added to his impressive finishes this fall. He began his Eastern cross country career Sept. 11 by winning the Fitchburg State College Jim Sheehan Memorial race at Coggs Hall Park in Fitchburg, was 46<sup>th</sup> in a field of 262 Sept. 19 at the UMass Dartmouth Invitational and 20<sup>th</sup> in a field of 214 Sept. 26 at the Connecticut College Invitational at Harkness Memorial State Park.

Eastern hosts Rhode Island College Saturday at 10:45 a.m. at Mansfield Hollow State Park in its final tuneup before the Little East Conference/New England Alliance Championship Oct. 31 at Keene, NH.

(more)

**14<sup>th</sup> Annual  
James Earley Men's Cross Country Invitational  
Team Results  
Top 10**

1. Massachusetts Dartmouth 72; 2. Trinity College 96;  
3. Westfield State College 102; 4. Roger Williams U. 126; 5. Bridgewater State  
College 140; 6. Gordon College 147; 7. Rhode Island College 154; **8. EASTERN  
CONN. 204**; 9. Mass Maritime Academy 284; 10. U. of New England 319.

**Eastern's finishers**

2. Dave Hunt 26:28; 38. Sam Buczek 28:01; 44. Nick Miller 28:12; 60. Tim Callahan  
28:50; 75. David Tignonsini 29:17; 85. Andrew Orum 29:33; 101. Brad Beausoleil 30:06;  
108. Casey McGarvey 30:17; 137. Bryan Jorge 31:19; 156. Ryan Hughest 31:45.

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Saturday, Sept. 26, 2009

**EASTERN M-CROSS COUNTRY 11<sup>TH</sup> AT CONN COLLEGE INVITE**  
*In competitive 214-person field, Dave Hunt takes 20<sup>th</sup> to lead the Warriors*

WATERFORD, Conn. – In a competitive field which included four of the top 11 New England Division III programs from a year ago, the Eastern Connecticut State University men's cross country team finished 11<sup>th</sup> in a field of 16 Saturday at the Connecticut College Invitational at Harkness Memorial State Park.

Senior **Dave Hunt (New Milford)**, a first-year cross country runner at Eastern, easily led a young but strong contingent of 12 Eastern runners across the tape with an overall finish of 20<sup>th</sup> in a field of 214 competitors. Hunt, the team's top finisher in all three races to date, was timed in 26:06 over the 8,000 meter layout, averaging a 5:15 mile. At last week's UMass Dartmouth Invite, Hunt was timed in 26:04 and placed 46<sup>th</sup> overall among 262 runners, averaging 5:13 per mile.

Tufts University, which placed 11<sup>th</sup> as a team in last year's NCAA Division III New England qualifier, totaled 48 points to record a 16-point win over Bowdoin College. Bowdoin was fifth in last year's regional qualifier. Brandeis, which placed third Saturday, was fourth in last year's qualifier. Host Conn College finished sixth Saturday, the Camels placing tenth in last year's qualifier.

Senior Jesse Faller of Tufts won the individual title. Last year, he ran to a second-place finish at the New England regionals.

Behind Hunt, Eastern's additional scoring runners – three of them freshmen -- finished within 71 seconds of each other. Freshman **Nick Miller (Norwich)** was 76<sup>th</sup> overall (63<sup>rd</sup> in scoring), senior **Sam Buczek (Milford)** 86<sup>th</sup> (68<sup>th</sup>), freshman **Tim Callahan (Portland)** 91<sup>st</sup> (70<sup>th</sup>) and freshman **Brad Beausoleil (Plainfield)** 108<sup>th</sup> (79<sup>th</sup>).

Two years ago, Buczek, junior **Ken Landry (East Hampton)** and senior **David Tignonsini (Vernon)** competed on this course at the Division III New England regional. Buczek chopped nearly one minute off that time, posting a time of 27:44 this year. Landry's time Saturday was nearly identical to his 2007 performance.

Also placing among the top five teams in the meet were Division I University of Connecticut (4<sup>th</sup>) and Division II Southern Connecticut State University (5<sup>th</sup>).

Eastern returns to action Oct. 10 at the James Earley Invitational, hosted by Westfield State College at Stanley Park in Westfield, MA.

(more)

**Connecticut College Invitational  
At Harkness Memorial State Park  
Waterford, Conn.**

**Men's Results  
Run over 8,000 meters  
Team Results  
Top 10**

1. Tufts U. 48; 2. Bowdoin College 64; 3. Brandeis U. 111; 4. Connecticut 125; 5. Southern Conn. 153; 6. Conn College 172; 7. RPI 181; 8. Massachusetts Dartmouth 190; 9. U.S. Coast Guard Academy 194; 10. U.S. Merchant Marine Academy 252.  
**11. EASTERN CONN. 300**

**Eastern's finishers**

20. Dave Hunt 26:06; 76. Nick Miller 27:22; 86. Sam Buczec 27:44; 91. Tim Callahan 27:53; 108. Brad Beausoleil 28:33; 123. Casey McGarvey 28:57; 130. Ken Landry 29:09; 139. Andrew Orum 29:31; 147. David Tignonsini 29:45; 156. Ryan Hughes 30:02; 165. Alejandro Hernandez 30:27; 171. Stefan Skolozdra 30:53.

Saturday, Sept. 26, 2009

**EASTERN W-CROSS COUNTRY 12<sup>TH</sup> AT CONN COLLEGE INVITE**  
*At Harkness Memorial Park, Johnson leads ten teammates across the line*

WATERFORD, Conn. — Junior **Karina Johnson (East Hartford)** led the Eastern Connecticut State University women’s cross country team at the finish line for the 13<sup>th</sup> consecutive time as the Warriors placed 12<sup>th</sup> in a field of 15 at the Connecticut College Invitational at Harkness Memorial State Park Saturday.

Johnson placed 63<sup>rd</sup> overall in a field 197 in a time of 25:13 over the 6,000 meter layout, scoring in 54<sup>th</sup> place. She received support from freshmen **Cora Gingras (East Hampton)** and **Amanda Quinones (Trumbull)**. Gingras placed 80<sup>th</sup> overall (62<sup>nd</sup> in scoring) in a time of 25:56 and Quinones was 101<sup>st</sup> (72<sup>nd</sup> in scoring) in a time of 26:30.

Rounding out Eastern’s scoring runners were juniors **Becky Knapp (Naugatuck)** and **Amanda Ericson (Bolton)**. Knapp was 11<sup>th</sup> overall (77<sup>th</sup> in scoring) at 26:44 and Ericson 128<sup>th</sup> (85<sup>th</sup>) in a time of 27:26.

Eastern was represented with 11 competitors in the race, five of them freshmen.

Four of last year’s top 13 team finishers in the NCAA Division III New England regional qualifier competed Saturday. Brandeis, 13<sup>th</sup> last year in the regional, won the invitational with a 34-point victory over RPI. Brandeis and RPI commanded three of the top eight places. Senior Laura Brustolon of Southern Connecticut took the individual crown with a 27-second victory.

For Eastern, Johnson, Ericson and junior **Melissa Healy (Naugatuck)** all competed at Harkness as freshmen. Ericson ran nearly three minutes faster this year, while Healy cut more than a minute off that time from two years ago.

Johnson has been Eastern’s top finisher in all 13 races in her career in which she has competed. She missed the second race of last year.

Eastern returns to action Oct. 10 at the James Earley Invitational, hosted by Westfield State College at Stanley Park in Westfield, MA.

(more)

**Women's Results**  
**Run over 6,000 meters**  
**Team Results**  
**Top 10**

1. Brandeis U. 56; 2. RPI 90; 3. Bowdoin College 92; 3. Conn College 92; 5. Tufts U. 101; 6. Southern Conn. 163; 7. U.S. Coast Guard Academy 173; 8. Salve Regina U. 226; 9. St. Anselm College 289; 10. Massachusetts Dartmouth 299.  
**12. EASTERN CONN. 307**

**Eastern's finishers**

63. Karina Johnson 25:13; 80. Cora Gingras 25:56; 101. Amanda Quinones 26:30; 111. Becky Knapp 26:44; 128. Amanda Ericson 27:26; 135. Denica Gagnon 27:53; 136. Eileen Benway 27:54; 157. Melissa Healy 28:48; 171. Brittany Miskell 29:53; 176. Megan Frost 30:22; 183. Victoria Pemberton 31:46.

#2

Saturday, Sept. 19, 2009

**HUNT TOP EASTERN FINISHER FOR MEN'S CROSS COUNTRY**  
*Three freshmen among Warriors' scorers at UMass Dartmouth Invitational*

NORTH DARTMOUTH, Mass. – Senior **Dave Hunt (New Milford)** led the Eastern Connecticut State University men's cross country team at the tape and got plenty of support from three freshman teammates Saturday at the 37<sup>th</sup> Annual University of Massachusetts Dartmouth Shriners Cross Country Invitational.

Hunt, a first-year senior cross country runner at Eastern, finished among the top 18 percent of the 262 runners in the race, which was won by Keene State College. As a team, Eastern placed 21<sup>st</sup> in a field of 37 with a total of 582 points.

Last week, Hunt won the individual title at the Fitchburg State Invitational in his Eastern cross country debut. Saturday, he was timed in 26:04 over the 8,000 meter campus layout. Three of Eastern's other four scoring runners were first-year members of the program. Freshman **Nick Miller (Norwich)** was 107<sup>th</sup> overall, senior **Sam Buczek (Milford)** 135<sup>th</sup>, freshman **Tim Callahan (Portland)** 156<sup>th</sup>, and freshman **Brad Beausoleil (Plainfield)** 161<sup>st</sup>. Eastern runners 2-5 crossed the line within 1:21 of one another.

Rounding out Eastern's top seven runners were sophomore **Andrew Orum (Griswold)** and junior **Ken Landry (East Hampton)**. Orum was 163<sup>rd</sup>, Landry 193<sup>rd</sup>.

Three of the top eight team finishers are members of the Little East Conference. Behind Keene State was the University of Southern Maine (3<sup>rd</sup>) and host UMass Dartmouth (8<sup>th</sup>).

Eastern competes in the Connecticut College Invitational Saturday at 11 a.m. at Harkness Memorial State Park in Waterford.

37<sup>th</sup> Annual  
University of Massachusetts Dartmouth  
Shriners Cross Country Invitational  
At North Dartmouth, Mass.

**Men's Results**  
**Run over 8,000 meters**

**Team Results**  
**Top 10**

1. Keene State College 68; 2. Stonehill College 96; 3. U. of Southern Maine 107; 4. Brandeis U. 114; 5. Adelphi U. 127; 6. MIT 145; 7. Massachusetts Lowell 181; 8. Massachusetts Dartmouth 255; 9. WPI 329; 10. Springfield College 341.

**21 EASTERN CONN. 582**

**Eastern's Finishers**

46. Dave Hunt 26:04; 107. Nick Miller 27:19; 135. Sam Buczek 27:49; 156. Tim Callahan 28:35; 161. Brad Beausoleil 28:40; 163. Andrew Orum 28:40; 193. Ken Landry 29:26; 202. Bryan Jorge 29:53.

Saturday, Sept. 19, 2009

**EASTERN W-CROSS COUNTRY 28<sup>th</sup> AT UMASS DARTMOUTH**  
*Top three for Warriors across the line within five seconds of one another*

NORTH DARTMOUTH, Mass. -- The top three Eastern Connecticut State University women's cross country runners crossed the finish line within five seconds of one another to lift the Warriors to 28<sup>th</sup> place in a field of 42 Saturday at the 37<sup>th</sup> Annual University of Massachusetts Dartmouth Shriners Cross Country Invitational.

Junior **Karina Johnson (East Hartford)**, freshman **Cora Gingras (East Hampton)** and first-year sophomore **Amanda Quinones (Trumbull)** all placed within the top 42 percent of the 301 finishers. Johnson was timed in 20:42 over the 5,000 meter campus layout, taking 117<sup>th</sup> place overall. She was followed closely by Gingras (125<sup>th</sup>/20:46) and Quinones (127<sup>th</sup>/20:47), the latter a first-year transfer from Division I Rider University.

As a team, Eastern totaled 801 points. MIT won the meet with 60 points, 15 less than Brandeis University.

Rounding out the team's five scorers were junior **Becky Knapp (Naugatuck)** and freshman **Denica Gagnon (Colchester)**, with junior **Amanda Ericson (Bolton)** rounding out the team's six varsity race competitors. Knapp was 216<sup>th</sup> in a time of 22:15, Gagnon 242<sup>nd</sup> in a time of 22:52 and Ericson 247<sup>th</sup> in a time of 22:59.

Eastern competes in the Connecticut College Invitational Saturday at 11 a.m. at Harkness Memorial State Park in Waterford.

37<sup>th</sup> Annual  
University of Massachusetts Dartmouth  
Shriners Cross Country Invitational  
At North Dartmouth, Mass.

**Women's Results**  
**Run over 5,000 meters**

**Team Results**  
**Top 10**

1. MIT 60; 2. Brandeis U. 75; 3. Keene State College 115; 4. Stonehill College 158; 5. Adelphi U. 168; 6. Colby College 206; 7. Rowan U. 209; 8. Massachusetts Lowell 212; 9. Springfield College 216; 10. Conn College 271.

**28. EASTERN CONN. 801**

**Eastern's Finishers**

117. Karina Johnson 20:42; 125. Cora Gingras 20:46; 127. Amanda Quinones 20:47; 216. Becky Knapp 22:15; 242. Denica Gagnon 22:52; 247. Amanda Ericson 22:59

Friday, Sept. 11, 2009

### EASTERN CROSS COUNTRY SWEEPS JIM SHEEHAN INVITATIONAL

FITCHBURG, Mass. -- The Eastern Connecticut State University men's and women's cross country teams featured the individual champions on the way to sweeping the four-team Jim Sheehan Memorial Invitational Friday afternoon at Coggshall Park.

Junior **Karina Johnson (East Hartford)** won the women's race for the second time in two career tries with an 11 second victory, while first-year senior **Dave Hunt (New Milford)** posted a 51 second triumph in his first try on the course.

Both Eastern teams totaled 31 points and out-distanced runner-up Fitchburg State. The women placed their five scorers among the top 11 for a 14-point win; the men grabbed half of the top ten places in a slim six-point victory. Worcester State College and Anna Maria College placed third and fourth in both races.

After winning this invitational in her first collegiate race two years ago, Johnson was timed in 22:20 this year, out-racing runner-up Rachel Boudreau (22:26) of Fitchburg State. Hunt, a transfer from Central Connecticut State University, was timed in 25:13 in topping runner-up Kyle Schaefer (25:31).

Newcomers were among the top five finishers for both Eastern teams. For the women, first-year sophomore **Amanda Quinones (Trumbull)** was third overall, freshmen **Cora Gingras (East Hampton)** **Denica Gagnon (Colchester)** sixth and 11<sup>th</sup>, respectively. Junior **Amanda Ericson (Bolton)** was tenth. For the men, three freshmen were among the Warriors' top ten. **Nick Miller (Norwich)** was third overall, **Bradley Beausoleil (Plainfield)** ninth, and **Tim Callahan (Portland)** tenth. Senior **Sam Buczek (Milford)** took eighth place for Eastern.

Eastern competes in the Massachusetts Dartmouth Invitational next Saturday at 11:15 a.m.

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