

Saturday, Nov. 12, 2011

#7

EASTERN MEN'S CROSS COUNTRY 37TH AT NEW ENGLAND REGIONALS

Junior **Tim Callahan (Portland)** improved his performance 29 places from a year ago, finishing 174th overall as the top Eastern Connecticut State University runner at the 2011 NCAA Division III New England Regional Men's Cross Country Championships Saturday at Bowdoin College. Callahan, who has been plagued by asthma all season long, led seven Warriors over the 8.000 meter course in a champion won by one point by Williams College in a field of 48 teams. Last year, Callahan was third among Eastern finishers, 203rd overall. Behind Callahan, six remaining Eastern runners placed within 50 spots of each other, with four finishing as a pack within 15 places of one another. Freshmen **David Klein (New Milford)** and **Austin Baldour (Newtown)** were 2-3 for Eastern at 213th and 232nd, respectively. Junior **Ryan Franklin (Glastonbury)**, freshman **Lee Cattanaach (New London)**, senior **Bryan Jorge (Bristol)** and freshman **Kyle Shaw (Lebanon)** followed at 236th, 241st, 247th and 263rd, respectively. The meet was the final one of the season for Eastern.

**NCAA Division III
New England Regional Cross Country Championships
at Brunswick, ME**

**Men
Run over 8,000 meters**

Team Results

1. Williams 88; 2. Middlebury 89; 3. Bowdoin 160; 4. Bates 161; 5. Tufts U. 175; 6. MIT 195; 7. Brandeis U. 202; 8. Amherst 205; 9. Springfield 211; 10. Wesleyan U. 236; 11. Keene State 303; 12. U. of Southern Maine 326; 13. Connecticut College 354; 14. Colby 442; 15. U.S. Coast Guard Academy 446; 16. Bridgewater State U. 551; 17. Roger Williams U. 581; 18. Westfield State U. 583; 19. Johnson & Wales U. 585; 20. Babson 648; 21. WPI 656; 22. Lyndon State 672; 23. New England College 701; 24. U. of New England 769; 25. Fitchburg State U. 835; 26. Western New England U. 878; 27. Rhode Island College 882; 28. UMass Dartmouth 889; 29. Norwich U. 903; 30. Trinity (CT) 917; 31. Lesley 925; 32. Salem State U. 946; 33. Mitchell 998; 34. Gordon 1,027; 35. Worcester State U. 1,032; 36. Clark U. 1,046; **37. EASTERN CONN. 1,087**; 38. Colby-Sawyer 1,116; 39. Castleton State 1,119; 40. Wheaton (MA) 1,134; 41. Mass College 1,178; 42. Mass. Maritime Academy 1,236; 43. Framingham State U. 1,255; 44. U. of Maine-Farmington 1,278; 45. Lasell 1,299; 46. St. Joseph's (ME) 1,370; 47. Maine Maritime Academy 1,410; 48. Southern Vermont 1,486.

**EASTERN FINISHERS
(322 runners)**

174. Tim Callahan 28:04; 213. David Klein 28:59; 232. Austin Baldour 29:15; 236. Ryan Franklin 29:21; 241. Lee Cattanaach 29:33; 247. Bryan Jorge 29:48; 263. Kyle Shaw 30:10.

Saturday, Oct. 29, 2011

AG

QUINONES A THREE-TIME ALL-NE ALLIANCE CROSS COUNTRY HONOREE

Senior **Amanda Quinones (Trumbull)** (above) became the first Eastern Connecticut State University male or female to earn All-New England Alliance cross country honors as many as three times Saturday at the New England Alliance/Little East Conference Cross Country Championships at the University of Massachusetts Dartmouth. Quinones finished 11th overall in a field of 140 runners in the alliance scoring and eighth in a field of 55 in the Little East scoring with a time of 19:28 over 5,000 meters. . The top 20 finishers are accorded alliance honors. Quinones missed by one place and five seconds of becoming only the second Eastern female to achieve All-LEC status in the past 13 years. The top seven finishers receive that honor. As a sophomore, Quinones was 17th overall in the alliance and was 12th as a junior last year. Keene State won its 12th straight alliance and LEC titles, totaling less than half the points of the second-place finishers.

EASTERN FRESHMEN LEAD THE PACK AT NE ALLIANCE/LEC XC RACE

Freshmen were at the front of the pack for the Eastern Connecticut State University men's cross country team Saturday at the New England Alliance/Little East Conference Cross Country Championships at the University of Massachusetts Dartmouth. Freshmen David Klein, Lee Cattnach and Austin Baldour finished 1-2-3 for the Warriors, with freshman Kyle Shaw rounding out Eastern's five scoring runner. Klein became the first freshman to lead Eastern in the face since Kristopher Sortwell in 2000. Klein was 47th overall in the alliance tabulation and 28th overall in LEC scoring with a time of 27:43 over 8,000 meters.

#6

Saturday, Oct. 29, 2011

**Cross Country
at North Dartmouth, MA**

New England Alliance Championships

**MEN
Run over 8,000 meters**

1. U. of Southern Maine 50 ; 2. Keene State College 54 ; 3. Bridgewater State U. 103; 4. Westfield State U. 105; 5. Fitchburg State U. 153; 6. Rhode Island College 156; 7. UMass Dartmouth 182; 8. Salem State U. 270; **9. EASTERN CONN. 277;** 10. UMass Boston 284; 11. Worcester State U. 311; 12. Mass Maritime 312; 13. Framingham State U. 370; 14. Mass. College Liberal Arts 375.

**WOMEN
Run over 5,000 meters**

1. Keene State College 32; 2. Westfield State U. 64; 3. U. of Southern Maine 80; 4. UMass Dartmouth 108; 5. Worcester State 126; 6. Bridgewater State U. 155; 7. **EASTERN CONN. 186;** 8. Salem State U. 262; 9. Rhode Island College 264; 10. Fitchburg State U. 271; 11. Mass. College of Liberal Arts 323; 12. Framingham State U. 332; 13. Mass. Maritime 339

Little East Conference Championships

**MEN
Run over 8,000 meters**

1. U. of Southern Maine 13; Keene State College 36; 3. Rhode Island College 88; 4. UMass Dartmouth 106; **5. EASTERN CONN. 144;** 6. UMass Boston 145.

**WOMEN
Run over 5,000 meters**

1. Keene State College 24; 2. U. of Southern Maine 52; 3. UMass Dartmouth 63; **4. EASTERN CONN. 102;** 5. Rhode Island College 134.

EASTERN MEN'S FINISHERS

Listed is scoring place in NE Alliance (153 finishers)/Little East (64 finishers)

37/21. David Klein 27:43; 45/25 Lee Cattanach 28:12; 55/29. 55.29. Austin Baldour 28:45; 66/33. Ryan Franklin; 74/36. Kyle Shaw 29:39; 77/37. Ryan Franklin 30:02; 82/39. Tim Callahan 30:35.

EASTERN WOMEN'S FINISHERS

Listed is scoring place in NE Alliance (140 finishers)/Little East (55 finishers)

11/8. Amanda Quinones 19:28; 28/16. Katie France 20:24; 38/21. Cora Gingras 20:50; 51/27. Alexa Palasky 21:32; 58/30. Kelly Labanara 22:14; 61.31. Melissa Zablonki 22:27; 67/33. Denica Gagnon 22:57;

Saturday, Oct. 15, 2011

EASTERN CROSS COUNTRY TOPPED BY RHODE ISLAND COLLEGE
Quinones wins women's race; McCloskey paces RIC men to 1-2-3 finish

MANSFIELD, Conn. -- Senior **Amanda Quinones (Trumbull)** won the individual title for the Eastern Connecticut State University women's cross country team but Rhode Island College captured the top three places in the men's competition Saturday morning at Mansfield Hollow State Park.

The Rhode Island men and women both defeated Eastern for the third straight year. The Eastern women were edged for the second straight year by a score of 27-28. A five-point winner over Eastern in 2009 and 2010, the RIC men's team recorded a 13-point, 21-34 decision this year.

In the only dual meet race for either team this year, Quinones (20:04) eased to the individual title in a field of 16 in the women's competition over the 5,000 meter layout. Quinones, who had finished second in this race in each of her two previous tries the last two years, outran RIC freshman Alyssa O'Connor (Portsmouth, RI).

For the women, the score was tied after each squad had put its No. 4 runners across the finish line, and was determined when RIC senior Brittany Richer (Woonsocket, RI) outran Eastern first-year sophomore **Kelly Labanara (Chaplin)** for ninth place.

Running her first race of the season, Eastern freshman **Ashley Westman (Newington)** finished a solid fifth -- third among Warriors behind Quinones and junior **Cora Gingras (East Hampton)**. Also placing among Eastern top five scoring women was sophomore **Alexa Palasky (Griswold)**. Eastern was without sophomore No. 3 runner **Katie France (Portland)**.

Coming off an eighth-place finish last Saturday at the James Earley Invitational at Westfield, MA, RIC was powered Saturday by the 1-2-3 finish of junior Conor McCloskey (Wakefield, RI) and freshmen Shawn Stadnick (Wakefield, RI) and Ian LaPlume (Hope Valley, RI). McCloskey (24:03), second to teammate Mike Macedo last year and third to Eastern's Dave Hunt and Macedo in 2009 in this race, won by 48 seconds over Stadnick (24:51) and more than a minute over LaPlume (25:07).

Eastern featured three freshmen leading the way for the team in **Lee Cattanach (New London)**, **David Klein (New Milford)** and **Austin Baldour (Newtown)**. Cattanach (25:18) was fourth overall, Klein (25:19) fifth and Baldour (25:22) seventh. Also figuring in the scoring for the Warriors were junior **Tim Callahan (Portland)** and junior **Ryan Franklin (Glastonbury)**. Callahan (25:29) was eighth overall, Franklin (25:57) tenth.

The Eastern men and women compete in the Little East Conference/New England Alliance Championships at North Dartmouth, MA.

Saturday, Oct. 15, 2011

45

**Cross Country
at Mansfield Hollow State Park
Mansfield, Conn.**

**MEN
Run over 4.0 miles**

Rhode Island College 21, Eastern Conn. 34

1. Conor McCloskey ® 24:03; 2. Shawn Stadnick ® 24:51; 3. Ian LaPlume ® 25:07; 4. Lee Cattanach (E) 25:18; 5. David Klein (E) 25:19; 6. Cameron Richer ® 25:20; 7. Austin Baldour (E) 25:22; 8. Tim Callahan (E) 25:29; 9. Marcus Sandova ® 25:57; 10. Ryan Franklin (E) 25:57; 11. Bryan Jorge € 26:03; 12. Austin Pena ® 26:13; 13. Tom DeCristofaro ® 26:20; 14. Kyle Shaw € 26:37; 15. Ryan Hughes € 27:10; 16. Kevin Carey ® 27:20; 17. Sam Moskow (E) 27:31; 18. Kyle Mann ® 28:15; 19. Casey McGarvey (E) 28:48; 20. Stephen Spranzo (E) 29:12.

| | | | | | | | |
|---------------------|----------|----------|----------|----------|-----------|-----------|-----------|
| Rhode Island | 1 | 2 | 3 | 6 | 9 | -- | 21 |
| Eastern Conn | 4 | 5 | 7 | 8 | 10 | -- | 34 |

**WOMEN
Run over 5,000 meters**

Rhode Island College 27, Eastern Conn. 28
(Times unavailable)

1. Amanda Quinones (E); 2. Alyssa O'Connor ®; 3. Jacqueline Hurteau ®; 4. Cora Gingras (E); 5. Ashley Westman €; 6. Chelsea Marshall ®; 7. Kayla Cataldo ®; 8. Alexa Palasky €; 9. Brittany Richer ® ; 10. Kelly Labanara €; 11. Denica Gagnon (E); 12. Melissa Zablonki (E); 13. Ally Bejma ®; 14. Emily Sniffin €; 15. Wendy Bouton (E); 16. Brittany Lane (E).

| | | | | | | | |
|----------------------|----------|----------|----------|----------|-----------|-----------|-----------|
| Rhode Island | 2 | 3 | 6 | 7 | 9 | -- | 27 |
| Eastern Conn. | 1 | 4 | 5 | 8 | 10 | -- | 28 |

Saturday, Oct. 8, 2011

FRESHMEN LEAD THE WAY FOR EASTERN MEN'S CROSS COUNTRY
Klein and Baldour are the Warriors' top finishers at the James Earley Invitational

WESTFIELD, Mass. – For the fourth time in as many meets this year, freshman **David Klein (New Milford)** led the Eastern Connecticut State University men's cross country team at the finish line. Saturday at the James Earley Cross Country Invitational, he placed among the top third of a 300-plus field in pacing the Warriors to 19th place in a field of 31 teams.

For the third time this year, freshmen were ahead of the field for Eastern. Saturday, for the second straight week, Klein was followed by freshman **Austin Baldour (Newtown)** over the 8.000 meter layout. In the season-opener a month ago at Fitchburg State, Klein and freshman **Lee Cattanach (New London)** were the first Eastern runners through the tape.

Saturday, Eastern's five scoring runners finished within a span of 49 seconds. Klein was 95th overall in a time of 29:05 among 306 finishers in a field which included competitors from all three divisions, community colleges, alumni teams and local running clubs. Baldour followed closely in a time of 29:27, good for 106th place overall, with junior **Ryan Franklin (Glastonbury)**, senior **Bryan Jorge (Bristol)** and Cattanach. Franklin was 120th overall (29:45), Jorge 127th (29:51) and Cattanach 130th (29:54).

Eastern hosts Rhode Island College Saturday at 11 a.m. at Mansfield Hollow State Park.

TEAM RESULTS

(31 teams)

Top Ten

1. U.S. Coast Guard Academy 67;
 2. Greater Boston TC 102;
 3. Westfield State U. 140;
 4. Bridgewater State U. 142;
 5. Westfield State U. Alumni 215;
 6. U. of New England 218;
 7. Le Moyne College 278;
 8. Rhode Island College 299;
 9. Saint Anselm College 329;
 10. Massachusetts Dartmouth 342.
- 19. EASTERN CONN. 481.**

INDIVIDUAL RESULTS

(306 Finishers)

EASTERN'S FINISHERS

95. (80) David Klein 29:05; 106. (89) Austin Baldour 29:27; 120. (100) Ryan Franklin 29:45; 127. (105) Bryan Jorge 29:51; 130. (107) Lee Cattanach 29:54; 144. (116) Kyle Shaw 30:11; 151. (121) Tim Callahan 30:18; 179. (--) 30:56; 179. (--) Ryan Hughes 30:56; 227. (--) Stephen Spranzo 32:39; 232. (--) Casey McGarvey 33:05;

Saturday, Oct. 8, 2011

QUINONES LEADS EASTERN W-CROSS COUNTRY AT WESTFIELD AGAIN
In field of 354, senior records highest finish ever (6th) by an Eastern female runner

WESTFIELD, Mass. – Senior **Amanda Quinones (Trumbull)** ran the fastest time and recorded the highest finish ever by an Eastern Connecticut State University female at the 16th Annual James Earley Cross Country Invitational Saturday at Stanley Park.

Competing against runners from all three divisions, community colleges, alumni teams and local running clubs, Quinones was timed in 19:13 to place sixth among 354 competitors over the 5,000 meter layout. Due to sickness, only six runners competed for Eastern, which placed 12th in a record field of 38 teams. The Warriors finished among the top 32 percent of the competing teams, their best finish ever. Eastern has competed in the race every season.

For the second straight year in this race, Quinones broke 20 minutes. As a junior, she was timed in 19:41 in placing 20th. Until Saturday, that time and finish ever the best by an Eastern runner in the race. Quinones became the first Eastern female to lead the team in this race as many as three times. Only one other individual – former All-New England Alliance runner Erin Nolan in 2004 and 2005 – has led all Eastern runner in this race more than once.

Junior **Cora Gingras (East Hampton)** and sophomore **Katie France (Portland)** also finished among the Top 20 percent of the runners. Gingras was 57th overall in a time of 20:15 and France was 71st overall in a time of 20:53.

Eastern hosts Rhode Island College Saturday at 11 a.m. at Mansfield Hollow State Park.

TEAM RESULTS

(38 teams)

Top Ten

1. U.S. Coast Guard Academy 68; 2. Westfield State U. 85; 3. Le Moyne College 127; 4. U. of New England 134; 5. Saint Anselm College 154; 6. Salve Regina U. 177; 7. Trinity College 201; 8. Massachusetts Dartmouth 205; 9. Clark U. 266; 10. Bridgewater State U. 292.
- 12. EASTERN CONN. 383**

INDIVIDUAL RESULTS

(354 Finishers)

EASTERN'S FINISHERS

6. (6) Amanda Quinones 19:13; 57. (54) Cora Gingras 20:35; 71. (66) Katie France 20:53; 149. (122) Melissa Zablonksi 22:18; 168. (135) Denica Gagnon 22:42; 179. (142) Kelly Labanara 22:58.

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Saturday, Sept. 24, 2011

EASTERN MEN'S CROSS COUNTRY 14TH AT CODFISH BOWL
Despite difficult conditions, Warriors show improvement over performances of 2010

BOSTON -- Despite slogging through unfavorable running conditions, three members of the Eastern Connecticut State University men's cross country team showed significant improvements over a year ago Saturday at the 44th Codfish Bowl at Franklin Park.

In a field which included one more team than a year ago, Eastern improved two spots to place 14th overall in a field of 26 teams. With their No. 1 runner finishing 44 spots lower than the top runner of a year ago, the Warriors totaled 29 more points from last year, recording 474 points.

The meet was run over 8,000 meters in extremely humid conditions and on a slow course with high, soggy grass.

Seniors **Bryan Jorge (Bristol)** and **Ryan Hughes (Cheshire)** and junior **Ryan Franklin (Glastonbury)** all showed significant improvement over a year ago.

Running third, Franklin improved by 1:14 over a year ago with a time of 30:17; running sixth, Jorge's time of 30:45 was 23 seconds faster than a year ago, while Hughes checked in 2:31 faster as the team's No. 7 finisher.

Ledy by **David Klein (New Milford)**, Eastern freshmen took the top two and four of the five scoring spots for Eastern. Klein scored 77 points with a time of 28:56, **Austin Baldour (Newtown)** 90 points (29:32), **Kyle Shaw (Lebanon)** 104 points (30:35) and **Lee Cattanach (New London)** 106 points (30:37).

The 26-team field was a mix of Division I, II and III programs, local running clubs, community colleges, along with several unaffiliated runners.

Eastern competes in the James Early Invitational Oct. 8 at Stanley Park in Westfield, MA.

**Cross Country
Codfish Bowl
at Franklin Park, Boston**

**Men
Run over 8,000 meters
Top Ten**

1. Bates College 49; 2. Boston U. 77; 3. Stonehill College 86; 4. Adelphi U. 154; 5. U.S. Coast Guard Academy 176; 6. Greater Boston Track Club 177; 7. Tufts U. 219; 8. Bentley U. 234; 9. Molloy College 262; 10. Bridgewater State U. 278.
- 14. EASTERN CONN. 474 (26 teams scored points)**

**Eastern's Finishers
(286 runners finished race)**

110 (77) David Klein 28:56; 135 (90) Austin Baldour 29:32; 161 (97) Ryan Franklin 30:17; 170 (104) Kyle Shaw 30:35; 172 (106) Lee Cattanach 30:37; 175 (108) Bryan Jorge 30:45; 206 (124) Ryan Hughes 31:45; 234 (--) Tim Callahan 32:56; 253 (--) Casey McGarvey 34:45; 255 (--) Stephen Spranzo 34:54.

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Saturday, Sept. 24, 2011

EASTERN WOMEN'S CROSS COUNTRY 18TH AT CODFISH BOWL
The Warriors' No. 8 runner at race last year, Gingras is their second runner in 2011

BOSTON -- Eastern Connecticut State University junior **Cora Gingras (East Hampton)** improved her lot on the team by six spots from a year ago Saturday when the women's cross country team placed 18th in a field of 23 teams at the Codfish Bowl at Franklin Park.

Running over 5,000 meters, Gingras was second only to senior **Amanda Quinones (Trumbull)** among Eastern runners, scoring 75 points and finishing 121st overall in a field of 251 with a time of 21:50. Last year, Gingras was Eastern's eighth finisher in a time of 25:49.

Quinones scored a team-low 35 points, crossing the tape 44th overall in a time of 20:19 (53 seconds better than 2010). She was the 11th Division III runner at the finish in a race which was a mix of Division I, II and III programs, local running clubs and high school prep schools, and community colleges, along with several unaffiliated runners. The top 12 runners across the line were either members of Division I or II program or local racing clubs or ran unattached.

Quinones was the second Little East Conference participant at the end, following only UMass Dartmouth senior Courtney Testa, who was 33rd in a time of 20:04. Quinones had run two seconds faster than Testa at last Saturday's UMass Dartmouth Invitational.

In addition to Gingras and Quinones, others improving their times of a year ago included sophomores **Alexa Palasky (Griswold)** and **Wendy Bouton (Stratford)**. Palasky was Eastern's fourth finisher, scoring 102 points in a time of 22:31, and Bouton was its No. 7 finisher, scoring 141 points in a time of 25:39.

Sophomore **Katie France (Portland)** followed Quinones and Gingras at the tape, scoring 96 points in a time of 22:20. Freshman **Emily Sniffin (Danbury)** was Eastern's final scorer with 137 points in a time of 25:10, with junior **Denica Gagnon (Colchester)** sixth among Eastern competitors in a time of 25:22.

Eastern competes in the James Early Invitational Oct. 8 at Stanley Park in Westfield, MA.

(more)

**Cross Country
Codfish Bowl
at Franklin Park, Boston**

**Women
Run over 5,000 meters
Top Ten**

1. Boston U. 47; 2. Greater Boston Track Club 50; 3. Stonehill College 72; 4. Tufts U. 101;
5. Bates College 155; 6. Adelphi U. 213; 7. Merrimack College 234; 8. Bentley U. 243;
9. Massachusetts Dartmouth 284; 10. Philips Exeter Academy 335;
18. EASTERN CONN. 445 (23 teams scored points)

**Eastern's Finishers
(251 runners finished race)**

44 (35) Amanda Quinones 20:19; 121 (75) Cora Gingras 21:50; 153 (96) Katie France 22:20;
163 (102) Alexa Palasky 22:31; 224 (137) Emily Sniffin 25:10; 225 (138) Denica Gagnon 25:22;
228 (141) Wendy Bouton 25:39; 233 (--) Brittany Lane 26:01.

8/2
Saturday, Sept. 17, 2011

EASTERN MEN'S CROSS COUNTRY 24th AT UMASS INVITE

Callahan leads the Warriors at the finish line for first time in three-year career

NORTH DARTMOUTH, Mass. -- Eastern Connecticut State University's top three men's finishers crossed the finish line within 23 seconds of each other as the Warriors placed 24th in a 34-team field at the University of Massachusetts Dartmouth Shriners' Cross Country Invitational Saturday.

In a field of 255 runners, junior **Tim Callahan (Portland)** placed within the top 42 percent over the 8,000 meter campus layout, leading all Eastern runners for the first time in his three-year career. Callahan was timed in 27:33 for a 107th-place finish and was followed at the stripe by freshmen **David Klein (New Milford)** and **Kyle Shaw (Lebanon)**. Last week's Little East Conference Rookie-of-the-Week, Klein checked in at 27:53 in 129th place and Shaw at 27:56 in 133rd place.

Eastern totaled 641 points for a solid 24th-place finish in the 34-team field won easily by defending regional champion MIT (31 points), which corralled five of the top 11 places in a 48-point triumph over Brandeis University.

Rounding out Eastern's scorers were junior **Ryan Franklin (Glastonbury)** and senior **Bryan Jorge (Bristol)**, with seniors **Ryan Hughes (Cheshire)** and **Casey McGarvey (Bozrah)** completing Eastern's contingent. Franklin was timed in 28:53 in 166th place, Jorge at 29:22 at 177th, Hughes at 30:11 at 205th and McGarvey at 33:08 in 235th place.

Eastern competes in the Codfish Bowl at historic Franklin Park in Boston Saturday at 11 a.m.

Run over 8,000 meters Top Ten Teams

1. MIT 31; 2. Brandeis U. 79; 3. Bentley U. 134; 4. Salisbury U. 143; 5. Springfield College 151; 6. UMass Lowell 180; 7. U.S. Coast Guard Academy 192; 8. WPI 254; 9. Babson College 281; 10. Assumption College 283.

24. EASTERN CONN. 641.

Eastern's Finishers

107. Tim Callahan 27:33; 129. David Klein 27:53; 133. Kyle Shaw 27:56; 166. Ryan Franklin 28:53; 177. Bryan Jorge 29:22; 205. Ryan Hughes 30:11; 235 Casey McGarvey 33:08.

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Saturday, Sept. 17, 2011

EASTERN W-CROSS COUNTRY EXCELS AT UMASS INVITE
Behind Quinones (27th place), they post highest finish in eight years at UMD Meet

NORTH DARTMOUTH, Mass. -- Senior **Amanda Quinones (Trumbull)** became the first Eastern Connecticut State University female to break 20 minutes at the University of Massachusetts Dartmouth Shriners' Cross Country Invitational Saturday in at least 18 years in leading the Warriors to their highest team finish since 2003

In a field of 37 teams, Eastern placed 20th overall with 533 points, with MIT cruising to the easy team win in totaling only 25 points by capturing five of the first nine places.

Over the 5,000 meter campus course, Quinones became the first Eastern female to break 20 minutes since Caroline Johnson was clocked in 19:33 in 1993 in a 39th-place finish among 94 competitors. Quinones' 27th-place finish in a field of 258 Saturday is the highest by an Eastern female on record in this race. Quinones knocked 52 seconds and 63 places off her performance from her junior season last year. As a first-year sophomore in 2009, she was timed in 20:47 in a 127th-place finish.

Sophomore **Katie France (Portland)** ran an almost identical time from her freshman season. She was timed in 20:43 in a 106th place finish, with junior **Cora Gingras (East Hampton)** 118th in a time of 20:53, sophomore **Alexa Palasky (Griswold)** 143rd in a time of 21:14, freshman **Melissa Zablonksi (Colchester)** 169th at 21:43 and junior **Denica Gagnon (Colchester)** 206th in a time of 22:56. Palasky and Gagnon both improved by 25 seconds over their efforts of a year ago.

Quinones was the second Little East Conference participant to cross the line, following University of Southern Maine sophomore Morgan Beede, who was 20th overall in a time of 19:17.

The team finish is the highest since 2003 when it was 19th overall. However, only 28 teams competed that season.

Eastern competes in the Codfish Bowl at historic Franklin Park in Boston Saturday at 11 a.m.

**Run over 5,000 meters
Top Ten Teams**

- 1. MIT 25; 2. U.S. Coast Guard Academy 209; 3. Wellesley College 114; 4. Brandeis U. 148;
- 5. Salisbury U. 160; 6. UMass Lowell 179; 7. Bentley U. 264; 8. College of the Holy Cross 282; 9. WPI 286; Connecticut College 314.
- 20. EASTERN CONN. 533.**

Eastern's Finishers

- 27. Amanda Quinones 19:23; 106. Katie France 20:43; 118. Cora Gingras 20:53; 143. Alexa Palasky 21:14; 169. Melissa Zablonksi 21:43; 206. Denica Gagnon 22:56.

Friday, Sept. 9, 2011

11

EASTERN CAN'T MATCH FITCHBURG AT SHEEHAN MEMORIAL
In men's cross country invitational, Falcons shut out four-team field to capture team title

FITCHBURG, Mass. – By winning three of the top eight places a year ago at the Jim Sheehan Memorial Invitational, the Eastern Connecticut State University men's cross country team challenged Fitchburg State University for the team title.

With the team's top two runners no longer competing in 2011, the Warriors were no match for the host Falcons, who swamped the four-team field by commanding the top seven places en route to a shutout over the 4.75 mile layout Friday afternoon at Coggshall Park.

Freshman ruled the day for Eastern, with four newcomers among the team's five scoring runners as the Warriors recorded 59 points to hold off Worcester State University for second place. The third-place Lancers had 71 points.

Freshmen ^{DNV} **Dave Klein (New Milford)**, **Lee Cattnach (New London)**, **Kyle Shaw (Lebanon)** and **Austin Baldour (Newtown)** finished among Eastern's top five, with senior **Bryan Jorge (Bristol)** filling in as the lone upperclassmen among the top five. Klein was eighth overall (27:37), Cattnach 11th (28:04), Jorge 12th (28:21), Shaw 13th (28:23) and Baldour 15th (28:26).

Chris Kibler (26:00) of Fitchburg successfully defended his individual title, winning by 39 seconds over teammate Eric Ouellette. Fitchburg's seven runners were within 75 seconds of each other at the tape.

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

Friday, Sept. 9, 2011

X 1

AT SHEEHAN MEMORIAL, EASTERN'S QUINONES DEFENDS TITLE
Senior runs away from 37-person field to pace Warriors to second place in five-team field

FITCHBURG, Mass. -- Eastern Connecticut State University senior **Amanda Quinones (Trumbull)** easily defended her individual title at the Jim Sheehan Memorial Cross Country Invitational, breezing to a two-minute victory in a field of 37 women's cross country runners Friday afternoon at Coggshall Park.

Quinones was one of four Eastern runners finishing in the Top Ten in the season-opener, posting a time of 21:02 over the 3.1 mile layout, winning by just under two minutes over Chelsey Peso of Worcester State. Quinones was timed in 21:18 a year ago when she outran a field of 41 in a 36-second victory

Joining Quinones in the Top Ten from Eastern were junior **Cora Gingras (East Hampton)**, and sophomores **Katie France (Portland)**, and **Alexa Palasky (Griswold)**. Gingras was fifth in a time of 23:28, France seventh at 23:45 and Palasky ninth at 24:03.

Worcester State University defended its team title by edging Eastern by six points in the five-team field.

With freshman **Melissa Zablonksi (Colchester)** finishing 11th overall as Eastern's fifth scoring runner, Eastern put its five scorers ahead of Worcester's fifth, but the Lancers dominated the front of the pack behind Quinones by grabbing the 2-3-4 positions.

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