

2022

Pinkerton Academy TRAILBLAZERS



NH D1 Champions!

To My Trailblazers:

What an epic season! It was one for the ages! We came into the season with lofty goals for ourselves, and honestly I wasn't so sure in August that we'd be able to accomplish all of them. What I didn't know then was that you would all believe we could accomplish that goal and that everyone would push themselves to the very limit when it mattered the most! We grew so much as a team this year. I couldn't be prouder of the way we came together and accomplished our common goals. You worked hard every day. Most importantly, you believed in yourselves and in each other. All of these things came together on October 29th, and we went out and earned the **Division 1 Championship!** I'll also never forget our amazing theme days, especially when you dressed like me. I know it sounds silly, but that meant a lot to me because it made me feel accepted. Thanks for making every day amazing! I'll always cherish the memories from this special season. These seasons don't come around often to be sure to cherish it!

To Coach Bernard (Joyce):

Thanks for all you do for our team every day. I couldn't do this without you. You remind me when I forget to do or say important things, which I'm sure will only be more valuable for me as I get older! 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. Your high standards make us better every day! Congratulations on your 6th D1 Championship!

To Our Senior:

Grace, We owe our success this season in no small part, to you. You were our Senior Captain, the heart and soul of the team, and led us every day. Even when you weren't feeling your best, you showed up for us. 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:

Thank you for working hard and bringing a positive attitude each day. I also appreciated how much you supported each other. With 6 out of our top 7 returning next year, we will fight hard to defend this Championship next season. It won't be easy. Bedford also returns 6 of 7 and they will be highly motivated to avenge their loss. Remember that the key to success is summer training. If we want to repeat as Champions, we need to enter the season prepared. A lot of injuries could be prevented with proper preparation. Cross country is truly a summer sport that plays out in the fall. Let's make every day count until the 2023 D1 Championship on October 28th, 2023.

Yours in running,

Coach Alizio

Girls' Cross Country Roster – 2022

Head Coach Jonathan Alizio, Assistant Coach Amy Bernard

Grace Jellow - **Senior Captain**
Sophia Carpenter - **Junior Manager**
Isabelle Groulx - **Junior Captain**
Contessa Silva - **Junior Captain**
Mia Eckerman - Sophomore
Makayla Evans - Sophomore
Althea LeBlanc - Sophomore
Ava Mohammed - Sophomore
Sydney Sexton - Sophomore
Ella Ball - Freshman
Gabrielle Bedard - Freshman
Kalisan Marzolf - Freshman
Lily Ortiz - Freshman
Sarah Rzasa - Freshman

PINKERTON GIRLS CROSS COUNTRY 1975-2022

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

2013	6-1	3 rd	9 th
2014	8-0	4 th	11 th
2015	8-0	1 st	4 th
2016	5-3	1 st	3 rd
2017	6-0	1 st	1 st
2018	3-3	1 st	8 th
2019	2-2	8 th	
2020	3-0	Pandemic shortened season	
2021	1-0	8 th	
2022	1-0	1st	12th



PINKERTON GIRLS CROSS COUNTRY 2022

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

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

Top seven performances at home (since 1984)	Top seven performances at Derryfield (since 1985)
Seniors	Seniors
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
Juniors	Juniors
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	Contessa Silva (22DI) 19:23
Liz Stokinger(1999) 18:49	Ariel Vaillancourt(14DI) 19:25
Sophomores	Sophomores
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
Freshman	Freshman
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
2.1 Mile Course at Derryfield	Top Seven Times at Nashua South
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		99	<i>Tess Silva</i>	<i>PA</i>	<i>19:37</i>	<i>2021</i>
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		110	<i>Izzy Groulx</i>	<i>PA</i>	<i>19:42</i>	<i>2021</i>
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		144	<i>Gigi Rufo</i>	<i>PA</i>	<i>19:52</i>	<i>2021</i>
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		168	<i>Makenna Alden</i>	<i>PA</i>	<i>19:56</i>	<i>2021</i>
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
Grace	Jellow	12	20:27 (21:00)	21:00 (22:03)	22:11
Sophia	Carpenter	11	23:40 (24: 27)	24:59 (25:03)	27:26
Izzy	Groulx	11	19:42	19:14 (19:38)	20:10 (20:30)
Tess	Silva	11	19:37	18:45 (19:14)	19:23 (19:34)
Mia	Eckerman	10	22:07 (23:57)	22:13 (23:32)	24:26
Makayla	Evans	10	23:42 (23:55)	23:24	25:25
Althea	LeBlanc	10	20:42 (22:03)	20:19 (20:38)	20:38 (21:30)
Ava	Mohammed	10	23:52 (24:59)	23:46 (24:08)	26:26
Sydney	Sexton	10	21:32	22:22 (22:26)	24:09
Ella	Ball	9	23:07	23:23 (23:31)	
Gabby	Bedard	9	21:42	20:29 (20:51)	20:51
Kali	Marzolf	9	21:15	20:38	21:04
Lily	Ortiz	9	24:00	25:04 (25:17)	
Sarah	Rzasa	9	22:20	20:29 (20:30)	20:52

First Name	Kennett	Batt/Bo Order	Pelham	JV States	D1's	JV Faculty	MOC's	NE's
Grace	22:08	23:02	21:39		22:49		24:03	22:33
Sophia	29:20		R (PS)	29:03		28:01		
Izzy	20:12	19:47	R (PS)		20:10		19:45	21:08
Tess	19:26	18:45	18:55		19:23		19:04	20:02
Mia	DNR	22:13	DNR (PSA T)	23:26				
Makayla	25:19	23:40	23:36	23:49		25:24		
Althea	21:19	DNR	20:19		20:38		21:10	21:35
Ava	25:23	24:53	23:46	24:05		23:52		
Sydney	22:56	22:22	22:39	22:27		22:41		
Ella	25:20	23:55	23:31	23:23		23:07		
Gabby	21:29	20:29	20:35		20:51		21:23	21:25
Kali	DNR	21:25	20:42		21:04		21:46	21:45
Lily	25:17	25:04	26:18	26:07		24:00		
Sarah	21:05	20:30	20:29		20:52		21:28	20:55



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2022 Girls Cross Country Schedule

Date	Opponent	Location	Time	Transportation	Note
Thurs. Sept. 1st	Alumni Meet	Home	6:00PM		
Sat. Sept. 10th	Souhegan Relays	Souhegan	10:00AM		
Sat. Sept. 17th	Nashua North Invitational	Nashua	10:00AM		Mines Falls
Tues. Sept. 20th	Londonderry Mack Plaque	Londonderry	4:00PM		
Sat. Sept. 24th	Manchester Invitational	Manchester	7:00AM		Derryfield Park
Sat. Oct. 1st	Kennett Invite	Conway	10:00AM		
Sat. Oct. 8th	Battle of the Border	Alvirne	10:00AM		
Sat. Oct. 15th	Pelham Invite	Pelham	10:00AM		
Fri. Oct. 21st	JV State Championship	Alvirne	3:30PM		
Sat. Oct. 29th	Division I Championship	Manchester	11:30AM		Derryfield Park
Fri. Nov. 4th	33rd Annual JV vs. Faculty	Home	3:30 PM		
Sat. Nov. 5th	Meet of Champions	Nashua South	2:30PM		Mines Falls
Sat. Nov. 12th	New Englands	Ponaganset HS, RI	10:00AM		

Girls Coaches: Amy Bernard and Jon Alizio

“And the coach’s award goes to . . .”

**Grace Jellow – Varsity
&
Ava Mohammed - JV**

“I’d like to thank . . .”

Candice Alizio
Coach Clark
Mr. O’Reilly
Coach French

Coach Bernard
The Trainers
Mr. Squires
Coach Quarles

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 a season...





Friends for a Lifetime.



