

Sports Folio



Hannah Culver - SHS Girls overall winner in 1K timed and overall final

SHS Nordic Sprint Race at Legacy Park in Bedford

Souhegan High School hosts a Sprint Elimination Nordic race every year. The race starts with an individual 1k time trial to determine the fastest 32 finishers who will advance to elimination heats. The race gets exciting at this point where heats of 4 racers go out at a time and the top 2 racers from each heat proceed. The elimination heats go from 32 to 16 to 8 and then the last 8 race again for final places.

Kelly Dellovo (SHS) and Brenna McNamara (Concord) very close finish in the second heat of elimination round - Brenna won the heat by inches
 4) Second Round - Boys elimination round 2 (344 Liam Riehs from Plymouth, 329 Matt Hartman from Souhegan, 324 Michael Soucy from Bedford, 302 Jamie Nelson from Concord)

BOYS SHS Sprints HS Boys - 01/18/2014

Bib	Name	School	Start	Finish	Final	Pts	Ptc
323	Kyle Manlogan	SHS	0:12:00	0:14:56	0:02:56	87	23
329	Matt Hartman	SHS	0:15:00	0:18:03	0:03:03	85	30
319	Loren Ames	SHS	0:10:00	0:13:07	0:03:07	83.5	32
308	Jim Callahan	SHS	0:04:30	0:07:37	0:03:07	83.5	32
337	Bob Zampella	SHS	0:19:00	0:22:10	0:03:10		37
341	Erich Rottoff	SHS	0:21:00	0:24:12	0:03:12		43
333	Dillon Pollio	SHS	0:17:00	0:20:14	0:03:14		46
345	Patrick Beane	SHS	0:23:00	0:26:32	0:03:32		56
349	Harrison Mazur	SHS	0:25:00	0:28:42	0:03:42		61
353	Wade Landrum	SHS	0:27:00	0:31:14	0:04:14		71
314	Jared Burnett	SHS	0:07:30	DNF			

GIRLS SHS Sprints HS Girls - 01/18/2014

Bib	Name	School	Start	Finish	Final	Pts	Ptc
10	Hannah Culver	SHS	0:05:30	0:08:14	0:02:44	100	1
23	Kelly Dellovo	SHS	0:12:00	0:15:25	0:03:25	90	12
29	Kathleen Foley	SHS	0:15:00	0:18:33	0:03:33	85	17
41	Anna Smith	SHS	0:21:00	0:24:37	0:03:37	83	20
17	Julia Apiki	SHS	0:09:00	0:12:49	0:03:49		30
49	Sadie Lowell	SHS	0:25:00	0:28:52	0:03:52		33
45	Sophie Oehler	SHS	0:23:00	0:26:53	0:03:53		35
53	Emily Ehrenstein	SHS	0:27:00	0:31:08	0:04:08		49
35	Carly Sequin	SHS	0:18:00	0:22:20	0:04:20		57
57	Hannah Parrott	SHS	0:29:00	0:34:26	0:05:26		68
64	Frances Darnall	SHS	0:32:30	0:38:58	0:06:28		69
61	Elizabeth Darnall	SHS	0:31:00	0:38:59	0:07:59		71

SCHOOL	BOYS SCORE	SCHOOL	GIRLS SCORE
Concord	385	Concord	389
Plymouth hs	380	Bedford	360
Bedford	369	Souhegan	358
Souhegan	339	Plymouth hs	357.5
Derryfield	253	Manch central	325.5
Manch central	159.5	Conval	315
Manch Memorial	81.5	Manch Memorial	94
Conval	80	Derryfield	76
Londonderry	77	Londonderry	74
		Manch west	73



SHS girls, Kelly Dellovo



SHS boys top finisher, Kyle Manlogan



SHS boys, Matt Hartman

Souhegan Alpine Race Team

Souhegan Girls win Southern NH Championships; Souhegan Boys Take Second

The Southern New Hampshire Championships were held on January 30th, 2015 at Mount Sunapee. The day-long event included a Giant Slalom race held in the morning, and a Slalom race held in the afternoon. Teams from Southern NH High Schools competing in the event included ConVal, Hollis-Brookline, Milford, Oyster River, Pelham, Pembroke, Souhegan, and Windham. The Souhegan Girls team finished in first place in the morning GS, and tied for first place in the afternoon Slalom to achieve a Team First Place Overall. The Saber Boys skied to a second place finish in the GS, and a second place finish in the Slalom to earn a Team Second Place Overall.

The Souhegan Girls skied their best race of the season in the morning GS, placing eight girls in the top twenty, with four finishers in the top ten. Rhiannon Allison came in first place overall, followed by Anna Farrow (3rd), Alana Barretto (4th), and Kate Bermingham (7th); while Ellie Noble (11th), McKenna Hopp, (12th), Jennifer Catrambone (18th), and Rhiannon King (20th), gave Souhegan the added cushion to ensure the victory.

The afternoon Slalom proved to be a difficult nail biter for the Lady Sabers, as several of Souhegan's normal top finishers and scorers fell victim to a number of course mishaps. Such is the depth of the girl's squad that the team still managed to place seven girls in the top twenty, with three in the top ten. The always steady Anna Farrow led the way with a 3rd place showing, followed by Alana Barretto, who recovered from a shaky second run to grab 8th place, sophomore Ellie Noble turned in a gutsy 9th place performance, followed by Kate Bermingham's strong 12th place finish to round out the scoring. Once again, the junior trio of Jennifer Catrambone (14th), McKenna Hopp (18th), and Rhiannon King (20th), boxed out the competition and protected the Souhegan position to enable the Lady Sabers to tie with Hollis-Brookline for first place honors in the Slalom.

Rank	Southern NH Champs Girls	GS	SL	Total Points
1	Souhegan	389	372	761
2	Hollis-Brookline	368	372	740
3	Windham	363	360	723
4	ConVal	348	345	693
5	Oyster River	333	349	682
6	Pembroke	311	313	624
7	Milford	237	164	401

On the Boys side, Souhegan also had their best performance of the season with the team taking second place in both events. In the GS competition the Sabers placed two racers in the top ten and six in the top twenty. They were led by senior co-captains Patrick Noble (8th), Wils Ezequelle (9th), and Jasper Jones (14th), followed by Mitch Greany (16th), Matt Chistolini (17th), and Dean DeFilippo (18th). In the Slalom competition, the Boy's team placed eight racers in the top twenty, with two in the top ten. Patrick Noble led the way again with a sixth place finish followed by Jasper Jones (9th), Wils Ezequelle (11th), and Matt Chistolini (12th). Other top twenty finishers included Jonathan Kempf (13th), Dean DeFilippo (15th), Mitch Greany (16th), and Sam Ezequelle (20th).

Rank	Southern NH Champs Boys	GS	SL	Total Pts
1	Hollis-Brookline	373	378	751
2	Souhegan	359	366	725
3	Windham	341	360	701
4	Oyster River	336	347	683
5	Milford	339	322	661
6	ConVal	336	237	573
7	Pembroke	238	239	477
8	Pelham	100	100	200

Both the Boys and Girl's Alpine Teams now advance to NHIAA Division 2 Statewide competition next week, with the Division 2 Boys State Meet being held at Crochet Mountain on 02/10/15, and the Division 2 Girls State Championships being held at Waterville Valley on 02/12/15. Good luck Souhegan !!

Souhegan Girls Alpine Ski Team Races to the Top, as Boys Carve Out a Second Place



Alana Barretto finished 4th in GS, and 8th in slalom



Senior co-captain Patrick Noble placed 6th in the slalom, 8th in the GS



Ellie Noble placed 9th in slalom and 11th in the GS