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## **Romano, Lindsley run away with AOW honor**

**By BOB MONTGOMERY , Bristol Press Correspondent**

**BRISTOL - The city's two 2007 scholastic cross country champions share "Athlete of the Week" honors for area scholastic sports.**

**They are Central senior Alex Romano and St. Paul junior Laura Lindsley, first place finishers for boys and girls, respectively, in the City Cross Country Championships held at Page Park on Friday.**

Lindsley, one of three St. Paul girls runners, was a little nervous before starting off but was able to cop the girls competition with a 20:14 clocking, beating her nearest rival, Central's Jessica DiVenere, by 26 seconds. Eastern's No. 1 runner, Amanda Sumner, was unable to compete because of knee injuries.

"It felt pretty good (winning)," said Lindsley. "I wasn't sure what was going to happen, there was some good competition."

She added that she wished St. Paul had more runners to form an official team.

In talking to St. Paul coach Brian Mullins, he's proud of Lindsley.

"She's a hard-working and dedicated athlete," said Mullins. "She really loves to run and is getting the most out of her natural ability, which is considerable.

"She struggled in a couple of races this season and I know she is pleased and so am I."

Asked what goal she has left this season, she said it was to once again qualify for the State Open. Last year she finished in the top 10 of the Class S run and finished 42nd overall in the State Open.

"Hopefully, I'll do better this year," said Lindsley.

Romano, who was away over the weekend in looking at colleges for next year, crossed the finish line at Page Park in 16:54 on Friday, edging out teammate Paul Rykowski by 14 seconds.

"Alex is one of the most disciplined athletes I've ever coached," said Central coach Tamara Stafford.

"After he had such a great 2007 outdoor (track) season, we talked about the upcoming cross country season. I bumped up his summer training to 50-55 miles per week and Jillian Sullivan helped me put together a training program that could prepare him for what we hope to be a great senior year of running.

"Alex stuck to the program religiously and as far as cross country goes, he is running even faster than I had hoped and I hope he'll have a great championship season (CCC South, Class L, State Open).

"Alex is a leader on and off the cross country course and has pushed his teammates to step up their running as well."

Among the colleges Romano, a National Honor Society student at Bristol Central, wants to run for and is looking at include, Lafayette, Bucknell, Seton Hall, Marist and UConn.

### **Honorable mention**

Cross country - Jessica DiVenere, Stacy Godbout, Kiara Bonilla, Paul Rykowski and Will Eschner of Central, Greg Chase, Joe Bak and Bre Byers of Eastern, and Anna Shields of Mills;

Field hockey - Hannah Cebry of Mills;

Football - Matt Coyne, Brian Godbout and Matt Tyrell of Central, David Casanova, Rich Bianchi, Richard "Papo" Boebel, Tyler Wojnarowski and Andrew Krom of Central, and Marcus Aiken, Ryan Moore and Brian Kaczynski of St. Paul;

Soccer - Lisamarie Tarchini and Sean Collins of Central, Kelly Doolittle, Angelina Saporito, Vinnie Spinelli, Connor Sonstrom, Scott Morneault, Shaun Bradley, Nick Degiudice and Matt Malak of Eastern, Alexis Veith and Tommy Ponte of Mills;

Swimming - Lauren Segretta and Stephanie Niman of Eastern;

Volleyball - Michelle Croasdale, Olivia Bogucki, Kaitlyn Cyr, Meg Ward and Liz Helming of Central, Brenda Wilson, Meg Grenier and Ashley Boutin of Eastern, Rachael Considine and Kristen Wartschow of Mills, and Lynnette Nieves and Whitney Dozier of Plainville.