



NEWS

From the Fulmont Roadrunners Club

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Gallup, Lazarou Win 2014 High School Cross-Country Awards

Josh Gallup of Mayfield High School and Olivia Lazarou of Amsterdam High School have been named winners of the Fulmont Roadrunners Club's annual Cross-Country Runner of the Year Awards honoring the year's top male and female cross-country runners in Fulton and Montgomery County high schools.

For their achievements, the two high-schoolers received special recognition at the Fulmont Roadrunners' annual Winter Wimp foot race held today (January 10) in Hagaman.

Gallup, a senior, led his Mayfield High team with a fifth-place finish in the Section II, Class D Championship race, and he was 38th (of 119 competitors) in the State Class D Championship that followed. Other highlights of his 2014 running year included a third-place finish in the Western Athletic Conference Invitational, sixth-place finishes at the Fort Plain and Galway Invitationals, and a 14th-place finish at the Burnt Hills Invitational.

Highlighting the running year of Lazarou, a freshman at Amsterdam High, were second-place finishes at Fort Plain, Galway, and Harvest Classic Invitationals, a fourth at the Utica Procter Invitational, and a fifth at the Foothills Council Invitational. She topped off her running year with a fifth-place finish at the Section II, Class B Championship race and went on to place 23rd (of 120 runners) in the

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New York State Championship.

Outstanding XC Runner Awards

In addition to the overall winners, the Fulmont Roadrunners select the top male and female cross-country runners in each of the Fulton and Montgomery County high schools that field cross-country teams. They too were honored at the Winter Wimp.

Winners of these Outstanding Cross-Country Runner Awards for 2014 were Amsterdam High's Jon Knack, a junior, and Alyssa, a senior; junior Alex Hitrick and freshman Jordyn DeNueville of Broadalbin-Perth High; Jon Payack and Cheyenne Munson, both sophomores at Canajoharie-Fort Plain High; Damion Freeman, a junior, Kacie Hunter, a freshman, at Fonda-Fultonville High; seniors Jack Hayes and Alex Bielli of Gloversville High; senior Cameron Roten and freshman Julia Sarullo of Johnstown High; and Connor Akowicz, a sophomore, and Emily Cromie, a junior, at Mayfield High.

The Fulmont Roadrunners initiated the high school cross-country awards program 19 years ago as part of its efforts to encourage and reward young runners in Fulton and Montgomery Counties. It also awards scholarships annually to outstanding high school seniors in the area who compete in varsity running programs and are going on to college. Amsterdam High School track and cross country coach Stu Palczak heads up both programs for the club.

