

An Inside Look at

LEHMAN ATHLETICS

Ruston Advances To Third NCAA Division III National Championships

New York, NY - Lehman College junior track sensation Amy Ruston qualified for the NCAA Division III championships by setting a record time in the Gotham NYC Invitational last weekend at the world renowned Armory. For Ruston the NCAA invite is her third in two years, as she qualified for the cross country championship in each of the past two seasons.

As the only Division III runner, Ruston took the lead from the gun and set a fast pace separating herself from the rest of field. She led until the thousand meter mark where she was passed by

Villanova University senior All-American Marina Muncan. Amy earned a second place finish and her time of 4:53.69 qualifies automatically for the NCAA Championships that will be held on March 10-11 at St. Olaf College, Northfield, Minnesota.

"I felt really excited about my performance today," Ruston said "I was aware that the talent level was going to be a lot higher than some of my usual races, so I was anticipating the challenge."

After competing in a tough match race, Ruston went on the next day to compete in the legendary Colgate Women's

Games. The Nashua, New Hampshire native went on to capture championships with record times of 2:18.1 and 4:44.0 respectively.

"Amy is healthy right now and feeling good," said Lehman College head coach Lesleigh Hogg "Our goal is to continue to prepare for the NCAA's in March."

After a week of rest, Ruston will continue her season with the Greater Boston Track Classic on January 22, 2006.



Junior Amy Ruston

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Senior Juan Aguirre

A Level of Excitement Trickled Through The Lehman APEX Last Week

Bronx, NY- A level of excitement trickled through the Lehman APEX last week, as two of CUNY's top swim teams went to head to head in one of the most anticipated matchups of the year. The College of Staten Island entered the APEX as the premiere team in the CUNY conference, while Lehman College was the up and coming challenger to the Dolphins reign on the CUNY athletic conference. After a very competitive match, Lehman was

defeated by CSI 129-108.

From the start, Lehman was paced by the strong performances from senior Juan Aguirre. The meet took an untimely twist when a late line-up change affected the outcome of the medley relay in CSI's favor which forced the Lightning into fighting to catch up the entire afternoon. Noteworthy however is the fact that this Lehman team didn't quit and with a few events remaining still had a chance to pull it out. Sadly, the magic fizzled in the air over the three meter boards and Lehman could not get it back. Also of note, is the fact that the CSI swimmers had to produce their best times of the season to get the win. A credit to the hard working Lightning squad.

The men's team lost this anti-climatic dual meet battle but showed that although the top swimmers at CSI are formidable, Lehman's team has greater depth, and poses a serious threat to Staten Island's reign as best in CUNY.

After a strong performance against arguably CUNY's best team, Lehman College is very optimistic

about their chances in the inevitable rematch in the CUNY championships.

"Our guys really battled out there today," said Lehman head coach Peter Kiernan. "A couple of different breaks and the results are

a lot different, even in a tough defeat our guys have realized that the dream of a CUNY championship is very possible."

The CUNY championships will be held this year on February 3rd-4th at Lehman College.



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