



Boston Herald

Champs return to glory

By Jamie Pote/ Girls Cross Country

Sunday, November 12, 2006

Even with Barton finishing first, Newton North could do no better than sixth as a team, trailing Lincoln-Sudbury, Chelmsford, Newton South, Haverhill and Weymouth. Dana Jamieson, Jess Griffin and Emily Mephram finished within the top 17 for L-S.

"I knew we could win going in, there was a lot of pressure. We didn't run as good as we could, performed poorly. Fortunately we were strong enough to pick up. Jess Griffin was absolutely our hero, she ran the race of her life," said L-S coach Chris Tarello.

Rounding out the top 5 for Lincoln Sudbury was Barbara Mitchell 33rd, and Hannah Ziobrowski 36th.

The Lincoln-Sudbury girls cross country team added the Eastern Massachusetts Division 1 championship this past Saturday to its growing list of accomplishments this season.

The Warriors now must scale their most difficult height, both figuratively and literally, as they travel to Northfield Mountain for the State Championship meet this coming Saturday.

The EMass championship was held on an unusually warm day at Franklin Park in Boston. The Warriors actually won the championship, despite having what they would consider an off day. However, their depth and talent was still too great for a deep Division 1 field, beating second-place Chelmsford by 22 points. Fellow Dual County League member Newton South ran well and placed third, another six points behind Chelmsford. Newton North, a team that was expected to challenge L-S in this meet, finished sixth and did not qualify for the state meet.

Sophomore Jess Griffin picked up her teammates by having her highest place within the team as she came in second for the Warriors with a personal best time of 19:57. She followed Dana Jamieson, the Warriors best runner, who led the team but in a slower-than-normal time and place for her, as she came in eighth overall in 19:43.

Third for the Warriors was Emily Mephram in 20:08. Mephram has been the most consistent runner for the team this season and came through again this meet. Barbara MacNeill, a hot runner in the latter half of the season, placed fourth in a good time, although not up to her recent exploits. Hannah Ziobrowski, fought off some nagging injuries to finish up the scoring as the fifth Warrior to cross the line, with freshman Holly Clarke right beside her in 20:30. Rachel Potter, another hot runner late in the season, rounded out the Warrior squad.

The squad now sets its sights on the state championship at Northfield Mountain as one of the favorites in the race. The state title is divided into large school and small school champions. The large school meet features 16 of the best teams in the state, with five teams qualifying from EMass Division 1, five from EMass Division 2, and three teams each from the West and Central Division 1. The small school state meet has the top five teams each from EMass Division 3 and 4, and three each from the West and Central Division 2 teams.

L-S's main competition for the state title will come from Dennis-Yarmouth, the EMass Division 2 champion, and Amherst, the five-time defending state champ out of the west. D-Y was the preseason favorite to win the title until it was defeated by L-S by two points in a very close race in the Amherst Invitational early in the season. Since that time, the Warriors have been the top ranked team in the state. They defeated the Dolphins again at the Bay State Invitational, but D-Y is bolstered by the return of Colleen Wetherbee, its All-American runner, from injury and performed very well in winning the EMass Division 2 title.

Amherst was also defeated by L-S at the Amherst Invitational, but the Hurricanes are running on a course that they know well, having won the west region championship on the same course on Saturday.