

The METROWEST DAILY NEWS

Girls X-C invite champ

Thursday, October 19, 2006

The Lincoln-Sudbury girls cross country team continued to take Massachusetts by storm, winning its third major invitational at Northfield Mountain this past Saturday. This invitational meet was an important tuneup given that it is the site of the all-state meet in November.

The first event for the Warriors was the JV race. The course is a difficult one that starts off with a steep half-mile climb in the first mile of the race. In an intimidating display of strength, at the top of the hill all seven of the L-S JV runners were out in front.

The show continued throughout the race, as the JVs ended up taking the first five positions of the multi-school race, and seven of the top 10 out of 89 contestants. Rachel Potter, Ellie Hylton, and Lindsay Ryan finished alone at the front of the pack, followed by two up-and-coming freshmen, Tasha Block and Danielle Sackstein. Olivia Reed and Jen Gossels finished strong in seventh and 10th overall.

Inspired by this performance, the varsity went on and dominated the 14 teams in its race as well, by tallying a low score of 37 points. Dennis-Yarmouth was second with 81 points, and Marshfield third with 83.

Dana Jameison again led the Warriors as she was only one of two runners to break 20 minutes on the beautiful but difficult course.

Hannah Ziobrowski came in sixth overall with Barbara MacNeil eighth.

Emily Mephram was the fourth Warrior to cross the line, followed closely by freshmen Holly Clark and Stephanie Zeytoonian, who had another strong day as a member of the varsity squad.

The girls are currently the top ranked large school team in the state.

They next travel to Rhode Island this coming Saturday to compete in the prestigious Brown Invitational, which will feature many of the strongest teams in New England.

After that, they begin the championship season, starting with the Dual County League championship meet, and then the Eastern Mass Class A meet. If all goes well they are hoping for a spot in the Division 1 all-state meet where they will compete for a state title.