

## Warriors race to DCL Title

Dana Jamieson (right) won the individual girls title at last Friday's Dual County League Championships at Great Brook in Carlisle.

The Lincoln-Sudbury girls cross country team dominated the Dual County Championship meet this past Friday at Great Brook Farm, taking the varsity team title, and sweeping the junior varsity event.

The Warriors finished with 31 points, well ahead of Newton South and Concord-Carlisle, which had 70 and 72 points, respectively.

Dana Jamieson continued her rise into the upper echelon of this season's cross country runners as she won the individual title in impressive fashion, pulling away from Caroline O'Laughlin of Boston Latin to win by 12 seconds. The former track sprinter finished the 5K course in a time of 19:18. The team once again showed off its impressive depth, as it accomplished the victory without Hannah Ziobrowski, who has been one of the Warriors' top runners all season. Barbara MacNeill, Rachel Potter, Holly Clarke, and Emily Mephram picked up the slack and all finished in the top 12 in the race. MacNeill came in second for the Warriors as she ran her second consecutive race under 20 minutes and finished fourth overall. Potter and freshman Clarke ran strong races coming in fifth and ninth overall, followed by Mephram, who completed the Warriors scoring crossing the line with a 12th-place finish. Stephanie Zeytoonian and Jess Griffin rounded out the varsity team. The team title was the first for L-S since 2002.

As impressive as the varsity team was, the JVs once again displayed the true depth of the team in an astonishing performance for a championship meet. The girls swept the top five spots in the JV race, scoring a perfect 15 points. After racing for over three miles, Ellie Hylton outdueled Liz Albanese at the the finish, winning by six-tenths of a second to be the DCL JV champion. Hylton and Albanese were soon followed by Olivia Reed, Lindsay Ryan, and senior captain Christine Duggan, who was running in probably the final race of her four-year cross country career at L-S.

Jen Gossels was the sixth JV Warrior to finish and was 11th overall, followed by senior captain Krysten Muldoon, who finished her cross country career in style with one of her finest races of the season. A notable performance was also turned in by senior captain Lauren Hardart, who was determined to finish her career racing despite battling back troubles in the last few weeks.

Freshmen Tasha Block and Danielle Sackstein finished strong first years by placing third and fourth in the freshmen race. Seda Babroudi, Rima Gemayel, and Erica Stockwell-Alpert also had good races.

Next up for the team is the Eastern Massachusetts Division 1 championships at Franklin Park on Saturday. The top five teams will earn a berth in the all-state meet the following week at Northfield Mountain.