

The Girls Cross Country All-Stars

Rachel Akins, Bishop Feehan

The Sharmock senior capped her career with a strong showing in this season's championship meets. Akins ran a personal best 19:56.40 at the MSTCA Bay State Invitational to take 15th place. She also placed seventh at the Catholic Central League Championship (20:24.00), 18th at the MIAA Division 1C Championship (20:09.70), and 63rd at the MIAA Meet of Champions (20:11.04). A three-season athlete, Akins closed out a steady campaign as one of Feehan's most consistent seniors.

Quinn Kotch, Bishop Feehan

The freshman made a big impact in her debut high school season for the Shamrocks. Kotch posted a personal best 20:19.50 at the MIAA Division 1C Championship (22nd place) and placed 19th at the MSTCA Bay State Invitational (20:27.60). A Catholic Central League All-Star, Kotch finished ninth at the CCL Championship (20:40.00) and ran 20:34.77 for 88th at the MIAA Meet of Champions. She added a third-place 12:25.0 in the 3K at the Catholic Memorial Invitational, flashing potential across multiple distances.

Grace McGahan, Bishop Feehan

A junior three-season runner and two-time Sun Chronicle All-Star, McGahan delivered a solid fall campaign. She ran a personal best 20:25 to take eighth place at the CCL Championship, placed 40th at the Catholic Memorial Invitational (20:37.6), and added a 21:05.00 at the MIAA Division 1C Championship (37th place). McGahan rounded out her postseason with a 20:56.90 at the Meet of Champions and was a Catholic Central League All-Star.

Ally Oram, Bishop Feehan

Oram is a three-time Sun Chronicle All-Star who wrapped up her Shamrocks career as a dependable senior leader. The Catholic Central League All-Star season-best 20:11.60 earned her 19th place at the MIAA Division 1C Championship. Oram had a sixth-place finish at the CCL Championship (20:14.00), clocked a 20:12.6 at the Catholic Memorial Invitational and ran 20:21.92 at the Meet of Champions (77th place).

Noelle Salwierz, Bishop Feehan

A junior and three-season competitor, Salwierz showed consistency through the postseason. She posted a personal best 20:18.00 to take 18th at the MSTCA Bay State Invitational, placed 10th at the CCL Championship (20:47.00), and ran a matching 20:47.3 at the Catholic Memorial Invitational. The Catholic Central League All-Star placed 29th at the MIAA Division 1C Championship and 124th at the Meet of



ANDY FERREIRA/FOR THE SUN CHRONICLE AND SUBMITTED PHOTO

Bishop Feehan High junior Sophie Shaw, left, placed second at the MSTCA Bay State Invitational and at the Catholic Central League Championship. Norton High junior CeeCee Goodwin, right, finished 15th at the Tri-Valley League Championship.

Champions.

Sophie Shaw, Bishop Feehan

One of the region's top junior distance runners, Shaw logged a standout campaign for the Shamrocks. She clocked an area-best 18:17.10 for second at the MSTCA Bay State Invitational and added runner-up honors at the CCL Championship (18:55.0). The two-time Sun Chronicle All-Star placed sixth at the Division 1C Championship (19:12.0) and ran 19:04.16 at the Meet of Champions for 21st place. Shaw finished sixth at the Catholic Memorial Invitational (18:53.1), rounding out another stellar season as a three-season standout and a Catholic Central League All-Star.

Alyssa Daniels, Dighton-Rehoboth

The Falcons freshman burst onto the scene as the South Coast Conference, winning a league title and turning in consistent postseason performances. Daniels won the SCC Championship with a personal best 19:52.8. She followed with a 20:22.5 for 27th at the MSTCA Twilight Meet and placed 12th at the Division 2C Championship (21:12.74). The SCC All-Star also raced to a 21:30.87 at the Meet of Champions and ran 12:02.2 in the 3K to place fourth at the MSTCA Coaches Invitational.

Emma Dorich, Foxboro

Dorich delivered a breakout junior season for the Warriors. She placed fourth at the MSTCA Twilight Meet with a personal best 19:38.5 and followed with a 20:06.1 for 26th at the Meet of Champions. She also placed 12th at the Hockomock League Meet (20:34) and 10th at the Division 2B Championship (21:15.6). Dorich added a fourth-place 11:34.3 in the 3K at the Frank Kelley Invitational. A Hockomock League All-Star and three-season runner, Dorich solidified herself among the area's elite.

Girls Cross Country All-Star Roster

Name	School	Year
Rachel Akins	Bishop Feehan	Senior
Quinn Kotch	Bishop Feehan	Fresh.
Grace McGahan	Bishop Feehan	Junior
Ally Oram	Bishop Feehan	Senior
Noelle Salwierz	Bishop Feehan	Junior
Sophie Shaw	Bishop Feehan	Junior
Alyssa Daniels	Dighton-Rehoboth	Fresh.
Emma Dorich	Foxboro	Junior
Ashley Cleverdon	King Philip	Junior
Riley DoRosario	King Philip	Senior
CeeCee Goodwin	Norton	Junior
Molly McIntyre	Norton	Senior
Jaylyn Albano	Seekonk	Soph.

Honorable Mention

Attleboro: Alexa Frackelton, Olivia Killingsworth, Riley Schofield, Savannah Boedeker

Bishop Feehan: Christina McCarthy, Maddie Neary, Amelia Burgess, Autumn Gerrish

Dighton-Rehoboth: Sara Avery-Pham

Foxboro: Samantha LeClair, Delaney Driscoll

King Philip: Lillian Almeida, Maria Noonan, Ella McManus

Mansfield: Alex Petrova, Alex Leman

North Attleboro: Cameron Ward, Riley Kelly, Sophia Fonseca, Corinna Canova

Norton: Kailey Chasteney, Kiley Faucher

Seekonk: Sydney Amaral

Our Selections

THE GIRLS CROSS COUNTRY ALL-STAR TEAM was selected with local coaches consulted for their recommendations.

Tri-Valley League Championship (19:15.5). The Tri-Valley League All-Star also placed seventh at the MSTCA Coaches Invitational (19:29.0), 10th at the Division 2C Championship (21:08.6), and 19th at the Meet of Champions (19:53.7). She ran 19:56.6 at the Brooks Northeast Championship and also competes in the spring track season. McIntyre will run for Stonehill College next year in cross country and track and field.

Jaylyn Albano, Seekonk

Albano continued to shine as a sophomore, posting six quality postseason races. She ran a personal best 19:54.7 at the MSTCA Bay State Invitational (6th place), placed third at the South Coast Conference Championship (20:05.3), and logged a fifth-place 20:03.3 at the Twilight Meet. Albano added a 20:09.0 at the MSTCA Coaches Invitational (12th place), placed eighth at the Division 3A Championship (20:37.8), and finished 37th at the Meet of Champions (20:38.5). She is a two-time Sun Chronicle All-Star and a South Coast Conference All-Star.



KYLE EMBREE PHOTOGRAPHY

King Philip Regional High junior Ashley Cleverdon is a two-time Sun Chronicle All-Star.



PAUL CONNORS / THE SUN CHRONICLE

Foxboro High junior Emma Dorich finished fourth at the MSTCA Twilight Meet and was 10th at the MIAA Division 2B Championship.