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Campolindo Cross Country Runs Record Breaking Race

(Information from Campotrack.com and Wayne Verdon)



2010 Campolindo Girls' Cross Country Team, from left: Grace Orders, Sarah Orders, Carrie Verdon, Juliet Farnan, Rachel Meadows, Sara Mostatabi, Haley Shipway Photo Wayne Verdon

C.Graveson/W.Scheck

Campolindo's Cross Country had a record breaking finish to the season at the State Championships on Saturday, November 27 at Woodward Park. The team notched the second state title for Campolindo cross country, while breaking a Division III record and recording the fastest time since 1987.

Leading the Cougars were junior Carrie Verdon and senior Grace Orders - both finished in the top five, in first and third, respectively.

Individually, each athlete's time was notable, Orders placed 62nd on the state's all-time list, and Verdon's 17:15 victory gives her bragging rights as the 10th fastest Californian ever. Verdon's time is now the DIII record.

Verdon and Orders traveled to the Western Regionals on Saturday. Verdon finished in fifth place and Orders came in eleventh. Verdon will race in the Nationals in San Diego this weekend.

Other Cougar top finishers included junior Rachel Meadows at 17th place, with an 18:32 finish, giving her the fifth all-time fastest time in school history. Senior Sara Mostatabi and junior Juliet Farnan also scored, both recording the best times of their careers. Sophomore Sara Orders and freshman Haley Shipway, in the sixth and seventh spots, outpaced every other team's number five scorer.



Carrie Verdon (#291) won the North Coast Sectional race on November 20 Photo Wayne Verdon

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