



# Campolindo Cross Country Runs Record Breaking Race

### Carrie Verdon heading for Nationals

(Information from Campotrack.com and Wayne Verdon)

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, out-paced every other team's number five scorer.

C. Graveson/W.Scheck



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



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

# Four Orinda Aquatics Swimmers Honored by Pacific Swimming

Submitted by Julie Carlson



From left: Mary Allison Ashby, Steven Stumph, Megan Liang, Sven Campbell, Coach Don Heidary Photo provided

On Sunday, November 21, four swimmers from Orinda Aquatics were recognized by Pacific Swimming, an organization of more than 100 clubs and 15,000

athletes. The swimmers were honored at a banquet at the Pleasanton Hilton attended by over 500 swimmers, coaches and officials. Mary Allison Ashby was

recognized for her swimming short course season in the 12-year old age group, in which she was ranked sixth in the nation for her 100 yard backstroke and set a Pacific Swimming record. She achieved top 10 finishes in Pacific Swimming for 50 free, 100 free, 200 free, 500 free, 50 back, 100 back, 200 back and 50 butterfly.

Sven Campbell was recognized for his long course season in the 15-year old age group, in which he was ranked third in the nation for his 100 meter freestyle and seventh for 200 free, ninth for the 100 back and seventh for 200 back. He also achieved top two finishes in Pacific Swimming for the 50 free, 100 free, 200 free, 100 back, 200 back and 200 individual medley.

Steven Stumph was recognized for his long course season in

the 16-year old age group, in which he was ranked fourth in the nation for his 200 meter breaststroke, fifth in the 100 breast, seventh in the 200 individual medley and sixth in the 400 individual medley. He also achieved top two finishes in Pacific Swimming for the same events, and placed tenth for the 100 butterfly. Steven also qualified for the 2012 Olympic trials.

Ashby, Campbell and Stumph are also ranked in the All-Time Top 100 of USA Swimming.

Megan Liang was awarded the Walt Eggert Disability Achievement Award for her performance and her inspiration over the past year. Besides being an integral part of the Orinda Aquatics team, Liang has traveled to the Paralympics in Texas and Canada, where she placed in the top 50 in a number of events.

# Miramonte Cross Country Improves at State Championships

Submitted by Alison Zamanian



Tyler Hanson Photo provided

It was a perfect running day for the 23rd annual State Cross Country Championships in Fresno where sophomore Tyler Hanson, representing Miramonte High School, placed 59th with a time of 16:16 on the challenging 5k course.

This course is not new to Hanson. He ran this course as a freshman, where he was 163rd with a time of 17:34. He also ran this course on for the Clovis Invitational on October 9th with a time of 17:22. Not only did Hanson run one minute and six seconds faster at State than he did at the Clovis Invitational, he ran a faster pace than he did at the North Coast Section Meet of Champions on November 6th, at a 5:15 per mile pace instead of the 5:17 per mile pace.

# Karate Kid Shines at the World Karate Championships

Submitted by Thomas Westernoff



Haze Mach Photo provided

Karate & Fitness Place USA's Haze Mach returns home from the World Karate Confederation's WKC World Karate Championships held in Venice, Italy with a silver and a bronze medal.

Mach earned the silver in Kumite (Sparring or Fighting) in the 14-15 year old division and third place and the bronze medal in Kata (form) 14-15 year old division. Mach was honored at a medal ceremony, representing the United States with a flag wrapped around his shoulders.

# First Year, First Team

Submitted by Valeska Schultz



Elizabeth Schultz Photo provided

In her first year as a golfer, Acalanes High School freshman Elizabeth Schultz was selected for DFAL First Team. She ranked third in total points as an individual. In post-season play, Schultz finished top in at NorCal qualifier sectional, held at Sunol Golf Course, to qualify for the NorCal Sectional held at Lone Tree Golf Course in Antioch. Schultz finished four strokes short of going to the NorCal Championship.

From the entire MOL family,

# Thank You Joe!



MOL Football thanks Joe Cushing, for 12 years of service as coach, commissioner, and mentor to hundreds of local high school boys.

