



Dorchester County
Public Schools
Every Child A Success!

SUPERINTENDENT'S UPDATE

Diana L. Mitchell., Ed.D., Superintendent

DATE: January 8, 2019

Sarah Condon 1A Maryland State Cross Country Champion

Sarah Condon, a junior at Cambridge-South Dorchester, ran her way into the history books. Racing on November 10th in the 1A Maryland State Cross Country Championships, Sarah was in fourth place at the one-mile mark. Fighting the hilly course at Hereford High School, Sarah worked her way into third place at the two-mile mark. With one more climb of “the dip,” a series of extremely steep uphill and downhill, Sarah was just one step in front of the third place runner, last year’s defending champ. With a half mile to go, Sarah made an incredible surge through a downhill section and found herself just twenty feet behind first place. The crowd watched as she grew closer and closer. With a quarter mile to go, Sarah was tied for first place! And then the real move happened. Sarah made a push on the last downhill and tore away from the second-place runner. Hearing the roar of the crowd, Sarah sprinted across the last 200 meters, winning by over eleven seconds! Sarah is the first ever female runner from CSD and second individual from CSD to win an individual state cross country title (John Wheeler, 1979). What is even more historic is that Sarah is the first runner from the Bayside Conference to EVER win a state title on the notoriously hilly course at Hereford!



1. Sarah Moves into second at the bottom of the The Dip.



2. Passing the defending champ (in grey), Sarah's eyes were focused on catching the runner in first



3. With a quarter mile to go, 1st place was within reach.



4. The Pass



5. Sarah pulls away!

A results board for a girls' 3-mile run. The board is black with yellow and red text. It lists the names and times of the top four runners.

Girls 3 Mile Run CC 1A UNOFFICIAL	
1	Sarah Condon 20:52.82
2	Samantha Agostini 21:03.85
3	Bailee Upole 21:09.96
4	Ashley Betz 21:16.51

6. The Results

