

All-Mercury News boys cross country: Lynbrook's Justin Robison is the runner of the year

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Lynbrook High School cross country runner Justin Robison, center, a senior, runs with teammates in Saratoga, Calif., on Tuesday, Sept. 22, 2015. (Nhat V. Meyer/Bay Area News Group)

Justin Robison concluded his Lynbrook cross country career with a second-place finish in the Division II race at the state finals. He was timed in 15:06.4 on the 3.1-mile course at Woodward Park in Fresno.

He won the Division II race at the Central Coast Section finals with a time of 15:02.6, the fastest time of the day on the 2.95-mile course at Crystal Springs.

But that wasn't his fastest time at Crystal Springs. He ran 14:59.2 at his league finals, becoming just the 36th CCS athlete to crack the 15-minute barrier in the 40-plus year history of the course.

"I am very satisfied with how it went for me," Robison said. "CCS and state and my last league race were all very good races because I had a good, solid buildup."

Now he is looking forward to track season.

"I want to work on speed and bring my 1,600 time down," he said. "I'm currently at 4:18. A lot of people in CCS can do around that."

He said he'd ideally like to get down to around 4:11 or 4:12, but that 4:15 might be a more realistic goal.

He has best times of 1:59 in the 800 and 9:17 in the 3,200. He is still undecided about which college to attend, but expects to move up in distance to the 5,000 and 10,000 meters.

Mercury News boys cross country first team

Meikael Beaudoin-Rouss, Bellarmine College Prep;

Nolan Dozier, Sobrato;

Graham Faust, Half Moon Bay;

Robert Miranda, Menlo School;

Matthew Richardson, Bellarmine College Prep;

Justin Robison, Lynbrook;

Kent Slaney, Palo Alto.