



The Bulldog Bark

The Voice of Alhambra Cross --CC-> Country
"Excellence Every Day"



Saturday, October 5, 2019

Artichoke Invitational

Half Moon Bay High School
Half Moon Bay
Saturday, October 5, 2019

Small School division

* = earned medal

Boys' Frosh

(137 finishers)

- | | |
|----------------------|--------------------|
| 1. Mateo Maleo-Allen | (St. Mary's) 13:27 |
| 36. Caleb McCauley | 15:31 |



Caleb scurries in to the finish.

Girls' Frosh-Soph

Team scores

- | | |
|--------------------------|------------|
| 1. Scotts Valley | 38 |
| 2. Alameda | 102 |
| 3. Soquel | 104 |
| 4. Miramonte | 130 |
| 5. St. Mary's | 147 |
| 6. Yuba City | 155 |
| 7. Prospect | 162 |
| 8. Convent & Stuart Hall | 203 |
| 9. Alhambra | 230 |
| 10. Benicia | 242 |
| 11. Mercy (Burlingame) | 250 |
| 12. Terra Linda | 297 |
| 13. Moreau Catholic | 321 |



Jenny is nothing but determination at the end.

(122 finishers)

- | | |
|--|-------|
| 1. Kaleigh Oennington (San Lorenzo Valley) | 15:17 |
| • 10. Kaylee Phillips | 16:17 |
| (#9 Top-10 All-Time GFS list) | |
| 54. Alexia Hisquierdo | 18:04 |
| 61. Kaelyn Nguyen | 18:37 |
| 86. Jennier Duncan | 19:19 |
| 94. Reyna Arce | 19:42 |

Even with a sore foot, Kylee rocketed to the front pack of the race, and held on for a top finish, a medal, and a spot on the All-Time list. Alexia and Kaelyn got into the middle of the race early. Jenny took initiative to start faster and got further into the pack than previous races. Reyna ug close to Jenny.

With the GFS race being almost as quick as the varsity races, we did well to place ahead of several other teams, including our rival Benicia.

Boys' Frosh-Soph

Team Scores

- | | |
|--------------------------|-----------|
| 1. Newark Memorial | 46 |
| 2. Alhambra | 48 |
| 3. Scotts Valley | 89 |
| 4. Convent & Stuart Hall | 145 |
| 5. San Mateo | 161 |
| 6. Alameda | 182 |
| 7. Prospect | 191 |
| 8. Nueva School | 243 |
| 9. Soquel | 283 |
| 10. Amador | 294 |
| 11. Miramonte | 316 |
| 12. North Monterey | 340 |
| 13. Moreau Catholic | 352 |
| 14. Mills | 352 |
| 15. Harker | 362 |
| 16. San Marin | 375 |
| 17. St. Joseph's ND | 429 |
| 18. Terra Nova | 455 |
| 19. Terra Linda | 459 |

(162 finishers)

- | | |
|--------------------------------------|--------------|
| 1. Cash Enright (San Lorenzo Valley) | 12:32 |
| • 4. Tyler Allen | 13:08 |
| (# 6 All-Time BFS list) | |
| • 5. Colby Thompson | 13:10 PR :57 |
| (#7 All-Time BFS list) | |



Sam battles his way through the pack.

- | | | |
|---------------------|-------|---------|
| • 11. Nolin Searls | 13:35 | PR 1:10 |
| • 18. Sam Dibetta | 13:59 | PR :30 |
| • 19. Cristian Ruiz | 14:03 | PR 1:05 |
| 46. Juan Herrera | 14:58 | |

- | | | |
|-----------------------|-------|---------|
| 55. Joaquin Hinkens | 15:15 | PR 1:37 |
| 71. Vince Montegrando | 15:32 | |
| 75. Aaron Manning | 15:38 | PR 1:28 |

A very exciting race. In a large field and a narrow start, not all of our boys got a good start. For the first 1/2 mile we were strung out a lot further than the coaches wanted. Tyler was close to the front early, Colby was in eyesight of him, Nolin and Cristian paired up, and Sam was fighting several places back.

Among the mere mortal FS boys, Juan was doing very well with Joaquin chasing him, and Vince and Aaron had their own race-in-a-race competition.

It wasn't until the last hill and push to the track that Colby had worked up to Tyler and the both of them started picking off a few front runners. Nolin came in close behind, and Sam made up 20+ places to finish right ahead of Cristian.

Juan continues to get closer to the front pack. Joaquin was only seconds behind. Vince won his little rivalry with Aaron, barely.

Well, we wanted to win this race, but given that we were looking like 5th or 6th teamwise early on, almost winning it is very good too. Everyone that could PR, did so. The top 5 Dawgs earned medals, and Tyler and Colby are on the All-Time list.

GJV

Team Scores

- | | |
|--------------------|------------|
| 1. Sacred Heart | 56 |
| 2. Oceana | 73 |
| 3. Miramonte | 89 |
| 4. Newark Memorial | 89 |
| 5. Bay School | 189 |
| 6. Branson | 189 |
| 7. Alhambra | 200 |
| 8. James Lick | 206 |
| 9. Moreay Catholic | 227 |
| 10. Harker | 233 |
| 11. North Monterey | 313 |



Our brave little band of JV's are all smiles.

(121 finishers)

- | | |
|-----------------------------------|-------|
| 1. Alex Paradisio (St. Abraham's) | 16:51 |
| • 22. Kady Brown | 18:30 |

(#5 All-Time GJV List)

47.	Sky McKinsey	19:53	PR :08
61.	Mia Padrique	20:29	
71.	Ariel Banez	20:59	
97.	Laila Flahiff	22:53	
113.	Reina Felson-Lamb	25:22	

It's not considered good form to run a JV team without entering a Varsity team, but the coaches decided that this was more appropriate competitive environment for our runners. So, we self-reported this prior to the race to the meet management who had no problems with it.

Kadyn started off reasonably well, but stayed a little too cautious mid race which came her coaches some anxiety. It wasn't until the last hill that she started passing enough girls to get into medal contention. Her race was also good enough to pop her onto the All-Time list.

It was good to see Skye finally recovering from her hip soreness well enough to eke out a tiny PR. Mia continues her season-long improvement. Ariel, for only two weeks of workouts is impressing people. Laila is working her way back into shape after a lengthy span of with injury. And Reina showed off her new-found confidence up and down hills to beat even more runners this week.

The unexpected icing on the cake was actually scoring well in the competition.

BJV

Team Scores

1.	Sacred Heart	46
2.	Alameda	62
3.	Monte Vista Christian	102
4.	Miramonte	129
5.	Bay School	160
6.	Scotts Valle	162
7.	Convent & Stuart Hall	186
8.	North Monterey	244
9.	Oceana	274
10.	Moreau Catholic	326
11.	Alhambra	336
12.	Jefferson	340
13.	Oakland Military	344
14.	James Lick	373
15.	Novato	390
16.	Pacific Bay	414
17.	Mid Peninsula	431
18.	KIPP San Jose	456

(179 finishers)

1.	Andrew Bachman (Monte Vista Christian)	13:23
63.	Ali Sobhy	16:12 PR :46
83.	Brandon Gray	16:48
84.	Jonas Knopf	16:49 PR :08
126.	Ethan Arnold-Muth	18:06
146.	Parrish Dobson	18:44
157.	Maverick Gonzalez	19:27
172.	Santino Parenti	21:27
179.	Chris Breedlove	27:28

With several of the top runners on BFS, and all the seniors brought up to varsity for at least one race this season, the BJV had a new mixture today for us.

Ali was our top Dawg today with a nice PR. Brandon had his usual up-and-down race, and finished right ahead of Jonas who favors the steady pace approach. Ethan demonstrated improvement from the last two

races. Maverick did well after a two-week layoff for a thigh pull. Santino had a nice sprint. Chris plugged away as only he can.

BV

Team scores

1.	Scotts Valley	60
2.	Pacific Grove	90
3.	Saratoga	98
4.	Steele Canyon	191
5.	Alameda	241
6.	St.Joseph's ND	274
7.	Nueva School	298
8.	Half Moon Bay	310
9.	Miramonte	326
10.	Notre Dame S.O.	349
11.	Sacred Heart	364
12.	Oceana	381
13.	Newark Memorial	386
14.	Terra Nova	421
15.	Woodside Priory	424
16.	San Lorenzo Valley	440
17.	North Monterey	446
18.	Soquel	478
19.	Alhambra	490
20.	Convent & Stuart Hall	507
21.	Benicia	528
22.	Terra Linda	568
23.	Harker	667
24.	Bentley Upper	670
25.	Branson	671
26.	Yuba City	678
27.	Sonoma Valley	685
28.	Novato	696
29.	Technology	703
30.	Amador	777
31.	San Lorenzo	797
32.	Marysville	800
33.	James Lick	805
34.	KIPP San Jose	822
35.	Latino College Prep	840
36.	Summit Tahoma	985

(258 finishers)

1.	Jeremy Kain (Scotts Valley)	12:11
• 11.	Carson Edwards	12:53
• 16.	Ben Smyers	13:08 PR 1:15
59	Ryan McCauley	13:45 PR :54
225.	Tim Truex	17:00
232.	Deen Sobhy	17:23
249.	Andres Alvarez	18:43 PR 1:44
252.	Chris Rucker	18:54

The race was very large with over 250 runners. And the course has a chokepoint funnel for a start. And of course our boys, despite being told, lined up in the middle of the starting line. Well, Carson got out well, but the rest of the team was squashed into the back of the field in the first 50 meters.

And then since Carson was sick, his early lead in the race did not hold up. But since Carson is Carson, he gutted it out and still managed to finish in the top pack. Ben has to attack the race early on just to get into position, and then turned on the afterburners to pass another dozen runners in the last run-in to earn a medal. Ryan just ran out of room and time, but still PR'd significantly.

The call-up seniors, all JV regulars, still did their best in a big fast race, and found

themselves with their own races. Tim and Deen helped out by rounding out our scoring, Andres had a big PR, and Chris found that he had enough left to put on a good finish sprint.

But, wait, there's more:

Beach Party

What an extravaganza ! Enough pizzas to feed a small army. Salads. Fruit. Snacks. Beverages. Sand. Waves. Sun. Ball games. Chatter. Romping around. Lounging. Coach Brewer jumping into the ocean. It was all there.

Combined Results

This meet features combining all the boy runners and all the girl runners from all the divisions and both the morning and afternoon sets of races to come to a better comparison between teams. As we did today, many teams spread their better runners around, so this feature recombines all the times.

On the boys' side, we ended up 6th out of 72 schools. On the girls' side, the Dawgs were 33rd out of 54 schools.

Not bad at all.



As promised, Coach Brewer hits the surf. The spectators refrained from calling the marine mammal rescue society.