



The Bulldog Bark

The Voice of Alhambra Cross Country
Where intensity is not a crime and desire not an aberration



Wednesday, September 30, 2021

Diablo Athletic Center Meet #1 Wednesday, September 29, 2021 Hidden Valley Park

GFS -- 2.0 miles

Team Scores:

1	Las Lomas	34
2	Campolindo	46
3	Acalanes	85
4	Miramonte	111
5	Clayton Valley	126
6	Northgate	134
7	Ygnacio Valley	160

incomplete:

Alhambra
Mt. Diablo

no team:

Berean Christian
Benicia
Concord

(66 finishers)

1.	Renae Searls	13:29
23.	Rebecca Breedlove	16:53

Renae was the varsity drop down out of consideration for her tender arch. Under unders to take it easy, she nonetheless blasted to the front immediately and cruised to a commanding win. Evidently her arch is healing quickly.

Rebecca had a good start, but her legs tightened up in latter half of the race. She still had her usual great sprint at the end.



Rebecca and the Mt. Diablo girl side-by-side early in the race.

BFS -- 2.0 miles

Team Scores:

1	Campolindo	15
2	Northgate	68
3	College Park	78
4	Alhambra	131
5	Clayton Valley	147

6	Miramonte	162
7	Las Lomas	178
8	Acalanes	203
9	Benecia	248
10	Concord	315

incomplete:

Berean Christian

no team:

Mt. Diablo
Ygnacio Valley

(110 finishers)

1.	Maxson Cook (Campolindo)	11:15
10.	Paolo Morales	12:43 PR :25
15.	Najmedin Asad	13:08 PR :15
31.	Jack Wagner	13:47
35.	Dominic Cataldo	13:56 PR :17
52.	Sam Regan	14:31
60.	Ian Knutson	14:54



The BFS storm off the starting line. They had the best finish of all the Bulldog squads today.

Our younger boys did pretty good today. Paolo was once again our team leader, with Naj not far behind. Both of them had nice PR's. Jack and Dominic were our next tandem. Sam, showing the effects of three races in 5 days, was well off his best as was Ian with sore legs.

Still, the overall placing was a bit of a surprise, as the team placed 4th overall in what is considered a strong league.

The race went out quickly, with the Campolindo team pushing the pace early. This seemed to catch our boys a bit off guard, as they had to hustle to get back into the race. Paolo and Naj managed to stay close to the front, while Jack seemed bothered by the fast start. Dominic continues to improve each race.

Not only did we do well overall, in terms of our Valley Division, we are clearly the power.

GJV -- 2 miles

Team Scores:

1.	Miramonte	32
2.	Campolindo	48

3.	Las Lomas	94
4.	Acalanes	106
5.	Clayton Valley	119
6.	Northgate	119

incomplete:

Alhambra

Berean Christian

Concord

Mt. Diablo

Ygnacio Valley

no team:

Benicia

(56 finishers)

1.	Bryn Hober (Campolindo)	14:04
53.	Mia Padrique	22:44

Mia just rejoined the team on Monday, and with only two workouts under belt, did well to race at all. She put in a good effort early to be in the race, but had to trudge in the last part.



Mia upheld Alhambra presence as our sole entry in the GJV race.

BJV -- 2 miles

Team Scores:

1	Campolindo	31
2	Northgate	59
3	Miramonte	102
4	College Park	112
5	Clayton Valley	121
6	Las Lomas	130
7	Acalanes	176
8	Benicia	189
9	Alhambra	218

incomplete:

Berean Christian

Concord

Ygnacio Valley
no team:
Mt. Diablo

(87 finishers)

1.	Hunter Pinkstaff (Northgate)	11:53	
26.	Ali Sobhy	13:38	
61.	Ethan Arnold-Muth	15:11	
66.	Wyatt Horton	15:21	
71.	Jared Lipman	16:00	
74.	Nathan Jameson	17:02	PR :15
76.	Parker Gneckow	17:32	PR :53

Ali led the way today for our JV squad, and was flirting with a top-10 finish most of the race. Ethan, even after a week off with family, returned to help us out. Both of them ran within seconds of their PR's.

Wyatt is a welcome addition, and is rapidly improving. Jared is rounding back into form, and displayed his now-famous roar to the finish. Nathan PR'd, and Parker had the best finish sprint of the day with a wild surge to the line. Huge PR, too.

We lost to our main division rival Benicia, but not by too large of a margin. They will be our main focus at the next Center Meet.



Jared's growling finish flurries are a fan favorite event.

GV - - 3.0 miles

Team Scores:

1	Campolindo	38
2	Acalanes	55
3	Miramonte	86
4	Las Lomas	87
5	College Park	132
6	Northgate	144
7	Clayton Valley	187
8	Benicia	227
9	Berean Christian	250

incomplete:

Alhambra
Concord
Ygnacio Valley

no team:

Mt. Diablo

(64 finishers)

1.	Ellie Buckley (Campolindo)	17:58
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45.	Kylie Phillips	23:11
60.	Alexia Hisquierdo	26:53



Kylee is with the #1 Benicia girl early in the race.

Our two girls got their first taste of a 3 mile course for the season, and it appeared to be a bit of a shock. Both girls had calf tightness, and given the fast race pace, the distance, and the soreness, were not at their best. Still, they now have the longer distance experience as we go into the latter half of our season.

BV - - 3.0 miles

Team scores:

1	Campolindo	35
2	College Park	73
3	Northgate	89*
4	Acalanes	89*
5	Clayton Valley	109
6	Las Lomas	129
7	Miramonte	162
8	Alhambra	198
9	Benicia	281
10	Concord	300
11	Berean Christian	308

incomplete:

Ygnacio Valley

no team:

Mt. Diablo

(76 finishers)

1.	Alex Lodewick (Campolindo)	15:44
12.	Nolin Searls	16:58 PR :57
33.	Tyler Allan	18:24
38.	Vince Montegrando	18:38 PR 1:03
53.	Sam Rogers	19:47 PR :12
68.	Ryken Adams-Barnes	20:50



Sam is all intensity as he attacks the last hill.

We were hoping for a bit more in the team standing, but the overall race went about what was expected. Nolin was

again our team leader, and was able to hold his own in the front pack of the race. Tyler tried to run through his leg pain, but was only able to maintain that pace to the first mile and had to throttle down. Vince also got caught up in the quick pace, and didn't have the finish he usually does.

Sam took a different tack to his race, and was uber-conservative at the start but worked his way up in the last half of the race to help the team cause. Ryken, in his varsity audition, was game but the pace and distance got to him.

It was nice to see the PR's, which validates the work the team has been doing.

Our team placing in our division showed that even with a mixed set of results, we put the hammer down on the rest of the Valley Division teams.

And the envelope, please . . .

Strong Division Placings

Even though we don't always register well against the larger programs, in our own division we are a major factor in the boys' divisions - - BFS 1st, BJV 2nd, BV 1st.

On the girls' side, we are hampered by numbers. In time, we hope to be able to assemble a complete GV team (5 runners) by the end of the season.

Full results

For those who enjoy a full statistical immersion experience, the complete results are available on line at:
<http://milesplit.live/meets/438534>

Looking Ahead

Sat Oct 2 Artichoke Invitational @ Half Moon Bay HS

This is our annual beach trip, with a set of morning races followed by a pizza picnic on the beach. Much splashing and running around.

And there will still be plenty of time to get back to Martinez for the Homecoming festivities.

Sat Oct 9 Castro Valley Invitational @ Canyon Middle School

A tough course and a classic experience. This is the last invitational of the season for the whole team.

Friday Oct 15 Rough Rider Invitational @ Woodward Park, Fresno

We will be taking our varsities to Fresno for this meet which previews the State Meet course.

DAL Standings:

GFS

Overall

1.	Las Lomas	12-0
2.	Campolindo	11-1
3.	Acalanes	10-2
4.	Miramonte	9-3
5.	Northgate	8-4
6.	Clayton Valley	7-5
7.	Ygnacio Valley	6-6
8.	College Park	0-12
8.	Alhambra	0-12
8.	Berean Christian	0-12
8.	Benicia	0-12
8.	Concord	0-12
8.	Mt. Diablo	0-12

Foothill Division

1.	Las Lomas	6-0
2.	Campolindo	5-1
3.	Acalanes	4-2
4.	Miramonte	3-3
5.	Northgate	2-4
6.	Clayton Valley	1-5
7.	College Park	0-6

Valley Division

1.	Ygnacio Valley	5-0
2.	Alhambra	0-5
2.	Berean Christian	0-5
2.	Benicia	0-5
2.	Concord	0-5
2.	Mt. Diablo	0-5

BFS

Overall

1.	Campolindo	12-0
2.	College Park	11-1
3.	Northgate	10-2
4.	Alhambra	9-3
5.	Clayton Valley	8-4
6.	Miramonte	7-5
7.	Las Lomas	7-5
8.	Acalanes	5-7
9.	Benicia	4-8
10.	Concord	3-9
11.	Berean Christian	0-12
11.	Mt. Diablo	0-12
11.	Ygnacio Valley	0-12

Foothill Division

1.	Campolindo	6-0
2.	College Park	5-1
3.	Northgate	4-2
4.	Clayton Valley	3-3
5.	Miramonte	2-4
6.	Las Lomas	1-5
7.	Acalanes	0-6

Valley Division

1.	Alhambra	5-0
1.	Benicia	4-1
3.	Concord	3-2
4.	Berean Christian	0-5
4.	Mt. Diablo	0-5
4.	Ygnacio Valley	0-5

GJV

Overall

1.	Miramonte	12-0
2.	Campolindo	11-1
3.	Las Lomas	10-2
4.	Acalanes	9-3
5.	Clayton Valley	8-4
6.	Northgate	7-5
7.	College Park	0-12
7.	Alhambra	0-12
7.	Berean Christian	0-12
7.	Benicia	0-12
7.	Concord	0-12
7.	Mt. Diablo	0-12
7.	Ygnacio Valley	0-12

Foothill Division

1.	Miramonte	6-0
2.	Campolindo	5-1
3.	Las Lomas	4-2
4.	Acalanes	3-3
5.	Clayton Valley	2-4
6.	Northgate	1-5
7.	College Park	0-6

Valley Division

	Alhambra	0-5
	Berean Christian	0-5
	Benicia	0-5
	Concord	0-5
	Mt. Diablo	0-5
	Ygnacio Valley	0-5

BJV

Overall

1.	Campolindo	12-0
2.	Northgate	11-1
3.	Miramonte	10-2
4.	College Park	9-3
5.	Clayton Valley	8-4
6.	Las Lomas	7-5
7.	Acalanes	6-6
8.	Benicia	5-7
9.	Alhambra	4-8
10.	Berean Christian	0-12
10.	Concord	0-12
10.	Mt. Diablo	0-12
10.	Ygnacio Valley	0-12

Foothill Division

1.	Campolindo	6-0
2.	Northgate	5-1
3.	Miramonte	4-2
4.	College Park	3-3
5.	Clayton Valley	2-4
6.	Las Lomas	1-5
7.	Acalanes	0-6

Valley Division

1.	Benicia	5-0
2.	Alhambra	4-1
3.	Berean Christian	0-5
3.	Concord	0-5
3.	Mt. Diablo	0-5
3.	Ygnacio Valley	0-5

GV

Overall

1.	Campolindo	12-0
2.	Acalanes	11-1
3.	Miramonte	10-2
4.	Las Lomas	9-3
5.	College Park	8-4
6.	Northgate	7-5
7.	Clayton Valley	6-6
8.	Benicia	5-7
9.	Berean Christian	4-8
10.	Alhambra	0-12
10.	Concord	0-12
10.	Mt. Diablo	0-12
10.	Ygnacio Valley	0-12

Foothill Division

1.	Campolindo	6-0
2.	Acalanes	5-1
3.	Miramonte	4-2
4.	Las Lomas	3-3
5.	College Park	2-4
6.	Northgate	1-5
7.	Clayton Valley	0-6

Valley Division

1.	Benicia	5-0
2.	Berean Christian	4-1
3.	Alhambra	0-5
3.	Concord	0-5
3.	Mt. Diablo	0-5
3.	Ygnacio Valley	0-5

BV

Overall

1.	Campolindo	12-0
2.	College Park	11-1
3.	Northgate	10-2
4.	Acalanes	9-3
5.	Clayton Valley	8-4
6.	Las Lomas	7-5
7.	Miramonte	6-6
8.	Alhambra	5-7
9.	Benicia	4-8
10.	Berean Christian	3-9
11.	Concord	2-8
12.	Mt. Diablo	0-12
12.	Ygnacio Valley	0-12

Foothill Division

1.	Campolindo	6-0
2.	College Park	5-1
3.	Northgate	4-2
4.	Acalanes	3-3
5.	Clayton Valley	2-4
6.	Las Lomas	1-5
7.	Miramonte	0-6

Valley Division

1.	Alhambra	5-7
2.	Benicia	4-8
3.	Berean Christian	3-9
4.	Concord	2-8
5.	Mt. Diablo	0-12
5.	Ygnacio Valley	0-12