



The Bulldog Bark

The Voice of Alhambra Cross Country

"The bright flame of pure running desire burns incandescently in our souls"



Wednesday, October 20, 2021

Boys' teams looking good

DAL #2 In The Books

The races had that championship feel to it. The course was in a wooded park, the team areas were brightly colored enclaves, hordes of athletes and parents were in attendance, and the races were very competitive.

Rain, too!

We also had to deal with threat of rain all afternoon, which did materialize for the last two races. Yes, there was a bit of slop to deal with in the last two races.

BFS team shines

It was our younger boys who took the spotlight for our squads today. Even with Paolo on varsity, we have enough firepower to contend with the Foothill squads, and run rampant over the Valley contenders.

Spotlighting the opponent

We made a point for our boys today to run past the Benicia runners, as they have proven to be the closest to us in the Valley Division contests. This apparently worked as a goad, as all three of our boys' squads were well ahead of the Panthers in their respective races. As a consequence, we enter the DAL Finals next week in 1st place all around on the boys' side.

Renae hammers!

In her best 3.0 mile race of her young career, Renae ran nose-to-nose with the top girls in our league to post a superb time and did so easily. This firmly establishes her as one of the top runners in NCS Division IV.

BFS 2.0 miles

Team Scores:

1.	Campolindo	20
2.	Northgate	71
3.	Miramonte	102
4.	College Park	120
5.	Alhambra	142
6.	Clayton Valley	147
7.	Las Lomas	147
8.	Acalanes	204
9.	Benicia	216
10.	Concord	296

(99 finishers)

1.	Asher Patel (Mira)	11:04.3
14	10 Najmedin Asad	12:56.2
22	9 Jack Wagner	13:13.3
23	10 Ian Knuteson	13:13.4
43	9 Dominic Cataldo	13:58.4
46	10 J Wyatt Horton	14:02.9
51	9 Sam Regan	14:10.9

Our stated goal this week was to focus on Benicia as our main opponent for glory in the Valley Division of the DAL. This seemed to be the appropriate goad for our boys, as they finished in the middle of the Foothill pack and demolished Benicia.

This puts us firmly in command of the Valley division going into the DAL finals next weekend.

Naj led the way with a top finish for us, Jack had an inspired race, and was tested all the way to the finish line by a resurgent Ian. Dominic, Wyatt, and Sammy provided us our close-knit trailing pack.

This group has proven to be our highest placing squad in the DAL. Good work, boys.



Ian and Jack are neck-to-neck at the finish.

BJV (2.0 miles)

Team Scores:

1.	Campolindo	40
2.	Clayton Valley	61
3.	College Park	73
4.	Miramonte	112
5.	Northgate	131
6.	Acalanes	137
7.	Las Lomas	144
8.	Alhambra	225

(97 finishers)

1.	11 Alan Soliari (Clayton)	11:28.3
34	12 Ali Sobhy	13:14.2
47	11 Waylon Crombie	13:33.3
61	12 Ethan Arnold-Muth	14:20.0
70	12 Jared Lipman	14:54.4
91	10 Parker Gneckow	16:43.6



Waylon has proven to be a real find, zooming in as our # 2 JV in only his 2nd race of the season.

We were a distant 2nd to Benicia at the last Center Meet, but the tables were definitely turned when they decided not to run a complete team today and couldn't even score. This yields to us the sole position of 1st place going into next week's finals.

Ali unwisely tried to win the race in the first 200 meters, and faded back into the pack. Waylon is improving each race out; Ethan is our steady and reliable competitor. Jared and his growl stormed in, and Parker cruised in to complete our scoring.

Did not run: Nathan Jameson
Juan Herrera



The GV stands tall at the starting line.

GV (3.0 miles)

Alhambra incomplete

(70 finishers)

1.	10 Olivia Williams (Aca)	17:07.5
4	10 Renae Searls	18:15.7
60	12 Kaelyn Nguyen	24:11.1
66	11 Alexia Hisquierdo	25:26.6
68	12 Mia Padrique	26:58.9

We have not yet been able to field a scoring GV team (5 runners) yet this season. This was supposed to be the race

where we put at least 5 girls on the line but injuries and illnesses robbed us of a team presence.

Renae salvaged Bulldog glory with a very fine 4th place finish and great individual time. She is cementing her credentials as one of the top runners in NCS D-IV.

Kaley, even after a prolonged illness absene, chugged in well. Alexia was held up due to a tender ankle. Mia is still getting into shape.

Did not run: Kylee Phillips
Rebecca Breedlove
Mira Deslonde

BV (3.0 miles)

Team Scores:

1.	Campolindo	23
2.	Northgate	74
3.	College Park	110
4.	Las Lomas	124
5.	Clayton Valley	138
6.	Acalanes	141
7.	Miramonte	149
8.	Alhambra	181
9.	Benicia	284
10.	Concord	292
11.	Berean Christian	307

(79 finishers)

1.	11	Alex Lamoureux (CP)	15:28.6
12	12	Nolin Searls	16:40.5
27	11	Tyler Allan	17:46.2
44	12	Vince Montegrando	18:17.7
51	12	Samuel Rogers	18:40.0
52	12	Ryken Adams-Barnes	18:42.4
56	10	Paolo Morales	18:58.9

As with all things, the BV tends to be the feature race for Alhambra. And so it was today. Nolin led the charge. Tyler, directly told to cool his jets to 1) let his body heal a bit and 2) save his competitive energy for the upcoming championship raes, did hold back in today's race, ran within himself. Vince inexplicably was not totally competitive today.

The Sam and Ryken show was once again a nice tandem, and Paolo was closer than before to them.

Our 1-5 team time got even narrower, as we are now 2:02 in that gap. There is still room for improvement.

Oh, yes, we are still the power in the DAL-Valley Division.

DAL Standings:

Here is the brief summary of the overall standings in our league after the first two center meets. This constitutes one half off the season. The DAL Finals on 11/6 will be the other half. Those combined results wil

determine the final order of the teams for the 2021 season.

GFS

Overall	Total
1.	Las Lomas 24-0
2.	Campolindo 22-2
3.	Miramonte 18-6
4.	Clayton Valley 17-7
5.	Northgate 16-8
6.	Acalanes 10-14
7.	Benicia 7-17
8.	Ygnacio Valley 6-18
9.	Alhambra 0-24
9.	Berean Christian 0-24
9.	College Park 0-24
9.	Concord 0-24
9.	Mt. Diablo 0-24
Foothill Division	Total
1.	Las Lomas 12-0
2.	Campolindo 10-2
3.	Miramonte 6-6
4.	Acalanes 4-8
4.	Northgate 4-8
6.	Clayton Valley 5-7
7.	College Park 0-12
Valley Division	Total
1.	Benicia 5-5
1.	Ygnacio Valley 5-5
3.	Alhambra 0-10
3.	Berean Christian 0-10
3.	Concord 0-10
3.	Mt. Diablo 0-10

BFS

Overall	Total
1.	Campolindo 24-0
2.	Northgate 21-3
3.	College Park 20-4
4.	Miramonte 17-7
4.	Alhambra 17-7
6.	Clayton Valley 15-9
7.	Las Lomas 12-12
8.	Acalanes 10-14
9.	Benicia 8-16
10.	Concord 6-18
11.	Berean Christian 0-24
11.	Mt. Diablo 0-24
11.	Ygnacio Valley 0-24
Foothill Division	Total
1.	Campolindo 12-0
2.	Northgate 9-3
3.	College Park 8-4
4.	Miramonte 6-6
5.	Clayton Valley 5-7
6.	Las Lomas 2-10
7.	Acalanes 0-12
Valley Division	Total
1.	Alhambra 10-0
2.	Benicia 8-2
3.	Concord 6-4
4.	Berean Christian 0-10
4.	Mt. Diablo 0-10
4.	Ygnacio Valley 0-10

GJV

Overall	Total
1.	Miramonte 24-0
2.	Campolindo 22-2
3.	Las Lomas 20-4
4.	Acalanes 18-6
5.	Clayton Valley 14-10
5.	Northgate 14-10
7.	College Park 8-16
8.	Alhambra 0-24
8.	Berean Christian 0-24
8.	Benicia 0-24
8.	Concord 0-24
8.	Mt. Diablo 0-24
8.	Ygnacio Valley 0-24
Foothill Division	Total
1.	Miramonte 12-0
2.	Campolindo 10-2
3.	Las Lomas 8-4
4.	Acalanes 6-6
4.	Clayton Valley 6-6
6.	Northgate 2-10
6.	College Park 2-10
Valley Division	Total
Alhambra 0-10	
Berean Christian	0-10
Benicia	0-10
Concord	0-10
Mt. Diablo	0-10
Ygnacio Valley	0-10

BJV

Overall	Total
1.	Campolindo 24-0
2.	Clayton Valley 19-5
2.	College Park 19-5
2.	Miramonte 19-5
2.	Northgate 19-5
6.	Acalanes 13-11
6.	Las Lomas 13-11
8.	Alhambra 9-15
9.	Benicia 5-19
10.	Berean Christian 0-24
10.	Concord 0-24
10.	Mt. Diablo 0-24
10.	Ygnacio Valley 0-24
Foothill Division	Total
1.	Campolindo 12-0
2.	Northgate 7-5
2.	Miramonte 7-5
2.	College Park 7-5
2.	Clayton Valley 7-5
6.	Las Lomas 1-22
6.	Acalanes 1-22
Valley Division	Total
1.	Alhambra 9-1
2.	Benicia 5-5
3.	Berean Christian 0-10
3.	Concord 0-10
3.	Mt. Diablo 0-10
3.	Ygnacio Valley 0-10

GV

Overall	Total
1.	Campolindo 24-0
2.	Acalanes 21-3

2	Miramonte	21-3
4.	Las Lomas	16-8
4	College Park	16-8
4	Northgate	16-8
7.	Clayton Valley	12-12
8.	Benicia	9-15
8	Berean Christian	9-15
10.	Alhambra	0-24
10.	Concord	0-24
10.	Mt. Diablo	0-24
10.	Ygnacio Valley	0-24
<u>Foothill Division</u>		<u>Total</u>
1.	Campolindo	12-0
2.	Acalanes	9-3
2	Miramonte	9-3
4.	Las Lomas	4-8
4	College Park	4-8
4	Northgate	4-8
7.	Clayton Valley	0-12
<u>Valley Division</u>		<u>Total</u>
1.	Benicia	9-1
1	Berean Christian	9-1
3.	Alhambra	0-10
3.	Concord	0-10
3.	Mt. Diablo	0-10
3.	Ygnacio Valley	0-10

BV

<u>Overall</u>		<u>Total</u>
1.	Campolindo	24-0
2.	College Park	21-3
2	Northgte	21-3
4.	Acalanes	16-8
4	Clayton Valley	16-8
4	Las Lomas	16-8
7.	Miramonte	12-12
8.	Alhambra	10-14
9.	Benicia	8-16
10.	Berean Christian	5-19
10	Concord	5-19
12.	Mt. Diablo	0-24
12.	Ygnacio Valley	0-24
<u>Foothill Division</u>		<u>Total</u>
1.	Campolindo	12-0
2.	College Park	9-3
2	Northgte	9-3
4.	Acalanes	4-8
4.	Clayton Valley	4-8
4	Las Lomas	4-8
7.	Miramonte	0-12
<u>Valley Division</u>		<u>Total</u>
1.	Alhambra	10-0
2.	Benicia	8-2
3.	Berean Christian	5-5
3	Concord	5-5
5.	Mt. Diablo	0-10
5.	Ygnacio Valley	0-10

Notes:

1. On the boys' side, we are the power in the Valley division. At this point we look to sweep 1st place in all three boys' races at the Finals next week.
2. Among the boys' teams, the very pleasant surprise has been the performance

of the Frosh-Soph team. The youngsters have had a few internal ups and downs, but overall have consistently improved through the season, and is our highest rated squad in the overall DAL standings. Nice.

3. With only a few girls on the team it is difficult to put together a full scoring team of 5 runners at any one time. As today demonstrated, two illnesses and an lingering injury robbed us of any chance to score as a team.

4. Still, since this is also the case with most of the teams in the Valley division, if we put a full GV team together at the finals, we can finish third overall in our division.