



The Bulldog Bark

The voice of Alhambra High School
Cross —CC-> Country
Wednesday, October 24, 2018



DAL Center Meet # 2

Wednesday, October 24, 2018
Newhall Park, Concord

Boys' Frosh-Soph (1.95 miles)

1.	Campolindo	21
2.	College Park	73
3.	Northgate	97
4.	Acalanes	108
5.	Ygnacio Valley	129
6.	Clayton Valley	157
7.	Las Lomas	166
8.	Alhambra	243
9.	Benicia	262
10.	Miramonte	266
11.	Concord	329

(188 finishers)

1.	SO	Dylan Gunn (Campo)	10:20
29.	FR	Nolin Searls	11:27
42.	SO	Ben Smyers	11:45
50.	SO	Kai Badavinac	11:51
89.	FR	Christian Ruiz	12:31
121.	FR	Aaron Manning	12:59
124.	SO	Ryan McCauley	13:02



Kai and Ben with 1/2 mile to go.

Nolin took it upon himself to be our team leader today and had perhaps the his best race of the season. Ben took too long to get unstuck and did not really challenge the race until late into the second mile. Kai is finding his pace and was able to stick close to Ben to show overall race consistency. Cristian also got stuck in the back of the race and did not make a strong move until late. Aaron and Ryan showed some serious post-Mt.SAC flatness.

And despite all of this, the team effort in our division was still strong enough to seriously challenge Benicia. In the head-to-head contest, they beat us by a mere 2 points. Next week when we are more emotionally charged, and adding Sam D. from varsity, this group will be able to present much more of a running challenge.

Boys' JV (1.95 miles)

1.	Campolindo	15
2.	College Park	50

3.	Las Lomas	76
4.	Northgate	127
5.	Acalanes	153
6.	Clayton Valley	182
7.	Miramonte	193
8.	Benicia	215
9.	Concord	269
10.	Alhambra	298
11.	Berean Christian	314



Carson encourages the JV boys at the start.

(144 finishers)

1.	JR	Sam Morasch (Campo)	10:39
54.	JR	Badruddeen Sobhy	12:46 PR :34
65.	SR	Christopher Cota	13:02 PR 3:14
80.	FR	Joaquin Hinkens	13:21
99.	FR	Ali Sobhy	13:47
107.	JR	Joshua Flores	14:01
138.	FR	Jared Lipman	15:53
140.	SO	Brandon Gray	16:02
142.	JR	Andres Alvarez	17:00

For whatever reason, and despite the gaudy PR's of Deen and Chris, we still didn't make any inroads on our nemesis Benicia, and also had Concord slip past us in the results. We had some very capable help as Joaquin and Ali rose to the occasion to run with the older boys, and both made a significant contribution to the team cause. Josh was his reliable self to close out our scoring.

Jared was a surprise, since he was only cleared this week by his physician to run after a two-week absence. He was able to navigate the entire race and beat people. Brandon is still in the learning stages of how to pace himself in a race. Andres chugged in as best he could.

Girls' JV (1.95 miles)

Alhambra incomplete team

(78 finishers)

1.	SR	Chloe Guthrie (Campo)	12:52
27.	SO	Skye McKinsey	14:45
40.	FR	Pearla Lopez-Cardinale	15:17
43.	JR	Clara Duran	15:29 PR 3:39



Clara had the biggest PR on the team today.

Skye continues to impress us all with her rapid development. She once again was our top girl in this race, and exhibited serious uptick in race confidence. Pearla hung with Skye as best she could. Clara and her astronomic PR showed us all what a season of running can do for an athlete's improvement.

Boys' Varsity (2.95 miles)

1.	Campolindo	35
2.	College Park	64
3.	Las Lomas	83
4.	Acalanes	91
5.	Clayton Valley	115
6.	Northgate	127
7.	Alhambra	211
8.	Benicia	223
9.	Concord	247

(77 finishers)

1.	SR	Edward Buckley (Campo)	14:50
11.	JR	Carson Edwards	15:53 PR :28
47.	FR	Colby Thompson	17:17
53.	SR	Graham Manning	17:57 PR 1:06
61.	FR	Sam Rogers	18:41
64.	JR	Delano Roderick	18:58
70.	FR	Sam DiBetta	20:36

Carson got caught up in the mix of top runners that make up our league, and had to hustle seriously to stay close to the leaders. Colby is a hitting his stride, confidently racing against older veterans from the other teams. Graham gave us a very good PR for the cause. Sam R and Dell had excellent efforts, especially in targeting our rivals Benicia. Sam got caught in the quick varsity start, and couldn't quick get back into the race.

The hidden positives, despite once again losing to Benicia, was how close we are able to come to them so that it was down to mano a mano sprint charges in the last few yards to determine our scoring against them. Great competitive effort here. Also, our varsity can only get better if we shrink the time gap from Carson

to the rest, and also the team pack of our trailing boys. We made inroads on both those accounts.



Nicole rounds the corner to the finish line.

Girls' Varsity (2.95 miles)

Alhambra incomplete team

(58 finishers)

1. SR Reyna Stanziano (Con) 17:00
8. SR Nicole Tria 18:41 PR 1:47

Nicole's PR shows just how much she has come in a single year. And her top finish against NCS and State ranked teams and individuals indicates that she is having a very good senior season at the top end of achievement.

Still, she had to make a very concerted and not easy effort to stay in the top end of the race, and once again felt that she probably could have done a bit better. Great attitude.

And Just How Do We Stack Up So Far?

This marks the end of the Center Meets for the DAL, and the close of the dual meet season. And for our boys' teams, we close out this part of the DAL season in 2nd place for all teams.

Since the Center Meets are 1/2 of the season, and the upcoming DAL Finals are the other 1/2 of the season, we are still within striking distance of beating our opponents to climb even further up the standings

DAL - Valley Division standings

	DAL #1	DAL #2	Overall
BFS			
1 Ygnacio Valley	5-0	5-0	10-0
2 Alhambra	4-1	3-2	7-3
2 Benicia	3-2	4-1	7-3
4 Concord	2-3	2-3	4-6
5 Berean Christian	0-5	0-5	0-10
5 Mt. Diablo	0-5	0-5	0-10
BJV			
1 Benicia	5-0	5-0	10-0
2 Alhambra	4-1	3-2	7-3
2 Concord	3-2	4-1	7-3
4 Berean Christian	2-3	0-5	2-8
5 Mt. Diablo	0-5	0-5	0-10
5 Ygnacio Valley	0-5	0-5	0-10
BV			
1 Benicia	5-0	5-0	10-0
2 Alhambra	4-1	4-1	8-2
3 Concord	3-2	3-2	6-4

4 Berean Christian	2-3	0-5	2-8
5 Mt. Diablo	0-5	0-5	0-10
5 Ygnacio Valley	0-5	0-5	0-10

Notes:

1. Our league is a very strong league. We have been able to do well with our top individuals at all of our invitationals against all sorts of teams, and right here in our own neighborhood we have to fight just to be notice. As hard as this is, it also a great racing environment as we continue to challenge our runners towards excellence.
2. The boys' teams have maintained at least a share of 2nd place in all three divisions. This is a great way to enter the championship phase of our season, poised on the opportunity to challenge for a top spot in our league.
3. This has been a very good season already, and we have much to be happy about and to celebrate . . . but we still have a few races to go before we call it a wrap. Even more glory is waiting for us to challenge for.,

Coming Up:

1. TBA - - Team potluck and season awards. Our annual celebration of the season, and send-off for our NCS teams. The team captains are doing the arranging for all this. Exact details are still being hammered out.

2. Friday, 11/ 9 Twi-Night time trials @ Northgate High.

Our friends at Northgate are hosting a tune-up set of 2 mile races on the track to sharpen our NCS teams for the big race the following week. We will be join also by athletes from College Park and Clayton Valley. These races will be run under the lights, with cheerleaders, a DJ, medals, and a chance for all of our athletes to show off their top conditioning at a standard distance at the end of the season. More details to follow.,

3. Sat 11/3 and Sat 11/17 - - Bulldog Fundraisers

Our fundraiser is selling t-shirts at both the DAL championship meet and also the NCS championships meet. We will need a crew to handle the cashbox and the merchandise at both venues. It takes a few hours of time, but the sales areas are right next to the race course (no reason to miss your own child's race !) and we can earn a few thousand dollars in a brief amount of time. More details to follow.

4. Winter Running - - each school day afternoon

Once the cross country season is over, the track coaches will be hosting after school Open Track each school day afternoon. This is a great opportunity for athletes to carry over their conditioning to the spring track season, and also to try out other events (jumps, hurdles, throws, vault) in preparation for the track season which starts in late July.

