



DELTA HAWKS 2021 CROSS COUNTRY RESULTS

Boy's Team

18th Place Finish at Nationals (11/12)

Pacific Association Champions (8/under)

Six Team Championships

Two 2nd Place Team Finishes

1 All-American

14 Individual Podium Finishes (Five 1st)

Girl's Team

Pacific Association Champions (8/under)

Two Team Championships

Two 2nd Place Team Finishes

7 Individual Podium Finishes (Three 1st)

Lagoon Valley Classic – Sep 4 (1.5 miles)

Boy's 8th Grade and Under – 1st Place	Girl's 8th Grade and Under – 4th Place
3 rd – Elias Thronson (6)	4 th – Adeleine Glenn (6)
5 th – Matthew Ogilvie (7)	13 th – Natalie Mittleman (5)
14 th – Luke Noey (7)	14 th – Tahlia Allen (8)
23 rd – Charlie Albrecht (7)	37 th – Josie Thronson (2)
24 th – Lou Knowles (6)	44 th – Abigail Lockard (5)

**Grade in parentheses*

Josh Ruff Memorial Invitational – Sep 11 (1.5 miles)

Boy's 8th Grade and Under – 1st Place	Girl's 8th Grade and Under – 4th Place
2 nd – Elias Thronson (6)	12 th – Adeleine Glenn (6)
4 th – Matthew Ogilvie (7)	26 th – Tahlia Allen (8)
6 th – Luke Noey (7)	29 th – Sonia Brown (4)
19 th – Charlie Albrecht (7)	35 th – Gabby Grefaldia (4)
33 rd – Lou Knowles (6)	55 th – Josie Thronson (2)

**Grade in parentheses*

SRA Youth XC #1 "Pond Park Preview" – Sep 24 (1.25 miles)

Boy's 6th Grade and Under – 2nd Place	Girl's 6th Grade and Under – 3rd Place
1 st – Elias Thronson (6)	6 th – Adeleine Glenn (6)
8 th – Lou Knowles (6)	16 th – Natalie Mittleman (5)
17 th – Owen Perkins (6)	17 th – Gabby Grefaldia (4)
52 nd – Nate Carter (6)	20 th – Sonia Brown (4)
85 th – Jack Mittleman (2)	36 th – Abigail Lockard (5)

**Only Top 3 runners score. Grade in parentheses*

Boy's 7th/8th Grade – 7th Place	Girl's 7th/8th Grade and Under – NS
11 th – Matthew Ogilvie (7)	16 th – Tahlia Allen (8)
45 th – Charlie Albrecht (7)	72 nd – Delaney Lowder (8)
50 th – Ryko Higuera (8)	
87 th – John Barreiro (8)	
95 th – Gage Osuna (8)	

Del Oro Invitational – Oct 2 (1 mile)

Boy's 8th Grade and Under – 2nd Place	Girl's 8th Grade and Under – 1st Place
1 st – Elias Thronson (6)	1 st – Adeleine Glenn (6)
3 rd – Matthew Ogilvie (7)	5 th – Natalie Mittleman (5)
14 th – Lou Knowles (6)	8 th – Tahlia Allen (8)
17 th – Charlie Albrecht (7)	12 th – Sonia Brown (4)
20 th – Ryko Higuera (8)	20 th – Gabby Grefaldia (4)

**Grade in parentheses*

SRA Youth XC #2 “Willow Hill Challenge” – Oct 7 (1.25 miles)

Boy’s 6th Grade and Under – 1st Place	Girl’s 6th Grade and Under – 2nd Place
1 st – Elias Thronson (6)	3 rd – Adeleine Glenn (6)
7 th – Lou Knowles (6)	8 th – Natalie Mittleman (5)
20 th – Owen Perkins (6)	12 th – Sonia Brown (4)
26 th – Nate Carter (6)	26 th – Gabby Grefaldia (4)
68 th – Jack Mittleman (2)	41 st – Josie Thronson (2)

**Only Top 3 runners score. Grade in parentheses*

Boy’s 7th/8th Grade – 7th Place	Girl’s 7th/8th Grade – NS
2 nd – Matthew Ogilvie (7)	45 th – Delaney Lowder (8)
20 th – Charlie Albrecht (7)	
61 st – Gage Osuna (8)	
62 nd – John Barreiro (8)	

Flat SAC Invitational – Oct 23 (1.5 miles)

Boy’s 8th Grade and Under – 1st Place	Girl’s 8th Grade and Under – 2nd Place
3 rd – Elias Thronson (6)	3 rd – Adeleine Glenn (6)
5 th – Matthew Ogilvie (7)	6 th – Natalie Mittleman (5)
14 th – Luke Noey (7)	7 th – Tahlia Allen (8)
23 rd – Charlie Albrecht (7)	10 th – Sonia Brown (4)
24 th – Lou Knowles (6)	11 th – Gabby Grefaldia (4)

**Grade in parentheses*

Clarksburg Country Run

Boy’s 5k	Girl’s 5k
1 st – Elias Thronson	48 th – Sonia Brown
2 nd – Matthew Ogilvie	49 th – Josie Thronson
9 th – Ryko Higuera	146 th – McKenna Miller
10 th – Lou Knowles	
13 th – Charlie Albrecht	
23 rd – Nate Carter	
27 th – Gage Osuna	
28 th – John Barreiro	
54 th – Callan Lindsay	
55 th – Mason Miller	

USATF Pacific Association Junior Olympic Championships – Nov 21

Boy's 8 and Under – 1st Place

6th – Jack Mittleman

9th – Callan Lindsay

17th – Allan Anderson-Rodgers

Girl's 8 and Under – 1st Place

2nd – Josie Thronson

3rd – Hanah Bianchini

8th – Sophie Miles

Boy's 9/10 – NS

DNF – Mason Miller

Girl's 9/10 – NS

10th – Harper Farris

11th – Abigail Lockard

Boy's 11/12 – 3rd Place

2nd – Elias Thronson

22nd – Charlie Albrecht

27th – Lou Knowles

35th – Owen Perkins

40th – Nate Carter

Girl's 11/12 – NS

12th – Natalie Mittleman

33rd – McKenna Miller

Boy's 13/14 – NS

29th – Ryko Higuera

38th – John Barreiro

Rancho Cordova TC Youth Meet – Nov 28

Boy's 8 and Under

3rd – Jack Mittleman

4th – Callan Lindsay

Girl's 8 and Under

1st – Josie Thronson

Girl's 9/10

1st – Sonia Brown

Boy's 11/12 – 1st Place

1st – Elias Thronson

4th – Luke Noey

9th – Charlie Albrecht

11th – Lou Knowles

12th – Owen Perkins

13th – Nate Carter

Girl's 11/12

5th – Natalie Mittleman

Boy's 13/14

3rd – Ryko Higuera

4th – John Barreiro

USATF National Junior Olympic Championships – Dec 11

Boy's 8 and Under

91st – Jack Mittleman

Girl's 8 and Under

90th – Josie Thronson

Boy's 11/12 – 18th Place

6th – Elias Thronson (All-American)

252nd – Owen Perkins

256th – Charlie Albrecht

260th – Lou Knowles

339th – Nate Carter

Girl's 11/12

247th – Natalie Mittleman

Boy's 13/14

331st – Ryko Higuera

357th – John Barreiro