BRIDGET CUNNINGHAM

Bridget Cunningham ran four years of varsity cross country at Castro Valley High and it’s no coincidence that the Trojans won the Hayward Area Athletic League cross country championship all four years that Cunningham competed (1978-’81). She was named the team’s Most Valuable Player her senior year.

In track and field, she set numerous school records in the middle distances and on relay teams. In the latest CVHS record book citing the top 10 times for girls, Bridget is third in the 200 meters, fifth in the 400 meters and second in the 800 meters, her best event.

In the seasons between cross country and track, Bridget played on the varsity basketball team, helping the Trojans to two Hayward Area Athletic League championships. The team was undefeated in league play her junior and senior years.

From CVHS, Cunningham matriculated at Chabot College where she continued to excel in cross country and track. She ran the 800 meters, the 1500 meters and relays, while also throwing the javelin. She was an All-Golden Gate Conference selection and helped the Gladiators to a second-place finish in the 1984 California Community College Track and Field Championships. Bridget is a member of the Chabot Sports Hall of Fame.

After Chabot, Cunningham continued to compete in cross country and track at Cal, where she ran a personal best of 2:09 in the 800 meters.

Growing up with a twin sister whose life path has been remarkably parallel to her own, Bridget never felt any sibling rivalry. “If I didn’t win, I wanted Eileen to win,” she said. “Or if I won I wanted Eileen to come in second. We never competed in a negative way.”

Bridget owns a B.A. in English from Cal and a Masters’ in business administration from Cal State East Bay.