# Tamalpa September 2014 Track Meet

It was a bit warm at the start of the September Track Meet, but as the shadows enveloped the track conditions improved and it was a grand evening for a track meet.  The Meet opened with a hotly contested One Mile Race, as Jason Reed and Pedro Cifuentes battled it out at the lead.  Jason had the better kick over the final lap and won with a time of 5:20.96.  Eileen Brennan was the first Female finisher in 5:52.59 and her 88.15% age grade was the top Age Graded performance in the Meet.   Andy Krone was an easy victor in the 400M with a winning time of 1:12.56 and Hillary Sciarillo led the Women with a 1:17.36.   Tricia Wallace's 1:20.09 and Age Grade of 76.83% was the top age grade in the race.  We had 3 heats of the 400 M race and it looked like the speed in the race was in heat 2.   Hugh Van Ness ran in his first Tamalpa Track Meet of the year and showed that he has not slowed down.  He took the lead early and ran strong to the finish as he posted a fine 2:26.35 and an Age Grade of 85.57%.  In the 200M Jack Policar edged out his buddy Justin Ganz with a fast 0:27.97 to win the race.  Tricia Wallace was the first woman finisher in 0:35 and had the highest Age Grade in the Race at 77.58%.  Jason Reed skipped the 200M Race so that he was able to just edge out Jack Policar in the 100M Race.  Jason finished in 0:12.64 and had the highest Age Grade of 78.29% in the Race.  CJ Healy showed her leg speed as she finished as the first woman in the Race in 0:15.77.

The final races in the meet were the 2 Mile and 5000M.  Andy Krone won the 2 Mile with a blistering final ¼ Mile in 12:29.05, but Mike Holland's 12:34.17, at age 65, was the top Age Group performance in the race at 81.82%.  Jason Reed won the 5000M  in 19:49.4, as he won both the longest event (5000M) and shortest event (100M) of the Meet along with the first event (1 Mile) of the Meet.   Carl Rose's 20:24.7 was the highest Age Grade in the Race at 72.85%.

Andy Krone was the workman of the meet, running 6 races, and had enough life in his legs to catch and pass Mike Holland on the final lap of the 2 Mile Race and win the Race.

Thanks to Tom and Lillie O'Reilly for handling the registration for the meet and Kevin Rumon, Justine Owen and Lon Freeman for working the finish line timing and placing for the meet and George Frazier for acting as Starter for the 200M and 100M Races.  We have had the same volunteers work almost all of the track meets for several years now and they do a great job of making the meets flow.

The next Tamalpa Track Meet will be in May of 2015.

Stay healthy and train smart so that you can make the May 2015 Meet!

**Tamalpa Track Meet**
**San Rafael High School**
**16-Sep-14**

| Place | 1 MILE | Age | Sex | Time | Age Grade % | AG Place |
|---|---|---|---|---|---|---|
| 1 | Jason Reed | 35 | M | 5:20.96 | 70.86% | 6 |
| 2 | Pedro Cifuentes | 36 | M | 5:22.49 | 70.95% | 5 |
| 3 | Andy Krone | 36 | M | 5:39.69 | 67.36% | 9 |
| 4 | Eileen Brennan | 53 | F | 5:52.59 | 88.15% | **1** |
| 5 | David Leipsic | 49 | M | 5:59.95 | 70.14% | 7 |
| 6 | Peter O'Reilly | 57 | M | 6:12.81 | 72.34% | 4 |
| 7 | Mynor Maldonado | 41 | M | 6:26.45 | 61.41% | 13 |
| 8 | Kent Carlomagno | 57 | M | 6:28.35 | 69.44% | 8 |
| 9 | Connaitre Chateaubriant | 63 | M | 6:29.20 | 73.03% | 3 |
| 10 | Jim Myers | 65 | M | 6:33.08 | 73.63% | 2 |

| | | | | | | |
|---|---|---|---|---|---|---|
| 11 | **Herminio Mazariegos** | **44** | **M** | 7:03.31 | 57.35% | 14 |
| 12 | **Eliud Krouas** | **39** | **M** | 7:06.84 | 54.77% | 16 |
| 13 | **Joaquin Fritz** | **61** | **M** | 7:10.65 | 64.84% | 12 |
| 14 | **Kathleen Stranton** | **47** | **F** | 7:21.22 | 65.27% | 11 |
| 15 | **Dimitris Sklavopoulos** | **69** | **M** | 7:37.45 | 65.74% | 10 |
| 16 | **CJ Healy** | **39** | **F** | 7:49.58 | 56.06% | 15 |
| 17 | **Brian Moore** | **49** | **M** | 8:00.27 | 52.57% | 17 |
| 18 | **Odilia Diaz** | **39** | **F** | 8:54.42 | 49.26% | 18 |

**400 METERS**

| | | | | | | |
|---|---|---|---|---|---|---|
| 1 | **Andy Krone** | **36** | **M** | 1:12.56 | 61.78% | 4 |
| 2 | **Mynor Maldonado** | **41** | **M** | 1:17.04 | 60.36% | 7 |
| 3 | **Hillary Sciarillo** | **39** | **F** | 1:17.36 | 67.11% | 2 |
| 4 | **Herminio Mazariegos** | **44** | **M** | 1:17.96 | 60.95% | 6 |
| 5 | **Eliud Krouas** | **39** | **M** | 1:18.22 | 58.60% | 8 |
| 6 | **Tricia Wallace** | **56** | **F** | 1:20.09 | 76.83% | **1** |
| 7 | **Sid Leipsic** | **13** | **M** | 1:22.75 | 58.37% | 9 |
| 8 | **Kathleen Stranton** | **47** | **F** | 1:29.30 | 63.19% | 3 |
| 9 | **Jack Sciarillo** | **9** | **M** | 1:30.58 | 61.71% | 5 |
| 10 | **Joaquin Fritz** | **61** | **M** | 1:41.02 | 52.67% | 10 |
| 11 | **CJ Healy** | **39** | **F** | 1:42.97 | 51.42% | 11 |
| 12 | **Odilia Diaz** | **39** | **F** | 1:57.94 | 44.02% | 12 |

**800 METERS**

| | | | | | | |
|---|---|---|---|---|---|---|
| 1 | **Hugh Van Ness** | **59** | **M** | 2:26.35 | 85.57% | **1** |
| 2 | **Jason Reed** | **35** | **M** | 2:35.27 | 65.31% | 3 |
| 3 | **Jim Myers** | **65** | **M** | 3:06.65 | 70.31% | 2 |
| 4 | **Andy Krone** | **36** | **M** | 3:07.49 | 54.59% | 7 |
| 5 | **Herminio Mazariegos** | **44** | **M** | 3:23.43 | 54.22% | 8 |
| 6 | **Connaitre Chateaubriant** | **63** | **M** | 3:23.65 | 63.44% | 4 |
| 7 | **Joaquin Fritz** | **61** | **M** | 3:36.23 | 58.84% | 5 |
| 8 | **CJ Healy** | **39** | **F** | 3:59.51 | 48.19% | 9 |
| 9 | **Dimitris Sklavopoulos** | **69** | **M** | 4:09.06 | 55.00% | 6 |

**200 METERS**

| | | | | | | |
|---|---|---|---|---|---|---|
| 1 | **Jack Policar** | **22** | **M** | 0:27.97 | 69.07% | 6 |
| 2 | **Justin Ganz** | **43** | **M** | 0:29.73 | 71.64% | 4 |
| 3 | **Brian Moore** | **49** | **M** | 0:30.32 | 73.39% | 3 |
| 4 | **Mynor Maldonado** | **41** | **M** | 0:30.55 | 68.69% | 7 |
| 5 | **Pedro Cifuentes** | **36** | **M** | 0:32.58 | 61.98% | 10 |
| 6 | **Sid Leipsic** | **13** | **M** | 0:34.00 | 63.70% | 9 |
| 7 | **Herminio Mazariegos** | **44** | **M** | 0:34.92 | 61.45% | 11 |

| 8 | Tricia Wallace | 56 | F | 0:35.00 | 77.58% | **1** |
| 9 | Jack Sciarillo | 9 | M | 0:36.00 | 69.11% | 5 |
| 10 | Andy Krone | 36 | M | 0:36.14 | 55.87% | 14 |
| 11 | Eliud Krouas | 39 | M | 0:36.50 | 56.63% | 13 |
| 12 | Owen Anderson | 7 | M | 0:37.00 | 76.65% | 2 |
| 13 | CJ Healy | 39 | F | 0:37.30 | 59.84% | 12 |
| 14 | Kathleen Stranton | 47 | F | 0:38.00 | 64.71% | 8 |

### 100 METERS

| 1 | Jason Reed | 35 | M | 0:12.64 | 78.29% | **1** |
| 2 | Jack Policar | 22 | M | 0:13.19 | 74.22% | 5 |
| 3 | Justin Ganz | 43 | M | 0:13.66 | 76.65% | 2 |
| 4 | Mynor Maldonado | 41 | M | 0:15.19 | 67.99% | 8 |
| 5 | CJ Healy | 39 | F | 0:15.77 | 68.84% | 7 |
| 6 | Andy Krone | 36 | M | 0:16.45 | 60.59% | 10 |
| 7 | Sid Leipsic | 13 | M | 0:16.76 | 64.26% | 9 |
| 8 | Jack Sciarillo | 9 | M | 0:17.04 | 71.12% | 6 |
| 9 | Tricia Wallace | 56 | F | 0:17.26 | 75.50% | 4 |
| 10 | Herminio Mazariegos | 44 | M | 0:17.47 | 60.35% | 11 |
| 11 | Owen Anderson | 7 | M | 0:18:00 | 76.00% | 3 |

### 2 Mile

| 1 | Andy Krone | 36 | M | 12:29.05 | 65.13% | 3 |
| 2 | Mike Holland | 65 | M | 12:34.17 | 81.82% | **1** |
| 3 | Lyle Rumon | 11 | M | 14:17.39 | 65.63% | 2 |
| 4 | Sid Leipsic | 13 | M | 16:30.76 | 53.86% | 4 |

### 5000 Meters

| 1 | Jason Reed | 35 | M | 19:49.4 | 66.48% | 2 |
| 2 | Carl Rose | 51 | M | 20:24.7 | 72.85% | **1** |