

# Tamalpa June 2015 Track Meet

On 6/30/15 Tamalpa held our second Track Meet of 2015. It was very, very hot as I drove to San Rafael, but cooled off significantly by the time we started racing and a hearty group of runners competed well and turned in some outstanding performances. The first race of the meet was the one Mile. Tim Wallen led the entire race, but Dan Lee made it close with a fast finishing lap as Tim won in 5:15.72 to Dan's 5:16.87. Mark Richtman had the best Age Grade for the race at 85.07% with his 5:25.35 as a 60 year old. Beth Freedman was the first woman finisher at 5:48.99, but Verity Breen, right behind Beth, had the highest Age Grade for the women with an 83.18 for her 5:50.48 at age 46.

Reese Laughlin led the 400M for most of the race, but he faltered over the final 20 Meters as Pedro Cifuentes Passed him and won the race in 1:12.77. Reese finished 2<sup>nd</sup> in 1:13.51, but had the highest Age Grade in the race at 68.27%. Isabel Diaz was the first female finisher in 1:23.86. Sarah Chao had the highest female age grade for her 1:25.04.

Andy Krone passed Christian Oakes with about 100 M to go and won the 800M in 2:34.91. Christian had the highest Age Grade in the race with a 78.33% for his 2:36.08 finish.

David Schraf was the only serious sprinter who ran in the meet and easily won the 200M with his 0:28.11. There were no takers for the 100M race.

Tim Wallen repeated his 1 Mile win in the 2 Mile race, winning in 11:55.34. Isabel Diaz was the first female finisher in 14:07.31. Tricia Wallace had the highest female age grade in the race with a 73.21% with her 15:37.87.

Scott Schneider won the 5000M and led all the way. He gave it a good shot on his final lap to break 20 minutes, but had to settle for a 20:01.66. Reese Laughlin finished second in the race with a 20:43.59 and had the top age grade at 72.28%.

Thanks to Lillie O'Reilly for handling the registration for the meet; Kevin Rumon, Justine Owen and Lon Freeman for working the finish line timing and placing; and Kent Carlomagno for starting the 200M & 5000M races.

The next Tamalpa Track Meet is Tuesday, July 28, 2015.

## Tamalpa Track Meet

### San Rafael High School

30-Jun-15

Place	1 MILE	Age	Sex	Time	Age Grade %	AG Place
1	Tim Wallen	51	M	5:15.72	81.26%	4
2	Dan Lee	37	M	5:16.87	72.71%	8
3	Pedro Cifuentes	37	M	5:23.43	71.23%	10
4	Mark Richtman	60	M	5:25.35	85.07%	<b>1</b>

5	Andy Krone	37	M	5:28.42	70.15%	13
6	Reese Laughlin	52	M	5:47.43	74.45%	7
7	Beth Freedman	46	F	5:48.99	81.52%	3
8	Verity Breen	48	F	5:50.48	83.18%	2
9	Dan Borgonovo	50	M	5:53.74	71.94%	9
10	Mike Holland	66	M	6:08.18	79.34%	5
11	Isabel Diaz	30	F	6:29.15	64.72%	14
12	Jim Myers	66	M	6:31.82	74.56%	6
13	Rob Dick	46	M	6:37.35	62.05%	15
14	Connaitre Chateaubriant	65	M	6:47.95	70.95%	11
15	Gary Semling	53	M	7:08.98	60.79%	16
16	Sue Kreusch	52	F	7:12.83	70.87%	12

#### 400 METERS

1	Pedro Cifuentes	37	M	1:12.77	62.06%	3
2	Reese Laughlin	52	M	1:13.51	68.27%	1
3	Isabel Diaz	30	F	1:23.86	56.76%	4
4	Sarah Chao	46	F	1:25.04	65.71%	2
5	Gary Semling	53	M	1:35.21	53.06%	5

#### 800 METERS

1	Andy Krone	37	M	2:34.91	66.70%	3
2	Christian Oakes	56	M	2:36.08	78.33%	1
3	Rob Dick	46	M	2:51.09	65.64%	4
4	Jim Myers	66	M	3:09.25	70.08%	2
5	Connaitre Chateaubriant	65	M	3:28.71	62.88%	5

### 200 METERS

1	David Scharf	52	M	0:28.11	80.85%	1
2	Ralph Johnson	61	M	0:39.97	69.07%	2

### 2 Mile

1	Tim Wallen	51	M	11:55.34	76.47%	1
2	Pedro Cifuentes	37	M	12:13.69	66.95%	4
3	Dan Lee	37	M	13:04.86	62.58%	6
4	Andy Krone	37	M	13:05.56	62.53%	7
5	Isabel Diaz	30	F	14:07.31	63.95%	5
6	Sue Kreusch	52	F	15:19.63	70.76%	3