

Tamalpa July 2016 Track Meet

On 7/26/16 Tamalpa held our 2016 July Track Meet. The first race of the meet was the One Mile. Matthew Hinde and Josh Hanna had the common goal of running a sub 5 Minute Mile. Their pacing was even, but they were 1 second off when they passed the ¼ mile mark in 3:46. They gave a great effort, but they had to settle for a 5:00.25 as Matthew's winning time and Josh was 3 tenths of a second back in 5:00.55 to take second place. Anabela Diaz was the first female finisher in the race with her 7:02.48. Josh Hanna, at age 44, took second place in the race, but he had the highest Age Graded Performance in the race with his 80.78% age grade.

The 400M was won by 15-year-old Eduardo Mazariegos with a fine 1:03.26. Eileen Brennan, at age 55, was the first female finisher in 1:15:46 and had the highest Age Graded Performance for the race at 80.82%.

Dan Lee led all of the way in the 800M and finished first with a with a strong 2:20.39. Beth Freedman was the first female finisher in the race in 2:41.18. Eileen Brennan, again, had the highest Age Graded performance in the race at 80.22% for her 2:49.76.

The 200M and 100M races were both won by Gavin Saffian. He won the 200M by over 2 seconds in a fast 0:26.03. Eileen Brennan was the first female finisher in the 200M with her 0:35.32. 53-year-old Malcolm Fearon was the second finisher in the 200M and had the highest Age Graded Performance for the race at 80.94% with his 0:28.27 finish.

Gavin Saffian took first place in the 100M with a 0:12.53 finish. 49-year-old V. Tyler was the fastest female finisher in 0:14.82 which was the highest Age Graded Performance for the race at 81.88% and also set a new 100M record for 40-49-year-old women in the Tamalpa Track Meet Records.

We ran a 3000M Race in lieu of the 2 Mile Race and Jason Reed took off and led for the first ½ mile of the race. Max Kam then took the lead and easily won the race with a quick 10:26.23. 49-year-old Verity Breen led the women with a fine 11:42.35 and had the top Age Graded Performance for the Race and for the Meet with an 82.67%. Paul Herrerias broke his own M60-69 record for the 100M in the Tamalpa Track Meet Records with his 0:15.05.

The 5000M was the final race for Billy Hinnners prior to his moving to Florida. Billy made it a memorable race by taking first place with a 21:18.95 finish. 60-year-old Paul Herrerias took second place and had the top Age Graded Performance for the Race at 73.01% with his 21:52.25.

Thanks to Lillie O'Reilly for handling the registration for the meet; Tom O'Reilly for starting the 200M, 100M, 3000M & 500M races; and Kevin Rumon, Justine Owen and Lon Freeman for working the finish line timing and placing.

The next Tamalpa Track Meet is Tuesday, August 16, 2016

Tamalpa Track Meet San Rafael High School 21-Jun-16

<u>Place</u>	<u>1 MILE</u>	<u>Age</u>	<u>Sex</u>	<u>Time</u>	<u>Age Grade</u> <u>%</u>	<u>AG</u> <u>Place</u>
1	Matthew Hinde	41	M	5:00.25	79.04%	2
2	Josh Hanna	44	M	5:00.55	80.78%	1
3	Max Kam	30	M	5:08.41	72.36%	9
4	Jason Reed	37	M	5:27.87	70.27%	12
5	Matt Kennedy	50	M	5:33.91	76.21%	5
6	Joe Gibson	34	M	5:37.87	66.95%	14
7	Dan Borgonovo	51	M	5:40.37	75.38%	7
8	Bruce Benter	56	M	5:41.87	78.22%	3
9	Javier Lopez	41	M	5:57.01	66.47%	15
10	Scott Schneider	49	M	5:58.12	70.50%	11

11	Mike Lotter	62	M	6:10.89	75.95%	6
12	Jim Myers	67	M	6:36.76	74.31%	8
13	Marvin Rodas	40	M	6:45.44	58.09%	19
14	Connaitre Chateaubriant	66	M	6:53.75	70.60%	10
15	Anabela Diaz	38	F	7:02.48	61.80%	17
16	Danielle Herrerias	58	F	7:11.96	77.05%	4
17	Carl Jacob	63	M	7:17.73	64.93%	16
18	Sue Kreusch	53	F	7:22.35	70.26%	13
19	Dimitris Sklavopoulos	71	M	8:44.53	58.70%	18

400 METERS

1	Eduardo Mazariegos	15	M	1:03.26	73.05%	4
2	Christian Oakes	57	M	1:07.34	78.88%	2
3	Steve Adler	50	M	1:05.76	73.55%	3
4	Jason Reed	37	M	1:09.60	64.89%	5
5	Eileen Brennan	55	F	1:15.46	80.82%	1
6	Dan Borgonovo	51	M	1:17.31	64.49%	6
7	Marvin Rodas	40	M	1:32.86	49.73%	8
8	Anabela Diaz	37	F	1:37.80	51.92%	7

800 METERS

1	Dan Lee	38	M	2:20.39	74.32%	3
2	Max Kam	30	M	2:26.30	69.11%	5
3	Joe Gibson	34	M	2:35.91	64.85%	6
4	Jason Reed	37	M	2:39.63	64.73%	7
5	Beth Freedman	47	F	2:41.18	76.82%	2
6	Eileen Brennan	55	F	2:49.76	80.22%	1
7	Javier Lopez	41	M	2:51.92	62.43%	9
8	Jim Myers	67	M	3:08.03	71.29%	4
9	Anabela Diaz	38	F	3:28.98	54.72%	11
10	Connaitre Chateaubriant	66	M	3:32.09	62.53%	8
11	Dimitris Sklavopoulos	71	M	4:06.23	57.10%	10

200 METERS

1	Gavin Saffian	26	M	0:26.03	74.22%	3
2	Malcolm Fearon	53	M	0:28.27	80.94%	1
3	Jason Reed	37	M	0:29.22	69.64%	6
4	Steve Adler	50	M	0:30.98	72.36%	5
5	Christian Oakes	57	M	0:32.32	72.77%	4
6	Eileen Brennan	55	F	0:35.32	76.10%	2
7	Anabela Diaz	37	F	0:41.59	52.29%	7
8	Dimitris Sklavopoulos	71	M	0:53.50	48.97%	8

100 METERS

1	Gavin Saffian	26	M	0:12.53	78.13%	2
2	Jason Reed	37	M	0:13.23	75.86%	5
3	Joe Gibson	34	M	0:13.96	70.35%	6
4	Malcolm Fearon	53	M	0:14.62	76.56%	4
5	V. Tyler	49	F	0:14.82	81.88%	1
6	Paul Herrerias	60	M	0:15.05	77.75%	3
7	Steve Adler	50	M	0:16.41	66.90%	7
8	Kelly Rodas	8	F	0:20.62	63.83%	8
9	Anabella Diaz	38	F	0:23.31	46.01%	9

3000 Meters

1	Max Kam	30	M	10:26.23	70.44%	5
2	Jason Reed	37	M	11:28.75	66.12%	7
3	Dan Lee	38	M	11:29.61	66.52%	6
4	Verity Breen	49	F	11:42.35	82.67%	1
5	Javier Lopez	41	M	12:53.41	60.65%	9
6	Jim Myers	67	M	13:38.45	71.21%	3
7	Anabella Diaz	37	F	13:51.47	62.19%	8
8	Danielle Herrerias	58	F	13:58.93	78.06%	2
9	Sue Kreuzsch	53	F	14:23.74	70.79%	4
10	Dimitris Sklavopoulos	71	M	17:59.50	56.38%	10

5000 Meters

1	Billy Hinners	53	M	21:18.95	70.82%	2
2	Paul Herrerias	60	M	21:52.25	73.01%	1
3	Malcolm Fearon	53	M	23:47.28	63.46%	3