

# Tamalpa September 2016 Track Meet

On September 13, 2016 Tamalpa held our 2016 September Track Meet, our final track meet for 2016. The first race of the meet was the 100M. Paul Herrerias wanted to take a shot at breaking his M60-69 record for the 100M and had a meeting to attend at 7:00 PM, so he asked that we schedule the 100M as the first race in the meet. We accommodated Paul's request, but he fell 0.13 short of breaking the record. Young Ben Faulkner won the 100M in a fast 0:12.41. Malcolm Fearon was second with a 0:14.16 and had the highest Age Grade for the race with a 79.04%. V. Tyler was the first female finisher in 0:15.42, falling 0.60 short of the F40-49 record that she set in the July 2016 Track Meet.

The One Mile Race was next and we had a very competitive race and had a very large field with 27 runners. Matthew Hinde was able to edge out Brien Friedman for first place with a fine 4:53.15 to Brien's 4:54.58. We had a pack of 4 at the ¼ mile mark, with Max Kam and Jonathan Bretan hanging with Matthew and Brien. By the ¾ mile mark Matthew and Brien had separated from Max and Jonathan as they passed through in 3:44. Matthew was able to pull away from Brien over the final 100M for the win. Susan Legacki was the first female finisher in the race with her 6:23.85. 59-year-old Tom O'Reilly had the highest Age Graded Performance in the race and in the Track Meet with his 5:25.71 time and Age Grade of 84.24%.

The 400M was won by 58-year-old Christian Oakes with a 1:06.86 finish, after two second place finishes in the previous two track meets. His finish was the highest Age Graded Performance for the race at 78.06%. Isabel Diaz was the first female finisher in 1:18.91.

Rafael Roman won the 800 Meters with a 2:40.26. Isabel Diaz was the first female finisher in the race in 3:21.11. 67-year-old Jim Myers had the highest Age Graded performance in the race at 70.95% for his 3:08.94.

The 200M Race was won by 53-year-old Malcolm Fearon in 0:29.44. V. Tyler was the first female finisher in the 200M with her 0:32.25. She also had the highest Age Grade in the race with a 78.02%.

We ran a 2 Mile Race and Rafael Roman won his second race of the meet with a 12:22.58. Susan Kreuzsch was the first female finisher with her 15:49.99. 51-year-old Dan Borgonovo had the top Age Graded Performance for the Race with a 73.03%

The 5000M was won by Jason Reed with a fine 17:42.65, as he led from the start and won handily. Jason had the top Age Graded Performance for the Race at 75.79%. Isabel Diaz was the first female finisher in the race with a 21:53.41. This was Isabel's third win of the meet.

Isabel and Anabela Diaz were the iron women of the meet, as they were at the August Meet, as they both ran 6 races, again.

Thanks to Lillie O'Reilly for handling the registration for the meet; Matt Kennedy for starting the 200M, 100M & 5000M races; and Kevin Rumon, Justine Owen and Lon Freeman for working the finish line timing and placing.

**Lillie, Kevin, Justine and Lon** have been VERY reliable and CAPABLE volunteers at the track meets for the past several years and they deserve a special thank you and the appreciation of all of the Tamalpa Runners who have participated in the Tamalpa Track Meets over the past several years.

The next Tamalpa Track Meet will be in May of 2017.

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

<u>Place</u>	<u>100 METERS</u>	<u>Age</u>	<u>Sex</u>	<u>Time</u>	<u>Age Grade %</u>	<u>AG Place</u>
1	Ben Faulkner	23	M	0:12.41	78.89%	2
2	Malcolm Fearon	53	M	0:14.16	79.04%	1
3	Bojan Prokic	37	M	0:14.28	70.29%	7
4	Sid Leipsic	15	M	0:14.55	71.62%	6
5	Brian Moore	51	M	0:14.89	74.21%	5
6	Paul Herrerias	60	M	0:15.18	77.08%	4
7	V. Tyler	49	F	0:15.42	78.69%	3
8	Susan Legacki	36	F	0:16.71	62.78%	8
9	Isabel Diaz	32	F	0:18.70	56.10%	9
10	Anabela Diaz	38	F	0:19.83	54.08%	10

<u>Place</u>	<u>1 MILE</u>	<u>Age</u>	<u>Sex</u>	<u>Time</u>	<u>Age Grade %</u>	<u>AG Place</u>
1	Matthew Hinde	41	M	4:53.15	80.95%	2
2	Brien Friedman	26	M	4:54.58	75.57%	3
3	Max Kam	30	M	5:04.16	73.37%	7
4	Jonathan Bretan	34	M	5:10.16	72.94%	8
5	Tom O'Reilly	59	M	5:25.71	84.24%	1
6	Nick Bockh	41	M	5:25.97	72.80%	9
7	Rafael Roman	34	M	5:31.99	68.14%	16
8	Graham Balch	42	M	5:35.41	71.29%	11
9	Andrew Krone	38	M	5:38.69	68.52%	13
10	Dan Borgonovo	51	M	5:40.26	75.40%	4
11	Javier Lopez	42	M	5:54.73	67.40%	17

12	David Leipsic	51	M	5:56.20	72.03%	10
13	Mark Pletcher	46	M	6:16.64	65.46%	19
14	Juan Rodriguez	47	M	6:19.46	65.49%	18
15	Mike Lotter	62	M	6:20.40	74.05%	5
16	Marvin Rodas	40	M	6:23.29	61.45%	20
17	Susan Legacki	36	F	6:23.85	67.08%	24
18	Jim Myers	67	M	6:38.78	73.93%	6
19	Isabel Diaz	32	F	6:19.14	63.37%	22
20	Sid Leipsic	15	M	6:42.74	59.65%	26
21	Connaitre Chateaubriant	66	M	6:51.55	70.98%	12
22	Anabela Diaz	38	F	7:06.85	63.19%	23
23	Carl Jacob	63	M	7:18.72	64.78%	14
24	Sue Kreuzsch	53	F	7:34.01	68.46%	15
25	Sierra Balch	8	F	7:57.06	64.54%	21
26	Teresa Coronado	46	F	8:07.38	58.37%	27
27	Dimitris Sklavopoulos	71	M	8:29.18	60.47%	25

#### **400 METERS**

1	Christian Oakes	58	M	1:06.86	78.06%	1
2	Graham Balch	42	M	1:11.59	65.43%	3
3	Juan Rodriguez	47	M	1:12.25	67.14%	2
4	Isabel Diaz	32	F	1:18.91	60.77%	5
5	Bojan Prokic	37	M	1:20.42	56.16%	7
6	Juan Sagastume	25	M	1:20.82	53.43%	8
7	Susan Legacki	36	F	1:20.96	62.04%	4
8	Anabela Diaz	38	F	1:28.95	57.72%	6

#### **800 METERS**

1	Rafael Roman	34	M	2:40.26	63.09%	6
2	Mark Pletcher	46	M	2:51.37	65.53%	4
3	Javier Lopez	42	M	2:53.50	62.43%	7
4	David Leipsic	51	M	2:56.41	66.48%	3
5	Juan Rodriguez	47	M	3:05.24	61.15%	8
6	Marvin Rodas	40	M	3:05.41	57.37%	9
7	Jim Myers	67	M	3:08.94	70.95%	1
8	Juan Sagastume	25	M	3:19.98	50.56%	13
9	Isabel Diaz	32	F	3:21.11	56.33%	10
10	Anabela Diaz	38	F	3:27.46	55.12%	11
11	Connaitre Chateaubriant	66	M	3:29.95	63.17%	5
12	Teresa Coronado	46	F	3:46.55	54.20%	12
13	Hadley Balch	6	F	4:05.29	69.50%	2

**200 METERS**

1	Malcolm Fearon	53	M	0:29.44	77.73%	2
2	Mark Pletcher	46	M	0:31.66	68.78%	3
3	V. Tyler	49	F	0:32.25	78.02%	1
4	Sid Leipsic	15	M	0:32.47	63.90%	4
5	Isabel Diaz	32	F	0:37.29	57.23%	5
6	Anabela Diaz	38	F	0:42.37	51.99%	6

**2 Mile**

1	Rafael Roman	34	M	12:22.58	64.95%	4
2	Dan Borgonovo	51	M	12:29.29	73.03%	1
3	Javier Lopez	42	M	13:12.13	64.35%	5
4	Jim Myers	67	M	14:45.16	71.02%	2
5	Mark Pletcher	46	M	15:45.06	55.63%	7
6	Sue Kreusch	53	F	15:49.99	69.40%	3

7	Juan Sagastume	25	M	17:06.80	46.22%	8
8	Dimitris Sklavopoulos	71	M	17:37.40	62.08%	6

**5000 Meters**

1	Jason Reed	37	M	17:42.65	75.79%	1
2	Reese Laughlin	54	M	20:20.69	74.79%	2
3	John Smith	46	M	20:54.77	68.46%	3
4	Isabel Diaz	32	F	21:53.41	67.53%	4
5	Anabela Diaz	38	F	23:34.07	63.73%	6
6	Malcolm Fearon	53	M	23:34.24	64.05%	5