

Tamalpa June Track Meet, June 15, 2021

A record turnout of 65 runners participated in the Tamalpa June Track Meet on June 15, 2021 at San Rafael High School.

The first race of the meet was the One Mile Race. 15-year-old David Grijalba took the lead from the start and won the race with a strong 5:11.53. Joyce Lai was the first female finisher in 7:15:67. 64-Year-Old Tom O'Reilly had the highest age grade score for the race as he finished with a 5:33.84 for an age grade of 85.91%.

The next race was the 400M and 46-year-old John Feher was the winner with a time of 1:07.72. 33-year-old Carmen Granajo was the first female finisher with a time of 1:24.79. 77-year-old Larry Barnum had the highest the highest age graded performance in the Race with his 1:13.47 and an outstanding 91.60% age grade. Larry is the current M60-69 and M70+ age group record holder for his 1:06.19 finish in the 400M in 2019.

David Grijalba followed up his win in the 1 Mile Race with another win in the 800M Race as he nipped 48-year-old Markelle Taylor by 0.25 of a second at the finish for a winning time of 2:16.12. The first female finisher in a fast 2:21.61 was 16-year-old Adeline Johnson. Adeline Johnson and Markelle Taylor tied for the highest age grade in the race age graded scores of 83.82%.

The next race was the 200M and 25-year-old Derrick Martin won with a new Tamalpa Track Meet Record time of 0:22.12. 39-year-old Sarah Chan was the women's winner in the 200M with a time of 0:28.81. If she is able to run that time after she turns 40, she would have the Tamalpa F40-49 record. The highest age graded performance for the race was 44-year-old Eric Woodyard's 0:23.23 which gives him a 92.38% Age Grade and also gives him the M40-49 Tamalpa Age Group Record for 200M.

Derrick Martin was a repeat winner with a first-place finish in the 100M race with a blazing 0:10.38. This time sets a new Tamalpa Track Meet Record for the 100M Race. Sarah Chan was also a repeat first female finisher in the 100M race with a time of 0:13.54. As with the 200M, Sarah would have the Tamalpa F40-49 record for the 100M if she runs that time after she turns 40. 18-year-old Todd Kane Ross was the second-place finisher in the 100M with a

time of 0:11.08 which ties the old Tamalpa M-Open 100M Record that was set by a 24-year-old Dominick Suvannsupa in 2012. Eric Woodyard was the 3rd place finisher in the 100M with a time of 0:11.11 which gives him an Age Graded Performance of 94.87% which was the highest Age Graded Performance in the June Track Meet and also gives him the Tamalpa Track Meet Record for M40-49 in the 100M race. Big congratulations to Eric!!

The final two races of the meet, the 3000M and the 5000M, were run concurrently to close the meet. Jason Reed won the 3000M with a time of 11:00.36. Joyce Lai was the first female finisher in the 3000M with a time of 14:10.17. 64-year-old Tom O'Reilly had the highest age graded performance of 85.69% for the race with his 11:01.55 finish, as he almost caught Jason Reed at the finish line.

47-year-old Sergio Higaredo was the winner of the 5000M with a time of 17:50.94, which also gave him the highest Age Graded Performance in the race with an 80.77%. 33-year-old Carmen Granajo was the first female finisher in 21:56.22

Jason Reed and Joyce Lai were the iron persons for the track meet, as they ran in the maximum of 6 races in the Meet.

Thanks to Liz Gottlieb for serving as the Track Meet Director; Kevin Rumon, Reese Laughlin and Jim Meyers for doing the timing and race results for the meet; Lillie O'Reilly and Barbara Ruona for registering runners; and Tom O'Reilly and Jason Reed for helping with the starts of the sprints and 3K and 5K Races. The next Tamalpa Track meet will be on Tuesday, July 13, 2021, at 6:30 PM at the San Rafael High School Track.

	Tamalpa Track Meet					
	San Rafael High School					
	15-Jun-21					
Place	1 MILE	Age	Sex	Time	Age Grade %	AG Place
1	David Grijalba	15	M	5:11.53	78.61%	4
2	Jonathan Bretan	38	M	5:13.27	74.09%	9
3	Lucas Ruark	12	M	5:17.46	80.83%	3
4	Sergio Higaredo	47	M	5:25.37	76.37%	7
5	Jason Reed	42	M	5:30.88	72.26%	11

6	Tom O'Reilly	64	M	5:33.84	85.91%	1
7	Tim Keenan	59	M	5:38.08	81.16%	2
8	Yovary Diaz	37	M	6:05.64	63.01%	17
9	Dan Borgonovo	56	M	6:10.47	72.18%	12
10	Raul Grijalba	13	M	6:15.48	66.66%	14
11	Christian Oakes	62	M	6:16.78	74.77%	8
12	Mike Lotter	67	M	6:16.87	78.22%	5
13	Keith Duncan	67	M	6:21.44	77.29%	6
14	Alex Grijalba	11	M	6:24:23	68.68%	13
15	Brian Caynan	46	M	6:35.06	62.42%	19
16	Juan Escobar	53	M	6:53.73	63.04%	16
17	Joyce Lai	36	F	7:15:67	59.10%	22
18	Rony Rodas	36	M	7:16.42	52.43%	26
19	Amily Huang	48	F	7:18.19	66.52%	15
20	Bruce Cohen	58	M	7:26.11	60.97%	20
21	Gary Semling	59	M	7:33.44	60.52%	21
22	Susan Kreusch	58	F	7:37.51	72.74%	10
23	Herminio Mazariegos	52	M	7:50.92	54.94%	25
24	Alan Gonon	30	M	8:02.21	46.29%	31
25	Connaitre Chateaubriant	71	M	8:10.27	62.80%	18
26	Jance Marrogom	27	F	8:17.22	50.60%	27
27	Odilia Diaz	47	F	8:19:03	57.17%	23
28	Ava Torgersen	11	F	8:25.86	55.92%	24
29	Benjamin Caynan	14	M	8:34.37	47.61%	29
30	Jasue Say	11	M	9:19.48	47.17%	30
31	Bill Donnelly	71	M	10:11.2 2	50.37%	28
	400 METERS					
1	John Feher	46	M	1:07.72	71.15%	2
2	Cedric Hernandez	45	M	1:08.35	70.02%	3
3	Alan Goron	30	M	1:09.24	62.36%	5

4	Jason Reed	42	M	1:11.99	65.06%	4
5	Jonathan Lopez	23	M	1:13.38	58.84%	10
6	Larry Barnum	77	M	1:13.47	91.60%	1
7	Brian Caynan	46	M	1:19.31	60.75%	7
8	Juan Escobar	53	M	1:22.53	61.21%	6
9	Herminio Mazariegos	52	M	1:23.68	59.98%	8
10	Carmen Granajo	33	F	1:24.79	57.22%	11
11	Joyce Lai	36	F	1:24.96	59.12%	9
12	Jance Marrogom	27	F	1:28.89	53.55%	13
13	Odilia Diaz	47	F	1:45.00	53.74%	12
14	Bill Donnelly	71	M	2:22.00	42.32%	14
	800 METERS					
1	David Grijalba	15	M	2:16.12	80.00%	3
2	Markelle Taylor	48	M	2:16.37	83.82%	1
3	Adeline Johnson	16	F	2:21.61	83.82%	1
4	Anchit Desai	31	M	2:28:51	68.08%	8
5	Jason Reed	42	M	2:39.06	68.09%	7
6	Cameron Kane-Ross	14	M	2:42.48	68.44%	6
7	Jonathan Lopez	23	M	2:44.28	61.54%	10
8	Taylor Viera	19	F	2:44.86	69.88%	5
9	Alan Gonon	30	M	2:45.24	61.18%	11
10	Yovary Diaz	37	M	2:46.06	62.21%	9
11	Keith Duncan	67	M	3:00.20	74.36%	4
12	Brian Caynan	46	M	3:18.31	56.63%	14
13	Joyce Lai	36	F	3:23.79	55.60%	15
14	Gary Semling	59	M	3:37.06	57.68%	13
15	Juan Escobar	53	M	3:41:57	53.80%	16
16	Herminio Mazariegos	52	M	3:42:03	53.28%	17
17	Connaitre Chateaubriant	71	M	4:01.39	58.25%	12
18	Odilia Diaz	47	F	4:03.00	50.95%	19

19	Jance Marrogom	27	F	4:05.15	46.22%	20
20	Stein Onsrud	63	M	4:06.09	52.50%	18
21	Bill Donnelly	71	M	5:04.92	46.11%	21
22	Marco Say	35	M	5:24.29	31.27%	23
23	Adrian Say	6	M	6:31.69	41.64%	22
	200 METERS					
1	Derrick Martin	25	M	0:22.12	87.34%	4
2	Eric Woodyard	44	M	0:23.23	92.38%	1
3	Maximo Garcia	52	M	0:25.93	87.66%	3
4	Markelle Taylor	48	M	0:26.89	85.15%	5
5	Nicolas Bowers	40	M	0:27.23	76.50%	7
6	Anchit Desai	31	M	0:28.44	68.21%	14
7	Sarah Chan	39	F	0:28.81	77.47%	6
8	John Feher	46	M	0:29.38	74.13%	9
9	Joshua Breen	14	M	0:29.74	71.18%	11
10	Alan Gonon	30	M	0:30.39	63.57%	17
11	Nathan Breen	12	M	0:30.59	72.70%	10
12	Cedric Hernandez	45	M	0:30.77	70.26%	12
13	Jance Marrogom	27	F	0:31.52	67.70%	15
14	Larry Barnum	77	M	0:31.97	90.24%	2
15	Jason Reed	42	M	0:31.99	66.08%	16
16	Marcin Zdzislaw	61	M	0:32.02	75.42%	8
17	Herminio Mazariegos	52	M	0:32.36	70.24%	13
18	Jonathan Lopez	23	M	0:32.53	59.39%	20
19	Juan Escobar	53	M	0:36.39	62.87%	18
20	Brian Caynan	46	M	0:36.90	59.02%	21
21	Carmen Granajo	33	F	0:38.38	55.60%	22
22	Joyce Lai	36	F	0:40.11	53.53%	24
23	Odilia Diaz	47	F	0:45.33	54.25%	23
24	Yuko Hayashi	63	F	0:47.33	61.57%	19
25	Bill Donnelly	71	M	1:03.53	41.24%	25

	100 METERS					
1	Derrick Martin	25	M	0:10.38	94.32%	2
2	Todd Kane Ross	18	M	0:11.08	90.79%	4
3	Eric Woodyard	44	M	0:11.11	94.87%	1
4	Terence Maxwell	34	M	0:11.55	85.02%	5
5	Maximo Garcia	52	M	0:12.16	91.45%	3
6	Nicolas Bowers	40	M	0:12.61	81.36%	7
7	Sarah Chan	39	F	0:13.54	80.21%	8
8	Jason Reed	42	M	0:13.80	75.36%	8
9	John Feher	46	M	0:13.86	77.13%	13
10	Jonathan Lopez	23	M	0:14.16	69.14%	15
11	Joshua Breen	14	M	0:14.31	73.93%	14
12	Nathan Breen	12	M	0:14.51	75.81%	12
13	Ron Bolling	69	M	0:14.70	84.01%	6
14	Robert McDaniels	63	M	0:15.11	78.82%	9
15	Ava Torgersen	11	F	0:15.32	76.70%	11
16	Juan Escobar's Daughter	13	F	0:17.03	66.29%	16
17	Brian Caynan	46	M	0:17.15	62.33%	18
18	Joyce Lai	36	F	0:18.67	56.19%	19
19	Harper Hayes	7	F	0:21.56	65.49%	17
20	Odilia Diaz	47	F	0:21.74	54.65%	20
21	Bill Donnelly	71	M	0:26.18	48.01%	21
	3000 Meters					
1	Jason Reed	42	M	11:00.36	71.57%	4
2	Tom O'Reilly	64	M	11:01.55	85.69%	1
3	Tim Keenan	59	M	11:13.62	80.51%	2
4	Alan Gonon	30	M	12:23.24	59.35%	7
5	Keith Duncan	67	M	13:04.28	74.31%	3

6	Joyce Lai	36	F	14:10.1 7	60.11%	6
7	Talia Green	15	F	14:14.6 0	61.43%	5
	5000 Meters					
1	Sergio Higaredo	47	M	17:50.9 4	80.77%	1
2	Cedric Hernandez	45	M	18:27.4 9	77.02%	2
3	Yovany Diaz	37	M	18:27.9 9	72.65%	3
4	Jonathan Lopez	23	M	20:12.4 4	64.25%	7
5	Bill Newsham	56	M	21:31.7 9	71.76%	4
6	Greg Bolen	56	M	21:49.3 9	70.08%	5
7	Carmen Granajo	33	F	21:56.2 2	67.47%	6
8	Rony Rodas	36	M	22:58.6 6	58.03%	8

>100% = World record level

> 90% = World class

> 80% = National class

> 70% = Regional class