

Tamalpa August 2014 Track Meet

Mark McManus took the lead from the start in the one mile race. Sean Crawford tried to hang with Mark, but Mark came away with the win in 4:56.11. Sean worked hard to break the 5:00 mark, but had to be satisfied with 5:00.90 and second place 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. Jack Policar opened a big lead in this heat and looked like he would easily break 60 seconds, but he started to struggle when he passed the 300M mark and finished in 1:06.03. Bryan Porter, running in heat 3, was in the lead all of the way and beat Jack's time from heat 2 with a strong 1:05.41 to take first place in the 400M and he also had the highest age graded time in the race. Kathleen Stranton's 1:30.90 lead the women in the race. Mark McManus came back in the 800M and won easily in 2:18:19. Mark Stevens' 2:35.26 at age 55 was the highest age graded performance in the race. Max Herrerias won the 200M in a fast 0:26.34, 0.31 seconds faster than his winning time in the July meet. 8 year old Eliana Mendez had the fastest female time in the race with her 0:38.37. Max Herrerias ran 0.58 seconds faster than he did when he won the 100M in the July meet, with a fast 13.03 in the 100M, but he had to settle for a second place this month, as Davidson Jean Baptise ran a sizzling 0:12.22 to win the 100M race. Kathleen Stranton edged out Eliana Mendez with a 0:19.03 to run the fastest female time in the race.

The final race in the meet was the 3000M. Jason Reed won the 3000M easily in 11:17.57, but Mike Holland's 11:39.54, at age 65, was the top age group performance in the race and in the meet at 81.78%. Jason Reed, Andy Krone and Paul Herrerias were the workmen of the meet, running 6 races each. Thanks to Tom 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.

The next and final Tamalpa Track Meet for 2014 is Tuesday, September 16, 2014.
I hope you can make it!

Tamalpa Track Meet
Tamalpa Track Meet
San Rafael High
School
19-Aug-14

Place	1 MILE	Age	Sex	Time	Age Grade %	AG Place
1	Mark McManus	40	M	4:56.11	79.54%	1
2	Sean Crawford	24	M	5:00.90	73.98%	5
3	Tim Wallen	50	M	5:21.67	79.11%	2
4	Pedro Cifuentes	36	M	5:22.22	71.01%	8
5	Andy Krone	36	M	5:29.19	69.50%	11
6	Jason Reed	35	M	5:30.58	68.79%	13
7	Jamie de Uriate	39	M	5:33.33	70.14%	10
8	Bryan Porter	52	M	5:37.78	76.58%	3
9	David Leipsic	49	M	5:43.09	73.59%	6
10	Connaitre Chateaubriant	64	M	6:23.27	74.83%	4
11	Paul Herrerias	58	M	6:26.31	70.41%	9
12	Jim Myers	65	M	6:41.17	72.15%	7
13	Jorge Gonzalez	50	M	6:44.47	62.92%	16
14	Steve Derr	60	M	6:59.20	66.02%	14

15	Mynor Maldonado	41	M	7:05.78	55.78%	20
16	Herminio Mazariegos	44	M	7:09.99	56.46%	19
17	Eli Mendez	32	M	7:11.10	52.04%	21
18	Gary Semling	52	M	7:12.23	59.84%	18
19	Joaquin Fritz	61	M	7:16.81	63.92%	15
20	Kent Carlomagno	57	M	7:25.91	60.48%	17
21	Elmo Shropshire	73	M	7:37.76	69.16%	12
22	Odilia Diaz	39	F	8:28.90	51.77%	22
23	Asvi Diaz	9	M	11:37.34	40.48%	23

400 METERS

1	Bryan Porter	52	M	1:05.41	76.73%	1
2	Jack Policar	22	M	1:06.03	65.39%	6
3	Fausto Vargas	46	M	1:06.32	72.65%	4
4	Tim Wallen	50	M	1:08.09	72.74%	3
5	Christian Oakes	56	M	1:09.37	74.28%	2
6	Andy Krone	36	M	1:11.78	62.45%	7
7	Jason Reed	35	M	1:12.31	61.55%	11
8	Pedro Cifuentes	36	M	1:13.66	60.85%	12
9	Herminio Mazariegos	44	M	1:16.20	62.35%	8
10	Paul Herrerias	58	M	1:16.59	68.15%	5
11	Mynor Maldonado	41	M	1:16.98	60.41%	14
12	Sid Leipsic	13	M	1:19.92	60.44%	13
13	Eli Mendez	32	M	1:20.60	53.96%	18
14	Kathleen Stranton	47	F	1:30.90	62.08%	9
15	Dimitris Sklavopoulos	69	M	1:33.79	61.90%	10
16	Joaquin Fritz	61	M	1:34.95	56.03%	17
17	Odilia Diaz	39	F	1:42.90	50.46%	19
18	Olivia Skiles	8	F	1:56.87	56.21%	16
19	Asvi Diaz	9	M	2:11.41	42.54%	20
20	Cloe Skiles	6	F	2:16.23	58.83%	15

800 METERS

1	Mark McManus	40	M	2:18.19	76.98%	2
2	Pedro Cifuentes	36	M	2:33.75	66.57%	9
3	Tim Wallen	50	M	2:34.25	75.40%	3
4	Mark Stevens	55	M	2:35.26	78.12%	1
5	Jamie de Uriate	39	M	2:36.83	67.17%	7
6	Jason Reed	35	M	2:41.52	62.78%	11
7	David Leipsic	49	M	2:51.15	67.35%	6
8	Andy Krone	36	M	2:59.41	57.05%	14
9	Jorge Gonzalez	50	M	3:03.31	63.45%	10
10	Paul Herrerias	58	M	3:06.55	66.59%	8

11	Connaitre Chateaubriant	64	M	3:10.43	68.37%	4
12	Jim Myers	65	M	3:12.10	68.31%	5
13	Fausto Vargas	46	M	3:16.99	57.01%	15
14	Gary Semling	52	M	3:18.70	59.52%	13
15	Herminio Mazariegos	44	M	3:23.75	54.14%	17
16	Joaquin Fritz	61	M	3:32.38	59.91%	12
17	Joe Czech	61	M	3:48.21	55.75%	16
18	Odilia Diaz	39	F	4:00.32	48.03%	19
19	Francisca Lopes	61	F	4:43.58	52.42%	18

200 METERS

1	Max Herrerias	15	M	0:26.34	78.78%	1
2	Sean Crawford	24	M	0:27.22	70.98%	5
3	Jason Reed	35	M	0:29.12	68.82%	9
4	Fausto Vargas	46	M	0:29.63	73.49%	3
5	Mynor Maldonado	41	M	0:30.12	69.68%	7
6	Paul Stibbe	58	M	0:30.55	77.50%	2
7	Andy Krone	36	M	0:30.92	65.31%	11
8	Eli Mendez	32	M	0:31.32	62.44%	14
9	Asvi Diaz	30	M	0:32.19	60.02%	16
10	Tim Wallen	50	M	0:32.30	69.40%	8
11	Jonny Rank	13	M	0:32.34	66.97%	10
12	Herminio Mazariegos	44	M	0:32.89	65.25%	13
13	Paul Herrerias	58	M	0:33.78	70.09%	6
14	Sid Leipsic	13	M	0:34.72	62.38%	12
15	Eliana Mendez	8	F	0:38.37	72.80%	4
16	Kathleen Stranton	47	F	0:40.38	60.89%	15
17	Kent Carlomagno	57	M	0:40.46	58.13%	18
18	Odilia Diaz	39	F	0:43.02	51.89%	22
19	Dimitris Sklavopoulos	69	M	0:46.52	55.01%	20
20	Francisca Lopes	61	F	0:49.39	57.86%	19
21	Olivia Skiles	8	F	0:52.35	53.36%	21
22	Asvi Diaz	9	M	0:54.70	45.49%	24
23	Cloe Skiles	6	F	0:56.56	60.01%	17
24	Katie Stevenson	8	F	0:58.98	47.36%	23

100 METERS

1	Davidson Jean Baptiste	20	M	0:12.22	80.93%	1
2	Max Herrerias	15	M	0:13.03	79.97%	2
3	Sean Crawford	24	M	0:13.34	73.39%	5
4	Jason Reed	35	M	0:13.90	74.18%	4
5	Mynor Maldonado	41	M	0:14.43	71.57%	8
6	Eli Mendez	32	M	0:14.59	67.10%	12

7	Fausto Vargas	46	M	0:14.69	72.76%	6
8	Jonny Rank	13	M	0:15.40	69.94%	9
9	Paul Stibbe	58	M	0:15.47	74.69%	3
10	Herminio Mazariegos	44	M	0:15.68	67.24%	11
11	Paul Herrerias	58	M	0:15.91	72.62%	7
12	Sid Leipsic	13	M	0:16.29	66.11%	13
13	Andy Krone	36	M	0:16.55	60.22%	18
14	Kent Carlomagno	57	M	0:18.60	61.73%	16
15	Kathleen Stranton	47	F	0:19.03	62.41%	15
16	Eliana Mendez	8	F	0:20.26	64.96%	14
17	Odilia Diaz	39	F	0:21.25	51.09%	20
18	Francisca Lopes	61	F	0:22.15	61.71%	17
19	Dimitris Sklavopoulos	69	M	0:23.04	53.60%	19
20	Cloe Skiles	6	F	0:23.22	67.97%	10
21	Asvi Diaz	9	M	0:24.50	49.47%	22
22	Olivia Skiles	8	F	0:26.01	50.60%	21

3000 METERS

1	Jason Reed	35	M	11:17.57	66.34%	5
2	Mike Holland	65	M	11:39.54	81.78%	1
3	Billy Hinners	51	M	11:40.41	72.41%	2
4	Andy Krone	36	M	11:52.59	63.47%	7
5	Paul Herrerias	58	M	12:54.90	69.38%	3
6	Steve Derr	60	M	14:14.27	64.04%	6
7	Dimitris Sklavopoulos	69	M	14:32.11	68.16%	4