Tamalpa June 2018 Track Meet - 12-Jun-18

Tamalpa's June 2018 Track Meet was moved to the College of Marin Track for the first time in many years as a result of construction at the Terra Linda High School Track and waiting on completion of the San Rafael High School Track. Hopefully the Tamalpa July 2018 Track Meet will return to the San Rafael High School Track on July 17, 2018 and the Tamalpa Tuesday Track workouts and the remainder of the Tamalpa 2018 Track Meets will return to the San Rafael High School Track for years to come.

The June track meet opened with the One Mile Race. Sean Coffin took the lead from the start and ran a very evenly paced race to win with a fine 4:58.89. Egda Maldonado was the first female finisher in 6:04.27. 55-year-old Maria Salas, who traveled from San Diego for the Meet had the highest Age Graded Performance in the race with an 84.54% for her 6:17.58 time in the race.

The next event was the 400M. Max Kam, who would finish first in 3 races in the Meet, was the first-place finisher with a time of 1:04.94. Egda Maldonado, who would finish as the first female finisher in 3 races in the Meet, also, was the first female finisher in 1:16.38 and also had the highest Age Graded Performance in the race.

In the 800M, Max Kam was again the winner with a time of 2:37.41 and Edga Maldonado was again the first female finisher with a time of 3:04.14. 69-year-old Jim Myers had the highest Age Graded Performance in the race with his 3:17.68 finish.

We then held the 200M and 100M races. Young Ricardo Viera, at age 15, was the winner in both races. He won the 200M with a time of 0:25.44 and won the 100M with a time of 0:12.24. He had the highest Age Graded Performance for both races and his 85.13% Performance in the 100M was the highest age graded performance in the Meet! V. Tyler was the first female finisher in both races. She ran 32:00 in the 200M and 15:21 in the 100M.

The final races of the meet were the 2 Mile Race and 5000M Race, which were run concurrently. Andy Krone won the 2 Mile Race in 12:42.27. Jim Myers, again, had the highest Age Graded Performance with his 15:01.61 time at age 69. Max Kam won his 3rd race of the Meet in the 5000M with a time of 19:15.88. Anabela Diaz was the first female finisher with her 24":50.33. 64-year-old Mike Lotter had the highest age graded performance in the race with his 21:18.97. It was a good day for the Maldonado family, as Egda won three races and her son Ricardo won two races and had the Highest Age Graded Performance in the Meet.

Max Kam and Anabela Diaz were the ironmen of the Meet, running six races each!

Thanks again to our snap timing and finish line crew of Kevin Rumon, Lon Freeman and Justine Owen who again provided excellent support for the Meet. And thanks to Verity Breen for helping with the registration and to Jim Myers for acting as the starter for the sprints.

Hopefully we will have another good turnout for the Tamalpa July 2018 Track Meet at the Brand-new track at San Rafael High School on Tuesday, July 17, 2018.

Place	1 MILE	Age	Sex	Time	Age Grade %	AG Place
1	Sean Coffin	31	M	4:58.89	74.84%	2
2	Max Kam	32	M	5:19.23	70.26%	5
3	Jason Reed	39	M	5:33.91	70.02%	6
4	Andy Krone	40	M	5:38.72	69.53%	7
5	Matthew Robinson	36	M	5:53.33	64.76%	9
6	Egda Maldonado	40	F	6:04.27	72.94%	4
7	Andrew Melton	39	M	6:13.85	62.54%	11
8	Maria Salas	55	F	6:17.58	84.54%	1
9	Alec Sherrill	24	M	6:39.37	55.74%	14
10	Jim Myers	69	M	6:50.42	73.27%	3
11	Reyna Davila	38	F	6:55.23	62.88%	10
12	Anabela Diaz	39	F	7:07.17	61.64%	12
13	Herminio Mazariegos	48	M	7:07.53	58.59%	13
14	Connaitre Chateaubriant	68	M	7:27.76	66.46%	8
15	Odilia Diaz	42	F	7:31.05	52.12%	16
16	Bill Donnelly	68	M	9:10.35	54.07%	15
	400 METERS					
1	Max Kam	32	M	1:04.94	66.97%	2
2	Jason Reed	39	M	1:09.52	65.94%	3
3	Matthew Robinson	36	M	1:10.26	63.81%	4
4	Andrew Melton	39	M	1:14.52	61.51%	3
5	Egda Maldonado	40	F	1:16.38	68.75%	1
6	Herminio Mazariegos	48	M	1:19.04	61.80%	5
7	Reyna Davila	38	F	1:28.75	57.85%	8
8	Derek Bacchus	59	M	1:30.37	58.14%	7
9	Anabela Diaz	39	F	1:33.11	55.76%	9
10	J.R. Mintz	51	M	1:35.74	52.08%	10
11	Odilia Diaz	42	F	1:53.81	47.17%	11
12	Bill Donnelly	68	M	2:09.09	44.26%	12
	800 METERS					
1	Max Kam	32	M	2:37.41	64.23%	2
2	Jason Reed	39	M	2:53.12	60.82%	4
3	Egda Maldonado	40	F	3:04.14	63.27%	3
4	Matthew Robinson	36	M	3:04.92	55.38%	8
5	Andrew Melton	39	M	3:08.65	55.82%	7
6	J.R. Mintz	51	M	3:14.04	60.45%	5
7	Jim Myers	69	M	3:17.68	69.30%	1
8	Reyna Davila	38	F	3:27.33	55.18%	10
9	Anabela Diaz	39	F	3:28.88	55.25%	9

10	Herminio Mazariegos	48	M	3:33.74	53.48%	11
11	Connaitre Chateaubriant	68	M	3:48.96	59.18%	6
12	Odilia Diaz	42	F	4:15.79	46.37%	13
13	Bill Donnelly	68	M	4:25.17	51.10%	12

200 METERS

1	Ricardo Viera	15	M	0:25.44	81.56%	1
2	Wale' Aka-Bashorun	47	M	0:27.08	80.98%	2
3	Jason Reed	39	M	0:30.25	68.33%	6
4	Max Kam	32	M	0:30.43	64.28%	9
5	Herminio Mazariegos	48	M	0:31.49	72.59%	5
6	V. Tyler	51	F	0:32.00	80.41%	3
7	Andrew Melton	39	M	0:33.90	60.97%	10
8	Egda Maldonado	40	F	0:34.77	65.06%	8
9	Derek Bacchus	59	M	0:35.65	66.87%	7
10	Tricia Wallace	59	F	0:36.61	76.51%	4
11	Reyna Davila	38	F	0:38.18	57.70%	11
12	J.R. Mintz	51	M	0:42.24	53.43%	12
13	Anabela Diaz	39	F	0:43.06	51.83%	13
14	Odilia Diaz	42	F	0:48.46	47.81%	14
15	Bill Donnelly	68	M	0:55.93	45.40%	15

100 METERS

1	Ricardo Viera	15	M	0:12.24	85.13%	1
2	Max Kam	32	M	0:13.49	72.57%	5
3	Jason Reed	39	M	0:13.51	75.35%	4
4	V. Tyler	51	F	0:15.21	81.46%	2
5	Herminio Mazariegos	48	M	0:15.67	69.11%	8
6	Egda Maldonado	40	F	0:15.86	69.29%	7
7	Andrew Melton	39	M	0:15.96	63.78%	10
8	Derek Bacchus	59	M	0:16.46	70.66%	6
9	Reyna Davila	38	F	0:16.77	63.92%	9
10	Tricia Wallace	59	F	0:17.63	76.06%	3
11	J.R. Mintz	51	M	0:18.14	60.92%	11
12	Anabela Diaz	39	F	0:19.63	55.32%	12
13	Odilia Diaz	42	F	0:21.47	52.35%	13
14	Bill Donnelly	68	M	0:23.65	51.92%	14

2 Mile

1	Andy Krone	40	M	12:42.27	65.88%	2
2	Jim Myers	69	M	15:01.61	71.10%	1
3	Alec Sherrill	24	M	15:27.51	51.17%	3

5000 Meters

1	Max Kam	32	M	19:15.88	67.91%	2
2	Jason Reed	39	M	21:01.50	64.76%	4
3	Mike Lotter	64	M	21:18.97	77.48%	1
4	J.R. Mintz	51	M	22:50.48	65.09%	3
5	Anabela Diaz	39	F	24:50.33	60.72%	5