## Tamalpa May 2017 Track Meet

On 5/16/17 Tamalpa held our first Track Meet of 2017 at the Terra Linda High School Track. The first race of the meet was the One Mile. Patrick Hauke took the lead from the start and ran away with the race. Patrick ran a steady comfortable pace and finished with a fine 4:57.26. Tricia Wallace was the first female finisher in 7:12.80 and Roy Kissin had the highest age grade for this race with his $78.53 \%$ while running a 5:52.49 at age 60 . Jason Reed started a streak of five first place finishes with his 1:12.74 in the 400M. He came back in the 800M and won with a time of 2:39.29. Roy Kissin, again, had the highest age grade for this race with his $74.21 \%$ while running a 2:50.20. Six year old Hadley Balch was the first female finisher in 4:02.25.
Jason Reed then won both the 200M in 0:27.61 and 100M in 0:14.79. Reese Laughlin's 0:30.13, at age 54, gave him an age grade of $76.47 \%$ which was the highest in the race. In the 100M V.Tyler was the first female finisher in 0:16.04 and had the highest age grade of the race at 76.50\%. She, also, set a new Tamalpa Women's 50-59 record for the 100M with that time.
Matt Kennedy was the winner in the 2 Mile Race with a time of 12:30.79. Tricia Wallace was the first Female finisher in 16:41 and Roy Kissin had the highest Age Grade, again, of $76.37 \%$ for his 12:52.64.
The 5000M had a small 3-man field. Jason Reed was an easy winner in the race with his 19:42.07 as he won his fifth race of the meet. Reese Laughlin had the best age graded performance in the race with his 20:58.54 and $72.54 \%$ age grade.
Thanks to Max Kam for helping with the registration for the meet and compiling the final race results; Kevin Rumon, Zany Rumon and Christian Oakes for working the finish line timing and placing; and Carl Jacob for starting the sprints and the 5000 M ..
The next Tamalpa Track Meet is Tuesday, June 20, 2017.

## Tamalpa Track Meet Terra Linda High School 16-May-17

| Place | $\mathbf{1}$ MILE | Age | Sex | Time | Age Grade <br> $\%$ | AG <br> Place |
| :---: | :--- | :---: | :---: | :---: | :---: | :---: |
| $\mathbf{1}$ | Patrick Hauke | 23 | M | $4: 57.26$ | $74.88 \%$ | 3 |
| $\mathbf{2}$ | Jason Reed | 38 | M | $5: 23.78$ | $71.68 \%$ | 7 |
| $\mathbf{3}$ | Graham Balch | 43 | M | $5: 27.61$ | $73.53 \%$ | 4 |
| $\mathbf{4}$ | Andy Krone | 39 | M | $5: 34.96$ | $69.80 \%$ | 10 |
| $\mathbf{5}$ | Alexander Sebastian | 48 | M | $5: 44.89$ | $72.63 \%$ | 5 |
| $\mathbf{6}$ | Roy Kissin | 60 | M | $5: 52.49$ | $78.53 \%$ | $\mathbf{1}$ |
| $\mathbf{7}$ | Matt Kennedy | 51 | M | $5: 54.33$ | $72.42 \%$ | 6 |
| $\mathbf{8}$ | Fausto Vargas | 48 | M | $5: 57.41$ | $70.09 \%$ | 9 |
| $\mathbf{9}$ | J.R. Mintz | 50 | M | $6: 42.44$ | $63.24 \%$ | 13 |
| $\mathbf{1 0}$ | Jim Myers | 68 | M | $7: 01.15$ | $70.66 \%$ | 8 |
| $\mathbf{1 1}$ | Tricia Wallace | 58 | F | $7: 12.80$ | $76.89 \%$ | 2 |
| $\mathbf{1 2}$ | Connaitre Chateaubriant | 66 | M | $7: 15.08$ | $67.14 \%$ | 12 |
| $\mathbf{1 3}$ | Sierra Balch | 9 | F | $7: 16.05$ | $68.41 \%$ | 11 |
| $\mathbf{1 4}$ | Herminio Mazariegos | 48 | M | $7: 35.68$ | $54.97 \%$ | 14 |

## 400 METERS

| $\mathbf{1}$ | Jason Reed | 38 | $M$ | $1: 12.74$ | $62.55 \%$ | 1 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| $\mathbf{2}$ | Herminio Mazariegos | 48 | $M$ | $1: 30.29$ | $54.10 \%$ | 2 |
| $\mathbf{3}$ | Juan Escobar | 49 | $M$ | $1: 32.45$ | $53.21 \%$ | 3 |

800 METERS

| $\mathbf{1}$ | Jason Reed | 38 | M | $2: 39.29$ | $65.48 \%$ | 6 |
| :---: | :--- | :---: | :---: | :---: | :---: | :---: |
| $\mathbf{2}$ | Matt Kennedy | 51 | M | $2: 41.41$ | $72.67 \%$ | 2 |
| $\mathbf{3}$ | Andy Krone | 39 | M | $2: 46.72$ | $63.16 \%$ | 7 |
| $\mathbf{4}$ | Fausto Vargas | 48 | M | $2: 48.34$ | $67.90 \%$ | 5 |
| $\mathbf{5}$ | Roy Kissin | 60 | M | $2: 50.20$ | $74.21 \%$ | $\mathbf{1}$ |
| $\mathbf{6}$ | Jim Myers | 68 | M | $3: 16.51$ | $68.95 \%$ | 4 |
| $\mathbf{7}$ | Herminio Mazariegos | 48 | M | $3: 41.69$ | $51.56 \%$ | 10 |
| $\mathbf{8}$ | Juan Escobar | 49 | M | $3: 41.70$ | $52.01 \%$ | 9 |
| $\mathbf{9}$ | Connaitre Chateaubriant | 66 | M | $3: 46.53$ | $58.54 \%$ | 8 |
| $\mathbf{1 0}$ | Hadley Balch | 6 | F | $4: 02.25$ | $70.38 \%$ | 3 |

200 METERS

| $\mathbf{1}$ | Jason Reed | 38 | M | $0: 27.61$ | $74.28 \%$ | 2 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| $\mathbf{2}$ | Reese Laughlin | 54 | M | $0: 30.13$ | $76.47 \%$ | $\mathbf{1}$ |
| $\mathbf{3}$ | Fausto Vargas | 48 | M | $0: 31.16$ | $70.89 \%$ | 3 |
| $\mathbf{4}$ | Herminio Mazariegos | 48 | M | $0: 35.49$ | $62.24 \%$ | 4 |

100 METERS

| $\mathbf{1}$ | Jason Reed | 38 | M | $0: 14.79$ | $68.36 \%$ | 4 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| $\mathbf{2}$ | Fausto Vargas | 48 | M | $0: 15.25$ | $71.02 \%$ | 2 |
| $\mathbf{3}$ | Herminio Mazariegos | 48 | M | $0: 15.63$ | $69.29 \%$ | 3 |
| $\mathbf{4}$ | V. Tyler | 50 | F | $0: 16.04$ | $76.50 \%$ | $\mathbf{1}$ |
| $\mathbf{5}$ | Juan Escobar | 49 | M | $0: 17.61$ | $61.90 \%$ | 5 |

2 Mile

| $\mathbf{1}$ | Matt Kennedy | 51 | M | $12: 30.79$ | $72.86 \%$ | 2 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| $\mathbf{2}$ | Andy Krone | 39 | M | $12: 41.59$ | $65.46 \%$ | 6 |
| $\mathbf{3}$ | Graham Balch | 43 | M | $12: 49.71$ | $66.73 \%$ | 5 |
| $\mathbf{4}$ | Roy Kissin | 60 | M | $12: 52.64$ | $76.37 \%$ | 1 |
| $\mathbf{5}$ | J.R. Mintz | 50 | M | $13: 53.19$ | $65.12 \%$ | 7 |
| $\mathbf{6}$ | Jim Myers | 68 | M | $15: 11.59$ | $69.66 \%$ | 4 |
| $\mathbf{7}$ | Tricia Wallace | 58 | F | $16: 41.00$ | $70.53 \%$ | 3 |

5000 Meters

| $\mathbf{1}$ | Jason Reed | 38 | M | $19: 42.07$ | $68.61 \%$ | 2 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| $\mathbf{2}$ | Reese Laughlin | 54 | M | $20: 58.54$ | $72.54 \%$ | 1 |
| $\mathbf{3}$ | Fausto Vargas | 48 | M | $22: 13.23$ | $65.41 \%$ | 3 |

