

# Tamalpa May 2018 Track Meet

On 5/15/18 the Tamalpa Runners, Inc. held our first Track Meet of 2018 at the Terra Linda High School Track.

The first race of the meet was the One Mile. Brien Friedman, who had finished in 2<sup>nd</sup> place in the One Mile Race at the Tamalpa September 2016 Track Meet and was looking for a First Place Finish this year. He took the lead from the start. Young Charlie Boyden and Tom Groh hung close for the first lap, but by lap two Brien had opened up a pretty good lead, as he ran away with the race and finished in a fine 4:56.87 for the win, 2.29 seconds slower than his 2<sup>nd</sup> place finish time in 2016. 14-Year-Old Charlie Boyden took second place in 5:07.63. Nancy Thomas was the first female finisher and had the highest age grade for this race and for the meet with her 87.58% while running a 5:32.83 at age 48. Nancy is the current F40-49 record holder for Tamalpa Track Meets with her 5:24.30 finish at age 46 in 2016.

Wale' Aka-Bashorun easily won the next race, the 400M in 1:03.17 and also had the highest age grade for the race with a 76.79% at age 47. Anabela Diaz was the first female finisher in 1:29.84.

The 800M was won by Tom Groh in 2:27.53 and Anabela Diaz was, again, the first female finisher with a time of 3:29.41. Jim Myers, at age 69, had the highest age grade for the race at 70.35% for his 3:14.75 finish.

Tom Groh repeated his first-place finish in the 800M with a win in the 200M at 0:27.02. C.J. Healy was the first female finisher in 0:39.68. 55-year-old David Scharf was right on Tom Groh's tail and took second place in the race and had the highest age grade in the race with an 85.02% for his fine 0:27.30 finish.

Jason Reed won the 100M in 0:13.93 and C.J. Healy was again the first female finisher in 0:16.75. Herminio Mazariegos' 0:14.82, at age 48, gave him an age grade of 73.08%, which was the highest in the race.

Roy Kissin was the winner in the 2 Mile Race with a time of 12:33.49. Roy was bringing back memories of his All-American Performances in the 10K at Stanford in the late 1970's as he chased down Verity in the final 600M to win the race. Verity Breen was the first Female finisher in 12:42.31 and had the highest age grade in the race of 84.22% for her performance at age 51. She also set a new Tamalpa Track Meet F50-59 record as she broke Eileen Brennan-Erler's previous record of 13:11.87 which was set in 2015.

The 5000M had a small 2-person field. Jason Reed was an easy winner in the race with his 20:47.37 as he won his second race of the meet and he had the best age graded performance in the race with his 65.50%. Anabela Diaz was the first female finisher in 24:14.82 as she won her 3<sup>rd</sup> race of the meet.

Jason Reed and Anabela Diaz were the Iron Man and Iron Woman of the meet as they both ran 6 races!

Thanks to Reese Laughlin for helping with the registration and compiling heat sheets for the races; Kevin Rumon, Lon Freeman and Justine Owen for working the finish line timing and placing; and Liz Gottlieb for starting the sprints. Kevin, Lon and Justine have been working the Tamalpa Track Meets for many years and their support has been invaluable.

The next Tamalpa Track Meet is Tuesday, June 12, 2018 at Terra Linda High School. Hopefully starting with the July Track Meet on July 17, 2018 we will be back doing our Tuesday track workouts and Tamalpa Track Meets at San Rafael High School.

## **Tamalpa Track Meet Terra Linda High School 15-May-18**

Place	1 MILE	Age	Sex	Time	Age Grade %	AG Place
1	Brien Friedman	27	M	4:56.87	74.98%	6
2	Charlie Boyden	14	M	5:07.63	79.61%	4
3	Tom Groh	27	M	5:30.08	67.44%	14
4	Nancy Thomas	48	F	5:32.83	87.58%	1
5	Jason Reed	39	M	5:34.65	72.63%	10
6	Tom O'Reilly	61	M	5:35.85	83.13%	2
7	Andy Krone	40	M	5:41.47	68.97%	13
8	Roy Kissin	61	M	5:48.60	80.09%	3
9	Liz Gottlieb	42	F	6:12.45	72.87%	9
10	Mike Holland	69	M	6:27.11	77.68%	5
11	Mike Lotter	64	M	6:29.15	73.70%	8
12	Alec Sherrill	24	M	6:40.50	55.58%	19
13	Paul Herrerias	62	M	6:43.26	69.86%	12

14	Jim Myers	69	M	6:46.79	73.92%	7
15	Anabela Diaz	39	F	6:57.51	63.06%	16
16	Herminio Mazariegos	48	M	7:14.70	57.63%	18
17	Juan Escobar	51	M	7:24.24	57.76%	17
18	Francisco Carmona	29	M	7:24.45	50.13%	23
19	Connaitre Chateaubriant	67	M	7:33.12	65.06%	15
20	C.J. Healy	42	F	8:12.32	55.13%	20
21	Odilia Diaz	42	F	8:37.24	52.47%	22
22	Maggie Fillmore	68	F	8:56.16	72.31%	11
23	Bill Donnelly	67	M	9:14.11	53.20%	21

#### 400 METERS

1	Wale' Aka-Bashorun	47	M	1:03.17	76.79%	1
2	Jason Reed	39	M	1:11.80	63.84%	2
3	Andy Krone	40	M	1:15.82	60.91%	4
4	Herminio Mazariegos	48	M	1:16.94	63.49%	3
5	Francisco Carmona	29	M	1:18.41	55.07%	9
6	Juan Escobar	51	M	1:25.64	58.22%	6
7	Anabela Diaz	39	F	1:29.84	57.79%	7
8	C.J. Healy	42	F	1:36.19	55.72%	8
9	Odilia Diaz	42	F	1:46.97	50.11%	10
10	Maggie Fillmore	68	F	1:56.75	59.79%	5
11	Bill Donnelly	67	M	2:04.34	45.24%	11

#### 800 METERS

1	Tom Groh	27	M	2:27.53	68.53%	2
2	Jason Reed	39	M	2:48.65	62.44%	5
3	Andy Krone	40	M	2:53.86	61.20%	6
4	Alec Sherrill	24	M	3:10.37	53.11%	10
5	Paul Herrerias	62	M	3:12.36	66.65%	4
6	Jim Myers	69	M	3:14.75	70.35%	1
7	Anabela Diaz	39	F	3:29.41	55.11%	8
8	Herminio Mazariegos	48	M	3:37.47	52.56%	11
9	Connaitre Chateaubriant	67	M	3:40.18	60.86%	7
10	Juan Escobar	51	M	3:40.78	53.13%	9
11	C.J. Healy	42	F	4:01.32	49.15%	13
12	Odilia Diaz	42	F	4:12.26	46.83%	14
13	Maggie Fillmore	68	F	4:14.88	67.09%	3
14	Bill Donnelly	67	M	4:24.03	50.75%	12

#### 200 METERS

1	Tom Groh	27	M	0:27.02	71.50%	4
2	David Scharf	55	M	0:27.30	85.02%	1
3	Wale' Aka-Bashorun	47	M	0:28.31	77.46%	2
4	Jason Reed	39	M	0:30.48	67.81%	5
5	Francisco Carmona	29	M	0:31.21	61.90%	8
6	Herminio Mazariegos	48	M	0:32.80	67.35%	6

7	Paul Herrerias	62	M	0:33.08	73.49%	3
8	Juan Escobar	51	M	0:37.40	60.35%	9
9	C.J. Healy	42	F	0:39.68	58.39%	10
10	J.R. Mintz	51	M	0:40.92	55.16%	11
11	Odilia Diaz	42	F	0:42.98	53.91%	12
12	Anabela Diaz	39	F	0:43.47	51.35%	13
13	Maggie Fillmore	68	F	0:48.19	63.42%	7
14	Bill Donnelly	67	M	0:53.11	47.41%	14

#### 100 METERS

1	Jason Reed	39	M	0:13.93	71.57%	2
2	Herminio Mazariegos	48	M	0:14.82	73.08%	1
3	C.J. Healy	42	F	0:16.75	67.10%	3
4	Juan Escobar	51	M	0:17.39	63.54%	5
5	J.R. Mintz	51	M	0:18.03	61.29%	6
6	Odilia Diaz	42	F	0:19.19	58.57%	7
7	Anabela Diaz	39	F	0:19.51	55.66%	8
8	Maggie Fillmore	68	F	0:22.43	64.94%	4
9	Bill Donnelly	67	M	0:24.05	50.73%	9

#### 2 Mile

1	Roy Kissin	61	M	12:33.49	79.01%	2
2	Verity Breen	51	F	12:42.31	84.22%	1
3	Andy Krone	40	M	12:47.83	65.41%	5
4	Paul Herrerias	62	M	14:07.19	70.94%	3
5	Tom Groh	27	M	14:58.63	52.81%	6
6	Jim Myers	69	M	15:06.47	70.71%	4

#### 5000 Meters

1	Jason Reed	39	M	20:47.37	65.50%	1
2	Anabela Diaz	39	F	24:14.82	62.21%	2