

Tamalpa September Track Meet, September 11, 2018, San Rafael HS Track

The Final Tamalpa Track Meet of 2018 was held on the new San Rafael High School Track. Conditions were good, but it was a bit cool and there was a reasonably severe wind blowing.

The Meet opened with the One Mile Race. 52-Year-Old Brad Cooper traveled from Colorado to California to run the One Mile Race and to attempt to break 4:50 in the Mile. Two heats of the One Mile Race were run, with Brad running in the second FAST heat. Brad set the pace for the first lap as Jonathan Bretan and Sergio Higareda were right on his tail as they passed the ¼ Mile mark in 1:11, right on pace. Jonathan took the lead on the second lap and continued to hold the lead through the ½ Mile mark with Brad on his tail. Jonathan's split at the ½ Mile mark was 2:28 and a sub 4:50 Mile was not looking good. Jonathan continued to hold the lead through the ¾ Mile mark, however, he had slowed to 3:47 and he had to pick up his pace on the final lap to finish in 4:57.38 and win the race. Brad Cooper gave it a good effort but was not up to breaking 4:50 on this day, as he finished in second place with a 5:03.52. Edga Maldonado was the first female finisher in 6:10.76. Brad Cooper's 85.23% Age Grade was the top Age Graded Performance in the race.

The 400 Meter was the next race in the Meet. Andy Ma ran away with his heat and finished in 1:08.39 to take first place in the 400M. 13-year-old Sophia Bromberg was the first female finisher in 1:14.56 and had the highest age graded performance in the race at 72.26%.

Anchit Desai was the first finisher for the second month in a row in 800 Meter race with a time of 2:20.44. This time was almost 4-1/2 seconds slower than his winning time in the Tamalpa August Track Meet. Edga Maldonado was the first female finisher in 2:59.03. 57-year-old Jim Maloney had the highest Age Grade in the Race at 72.67% for his 2:49.53. Tricia Wallace set a new Tamalpa Track Meet W60-69 Age Group Record for the 800M with her 3:22.13.

Bojan Prokic was the winner in the 200 Meter race with a time of 0:29.10. Tricia Wallace was the first female finisher in 0:37.97 and she also had the highest Age Grade in the race with a 81.28%.

The 100 Meter race was won by 22-year-old Henry Ng in 0:12.31. 65-year-old Nanci Henderson was the first female finisher in the race with a time of 0:15.97 as she broke her own Tamalpa Track Meet W60-69 Age Group Record for the 100M which she had set at the July 2018 Tamalpa Meet. She also had the highest Age Graded Performance in the Race and in the Meet of 88.85%.

The 2 Mile race was won by Jason Reed with a time of 13:53.86. Monika Hight was the first female finisher in 16:28.72. 69-year-old Jim Myers had the highest Age Grade in the race with a 71.30% for his 14:59.01 finish.

The 5000 Meter race was won by 44-year-old Sergio Higareda with a time of 18:54.99. Sergio also had the highest Age Grade in the race with a 74.54% grade. Anabela Diaz was the first female finisher in 24:22.09.

I would like to thank Kevin Rumon, Lon Freeman and Justine Owen for their help with the timing and placing of the runners in this meet and for all five 2018 Tamalpa Track Meets. Also thanks to Reese Laughlin and Joaquin Fritz for helping with registration and Michael McKenna for acting as Starter for the Sprints.

Tamalpa has completed another Five Meet Tamalpa Track Meet Schedule. We look forward to another Five Meet Schedule in 2019. We look forward to seeing you for the First Track Meet of 2019 next May.

San Rafael High School

11-Sep-18

						New Tamalpa
1 MILE	Age	Sex	Time	Age Grade %	AG Place	Age Grp Record
Jonathan Breton	36	M	4:57.38	76.94%	5	.

Brad Cooper	52	M	5:03.52	85.23%	1	.
Max Kam	32	M	5:06.42	73.20%	9	.
Sergio Higareda	44	M	5:11.53	77.94%	4	.
Jason Reed	39	M	5:27.73	71.34%	12	.
Andy Krone	40	M	5:30.93	71.16%	13	.
Tim Wallen	54	M	5:36.34	78.19%	3	.
Mark Richtman	63	M	5:43.27	82.79%	2	.
Matt Robinson	36	M	5:56.35	64.21%	23	.
Andrew Melton	39	M	5:56.85	65.52%	19	.
Jim Maloney	57	M	6:04.71	73.95%	8	.
Egda Maldonado	40	F	6:10.76	71.66%	11	.
Alec Sherrill	24	M	6:15.12	59.34%	27	.
Scott Schneider	51	M	6:16.80	68.10%	17	.
Mike Lotter	65	M	6:16.81	76.80%	6	.
Jesse Bromberg	47	M	6:23.24	64.84%	22	.
Sophia Bromberg	13	F	6:23.98	70.71%	15	.
Marvin Rodas	42	M	6:34.50	60.61%	24	.
Paul Herrerias	62	M	6:36.13	71.11%	14	.
Andy Ma	43	M	6:40.31	60.18%	25	.
Jim Myers	69	M	6:41.99	74.80%	7	.
Anabela Diaz	40	F	6:49.37	64.90%	20	.
Kent Carlomagno	61	M	6:51.42	67.86%	18	.
Herminio Mazariegos	49	M	7:02.74	59.73%	26	.
Connaitre Chateaubriant	68	M	7:04.08	70.18%	16	.
Erica Calderon	26	F	7:36.78	55.08%	29	.
Juan Escobar	51	M	7:37.25	56.12%	28	.
Dimitris Sklavopoulos	73	M	8:07.92	64.89%	21	.
Odilia Diaz	44	F	8:40.72	53.35%	31	.
Maggie Fillmore	68	F	8:57.38	72.15%	10	.
Bill Donnelly	68	M	9:02.89	54.82%	30	.

400 METERS

Andy Ma	43	M	1:08.39	68.97%	2	.
Jason Reed	39	M	1:10.50	65.02%	5	.
Andrew Melton	39	M	1:10.97	64.59%	6	.
Jesse Bromberg	47	M	1:13.21	66.26%	4	.
Sophia Bromberg	13	F	1:14.56	72.26%	1	.
Egda Maldonado	40	F	1:16.81	68.36%	3	.
Herminio Mazariegos	49	M	1:17.73	64.04%	7	.
Juan Escobar	51	M	1:25.10	58.59%	9	.
Erica Calderon	26	F	1:25.57	55.63%	11	.
Anabela Diaz	40	F	1:30.26	58.18%	10	.
Odilia Diaz	44	F	1:47.30	51.02%	12	.
Maggie Fillmore	68	F	1:53.91	61.28%	8	.

Bill Donnelly	68	M	1:59.84	47.67%	13
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800 METERS

Anchit Desai	28	M	2:20.44	71.99%	4	.
Daniel Lee	40	M	2:26.97	72.40%	2	.
Andy Krone	40	M	2:37.26	67.66%	7	.
Matt Robinson	36	M	2:44.74	62.16%	11	.
Jason Reed	39	M	2:47.57	62.84%	10	.
Jim Maloney	57	M	2:49.53	72.67%	1	.
Egda Maldonado	40	F	2:59.03	65.07%	8	.
Andrew Melton	39	M	2:59.17	58.77%	14	.
Marvin Rodas	42	M	3:11.90	56.44%	16	.
Jim Myers	69	M	3:13.89	70.66%	5	.
Anabela Diaz	40	F	3:20.82	58.01%	15	.
Andy Ma	43	M	3:21.84	54.15%	17	.
Paul Herrerias	62	M	3:21.98	63.47%	9	.
Tricia Wallace	60	F	3:22.13	72.19%	3	W60-69 Record
Erica Calderon	26	F	3:31.68	53.52%	18	.
Herminio Mazariegos	49	M	3:42.88	51.73%	20	.
Connaitre Chateaubriant	68	M	3:49.13	59.14%	13	.
Juan Escobar	51	M	3:57.09	49.47%	22	.
Dimitris Sklavopoulos	73	M	3:59.07	60.65%	12	.
Odilia Diaz	44	F	4:03.67	49.53%	21	.
Maggie Fillmore	68	F	4:06.38	69.40%	6	.
Bill Donnelly	68	M	4:13.82	53.38%	19	.

200 METERS

Bojan Prokic	39	M	0:29.10	71.30%	3
Matt Robinson	36	M	0:30.96	65.21%	4
Paul Herrerias	62	M	0:32.06	75.83%	2
Andrew Melton	39	M	0:33.91	60.96%	6
Andy Ma	43	M	0:34.82	61.17%	5
Tricia Wallace	60	F	0:37.97	81.28%	1
Odilia Diaz	44	F	0:45.18	52.55%	7
Bill Donnelly	68	M	0:51.85	48.97%	8

100 METERS

Henry Ng	22	M	0:12.31	79.53%	2	
Max Kam	32	M	0:13.97	70.08%	6	
Jason Reed	39	M	0:14.18	71.79%	5	
Paul Herrerias	62	M	0:15.17	78.05%	3	
Herminio Mazariegos	49	M	0:15.69	69.47%	2	
Nanci Henderson	65	F	0:15.97	88.85%	1	W60-69 Record

Tricia Wallace	60	F	0:17.69	76.60%	4
Juan Escobar	51	M	0:17.91	61.70%	7
Odilia Diaz	44	F	0:21.19	54.27%	8
Bill Donnelly	68	M	0:24.07	51.02%	9

2 Mile

Jason Reed	39	M	13:53.86	59.78%	4
Paul Herrerias	62	M	14:07.94	70.88%	2
Jim Myers	69	M	14:59.01	71.30%	1
Monika Hight	41	F	16:28.72	57.78%	5
Dimitris Sklavopoulos	73	M	17:39.50	63.71%	3

5000 Meters

Sergio Higareda	44	M	18:54.99	74.54%	1
Marvin Rodas	42	M	22:41.95	61.24%	2
Anabela Diaz	40	F	24:22.09	56.29%	3