

Tamalpa June Track Meet on 6/18/19

We had an excellent turnout for the Tamalpa June Track Meet on 6/18/19. The weather was favorable and we had several outstanding performances.

Markelle Taylor was the winner in the opening race of the Track Meet, the one mile, as he was in the Tamalpa May Track Meet. Jonathan Bretan gave him a run for his money, but Markelle was able to hold him off and finish in 5:11.77 to Jonathan's 5:14.73. Egda Vierra was the first female finisher in 5:55.27. 10-year-old Lucas Ruark took 4th place with a 5:35.23 and had the highest Age Grade in the race with a 81.26%.

In the next race, the 400M, Max Herrerias took off like a shoot and won easily with a very fast 0:52.44. That time was only 0.04 seconds off of the Tamalpa Meet Record of 0:52.40 set in 2005 by Tony Noguerras. Liz Gottlieb was the first female finisher in 1:18:50. The highest Age Grade in the Meet, a 96.83%, was set by 75-year-old Larry Barnum as he ran 1:07.13 for 400M. That is only 0.58 seconds off of the 1:06.55 record he set last year as a 74-year-old! In fact, Larry held both the M60-69 and M70+ records for the 400M. 60-year-old Christian Oakes ran an excellent 1:06.30 for the 400M, finished one place ahead of Larry to set a new Tamalpa M60-69 Record for the 400M.

The 800M race was next and Jose Ordonez took the lead from the start and won the race with a 2:11.76. Liz Gottlieb repeated her win in the 400M by winning the 800M for the women with a time of 2:49.24, just edging out Beth Freedman by 0.34 seconds. Lucas Ruack again had the highest Age Graded performance in the 800M with is 4th place finish and a time of 2:38.76 for an age Grade of 79.68%.

Max Herrerias repeated his win in the 400M with strong 200M race as he finished first in 0:23.88. Beth Freedman was the first female finisher in 0:34.50. 75-year-old Larry Barnum was again the highest Age Graded Runner in the race as he took 3rd place with a fast 0:30.02 and an Age Grade of 92.94%.

In the 100M Anchit Desai won the Race with a fast 0:13.36. carmen Ordonez was the first female finisher in 0:16.03. We had another 70+ runner score the highest Age Graded performance in the 100M, as 73-year-old Marshall Johnson ran a 0:15.22 for an Age Grade of 81.06%.

In the 2 Mile Race Markelle Taylor again repeated his win for the One Mile Race, as he did at the Tamalpa May Track Meet. He won easily with an 11:36.08. Egda Viera also repeated her women's victory in the One Mile with a 12:55.60 finish in the 2 Mile. 68-year-old Sharlet Gilbert had the highest Age Grade in the Race with an 81.06% for her 16:55.24. And 70-year-old Jim Myers set a new M70+ record in the 2 Mile with his 15:27.59 as he beat Dimitris Sklavopoulos time set in 2015 by 0.87 of a second!

Sergio Higareda repeated his win in the 5000 Meter race from the May Track Meet with an 18:34.38, 36 seconds faster than he ran in May. He also had the highest Age Grade in the race with a 76.54%.

Jason Reed was the Iron Man of the Meet as he ran the maximum of 6 events after running a Double Dipsea the previous weekend.

The meet was supported by outstanding volunteers Kevin Rumon, Lon Freeman and Justine Owen doing the Timing and results; Lillie O'Reilly and Verity Breen doing the registration and distribution of Race Numbers; and Liz Gottlieb serving as the Starter for the 200M and 100M races.

The July Tamalpa Track Meet is scheduled to be run at San Rafael High School on Tuesday, July 16, 2019. The August Track Meet was scheduled to be run on Tuesday, August 13, 2019, but will have to be pushed off one week and will be run on Tuesday, August 20, 2019. The final Tamalpa Track Meet of the Summer will be run on Tuesday, September 10, 2019.

**Tamalpa Track Meet
San Rafael High School
18-Jun-19**

Place	1 MILE	Age	Sex	Time	Age Grade %	AG Place
1	Markelle Taylor	46	M	5:11.77	79.10%	3
2	Jonathan Bretan	36	M	5:14.73	72.70%	9
3	Jason Reed	40	M	5:21.66	73.21%	8
4	Lucas Ruark	10	M	5:35.23	81.26%	1
5	Cedric Hernandez	43	M	5:49.32	68.96%	10
6	Egda Vierra	41	F	5:55.27	75.55%	5
7	Dan Borgonovo	54	M	5:55.82	73.91%	6
8	Eduardo Alanzo	18	M	6:00.83	63.80%	16
9	Mark Sanchez	43	M	6:25.13	62.55%	17
10	David Green	47	M	6:28.11	64.03%	15
11	Mike Holland	70	M	6:37.23	76.56%	4
12	David Leipsic	54	M	6:38.28	66.03%	12
13	Jim Myers	70	M	6:54.76	73.32%	7
14	Alec Sherrill	25	M	7:08.68	51.93%	23
15	Connaitre Chateaubriant	69	M	7:23.31	67.83%	11
16	Herminio Mazariegos	50	M	7:42.63	55.01%	20
17	Juan Escobar	52	M	7:43.63	55.80%	19
18	Amily Huang	46	F	7:51.27	60.37%	18
19	Dimitris Sklavopoulos	74	M	8:08.76	65.78%	13
20	Sharlet Gilbert	68	F	8:09.09	79.27%	2
21	Sue Kreusch	56	F	8:13.24	65.61%	14
22	Odilia Diaz	44	F	8:50.37	52.38%	22
23	Bill Donnelly	69	M	9:07.41	54.93%	21

400 METERS

1	Max Herrerias	20	M	0:52.44	82.48%	2
2	Anchit Desai	29	M	1:00.39	71.50%	4
3	Christian Oakes	60	M	1:06.30	79.76%	3
4	Larry Barnum	75	M	1:07.13	96.83%	1
5	Eduardo Alanzo	18	M	1:09.08	63.90%	10
6	Mark Sanchez	43	M	1:09.41	67.96%	7
7	Jason Reed	40	M	1:11.06	64.99%	9
8	Liz Gottlieb	43	F	1:18.50	69.01%	6
9	Paul Herrerias	63	M	1:20.61	66.83%	8
10	Herminio Mazariegos	50	M	1:22.11	60.32%	12
11	Juan Escobar	52	M	1:23.89	59.83%	13
12	Mace Sanchez	13	M	1:24.81	56.95%	14
13	Carmen Ordonez	30	F	1:28.92	53.53%	15
14	Sharlet Gilbert	68	F	1:38.89	70.58%	5
15	Maggie Fillmore	69	F	1:56.13	61.05%	11
16	Bill Donnelly	69	M	2:01.97	47.59%	16

800 METERS

1	Jose Ordonez	24	M	2:11.76	76.73%	2
2	Daniel Lee	41	M	2:28.10	72.45%	5
3	Jason Reed	40	M	2:37.68	67.48%	9
4	Lucas Ruark	10	M	2:38.76	79.68%	1
5	Liz Gottlieb	43	F	2:49.24	70.67%	6
6	Beth Freedman	50	F	2:49.58	74.89%	3
7	Dan Borgonovo	54	M	2:50.60	70.52%	7
8	Paul Herrerias	63	M	3:12.80	67.01%	10
9	Jim Myers	70	M	3:17.43	70.15%	8
10	Tricia Wallace	61	F	3:24.75	72.58%	4
11	Herminio Mazariegos	50	M	3:41.61	52.48%	13
12	Connaitre Chateaubriant	69	M	3:48.15	60.05%	12
13	Dimitris Sklavopoulos	74	M	3:54.65	62.77%	11
14	Madelino Perez	25	F	3:54.89	48.24%	15
15	Odilia Diaz	44	F	4:12.94	47.72%	16
16	Bill Donnelly	69	M	4:21.74	52.34%	14

200 METERS

1	Max Herrerias	20	M	0:23.88	80.90%	2
2	Anchit Desai	29	M	0:27.72	69.70%	8
3	Larry Barnum	75	M	0:30.02	92.94%	1
4	Jason Reed	40	M	0:30.95	67.30%	9
5	Eduardo Alanzo	18	M	0:31.48	62.87%	10
6	Christian Oakes	60	M	0:31.60	75.95%	4
7	Herminio Mazariegos	50	M	0:31.77	70.95%	7
8	Beth Freedman	50	F	0:34.50	73.80%	6
9	Mace Sanchez	13	M	0:35.60	60.84%	12
10	Tricia Wallace	61	F	0:36.69	77.90%	3
11	Juan Escobar	52	M	0:36.94	61.53%	11
12	Sharlet Gilbert	68	F	0:40.74	75.01%	5
13	Odilia Diaz	44	F	0:44.79	53.00%	14
14	Maggie Fillmore	69	F	0:51.29	60.15%	13
15	Bill Donnelly	69	M	0:54.64	46.83%	15

100 METERS

1	Anchit Desai	29	M	0:13.36	73.28%	5
2	Mark Sanchez	43	M	0:13.70	76.42%	3
3	Jason Reed	40	M	0:13.90	73.81%	4
4	Herminio Mazariegos	50	M	0:15.03	73.05%	6
5	Marshall Johnson	73	M	0:15.22	84.63%	1
6	Paul Herrerias	63	M	0:15.53	76.69%	2
7	Carmen Ordonez	30	F	0:16.03	65.44%	7
8	Odilia Diaz	44	F	0:20.77	55.37%	9

9	Maggie Fillmore	69	F	0:22.69	64.74%	8
10	Bill Donnelly	69	M	0:24.61	50.18%	10

2 Mile

1	Markelle Taylor	46	M	11:36.08	75.52%	2
2	Daniel Lee	41	M	12:31.02	67.38%	9
3	Cedric Hernandez	43	M	12:31.99	68.30%	8
4	Egda Vierra	41	F	12:55.60	73.66%	3
5	Dan Borgonovo	54	M	13:32.23	69.03%	6
6	David Green	47	M	13:53.58	63.56%	12
7	Paul Herrerias	63	M	14:02.24	71.95%	4
8	Lee Goins	61	M	14:41.55	67.53%	7
9	Jim Myers	70	M	15:27.59	69.86%	5
10	Sharlet Gilbert	68	F	16:55.24	81.06%	1
11	Dimitris Sklavopoulos	74	M	17:23.09	65.77%	11
12	Sue Kreusch	56	F	17:23.29	65.85%	10
13	Talia Green	13	F	17:43.34	54.96%	13
14	Aleshka McPretl	13	F	19:42.71	49.41%	14

5000 Meters

1	Sergio Higareda	45	M	18:34.38	76.54%	1
2	Jonathan Bretan	36	M	19:30.55	68.34%	5
3	Jason Reed	40	M	19:51.87	69.05%	4
4	Reese Laughlin	56	M	20:46.67	74.36%	3
5	Mike Lotter	65	M	22:01.64	75.59%	2

Franklin Ruona