

## **Tamalpa September Track Meet – 9/10/2019**

The Tamalpa Runners held their final Summer Track Meet of 2019 at San Rafael High School on Tuesday, September 10, 2019.

There was a big turnout for the Meet as we opened the meet with the One Mile Race with a field of 36 runners. As he did at the August Track Meet, Shane Young took the lead from the start as he worked hard to improve on the excellent 4:29.52 mile that he ran at the August Meet. This time he had some competition with Jared Hixon, Mario Fraioli and Grady Jackson in hot pursuit. Shane improved his time to a 4:26.47 mile and he was able to finish over 10 seconds ahead of second place finisher Jared Hixon. Anna Paulson was the first female finisher in the One Mile with a time of 5:53.62. The Highest Age Graded Performance in the Race was an 85.37% turned in by 67-year-old Robert Qualls with his 5:45.31.

The next race was the 400M. 17-year-old Max Zieger won that Race easily with a 54.51. Odilia Diaz was the first female finisher with her 1:52.71. 75-year-old Larry Barnum posted an outstanding 98.20% Age Grade for his 1:06.19 performance and he also set new Tamalpa M70-79 and M60-69 Age Group Records.

The 800M was the next event and Jared Hixon easily won that race with his 2:06.43. 51-year-old Beth Freedman was the first female finisher in 2:46.85. 61-year-old Christian Oakes had the highest age grade in the race at 81.39% for his 2:36.29 finish.

The two sprint races were next and 24-year-old Jose Ordonez easily won the 200M Race with a 24.27 finish and he also had the highest Age Grade in the Race with a 79.60%. The first female finisher was 41 year old Linn Secreto with a time of 41.46. In the 100M, 50-year-old Michael Finn was the winner in 12.53. The first female finisher was 66-year-old Nanci Henderson with her 13.97 which broke her standing F60-69 Tamalpa Track Meet Record and also broke the Tamalpa F50-59 and F40-49 Records! Her Age Grade for the Race was an amazing 102.43% and she was definitely our Athlete of the Meet!

We ran the final two events of the Meet, the 2 Mile and the 5000M Races, concurrently. Andy Krone won the 2 Mile Race with a time of 11:55.46. Beth Freedman was the first female finisher with her 12:34.21; had the highest Age Grade in the race with her 84.06%; and set a new F50-59 Tamalpa Record in the 2 Mile. The 5000M was won by Mario Fraioli with his 16:46.99 and he also had the highest Age Grade in the race with a 79.94%.

The race was supported by our crack timing crew of Kevin Rumon, Justine Owen and Lon Freeman; registration crew of Reese Laughlin, Joaquin Fritz and Max Kam; and support for the sprints from Andrew Melton. It was a good 2019 Track Meet season. We plan to have five more Summer Track Meets in 2020. We hope to see a good turnout of runners at the May 2020 Track Meet!

**Tamalpa Track Meet  
San Rafael High School  
10-Sep-19**

Place	1 MILE	Age	Sex	Time	Age Grade %	AG Place
1	Shane Young	33	M	4:26.47	84.51%	2
2	Jareb Hixon	26	M	4:36.60	80.48%	5
3	Mario Fraioli	37	M	4:54.97	78.11%	7
4	Grady Jackson	32	M	4:56.24	75.72%	8
5	Will Harper	34	M	5:03.34	74.57%	11
6	Markelle Taylor	46	M	5:03.75	81.19%	4
7	Jonathan Bretan	36	M	5:04.81	75.06%	10
8	Jason Reed	40	M	5:11.28	75.66%	9
9	Misha Shemyakin	36	M	5:20.20	71.46%	17
10	Andy Krone	41	M	5:21.82	73.74%	12
11	Jose Ordonez	24	M	5:23.91	68.72%	19
12	Lucas Ruark	11	M	5:28.66	80.30%	6
13	Robert Qualls	67	M	5:45.31	85.37%	1
14	Andrew Lig	45	M	5:50.96	69.69%	18
15	Gerardo Alonzo	18	M	5:52.58	65.29%	26
16	Anna Paulson	33	F	5:53.62	71.77%	16
17	Keith Duncan	65	M	5:58.24	81.84%	3
18	Tim Scott	55	M	6:06.08	72.44%	15
19	Katie Somers	24	F	6:14.84	67.12%	24
20	Carl Gottlieb	42	M	6:29.67	61.36%	28
21	Allie Kegley	41	F	6:35.40	67.88%	21
22	Mike Lotter	65	M	6:36.65	72.96%	13
23	Mark Stevens	60	M	6:50.22	67.48%	22
24	Brian McCurdy	63	M	6:55.15	68.46%	20
25	Jim Myers	70	M	6:57.05	72.92%	14
26	Achim Hoelzle	54	M	7:13.52	60.67%	31
27	Juan Escobar	50	M	7:19.63	57.89%	32
28	Linn Secreto	41	F	7:21.65	60.77%	29
29	Herminio Mazariegos	49	M	7:26.23	56.59%	33
30	Connaitre Chateaubriant	69	M	7:27.71	67.16%	23
31	Megan O'Connor	49	F	8:06.28	60.71%	30
32	Dimitris Sklavopoulos	74	M	8:09.71	65.65%	25
33	Odilia Diaz	45	F	8:34.78	54.61%	34
34	Madeline Perez	25	F	8:36.48	48.71%	36
35	Bill Donnelly	69	M	9:14.54	54.23%	35
36	Rosalla Bethias	68	F	10:01.04	64.50%	27

**400 METERS**

1	Max Zieger	17	M	0:54.51	82.04%	2
2	Mario Fraioli	37	M	0:59.16	76.34%	4
3	Grady Jackson	32	M	1:00.38	72.03%	6
4	Wyatt Clark	38	M	1:05.00	70.00%	8
5	Larry Barnum	75	M	1:06.19	98.20%	1
6	Gerardo Alonzo	18	M	1:07.27	65.62%	12
7	Kirby Bartlett	54	M	1:08.25	74.52%	5
8	Robert Berg	62	M	1:08.80	77.81%	3
9	Jason Reed	40	M	1:09.72	66.24%	11
10	Tim Scott	55	M	1:14.26	68.95%	9
11	Brian McCurdy	63	M	1:19.80	67.51%	10
12	Herminio Mazariegos	49	M	1:25.43	57.58%	13
13	Juan Escobar	50	M	1:26.13	57.51%	14
14	Odilia Diaz	45	F	1:52.71	49.10%	15
15	Bill Donnelly	69	M	2:04.94	46.46%	16
16	Lydia Shemyakin	4	F	2:17.79	71.40%	7

#### 800 METERS

1	Jareb Hixon	26	M	2:06.43	79.97%	3
2	Mario Fraioli	37	M	2:23.61	71.93%	7
3	Grady Jackson	32	M	2:24.42	70.00%	9
4	Jason Reed	40	M	2:35.24	68.54%	11
5	Christian Oakes	61	M	2:36.29	81.39%	1
6	Lucas Ruark	11	M	2:38.15	76.83%	6
7	Keith Duncan	65	M	2:45.92	79.07%	4
8	Beth Freedman	51	F	2:46.85	77.08%	5
9	Robert Qualls	67	M	2:47.35	80.07%	2
10	Katie Somers	24	F	2:54.67	64.87%	13
11	Wyatt Clark	38	M	2:55.48	59.44%	17
12	Alec Sherrill	25	M	2:56.99	57.12%	18
13	Mark Stevens	60	M	3:01.70	69.51%	10
14	Allie Kegley	41	F	3:08.26	62.41%	15
15	Brian McCurdy	63	M	3:11.89	67.33%	12
16	Jim Myers	70	M	3:16.28	70.56%	8
17	Herminio Mazariegos	49	M	3:40.11	52.38%	19
18	Connaitre Chateaubriant	69	M	3:48.01	60.09%	16
19	Dimitris Sklavopoulos	74	M	3:54.86	62.72%	14
20	Odilia Diaz	45	F	4:09.82	48.76%	21
21	Bill Donnelly	69	M	4:21.83	52.32%	20
22	Rosalla Bethias	68	F	5:51.97	48.58%	22

#### 200 METERS

1	Jose Ordonez	24	M	0:24.27	79.60%	1
2	Grady Jackson	32	M	0:27.48	71.18%	5

3	Markelle Taylor	46	M	0:27.95	77.92%	3
4	Michael Finn	50	M	0:28.60	78.39%	2
5	Mario Fraioli	37	M	0:28.79	70.68%	7
6	Gerardo Alonzo	18	M	0:30.49	64.91%	11
7	Jason Reed	40	M	0:31.53	66.06%	10
8	Wyatt Clark	38	M	0:32.17	63.76%	12
9	Tim Scott	55	M	0:33.92	68.43%	8
10	Juan Escobar	50	M	0:35.57	63.03%	13
11	Derek Bacchus	61	M	0:35.77	67.51%	9
12	Herminio Mazariegos	49	M	0:36.69	60.64%	14
13	Linn Secreto	41	F	0:41.46	55.21%	15
14	Al Clark	8	M	0:47.91	54.94%	16
15	Odilia Diaz	45	F	0:48.12	49.96%	18
16	Carolyn Clark	5	F	0:55.26	77.14%	4
17	Bill Donnelly	69	M	0:55.47	46.13%	19
18	Rosalla Bethias	68	F	0:58.91	51.88%	17
19	Lydia Shemyakin	4	F	1:00.04	71.00%	6

#### 100 METERS

1	Michael Finn	50	M	0:12.53	87.63%	2
2	Jareb Hixon	26	M	0:12.71	77.03%	5
3	Grady Jackson	32	M	0:12.88	76.01%	7
4	Markelle Taylor	46	M	0:13.30	80.38%	3
5	Jason Reed	40	M	0:13.49	76.06%	6
6	Mario Fraioli	37	M	0:13.69	73.34%	9
7	Andy Krone	41	M	0:13.88	74.42%	8
8	Nanci Henderson	66	F	0:13.97	102.43%	1
9	Gerardo Alonzo	18	M	0:14.47	69.52%	15
10	Wyatt Clark	38	M	0:14.66	68.96%	16
11	Herminio Mazariegos	49	M	0:14.96	72.86%	12
12	Bruce Cohen	56	M	0:15.65	72.91%	11
13	Brian McCurdy	63	M	0:16.69	71.36%	13
14	Alexandra Escobar	14	F	0:16.84	66.09%	17
15	Juan Escobar	50	M	0:16.88	65.05%	18
16	Derek Bacchus	61	M	0:16.92	69.56%	14
17	Linn Secreto	41	F	0:18.91	58.75%	19
18	Odilia Diaz	45	F	0:21.07	55.20%	21
19	Carolyn Clark	5	F	0:24.58	80.02%	4
20	Bill Donnelly	69	M	0:24.75	49.90%	22
21	Rosalla Bethias	68	F	0:25.50	57.10%	20
22	Lydia Shemyakin	4	F	0:26.88	73.18%	10

#### 2 Mile

1	Andy Krone	41	M	11:55.46	70.72%	4
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2	Dan Lee	41	M	12:34.06	67.10%	8
3	Beth Freedman	50	F	12:34.21	84.06%	1
4	Katie Somers	24	F	13:32.74	66.63%	9
5	Keith Duncan	65	M	13:34.14	75.79%	2
6	Tim Scott	55	M	13:38.21	69.09%	5
7	Anna Paulson	33	F	14:06.92	64.34%	10
8	Kirby Bartlett	54	M	14:37.00	63.93%	11
9	Brian McCurdy	63	M	14:44.32	68.53%	6
10	Jim Myers	70	M	14:47.71	73.00%	3
11	Dimitris Sklavopoulos	74	M	16:52.69	67.74%	7
12	Megan O'Connor	49	F	17:18.47	60.28%	12

#### 5000 Meters

1	Mario Fraioli	37	M	16:46.99	79.94%	1
2	Sean Crawford	30	M	16:49.76	77.35%	5
3	Grady Jackson	32	M	16:54.06	77.41%	4
4	Jason Reed	40	M	17:24.03	78.83%	3
5	Will Harper	34	M	17:55.25	73.66%	7
6	Markelle Taylor	46	M	18:05.46	79.14%	2
7	Sergio Higareda	45	M	18:55.58	75.12%	6