Tamalpa June 2016 Track Meet

On 6/21/16 Tamalpa held our June Track Meet for 2016.   The first race of the meet was the One Mile. A three-man pack of Dan Lee, Jason Reed and Graham Balch hung together for the first 3 laps. At the start of lap 4, Dan Lee picked up the pace and opened a gap on the field and won the race with a strong 5:14:90 finish. Jason Reed hung on and finished second in 5:19.71.   Beth Freedman finished in 8th place and was the first female finisher in the race with her 6:02.52. Mark Richtman, at age 60 and preparing to run the Western States 100 Mile Endurance Run in 4 days had the highest age graded performance in the race and in the meet with his 81.46% age grade for his 5:41.11 finish.

The 400M was won by Christian Oakes and he was also had the highest Age Graded Performance for the race at 78.12% for his 1:06.39 at age 57. Hillary Sciarillo was the first female finisher in 1:23.14.

Dierk Herberman was an easy winner in the 800M with a strong 2:32.77.   Eileen Brennan was the first female finisher and was the 4th place finisher in the race with a 2:49.00 at age 55.   She had the highest Age Graded performance in the race at 80.22%.

Jason Reed, after finishing 2nd in the One Mile, 800M and 400M Races, won the 200M, 100M and 2 Mile Races.   He was the first finisher in the 200M in 0:30.43. Beth Freedman was the first female finisher in the Race in 0:34.14. Tricia Wallace was the second female finisher with her 0:35.02 at age 57 and she had the highest age grade performance in the Race at 78.33%.

Jason Reed won the 100M with a 0:14.06. V. Tyler was the first female finisher in the race with a 0:15.27.   At age 49, she was the top age grade in the Race with a 79.46%.

Jason Reed won his third race of the meet with his 13:23.72 in the 2 Mile. Isabel Diaz was the first female finisher in 14:37.06. Danielle Herrerias, at age 58, turned in the top age rated performance for the Race with an 77.94% for her 15:06.00.

The 5000M was a one-man race, as Andy Valla ran a fine 18:47.22 and had an age graded performance of 75.64%. Thanks to Jim Lakis for handling the registration for the meet; and Kevin Rumon, Justine Owen and Lon Freeman for working the finish line timing and placing.

The next Tamalpa Track Meet is Tuesday, July 26, 2016.

Tamalpa Track Meet
San Rafael High School
21-Jun-16

Place	1 MILE	Age	Sex	Time	Age Grade %	AG Place
1	Dan Lee	38	M	5:14.90	74.11%	7
2	Jason Reed	37	M	5:19.71	72.44%	9
3	Graham Balch	42	M	5:21.38	74.60%	5
4	Alex Sebastian	47	M	5:38.08	73.55%	8
5	Mark Richtman	60	M	5:41.11	81.46%	1
6	Dan Borgonovo	51	M	5:46.90	74.17%	6
7	Juan Rodriguez	47	M	6:00.52	69.06%	13
8	Beth Freedman	47	F	6:02.52	76.22%	3
9	Javier Lopez	41	M	6:08.11	64.60%	17
10	Eileen Brennan	55	F	6:20.92	79.64%	2
11	Jim Myers	67	M	6:35.13	75.66%	4
12	Connaitre Chateaubriant	66	M	6:50.73	72.07%	11
13	Jack Sciarillo	11	M	7:01.64	62.92%	18
14	Kent Carlomagno	59	M	7:06.93	64.61%	16

15	Tricia Wallace	57	F	7:07.70	72.37%	10
16	Danielle Herrerias	58	F	7:15.01	71.80%	12
17	Isabel Diaz	31	F	7:20.31	56.36%	22
18	Carl Jacob	63	M	7:22.94	64.76%	15
19	Madeline Rodriguez	14	F	7:28.13	58.40%	20
20	Anabela Diaz	37	F	7:30.64	57.26%	21
21	Bill Donnelly	65	M	7:48.71	62.44%	19
22	Sierra Bach	8	F	7:57.61	67.87%	14
23	CJ Healy	41	F	7:58.30	55.29%	23
24	Dimitris Sklavopoulos	71	M	10:05.95	51.81%	24
	400 METERS					
1	Christian Oakes	57	M	1:06.39	78.12%	**1**
2	Jason Reed	37	M	1:12.22	62.53%	5
3	Dan Borgonovo	51	M	1:16.67	65.03%	3
4	Hillary Sciarillo	41	F	1:23.14	63.81%	4
5	Isabel Diaz	31	F	1:23.49	57.01%	6
6	Anabela Diaz	37	F	1:32.66	54.80%	7
7	CJ Healy	41	F	1:37.53	54.40%	8
8	Bill Donnelly	65	M	1:41.67	53.65%	9
9	Sammy Totakhail	4	F	2:20.89	70.11%	2
	800 METERS					
1	Dierk Herberman	46	M	2:32.77	73.51%	3
2	Jason Reed	37	M	2:42.25	63.69%	9
3	Juan Rodriguez	47	M	2:44.52	68.85%	6
4	Eileen Brennan	55	F	2:49.00	80.22%	**1**
5	Javier Lopez	41	M	2:50.12	63.09%	10
6	Beth Freedman	47	F	2:50.61	72.57%	4
7	Dan Borgonovo	51	M	2:52.23	68.09%	7
8	Jim Myers	67	M	3:07.71	71.41%	5
9	Isabel Diaz	31	F	3:14.34	58.29%	13
10	Connaitre Chateaubriant	66	M	3:25.12	64.66%	8
11	Madeline Rodriguez	14	F	3:28.05	58.88%	12
11	Bill Donnelly	65	M	3:30.41	62.67%	11
13	CJ Healy	41	F	3:38.56	53.78%	14
14	Anabela Diaz	37	F	3:52.33	48.77%	15
15	Hadley Balch	5	F	4:09.44	75.83%	2
	200 METERS					
1	Jason Reed	37	M	0:30.43	66.87%	5
2	Juan Rodriguez	47	M	0:31.23	70.23%	4
3	Christian Oakes	57	M	0:32.19	73.06%	2

4	Dierk Herberman	46	M	0:33.01	65.97%	**6**
5	Beth Freedman	47	F	0:34.14	72.02%	**3**
6	Tricia Wallace	57	F	0:35.02	78.33%	**1**
7	Jack Sciarillo	11	M	0:35.18	65.18%	**7**
8	CJ Healy	41	F	0:37.36	61.27%	**8**
9	Isabel Diaz	31	F	0:38.00	56.16%	**9**
10	Anabela Diaz	37	F	0:43.95	49.48%	**11**
11	Bill Donnelly	65	M	0:45.75	54.19%	**10**
	100 METERS					
1	Jason Reed	37	M	0:14.06	71.39%	**3**
2	V. Tyler	49	F	0:15.27	79.46%	**1**
3	Jack Sciarillo	11	M	0:16.55	68.22%	**4**
4	CJ Healy	41	F	0:16.75	66.34%	**5**
5	Isabel Diaz	31	F	0:16.98	61.78%	**6**
6	Tricia Wallace	57	F	0:17.29	76.09%	**2**
7	Anabella Diaz	37	F	0:20.14	52.62%	**8**
8	Bill Donnelly	65	M	0:21.04	57.32%	**7**
	2 Mile					
1	Jason Reed	37	M	13:23.72	61.12%	**6**
2	Jim Myers	67	M	14:21.06	73.00%	2
3	Isabel Diaz	31	F	14:37.06	61.85%	**4**
4	Anabella Diaz	37	F	15:01.31	61.53%	**5**
5	Danielle Herrerias	58	F	15:06.00	77.94%	**1**
6	Kent Carlomagno	59	M	15:44.36	61.95%	**3**
	5000 Meters					
1	Andy Valla	45	M	18:47.22	75.64%	**1**