

# Tamalpa August 2016 Track Meet

On August 16, 2016 Tamalpa held our 2016 August Track Meet. The first race of the meet was the One Mile. Joshua Bornstein took the lead from the start, running his first lap in about 71 seconds and he looked like he was a good bet to run a sub 5 Minute Mile. His pace slowed over the next two laps however and he passed the ¾ mile mark in 3:47. He gave it his best effort over the final lap, but he had to settle for a 5:02.53 winning time in the race. as Matthew's winning time and Josh was 3 tenths of a second back in 5:00.55 to take second place. Eileen Brennan was the first female finisher in the race with her 6:00.64 and she had the highest Age Graded Performance in the race and in the Track Meet with her 88.52%.

The 400M was won by 12-year-old Halle Hanna with an excellent 1:03.61. Her performance made her the first female finisher and she also had the highest Age Graded Performance for the race at 86.92%. Christian Oakes, who finished in 2<sup>nd</sup> place, was the first male finisher in 1:05.33.

Joshua Bornstein repeated his first place finish in the One Mile Race with another victory in the 800 Meters. He led all of the way, as he did in the One Mile Race, and finished first with a with a strong 2:19.85. Eileen Brennan was the first female finisher in the race in 2:49.57. Tom O'Reilly had the highest Age Graded performance in the race at 80.37% for his 2:35.81.

The 200M Race was won by 54-year-old Reese Laughlin in 0:29.60. Reese also had the highest Age Grade in the race with a 77.85%. Isabel Diaz was the first female finisher in the 200M with her 0:37.88.

Joshua Bornstein won his third race of the Track Meet with his first place in the 100M and his 0:13.10 finish. 41-year-old CJ Healy was the fastest female finisher in 0:16.34. Malcolm Fearon had the highest Age Graded Performance for the race at 78.43% for his 0:14.27 finish at age 53.

We, again, ran a 3000M Race in lieu of the 2 Mile Race and Matt Kennedy took the lead from the start and easily won the race with an 11:01.07. 49-year-old Verity Breen led the women, as she did at the July Track Meet, with a fine 11:57.03, after having raced the Skyline 50K two days previously, and she had the top Age Graded Performance for the Race with an 81.66%.

The 5000M was won by Max Kam with a fine 17:46.88, as he led from the start and won handily. 54-year-old Reese Laughlin took second place and had the top Age Graded Performance for the Race at 74.71% with his 20:21.95.

Isabel and Anabela Diaz were the iron women of the meet as they both ran 6 races.

Thanks to Lillie O'Reilly and Mario Lopez for handling the registration for the meet; Peter Gebbie for starting the 200M, 100M, 3000M & 500M races; and Kevin Rumon, Justine Owen and Lon Freeman for working the finish line timing and placing.

The next Tamalpa Track Meet is Tuesday, September 13, 2016.

## 16-Aug-16

<u>Place</u>		<u>Age</u>	<u>Sex</u>	<u>Time</u>	<u>Age Grade</u>	<u>AG</u>
<u>e</u>	<u>1 MILE</u>	<u>e</u>	<u>x</u>		<u>%</u>	<u>Place</u>
1	Joshua Bornstein	29	M	5:02.53	73.65%	7
2	Max Kam	30	M	5:10.87	71.78%	9
3	Joe Gibson	34	M	5:21.81	70.30%	12
4	Tom O'Reilly	59	M	5:30.99	82.90%	2
5	Dan Boronovo	51	M	5:35.93	76.38%	4
6	Rafael Roman	34	M	5:47.83	65.04%	16
7	Eileen Brennan	55	F	6:00.64	88.52%	1
8	Dan Easterlin	61	M	6:13.09	74.84%	5
9	Steve Adler	50	M	6:22.81	66.48%	14
10	Mitch Powers	60	M	6:24.28	72.02%	8
11	Marvin Rodas	40	M	6:34.03	59.77%	20
12	Jim Myers	67	M	6:34.62	74.71%	6
13	Mike Kleinheinz	53	M	6:37.76	65.56%	15

14	Isabel Diaz	32	F	6:40.85	63.09%	19
15	Kent Carlomagno	59	M	6:42.26	68.21%	13
16	Connaitre Chateaubriant	66	M	6:47.79	71.64%	10
17	Anabela Diaz	38	F	6:53.21	63.19%	18
18	Danielle Herrerias	58	F	7:10.32	77.34%	3
19	Sue Kreusch	53	F	7:16.23	71.25%	11
20	Carl Jacob	63	M	7:17.96	64.90%	17
21	CJ Healy	41	F	7:49.81	57.12%	22
22	Dimitris Sklavopoulos	71	M	8:41.23	59.07%	21
23	Michael McKenna	63	M	8:43.27	54.26%	23

#### **400 METERS**

1	Halle Hanna	12	F	1:03.61	86.92%	1
2	Christian Oakes	58	M	1:05.33	79.89%	2
3	Isabel Diaz	32	F	1:23.90	57.15%	4
4	Anabela Diaz	38	F	1:28.56	57.98%	3
5	CJ Healy	41	F	1:40.50	52.79%	5
6	Dimitris Sklavopoulos	71	M	1:58.90	50.55%	6
7	Michael McKenna	63	M	1:58.90	45.29%	7

#### **800 METERS**

1	Joshua Bornstein	29	M	2:19.85	72.30%	3
2	Joe Gibson	34	M	2:28.17	68.24%	7
3	Tom O'Reilly	59	M	2:35.81	80.37%	1
4	Dan Borgonovo	51	M	2:46.37	70.49%	5
5	Eileen Brennan	55	F	2:49.57	79.95%	2
6	Mitch Powers	60	M	3:02.12	69.33%	6
7	Jim Myers	67	M	3:06.74	71.78%	4
8	Isabel Diaz	32	F	3:08.67	60.04%	9
9	Anabela Diaz	38	F	3:19.25	57.39%	10
10	Connaitre Chateaubriant	66	M	3:34.56	61.81%	8
11	CJ Healy	41	F	4:05.18	47.94%	13
12	Dimitris Sklavopoulos	71	M	4:07.59	56.79%	11
13	Michael McKenna	63	M	4:07.60	52.18%	12

#### **200 METERS**

1	Reese Laughlin	54	M	0:29.60	77.85%	1
2	Christian Oakes	57	M	0:30.57	76.93%	2
3	Dan Easterlin	61	M	0:32.19	75.03%	3
4	Isabel Diaz	32	F	0:37.88	56.34%	5
5	Mina Chandler	12	M	0:38.52	62.20%	4
6	Anabela Diaz	38	F	0:41.62	52.93%	6
7	CJ Healy	41	F	0:46.73	48.98%	7
8	Michael McKenna	63	M	0:51.76	47.27%	8
9	Dimitris Sklavopoulos	71	M	0:58.86	44.51%	9

**100 METERS**

1	Joshua Bornstein	29	M	0:13.10	74.73%	2
2	Malcolm Fearon	53	M	0:14.27	78.43%	1
3	CJ Healy	41	F	0:16.34	68.01%	3
4	Isabel Diaz	32	F	0:17.00	61.71%	5
5	Mina Chandler	12	F	0:18.08	63.60%	4
6	Anabella Diaz	38	F	0:19.34	55.45%	6
7	Dimitris Sklavopoulos	71	M	0:25.16	49.96%	7

**3000 Meters**

1	Matt Kennedy	50	M	11:01.07	76.09%	3
2	Verity Breen	49	F	11:51.03	81.66%	1
3	Rafael Roman	34	M	11:58.06	62.27%	10
4	Dan Boronovo	51	M	12:01.95	70.25%	7
5	Mike Lotter	62	M	12:32.92	73.95%	4
6	Marvin Rodas	40	M	12:52.66	60.25%	11
7	Isabel Diaz	32	F	13:18.72	63.02%	8
8	Jim Myers	67	M	13:32.87	71.69%	5
9	Anabella Diaz	38	F	13:49.25	62.36%	9
10	Danielle Herreras	58	F	13:57.29	78.21%	2
11	Sue Kreusch	53	F	14:27.53	70.48%	6
12	Dimitris Sklavopoulos	71	M	16:56.32	59.88%	12
13	Michael McKenna	63	M	16:57.70	55.20%	13

**5000 Meters**

1	Max Kam	30	M	17:46.88	73.10%	2
2	Reese Laughlin	54	M	20:21.95	74.71%	1
3	Malcolm Fearon	53	M	22:36.37	66.78%	3



1 Dan Easterlin - Lon Freeman - Marvin Rodas





2 Sue Kreusch -- Justine Owen - Lon Freeman



3 Isabela Diaz - Justine Owen - Lon Freeman





4 Kent Carlomagno -FDR – Justine Owen – Kevin Rumon – Lon Freeman - Malcolm Fearon



5 Kevin Rumon - Reese Laughlin - Lon Freeman





6 Max Kam - Lon Freeman



7 Verity Breen - Lon Freeman