

# **Tamalpa July 2017 Track Meet**

On 7/18/17 Tamalpa held our third Track Meet of 2017 at the Terra Linda High School Track.

The first race of the meet was the One Mile. Jason Reed took the lead from the start, but Victor Skoropa and Andy Krone hung close to him for the first  $\frac{3}{4}$  of a mile. Jason picked up his pace on his final lap and won easily in 5:25.86. 60-year-old Tom O'Reilly finished in 4<sup>th</sup> place with a time of 5:42.07 and had the highest age grade in the race with an 80.92%. Anabela Diaz was the first Female finisher in One Mile with a time of 7:10.51.

New comer Mark Fujiwara easily took first place in the 400M with a fast 1:04.94 and had the highest age grade in the race with a 75.22%. The first Female finisher in the 400M again was Anabela Diaz in 1:35.17.

Jesse Lee only ran one race in the meet, the 800M, and he won easily in a fast 2:18.48. 57-year-old Bruce Benter had the highest age grade in the 800M at 73.82% with his 2:46.89. Anabela Diaz posted her third win in three races with her 3:19.38.

Mark Fujiwara won his second race of the meet with a 0:27.39 finish in the 200M. He also had the highest age grade in the race with an 80.65%. Anabela Diaz picked up her fourth victory in four races with her 0:43.60 in the 200M.

Jason Reed took his second victory of the meet as he just edged out Bojan Prokic with a 0:13.52 in the 100M. V. Tyler was the first Female finisher in the 100M with a 0:14.96 as she broke her own Tamalpa W50-59 Age Group Record and had the highest Age Grade in the Race and in the Meet with her 82.02%.

Jason Reed won his 3<sup>rd</sup> race of the meet with a 11:15.02 finish in the 3000M. Tom O'Reilly was the second finisher in the 3000M in 11:45.92 and had the highest Age Grade in the Race with his 77.50%. V. Tyler won her second race of the meet as the first Female finisher in the 3000M with a time of 15:44.02.

The 5000M had a small 4-person field. Victor Skoropa was the winner in the race with his 19:00.22. Matt Kennedy finished 2<sup>nd</sup> in 19: 19.34 and had the highest Age Grade in the Race with a 76.94%. Anabela Diaz was the first Female finisher in the 5000M with a time of 22:38.52 as she won her 5<sup>th</sup> race of the meet.

Anabela Diaz and Jason Reed were the iron woman and man of the meet as both ran the maximum of 6 races.

Thanks to Verity Breen for helping with the registration for the meet; Kevin Rumon, Justine Owen and Lon Freeman for working the finish line timing and placing; and Bryan Porter for starting the sprints and the 3000M & 5000M Races.

The next Tamalpa Track Meet is Tuesday, August 1, 2017. Only 2 weeks until the Meet!

**Tamalpa Track Meet  
Terra Linda High School  
18-Jul-17**

Place	1 MILE	Age	Sex	Time	Age Grade %	AG Place
1	Jason Reed	38	M	5:25.86	71.23%	7
2	Victor Skoropa	22	M	5:32.91	66.89%	14
3	Andre Krone	39	M	5:35.56	69.67%	10
4	Tom O'Reilly	60	M	5:42.07	80.92%	1
5	Dan Borgonovo	52	M	5:51.20	73.66%	4
6	Bruce Benter	57	M	5:52.80	76.45%	2
7	Bryan Rodas	20	M	6:25.35	58.39%	20
8	Dierk Herbermann	47	M	6:27.43	64.14%	17
9	Marvin Rodas	41	M	6:28.29	61.11%	19
10	Paul Herrerias	61	M	6:29.73	71.64%	6
11	Peter O'Reilly	59	M	6:30.33	70.30%	9
12	Bud Parer	54	M	6:31.70	67.14%	13
13	Axel Rodas	20	M	6:36.86	56.70%	22
14	Tom Moran	59	M	6:43.96	67.93%	12
15	Jim Myers	68	M	6:49.40	72.69%	5
16	Connaitre Chateaubriant	67	M	7:07.41	68.97%	11
17	Steve Devaux	61	M	7:07.44	65.32%	16
18	Anabela Diaz	39	F	7:10.51	61.60%	18
19	V. Tyler	50	F	7:31.12	66.28%	15
20	Herminio Mazariegos	48	M	7:41.22	54.31%	23
21	Michael McKenna	64	M	8:21.00	57.25%	21
22	Janet Portman	68	F	8:28.70	76.21%	3
23	Maggie Fillmore	67	F	8:56.68	71.07%	8

	400 METERS					
1	Mark Fujiwara	48	M	1:04.94	75.22%	1
2	Jason Reed	38	M	1:11.05	64.04%	6
3	Dierk Herbermann	47	M	1:11.86	67.51%	2
4	Bryan Rodas	20	M	1:11.96	60.10%	8
5	Axel Rodas	20	M	1:14.38	58.15%	10
6	Dan Borgonovo	52	M	1:15.86	66.16%	4
7	Bud Parer	54	M	1:18.10	65.12%	5
8	Paul Herrerias	61	M	1:19.34	67.05%	3
9	Roni Rubin	31	M	1:21.64	52.89%	16
10	Herminio Mazariegos	48	M	1:22.75	59.03%	9
11	Marvin Rodas	41	M	1:26.96	53.48%	15
12	Steve Devaux	61	M	1:27.33	60.92%	7
13	Juan Escobar	51	M	1:27.65	56.89%	12
14	J.R. Mintz	50	M	1:30.36	54.81%	13

15	Anabela Diaz	39	F	1:35.17	54.56%	14
16	Michael McKenna	64	M	1:42.60	52.84%	17
17	Maggie Fillmore	67	F	1:58.54	57.96%	11

#### 800 METERS

1	Jesse Lee	24	M	2:18.48	73.01%	2
2	Jason Reed	38	M	2:33.02	68.16%	5
3	Victor Skoropa	22	M	2:35.27	65.11%	8
4	Andre Krone	39	M	2:45.70	63.55%	9
5	Bruce Benter	57	M	2:46.89	73.82%	1
6	Tom Moran	59	M	2:55.97	71.15%	3
7	Bryan Rodas	20	M	2:58.76	57.00%	16
8	Dierk Herbermann	47	M	3:01.42	62.45%	11
9	Bud Parer	54	M	3:04.43	65.23%	6
10	Marvin Rodas	41	M	3:06.55	57.52%	15
11	J.R. Mintz	50	M	3:07.59	62.00%	12
12	Jim Myers	68	M	3:12.58	70.36%	4
13	Anabela Diaz	39	F	3:19.38	57.88%	14
14	Juan Escobar	51	M	3:22.13	58.03%	13
15	Herminio Mazariegos	48	M	3:32.15	53.88%	18
	Connaitre					
16	Chateaubriant	67	M	3:33.07	62.89%	10
17	Michael McKenna	64	M	3:56.77	54.99%	17
18	Maggie Fillmore	67	F	4:17.00	65.21%	7

#### 200 METERS

1	Mark Fujiwara	48	M	0:27.39	80.65%	1
2	Andre Krone	39	M	0:29.69	69.62%	4
3	Tom Moran	59	M	0:30.50	78.16%	2
4	Jason Reed	38	M	0:31.79	64.52%	7
5	Herminio Mazariegos	48	M	0:32.03	68.97%	5
6	Paul Herrerias	61	M	0:32.33	74.70%	3
7	Dierk Herbermann	47	M	0:32.56	67.35%	6
8	Roni Rubin	31	M	0:33.52	57.88%	11
9	Juan Escobar	51	M	0:37.37	60.40%	10
10	Michael McKenna	64	M	0:40.54	60.75%	9
11	Anabela Diaz	39	F	0:43.60	51.19%	12
12	Maggie Fillmore	67	F	0:47.08	64.29%	8

#### 100 METERS

1	Jason Reed	38	M	0:13.52	74.78%	6
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2	<b>Bojan Prokic</b>	<b>38</b>	M	0:13.74	73.58%	8
3	<b>Mark Fujiwara</b>	<b>48</b>	M	0:13.99	77.41%	3
4	<b>Michael Myers</b>	<b>12</b>	M	0:14.09	78.07%	2
5	<b>Herminio Mazariegos</b>	<b>48</b>	M	0:14.62	74.08%	7
6	<b>V. Tyler</b>	<b>50</b>	F	0:14.96	82.02%	<b>1</b>
7	<b>Aiden Cohen</b>	<b>12</b>	M	0:15.00	76.67%	4
8	<b>Paul Herrerias</b>	<b>61</b>	M	0:15.48	76.03%	5
9	<b>Juan Escobar</b>	<b>51</b>	M	0:16.35	67.58%	10
10	<b>Anabela Diaz</b>	<b>39</b>	F	0:19.45	55.84%	11
11	<b>Maggie Fillmore</b>	<b>67</b>	F	0:20.73	69.66%	9

### **3000 METERS**

1	<b>Jason Reed</b>	<b>38</b>	M	11:15.02	67.95%	3
2	<b>Tom O'Reilly</b>	<b>60</b>	M	11:45.92	77.50%	<b>1</b>
3	<b>Andre Krone</b>	<b>39</b>	M	12:09.56	63.34%	6
4	<b>J.R. Mintz</b>	<b>50</b>	M	12:56.17	64.81%	5
5	<b>Paul Herrerias</b>	<b>61</b>	M	13:38.06	67.46%	4
6	<b>Jim Myers</b>	<b>68</b>	M	14:09.08	69.29%	2
7	<b>Michael Myers</b>	<b>12</b>	M	14:51.98	56.86%	8
8	<b>V. Tyler</b>	<b>50</b>	F	15:44.02	62.29%	7
9	<b>Michael McKenna</b>	<b>64</b>	M	18:08.34	52.09%	9
10	<b>Dierk Herbermann</b>	<b>47</b>	M	18:08.60	45.12%	10

### **5000 Meters**

1	<b>Victor Skoropa</b>	<b>22</b>	M	19:00.22	68.32%	2
2	<b>Matt Kennedy</b>	<b>51</b>	M	19:19.34	76.94%	<b>1</b>
3	<b>Marvin Rodas</b>	<b>41</b>	M	21:07.32	65.33%	4
4	<b>Anabela Diaz</b>	<b>39</b>	F	22:38.52	66.62%	3

*Franklin Ruona*