

# Tamalpa June 2017 Track Meet

On 6/20/17 Tamalpa held our second Track Meet of 2017 at the Terra Linda High School Track. When I left my house in Novato at 3:00 PM, the temperature outside was 95 degrees and stifling! I thought conditions for the track meet would be intolerable, but, by the 6:30 PM start of the meet the temperatures had moderated and a slight breeze was present so that the conditions were actually pretty good for the meet.

The first race of the meet was the One Mile. Lyle Rumon took the lead from the start as he covered the first ¼ mile in 1:06! He was flying! His pace moderated somewhat as finished the race in 4:54.28 and won easily. His 83.22% Age Graded Performance was the top Age Grade for the meet. Anna Harleen was the first Female finisher in One Mile with a time of 5:58.67.

Lyle repeated his One Mile win with another first place in the 400M with a 1:01.10. The first Female finisher in the 400M was Anabela Diaz in 1:36.85.

Lyle made it three first place finishes in a row with a 2:33.64 win in the 800M. Anna Harleen posted her second win as the first Female finisher in 800M with a time of 2:40.79.

Jack Diener won both sprints with a 0:25.31 finish in the 200M and a 0:12.79 in the 100M. Anabela Diaz was the first Female finisher in the 200M in 0:41.17 and Maggie Fillmore was the first Female finisher in the 100M with a 0:22.45.

Lyle Rumon came back to win his 4<sup>th</sup> race of the meet with a 11:51.78 finish in the Two Mile. Anna Harleen won her third race of the meet as the first Female finisher in the Two Mile with a time of 13:22.59.

The 5000M had a small 3-person field. J.R. Mintz was the winner in the race with his 21:43.77. Anabela Diaz was the first Female finisher in the 5000M with a time of 23:56.74. Reese Laughlin had the best age graded performance in the race with his 22:09.01 and 68.70% age grade.

Lyle Rumon and Jason Reed were the iron men of the meet as both ran the maximum of 6 races.

Thanks to Max Kam and Diana Fitzpatrick for helping with the registration for the meet and compiling the final race results; Kevin Rumon, Justine Owen and Lon Freeman for working the finish line timing and placing; and Tim Fitzpatrick for starting the sprints and the 5000M.

The next Tamalpa Track Meet is Tuesday, July 18, 2017.

## **Tamalpa Track Meet Terra Linda High School 20-Jun-17**

<b>Place</b>	<b>1 MILE</b>	<b>Age</b>	<b>Sex</b>	<b>Time</b>	<b>Age Grade %</b>	<b>AG Place</b>
1	Lyle Rumon	14	M	4:54.28	83.22%	1
2	Jason Reed	38	M	5:28.23	70.71%	6
3	Matt Kennedy	51	M	5:33.80	76.87%	2
4	Andrew Thompson	16	M	5:35.01	70.54%	7
5	Blake Thomas	17	M	5:46.67	67.24%	11
6	Anna Harleen	21	F	5:58.41	70.20%	8
7	Scott Schneider	49	M	6:12.43	67.80%	10
8	Veronica Boyce	17	F	6:36.77	64.77%	12
9	Marvin Rodas	40	M	6:43.55	58.36%	14
10	Jim Myers	68	M	6:52.47	72.15%	5
11	Sunita Rao	52	F	7:04.08	72.34%	4
12	Connaitre Chateaubriant	67	M	7:12.88	68.10%	9

13	Anabela Diaz	39	F	7:27.81	58.80%	13
14	Alex Goldstein	17	M	7:28.91	51.93%	16
15	Jack Diener	17	M	7:31.05	51.68%	17
16	Herminio Mazariegos	48	M	7:56.14	52.61%	15
17	Maggie Fillmore	67	F	8:38.55	73.55%	3

#### 400 METERS

1	Lyle Rumon	14	M	1:01.10	77.18%	1
2	Stephen Wallace	28	M	1:03.65	67.84%	3
3	Blake Thomas	17	M	1:05.94	67.82%	4
4	Jack Diener	17	M	1:06.96	66.79%	5
5	Andrew Thompson	16	M	1:11.74	63.24%	6
6	Bryan Porter	55	M	1:12.50	70.62%	2
7	Jason Reed	38	M	1:15.81	60.02%	7
8	Marvin Rodas	40	M	1:23.84	55.08%	9
9	Juan Escobar	49	M	1:32.51	56.72%	8
10	Alex Goldstein	17	M	1:29.28	50.09%	12
11	Herminio Mazariegos	48	M	1:29.95	54.31%	10
12	Anabela Diaz	39	F	1:36.85	53.61%	11

#### 800 METERS

1	Lyle Rumon	14	M	2:33.64	72.38%	1
2	Jason Reed	38	M	2:34.49	67.51%	6
3	Stephen Wallace	28	M	2:35.18	65.15%	8
4	Blake Thomas	17	M	2:36.80	67.09%	7
5	Anna Harleen	21	F	2:40.79	70.78%	3
6	Bryan Porter	55	M	2:50.46	71.16%	2
7	Roni Rubin	31	M	3:01.56	55.68%	12
8	Veronica Boyce	17	F	3:05.42	63.06%	9
9	Marvin Rodas	40	M	3:11.50	55.56%	13
10	Jim Myers	68	M	3:12.93	70.23%	4
11	Anabela Diaz	39	F	3:19.80	57.76%	11
12	Herminio Mazariegos	48	M	3:34.75	53.22%	14
13	Connaitre Chateaubriant	67	M	3:35.76	62.11%	10
14	Juan Escobar	49	M	3:40.67	52.25%	15
15	Maggie Fillmore	67	F	4:01.55	69.39%	5

#### 200 METERS

1	Jack Diener	17	M	0:25.31	79.30%	1
2	Stephen Wallace	28	M	0:27.16	71.13%	5
3	Blake Thomas	17	M	0:28.42	70.62%	6

4	Lyle Rumon	14	M	0:29.15	72.62%	4
5	Reese Laughlin	54	M	0:29.67	77.65%	2
6	Bryan Porter	55	M	0:31.91	72.74%	3
7	Herminio Mazariegos	48	M	0:32.63	67.70%	7
8	Alex Goldstein	17	M	0:32.89	61.02%	9
9	Jason Reed	38	M	0:34.15	60.06%	10
10	Anabela Diaz	39	F	0:41.17	54.21%	11
11	Maggie Fillmore	67	F	0:49.06	61.70%	8

### 100 METERS

1	Jack Diener	17	M	0:12.79	79.44%	1
2	Jason Reed	38	M	0:13.85	73.00%	3
3	Lyle Rumon	14	M	0:14.28	74.09%	2
4	Stephen Wallace	28	M	0:14.87	65.84%	5
5	Herminio Mazariegos	48	M	0:15.71	68.94%	4
6	Marvin Rodas	40	M	0:20.18	50.84%	7
7	Maggie Fillmore	67	F	0:22.45	64.32%	6

### 2 Mile

1	Lyle Rumon	14	M	11:51.78	73.35%	1
2	Jason Reed	38	M	12:01.16	68.61%	3
3	Andrew Thompson	16	M	12:04.07	69.59%	2
4	Anna Harleen	21	F	13:22.59	67.47%	5
5	Stephen Wallace	28	M	13:44.24	57.58%	7
6	Scott Schneider	49	M	13:51.65	64.73%	6
7	Marvin Rodas	40	M	14:39.08	57.13%	8
8	Jim Myers	68	M	15:35.51	67.88%	4
9	Blake Thomas	17	M	16:30.03	50.20%	10
10	Veronica Boyce	17	F	16:32.48	55.73%	9

### 5000 Meters

1	J.R. Mintz	50	M	21:43.77	67.88%	2
2	Reese Laughlin	54	M	22:09.01	68.70%	1
3	Anabela Diaz	39	F	23:56.74	62.99%	3