Tamalpa August Track Meet, August 14, 2018, San Rafael High School Track

The featured race at the Tamalpa August Track Meet was the One Mile Race.   52-Year-Old Tom LeGan was going to attempt to break Nolan Shaheed's M50-54 Age Group World Record of 4:25.04. Two heats of the One Mile Race were run, with Tom running in the second FAST heat. Tom was right on pace at the ¼ Mile mark in 1:05.57; at the ½ Mile mark he was still looking good with a split of 2:12.15; by the ¾ Mile mark, however, he had slowed to 3:22.45 and his chances of breaking the record were not looking good. He faded a bit more over the final ¼ Mile and finished in 4:35.12. He gave it a great effort but was not up to breaking the Record on this day. Harmon Hoek and Ryan Higgins were pacing Tom and they finished in 1st and 2nd place in the race with fine times of 4:30.48 and 4:30.50. 24-year-old Hannah Damron was the first female finisher in 5:46.30. Tom LeGan's 94.03% Age Grade was the top Age Graded Performance in the race and in the Meet.

The 400 Meter was the next race in the Meet. Mark Nelson and Harmon Hoek battled it out for the win, with Mark Nelson taking first in 0:56.19 to Harmon's 0:57.78 second place finish. Egda Maldonado was the first female finisher in 1:16.63. 55-year-old Daniel Filip had the highest Age Grade in the race at 82.37% for his 1:02.16 finish.

Anchit Desai was the first finisher in 800 Meter race with a time of 2:15.96, 1.63 seconds faster than he ran for his 2nd place finish in the Tamalpa July Track Meet. Hannah Damron was the first female finisher in 2:24.78. Christian Oakes, who turned 60 years old the day before the Meet, had the highest Age Grade in the Race at 80.25% for his 2:37.38. Christian also set the Tamalpa Track Meet M60-69 800 Meter Record with his performance.

Ryan Higgins was the winner in the 200 Meter race with a time of 0:24.27. He also had the highest Age Grade in the race at 79.60%. Janet Wang was the first female finisher in 0:34.11.

The 100 Meter race was won by 61-year-old Robert McDaniels in 0:14.24. Robert also had the highest Age Grade of the race at 82.65%. Yuko Hayashi was the first female finisher in the race with a time of 0:18.64.

The 3000 Meter race was won by Daniel Lee with a time of 11:16.80. 51-year-old Verity Breen was the first female finisher in 11:52.21 and had the highest Age Grade in the race of 83.63%.

The 5000 Meter race was won by 53-year-old David White with a time of 17:30.47. David also had the highest Age Grade in the race with an 86.25% grade.

To be prepared to certify an Age Group Record in the One Mile Race the Tamalpa Runners, Inc. applied for and received a USATF sanction for the Track Meet and received exceptional support from several individuals to be properly prepared if Tom had been successful in breaking the Record. I would like to thank 1.) Carl Rose for coordinating much of the Meet and picking up the cones to be placed on the curves of the track from Kyle Ballard at A Runners Mind Burlingame Store; 2.) Sean Carey for providing the Automatic Timing for the One Mile Race; 3.) Brendan O'Leary for acting as Starter for all the races; 4.) Susie Van Buskirk for acting as the referee for the Meet and being one of the backup hand timers; 5.) David Nicely for being one of the backup hand timers; 6.) Terry Somers for acting as the EMT for the Meet; 7.) Kevin Rumon, Lon Freeman and Justine Owen for their help with the timing and placing of the runners in the meet and 8.) Cindy Goh and Verity Breen for helping with registration.

Tamalpa has one more Track Meet scheduled for 2018 on September 11, 2018 at the San Rafael High School Track. We hope to see a big turnout for our final track meet of 2018.

Tamalpa August Track Meet
San Rafael High School
14-Aug-18

Place	1 MILE	Age	Sex	Time	Age Grade %	AG Place	New Tamalpa Age Grp Record
1	Harmon Hoek	24	M	4:30.48	82.30%	3	
2	Ryan Higgins	25	M	4:30.50	82.29%	4	
3	Tom LeGan	52	M	4:35.12	94.03%	1	
4	Mark Nelson	28	M	4:44.98	78.11%	5	
5	Sean Coffin	31	M	4:50.45	77.02%	6	
6	Joe Gibson	36	M	5:15.35	72.55%	13	
7	Andy Valla	47	M	5:32.16	74.81%	11	
8	Ben Ashby	30	M	5:36.00	66.43%	18	
9	Mark Richtman	63	M	5:37.60	84.18%	2	
10	Robert McDonald	50	M	5:37.88	75.32%	9	
11	Hannah Damron	24	F	5:46.30	72.65%	12	
12	Andrew Melton	39	M	5:46.44	67.49%	16	
13	Danny Roberts	28	M	5:57.59	62.25%	25	
14	Hunter Valla	10	M	6:02.25	75.20%	10	
15	Egda Maldonado	40	F	6:08.76	72.05%	14	
16	Juan Rodriguez	49	M	6:16.24	67.11%	17	
17	Mike Lotter	64	M	6:19.84	75.50%	8	
18	Bella Bromberg	17	F	6:30.31	65.85%	21	
19	Madeline Rodriguez	16	F	6:33.65	66.10%	20	
20	Reyna Davila	39	F	6:36.86	66.35%	19	
21	Jim Myers	69	M	6:37.56	75.64%	7	
22	Esmeralda Nuraliyeva	28	F	6:38.29	63.17%	23	
23	Marvin Rodas	42	M	6:43.16	59.31%	28	
24	Anabela Diaz	40	F	6:52.76	64.37%	22	
25	Herminio Mazariegos	48	M	7:06.33	58.76%	29	
26	Connaitre Chateaubriant	68	M	7:13.22	68.69%	15	
27	Erica Calderon	26	F	7:21.43	57.00%	30	
28	Kent Carlomagno	61	M	7:22.27	63.13%	24	
29	Tom Neukranz	60	M	7:31.37	61.32%	26	
30	Steve Devaux	62	M	7:43.07	60.83%	27	
31	Odilia Diaz	44	F	8:29.07	54.57%	31	
32	Bill Donnelly	68	M	9:07.62	54.34%	32	
	400 METERS						
1	Mark Nelson	28	M	0:56.19	76.85%	2	
2	Harmon Hoek	24	M	0:57.78	74.73%	3	
3	Daniel Filip	55	M	1:02.16	82.37%	1	

4	Herminio Mazariegos	48	M	1:11.91	67.93%	6	
5	Andrew Melton	39	M	1:12.94	62.85%	8	
6	Brian McCurdy	62	M	1:14.03	72.31%	4	
7	Egda Maldonado	40	F	1:16.63	68.52%	5	
8	Reyna Davila	39	F	1:17.51	66.98%	7	
9	Esmeralda Nuraliyeva	28	F	1:18.23	60.85%	9	
10	Anabela Diaz	40	F	1:29.79	58.48%	10	
11	Odilia Diaz	44	F	1:40.91	54.25%	11	
12	Bill Donnelly	68	M	2:00.89	47.35%	12	

800 METERS

1	Anchit Desai	28	M	2:15.96	74.36%	3	
2	Daniel Lee	40	M	2:24.32	73.73%	4	
3	Hannah Damron	24	F	2:24.78	78.26%	2	
4	Christian Oakes	60	M	2:37.38	80.25%	**1**	**M60-69**
5	Juan Rodriguez	49	M	2:55.44	65.72%	7	
6	Egda Maldonado	40	F	2:59.12	65.04%	8	
7	Madeline Rodriguez	16	F	3:03.99	64.51%	9	
8	Andrew Melton	39	M	3:05.87	56.65%	13	
9	Reyna Davila	39	F	3:08.22	61.31%	11	
10	Brian McCurdy	62	M	3:08.64	67.96%	6	
11	Marvin Rodas	42	M	3:12.15	56.36%	14	
12	Jim Myers	69	M	3:14.81	70.32%	5	
13	Anabela Diaz	40	F	3:19.45	58.41%	12	
14	Esmeralda Nuraliyeva	28	F	3:20.78	56.43%	15	
15	Erica Calderon	26	F	3:23.05	55.80%	17	
16	Herminio Mazariegos	48	M	3:24.22	55.97%	16	
17	Connaitre Chateaubriant	68	M	3:33.06	63.60%	10	
18	Odilia Diaz	44	F	4:10.92	48.10%	19	
19	Bill Donnelly	68	M	4:21.47	51.82%	18	

200 METERS

1	Ryan Higgins	25	M	0:24.27	79.60%	**1**	
2	Aeyker Rodas	18	M	0:28.86	68.57%	5	
3	Eric Burke	16	M	0:29.24	69.73%	3	
4	Herminio Mazariegos	48	M	0:32.16	68.69%	4	
5	Janet Wang	45	F	0:34.11	70.48%	2	
6	Brian McCurdy	62	M	0:36.80	65.95%	6	
7	Odilia Diaz	44	F	0:44.33	53.55%	7	
8	Bill Donnelly	68	M	0:51.51	49.29%	8	

100 METERS

1	Robert McDaniels	61	M	0:14.24	82.65%	**1**	
2	Herminio Mazariegos	48	M	0:14.98	72.30%	3	

3	Aeyker Rodas	18	M	0:15.76	63.83%	5
4	Brian McCurdy	62	M	0:17.08	69.32%	4
5	Yuko Hayashi	60	F	0:18.64	72.69%	2
6	Odilia Diaz	44	F	0:20.55	55.96%	6
7	Bill Donnelly	68	M	0:24.01	51.15%	7
	3000 Meters					
1	Daniel Lee	40	M	11:16.80	68.79%	6
2	Mark Richtman	63	M	11:20.80	82.52%	2
3	Verity Breen	51	F	11:52.21	83.63%	**1**
4	Mike Lotter	64	M	12:32.36	75.35%	3
5	Juan Rodriguez	49	M	12:38.02	65.83%	7
6	Brian McCurdy	62	M	13:07.04	70.75%	5
7	Marvin Rodas	42	M	13:23.31	58.83%	10
8	Jim Myers	69	M	13:35.79	72.86%	4
9	Anabela Diaz	40	F	13:55.32	62.84%	8
10	Janet Wang	45	F	15:33.90	59.19%	9
	5000 Meters					
1	David White	53	M	17:30.47	86.25%	**1**
2	Greg Bolen	53	M	22:03.94	68.43%	2
3	Alec Sherill	24	M	22:34.24	57.52%	3