Tamalpa July 2018 Track Meet - 17-Jul-18

The Tamalpa Runners had the Tamalpa July Track Meet sanctioned by the USATF in anticipation of 52-year-old Tom LeGan and 81-year-old Eve Pell attempting to break the American and World Age Group Records for the M50-54 and F80-84 Age Groups for the One Mile. Unfortunately, Eve strained her groin and Tom injured his calf and neither runner was able to run in the Tamalpa July Track Meet. It was a shame, as we had a perfect sunny day on a brand-new track and the runners who ran in the track meet ran very well.

The One Mile Race was won by Ryan Higgins who had planned to pace Tom LeGan in his attempt to break Nolan Shaheed's 17-year-old M50-54 Age Group World Record of 4:25.04. Ryan took the lead from the start and won the race easily in 4:31.77. 15 year old Lyle Rumon finished second in 4:47.07 and Sean Coffin took third place in 4:53.80. Sean had won the one mile at the June Tamalpa Track Meet

The June track meet opened with the One Mile Race. Sean Coffin took the lead from the start and ran a very evenly paced race to win with a fine 4:58.89. Egda Maldonado was the first female finisher in 6:04.27. 55-year-old Maria Salas, who traveled from San Diego for the Meet had the highest Age Graded Performance in the race with an 84.54% for her 6:17.58 time in the race.

The next event was the 400M. Max Kam, who would finish first in 3 races in the Meet, was the first-place finisher with a time of 1:04.94. Egda Maldonado, who would finish as the first female finisher in 3 races in the Meet, also, was the first female finisher in 1:16.38 and also had the highest Age Graded Performance in the race.

In the 800M, Max Kam was again the winner with a time of 2:37.41 and Edga Maldonado was again the first female finisher with a time of 3:04.14. 69-year-old Jim Myers had the highest Age Graded Performance in the race with his 3:17.68 finish.

We then held the 200M and 100M races. Young Ricardo Viera, at age 15, was the winner in both races. He won the 200M with a time of 0:25.44 and won the 100M with a time of 0:12.24. He had the highest Age Graded Performance for both races and his 85.13% Performance in the 100M was the highest age graded performance in the Meet! V. Tyler was the first female finisher in both races. She ran 32:00 in the 200M and 15:21 in the 100M.

The final races of the meet were the 2 Mile Race and 5000M Race, which were run concurrently. Andy Krone won the 2 Mile Race in 12:42.27. Jim Myers, again, had the highest Age Graded Performance with his 15:01.61 time at age 69. Max Kam won his 3rd race of the Meet in the 5000M with a time of 19:15.88. Anabela Diaz was the first female finisher with her 24":50.33. 64-year-old Mike Lotter had the highest age graded performance in the race with his 21:18.97.

It was a good day for the Maldonado family, as Egda won three races and her son Ricardo won two races and had the Highest Age Graded Performance in the Meet.

Max Kam and Anabela Diaz were the ironmen of the Meet, running six races each!

Thanks again to our snap timing and finish line crew of Kevin Rumon, Lon Freeman and Justine Owen who again provided excellent support for the Meet. And thanks to Verity Breen for helping with the registration and to Jim Myers for acting as the starter for the sprints.

Hopefully we will have another good turnout for the Tamalpa July 2018 Track Meet at the

Tamalpa July Track Meet
San Rafael High School
17-Jul-18

Place	1 MILE	Age	Sex	Time	Age Grade %	AG Place	New Tamalpa Age Group Record
1	Ryan Higgins	25	M	4:31.77	81.91%	5	
2	Lyle Rumon	15	M	4:47.07	83.67%	3	
3	Sean Coffin	31	M	4:53.80	76.14%	7	
4	Roy Kissin	61	M	5:27.81	85.17%	2	
5	Joe Gibson	36	M	5:32.20	68.87%	9	

6	Jason Reed	39	M	5:46.91	67.40%	12	
7	Mark Richtman	63	M	5:55.25	80.00%	6	
8	Eileen Brennan	57	F	6:03.92	90.18%	**1**	
9	Andrew Melton	39	M	6:08.30	63.48%	16	
10	Gigi Clifford	15	F	6:26.53	68.17%	11	
11	Tania Martinez	15	F	6:32.85	67.07%	13	
12	David Green	46	M	6:39.13	61.78%	18	
13	Jim Myers	69	M	6:41.68	74.86%	8	
14	Marvin Rodas	42	M	6:43.23	59.30%	20	
15	Taylor Powers	18	F	6:50.89	61.89%	17	
16	Jeff Rosenthal	56	M	6:59.11	63.80%	15	
17	Kent Carlomagno	61	M	7:00.81	66.35%	14	
18	Scott Schneider	51	M	7:00.99	60.95%	19	
19	Herminio Mazariegos	48	M	7:12.09	57.97%	22	
20	Connaitre Chateaubriant	68	M	7:15.27	68.37%	10	
21	Anabela Diaz	40	F	7:31.95	58.79%	21	
22	Juan Escobar	51	M	7:32.36	56.72%	23	
23	Sharlet Gilbert	67	F	7:38.86	83.12%	4	
24	Amy Huang	45	F	8:28.45	55.29%	24	
25	Odilia Diaz	44	F	8:45.20	52.89%	26	
26	Lorena Avila	35	F	8:46.65	48.61%	27	
27	Bill Donnelly	68	M	9:09.12	54.20%	25	

400 METERS

1	Ricardo Viera	15	M	1:01.25	75.44%	4	
2	Taylor Viera	16	F	1:03.25	80.38%	2	Open Women
3	Joe Gibson	36	M	1:05.76	68.17%	5	
4	Larry Barnum	74	M	1:06.55	95.72%	**1**	M60-69 & M70+
5	Herminio Mazariegos	48	M	1:12.79	67.11%	6	
6	Jason Reed	39	M	1:12.95	62.84%	7	
7	Andrew Melton	39	M	1:13.00	62.79%	8	
8	Eliu Rodas	44	M	1:17.80	61.07%	12	
9	Juan Escobar	51	M	1:19.62	62.62%	9	
10	Erika Reed	40	F	1:25.90	61.13%	11	
11	Sharlet Gilbert	67	F	1:29.63	76.65%	3	
12	J.R. Mintz	51	M	1:31.28	54.62%	13	
13	Lorena Avila	35	F	1:41.96	48.73%	15	
14	Odilia Diaz	44	F	1:42.51	53.40%	14	
15	Maggie Fillmore	68	F	1:53.80	61.34%	10	
16	Bill Donnelly	68	M	2:00.89	47.26%	16	

800 METERS

1	Todd Viane Ross	15	M	2:03.66	88.06%	**1**	Open Men
2	Anchit Desai	28	M	2:17.59	73.48%	4	
3	Lyle Rumon	15	M	2:21.98	76.70%	3	
4	Christian Oakes	59	M	2:39.82	78.34%	2	
5	Jason Reed	39	M	2:41.35	65.26%	10	
6	Ricardo Viera	15	M	2:41.65	67.37%	9	
7	Cameron Kane Ross	11	M	2:49.85	71.53%	5	

8	Tania Martinez	15	F	2:55.33	68.67%	7	
9	Andrew Melton	39	M	2:57.13	59.25%	14	
10	J.R. Mintz	51	M	3:08.53	62.22%	11	
11	Jim Myers	69	M	3:12.34	71.23%	6	
12	Erika Reed	40	F	3:15.30	59.65%	13	
13	Herminio Mazariegos	48	M	3:30.26	54.36%	15	
14	Connaitre Chateaubriant	68	M	3:39.93	61.61%	12	
15	Maggie Fillmore	68	F	4:11.40	68.02%	8	
16	Bill Donnelly	68	M	4:16.12	52.90%	16	
17	Odilia Diaz	44	F	4:20.96	46.25%	17	
18	Lorena Avila	35	F	4:24.19	42.89%	18	

200 METERS

1	Todd Viane Ross	15	M	0:25.10	82.67%	4	
2	David Scharf	55	M	0:26.94	86.15%	2	
3	Wale' Aka-Bashorun	47	M	0:27.50	79.75%	6	
4	Taylor Viera	16	F	0:28.29	79.18%	7	
5	Larry Barnum	74	M	0:29.46	93.18%	1	M60-69 & M70+
6	Jason Reed	39	M	0:30.79	67.13%	11	
7	Herminio Mazariegos	48	M	0:32.60	67.76%	10	
8	Cameron Kane Ross	11	M	0:33.21	69.05%	9	
9	Eliu Rodas	44	M	0:35.30	60.79%	13	
10	Sharlet Gilbert	67	F	0:36.22	83.57%	3	W60-69
11	Nanci Henderson	65	F	0:36.44	81.56%	5	
12	Tricia Wallace	60	F	0:36.91	76.67%	8	
13	Erika Reed	40	F	0:38.45	58.83%	14	
14	J.R. Mintz	51	M	0:40.87	55.22%	16	
15	Odilia Diaz	44	F	0:41.51	57.19%	15	
16	Lorena Avila	35	F	0:41.77	51.09%	17	
17	Maggie Fillmore	68	F	0:49.17	62.15%	12	
18	Bill Donnelly	68	M	0:53.88	47.12%	18	

100 METERS

1	Jason Reed	39	M	0:14.12	72.10%	5	
2	Larry Barnum	74	M	0:14.75	88.41%	1	M70+
3	Marvin Rodas	42	M	0:15.01	69.29%	7	
4	Herminio Mazariegos	48	M	0:15.97	67.81%	8	
5	Cameron Kane Ross	11	M	0:16.16	69.86%	6	
6	Nanci Henderson	65	F	0:16.56	85.69%	2	W60-69
7	Sharlet Gilbert	67	F	0:17.08	84.54%	3	
8	Erika Reed	40	F	0:17.63	62.34%	10	
9	Tricia Wallace	60	F	0:17.82	76.04%	4	
10	J.R. Mintz	51	M	0:18.61	59.38%	11	
11	Odilia Diaz	44	F	0:19.80	58.08%	12	
12	Lorena Avila	35	F	0:20.35	51.55%	13	
13	Maggie Fillmore	68	F	0:21.67	67.19%	9	
14	Bill Donnelly	68	M	0:23.82	51.55%	14	

3000 Meters

1	Lyle Rumon	15	M	9:45.67	81.09%	2	Open Men
2	Jack Wallace	28	M	10:28.74	69.98%	7	
3	Todd Viane Ross	15	M	10:35.23	74.76%	5	
4	Roy Kissin	61	M	11:25.71	80.49%	3	
5	Mark Richtman	63	M	12:23.82	75.53%	4	
6	Jason Reed	39	M	12:52.49	59.82%	12	
7	David Green	46	M	13:21.81	60.79%	9	
8	Jim Myers	69	M	13:26.87	73.67%	6	
9	Marvin Rodas	42	M	13:39.57	57.66%	13	
10	Erika Reed	40	F	13:54.57	62.89%	8	
11	Anabela Diaz	40	F	14:26.65	60.57%	10	
12	Jeff Rosenthal	56	M	14:40.47	60.04%	11	
13	Sharlet Gilbert	67	F	15:04.96	82.99%	1	W60-69