

Records fall at Tamalpa August Track Meet

Nine Age Group Records were broken at the August 20, 2019 Tamalpa Track Meet as we had outstanding performances six participants in the Track Meet. We also had a couple of races between the very old, Dave Waco at age 87, and the very young, Layla Burstein at age 3 in the sprints.

The opening event was the One Mile and Shane Young made it clear from the start that this was going to be his race as he went through the first ¼ mile in 1:05. There was 6 man chase pack following him, but they were 10 seconds behind him at the ¼ mile mark and he won the race easily with a time of 4:29.52 six and ½ seconds off of the current Tamalpa One Mile Record set in 2012 by J.K. Withers. The first female finisher in the One Mile was Edga Viera in 5:59.35. Shane also had the highest Age Grade in the Race with an 83.56%.

In the 400M Max Herrerias won easily for the third month in a row. Max once again set a new Tamalpa 400M Record with his 51.06, 0.01 faster than the 51.07 he ran last month! Tricia Wallace was the first female finisher in 1:23.42. 75-Year-Old Larry Barnum had the highest Age Grade in the race with his 1:06.58 and an Age Grade of 97.63%. This was also the highest Age Grade in the meet, but his time was not fast enough to beat the Tamalpa M70+ record of 1:06.55 that he ran last year as a 74-year-old!

Markelle Taylor won the 800M with a time of 2:19.65. Beth Freedman was the first female finisher with a time 2:48.35. Markelle's time gave him the highest Age Grade of 80.42% in the race.

The 200M Race was next and Markelle Taylor was a repeat winner with a time of 27.37. The first female finisher was 66-year-old Nanci Henderson with a time of 31.88 as she set a new W60-69 Age Group Record. The highest Age Grade in the race was set by 75-Year-Old Larry Barnum with a time of 28.80 and an Age Grade of 96.88%. This time set a new Tamalpa Age Group Record for both the M60-69 and M70+ for the 200M.

In the 100M 50-Year-Old Max Garcia ran a very fast 11.59 to win the race and set a new Tamalpa M40-49 and M50-59 Record for the 100M. Last month Max took second place in the 100M with a 12.38 finish and he was definitely going for the win this month! Nanci Henderson was the first Female Finisher with a time of 16.00. This was only 0.03 slower than the 15.97 Tamalpa Record she set in the race last year. Larry Barnum had the highest Age Grade in the race of 95.72% for his 13.79 finish as he again set the Tamalpa 100M Record for M60-69 and M70+ with this time.

After the 100M we ran our first 4 x 400M Relay Race. The SFRC Team took the lead on the first leg as Misha Shemyakin ran 1:00.00 and had a six second lead on the field. The SFRC Team held on to win the Relay with a total time of 4:22.03. Their final runner, Sean Crawford, ran 59.03 for the final 400M and had the fastest 400M leg of the race. The Bio-Marin Team took second in 4:37.77; the Tamalpa Masters Team took 3rd in 4:49.24; and the Tamalpa Open Team took 4th in 4:59.27.

The 3000M race was next and Shane Young repeated his victory in the One Mile Race with a win in the 3000M in a time of 9:24.31. This time set a new Tamalpa Open Age Group

Record for the 3000M. Beth Freedman was the Female winner with a time of 11:53.54 and had the Age Grade in the race with a 82.41%.

The 5000M was the final race of the meet and the couple of Francisco Javier Sanchez and Nadia Izquierdo who were visiting from Mexico were the Men's and Women's winners in the race. Francisco set a new Tamalpa Open Men's Record for the 5000M with an excellent time of 15:02.23. Nadia ran a fine 17:32.88, which was only 0.58 seconds off of Yiu Wang's record of 17:32.30 set in 2010. Francisco had the highest Age Grade in the Race with an 86.34%.

Thank you very much to volunteers Kevin Rumon, Lon Freeman, Justine Owen, Andrew Melton, Max Kam and Tom O'Reilly. The Tamalpa Track Meets could NOT be held successfully without the continuing support of these valuable volunteers. The final Tamalpa Track Meet of 2019 will be held on Tuesday, September 10, 2019. Hopefully we will have another good turnout for this Meet and see if we can set some more new Tamalpa Age Group Records.

**Tamalpa Track Meet
San Rafael High School
20-Aug-19**

Place	1 MILE	Age	Sex	Time	Age Grade %	AG Place
1	Shane Young	33	M	4:29.52	83.56%	1
2	Sean Crawford	30	M	4:54.44	75.80%	5
3	Misha Shemyakin	36	M	5:04.81	75.07%	6
4	Joshua Bornstein	32	M	5:06.20	73.25%	9
5	Markelle Taylor	46	M	5:08.09	80.04%	2
6	Jason Reed	40	M	5:10.50	75.85%	4
7	Jonathan Bretan	36	M	5:14.37	72.78%	11
8	Andrew Lie	45	M	5:36.16	72.76%	12
9	Lucas Ruark	11	M	5:40.84	77.43%	3
10	Edga Viera	41	F	5:59.35	74.69%	7
11	Anna Paulson	33	F	6:08.58	68.86%	15
12	Madeline Rodriguez	17	F	6:17.51	68.08%	17
13	Juan Pablo	40	M	6:18.77	62.17%	20
14	Talia Green	13	F	6:26.91	70.17%	13
15	Paul Herrerias	63	M	6:27.39	73.36%	8
16	David Green	47	M	6:27.64	64.11%	19
17	Nick Monteleone	23	M	6:39.55	55.71%	24
18	Allie Kegley	41	F	6:42.43	66.69%	18
19	Brian McCurdy	63	M	6:45.56	70.08%	14
20	Jim Myers	70	M	6:55.69	73.16%	10
21	Lana Burstein	38	F	7:02.15	61.85%	21
22	Connaitre Chateaubriant	69	M	7:18.81	68.53%	16
23	Herminio Mazariegos	49	M	7:26.96	56.49%	23
24	Juan Escobar	53	M	7:30.22	57.93%	22

25	Odilia Diaz	45	F	8:26.17	55.53%	25
26	Bill Donnelly	69	M	9:18.48	53.84%	26

400 METERS

1	Max Herrerias	20	M	51.06	84.70%	2
2	Joshua Bornstein	32	M	1:03.28	68.73%	4
3	Larry Barnum	75	M	1:06.58	97.63%	1
4	Jason Reed	40	M	1:10.52	65.48%	5
5	Herminio Mazariegos	49	M	1:22.24	59.81%	7
6	Brian McCurdy	63	M	1:22.66	65.17%	6
7	Tricia Wallace	61	F	1:23.42	77.20%	3
8	Juan Escobar	53	M	1:30.45	55.85%	8
9	Odilia Diaz	45	F	1:49.07	50.74%	9
10	Bill Donnelly	69	M	2:07.14	45.66%	10

800 METERS

1	Markelle Taylor	46	M	2:19.65	80.42%	1
2	Dan Lee	41	M	2:23.33	74.86%	4
3	Anchit Desai	29	M	2:24.62	69.91%	7
4	Jason Reed	40	M	2:29.49	71.18%	5
5	Lucas Ruark	11	M	2:41.02	75.46%	2
6	Beth Freedman	50	F	2:48.35	75.44%	3
7	Paul Herrerias	63	M	3:01.98	71.00%	6
8	Madeline Rodriguez	17	F	3:09.91	61.77%	11
9	Allie Kegley	41	F	3:11.84	61.25%	8
10	Juan Pablo	40	M	3:12.34	55.32%	14
11	Brian McCurdy	63	M	3:14.97	66.27%	9
12	Jim Myers	70	M	3:18.34	69.83%	8
13	Amily Huang	46	F	3:35.91	56.88%	13
14	Herminio Mazariegos	49	M	3:41.19	52.13%	15
15	Connaitre Chateaubriant	69	M	3:45.13	60.85%	12
16	Dimitris Sklavopoulos	74	M	3:48.47	64.47%	10
17	Odilia Diaz	45	F	4:09.95	48.73%	17
18	Bill Donnelly	69	M	4:28.41	51.04%	16

200 METERS

1	Markelle Taylor	46	M	27.37	79.58%	3
2	Michael Finn	50	M	28.22	79.58%	4
3	Anchit Desai	29	M	28.61	67.53%	13
4	Larry Barnum	75	M	28.80	96.88%	1
5	Jason Reed	40	M	29.80	69.90%	10
6	Markus Eklund	49	M	30.19	73.70%	9
7	Christian Oakes	61	M	31.32	77.11%	7
8	Nanci Henderson	66	F	31.88	94.10%	2

9	Paul Herrerias	63	M	32.20	75.99%	8
10	David Green	47	M	33.40	65.66%	14
11	Anna Paulson	33	F	34.00	62.76%	17
12	Herminio Mazariegos	49	M	34.58	64.34%	15
13	Brian McCurdy	63	M	35.54	68.85%	12
14	Tricia Wallace	61	F	36.33	78.67%	5
15	Juan Escobar	53	M	39.55	57.85%	18
16	Odilia Diaz	45	F	48.04	50.04%	20
17	Audrey Burstein	5	F	55.26	77.14%	6
18	Bill Donnelly	68	M	56.43	44.99%	21
19	Dave Waco	87	M	57.87	63.06%	16
20	Lydia Shemyakin	4	F	1:01.28	69.57%	11
21	Layla Burstein	3	F	1:18.73	54.15%	19

100 METERS

1	Max Garcia	50	M	11.59	94.74%	2
2	Markelle Taylor	46	M	12.61	84.77%	4
3	Jason Reed	40	M	12.80	80.16%	6
4	Michael Finn	50	M	13.11	83.75%	5
5	Anchit Desai	29	M	13.52	72.41%	11
6	Larry Barnum	75	M	13.79	95.72%	1
7	Paul Herrerias	63	M	14.93	79.77%	7
8	Herminio Mazariegos	49	M	15.68	69.52%	12
9	Nanci Henderson	66	F	16.00	89.44%	3
10	Juan Escobar	53	M	17.19	65.10%	14
11	Tricia Wallace	61	F	17.41	78.52%	8
12	Brian McCurdy	63	M	17.84	66.76%	13
13	Markus Eklund	49	M	18.52	58.86%	16
14	Odilia Diaz	45	F	20.94	55.54%	17
15	Bill Donnelly	69	M	25.00	49.40%	19
16	Lydia Shemyakin	4	F	25.70	76.54%	9
17	Audrey Burstein	5	F	25.92	75.89%	10
18	Dave Waco	87	M	27.05	59.41%	15
19	Layla Burstein	3	F	35.67	55.14%	18

3000 M

1	Shane Young	33	M	9:24.31	78.88%	2
2	Beth Freedman	50	F	11:53.54	82.41%	1
2	Dan Lee	41	M	11:53.54	65.74%	6
4	Brian McCurdy	63	M	13:25.09	69.78%	4
5	Madeline Rodriguez	17	F	13:30.10	63.23%	7
6	Jim Myers	70	M	14:05.10	71.12%	3
7	Dimitris Sklavopoulos	74	M	15:19.62	69.16%	5
7	Amily Huang	46	F	15:19.62	60.84%	8

5000 Meters

1	Francisco Javier Sanchez	23	M	15:02.23	86.34%	1
2	Jason Reed	40	M	17:32.88	78.17%	3
3	Nadia Izquierdo	21	F	17:35.00	83.98%	2
4	Sergio Higareda	45	M	18:42.32	76.00%	5
5	Juan Rodriguez	50	M	21:25.15	68.86%	6
6	Mike Lotter	65	M	21:35.53	77.11%	4

4 x 400M Relay

1	SFRC Team					
	Misha Shemyakin	36	M	1:00.00		
	Anna Paulson	33	F	1:15.00		
	Andrew Lie	45	M	1:08.00		
	Sean Crawford	30	M	0:59.03		
	Total for 1600M				4:22.03	
2	Bio Marin Team					
	Nick Monteleone	23	M	1:10.00		
	Andrew Melton	40	M	1:13.00		
	Anna Sharkey	27	F	1:11.00		
	Max Kam	33	M	1:03.77		
	Total for 1600M				4:37.77	
3	Tamalpa Masters					
	Dan Lee	41	M	1:06.00		
	Beth Freedman	50	F	1:16.00		
	Edga Viera	41	F	1:16.00		
	Christian Oakes	61	M	1:09.24		
	Total for 1600M				4:49.24	
4	Tamalpa Open					
	Sergio Higareda	45	M	1:08.00		
	Madeline Rodriguez	17	F	1:16.00		
	Allie Kegley	41	F	1:22.00		
	Lucas Ruark	11	M	1:13.27		
	Total for 1600M				4:59.27	

Records set at the August 20, 2019 Meet!

Tamalpa Open Track Meet Records – 2003 through 2019

	<u>Event</u>	<u>Sex</u>	<u>First</u>	<u>Last</u>	<u>Age</u>	<u>Time</u>	<u>Date</u>
C.	400M	Men	Max	Herrerias	20	51:06	8/20/2019
F.	3000M	Men	Shane	Young	33	9:24.31	8/20/2019

H.	5000M	Men	Francisco	Sanchez	23	15:02.2 3	8/20/2019
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Masters' (40-49) Track Meet Records

A.	100M	Men	Max	Garcia	50	11.59	8/20/2019
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Seniors' (50-59) Track Meet Records

A.	100M	Men	Max	Garcia	50	11.59	8/20/2019
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Super Seniors' (60-69) Track Meet Records

A.	100M	Men	Larry	Barnum	75	13:79	8/20/2019
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B.	200M	Men	Larry	Barnum	75	28:80	8/20/2019
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	200M	Women	Nanci	Henderson	66	31.88	8/20/2019
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Veterans' (70+) Track Meet Records

A.	100M	Men	Larry	Barnum	75	13:79	8/20/2019
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B.	200M	Men	Larry	Barnum	75	28:80	8/20/2019
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Franklin Ruona

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