

Tamalpa July Track Meet – July 16, 2019

It was a VERY windy evening at the San Rafael High School Track as we began the July Tamalpa Track Meet. We did not expect the times to be very fast due to the wind, but we were wrong!

The first event of the evening was the One Mile Race and we had 28 participants. Lyle Rumon led a tight pack through the first ¼ mile in about 69 seconds. Jason Reed, Jonathan Bretan, Joshua Bornstein and Markelle Taylor were right on his tail. By lap 2 Lyle had opened a significant gap on the field and he easily won the race in a fast 4:49.88. Jennifer Bennett was the first female finisher in 6:43.20. Lyle's 81.52 AG % was the highest Age Grade in the Race.

The 400M was next and we ran 3 heats with a total of 19 runners. At the June Tamalpa Track Meet Max Herrerias had come within 0.04 seconds of breaking the Tamalpa Track Meet 400M Record with his 0:52.44. This month he was not going to miss the record as he ran 0:51.07 and broke Tony Noguera's record of 0:52.40 that was set on 7/19/2005, 14 years ago. Jennifer Bennett repeated as the first female finisher in the 400M in 1:20.11. Max's 84.69% Age Grade was the highest Age Grade in the Race.

In the 800M Jose Ordonez repeated his win from the June Meet with a fast 2:10.09, 1.67 seconds faster than his winning time in June. Anabela Diaz was the first female finisher in 3:24.15. 11-year-old Lucas Ruark had the highest Age Grade at 79.68% in the race for his 2:40.58.

In the 200M 55-year-old James Lawson smoked the field with a very fast 0:24.24 which broke Bruce Wint's M50-59 record of 0:25.50 set on 5/17/2005, 14+ years ago, and Dave Masgay's M40-49 record of 0:24.50 set on 7/22/2008. James' performance was also the highest Age Graded performance in the race and in this July Track Meet at 95.75%. Taylor Viera was the first female finisher in 0:28.14 only 0.36 of a second off of the Open Women's 200M record.

In the 100M James Lawson won again in a time of 0:12.09, which broke both the M50-59 record of 0:14.08 set on 6/17/2014 by Bryon Porter and the M40-49 record of 0:12.25 set on 6/12/2012 by Brian Bartholomew. So, James Lawson now holds the Tamalpa M40-49 and M50-59 Age Group records for both the 100M and 200M! James' Age Graded Performance in the 100M of 93.80% was the highest in the race. Taylor Viera was also the first female finisher in the 100M with a time of 0:13.17, 0.24 of a second off of the new women's open record set by Isabel Yaffe in this year's May Track Meet.

The 3000M and 5000M races were next. In the 3000M Markelle Taylor edged out Joshua Bornstein 10:50.20 to 10:50.41 in a sprint to the finish to win the 3000M. Right behind them, however, was 67-year-old Robert Qualls who ran 11:09.17 and had the highest Age Graded Performance in the Race at 87.09%. Erika Reed was the first female finisher in 13:20.88. Jim Myers picked up his second M70-79 Age Group Record in the 3000M with his 13:22.19 which

broke the M70-79 Record set by Dimitris Sklavopoulos on 7/28/2015. Last Month Jim snatched Dimitris' 2 Mile record, also set in 2015.

In the 5000M Lyle Rumon and Sergio Higareda took off together for the first lap and ½, then Lyle gradually opened up his lead and won the Race handily in 17:29.84. Sergio ran 18:32.99, slightly faster than his winning time at the June Track Meet and, at 45 years of age, he had the highest Age Grade Performance in the Race at 76.64%. Anabela Diaz repeated her win in the 800M and she was the First Female finisher in the race at 22:54.43.

Jason Reed and Joshua Bornstein were the ironmen of the Meet, as both ran the maximum of 6 races.

The Race was ably supported by Kevin Rumon, Lon Freeman and Andrew Melton who handled the timing and placing for the meet; Lillie O'Reilly who handled registration; and Lyle Rumon who got an extra workout by shuttling timing sheets back and forth for the sprints.

The August Tamalpa Track Meet will be on Tuesday, August 20, 2019. We will be adding one additional event to the August Track Meet, a 4 x 400M Relay. The 4 x 400M Relay will be run after the 100M Race and prior to the 3000M and 5000M Races. Be ready with your 4 Person Team to compete in the Relay!

**Tamalpa Track Meet
San Rafael High School
16-Jul-19**

| Place | 1 MILE | Age | Sex | Time | Age Grade % | AG Place |
|-------|--------------------|-----|-----|---------|-------------|----------|
| 1 | Lyle Rumon | 16 | M | 4:49.88 | 81.52% | 1 |
| 2 | Jason Reed | 40 | M | 5:02.04 | 77.98% | 4 |
| 3 | Jonathan Bretan | 36 | M | 5:04.74 | 75.08% | 8 |
| 4 | Joshua Bornstein | 31 | M | 5:05.77 | 73.16% | 10 |
| 5 | Markelle Taylor | 46 | M | 5:13.26 | 78.72% | 3 |
| 6 | Guy Schott | 56 | M | 5:33.96 | 80.07% | 2 |
| 7 | Lucas Ruark | 11 | M | 5:41.91 | 77.18% | 7 |
| 8 | Ky Faubion | 34 | M | 5:49.09 | 64.80% | 19 |
| 9 | Gluardo Alonzo | 18 | M | 5:53.65 | 65.09% | 17 |
| 10 | Tim Scott | 55 | M | 6:13.91 | 70.93% | 11 |
| 11 | Mark Sanchez | 43 | M | 6:14.42 | 64.34% | 20 |
| 12 | Juan Rodriguez | 50 | M | 6:25.31 | 66.05% | 15 |
| 13 | Mike Holland | 70 | M | 6:32.90 | 77.40% | 5 |
| 14 | Jennifer Bennett | 39 | F | 6:43.20 | 65.30% | 16 |
| 15 | Jim Myers | 70 | M | 6:48.60 | 74.42% | 9 |
| 16 | Lana Burstein | 38 | F | 6:51.56 | 63.44% | 21 |
| 17 | Madeline Rodriguez | 17 | F | 6:51.85 | 62.40% | 22 |
| 18 | Anabela Diaz | 41 | F | 6:53.67 | 64.88% | 18 |

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|----|-------------------------|----|---|---------|--------|----|
| 19 | Connaitre Chateaubriant | 69 | M | 7:17.62 | 68.71% | 12 |
| 20 | Danielle Herrerias | 61 | F | 7:30.32 | 77.19% | 6 |
| 21 | Kent Carlomagno | 62 | M | 7:33.89 | 62.06% | 23 |
| 22 | Kelly Bartholomew | 53 | F | 7:37.71 | 67.90% | 13 |
| 23 | Amily Huang | 46 | F | 7:46.37 | 61.00% | 24 |
| 24 | Susan Kreusch | 56 | F | 7:59.94 | 67.43% | 14 |
| 25 | Odilia Diaz | 45 | F | 8:21.37 | 56.07% | 26 |
| 26 | Lee Goins | 61 | M | 8:32.95 | 54.43% | 28 |
| 27 | Bob Knox | 73 | M | 9:07.55 | 57.82% | 25 |
| 28 | Bill Donnelly | 69 | M | 9:11.25 | 54.55% | 27 |

400 METERS

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|----|-------------------|----|---|---------|--------|----|
| 1 | Max Herrerias | 20 | M | 0:51.07 | 84.69% | 1 |
| 2 | Renaldo Williams | 37 | M | 0:56.84 | 79.45% | 2 |
| 3 | Joshua Bornstein | 31 | M | 1:01.66 | 70.03% | 4 |
| 4 | Guy Schott | 56 | M | 1:05.56 | 78.60% | 3 |
| 5 | Gluardo Alonzo | 18 | M | 1:07.70 | 65.20% | 10 |
| 6 | Jason Reed | 40 | M | 1:09.87 | 66.09% | 8 |
| 7 | Ky Faubion | 34 | M | 1:10.83 | 62.35% | 14 |
| 8 | David Green | 47 | M | 1:13.16 | 66.31% | 7 |
| 9 | Tim Scott | 55 | M | 1:13.92 | 69.26% | 5 |
| 10 | Art Marthinsen | 60 | M | 1:17.23 | 68.47% | 6 |
| 11 | Kirby Bartlett | 54 | M | 1:17.89 | 65.30% | 9 |
| 12 | Jennifer Bennett | 39 | F | 1:20.11 | 64.81% | 11 |
| 13 | Erika Reed | 41 | F | 1:23.14 | 63.81% | 13 |
| 14 | Mace Sanchez | 13 | M | 1:23.98 | 57.51% | 17 |
| 15 | Kent Carlomagno | 62 | M | 1:27.20 | 61.39% | 15 |
| 16 | Kelly Bartholomew | 53 | F | 1:33.14 | 64.26% | 12 |
| 17 | Odilia Diaz | 45 | F | 1:42.86 | 53.80% | 18 |
| 18 | Bob Knox | 73 | M | 1:48.19 | 57.77% | 16 |
| 19 | Bill Donnelly | 69 | M | 2:02.05 | 47.56% | 19 |

800 METERS

| | | | | | | |
|----|--------------------|----|---|---------|--------|----|
| 1 | Jose Ordonez | 24 | M | 2:10.09 | 77.72% | 2 |
| 2 | Joshua Bornstein | 31 | M | 2:31.05 | 72.45% | 5 |
| 3 | Jason Reed | 40 | M | 2:38.31 | 67.48% | 9 |
| 4 | Lucas Ruark | 11 | M | 2:40.58 | 79.68% | 1 |
| 5 | Ky Faubion | 34 | M | 2:51.55 | 70.67% | 6 |
| 6 | Tim Scott | 55 | M | 2:53.11 | 74.89% | 3 |
| 7 | Juan Rodriguez | 50 | M | 3:04.07 | 70.52% | 7 |
| 8 | Preston Mullen | 11 | M | 3:12.25 | 67.01% | 10 |
| 9 | Jim Myers | 70 | M | 3:13.55 | 70.15% | 8 |
| 10 | Anabela Diaz | 41 | F | 3:24.15 | 72.58% | 4 |
| 11 | Madeline Rodriguez | 17 | F | 3:35.37 | 52.48% | 13 |

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|----|-------------------------|----|---|---------|--------|----|
| 12 | Connaitre Chateaubriant | 69 | M | 3:36.22 | 60.05% | 12 |
| 13 | Kelly Bartholomew | 53 | F | 3:47.23 | 62.77% | 11 |
| 14 | Madelino Perez | 25 | F | 3:54.89 | 48.24% | 15 |
| 15 | Odilia Diaz | 45 | F | 4:07.39 | 47.72% | 16 |
| 16 | Bill Donnelly | 69 | M | 4:19.79 | 52.34% | 14 |

200 METERS

| | | | | | | |
|----|------------------|----|---|---------|--------|----|
| 1 | James Lawson | 55 | M | 0:24.24 | 95.75% | 1 |
| 2 | Markelle Taylor | 46 | M | 0:27.37 | 79.58% | 2 |
| 3 | Joshua Bornstein | 31 | M | 0:27.94 | 69.43% | 8 |
| 4 | Ky Faubion | 34 | M | 0:28.08 | 70.80% | 7 |
| 5 | Taylor Viera | 17 | F | 0:28.14 | 78.71% | 4 |
| 6 | Guy Schott | 56 | M | 0:29.68 | 78.71% | 5 |
| 7 | Christian Oakes | 60 | M | 0:30.44 | 78.84% | 3 |
| 8 | Gluardo Alonzo | 18 | M | 0:30.44 | 65.01% | 11 |
| 9 | Kirby Bartlett | 54 | M | 0:30.76 | 74.90% | 6 |
| 10 | Jason Reed | 40 | M | 0:33.44 | 62.29% | 12 |
| 11 | Mace Sanchez | 13 | M | 0:35.63 | 60.79% | 14 |
| 12 | Derek Bacchus | 60 | M | 0:35.91 | 66.83% | 9 |
| 13 | Art Marthinsen | 60 | M | 0:36.00 | 66.67% | 10 |
| 14 | Erika Reed | 41 | F | 0:37.13 | 61.65% | 13 |
| 15 | Bob Knox | 73 | M | 0:45.30 | 59.65% | 15 |
| 16 | Odilia Diaz | 45 | F | 0:51.47 | 44.47% | 18 |
| 17 | Grayson Bennett | 6 | M | 0:54.86 | 57.46% | 16 |
| 18 | Jennifer Bennett | 39 | F | 0:55.19 | 40.44% | 19 |
| 19 | Bill Donnelly | 69 | M | 0:55.98 | 45.71% | 17 |

100 METERS

| | | | | | | |
|----|------------------|----|---|---------|--------|----|
| 1 | James Lawson | 55 | M | 0:12.09 | 93.80% | 1 |
| 2 | Max Garcia | 50 | M | 0:12.38 | 88.69% | 2 |
| 3 | Taylor Viera | 17 | F | 0:13.17 | 81.93% | 3 |
| 4 | Mark Sanchez | 43 | M | 0:13.31 | 78.66% | 5 |
| 5 | Jason Reed | 40 | M | 0:13.37 | 76.74% | 6 |
| 6 | Ky Faubion | 34 | M | 0:13.40 | 73.28% | 7 |
| 7 | Joshua Bornstein | 31 | M | 0:13.59 | 72.04% | 8 |
| 8 | Guy Schott | 56 | M | 0:14.38 | 79.35% | 4 |
| 9 | Jennifer Bennett | 39 | F | 0:16.43 | 66.10% | 10 |
| 10 | Derek Bacchus | 60 | M | 0:16.89 | 69.27% | 9 |
| 11 | Erika Reed | 41 | F | 0:17.16 | 64.74% | 11 |
| 12 | Bill Donnelly | 69 | M | 0:23.12 | 56.42% | 13 |
| 13 | Grayson Bennett | 6 | M | 0:24.96 | 60.90% | 12 |

3000 M

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|---|-----------------|----|---|----------|--------|---|
| 1 | Markelle Taylor | 46 | M | 10:50.20 | 74.96% | 2 |
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|----|------------------|----|---|----------|--------|----|
| 2 | Joshua Bornstein | 31 | M | 10:50.41 | 67.97% | 7 |
| 3 | Robert Qualls | 67 | M | 11:09.17 | 87.09% | 1 |
| 4 | Jason Reed | 40 | M | 11:56.72 | 64.96% | 9 |
| 5 | Tim Scott | 55 | M | 12:31.07 | 69.78% | 5 |
| 6 | Mike Lotter | 65 | M | 12:55.00 | 73.82% | 4 |
| 7 | David Green | 47 | M | 13:01.40 | 62.86% | 10 |
| 8 | Erika Reed | 41 | F | 13:20.88 | 66.11% | 8 |
| 9 | Jim Myers | 70 | M | 13:22.19 | 74.92% | 3 |
| 10 | Kirby Bartlett | 54 | M | 14:46.88 | 58.61% | 12 |
| 11 | Susan Kreusch | 56 | F | 15:19.22 | 69.30% | 6 |
| 12 | Kent Carlomagno | 62 | M | 15:36.58 | 59.45% | 11 |

5000 Meters

| | | | | | | |
|---|-----------------|----|---|----------|--------|---|
| 1 | Lyle Rumon | 16 | M | 17:29.84 | 75.73% | 2 |
| 2 | Sergio Higareda | 45 | M | 18:32.99 | 76.64% | 1 |
| 3 | Reese Laughlin | 56 | M | 20:49.46 | 73.63% | 3 |
| 4 | Marvin Rodas | 43 | M | 21:56.24 | 63.82% | 6 |
| 5 | Anabela Diaz | 41 | F | 22:54.43 | 66.57% | 5 |
| 6 | Ky Faubion | 34 | M | 23:07.19 | 57.09% | 7 |
| 7 | Lee Goins | 61 | M | 23:25.36 | 68.84% | 4 |