

# Tamalpa May Track Meet, May 14, 2019

A large turnout of 48 runners participated in the first Summer Tamalpa Track Meet of 2019 on May 14, 2019 at Terra Linda High School. The first race of the meet was the One Mile Race. Markelle Taylor and Jeff Pomrenke ran together at the lead through  $\frac{3}{4}$  of a mile and then on the final lap Markelle was able to open a 6 second lead over Jeff and won the race with a fine 5:06.95 to Jeff's 5:13.26. 49-year-old Nancy Thomas was the first female finisher with a strong 5:25.67 and had the highest age group score in the race, and in the meet, with a 90.64%.

The next race was the 400M and 60-year-old Christian Oakes was the winner with a fast 1:07.19 and had the highest age group score of 78.10% for the race. Erika Reed was the first female finisher in 1:21.07.

The 800M race was next and Anchit Desai was an easy winner in 2:18:88. In second place with a time of 2:39.05 was 10-year-old Lucas Ruark who had the highest age grade in the race at 79.53%. It was quite a performance by a 10-year-old! The first female finisher in 3:26.28 was Anabela Diaz.

The next race, the 200M, was a battle between Anchit Desai and Antony Stelly. Anchit won his second race of the meet with a 0:28.13 to Antony's 0:28.99. 60-year-old Tricia Wallace was the first female finisher in 0:37.00 and she had the highest age grade for the race with a 76.49%.

The 100M race was a real surprise, as 14-year-old Isabel Yaffe won the race in a very fast 0:12.93 and had the highest age grade in the race with a 86.08%. She also set a new Tamalpa Track Meet Open Women's Record as she broke 28-year-old Melissa Ferguson's record of 13.00 set on 8/8/2009. Jason Reed was the first male finisher and took second place with a 0:13.73.

The final two races of the meet, the 2 Mile and the 5000M, were run concurrently to close the meet. Markelle Taylor repeated his first-place finish in the 1 Mile Race with an 11:31.86. 62-year-old Tom O'Reilly was the second-place finisher in 12:08.96 and had the highest age grade in the race at 82.45%. Egda Vierra was the first female finisher with a fast 12:42.94. Sergio Higareda was the winner in the 5000M with a time of 19:10.81. 65-year-old Keith Duncan took second place in 19:46.48 and had the highest age grade in the race at 84.20%. Anabela Diaz was the first female finisher in 23:51.74 to win her second race of the meet.

Jason Reed was the ironman for this track meet, as he ran in the maximum of 6 races after completing the Quicksilver 100K race on Saturday, May 11<sup>th</sup>.

Thanks to Kevin Rumon and Lon Freeman for doing the timing and race results for the meet and Liz Gottlieb for acting as the starter for the sprints. The next Tamalpa Track meet will be on Tuesday, June 18, 2019, at 6:30 PM at the San Rafael High School Track.

## **Tamalpa Track Meet Terra Linda High School 14-May-19**

<b>Place</b>	<b>1 MILE</b>	<b>Age</b>	<b>Sex</b>	<b>Time</b>	<b>Age Grade %</b>	<b>AG Place</b>
<b>1</b>	Markelle Taylor	46	M	5:06.95	80.34%	5
<b>2</b>	Jeff Pomrenke	30	M	5:13.26	71.25%	13
<b>3</b>	Tom O'Reilly	62	M	5:19.98	88.04%	2
<b>4</b>	Nancy Thomas	49	F	5:25.67	90.64%	<b>1</b>
<b>5</b>	Andy Krone	41	M	5:27.70	72.41%	12
<b>6</b>	Guy Schott	56	M	5:32.05	80.53%	4

7	Jason Reed	40	M	5:47.47	67.78%	15
8	Keith Duncan	65	M	5:56.95	81.08%	3
9	Egda Vierra	41	F	5:58.24	74.92%	9
10	Liz Gottlieb	43	F	5:59.01	76.46%	7
11	Carson Forter	33	M	6:00.64	62.44%	19
12	Dan Borgonovo	54	M	6:01.24	72.80%	10
13	Brian McCurdy	62	M	6:14.25	75.27%	8
14	Mike Lotter	65	M	6:17.25	76.71%	6
15	Peter O'Reilly	62	M	6:33.87	71.52%	11
16	Carl Gottlieb	42	M	6:43.98	59.19%	23
17	Marvin Rodas	42	M	6:46.46	58.82%	24
18	Leyvi Gramajo	28	M	6:57.02	53.38%	28
19	Anabela Diaz	40	F	6:58.06	63.56%	18
20	Jeff Rosenthal	57	M	7:01.77	63.94%	17
21	Jim Myers	70	M	7:26.51	68.11%	14
22	Herminio Mazariegos	50	M	7:34.94	55.94%	25
23	Connaitre Chateaubriant	68	M	7:36.85	65.14%	16
24	Joaquin Fritz	66	M	7:50.01	62.15%	20
25	Amily Huang	46	F	7:56.03	59.77%	22
26	Odilia Diaz	44	F	8:16.75	55.92%	26
27	Kathleen Stranton	51	F	8:20.52	60.50%	21
28	Lee Goins	61	M	8:35.18	54.19%	27
29	Bill Donnelly	67	M	9:22.02	52.45%	29

#### 400 METERS

1	Christian Oakes	60	M	1:07.19	78.10%	1
2	Jason Reed	40	M	1:11.78	64.34%	5
3	Freydi Mazariegos	28	M	1:17.42	55.77%	9
4	Brian McCurdy	62	M	1:18.01	68.62%	3
5	Herminio Mazariegos	50	M	1:19.31	62.45%	6
6	Erika Reed	40	F	1:21.07	64.77%	4
7	Leyvi Gramajo	28	M	1:21.68	52.86%	11
8	Tricia Wallace	60	F	1:25.09	74.98%	2
9	Kent Carlomagno	62	M	1:25.98	62.26%	7
10	Kathleen Stranton	51	F	1:41.19	58.02%	8
11	Joaquin Fritz	66	M	1:44.48	53.01%	10
12	Odilia Diaz	44	F	1:50.21	49.67%	12
13	Bill Donnelly	67	M	2:09.09	43.57%	13

#### 800 METERS

1	Anchit Desai	29	M	2:18.88	72.80%	2
2	Lucas Ruark	10	M	2:39.05	79.53%	1
3	Andy Krone	41	M	2:45.27	64.92%	5
4	Jason Reed	40	M	2:49.81	62.66%	7

5	David Green	47	M	2:51.86	65.93%	4
6	Dan Borgonovo	54	M	3:07.60	64.13%	6
7	Brian McCurdy	62	M	3:14.28	65.99%	3
8	Marvin Rodas	42	M	3:16.15	55.21%	12
9	Jeff Rosenthal	57	M	3:22.00	60.99%	8
10	Anabela Diaz	40	F	3:26.28	56.48%	11
11	Herminio Mazariegos	50	M	3:42.75	54.21%	13
12	Connaitre Chateaubriant	68	M	3:48.60	59.27%	9
13	Joaquin Fritz	66	M	3:51.69	57.23%	10
14	Leyvi Gramajo	28	M	3:57.36	42.59%	18
15	Odilia Diaz	44	F	4:07.06	48.85%	16
16	Kathleen Stranton	51	F	4:08.46	51.76%	14
17	Kent Carlomagno	62	M	4:23.19	48.71%	17
18	Bill Donnelly	67	M	4:31.80	49.30%	15

### 200 METERS

1	Anchit Desai	29	M	0:28.13	68.68%	4
2	Antony Stelly	43	M	0:28.99	73.47%	2
3	Jason Reed	40	M	0:31.38	66.38%	7
4	Freydi Mazariegos	28	M	0:31.65	61.04%	9
5	Christian Oakes	60	M	0:32.74	73.30%	3
6	Herminio Mazariegos	50	M	0:33.51	66.91%	6
7	Kent Carlomagno	62	M	0:35.51	68.46%	5
8	Tricia Wallace	60	F	0:37.00	76.49%	1
9	Erika Reed	40	F	0:37.16	60.87%	10
10	Leyvi Gramajo	28	M	0:39.85	48.48%	13
11	Brian McCurdy	62	M	0:45.79	53.09%	11
12	Odilia Diaz	44	F	0:46.08	51.52%	12
13	Bill Donnelly	67	M	0:54.22	46.46%	14
14	Dave Waco	86	M	0:56.29	62.53%	8

### 100 METERS

1	Isabel Yaffe	14	F	0:12.93	86.08%	1
2	Jason Reed	40	M	0:13.73	74.73%	3
3	Anchit Desai	29	M	0:14.22	68.85%	7
4	Adrien Lamothe	58	M	0:14.49	79.71%	2
5	Antony Stelly	43	M	0:14.66	71.42%	5
6	Herminio Mazariegos	50	M	0:14.87	73.84%	4
7	Freydi Mazariegos	28	M	0:15.35	63.78%	9
8	Erika Reed	40	F	0:16.75	65.61%	8
9	Kent Carlomagno	62	M	0:16.89	70.10%	6
10	Odilia Diaz	44	F	0:20.42	56.32%	11
11	Brian McCurdy	62	M	0:23.35	50.71%	12
12	Bill Donnelly	67	M	0:24.76	49.27%	13

13	Dave Waco	86	M	0:25.32	62.32%	10
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**2 Mile**

1	Markelle Taylor	46	M	11:31.86	75.98%	2
2	Tom O'Reilly	62	M	12:08.96	82.45%	1
3	Andy Krone	41	M	12:13.26	69.01%	6
4	Egda Vierra	41	F	12:42.94	74.88%	4
5	Mike Lotter	65	M	13:36.74	75.54%	3
6	Jason Reed	40	M	14:08.64	59.18%	11
7	David Green	47	M	14:10.94	62.26%	9
8	Marvin Rodas	42	M	14:18.94	59.35%	10
9	Erika Reed	40	F	14:23.29	65.61%	8
10	Jim Myers	70	M	15:25.60	70.01%	5
11	Kelly Bartholomew	53	F	16:25.39	66.88%	7
12	Talia Green	13	F	17:44.93	54.88%	12
13	Aleshka McPretl	13	F	19:40.17	49.52%	13
14	David Pretl	49	M	19:42.11	45.61%	14
15	Lee Goins	61	M	21:51.07	45.41%	15

**5000 Meters**

1	Sergio Higareda	45	M	19:10.81	74.12%	3
2	Keith Duncan	65	M	19:46.48	84.20%	1
3	Brian McCurdy	62	M	21:39.93	74.93%	2
4	Paul Herrerias	62	M	22:42.25	71.50%	4
5	Anabela Diaz	40	F	23:51.74	63.56%	5