

51-Year-Old Tom LeGan's World Class Mile Highlights Tamalpa September Track Meet

A few days prior to Tamalpa's September Track Meet I received an email from Carl Rose, Coach of the Strawberry Canyon TC asking if the track meet was going to take place on Tuesday, September 12, 2017 as he had a 51-year-old male runner who wanted to try to run a 4:30 mile in the meet. I told Carl that, yes, the meet was on for Tuesday, September 12, 2017 and the Mile would be the first race of the meet at 6:30 PM. When Carl told me that Tom LeGan was going to try to run a 4:30 mile I told him Great, but I frankly had my doubts that any local 51-year-old male was going to run a 4:30 mile. I was WRONG!

Carl brought two fast young Strawberry Canyon TC open runners to pace Tom and to my surprise, Tom was on pace to break 4:30 when he hit the $\frac{3}{4}$ mile mark in 3:20.46. Unfortunately, Tom faded a bit on his final lap, running 1:12.34, and finished in 4:32.80. He had run 1:07.06; 2:13.11 and 3:20.46 for his three-quarter mile splits, averaging just under 1:07 per lap. Carl tells me that Tom has been fighting some injury problems and was not in top shape for this race. He hopes to give it a try again in 2018 and see if he can get the age group record of 4:25. Seeing Tom's performance this past Tuesday, I think he has a realistic chance!

The first finisher in the Mile was 19-year-old Ben Harper in 4:31.91, with 22-year-old Ryan Smith right on his tail at 4:32.15. Tom LeGan was right behind in 4:32.80. His 94.06% age grade for the race was world class and was the highest age grade of the meet. Anabela Diaz was the first woman finisher in 7:12.79.

The 400M was the next event in the meet and Dierk Herbermann won easily in 1:07.21. V. Tyler was the first woman finisher in 1:15.49 and had the highest age grade in the race at 77.04%.

Ben Harper was the first-place finisher in the 800M with a time of 2:10.72 and had the highest age grade in the race at 78.64%. Anabela Diaz was the first woman finisher in 3:26.79.

Fausto Vargas was the winner in the 200M with a time of 0:29.46 and Anabela Diaz was again the first woman finisher in 0:42.05. 71-year-old Marshall Johnson had the highest age grade in the race with 76.77%.

Bojan Prokic was the fastest 100M runner with a 0:12.52 finish. Anabela Diaz was again the first woman finisher in 0:20.24. Paul Herrerias, at age 61, had the highest age grade in the race at 83.12% for his 0:14.16 finish.

The final races of the meet were the 2 Mile and the 5000M which were run concurrently. Matt Kennedy won the 2 Mile in 11:50.06 and had the highest age grade of 77.04%. 19-year-old Ben Harper won the 5000M for his 3rd victory of the meet with a fine time of 16:19.05 which also gave him the highest age grade in the race at 79.57%. Anabela Diaz was the first woman finisher in 22:26.32.

Anabela Diaz and Chris Jones were the Iron Woman and Iron Man of the meet, as the both participated in the maximum 6 races. Anabela was the female winner in 5 of her 6 races.

Thanks go to Kevin Rumon, Lon Freeman and Justine Owen who have been our crack finish line crew for the Tamalpa Track Meets for many years now. They have been very reliable and very good and we appreciate their great volunteer work. Thanks also to Max Kam who helped with registration as well as being the starter for the sprints and the 5000M race.

We hope to be back at San Rafael High School for the 2018 track season and hope that we see you all again when we start our track meets in May 2018!

**Tamalpa Track Meet
Terra Linda High School
12-Sep-17**

Place	1 MILE	Age	Sex	Time	Age Grade %	AG Place
1	Ben Harper	19	M	4:31.91	83.63%	2
2	Ryan Smith	22	M	4:32.15	81.83%	3
3	Tom LeGan	51	M	4:32.80	94.06%	1
4	Jonathan Bretan	35	M	5:17.92	71.53%	7
5	Victor Skorapa	22	M	5:33.81	66.71%	12
6	Andrew Krone	39	M	5:40.33	68.70%	9
7	Fausto Vargas	49	M	6:15.07	67.32%	11
8	Mike Lotter	64	M	6:17.11	76.05%	4
9	Chris Jones	45	M	6:22.26	63.99%	13
10	Marvin Rodas	41	M	6:43.57	58.80%	17
11	Jim Myers	68	M	6:48.68	72.82%	6
12	Connaitre Chateaubriant	67	M	7:03.59	69.60%	8
13	Gary Semling	55	M	7:10.07	61.66%	15
14	Anabela Diaz	39	F	7:12.79	60.84%	16
15	Herminio Mazariegos	48	M	7:22.02	56.67%	18
16	Kent Carlomagno	60	M	7:22.28	62.58%	14
17	Juan Escobar	51	M	7:47.49	54.89%	20
18	Michael McKenna	64	M	8:34.96	55.69%	19
19	Janet Portman	68	F	8:36.73	75.03%	5
20	Maggie Fillmore	67	F	9:16.23	68.57%	10

400 METERS

1	Dierk Herbermann	47	M	1:07.21	72.18%	2
2	Victor Skorapa	22	M	1:10.05	61.64%	5
3	Fausto Vargas	49	M	1:14.50	66.03%	3
4	V. Tyler	50	F	1:15.49	77.04%	1
5	Chris Jones	45	M	1:17.09	62.08%	4
6	Anabela Diaz	39	F	1:27.03	59.66%	6
7	Herminio Mazariegos	48	M	1:30.57	53.94%	8
8	Juan Escobar	51	M	1:34.56	52.73%	9
9	Michael McKenna	64	M	1:50.23	49.18%	10
10	Maggie Fillmore	67	F	1:58.18	58.13%	7

800 METERS

1	Ben Harper	19	M	2:10.72	78.64%	1
2	Ryan Smith	22	M	2:18.82	72.83%	3

3	Victor Skorapa	22	M	2:39.04	63.57%	10
4	Christian Oakes	59	M	2:41.20	77.67%	2
5	Chris Jones	45	M	2:54.68	63.72%	9
6	Paul Herrerias	61	M	3:01.31	70.16%	4
7	Dierk Herbermann	47	M	3:10.16	59.58%	11
8	Marvin Rodas	41	M	3:12.83	55.64%	14
9	Jim Myers	68	M	3:14.10	69.81%	5
10	Gary Semling	55	M	3:24.77	59.24%	12
11	Anabela Diaz	39	F	3:26.79	55.81%	13
12	Herminio Mazariegos	48	M	3:26.79	55.27%	15
13	Connaitre Chateaubriant	67	M	3:28.67	64.22%	8
14	Michael McKenna	64	M	4:01.31	53.96%	16
15	Janet Portman	68	F	4:08.12	68.92%	6
16	Maggie Fillmore	67	F	4:20.59	64.32%	7

200 METERS

1	Fausto Vargas	49	M	0:29.46	75.53%	2
2	Reese Laughlin	55	M	0:31.22	74.34%	3
3	Chris Jones	45	M	0:31.69	68.22%	6
4	Dierk Herbermann	47	M	0:33.02	66.41%	7
5	Victor Skorapa	22	M	0:33.35	57.93%	11
6	Herminio Mazariegos	48	M	0:34.11	64.76%	8
7	Marshall Johnson	71	M	0:34.13	76.77%	1
8	Paul Herrerias	61	M	0:34.74	69.52%	4
9	Juan Escobar	51	M	0:36.73	61.45%	10
10	Anabela Diaz	39	F	0:42.05	53.08%	13
11	Michael McKenna	64	M	0:43.95	56.04%	12
12	Janet Portman	68	F	0:44.28	69.02%	5
13	Maggie Fillmore	67	F	0:48.16	62.85%	9

100 METERS

1	Bojan Prokic	38	M	0:12.52	80.75%	3
1	Chris Jones	45	M	0:13.10	81.07%	2
3	Fausto Vargas	49	M	0:13.99	77.91%	4
4	Paul Herrerias	61	M	0:14.16	83.12%	1
5	Herminio Mazariegos	48	M	0:15.40	70.32%	6
6	Marshall Johnson	71	M	0:16.81	74.78%	5
7	Anabela Diaz	39	F	0:20.24	53.66%	8
8	Dierk Herbermann	47	M	0:21.93	49.07%	9
9	Maggie Fillmore	67	F	0:22.35	64.61%	7

2 MILE

1	Matt Kennedy	51	M	11:50.06	77.04%	1
2	Paul Herrerias	61	M	14:24.80	68.84%	3

3	Jim Myers	68	M	14:56.73	70.81%	2
4	Kent Carlomagno	60	M	16:04.95	61.15%	4
5	Michael McKenna	64	M	19:39.52	51.89%	5

5000 Meters

1	Ben Harper	19	M	16:19.05	79.57%	1
2	Ryan Smith	22	M	16:31.69	78.55%	2
3	Jonathan Bretan	35	M	18:07.42	73.20%	4
4	Victor Skorapa	22	M	18:36.78	69.75%	6
5	Reese Laughlin	55	M	20:40.92	74.14%	3
6	Marvin Rodas	41	M	20:42.97	66.72%	9
7	Chris Jones	45	M	20:49.89	68.25%	7
8	Greg Bolen	52	M	20:58.44	71.44%	5
9	Anabela Diaz	39	F	22:26.32	67.22%	8

Franklin Ruona