

Strong Performances by Tamalpa Teams at the MMD 10K

On a beautiful Memorial Day Monday morning 51 Tamalpa Runners ran the 39th Annual Marin Memorial Day 10K Race. 37 of those runners (highlighted in **RED**) scored for their Tamalpa Age Group Teams. The Tamalpa Senior Men, Super Senior Men and Veteran Men's Teams took first place in their Age Groups; while the Masters Women took second place; the Super Senior Men's B Team took fifth place; the Masters Men and Senior Women took sixth place; and the Open Men took eighth place.

Brian Pilcher had the top individual performance of the day. Brian, at age 59, ran a 34:39 10K and had an Age Graded Performance of 0.938, the top performance in the PAUSATF so far in 2016. Brian led the Senior Men's Team to a first place finish. Nancy Simmons, at age 56, ran 42:34 for an Age Graded Performance of 0.8669 and led the Master's Women's Team to a second place finish.

Brian Pilcher was the first M50-59; Mike Holland the first M65-69; Len Goldman the first M70-74; and Hans Schmid the first M75-79 finisher in the race.

The next PA Grand Prix Road Race will be the Freedom Fest 5K in Morgan Hill on July 4, 2016. Hopefully we will have a large turnout of Tamalpa Runners with their 2016 USATF cards run this race so that we can score several Tamalpa Age Group Teams in the race.

MMD 10K 5-30-16

<u>Pl</u>	<u>Name</u>	<u>Bib</u>	<u>Time</u>	<u>Pace</u>	<u>Town</u>	<u>Age</u>	<u>Age-group</u>	<u>Div Rank</u>	<u>Team</u>
		12			San Luis				
1	Chris Frias	0	30:01	04:50	Obispo	25	M19-29	1	Aggies
		14							
26	Jaime Heilpern	6	33:33	05:24	San Francisco	46	M45-49	1	Aggies
		12			Mill Valley CA				
29	Gary Gellin	7	33:41	05:25		47	M45-49	2	Aggies
		26							Tamalpa
38	Brian Pilcher	6	34:39	05:35	Ross CA	59	M55-59	1	a
		38							New Bal
40	Rachel Mitchell	5	34:47	05:36	Fremont CA	24	F19-29	1	
		18							Tamalpa
54	Greg King	2	35:41	05:45	Novato CA	32	M30-34	16	a
		25			Menlo Park CA				
55	Kris Paaso	9	35:49	05:46		45	F45-49	1	Strava
		47			San Rafael CA				
60	Jonathan Bretan	7	35:59	05:48		33	M30-34	17	SFRC
		35			San Rafael CA				Tamalpa
69	Tim Wallen	9	36:31	05:53		52	M50-54	2	a
		27			San Bruno CA				Excelsior
71	Jason Reed	9	36:36	05:53		37	M35-39	10	r
									Tamalpa
74	Jose Anguiano	19	36:48	05:56	Rohnert Park	43	M40-44	7	a
	Thom Rosencrantz	43			Mill Valley CA				Tamalpa
78		1	37:03	05:58		50	M50-54	5	a
									Excelsior
81	Tom Bernard	35	37:18	06:01	Castro Valley	64	M60-64	1	r
		40			San Rafael CA				Tamalpa
83	Pedro Cifuentes	4	37:26	06:02		38	M35-39	13	a
10		40			San Pablo CA				Tamalpa
0	Jose Lopez	0	38:03	06:08		45	M45-49	13	a
11		20							Tamalpa
5	Dan Lee	0	38:49	06:15	San Anselmo	38	M35-39	15	a

11		25			San Rafael CA				Tamalpa
8	Kelly O'Mara	4	38:56	06:16		30	F30-34	7	a
12	Eduardo Vazquez	35							Tamalpa
6		4	39:18	06:20	Sausalito CA	43	M40-44	13	a
13					San Rafael CA				Tamalpa
0	Rafael Roman	4	39:32	06:22		34	M30-34	21	a
13		46							
4	Lisbet Sunshine	6	39:36	06:23	Larkspur CA	52	F50-54	1	Impala
13		42			Penngrove CA				Tamalpa
5	John Lundy	1	39:38	06:23		53	M50-54	10	a
15		43			San Rafael CA				Tamalpa
1	Andrew Krone	0	40:09	06:28		38	M35-39	19	a
15		13			San Rafael CA				
3	Liz Gottlieb	5	40:11	06:29		40	F40-44	3	Impala
16		51			San Rafael CA				Tamalpa
0	Fausto Vargas	6	40:33	06:32		47	M45-49	19	a
16									Tamalpa
3	Bruce Benter	34	40:36	06:33	Novato CA	56	M55-59	6	a
16		44			San Rafael CA				Tamalpa
6	Lyle Rumon	7	40:38	06:33		13	M13-18	4	a
17	Matthew Robinson								Tamalpa
7		10	41:02	06:37	San Anselmo	34	M30-34	24	a
17									Tamalpa
9	Keith Duncan	96	41:10	06:38	Orinda CA	62	M60-64	6	a
18	John Hirschberger	15			San Francisco				Tamalpa
2		6	41:29	06:41		64	M60-64	7	a
18		41							Tamalpa
8	Reese Laughlin	3	41:45	06:44	Fairfax CA	53	M50-54	18	a
19		31							Tamalpa
9	John Smith	1	42:33	06:51	Novato CA	46	M45-49	24	a
20		46			Belvedere CA				Tamalpa
0	Nancy Simmons	4	42:34	06:52		56	F55-59	2	a
20		11							Tamalpa
7	Beth Freedman	8	42:54	06:55	San Anselmo	47	F45-49	5	a
21		15							Tamalpa
5	Michael Holland	9	43:18	06:59	Novato CA	67	M65-69	1	a
22	Eileen				San Rafael CA				
0	BrennanErler	44	43:35	07:01		55	F55-59	4	Impala
23		13							Tamalpa
0	Len Goldman	3	44:12	07:07	Oakland CA	71	M70-74	1	a
24		47			San Rafael CA				Tamalpa
0	Carson Forter	8	44:36	07:11		30	M30-34	27	a
24		14							Tamalpa
7	Paul Herrerias	9	45:04	07:16	Novato CA	60	M60-64	12	a
25		31			San Francisco				Tamalpa
1	Panya Somnhot	6	45:25	07:19		34	M30-34	28	a
25									Tamalpa
9	Dean Karanazes	6	45:59	07:25	Kentfield CA	52	M50-54	23	a
26		23							
0	Jill Miller-Robinett	6	46:03	07:25	Concord CA	61	F60-64	1	Impala
27		49							Tamalpa
1	Jim Myers	0	46:34	07:30	Fairfax CA	67	M65-69	3	a

27		30			Greenbrae CA				Tamalpa
3	Hans Schmid	3	46:37	07:31		76	M75-79	1	a
30	Danielle Herrerias	14							Tamalpa
4		8	48:58	07:53	Novato CA	58	F55-59	8	a
31		48			Greenbrae CA				Tamalpa
3	Gayle Shimokaji	4	50:03	08:04		59	F55-59	9	a
32		25							Tamalpa
6	Esmeralda Nuraliyeva	3	51:06	08:12	San Anselmo	26	F19-29	14	a
33		23							Tamalpa
4	James Morris	9	51:22	08:16	Albany CA	66	M65-69	8	a
33		36							Tamalpa
5	Mary Wells	4	51:28	08:17	Arcata CA	61	F60-64	7	a
33	David Champagne	47							Tamalpa
7		9	51:41	08:20	Lagunitas CA	55	M55-59	20	a
34		30			San Rafael CA				Tamalpa
5	Judi Shaffer	6	52:18	08:26		56	F55-59	12	a
36		30			San Rafael CA				Tamalpa
0	Gary Semling	4	53:38	08:38		54	M50-54	25	a
36					Mountain View				
9	Bill Dodson	86	54:16	08:44		81	M80+	1	WVJS
37		18			San Rafael CA				Tamalpa
0	Susan Kreusch	9	54:20	08:45		53	F50-54	14	a
37	David McCormack	22			San Rafael CA				Tamalpa
8		1	54:48	08:48		71	M70-74	3	a
39					San Rafael CA				Tamalpa
9	Bill Donnelly	90	57:12	09:13		66	M65-69	12	a
40		15			Mill Valley CA				Tamalpa
3	Lesly Higgins	1	58:21	09:24		62	F60-64	10	a
42					Mill Valley CA				Tamalpa
3	Dimitris Sklavopoulos	9	1:02:40	10:06		71	M70-74	5	a
43		11							
9	Suzanne Franco	7	1:06:56	10:44	Oakland CA	74	F70-74	1	LMJS
44		14			Menlo Park CA				Tamalpa
2	John Herbert	7	1:07:32	10:53		67	M65-69	14	a
46					Santa Rosa CA				Tamalpa
3	Darryl Beardall	7	1:42:14	16:28		79	M75-79	4	a