

# Tamalpa May 2015 Track Meet

On 5/19/15 Tamalpa held our first Track Meet of 2015. It was windy and cold, not ideal racing conditions, but a hearty group of runners competed well and turned in some outstanding performances. The first race of the meet was the one Mile. Doug Murdoch set a blistering pace as he ran away from the field and finished in an excellent 4:57.02 for an age graded performance of 85.68%. Doug, a recently turned 50 year old runner is training to run a sub 4:55 one mile in Santa Rosa this year to break the Empire Runners Male 50+ record this year. He looks like a good bet to break that record. Lyle Rumon, at age 12, led the second pack of runners and finished with an excellent 5:34.19 time. Beth Freedman was the first female finisher with a fine 5:48.72. Eileen Brennan, at age 54, had the highest age grade performance in the race with her 6:06.24 mile and an 85.89% age grading.

The 400M was won by Jason Lemberg in 1:14.00. Sarah Chao was the first female finisher in 1:29.57. Marshall Johnson had the highest Age Graded Performance at 73.07% for his 1:18.19 at age 68.

Doug Murdoch came back from his victory in the one mile race to win again in the 800M. He ran a strong 2:32.76. Eileen Brennan was the first female finisher in this race in 2:50.62 and had the highest Age Graded performance in the race at 78.40%.

Malcolm Fearon, on the comeback trail after having an Ablation Procedure to correct his atrial fibrillation heart rhythm problem, was the first finisher in the 100M in 0:29.04 and had the highest age grade of 78.26% in the race.

Hderminio Mazariegos edged out Brian McCurdy in the 100M to win with a 0:15.28. Brian's 0:15.64 gave him the top age grade in the race with a 73.88%.

Beth Freedman led a strong trio of female runners as she won the 2 Mile in a fine 12:33.19. Verity Breen was right behind Beth in 12:51.32 and Eileen Brennan finished third in 13:11.87 and had the highest age graded performance in the race with an 84.38

There was a big field in the 5000M and Andy Valla and 11 year old Madison Denny ran together at the front for the first mile+. After that first mile Andy separated himself from Madison and won the race with a strong 17:57.36. Mark Richtman eventually caught and passed Madison to finish in second place in the race with an excellent 18:38.32 and an age grade of 85.67% in the race. Madison was able to hang in there and finish in an outstanding time of 18:41.25 and post an age grade of 90.47%, the highest age graded performance in the meet.

Brian McCurdy was the workman of the meet, running 6 races.

Thanks to Bob Cowdery & Janet Portman for handling the registration for the meet: Kevin Rumon, Justine Owen and Lon Freeman for working the finish line timing and placing: and Kent Carlomagno for starting the sprints and helping with registration.

The next Tamalpa Track Meet is Tuesday, June 29, 2015.

## **Tamalpa Track Meet**

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#### **San Rafael High School**

**19-May-15**

<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>	Doug Murdoch	50	M	4:57.02	85.68%	<b>2</b>
<b>2</b>	Lyle Rumon	12	M	5:34.19	76.78%	<b>7</b>

3	Andy Krone	37	M	5:36.94	68.38%	12
4	Mark Richtman	60	M	5:37.63	81.97%	3
5	Matt Kennedy	49	M	5:45.54	73.06%	10
6	Beth Freedman	46	F	5:48.72	81.58%	5
7	Jason Lemberg	38	M	5:53.38	65.67%	15
8	Brian McCurdy	58	M	6:02.24	75.09%	8
9	Eileen Brennan	54	F	6:06.71	85.89%	1
10	Mike Holland	66	M	6:09.04	79.16%	6
11	Clare Johnson	32	F	6:10.43	68.28%	13
12	Jim Myers	66	M	6:33.43	74.25%	9
13	Mynor Maldonado	41	M	6:35.06	60.07%	18
14	Hans Schmid	75	M	6:39.44	81.86%	4
15	Connaitre Chateaubriant	64	M	6:42.48	71.26%	11
16	Herminio Mazariegos	44	M	7:06.04	56.98%	19
17	Azvi Diaz	31	M	7:06.27	52.47%	20
18	Carl Jacob	62	M	7:15.15	64.74%	16
19	Mark Moore	56	M	7:24.80	60.12%	17
20	Dimitris Sklavopoulos	70	M	7:31.71	67.33%	14

#### 400 METERS

1	Jason Lemberg	38	M	1:14.00	61.48%	4
2	Azvi Diaz	31	M	1:14.36	58.09%	5
3	Marshall Johnson	68	M	1:18.19	73.07%	1
4	Brian McCurdy	58	M	1:18.79	66.24%	2
5	Mynor Maldonado	41	M	1:23.65	55.59%	6
6	Herminio Mazariegos	46	M	1:27.08	55.33%	7
7	Sarah Chao	46	F	1:29.57	62.39%	3

### 800 METERS

1	Doug Murdoch	50	M	2:32.76	76.14%	2
2	Andy Krone	37	M	2:37.93	65.43%	6
3	Lyle Rumon	12	M	2:49.45	69.32%	5
4	Eileen Brennan	54	F	2:50.62	78.40%	1
5	Brian McCurdy	58	M	2:54.78	71.09%	4
6	Jim Myers	66	M	3:06.27	71.20%	3
7	Herminio Mazariegos	46	M	3:24.08	55.03%	8
8	Connaitre Chateaubriant	64	M	3:26.32	63.10%	7

### 200 METERS

1	Malcolm Fearon	52	M	0:29.04	78.26%	1
2	Jason Lemberg	38	M	0:31.57	64.96%	3
3	Azvi Diaz	31	M	0:33.28	58.29%	7
4	Mynor Maldonado	41	M	0:33.31	63.00%	5
5	Herminio Mazariegos	46	M	0:33.54	64.93%	4
6	Brian McCurdy	58	M	0:34.59	68.45%	2
7	Carl Jacob	62	M	0:39.43	61.66%	6
8	Chris O'Conner	56	M	0:43.88	53.24%	8

### 100 METERS

1	Herminio Mazariegos	46	M	0:15.28	69.95%	2
2	Brian McCurdy	58	M	0:15.64	73.88%	1
3	Mark Moore	56	M	0:17.28	66.03%	3
4	Chris O'Conner	56	M	0:19.90	57.34%	4

## 2 Mile

1	Beth Freedman	46	F	12:33.19	80.04%	3
2	Verity Breen	48	F	12:51.32	80.16%	2
3	Eileen Brennan	54	F	13:11.87	84.38%	<b>1</b>
4	Dimitris Sklavopoulos	70	M	15:28.46	69.84%	4
5	Sarah Chao	46	F	15:59.14	62.90%	6
6	Mark Moore	56	M	16:24.41	69.75%	5

## 5000 Meters

1	Andy Valla	43	M	17:57.36	78.00%	4
2	Mark Richtman	60	M	18:38.32	85.67%	2
3	Madison Denny	11	F	18:41.25	90.47%	<b>1</b>
4	Andy Krone	37	M	19:46.30	67.89%	4
5	Brian McCurdy	58	M	20:08.86	77.97%	5
6	Billy Hinnens	52	M	21:18.74	70.29%	7
7	Hans Schmid	75	M	22:29.73	83.33%	3
8	Tricia Wallace	56	F	22:54.98	77.13%	6
9	Mary Churchill	39	F	22:59.50	65.64%	9
10	Yoko Kasai	42	F	23:27.84	65.45%	10
11	Eric Moayedi	56	M	23:56.16	64.58%	11
12	Dimitris Sklavopoulos	70	M	25:37.56	68.16%	8