

# Tamalpa September 2015 Track Meet

12 year old Lyle Rumon took the lead in the one mile race at the start and was able to hold it for the first 2-1/2 laps. At that point Matthew Hinde passed Lyle and held on to win the race in 5:18.64. 60 year old Mark Richtman had the highest male age grade in the race with his 5:24:52 and Eileen Brennan had the highest age grade in the race and in the meet with her 5:58.58. Lyle Rumon was able to hang on and take 4<sup>th</sup> place in the race with a fine 5:26:03.

The 400M was a very close race with the first 3 finishers closely packed, but Dan Lee had the better kick and won the race in 1:06.06. Vera Tyler went out fast, but pulled her hamstring on the first turn and had to drop out of the race. Reese Laughlin, at 53 years of age, ran 1:10.36 and had the highest age grade in the race.

Andy Krone and Christian Oakes ran neck and neck for most of the 800M race, but Andy was able to out kick Christian and won the race in 2:34.74. Eileen Brennan won the woman's race and had the highest age grade in the race with her 2:41.47.

Matthew Hinde repeated his win in the One Mile with a fast 0:26.07 finish in the 200M.

In the 100M race Jason Reed was the first finisher in 0:13.91. 59 year old Paul Herrerias had the highest age graded performance in the race with his 0:15.30.

In the 2 Mile Andy Krone and Matthew Robinson ran neck and neck for the entire race and Andy was able to out kick Matthew to win the race in 12:53.73, as he repeated his win and finishing kick from the earlier 800M race. Eileen Brennan was the first Female finisher and had the highest age graded performance in the race with her 13:36.18.

Jason Reed led from the start in the 5000M and was the winner with a 19:05.69 finish. 59 year old Brian McCurdy had the highest age graded performance in the race with his 20:46.32 finishing time.

Brian McCurdy wins the ironman award for the meet as he ran in 6 races.

Thanks to Lillie O'Reilly 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 100M, 200M & 5000M races.

The next Tamalpa Track Meet will be in May of 2016.

**Tamalpa Track Meet**  
**San Rafael High School**  
**15-Sep-15**

Place	1 MILE	Age	Sex	Time	Age Grade %	AG Place
1	Matthew Hinde	40	M	5:18.64	73.92%	6
2	Matthew Robinson	33	M	5:23.31	69.65%	15
3	Mark Richtman	60	M	5:24.52	85.28%	2
4	Lyle Rumon	12	M	5:26.03	78.70%	3
5	Andy Krone	37	M	5:27.71	70.30%	13
6	Pedro Cifuentes	37	M	5:29.71	69.88%	14
7	Jason Reed	36	M	5:37.90	67.71%	16
8	Matt Mullen	51	M	5:38.79	75.73%	5
9	Dan Borgonovo	50	M	5:44.45	73.88%	7
10	Brian McCurdy	59	M	5:51.73	78.01%	4
11	Reese Laughlin	53	M	5:57.22	73.00%	9
12	Eileen Brennan	54	F	5:58.58	87.84%	1
13	David Leipsic	50	M	5:59.65	70.76%	12
14	Dan Lee	37	M	6:06.07	62.94%	20
15	Juan Rodriguez	46	M	6:29.83	63.25%	19
16	Chris Himmel	46	M	6:43.62	61.09%	21

17	Connaitre Chateaubriant	65	M	6:46.80	71.15%	11
18	Kent Carlomagno	58	M	6:56.25	65.34%	18
19	Danielle Herrerias	57	F	7:28.84	73.11%	8
20	Herminio Mazariegos	46	M	7:43.30	53.22%	23
21	Dimitris Sklavopoulos	70	M	7:44.06	65.54%	17
22	Bill Donnelly	65	M	7:58.45	60.49%	22
23	Janet Portman	66	F	8:45.49	71.42%	10

#### 400 METERS

1	Dan Lee	36	M	1:06.06	68.37%	5
2	Juan Rodriguez	46	M	1:08.79	70.04%	2
3	Jason Reed	36	M	1:08.86	65.10%	6
4	Reese Laughlin	53	M	1:10.36	71.80%	1
5	Matt Mullen	51	M	1:12.12	69.13%	4
6	Brian McCurdy	59	M	1:15.56	69.53%	3
7	Herminio Mazariegos	46	M	1:18.89	61.07%	7
8	Chris Himmel	46	M	1:20.52	59.84%	8
9	Andy Krone	37	M	1:21.78	55.22%	9
10	Aracely Deleom	13	F	1:46.39	50.64%	11
11	Bill Donnelly	65	M	1:47.67	50.66%	10

#### 800 METERS

1	Andy Krone	37	M	2:34.74	66.78%	4
2	Christian Oakes	56	M	2:35.72	79.14%	2
3	Dan Lee	37	M	2:40.96	64.20%	7
4	Eileen Brennan	54	F	2:41.47	82.85%	1
5	Jason Reed	36	M	2:42.31	63.06%	8
6	Brian McCurdy	59	M	2:47.94	74.57%	3
7	Paul Herrerias	59	M	3:11.23	65.49%	6
8	Juan Rodriguez	46	M	3:18.18	56.67%	10
9	Connaitre Chateaubriant	65	M	3:36.09	60.73%	9
10	Herminio Mazariegos	46	M	3:51.57	48.50%	11
11	Janet Portman	66	F	4:08.09	66.24%	5

#### 200 METERS

1	Matthew Hinde	40	M	0:26.07	79.91%	1
2	Chris Himmel	46	M	0:31.75	68.59%	4
3	Juan Rodriguez	46	M	0:32.58	66.84%	5
4	Herminio Mazariegos	46	M	0:33.36	65.28%	6
5	Brian McCurdy	59	M	0:33.60	70.94%	2
6	Paul Herrerias	59	M	0:33.88	70.36%	3
7	Aracely Deleom	13	F	0:46.63	50.30%	7

#### 100 METERS

1	Jason Reed	36	M	0:13.91	71.65%	4
2	Dan Lee	37	M	0:14.41	69.65%	5
3	Chris Himmel	46	M	0:14.42	74.13%	3
4	Christian Oakes	56	M	0:15.09	75.61%	2

<b>5</b>	Paul Herrerias	59	M	0:15.30	75.99%	<b>1</b>
<b>6</b>	Herminio Mazariegos	46	M	0:15.41	69.36%	6
<b>7</b>	Juan Rodriguez	46	M	0:16.63	64.28%	8
<b>8</b>	Brian McCurdy	59	M	0:17.13	67.88%	7
<b>9</b>	Aracely Deleom	13	F	0:21.04	53.68%	9

### **2 Mile**

<b>1</b>	Andy Krone	37	M	12:53.73	63.49%	4
<b>2</b>	Matthew Robinson	33	M	12:54.02	62.03%	5
<b>3</b>	Eileen Brennan	54	F	13:34.03	82.08%	<b>1</b>
<b>4</b>	Paul Herrerias	59	M	14:36.18	66.77%	3
<b>5</b>	Chris Himmel	46	M	15:13.03	57.58%	8
<b>6</b>	Danielle Herrerias	57	F	15:16.31	75.99%	2
<b>7</b>	Bill Donnelly	65	M	17:01.91	60.39%	6
<b>8</b>	Dimitris Sklavopoulos	70	M	18:47.72	57.76%	7

### **5000 Meters**

<b>1</b>	Jason Reed	36	M	19:05.69	69.85%	6
<b>2</b>	Scott Schneider	48	M	19:46.10	73.51%	3
<b>3</b>	Reese Laughlin	53	M	20:19.00	74.31%	2
<b>4</b>	Brian McCurdy	59	M	20:46.32	76.24%	<b>1</b>
<b>5</b>	Billy Hanners	53	M	20:48.83	72.53%	5
<b>6</b>	Dan Easterlin	60	M	21:45.51	73.39%	4
<b>7</b>	Dimitris Sklavopoulos	70	M	25:38.10	68.14%	7