

# Tamalpa May 2016 Track Meet

On 5/17/16 Tamalpa held our first Track Meet of 2016. It was hot day with a cooling breeze, 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. A four-man pack of Joshua Bornstein, Lyle Rumon, Josh Hanna and Tim Wallen hung together for the first 3 laps. At the start of lap 4, Lyle Rumon picked up the pace and opened a gap on the field. Joshua Bornstein had more finishing speed and was able to pass Lyle on the final turn and won the race with a strong 5:13:41 finish. Lyle hung on and finished second in 5:14.45, almost 20 seconds faster that he ran in the 2015 Tamalpa May Track Meet when he finished in second place in 5:34.19. Not a bad performance from a 13-year-old! Nancy Thomas, at age 46, finished in 5<sup>th</sup> place and had the highest age grade performance in the race with her 5:24.30 finish and an 87.72% age grade, the highest age graded performance of the meet.

The 400M was also won by Joshua Bornstein in 1:00.33. Cyntia Salazar was the first female finisher in 1:10.46. Christian Oakes had the highest Age Graded Performance at 78.29% for his 1:06.24 at age 57.

Dan Lee was an easy winner in the 800M. He ran a strong 2:26.20. Lyle Rumon repeated his 2<sup>nd</sup> place finish in the one mile with his 2:34.32 finish in the 800M. Bridget Zapata was the first female finisher and was the 3<sup>rd</sup> place finisher in the race with a 2:42.99. The highest Age Graded performance in the race at 76.76% was turned in by 5-year-old Hadley Balch with her 4:06.40 finish.

Joshua Bornstein won his 3<sup>rd</sup> race of the meet as he was the first finisher in the 200M in 0:26.93. V. Tyler was the first female finisher and she had the highest age grade performance at age 49 (79.35%) in the race with her 0:31.71 finish.

Joshua Bornstein won his 4<sup>th</sup> race of the meet as he edged out Fausto Vargas in the 100M to win with a 0:13.06. Fausto's 0:13.57 at age 47 gave him the top age grade in the race with a 79.29%. V. Tyler was the first female finisher in the race with a 0:16.86.

Josh Hanna comfortably won the 2 Mile in a fine 11:43.81. Verity Breen was the first female finisher in 12:23.99 and, at age 49, turned in the top age rated performance for the race with an 80.04%. She ran 27 seconds faster than her 12:51.32 in the 2015 Tamalpa May Track Meet.

The 5000M had a small 3-man field. Graham Balch was an easy winner in the race with his 19:32.80. Fausto Vargas ran a blistering final lap in the race to catch and pass Dan Easterlin and take 2<sup>nd</sup> place in 20:23.38. Dan, at age 60, however, had the best age graded performance in the race with his 20:25.31 and 78.19% age grade.

Thanks to 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 Mark Stevens for starting the sprints.

The next Tamalpa Track Meet is Tuesday, June 21, 2016.

## **Tamalpa Track Meet San Rafael High School 17-May-16**

<b>Place</b>	<b>1 MILE</b>	<b>Age</b>	<b>Sex</b>	<b>Time</b>	<b>Age Grade %</b>	<b>AG Place</b>
1	Joshua Bornstein	28	M	5:13.41	71.03%	11
2	Lyle Rumon	13	M	5:14.45	79.59%	4
3	Josh Hanna	44	M	5:19.15	76.07%	5
4	Tim Wallen	52	M	5:22.81	80.13%	3
5	Nancy Thomas	46	F	5:24.30	87.72%	1
6	Rafael Roman	34	M	5:28.35	68.90%	16
7	Andy Krone	38	M	5:34.66	69.34%	13
8	Fausto Vargas	47	M	5:37.07	73.72%	6
9	Jeff Chan	29	M	5:37.76	65.96%	21
10	Nick Bockh	40	M	5:40.61	69.15%	14

11	Roy Kissin	59	M	5:41.79	80.26%	2
12	Bridget Zapata	26	F	5:42.64	73.43%	9
13	Cyntia Salazar	25	F	5:47.58	72.39%	10
14	John Smith	46	M	5:56.60	69.14%	15
15	Dan Easterlin	60	M	6:16.35	73.54%	7
16	Parker Mascott	11	M	6:24.44	68.65%	17
17	Mark Stevens	57	M	6:26.51	69.78%	12
18	Nichola Nuraliyeva	12	M	6:28.26	66.09%	20
19	Jim Myers	67	M	6:41.06	73.51%	8
20	Kent Carlomagno	59	M	6:52.75	66.47%	19
21	Marvin Rodas	39	M	7:07.73	54.66%	25
22	Connaitre Chateaubriant	65	M	7:14.89	66.55%	18
23	Anabela Diaz	37	F	7:20.72	58.81%	22
24	Esmeralda Nuraliyeva	26	F	7:34.73	55.33%	24
25	Dimitris Sklavopoulos	71	M	8:57.04	57.33%	23

#### 400 METERS

1	Joshua Bornstein	28	M	1:00.33	71.57%	4
2	Christian Oakes	57	M	1:06.24	78.29%	1
3	Cyntia Salazar	25	F	1:10.46	67.56%	6
4	Mark Stevens	57	M	1:21.95	73.60%	3
5	Ruth Rainero	61	F	1:22.47	78.03%	2
6	Marvin Rodas	39	M	1:26.64	52.91%	9
7	Anabela Diaz	37	F	1:30.97	55.82%	8
8	Lisa Michl	31	F	1:46.17	46.79%	11
9	Bill Donnelly	65	M	1:41.74	51.38%	10
10	Dave Waco	83	M	2:15.48	57.00%	7
11	Sammy Totakhail	4	F	2:16.05	72.60%	5

#### 800 METERS

1	Dan Lee	38	M	2:26.20	71.36%	6
2	Lyle Rumon	13	M	2:34.32	73.92%	3
3	Bridget Zapata	26	F	2:42.99	69.50%	9
4	Liz Gottlieb	40	F	2:44.11	71.00%	7
5	Dan Easterlin	60	M	2:46.79	75.70%	2
6	Mark Stevens	57	M	2:50.79	72.15%	4
7	Roy Kissin	59	M	3:01.14	69.13%	10
8	Nichola Nuraliyeva	12	M	3:03.04	64.17%	12
9	Paul Herrerias	60	M	3:04.91	68.28%	11
10	Jim Myers	67	M	3:10.52	70.36%	8
11	Marvin Rodas	39	M	3:25.56	51.25%	17
11	Esmeralda Nuraliyeva	26	F	3:25.56	55.11%	15
13	Sierra Bach	8	F	3:27.55	71.61%	5
14	Connaitre Chateaubriant	65	M	3:33.92	61.34%	13

15	Anabela Diaz	37	F	3:35.90	52.48%	16
16	Bill Donnelly	65	M	3:43.00	58.85%	14
17	Hadley Balch	5	F	4:06.40	76.76%	1

### 200 METERS

1	Joshua Bornstein	28	M	0:26.93	71.74%	4
2	John Smith	46	M	0:29.27	74.40%	2
3	V. Tyler	49	F	0:31.71	79.35%	1
4	Cyntia Salazar	25	F	0:31.93	66.83%	5
5	Paul Herrerias	60	M	0:32.47	73.91%	3
6	Bridget Zapata	26	F	0:34.60	61.68%	6
7	Roy Kissin	59	M	0:40.05	59.52%	8
8	Marvin Rodas	39	M	0:40.86	50.59%	10
9	Anabela Diaz	37	F	0:45.80	47.48%	11
10	Bill Donnelly	65	M	0:46.00	53.89%	9
11	Dave Waco	83	M	0:54.36	59.72%	7

### 100 METERS

1	Joshua Bornstein	28	M	0:13.06	74.96%	3
2	Fausto Vargas	47	M	0:13.57	79.29%	1
3	John Smith	46	M	0:14.38	74.66%	4
4	Paul Herrerias	60	M	0:15.14	77.28%	2
5	V. Tyler	49	F	0:16.86	71.97%	5
6	Marvin Rodas	39	M	0:19.04	53.48%	7
7	Bill Donnelly	65	M	0:20.80	57.99%	6
8	Anabella Diaz	37	F	0:21.18	50.03%	8

### 2 Mile

1	Josh Hanna	44	M	11:43.81	73.54%	5
2	Nick Bockh	40	M	11:58.14	69.93%	7
3	Tim Wallen	52	M	12:01.48	76.44%	2
4	Rafael Roman	34	M	12:18.36	65.32%	11
5	Dan Lee	38	M	12:19.46	66.91%	8
6	Verity Breen	49	F	12:23.99	80.04%	1
7	Paul Herrerias	60	M	12:53.61	76.28%	3
8	Roy Kissin	59	M	13:24.64	72.70%	6
9	Jim Myers	67	M	13:56.66	75.13%	4
10	Bill Donnelly	65	M	15:27.74	66.51%	9
11	Sue Kreusch	53	F	16:39.90	65.94%	10

### 5000 Meters

1	Graham Balch	42	M	19:32.80	71.14%	2
2	Fausto Vargas	47	M	20:23.38	70.74%	3
3	Dan Easterlin	60	M	20:25.31	78.19%	1

