

# Tamalpa June Track Meet, June 14, 2022

The June Tamalpa Track Meet, held on June 14, 2022, had a good turnout of 46 runners, up from the 30 Runners at the May Track Meet. We added a 4 x 1600M Relay to the end of the meet and the Tamalpa M70+ team broke the previous Tamalpa M70+ Record that had been set in 2008.

The first race of the meet was the One Mile Race. 35-year-old Sean Coffin set a blistering pace as 13-year-old Lucas Ruark worked hard to hang with Sean. Sean finally broke away from Lucas on the final lap and finished with a fine time of 4:51.70. Lucas finished in 2<sup>nd</sup> place with a 4:57.60 and had the highest age grade -84.11%- in the Race. Tamalpa Track Coach Liz Gottlieb was the first female finisher with a time of 6:07.70. 71-year-old Sharlet Gilbert broke our F70+ Record for the One Mile of 8:31.00, that was set in 2010 by Katie Martin, with her new Record Time of 8:23.40.

The next race was the 400M and Max Huckstepp won easily with a fast 0:59:16. Jillian Arnold took 3<sup>rd</sup> place and was the first female finisher with a fine 1:07.70 and had the highest the highest age graded performance in the Race with a 78.36%.

The 800M race was next and Lucas Ruark won his second race of the Meet with a 2:30.00 finish. Sharlet Gilbert was the first female finisher with a time of 3:51.10. Her time established a new Record for the F70+ 800M and she had the highest Age Grade of 79.01% in the Race.

The next race was the 200M and 23-year-old Max Herrerias won easily with a time of 0:25.07. 12-year-old Ella Arnold was a repeat female winner in the 200M with an excellent 0:28.80 which also gave her the highest Age Grade in the Race of 83.19%.

Max was a repeat winner with his first-place finish in the 100M race with a very fast 0:12.17. 12-year-old Ella Arnold was a repeat female winner in the 200M also, with a time of 0:14.72. The highest age grade in the Race was 52-year-old Rick Warner's 0:13.64 which gave him a 3<sup>rd</sup> place finish in the race and an 81.52% Age Grade for the Race.

The next two races of the meet, the 3000M and the 5000M, were run concurrently. 30-year-old Chris Gioia won the 3000M Race with a time of 11:18.20. Sharlet Gilbert was the first female finisher in the 3000M with a time of 16:00.90; had the highest age graded performance of 83.57% for the race; and established a new Tamalpa F70+ record for the 3000M.

Lyle Rumon was the winner in the 5000M with a time of 17:06.10. Melissa Carmen Gramajo was the first female finisher in 20:27.40. Sean Coffin had the highest age grade for the race with a 76.90%.

The final event of the Meet was the 4 x 1600M Relay. The Tamalpa M70+ Team of Len Goldman, Don Porteous, John Hirschberger and Arthur Beckert were attempting to break the Age Group Record of 27:50.22 set by the Tamalpa M70+ Team of Bernie Hollander, Ralph Harms, Tom Guldman and Russ Kiernan in 2008. One other Mixed Age Team of John Gioia, Chris Gioia, Edgar Rosales and Jason Reed ran the Race to provide some competition for the M70+ Tamalpa Team. As it turned out, the Mixed Age Team finished in 25:19.00, while the Tamalpa M70+ Team finished in 26:35.00, beating the old Age Group Record by 1:15.22.

Jason Reed was the ironman for the track meet, as he ran in the maximum of 7 races in the Meet.

Thanks to Kevin Rumon; Mark, Mary & Oliver Churchill; Liz Gottlieb; Maggie Fillmore; Claire Butaka; Claire O'Donnell; Kent Carlomagno; Pam Wendell and Elmo Shropshire for providing excellent Volunteer Support for the Track Meet.

The next Tamalpa Track meet will be on Tuesday, July 12, 2022, at 6:30 PM at the San Rafael High School Track.

Place	1 MILE	Age	Sex	Time	Age Grade %	AG Place
1	Sean Coffin	35	M	4:51.70	77.96%	5
2	Lucas Ruark	13	M	4:57.60	84.11%	1
3	Jason Reed	43	M	5:23.30	74.51%	7
4	Sergio Higaredo	48	M	5:26.30	76.77%	6
5	Markelle Taylor	49	M	5:42.60	73.70%	8
6	Greg McDowell	46	M	5:51.70	70.12%	10
7	Yovany Diaz	38	M	5:59.10	64.63%	13
8	Joseph Makonnen	49	M	6:03.90	69.39%	11
9	Liz Gottlieb	47	F	6:07.70	78.32%	4

10	Steve Pashby	67	M	6:07.90	81.13%	2
11	Rob Bartlett	44	M	6:08.40	65.91%	12
12	Edgar Rosales	27	M	6:11.80	59.87%	19
13	Carmen Gramin	34	F	6:29.10	65.48%	14
14	Josh Smith	36	M	7:14.60	52.65%	22
15	Jeff Rosenthal	60	M	7:20.30	62.87%	17
16	Jim Myers	73	M	7:20.40	71.89%	9
17	Chewey Lam	44	M	7:29.40	54.03%	21
18	John Gioia	64	M	7:31.80	63.48%	16
19	Louisa Bartlett	10	F	7:32.20	64.13%	15
20	Jillian Arnold	41	F	7:36.60	58.78%	20
21	Connaitre Chateaubriant	71	M	8:12.40	62.53%	18
22	Sharlet Gilbert	71	F	8:23.40	81.01%	3

#### 400 METERS

1	Max Huckstepp	30	M	0:59:16	72.99%	3
2	Kirby Bartlett	57	M	1:07:51	76.82%	2
3	Jillian Arnold	41	F	1:07.70	78.36%	1
4	Dany Rodas	32	M	1:09.16	62.88%	8
5	Lucas Ruark	13	M	1:09.99	69.01%	4
6	Jason Reed	43	M	1:14.07	63.68%	7
7	Joseph Makonnen	49	M	1:14.77	65.79%	5
8	Rick Warner	52	M	1:18.22	64.17%	6
9	Lee Goins	64	M	2:03.70	43.82%	9

#### 800 METERS

1	Lucas Ruark	13	M	2:30.00	76.07%	3
2	Jason Reed	43	M	2:41.20	67.80%	5
3	Redolfo	32	M	2:43.60	61.80%	9
4	Steve Pashby	67	M	2:55.90	76.18%	2
5	Joseph Makonnen	49	M	3:03.10	62.97%	7
6	Cormac Rayman-Moore	9	M	3:10.90	69.46%	4
7	Joshua Rayman	53	M	3:11.10	62.38%	8
8	Jeff Rosenthal	60	M	3:27.80	60.78%	10
9	Jim Myers	73	M	3:34.20	67.69%	6
10	Sharlet Gilbert	71	F	3:51.10	79.01%	1
11	Rachel Vinkey	56	F	3:53.70	58.84%	11
12	Connaitre Chateaubriant	71	M	4:05.40	57.29%	12
13	Lee Goins	64	M	4:15.80	50.90%	13

#### 200 METERS

1	Max Herrerias	23	M	0:25.07	77.06%	2
2	Joshua Breen	15	M	0:27.46	75.56%	3
3	Ella Arnold	12	F	0:28.80	83.19%	1
4	Dany Rodas	32	M	0:29.44	66.44%	9
5	Markelle Taylor	49	M	0:29.45	75.55%	4
6	Nathan Breen	13	M	0:30.10	71.96%	5
7	Greg McDowell	46	M	0:31.03	70.19%	7
8	Rick Warner	52	M	0:31.86	71.34%	6
9	Jason Reed	43	M	0:31.90	66.77%	8
10	Joseph Makonnen	49	M	0:33.90	65.63%	10
11	Cormac Rayman-Moore	9	M	0:38.15	65.22%	11
12	Lee Goins	64	M	0:42.66	57.74%	12

**100 METERS**

1	Max Herrerias	23	M	0:12.17	80.44%	2
2	Joshua Breen	15	M	0:13.11	79.48%	3
3	Rick Warner	52	M	0:13.64	81.52%	1
4	Nathan Breen	13	M	0:13.98	77.04%	5
5	Jason Reed	43	M	0:14.24	73.53%	6
6	Ella Arnold	12	F	0:14.72	78.13%	4
7	Joseph Makonnen	49	M	0:16.32	66.79%	9
8	Louisa Bartlett	10	F	0:16.57	72.96%	7
9	Cormac Rayman-Moore	9	M	0:17.61	68.82%	8

**3000 METERS**

1	Chris Gioia	30	M	11:18.20	75.70%	3
2	Joseph Makonnen	49	M	13:12.20	76.40%	2
3	Christian Oakes	63	M	13:26.12	69.69%	4
4	Sergio Higaredo	48	M	14:04.27	59.10%	6
5	Edgar Rosales	27	M	14:20.50	51.13%	7
6	Jim Myers	73	M	15:01.50	69.44%	5
7	Sharlet Gilbert	71	F	16:00.90	83.57%	1
8	Lee Goins	64	M	20:10.41	46.84%	8

**5000 Meters**

1	Lyle Rumon	19	M	17:06.10	75.92%	3
2	Sean Coffin	35	M	17:15.10	76.90%	1
3	Josh Smith	36	M	18:26.10	72.33%	5
4	Eric Inouye	23	M	18:53.80	68.71%	7
5	Markelle Taylor	49	M	19:09.40	76.39%	2
6	Jason Reed	43	M	19:38.10	71.30%	6
7	Yovany Diaz	38	M	19:42.20	68.60%	8
8	Melissa Carmen Gramajo	34	F	20:27.40	72.51%	4
9	Cedric Hernandez	46	M	20:54.40	68.48%	8
10	Redolfo	32	M	21:25.50	61.07%	10
11	Chewey Lam	44	M	24:20.70	57.92%	11
12	Stein Onsrud	64	M	24:40.90	66.92%	9

**4 x 1600M Relay**

1	Mixed Age Group Team			Individual	Team
	John Gioia	64	M	7:30.00	07:30.00
	Chris Gioia	30	M	5:59.00	13:29.00
	Edgar Rosales	27	M	6:19.00	19:48.00
	Jason Reed	43	M	5:31.00	25:19.00
2	Tamalpa M70+ Team				
	Len Goldman	77	M	6:56.00	06:56.00
	Don Porteous	75	M	6:51.00	13:47.00
	John Hirschberger	70	M	6:34.00	20:21.00
	Arthur Beckert	71	M	6:14.00	26:35.00

**Tamalpa Open Track Meet Records – 2003 through 2022**

	<u>Event</u>	<u>Sex</u>	<u>First</u>	<u>Last</u>	<u>Age</u>	<u>Time</u>	<u>Date</u>
A.	100M	Men	Derrick	Martin	25	10.38	6/15/2021
		Women	Isabel	Yaffe	14	12:93	5/14/2019

B.	200M	Men	Derrick	Martin	25	21.77	8/17/2021
		Women	Gianna	Myer	17	27.01	7/13/2021
C.	400M	Men	Max	Herrerias	20	51:06	8/20/2019
		Women	Taylor	Viera	19	1:03.22	5/18/2021
D.	800M	Men	Todd	Kane-Ross	15	2:03.66	7/17/2018
		Women	Adeline	Johnson	16	2:21.60	6/15/2021
E.	One Mile	Men	J.K.	Withers	26	4:23.02	6/12/2012
		Women	Alicia	Freese	23	5:13.10	6/22/2010
F.	3000M	Men	Shane	Young	33	9:24.31	8/20/2019
		Women	Eileen	Brennan-Erler	51	10:57.79	9/11/2012
G.	Two Mile	Men	Jeff	Peterson	26	9:31.90	6/22/2010
		Women	Liz	Gottlieb	31	11:21.70	4/17/2007
H.	5000M	Men	Francisco	Sanchez	23	15:02.23	8/20/2019
		Women	Katie	Klymko	32	17:15.65	9/14/2021

### **Masters' (40-49) Track Meet Records**

A.	100M	Men	Eric	Woodyard	44	11.11	6/15/2021
		Women	Joy	Upshaw	60	13.58	9/14/2021
B.	200M	Men	Eric	Woodyard	44	23.23	6/15/2021
		Women	Joy	Upshaw	60	28:51	8/17/2021
C.	400M	Men	Tony	Nogueras	40	52.40	7/19/2005
		Women	Tricia	Wallace	46	1:05.50	7/15/2003
D.	800M	Men	Bill	Bushnell	41	2:10.00	5/23/2006
		Women	Eileen	Brennan-Erler	51	2:30.47	7/10/2012
E.	One Mile	Men	Tom	LeGan	51	4:32.80	9/12/2017
		Women	Nancy	Thomas	46	5:24.30	5/17/2016
F.	3000M	Men	Steve	Kraft	44	9:52.40	8/21/2007
		Women	Eileen	Brennan-Erler	51	10:57.79	9/11/2012
G.	Two Mile	Men	Steve	Kraft	44	10:43.00	7/17/2007
		Women	Laura	Schmitt	46	11:52.90	6/22/2010
H.	5000M	Men	Brian	Pilcher	54	17:09.81	6/21/2011
		Women	Tricia	Wallace	56	22:54.98	5/19/2015

### **Seniors' (50-59) Track Meet Records**

A.	100M	Men	Walter	Crawford	54	11.36	8/17/2021
		Women	Joy	Upshaw	60	13.58	9/14/2021
B.	200M	Men	James	Lawson	55	24.24	7/16/2019
		Women	Joy	Upshaw	60	28:51	8/17/2021
C.	400M	Men	Matt	Bogdanowicz	52	1:01.17	9/14/2021
		Women	Tricia	Wallace	50	1:10.00	5/19/2009
D.	800M	Men	Hugh	Van Ness	52	2:17.20	8/21/2007
		Women	Eileen	Brennan-Erler	51	2:30.47	7/10/2012
E.	One Mile	Men	Tom	LeGan	51	4:32.80	9/12/2017
		Women	Heidi	Helvestine	51	5:46.30	6/22/2010
F.	3000M	Men	Don	Porteous	60	10:03.20	9/16/2006
		Women	Eileen	Brennan-Erler	51	10:57.79	9/11/2012
G.	Two Mile	Men	Mark	Richtman	52	10:58.20	4/17/2007
		Women	Beth	Freedman	51	12:34.21	9/10/2019
H.	5000M	Men	Brian	Pilcher	54	17:09.81	6/21/2011
		Women	Tricia	Wallace	56	22:54.98	5/19/2015

### **Super Seniors' (60-69) Track Meet Records**

A.	100M	Men	Larry	Barnum	75	13.79	8/20/2019
		Women	Joy	Upshaw	60	13.58	9/14/2021
B.	200M	Men	Larry	Barnum	75	28.80	8/20/2019
		Women	Joy	Upshaw	60	28:51	8/17/2021
C.	400M	Men	Larry	Barnum	75	1:06.19	9/10/2019
		Women	Ruth	Rainero	61	1:22.47	5/17/2016
D.	800M	Men	Christian	Oakes	60	2:35.70	1/11/2019
		Women	Tricia	Wallace	60	3:22.13	9/11/2018
E.	One Mile	Men	Don	Porteous	60	5:17.00	5/15/2007
		Women	Shirley	Matson	63	6:08.30	7/24/2004
F.	3000M	Men	Don	Porteous	60	10:03.20	9/16/2006
		Women	Sharlet	Gibert	67	15:04.96	7/17/2018
G.	Two Mile	Men	Don	Porteous	60	11:01.60	7/18/2006
		Women	Eve	Pell	70	15:41.80	7/17/2007
H.	5000M	Men	Mark	Richtman	60	18:38.32	5/19/2015
		Women	NONE				

### **Veterans' (70+) Track Meet Records**

A.	100M	Men	Larry	Barnum	75	13.79	8/20/2019
		Women	Joanne	Kambur	75	27.10	8/10/2010
B.	200M	Men	Larry	Barnum	75	28.80	8/20/2019
		Women	NONE				
C.	400M	Men	Larry	Barnum	75	1:06.19	9/10/2019
		Women	Katie	Martin	71	1:49.00	9/14/2010
D.	800M	Men	Russ	Kiernan	70	3:01.90	9/16/2008
		Women	Sharlet	Gilbert	71	3:51.10	6/14/2022
E.	One Mile	Men	Russ	Kiernan	70	6:26.00	9/16/2008
		Women	Sharlet	Gilbert	71	8:23.40	6/14/2022
F.	3000M	Men	Jim	Myers	70	13:22.19	7/16/2019
		Women	Sharlet	Gilbert	71	16:00.90	6/14/2022
G.	Two Mile	Men	Jim	Myers	70	14:47.71	9/10/2019
		Women	Eve	Pell	70	15:41.80	7/17/2007
H.	5000M	Men	Hans	Schmid	71	19:53.43	6/21/2011
		Women	NONE				