

Tamalpa August Track Meet - August 15, 2023

We continued to have excellent weather conditions for the fourth Tamalpa Track Meet of 2023. The temperature at the start was a bit hot, over 90 degrees, at the start of the Meet, but the temperature cooled as the Meet progressed. We had a turnout of 44 Runners for the Meet.

The first race of the meet was the One Mile Race, and we had a large field of 31 runners in the Race. 31-year-old Max Huckstepp won handily in a time of 4:47.1. 32-year-old Audrey Haynes was the first female finisher with a time of 6:10.2. 66-year-old Tom O'Reilly had the highest age grade in the Race of 85.37 % with his 5:42.2 finish.

The next race was the 400M and we had 8 runners in the Race. 16-year-old Azriel Cuevas won the Race with a time of 1:00.3. We had no female runners in the Race. Azriel Cuevas had the highest Age Grade of 75.29% for the Race with his 1:00.3 finish.

The 800M race was next and 31-year-old Matt Godkin won easily with a time of 2:01.1. We, again, had no female runners in this Race. Matt Godkin was the highest Age Grade Performer in the Race with an Age Graded performance of 83.49 %.

The next race was the 200M and 16-year-old Azriel Cuevas won the Race with a time of 0:25.4. The first female finisher in the Race was 62-year-old Joy Upshaw and she had the highest Age Grade in the Race of 97.48 % for her 0:29.6 finish.

54-year-old Maximo Garcia was the first-place finisher in the 100M Race. His winning time of 0:11.6 gave him a 97.12% Age Grade in the Race which is a World Class Age Grade. Maximo Garcia Shares the RUNNER OF THE MEET TITLE with Joy Upshaw, who was the first Female Finisher in the 100M Race with a time of 0:15.4 and Joy's 98.54% in the 100M Race was the highest Age Grade Performance of the Meet.

The next two races of the meet, the 3000M and the 5000M, were run concurrently. 16-year-old Devin Price was the winner of the 3000M Race with a time of 9:59.7. 69-year-old Keith Duncan had the highest Age Grade in the Race of 78.91 % for his 12:33.3 finish in the Race. There were no Female Runners in the 3000M Race.

15-year-old Justin Catanach was the winner of the 5000M Race with a time of 16:50 and he had the highest Age Grade of the Race with at 81.01%. There were no Female Runners in the 5000M Race.

Jason Reed, as usual, was the ironman for the track meet, as he ran in the maximum of 6 races in the Meet and he was joined by Chewy Lam and Jason and Woody Szydluk this month as ironmen for the track meet and running the maximum of 6 races in the Meet.

Thanks to Tim Fitzpatrick, Lillie O'Reilly, Mark Churchill, Tom O'Reilly, Jonathan Bretan, Jim Myers, Dusty Roady and Kent Carlomagno for providing excellent Volunteer Support for the Track Meet.

The next and final Tamalpa Track Meet for 2023 will be on Tuesday, 9/12/2023 at 6:30 PM at the San Rafael High School Track.

Tamalpa Track Meet - San Rafael High School – 15-August-2023

1 MILE

<u>Pl</u>	<u>Name</u>	<u>Age</u>	<u>Sex</u>	<u>Time</u>	<u>Age Grade %</u>	<u>AG Place</u>
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1	Max Huckstepp	31	M	4:47.1	77.91	6.
2	William Tran	27	M	5:01.0	73.95	12.
3	Jason Reed	44	M	5:10.4	78.21	5.
4	Sergey Vasyliiev	40	M	5:12.9	75.27	10.
5	Devin Price	16	M	5:19.2	75.27	10.
6	Jonathan Bretan	40	M	5:20.1	73.58	14.
7	Sergio Higareda	49	M	5:24.5	77.80	7.
8	Clifford Gallant	52	M	5:26.6	79.20	4.
9	Chris Lauth	33	M	5:32.4	67.75	19.
10	George Kunze	16	M	5:36.1	70.32	18.
11	Woody Szydlik	14	M	5:38.8	72.27	15.
12	Tom O'Reilly	66	M	5:42.2	85.37	1.
13	Tim Keenan	61	M	5:48.9	80.03	3.
14	Steve Pashby	68	M	6:00.2	73.98	13.
15	Justin Harrison	52	M	6:04.9	70.88	16.
16	Keith Duncan	69	M	6:07.5	81.83	2.
17	Audrey Haynes	32	F	6:10.2	68.32	17.
18	Christian Oakes	65	M	6:16.1	76.96	8.
19	Chewy Lam	31	M	6:26.2	57.92	31.
20	Jeff Street	50	M	6:28.7	65.47	21.
21	Jason Szydlik	48	M	6:34.0	63.57	25.
22	David Green	51	M	6:34.5	65.04	23.
23	Lukas Mc Andrew	14	M	6:42.1	60.89	27.
24	Jesper Kvaerno	51	M	6:42.9	63.68	24.
25	Jorge Gonzalez	57	M	6:43.8	66.79	20.
26	Jason Burleigh	52	M	7:06.8	60.60	28.
27	Art Marthinsen	64	M	7:19.6	65.25	22.
28	Juan Escobar	56	M	7:29.5	59.49	30.
29	Amily Huang	50	F	7:50.4	63.55	26.
30	C. Chateaubriant	73	M	8:48.1	59.95	29.
31	Elmo Shropshire	86	M	9:27.3	76.58	9.

400 METERS

1	Azriel Cuevas	16	M	1:00.3	75.29	1
2	Sergey Vasylyev	40	M	1:05.1	70.94	3
3	Jason Reed	44	M	1:12.1	65.90	4
4	David Dailor	64	M	1:13.2	74.05	2
5	Jason Szydlik	48	M	1:19.4	61.52	5
6	Woody Szydlik	14	M	1:21.6	57.79	7
7.	Chewy Lam	31	M	1:25.2	50.68	8
8.	Kent Carlomagno	66	M	1:32.3	60.00	6

800 METERS

1	Matt Godkin	31	M	2:01.1	83.49	1
2	Aaron Parr	50	M	2:36.1	74.51	3
3	Chris Lauth	33	M	2:37.5	64.20	6
4	Jason Reed	44	M	2:47.6	65.82	5
5	Justin Harrison	52	M	2:48.2	70.31	4
6	Steve Pashby	68	M	2:55.0	77.43	2
7	Woody Szydlik	14	M	3:07.0	59.49	7
8	Jason Szydlik	48	M	3:24.2	55.96	9
9	Chewy Lam	31	M	3:26.3	49.01	10
10	C. Chateaubriant	73	M	4 :18.7	56.06	8
11	Kent Carlomagno	66	M	5 :33.2	39.80	11

200 METERS

1	Azriel Cuevas	16	M	0:25.4	80.28	4
2	Max Huckstepp	31	M	0:26.0	74.61	7
3	Sergey Vasylyev	40	M	0:28.1	74.14	8
4	Roy Peterkofsky	60	M	0:29.5	81.36	3
5	Joy Upshaw	62	F	0:29.6	97.48	1
6	Jason Reed	44	M	0:30.3	70.82	9
7	David Dailor	64	M	0:30.7	80.23	5
8	Christian Oakes	65	M	0:31.8	77.96	6
9	Stephanie Lain	53	F	0:32.2	81.66	2

10 Jason Szydlik	48	M	0:33.0	66.95	10
11 Chewy Lam	31	M	0:35.0	55.43	13
12 Juan Escobar	56	M	0:35.5	65.81	12
13 Kent Carlomagno	66	M	0:37.8	66.10	11
14 Woody Szydlik	14	M	0:38.2	55.42	14

100 METERS

1 Maximo Garcia	54	M	0:11.6	97.12	2
2 Azriel Cuevas	16	M	0:12.3	83.58	3
3 Max Huckstepp	31	M	0:12.9	75.89	7
4 Joy Upshaw	62	F	0:14.0	98.54	1
5 Roy Peterkofsky	60	M	0:14.4	81.26	6
6 David Dailor	64	M	0:14.5	82.67	4
7 Jason Reed	44	M	0:15.1	69.83	8
8 Stephanie Lain	53	F	0:15.4	82.10	5
9 Jason Szydlik	48	M	0:15.8	68.56	9
10 Chewy Lam	31	M	0:16.4	59.70	10
11 Woody Szydlik	14	M	0:17.8	59.44	11

3000 Meters

1 Devin Price	16	M	9:59.7	77.90	2
2 William Tran	27	M	10:36.6	69.12	6
3 George Kunze	16	M	10:43.8	72.56	5
4 Sergey Vasyliov	40	M	10:55.1	71.07	7
5 Sergio Higaredo	49	M	11:14.9	73.94	4
6 Woody Szydlik	14	M	12:12.3	66.09	8
7 Brody Orlick	16	M	12:20.0	63.13	11
8 Kieth Duncan	69	M	12:33.3	78.91	1
9 David Green	51	M	13:13.3	63.93	10
10 Mike Lotter	69	M	13:15.8	74.70	3
11 Jason Szydlik	48	M	14:03.8	58.67	13
12 Art Marthinsen	64	M	14:34.4	64.84	9
13 Chewy Lam	31	M	14:35.3	50.51	14
14 Amily Huang	50	F	15:48.6	61.99	12

5000 Meters

1 Justin Catanach	15	M	16:50.0	92.03	1
2 Jason Reed	44	M	20:35.5	76.45	3
3 Justin Harrison	52	M	20:42.2	83.03	2

AGE GRADING

>100% = World record level

> 90% = World class

> 80% = National class

> 70% = Regional class