Tamalpa September Track Meet - September 12, 2023

We had excellent conditions for the Fifth and Final Tamalpa Track Meet of 2023. We had a Strong Turnout of 49 Runners for the Meet.

The first race of the meet was the One Mile Race. 27-year-old William Tran and 39-year-old Thomas Icard separated themselves from the rest of the field early in the Race and William won with a time of 5:00 Flat and Thomas was 4 seconds behind and finished in 5:04. 44-year-old Amy Cameron was the first female finisher with a time of 5:45. 67-year-old Tracey Bernett had the Highest Age Grade in the Race with a World Class 93.25 % with her 6:49 finish.

The next race was the 400M and we had 10 runners in the Race. 44-year-old Amy Cameron won the Race with a time of 1:09.2 and had the highest Age Grade of 79.11% in the Race. The first Male Finisher in the Race was 65-year-old David Dailor with a time of 1:09.8.

The 800M Race was next and 32-year-old Matt Godkin was the winner with a time of 2:01.2. 44-year-old Amy Cameron repeated her win in the 400M Race with a time of 2:45.1. 67-year-old Tracey Bernett was the highest Age Grade Performer in the Race with her 3:13 finish for an Age Graded performance of 86.84 %.

The next race was the 200M and 17-year-old Joshua Breen won with a time of 0:27.2. The first female finisher in the Race was 44-year-old Amy Cameron with a time of 0:31.4. The highest Age Grade in the Race, an Excellent World Class 94.51 %, was posted by 79-year-old Larry Barnum for his 0.31.6 finish in the 200M.

54-year-old Maximo Garcia was the first-place finisher in the 100M Race with a time of 0:11.9 which gave him an Excellent 94.67% Age Grade for the Race, which is a World Class Age Grade, and was the Highest Age Grade in the Track Meet! The first female finisher in the Race was 44-year-old Amy Cameron, repeating her win in the 200M, with a time of 1:15.3.

The next two races of the meet were the 2 Mile and the 5000M which were run concurrently.

27-year-old William Tran was the winner of the 2 Mile Race with a time of 11:34, repeating his win in the earlier One Mile Race. There were no Female Runners in the 2 Mile Race. 51-year-old Josh Hanna had the highest Age Grade in the Race of 76.72 % for his 11:53 finish.

32-year-old Matt Godkin was the winner of the 5000M Race with a time of 17:25. Matt was also the winner of the earlier 800M Race. 44-year-old Amy Cameron was the first Female Finisher in the Race, to go with her previous wins in the One Mile and 400M wins to give her 3 wins for the Meet. 65-year-old Diana Fitzpatrick had the highest Age Grade of the Race with a World Class 94.46% Age Grade for her seventh-place finish in the 5000M Race with a time of 21:47.

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 49-year-old Jason Sydlik this month as an ironman for the track meet and running the maximum of 6 races in the Meet.

Thanks to Tim Fitzpatrick, Diana Fitzpatrick, Lillie O'Reilly, Mary Churchill, Liz Gottlieb, Jim Myers, Dusty Roady and Kent Carlomagno for providing excellent Volunteer Support for the Track Meet.

Tamalpa Track Meet - San Rafael High School – 12-September-2023

1 MILE

Pl	Name	Age	Sex	Time	Age Grade %	AG Place
1	William Tran	27	M	5:00	74.20	8
2	Thomas Icard	39	M	5:04	76.91	7
3	Zack Fickenworth	23	M	5:14	70.89	10
4	Percy Liang	40	M	5 :18	74.07	9
5	Chris Lauth	34	M	5:25	69.61	11
6	Woody Kongsamet	33	M	5:26	69.08	12
7	Amy Cameron	44	F	5:45	80.51	4
8	Tim Keenan	62	M	5:46	81.42	3
9	Tim Wallen	59	M	5:56	77.07	5
10	Keith Duncan	69	M	6:06	82.17	2
11	Audrey Haynes	32	F	6:09	68.54	13
12	Colin Claxon	8	M	6:21	77.09	6
13	Jason Szydlik	49	M	6:27	65.24	16
14	Jorge Gonzalez	56	M	6:35	67.70	14
15	Eric Anderson	31	M	6:44	55.36	21
16	Jason Reed	44	M	6:47	59.65	20
17	Tracey Bernett	67	F	6:49	93.25	**1**
18	Michael Gulli	63	M	7:05	66.87	15
19	Rafa Avalos	11	M	7:17	60.40	17
20	Taj Avalos	8	M	8:07	60.31	18
21	C. Chateaubriant	73	M	8:50	59.74	19

400 METERS

1 Amy Cameron	44	F	1:09.2	79.11	**1**
2 David Dailor	65	M	1:09.8	78.15	2
3 Christian Oakes	65	M	1:10.6	77.26	3
4 Jason Reed	44	M	1:14.2	64.03	8
5 Jason Szydlik	49	M	1:15.5	65.15	7
6 Jochen Diener	57	M	1:16.7	67.62	5
7 Art Marthinsen	64	M	1:22.7	65.54	6
8 Colin Claxon	8	M	1:24.7	69.92	4
9 Michael Gulli	63	M	1:31.7	58.74	9
10 Ryan Avalos	13	M	1:41.4	47.63	10

800 METERS

1 Matt Godkin	32	M	2:01.2	83.42	2
2 Thomas Icard	39	M	2:22.9	73.72	3
3 Percy Liang	40	M	2:25.2	73.26	4
4 Amy Cameron	44	F	2:45.1	73.09	5
5 Jason Szydlik	49	M	3:02.4	63.20	6
6 Tracey Bernett	67	F	3:13.0	86.84	**1**
7 Jason Reed	44	M	3:40.9	49.94	10
8 John Marconi	70	M	3:44.7	61.64	7
9 Rachel Vinkey	58	F	3:55.4	60.12	8
10 C. Chateaubriant	73	M	4:14.1	57.07	9

200 METERS

1 Joshua Breen	17	M	0:27.2	73.79	9
2 Nathan Breen	14	M	0:28.3	74.81	8
3 Roy Peterkofsky	60	M	0:29.79	80.56	3
4 Rodolfo Cux	33	M	0:29.8	66.16	12
5 David Dailor	65	M	0:30.2	82.09	2
6 Kevin O'Conner	54	M	0:30.3	76.05	6
7 Amy Cameron	44	F	0:31.4	75.61	7
8 Larry Barnum	79	M	0:31.6	94.51	**1**
9 Jason Szydlik	49	M	0:32.0	69.54	10
10 Christian Oakes	65	M	0:32.6	76.05	5
11 Jochen Diener	57	M	0:33.9	69.37	11
12 Colin Claxon	8	M	0:34.3	76.74	4
13 Ryan Avalos	13	M	0:35.2	61.53	13
14 Michael Gulli	63	M	0:36.8	66.49	12
15 Jason Reed	44	M	0:39.4	54.47	16
16 Rafa Avalos	11	M	0:44.2	51.88	17
17 Taj Avalos	8	M	0:46.6	56.48	15

100 METERS

1 Maximo Garcia	54	M	0:11.9	94.67	**1**
2 Alexander Kuo	25	M	0:12.0	81.58	2
3 Joshua Breen	17	M	0:12.8	79.37	4
4 Nathan Breen	14	M	0:13.7	77.23	5
5 Adam Orlobukowski	25	M	0:14.0	69.93	9
6 David Dailor	65	M	0:14.8	81.49	3
7 Amy Cameron	44	F	0:15.3	75.14	7
8 Jason Reed	44	M	0:15.7	67.16	13
9 Jason Szydlik	49	M	0:16.0	68.15	12
10 Kevin O'Conner	54	M	0:16.5	68.28	11
11 Colin Claxon	8	M	0:16.7	76.35	6
12 Roy Peterkofsky	60	M	0:16.74	69.90	10
13 Rafa Avalos	11	M	0:17.0	66.41	14
14 John Marconi	70	M	0:17.5	70.98	8
15 Ryan Avalos	13	M	0:19.5	55.23	16
16 Taj Avalos	8	M	0:21.3	59.86	15

2 Mile

1 William Tran	27	M	11:34	80.95	2
2 Josh Hanna	51	M	11:53	74.85	3
3 Jason Reed	44	M	13:47	83.04	**1**
4 Jason Szydlik	49	M	13:48	61.63	7
5 Colin Claxon	8	M	13:50	65.04	6
6 Mike Lotter	70	M	14:26	68.54	5
7 Michael Gulli	63	M	15:09	68.78	4

5000 Meters

1 Matt Godkin	32	M	17:25	74.65	8
2 Amy Cameron	44	F	19:54	79.10	5
3 Sissel Berntsen Heber	59	F	20:27	92.23	2
4 Keith Duncan	69	M	20:57	83.19	4
5 Tim Fitzpatrick	62	M	21:08	77.25	6
6 Liz Shortino	59	F	21:28	87.86	3
7 Diana Fitzpatrick	65	F	21:47	94.46	**1**
8 Stein Onsrud	65	M	22:06	75.90	7

AGE GRADING

>100% = World record level

 > 90% = World class

 > 80% = National class

 > 70% = Regional class