

Tamalpa July Track Meet - July 11, 2023

We had excellent weather conditions for the third Tamalpa Track Meet of 2023. The temperature at the start was a bit hot, at about 90 degrees, but the temperature cooled a bit as the Meet progressed. We had a turnout of 40 Runners for the Meet.

The first race of the meet was the One Mile Race. 31-year-old Matt Godkin and 30-year-old Ryan Higgins separated themselves from the rest of the field early in the Race and Matt won handily in a time of 4:35 and Ryan was about 100 Meters back and finished in 4:48. 34-year-old Katie Klymko was the first female finisher with a time of 5:06 and set a New Tamalpa Track Meet Open Women's Record with her Excellent Race. Katie Klymko had the highest age grade in the Race of 83.26 % with her 5:06 finish.

The next race was the 400M and we had 8 runners in the Race. 36-year-old Terence Maxwell won the Race with an excellent time of 0:56.04. The first and only female finisher in the Race was 48-year-old CJ Healy with a time of 1:45.8. Terence Maxwell had the highest Age Grade of 79.91% in the Race for his 0:56.04 finish.

The 800M race was next and 15-year-old George Kunze and 31-year-old Collin Jarvis separated themselves from the rest of the field early in the Race with George Kunze winning in a time of 2:16:38 and Collin Jarvis taking second place in 2:18.8. 34-year-old Katie Klymko repeated her win in the One Mile Race with another Tamalpa Track Meet Open Women's Record in the 800M Race with a time of 2:29.32. 68-year-old Steve Pashby was the highest Age Grade Performer in the Race with his 2:43.3 finish for an Age Graded performance of 82.98 %.

The next race was the 200M and 36-year-old Terence Maxwell won with a time of 0:25.2 and he had the highest Age Grade in the Race of 80.13 %. The first and only female finisher in the Race was 48-year-old CJ Healy with a time of 0:45.2.

54-year-old Maximo Garcia was the Dominant Runner and first place finisher in the 100M Race. His winning time of 0:11.7 gave him a 96.29% Age Grade in the Race which is a World Class Age Grade and was the Highest Age Grade in the Track Meet! Maximo Garcia was EASILY the Runner of the MEET! Joy Upshaw was the first Female Finisher in the 100M Race with a time of 0:15.4 and Joy also had the highest Age Grade of 89.73% in the Race. The first and only female finisher in the Race was 48-year-old CJ Healy with a time of 0:45.2.

The next two races of the meet, the 2 Mile and the 5000M, were run concurrently. 15-year-old Matt Godkin was the winner of the 2 Mile Race with a time of 10:32.7. There were no Female Runners in the 2 Mile Race. 66-year-old Tom O'Reilly had the highest Age Grade in the Race of 83.04 %.

16-year-old Devin Price was the winner of the 5000M Race with a time of 17:07.1. 15-year-old Justin Catanach had the highest Age Grade of the Race with an 81.01% Age Grade for his second-place finish in the Race of 17 :11.1. Sharlet Gilbert set new Track Meet Records for the Super Senior (60-69) and Veteran (70+) Women 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 8-year-old Colin Claxon this month as an ironman for the track meet and running the maximum of 6 races in the Meet.

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

The next Tamalpa Track Meet will be on Tuesday, 8/15/2023 at 6:30 PM at the San Rafael High School Track.

Tamalpa Track Meet - San Rafael High School – 11-July-23

1 MILE

Pl	Name	Age	Sex	Time	Age Grade %	AG Place
1	Matt Godkin	31	M	4:35	81.34	2
2	Ryan Higgins	30	M	4:48	77.49	4
3	Collin Jarvis	31	M	5:05	73.34	11
4	Katie Klymko	34	F	5:06	83.26	1
5	Jason Reed	44	M	5:15	77.07	5
6	Sergio Higaredo	49	M	5:22	78.41	3
7	Jonathan Bretan	44	M	5:24	74.93	6
8	Angus Lafemina	16	M	5:31	71.40	12
9	Andy Krone	45	M	5:32	73.69	10
10	Adrian Alvarado	20	M	5:52	63.92	16
11	Quinn McCarthy	15	M	6:06	65.64	14
12	Jason Szydlik	48	M	6:18	66.26	13
13	Max Glass	36	M	6:25	59.43	18
14	Colin Claxon	8	M	6:37	73.98	9
15	Mike Lotter	69	M	6:44	74.44	7
16	George Gonzalez	56	M	6:51	65.07	15
17	C. Chateaubriant	73	M	8:27	62.45	17
18	CJ Healy	48	F	8 :40	56.07	19
19	Sharlet Gilbert	72	F	9:19	74.25	8

400 METERS

1	Terence Maxwell	36	M	0:56.1	79.91	1
2	Ryan Higgins	30	M	1:00.3	71.61	2
3	Jason Reed	44	M	1:12.6	65.44	5
4	Jason Szydlik	48	M	1:18.3	62.38	6
5	Art Marthinsen	64	M	1:20.0	67.76	4
6	Roni Rubin	32	M	1:22.1	52.97	8
7.	Colin Claxon	8	M	1:27.2	67.92	3

8. CJ Healy	48	F	1:45.8	53.87	7
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800 METERS

1 George Kunze	15	M	2:16.4	79.83	3
2 Collin Jarvis	31	M	2:18.8	72.85	7
3 Devin Price	16	M	2:28.4	72.04	8
4 Katie Klymko	34	F	2:29.4	75.82	5
5 Andy Krone	45	M	2:38.9	70.07	9
6 Christian Oakes	64	M	2:42.5	80.12	2
7 Steve Pashby	68	M	2:43.3	82.98	1
8 Jason Reed	44	M	2:51.9	64.17	10
9 Max Glass	36	M	2:58.8	57.25	13
10 Colin Claxon	8	M	3:06.7	75.07	6
11 Jason Szydlik	48	M	3:08.8	60.53	11
12 Rachel Vinkey	57	F	3 :58.8	58.41	12
13 Sharlet Gilbert	72	F	4 :06.3	75.97	4
14 C. Chateaubriant	73	M	4 :20.5	55.67	14
15 CJ Healy	48	F	4 :23.4	47.41	15

200 METERS

1 Terence Maxwell	36	M	0:25.2	80.13	1
2 Joshua Breen	16	M	0:26.0	78.43	2
3 Nathan Breen	14	M	0:28.1	75.34	4
4 Jason Reed	44	M	0:31.2	68.78	8
5 Tommy Baker	61	M	0:31.3	77.17	3
6 Jason Szydlik	48	M	0:31.4	70.34	7
7 Art Marthinsen	64	M	0:34.3	71.81	5
8 Roni Rubin	32	M	0:37.1	52.71	10
9 Colin Claxon	8	M	0:37.2	70.76	6
10 CJ Healy	48	F	0:45.2	55.03	9

100 METERS

1 Maximo Garcia	54	M	0:11.7	96.29	1
2 Terence Maxwell	36	M	0:12.5	79.73	2

3 Joshua Breen	16	M	0:13.2	77.88	3
4 Nathan Breen	14	M	0:13.8	76.67	4
5 Jason Reed	44	M	0:14.2	74.25	5
6 Jason Szydlik	48	M	0:14.8	73.19	7
7 Roni Rubin	32	M	0:15.9	61.57	9
8 Colin Claxon	8	M	0:17.3	73.70	6
9 CJ Healy	48	F	0:18.6	64.54	8

2 Mile

1 Matt Godkin	15	M	10:32.7	80.95	2
2 Sergio Higaredo	49	M	11:59.1	74.85	3
3 Tom O'Reilly	66	M	12:30.0	83.04	1
4 Jason Szydlik	48	M	14:26.4	61.63	7
5 Jorge Gonzalez	56	M	14:36.6	65.04	6
6 Colin Claxon	8	M	15:13.6	68.54	5
7 Paul Herrerias	67	M	15:13.9	68.78	4

5000 Meters

1 Devin Price	16	M	17:07.1	80.01	3
2 Justin Catanach	15	M	17 :11.1	81.01	1
3 Jason Lee	47	M	17 :51.0	80.68	2
4 George Kunze	16	M	18:33.9	73.77	6
5 Jason Reed	44	M	19:05.4	73.70	7
6 Jonathan Bretan	40	M	19:12.0	71.09	9
7 Joe Telles	62	M	20:54.5	78.08	4
8 Stein Onsrud	65	M	23:10.8	72.36	8
9 Sharlet Gilbert	72	F	29 :32.2	77.93	5

AGE GRADING

>100% = World record level

> 90% = World class

> 80% = National class

> 70% = Regional class