

Tamalpa June Track Meet - June 13, 2023

We had excellent weather conditions for the second Tamalpa Track Meet of 2023. The temperature at the start was in the low 80 degrees with little or no wind. We had a turnout of 42 Runners for the Meet.

The first race of the meet was the One Mile Race. 15-year-old Tucker Presnell and 17-year-old David Kvaerno were running in lock step for 3 laps and then Tucker picked up the pace on the final lap and won the One Mile Race in a time of 5:05. 32-year-old Audrey Haynes was the first female finisher with a time of 6:12, one second faster than winning time last month. 69-year-old Keith Duncan had the highest age grade in the Race of 81.71 for his 6:08 finish.

The next race was the 400M and we only had 4 runners in the Race. 44-year-old Jason Reed won the Race with a time of 1:15. The first female finisher was 39-year-old Roni Rubin with a time of 1:29. 8-year-old Colin Claxon had the highest Age Grade of 71.38 % in the Race for his 1:23 finish.

The 800M race and 19-year-old Adrian Alvarado and 33-year-old Chris Lauth took the lead and ran together for the entire Race, with Adrian just edging out Chris with a sprint at the finish and winning by less than one second in 2:34. 13-year-old Hailey Sellers was the First Female finisher with a time of 2:42. 64-year-old Christian Oakes was the highest Age Grade Performer in the Race with his 2:44 finish for an Age Graded performance of 79.72 %.

The next race was the 200M and 13-year-old Hailey Sellers was the First Place Finisher with a time of 0:29.0. 32-year-old Dave Dombrowski was the First Male Finisher with a time of 0:29.7. 62-year-old Joy Upshaw had the highest Age Grade in the Race of 95.82 % for her 0:30.2 finish and had the Highest Age Grade Score in the Meet.

44-year-old Jason Reed was the First Place Finisher in the 100M Race with a time of 0:13.7. 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 next two races of the meet, the 3000M and the 5000M, were run concurrently. 15-year-old Tucker Presnell won the 3000M Race easily with a time of 10:06.6. 32-year-old Audrey Haynes was the first Female finisher with a time of 12:25. 49-year-old Guybe Slangen had the Highest Age Grade in the 3000M of 82.64% for his 11:56.4 finish.

42-year-old Chip Scarinzi won the 5000M Race with a time of 16:53.7. 59-year-old Jeff Mann had the highest Age Grade in the Race of 83.04% for his 19:04.1 finish. There were no Female Finishers 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.

Thanks to Mark Churchill, Tim Fitzpatrick, Tom Lyons, Tom O'Reilly, Carolyn Cunha-Garriott and Reese Laughlin for providing excellent Volunteer Support for the Track Meet.

The next Tamalpa Track meet will be on Tuesday, Tuesday, 6/13/2023 at 6:30 PM at the San Rafael High School Track.

Tamalpa Track Meet - San Rafael High School – 13-June-23

1 MILE

Pl	Name	Age	Sex	Time	Age Grade %	AG Place
1	Tucker Presnell	15	M	5:05	78.75	4
2	David Kvaerno	17	M	5:13	74.47	7
3	Sergio Higaredo	49	M	5:18	79.40	3
4	Jason Reed	44	M	5:19	76.11	5
5	Jonathan Bretan	40	M	5:19	73.82	8
6	Pedro Cifuentes	45	M	5:22	75.96	6
7	Michael Chase	58	M	5:33	81.68	2
8	Adrian Aivarado	19	M	5:45	61.91	17
9	Stewart Miley	44	M	5:50	69.37	9
10	Chris Lauth	33	M	5:57	63.08	15
11	Robert Sare	33	M	6:07	61.36	18
12	Keith Duncan	69	M	6:08	81.71	1
13	Audrey Haynes	32	F	6:12	67.98	10
14	Anchit Desai	33	M	6:24	58.65	20
15	Dave Dombrowski	32	M	6:29	57.66	19
16	Jesper Kvaerno	51	M	6:39	64.31	11
17	David Green	51	M	6:40	64.15	12
18	Ana Guillen	43	F	7:14	63.25	14
19	C. Chateaubriant	73	M	8:26	62.57	16
20.	Rachel Vinkey	57	F	8 :33	63.98	13

400 METERS

1	Jason Reed	44	M	1:15	69.99	2
2	Dave Dombrowski	32	M	1:19	55.71	4
3	Colin Claxon	8	M	1:23	71.38	1
4	Roni Rubin	39	F	1:29	58.45	3

800 METERS

1	Adrian Alvarado	19	M	2:34	73.17	3
2	Chris Lauth	33	M	2:35	79.54	7
3	Pedro Cifuentes	45	M	2:39	66.99	5
4	Hailey Sellers	13	F	2:42	77.19	2
5	Christian Oakes	64	M	2:44	79.72	1

6 Jason Reed	44	M	2:49	65.28	8
7 Robert Sare	33	M	2:51	59.31	11
8 Aaron Parr	50	M	2:52	67.92	6
9 Lukas Vuockmo	14	M	2:54	64.26	9
10 Colin Claxon	8	M	3:16	71.72	4
11 C. Chateaubriant	73	M	4 :10	58.00	10

200 METERS

1 Hailey Sellers	13	F	0:29.0	81.00	2
2 Dave Dombrowski	32	M	0:29.7	65.90	4
3 Joy Upshaw	62	F	0:30.2	95.82	1
4 Jason Reed	44	M	0:31.2	68.94	3
5 Robert Sare	33	M	0:31.2	63.32	5
6 Roni Rubin	39	F	0:53.7	51.34	6

100 METERS

1 Jason Reed	44	M	0:13.7	77.10	2
2 Dave Dombrowski	32	M	0:14.9	66.10	4
3 Joy Upshaw	62	F	0:15.4	89.73	1
4 Colin Claxon	8	M	0:17.3	73.87	3
5 May Scarinzi	8	F	0:25.1	52.45	5

3000 Meters

1 Tucker Presnell	15	M	10:06.6	78.23	3
2 David Kvaerno	17	M	10:52.2	65.13	6
3 Sergio Higaredo	49	M	11:06.6	74.87	4
4 Stephen Cotton	49	M	11:16.9	73.71	5
5 Jason Reed	44	M	11:49.2	67.67	7
6 Guybe Slangen	49	M	11:56.4	81.05	1
7 Colin Claxon	8	M	12:16.9	78.79	2
8 Audrey Haynes	32	F	12:25.2	67.54	8
9 John Boscardin	53	M	13:13.9	64.93	11
10 David Green	51	M	13:14.9	63.79	13
11 Jessica Sawlzik	40	F	13:19.6	65.64	10

12 Tetsu Ishida	48	F	14:10.7	67.41	9
13 Rob Rhew	52	M	14:54.9	57.14	15
14 Abigail Colton	45	F	16:30.1	55.83	16
15 Tami Mau	50	F	16:38.6	58.88	14
16 Leslie Graham	63	F	18:18.2	64.20	12

5000 Meters

1 Chip Scarinzi	42	M	16:53.7	82.27	3
2 Jeff Mann	59	M	19:04.1	83.04	1
3 Joe Telles	62	M	20:40.6	78.52	4
4 Keith Duncan	69	M	20:51.4	82.87	2
5 Mike Lotter	69	M	22:37.9	76.37	5
6 Stein Onsrud	65	M	23:57.0	69.52	6

AGE GRADING

>100% = World record level

> 90% = World class

> 80% = National class

> 70% = Regional class