

# Tamalpa August Track Meet - August 16, 2022

It was looking like the Tamalpa August Track Meet was going to be HOT AS HELL when I left my house in Novato. where the temperature was 102 degrees Fahrenheit. As I drove to the San Rafael High School Track the temperature had dropped to a toasty 91 degrees Fahrenheit when I arrived at the Track. Thankfully the temperature continued to drop and by the time we started our first event, the One Mile, at 6:30 PM the weather conditions were good for the Meet.

We had a good turnout of 45 Runners for the Meet, only one less than the 46 Runners we had at the June and July Meets.

The first race of the meet was the One Mile Race and 48-year-old Sergio Higareda took the lead from the start and won easily with a time of 5:13.00, 7.4 seconds faster than his winning time at the July Meet. 27-year-old Olivia Lloyd was the first female finisher with a time of 6:18.00. Sergio had the highest Age Grade for the One Mile with a fine 80.02%.

The next race was the 400M and 23-year-old Max Herrerias smoked the field with a very fast 0:56.60 finish. The first female finisher was 43-year-old Gina Martinez with a time of 1:26.00. 78-year-old Larry Barnum had an Age Graded performance of 100.70% for his 1:08.00 finish. I did not know that you could score over 100% with an Age Graded Performance, and Larry is the first individual to score over 100% at a Tamalpa Track Meet. Larry, obviously, had the Highest Age Graded Performance in the Meet! Congratulations for a GREAT RACE Larry!!

The 800M race was next and 16-year-old Joaquin Foster took first place with a time of 2:18.00, 11.3 seconds faster than he ran at the July Tamalpa Track Meet when he won the 800M with a 2:29.30 finish. Olivia Lloyd repeated her win in the One Mile Race with a 2:59.00 in the 800M. 71-year-old Sharlet Gilbert had the highest Age Grade for the 800M with a 79.03% for her 3:51.00 finish.

The next race was the 200M and 23-year-old Max Herrerias repeated his 200M victories in the June & July 2022 Track Meets. He won with a time of 0:24.53, which was faster than his winning times at both the June & July Meets. 27-year-old Olivia Lloyd was the repeat female winner in the 200M. She won the July Meet with an excellent 0:30.00 and was at 0:30.06 for the August Meet. 78-year-old Larry Barnum again had the highest Age Graded performance in the 200M with an excellent 96.96% for his 0:30.27 finish in the 200M.

The 100M Race was a VERY, VERY Fast race! 16-year-old Mateo Bassut-Ugarte was the winner with an excellent 0:11.48 which also gave him the highest age graded performance in the Race with an 89.55%. 43-year-old Gina Martinez was the first Female finisher in 0:17.90.

The next two races of the meet, the 3000M and the 5000M, were run concurrently. 48-year-old Sergio Higareda repeated his win in the One Mile with another victory in the 3000M Race with a time of 10:41.00. 31-year-old Gina Martinez was the first female finisher in the 2 Mile with a time of 15:50.08. Sergio had the highest age graded performance of 78.18% for the race.

21-year-old Jacob Potere was the winner in the 5000M with a time of 16:13.00. 35-year-old Carolyn Latham was the first female finisher in 19:33.10. Jacob Potere had the highest age grade for the race with a 80.06%.

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 Kevin Rumon; Mark Churchill; Liz Gottlieb; Lillie O'Reilly; Suzie Van Buskirk; Josh Hanna; Mark Carvey; and Reese Laughlin for providing excellent Volunteer Support for the Track Meet.

The next Tamalpa Track meet will be on Tuesday, September 13, 2022, at 6:30 PM at the San Rafael High School Track.

Place	1 MILE	Age	Sex	Time	Age Grade %	AG Place
1	Sergio Higaredo	48	M	5:13.00	80.02%	1
2	Jason Reed	43	M	5:27.00	73.67%	3
3	Chris Lauth	32	M	5:32.00	67.58%	7
4	Edgar Rosales	27	M	5:40.00	65.47%	11
5	Daniel Lee	44	M	5:42.00	70.99%	4
6	Daniel McAndrew	18	M	5:53.00	65.21%	13
7	Olivia Lloyd	27	F	6:18.00	66.56%	9

8	David Green	50	M	6:19.00	67.15%	8
9	Audrey Haynes	31	F	6:20.00	66.40%	10
10	Matisse Buckley	15	M	6:36.00	60.66%	15
11	Paul Herrerias	66	M	6:55.00	70.39%	6
12	Chewey Lam	42	M	7:21.00	54.22%	18
13	Juan Escobar	56	M	7:24.00	60.23%	16
14	Gina Martinez	43	F	7:29.00	61.14%	14
15	Jim Myers	73	M	7:29.50	70.43%	5
16	Herminio Mazariegos	52	M	7:48.00	55.27%	17
17	Connaitre Chateaubriant	72	M	7:51.00	66.25%	12
18	Sharlet Gilbert	71	F	8:36.00	79.04%	2

#### 400 METERS

1	Max Herrerias	23	M	0:56.60	76.29%	3
2	Sidney Leipsic	21	M	1:03.70	67.79%	5
3	Larry Barnum	78	M	1:08.00	100.70%	1
4	Dany Rodas	23	M	1:08.10	63.41%	7
5	Christian Oakes	64	M	1:09.00	78.56%	2
6	Jason Reed	43	M	1:09.00	68.36%	4
7	Daniel McAndrew	18	M	1:12.00	61.30%	9
8	Art Marthinsen	63	M	1:21.00	66.50%	6
9	Gina Martinez	43	F	1:26.00	62.99%	8
10	Herminio Mazariegos	52	M	1:31.00	55.15%	10

#### 800 METERS

1	Joaquin Foster	16	M	2:18.00	77.47%	2
2	Ari Davis	32	M	2:21.00	71.71%	4
3	Danny Alverado	45	M	2:29.00	74.73%	3
4	Chris Lauth	32	M	2:37.00	64.40%	7
5	Edgar Rosales	27	M	2:41.00	62.80%	10
6	Aaron Parr	49	M	2:45.00	69.87%	5
7	Jason Reed	43	M	2:52.00	63.54%	8
8	Olivia Lloyd	27	F	2:59.00	63.28%	9
9	Lukas McAndrew	13	M	3:27.00	55.11%	15
10	Kent Carlomagno	65	M	3:30.00	62.49%	11
11	Jim Myers	73	M	3:31.00	68.73%	6
12	Amily Huang	49	F	3:31.50	59.54%	13
13	Rachel Vinkey	57	F	3:46.00	61.72%	12
14	Sharlet Gilbert	71	F	3:51.00	79.03%	1
15	Herminio Mazariegos	52	M	3:55.00	50.32%	16
16	Ana Guillen	25	F	3:56.00	48.00%	17
17	Connaitre Chateaubriant	71	M	4:09.00	56.47%	14

#### 200 METERS

1	Max Herrerias	23	M	0:24.53	78.76%	3
2	Maximo Garcia	53	M	0:25.58	89.46%	2
3	Joshua Breen	16	M	0:26.16	77.95%	4
4	Nathan Breen	13	M	0:29.27	74.00%	5
5	Olivia Lloyd	27	F	0:30.06	70.99%	8
6	Larry Barnum	78	M	0:30.27	96.96%	1

7	Jason Reed	43	M	0:30.89	68.95%	9
8	Paul Herrerias	66	M	0:34.83	71.74%	6
9	Herminio Mazariegos	52	M	0:36.65	62.01%	11
10	Juan Escobar	56	M	0:36.89	63.33%	10
11	Gina Martinez	43	F	0:38.39	61.09%	12
12	Chewey Lam	42	M	0:39.48	53.55%	13
13	Sharlet Gilbert	71	F	0:44.14	71.18%	7

#### 100 METERS

1	Mateo Bassut-Ugarte	16	M	0:11.48	89.55%	1
2	Xavier Hubbard	16	M	0:11.72	87.72%	2
3	Max Herrerias	23	M	0:11.90	82.27%	6
4	Aristotle Webber	15	M	0:12.12	85.98%	4
5	Maximo Garcia	53	M	0:12.83	87.24%	3
6	Joshua Breen	16	M	0:13.21	77.82%	7
7	Nathan Breen	13	M	0:14.00	76.93%	8
8	Jason Reed	43	M	0:14.12	74.15%	9
9	Peter Chen	64	M	0:14.32	83.71%	5
10	Herminio Mazariegos	52	M	0:16.08	69.16%	11
11	Juan Escobar	56	M	0:16.75	68.12%	12
12	Paul Herrerias	66	M	0:17.49	69.36%	10
13	Gina Martinez	43	F	0:17.90	63.49%	13

#### 3000 METERS

1	Sergio Higaredo	48	M	10:41.00	77.23%	2
2	Jason Reed	43	M	11:42.00	67.83%	3
3	Keith Duncan	68	M	11:47.00	83.21%	1
4	Joaquin Foster	16	M	11:50.00	65.79%	6
5	Edgar Rosales	27	M	12:19.00	59.54%	9
6	Daniel Lee	44	M	12:38.00	63.31%	7
7	Audrey Haines	31	F	12:40.00	66.10%	5
8	Jesper Kuaerno	50	M	13:16.00	63.19%	8
9	Jim Myers	73	M	15:28.00	67.44%	4
10	David Green	50	M	17:47.00	47.14%	11
11	Kent Carlomagno	65	M	19:35.00	48.69%	10

#### 5000 Meters

1	Edgar Rosales	27	M	20:13.00	63.81%	5
2	Rodolfo Cox	32	M	20:33.00	63.27%	7
3	Alexa Polsky	17	F	20:57.00	72.16%	2
4	Danny Alverado	45	M	22:14.00	63.77%	6
5	Chewey Lam	42	M	22:53.00	60.55%	8
6	Stein Onsrud	64	M	23:08.00	71.85%	3
7	Paul Herrerias	66	M	23:09.00	73.13%	1
8	Reese Laughlin	60	M	23:10.00	69.23%	4
9	Ana Guillen	25	F	27:20.00	54.15%	9

### **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>
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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
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### **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				