

# Tamalpa September 14, 2021 Track Meet

The Final 2021 Tamalpa Track Meet was run on Tuesday, September 14, 2021 to close out the 2021 Season. We had a very successful 2021 Track Meet Season after missing the entire 2020 Track Season due to the Covid -19 Pandemic. The following new Tamalpa Track Meet Records were set during our 2021 Season:

<u>Event</u>	<u>Sex</u>	<u>First</u>	<u>Last</u>	<u>Age</u>	<u>Time</u>	<u>Date</u>
<u>Open (39 &amp; Younger)</u>						
<u>100M</u>	Men	Derrick	Martin	25	0:10.38	6/15/2021
<u>200M</u>	Men	Derrick	Martin	25	0:21.77	8/17/2021
	Women	Gianna	Myer	17	0:27.01	7/13/2021
<u>400M</u>	Women	Taylor	Viera	19	1:03.22	5/18/2021
<u>800M</u>	Women	Adeline	Johnson	16	2:21.60	6/15/2021
<u>5000M</u>	Women	Katie	Klymko	32	17:15.69	9/14/2021
<u>Masters (40-49)</u>						
<u>100M</u>	Men	Eric	Woodyard	44	0:11.11	6/15/2021
	Women	Joy	Upshaw	60	0:13.58	9/14/2021
<u>200M</u>	Men	Eric	Woodyard	44	0:23.23	6/15/2021
	Women	Joy	Upshaw	60	0:28.51	8/17/2021
<u>Seniors (50-59)</u>						
<u>100M</u>	Men	Walter	Crawford	54	0:11.36	8/17/2021
	Women	Joy	Upshaw	60	0:13.58	9/14/2021
<u>200M</u>	Women	Joy	Upshaw	60	0:28.51	8/17/2021
<u>400M</u>	Men	Matt	Bogdanowicz	52	1:01.17	9/14/2021
<u>Super Seniors (60-69)</u>						
<u>100M</u>	Women	Joy	Upshaw	60	0:13.58	9/14/2021
<u>200M</u>	Women	Joy	Upshaw	60	0:28.51	8/17/2021

We had 63 Runners compete in our September Track Meet and finished the Track Meet under the lights for the 2 Mile and 500M Races.

The first Race of the Meet was the One Mile Race and we had 32 runners in the race. Max Kam took the lead on the first lap and held the lead until the final turn when Simon Stebbings and Max Huckstepp passed Max and raced to the finish. 50-year-old Simon Stebbings nipped Max Huckstepp at the tape as he finished in 4:53.54, 0.55 seconds ahead of Max Huckstepp and 1.73 seconds ahead of Max Kam. 35-year-old Claire Bukata was the first female finisher in 5:45.43. Simon Stebbings had the highest Age Grade in the Race with an 86.70%.

The next Race was the 400M and 32-year-old Chris Barton won handily with a time of 0:53.14. 52-year-old Matt Bogdanowicz finished second in the Race and set a new Tamalpa Track Meet Record for Men 50-59 in the 400M with an excellent time of 1:01.17. 21-year-old Maggy Osha was the first female finisher with a time of 1:08.66. 77-year-old Larry Barnum ran 1:09.31 and had the highest Age Grade in the Race with an outstanding 97.06%

The 800M race was won by 13-year-old Lucas Ruark as he held off a fast-closing Chris Lauth for the win with a time of 2:23.68. Claire Bukata repeated her win in the One Mile as she was the first female finisher in 2:46.76. 63-year-old Christian Oakes had the highest Age Grade of 81.16% in the Race for his 2:39.19 finish.

The Sprints were next and 34-year-old Terence Maxwell was the first finisher in the 200M with a time of 0:23.58. 34-year-old Carmen Gramajo was the first female finisher with a time of 0:37.58. 52-year-old Maximo Garcia had the highest Age Grade in the race with an 88.47% Age Grade for his 0:25.69 finish.

In the 100M 22-year-old Diego Solano finished in First Place with a fast 0:11.50. The first female finisher was 60-year-old Joy Upshaw who set a new Tamalpa Track Meet Record for females in the 100M for the 40-49, 50-59 and 60-69 age groups with her outstanding 0:13.58 finish. Her performance yielded the highest Age Grade ever for a Tamalpa Track Meet with her outstanding 99.75%.

The final two races of the meet, the 2 Mile and the 5000M, were run concurrently to close the meet. 13-year-old Lucas Ruark was a repeat winner in the 2 Mile Race after his victory in the 800M earlier in the Meet. Lucas won with a time of 11:10.67 which also yielded him the highest Age Grade in the Race with a 79.56%. 30-year-old Audrey Haynes was the first female finisher in the 2 Mile Race with a time of 13:19.25.

32-year-old Katie Klymko, who won 5000M with a time of 17:41.38 at the August Track Meet, was able to run 25.69 seconds faster at the September Meet to win the Race in a time of 17:15.69. This set a new Tamalpa Track Meet female 5000M Record and gave her the highest age grade in the race of 83.73%. 42-year-old Jason Reed was the first male finisher in the 5000M with a time of 18:29.82.

Jason Reed, Max Huckstepp, Lucas Ruark and Joseph Makonnen were the ironmen for the track meet, as they ran in the maximum of 6 races in the Meet.

Thanks to Kevin Rumon, Tim and Diana Fitzpatrick, Tom Lyons and Liz Gottlieb for doing the timing for the meet and to Lillie O'Reilly, Verity Breen and Danielle Herrerias for registering runners. The next Tamalpa Track Meets will hopefully be on one Tuesday a month from April through September at 6:30 PM at the San Rafael High School Track for 2022.

**Tamalpa Track Meet  
San Rafael High School  
14-Sep-21**

Place	1 MILE	Age	Sex	Time	Age Grade %	AG Place
1	Simon Stebbings	50	M	4:53.54	86.70%	1
2	Max Huckstepp	30	M	4:54.09	75.88%	5
3	Max Kam	35	M	4:55.27	77.02%	4
4	Lucas Ruark	13	M	5:02.23	82.81%	2
5	Sergio Higareda	47	M	5:20.32	77.58%	3
6	Jason Reed	42	M	5:21.81	74.30%	7
7	Chris Lauth	32	M	5:24.17	69.21%	
8	Joseph Makonnen	48	M	5:30.26	75.83%	6
9	Claire Bukata	35	F	5:45.43	74.12%	8
10	Rob Bartlett	44	M	5:53.76	68.63%	
11	Chris Beaver	35	M	6:12.07	61.12%	
12	Audrey Haynes	30	F	6:12.98	67.53%	
13	Dave Dombrowski	30	M	6:28.20	57.49%	
14	Audrey Murray	25	F	6:48.64	61.57%	
15	Brittney Murray	25	F	6:48.89	61.53%	
16	Brian Caynan	46	M	6:50.59	60.05%	
17	Joe Osha	56	M	6:54.46	64.52%	
18	Sarah Metzger	35	F	7:05.21	60.21%	
19	Joyce Lai	36	F	7:07.28	60.26%	

20	Jim Myers	72	M	7:14.14	71.87%	9
21	Juan Escobar	54	M	7:23.63	59.28%	
22	Connaitre Chateaubriant	71	M	7:35.75	67.56%	
23	Susan Kreusch	58	F	7:52.80	70.39%	10
24	Rob Dick	52	M	8:08.66	52.93%	
25	Rachel Vinkey	56	F	8:10.71	65.95%	
26	Alan Gonon	31	M	8:12.29	45.44%	
27	Joner Marraquin	27	M	8:12.98	45.15%	
28	Herminio Mazariegos	52	M	8:20.76	51.65%	
29	Odilia Diaz	47	F	8:23.29	57.22%	
30	Hoa On	49	F	9:04.21	54.24%	
31	Annemarie Henning	50	F	9:15.62	53.81%	
32	Bill Donnelly	71	M	11:00.01	46.65%	

#### 400 METERS

1	Chris Barton	32	M	0:53.14	81.84%	3
2	Matt Bogdanowicz	52	M	1:01.17	82.04%	2
3	Max Huckstepp	30	M	1:03.32	68.19%	8
4	Lucas Ruark	13	M	1:05.72	73.49%	4
5	Jason Reed	42	M	1:06.94	69.97%	6
6	Joseph Makonnen	48	M	1:08.53	71.28%	5
7	Maggy Osha	21	F	1:08.66	69.72%	7
8	Larry Barnum	77	M	1:09.31	97.06%	1
9	Rob Bartlett	44	M	1:10.02	67.86%	9
10	Jorge Oroxom	32	M	1:17.10	56.41%	
11	Herminio Mazariegos	52	M	1:23.16	60.35%	10
12	Brian Caynan	46	M	1:23.81	57.49%	
13	Carmen Gramajo	34	F	1:24.07	58.39%	
14	Joner Marraquin	27	M	1:33.59	46.14%	
15	Odilia Diaz	47	F	1:49.06	51.74%	
16	Theresa Wou	58	F	1:59.82	52.76%	
17	Bill Donnelly	71	M	2:29.42	40.23%	

#### 800 METERS

1	Lucas Ruark	13	M	2:23.68	79.39%	2
2	Chris Lauth	32	M	2:24.43	70.01%	3
3	Max Huckstepp	30	M	2:37.10	64.36%	8
4	Christian Oakes	63	M	2:39.19	81.16%	1
5	Jason Reed	42	M	2:42.93	66.48%	7
6	Claire Bukata	35	F	2:46.76	67.93%	6
7	Joseph Makonnen	48	M	2:47.69	68.15%	5
8	Dave Dombrowski	30	M	2:47.98	60.19%	
9	Chris Beaver	35	M	2:51.59	59.10%	
10	Rony Garcia	33	M	3:00.52	56.01%	
11	Audrey Murray	25	F	3:06.68	60.68%	10
12	Brittney Murray	25	F	3:06.93	60.60%	
13	Joyce Lai	36	F	3:09.92	59.65%	
14	Luis Gonzalez	23	M	3:15.29	51.77%	
15	Juan Escobar	54	M	3:16.22	61.29%	9

16	Jim Myers	72	M	3:26.91	69.00%	4
17	Joner Marraquin	27	M	3:40.63	45.83%	
18	Herminio Mazariegos	52	M	3:44.14	52.76%	
19	Rachel Vinkey	56	F	3:47.53	60.43%	
20	Connaitre Chateaubriant	71	M	3:53.09	60.32%	
21	Odilia Diaz	47	F	3:54.40	52.82%	
22	Annemarie Henning	50	F	4:22.67	48.36%	
23	Theresa Wou	58	F	4:24.92	53.42%	
24	Bill Donnelly	71	M	5:01.97	46.56%	

## 200 METERS

1	Terence Maxwell	34	M	0:23.58	84.29%	2
2	Diego Solano	22	M	0:24.14	80.03%	4
3	Maximo Garcia	52	M	0:25.69	88.47%	1
4	Max Huckstepp	30	M	0:26.22	73.68%	
5	Earnest Carson, Jr	45	M	0:27.55	78.49%	5
6	Joshua Breen	15	M	0:27.72	74.85%	9
7	Anchit Desai	31	M	0:28.51	68.04%	
8	Matt Bogdanow	52	M	0:28.08	80.94%	3
9	Lucas Ruark	13	M	0:29.20	74.18%	10
10	Nathan Breen	12	M	0:29.60	75.14%	8
11	Fausto Herrera	13	M	0:29.94	72.34%	
12	Fausto Vargas	53	M	0:30.21	75.75%	6
13	Herminio Mazariegos	52	M	0:31.06	75.23%	7
14	Jason Reed	42	M	0:31.42	67.29%	
15	Joseph Makonnen	48	M	0:31.55	70.02%	
16	Joner Marraquin	27	M	0:32.19	60.02%	
17	Jorge Oroxom	32	M	0:32.40	60.36%	
18	Juan Escobar	54	M	0:35.67	64.60%	
19	Carmen Gramajo	34	F	0:37.58	56.79%	
20	Joyce Lai	36	F	0:37.69	56.96%	
21	Odilia Diaz	47	F	0:45.41	54.15%	
22	Annemarie Henning	50	F	0:50.18	50.74%	
23	Theresa Wou	58	F	0:54.09	51.24%	
24	Bill Donnelly	71	M	0:58.98	44.42%	

## 100 METERS

1	Diego Solano	22	M	0:11.50	85.13%	3
2	Terence Maxwell	34	M	0:11.78	83.37%	4
3	Maximo Garcia	52	M	0:12.27	90.64%	2
4	Max Huckstepp	30	M	0:12.64	77.45%	8
5	Joshua Breen	15	M	0:13.20	78.94%	4
6	Max Kam	35	M	0:13.36	74.07%	
7	Anchit Desai	31	M	0:13.55	72.25%	
8	Joy Upshaw	60	F	0:13.58	99.75%	1
9	Fausto Herrera	13	M	0:13.90	77.48%	7
10	Jason Reed	42	M	0:13.95	74.54%	9
11	Nathan Breen	12	M	0:14.03	78.40%	5
12	Earnest Carson, Jr	45	M	0:14.27	74.41%	10

13	Lucas Ruark	13	M	0:14.61	73.72%	
14	Dave Dombrowski	30	M	0:14.90	65.70%	
15	Joseph Makonnen	48	M	0:15.07	71.88%	
16	Fausto Vargas	53	M	0:15.10	74.12%	
17	Joner Marraquin	27	M	0:15.21	64.37%	
18	Robert McDaniels	64	M	0:15.36	78.04%	6
19	Herminio Mazariegos	52	M	0:15.67	70.97%	
20	Jorge Oroxom	32	M	0:15.95	61.38%	
21	Juan Escobar	54	M	0:16.24	69.37%	
22	Carmen Gramajo	34	F	0:17.19	61.02%	
23	Joyce Lai	36	F	0:17.39	60.32%	
24	Ed Baskauskas	71	M	0:18.68	67.29%	
25	Odilia Diaz	47	F	0:20.13	59.00%	
26	Yuko Hayashi	63	F	0:20.69	67.29%	
27	Annemarie Henning	50	F	0:21.99	55.79%	
28	Bill Donnelly	71	M	0:24.66	50.98%	
29	Theresa Wou	58	F	0:25.71	51.67%	

## 2 MILE

1	Lucas Ruark	13	M	11:10.67	79.56%	1
2	Sergio Higareda	47	M	11:32.75	76.48%	2
3	Joseph Makonnen	48	M	12:30.79	71.12%	4
4	Max Huckstepp	30	M	12:31.05	63.35%	
5	Audrey Haynes	30	F	13:19.25	67.79%	8
6	Claire Bukata	35	F	13:28.22	67.92%	7
7	Sarah Metzger	35	F	13:37.62	67.14%	9
8	David Green	49	M	13:48.71	64.95%	10
9	Mike Lotter	68	M	14:08.94	74.75%	3
10	Jim Myers	72	M	15:45.60	70.35%	5
11	Luis Gonzalez	23	M	15:57.86	49.55%	
12	Susan Kreusch	58	F	16:50.51	69.88%	6
13	Hoa On	49	F	18:58.35	55.00%	

## 5000 Meters

1	Katie Klymko	32	F	17:15.69	83.73%	1
2	Jason Reed	42	M	18:29.82	73.26%	3
3	Victor Skorapa	26	M	18:33.57	67.98%	5
4	Andy Valla	50	M	19:19.23	74.66%	2
5	Fausto Vargas	53	M	21:06.80	70.01%	4
6	Fausto Herrera	13	M	21:42.66	65.34%	6
7	Joyce Lai	36	F	23:09.31	63.24%	10
8	Alan Gonon	31	M	23:17.98	54.41%	
9	Carmen Gramajo	34	F	23:18.67	62.33%	8
10	Stein Onsrud	63	M	25:26.35	63.32%	9
11	Amily Huang	48	F	25:33.67	63.76%	7

#### AGE GRADING

>100% = World record level

> 90% = World class

> 80% = National class

> 70% = Regional class

#### Tamalpa Open Track Meet Records – 2003 through 2021

	<u>Event</u>	<u>Sex</u>	<u>First</u>	<u>Last</u>	<u>Age</u>	<u>Time</u>	<u>Date</u>
A.	100M	Men	Derrick	Martin	25	0:10.38	6/15/2021
		Women	Isabel	Yaffe	14	0:12.93	5/14/2019
B.	200M	Men	Derrick	Martin	25	0:21.77	8/17/2021
		Women	Gianna	Myer	17	0:27.01	7/13/2021
C.	400M	Men	Max	Herrerias	20	0:51.06	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	17:15.69	9/14/2021

### Masters' (40-49) Track Meet Records

A.	100M	Men	Eric	Woodyard	44	0:11.11	6/15/2021
		Women	Joy	Upshaw	60	0:13.58	9/14/2021
B.	200M	Men	Eric	Woodyard	44	0:23.23	6/15/2021
		Women	Joy	Upshaw	60	0:28:51	8/17/2021
C.	400M	Men	Tony	Nogueras	40	0:52.40	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	0:11.36	8/17/2021
		Women	Joy	Upshaw	60	0:13.58	9/14/2021
B.	200M	Men	James	Lawson	55	0:24.24	7/16/2019
		Women	Joy	Upshaw	60	0:28:51	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

### 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	NONE				
E.	One Mile	Men	Russ	Kiernan	70	6:26.00	9/16/2008
		Women	Katie	Martin	71	8:31.00	9/14/2010
F.	3000M	Men	Jim	Myers	70	13:22.19	7/16/2019
		Women	NONE				
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				