

# Tamalpa July Track Meet, July 13, 2021

A new record turnout of 87 runners participated in the Tamalpa July Track Meet on July 1, 2021 at San Rafael High School. This breaks the record of 65 runners set at last month's June Track Meet.

The first race of the meet was the One Mile Race. 13-year-old Lucas Ruark took an early lead as he was being chased by Max Huckstepp and last month's winner David Grijolba. Max eventually took the lead and won the race handily with a time of 5:02:52 and Lucas was able to nip David at the finish for second place. Amily Huang was the first female finisher in 7:11.24. 59-year-old Tim Keenan had the highest age grade score for the race as he finished with a 5:38.47 for an age grade of 81.07%.

The next race was the 400M and 25-year-old Derrick Martin took off like a shot from the start and easily won the race with a very fast time of 0:51.26, which was only 0.20 of a second off of Max Herreras' record of 0:51.06. 15-year-old Talia Green was the first female finisher with a time of 1:10.10. 77-year-old Larry Barnum had the highest the highest age graded performance in the Race with his 1:11.09 and an outstanding 94.67% age grade, which was also the highest age grade performance of the meet.

Markelle Taylor took the lead from the start in the 800M Race and he was able to take 1.18 seconds off of his time in his second-place finish of last month. He finished with a time of 2:15.19. This time also gave him the highest age graded performance in the Race at 84.55%. 15-year-old Talia Green was a repeat female winner with a time of 2:53.13 in the 800M, after winning the 400M race.

The next race was the 200M and 25-year-old Derrick Martin won the race with a time of 0:22.91. That time was a bit slower than the Tamalpa Track Meet record time of 22:12 that he ran last month, but I am sure that was largely due to the effort that he put forth in running the 400M race earlier in the meet. 17-year-old Gianna Myer was the women's winner in the 200M with a time of 0:27.01. This time set a new Tamalpa Record for the Women's 200M. 77-year-old Larry Barnum again had the highest the highest age graded performance in the Race with his 0:31.45 and an outstanding 91.73% age grade.

34-year-old Terence Maxwell was the winner in the 100M race with a fine time of 0:11.67. 17-year-old Gianna Myer was a repeat female winner in the 100M race with a time of 0:12.98, which was just 0.05 seconds off of the current Women's Tamalpa Track Meet Record for the 100M. 52-year-old Maximo Garcia ran a fine 0:12.23 for the 100M Race which gave him the top age graded performance in the race with a 90.92%.

The final two races of the meet, the 2 Mile and the 5000M, were run concurrently to close the meet. Markelle Taylor repeated his win in the 800M with a win in the 2 Mile Race with a time of 11:18.28. Markelle had to sprint to the finish and barely edged out a fast-closing Max Huckstepp who finished just 0.18 of a second behind Markelle. 15-year-old Talia Green was the first female finisher in the 2 Mile Race with a time of 12:51.50. This was her third winning race in the Meet. 54-year-old Verity Breen had the highest age graded performance of 82.31% for the race with her 13:31.61 finish. Verity was able to achieve this high age grade after spending a couple of hours working as one of our Track Meet volunteers and just a few of weeks after running 89 miles of the WS100 Race!

38-year-old Kevin Pool was the winner of the 5000M with a time of 15:18.17. Kevin ran in lockstep with his teammate Jonathan Charlesworth for most of the race, but opened a gap over the last couple of laps to finish in 15:18.17. His time also gave him the highest Age Graded Performance in the race with an 88.33%. 15-year-old Aleshka McBretl was the first female finisher in 21:55.06.

Jason Reed was the ironman for the track meet, as he ran in the maximum of 6 races in the Meet.

I erred last month in not acknowledging Gianna Myer setting a new Tamalpa Women's Record in the 200M with her 27.01 finish.

Thanks to Liz Gottlieb for serving as the Track Meet Director; Kevin Rumon, Tim Fitzpatrick, Mark Churchill and Tom Lyons for doing the timing and race results for the meet and Lillie O'Reilly, Joaquin Fritz, Reese Laughlin and Verity Breen for registering runners. The next Tamalpa Track meet will be on Tuesday, August 17, 2021, at 6:30 PM at the San Rafael High School Track.

**Tamalpa Track Meet  
San Rafael High School  
13-Jul-21**

Place	1 MILE	Age	Sex	Time	Age Grade %	AG Place
1	Max Huckstepp	29	M	5:02:52	73.65%	7
2	Lucas Ruark	13	M	5:21.21	77.92%	4
3	David Grijolba	15	M	5:22.00	74.60%	5
4	Jonathan Bretan	38	M	5:24.98	71.42%	9
5	Rony Rodas	36	M	5:35.00	68.30%	16
6	Jason Reed	42	M	5:35.77	71.21%	11
7	Sergio Higaredo	47	M	5:37.60	73.61%	8
8	Tim Keenan	59	M	5:38.47	81.07%	1
9	Danny Alverado	44	M	5:40.12	71.39%	10
10	Bryan Mayberry	57	M	5:40.93	79.11%	3
11	Cedric Hernandez	45	M	5:53.40	69.21%	15
12	Joseph Makonnen	48	M	6:01.14	69.36%	14
13	Raul Grijalba	13	M	6:07.26	68.15%	17
14	Keith Duncan	67	M	6:11.02	79.46%	2
15	Christian Oakes	62	M	6:18.73	74.38%	6
16	Matthew Chan David	35	M	6:19.27	59.96%	27
17	Green	49	M	6:30.55	64.65%	21
18	Kirby Bartlett	56	M	6:41.24	66.64%	19
19	Alex Grijalba	11	M	6:54.17	63.72%	25
20	Max Allan Flores	29	M	6:54.53	53.75%	32
21	Alan Orcharton Brian	50	M	6:55.52	61.25%	26
22	Caynan Amily Huang	46	M	7:04.95	58.03%	29
23	Roman Kalbag	48	F	7:11.24	67.60%	18
24	Jim Myers	52	M	7:23.18	58.37%	28
25	Jener Marroquiz	72	M	7:23.98	70.27%	13
26	Susan Kreusch	27	M	7:44.43	47.93%	35
27	Herminio	58	F	7:49.59	70.87%	12
28	Mazariegos	52	M	7:55.46	54.41%	31
29	Connaitre Chateaubriant	71	M	7:59.15	64.26%	23
30	Benjamin Caynan	14	M	8:00.73	50.94%	34
31	Kelly Bartholomew	55	F	8:06.81	65.57%	20
32	Odilia Diaz	47	F	8:18.14	57.82%	29
33	Theresa Woo	58	F	8:37.53	64.31%	22
34	Anne Marie Henning	50	F	9:04.61	54.90%	30
35	Bill Donnelly	71	M	9:48.72	52.30%	33

	400 METERS					
1	Derrick Martin	25	M	0:51.26	84.24%	3
2	Max Huckstepp	29	M	1:00.77	71.05%	5
3	Silvio Temisama	35	M	1:06.71	66.72%	8
4	Chris Goodwin	69	M	1:07.29	86.27%	2
5	Rony Rodas	36	M	1:10.00	64.04%	13
6	Talia Green	15	F	1:10.10	73.75%	4
7	Larry Barnum	77	M	1:11.09	94.67%	1
8	Jason Reed	42	M	1:12.09	64.97%	11
9	Joseph Makonnen	48	M	1:13.78	66.21%	9
10	Rony Garcia	33	M	1:14.26	59.01%	16
11	Phil Chen	62	M	1:17.51	69.06%	6

12	<b>Bruce Cohen</b>	<b>58</b>	M	1:17.54	67.31%	13
13	<b>Herminio Mazariegos</b>	<b>52</b>	M	1:18.32	64.08%	12
14	<b>Marufo Chavez</b>	<b>28</b>	M	1:18.75	54.83%	19
15	<b>Brian Caynan</b>	<b>46</b>	M	1:20.00	60.23%	15
16	<b>Art Marthinsen</b>	<b>62</b>	M	1:21.90	65.36%	10
17	<b>Jorge Oroxom</b>	<b>37</b>	M	1:24.72	53.31%	21
18	<b>Alex Grijalba</b>	<b>11</b>	M	1:24.94	60.41%	14
19	<b>Jener Marroquiz</b>	<b>27</b>	M	1:25.19	50.69%	22
20	<b>May Chen</b>	<b>50</b>	F	1:30.62	68.27%	7
21	<b>Mynor Say</b>	<b>11</b>	M	1:31.91	55.83%	17
21	<b>Kirby Bartlett</b>	<b>56</b>	M	1:33.53	55.09%	18
22	<b>Odilia Diaz</b>	<b>47</b>	F	1:46.96	52.76%	23
23	<b>Bill Donnelly</b>	<b>71</b>	M	1:51.88	53.72%	20
24	<b>Adrian Say</b>	<b>6</b>	M	2:44.36	42.77%	24

#### 800 METERS

1	<b>Markelle Taylor</b>	<b>48</b>	M	2:15.19	84.55%	<b>1</b>
2	<b>David Grijolba</b>	<b>15</b>	M	2:22.36	76.50%	3
3	<b>Max Huckstepp</b>	<b>29</b>	M	2:31.02	66.94%	11
4	<b>Lucas Ruark</b>	<b>13</b>	M	2:34:58	73.81%	6
5	<b>Victor Haseman</b>	<b>48</b>	M	2:36.04	73.25%	7
6	<b>Cedric Hernandez</b>	<b>45</b>	M	2:37.68	70.59%	8
7	<b>Jason Reed</b>	<b>42</b>	M	2:39.29	67.99%	10
8	<b>Tim Keenan</b>	<b>59</b>	M	2:42.67	76.97%	2
9	<b>Joseph Makonnen</b>	<b>48</b>	M	2:51.07	66.81%	12
10	<b>John Harmon</b>	<b>65</b>	M	2:51.57	76.47%	4
11	<b>Talia Green</b>	<b>15</b>	F	2:53.13	69.54%	9
12	<b>Keith Duncan</b>	<b>67</b>	M	2:58.59	75.03%	5
13	<b>Brian Caynan</b>	<b>46</b>	M	3:27.29	54.18%	19
14	<b>Herminio Mazariegos</b>	<b>52</b>	M	3:33.19	55.49%	17
15	<b>Art Marthinsen</b>	<b>62</b>	M	3:34.02	59.90%	14
16	<b>Roman Kalbag</b>	<b>52</b>	M	3:37.52	54.39%	18
17	<b>Jim Myers</b>	<b>72</b>	M	3:41.17	64.57%	13
18	<b>Roarch McPhail</b>	<b>57</b>	M	3:48.34	53.95%	20
19	<b>Jener Marroquiz</b>	<b>27</b>	M	3:53.24	43.35%	26
20	<b>Kelly Bartholomew</b>	<b>55</b>	F	3:57.72	57.04%	16
21	<b>Connaitre Chateaubriant</b>	<b>71</b>	M	4:03.23	57.81%	15
22	<b>Egda Diaz</b>	<b>34</b>	F	4:05.21	46.21%	25
23	<b>Mynor Say</b>	<b>11</b>	M	4:05.89	49.41%	22
24	<b>Odilia Diaz</b>	<b>47</b>	F	4:07.78	49.96%	21
25	<b>Anne Marie Henning</b>	<b>50</b>	F	4:34.03	46.35%	24
26	<b>Evelyn Say</b>	<b>27</b>	F	4:49.37	39.15%	27
27	<b>Bill Donnelly</b>	<b>71</b>	M	4:58.06	47.17%	23

#### 200 METERS

1	<b>Derrick Martin</b>	<b>25</b>	M	0:22.91	84.33%	2
2	<b>Ben Cohen</b>	<b>18</b>	M	0:25.78	76.76%	5
3	<b>Gianna Myer</b>	<b>17</b>	F	0:27.01	82.01%	4
4	<b>Anchit Desai</b>	<b>31</b>	M	0:27.83	69.71%	9

5	<b>Rony Rodas</b>	<b>36</b>	M	0:29.79	67.77%	10
6	<b>Fausto Vargas</b>	<b>52</b>	M	0:30.39	74.79%	6
7	<b>Chris Goodwin</b>	<b>69</b>	M	0:30.53	83.82%	3
8	<b>Jason Reed</b>	<b>42</b>	M	0:31.44	67.24%	11
9	<b>Larry Barnum</b>	<b>77</b>	M	0:31.45	91.73%	<b>1</b>
10	<b>Herminio Mazariegos</b>	<b>52</b>	M	0:32.55	69.83%	8
11	<b>Joseph Makonnen</b>	<b>48</b>	M	0:33.79	65.37%	12
12	<b>Phil Chen</b>	<b>62</b>	M	0:34.13	71.23%	7
13	<b>Jener Marroquiz</b>	<b>27</b>	M	0:35.48	54.45%	16
14	<b>Brian Caynan</b>	<b>46</b>	M	0:37.33	58.34%	15
15	<b>Jeanine Holmlund</b>	<b>57</b>	F	0:43.93	62.44%	13
16	<b>Odilia Diaz</b>	<b>47</b>	F	0:47.39	51.89%	17
17	<b>Bob Callori</b>	<b>78</b>	M	0:48.78	60.17%	14
18	<b>Anne Marie Henning</b>	<b>50</b>	F	0:49.58	51.34%	18
19	<b>Bill Donnelly</b>	<b>71</b>	M	0:59.03	44.38%	19

#### 100 METERS

1	<b>Terence Maxwell</b>	<b>34</b>	M	0:11.67	84.15%	2
2	<b>Bryon Diaz</b>	<b>18</b>	M	0:12.03	83.62%	3
3	<b>Ben Cohen</b>	<b>18</b>	M	0:12.08	83.28%	4
4	<b>Maximo Garcia</b>	<b>52</b>	M	0:12.23	90.92%	<b>1</b>
5	<b>Gianna Myer</b>	<b>17</b>	F	0:12.98	83.13%	5
6	<b>Anchit Desai</b>	<b>31</b>	M	0:13.27	73.78%	9
7	<b>Max Huckstepp</b>	<b>29</b>	M	0:13.31	73.55%	10
8	<b>Herminio Mazariegos</b>	<b>52</b>	M	0:14.30	77.76%	6
9	<b>Jason Reed</b>	<b>42</b>	M	0:14.31	72.68%	11
10	<b>Fausto Vargas</b>	<b>52</b>	M	0:14.77	75.29%	8
11	<b>Jener Marroquiz</b>	<b>27</b>	M	0:15.08	64.92%	14
12	<b>Joseph Makonnen</b>	<b>48</b>	M	0:15.30	70.78%	12
13	<b>Phil Chen</b>	<b>62</b>	M	0:15.69	75.46%	7
14	<b>Alan Orcharton</b>	<b>50</b>	M	0:15.77	69.63%	13
15	<b>Brian Caynan</b>	<b>46</b>	M	0:16.95	63.07%	15
16	<b>Odilia Diaz</b>	<b>47</b>	F	0:20.36	58.35%	16
17	<b>Anne Marie Henning</b>	<b>50</b>	F	0:22.01	55.75%	17
18	<b>Bill Donnelly</b>	<b>71</b>	M	0:25.30	49.68%	18

#### 2 Mile

1	<b>Markelle Taylor</b>	<b>48</b>	M	11:18.28	78.73%	2
2	<b>Max Huckstepp</b>	<b>29</b>	M	11:18.46	70.01%	10
3	<b>Jason Reed</b>	<b>42</b>	M	11:35.10	73.34%	7
4	<b>Matthew Perez</b>	<b>34</b>	M	12:06.12	66.42%	14
5	<b>Cedric Hernandez</b>	<b>45</b>	M	12:23.69	70.14%	9
6	<b>Marty Beene</b>	<b>59</b>	M	12:38.09	77.17%	3
7	<b>Talia Green</b>	<b>15</b>	F	12:51.50	73.49%	6
8	<b>Verity Breen</b>	<b>54</b>	F	13:31.61	82.31%	<b>1</b>
9	<b>Mike Lotter</b>	<b>67</b>	M	13:42.22	76.50%	4
10	<b>David Green</b>	<b>49</b>	M	14:10.80	63.27%	17
11	<b>Lucy Harvath</b>	<b>12</b>	F	14:17.37	69.47%	12
12	<b>Kirby Bartlett</b>	<b>56</b>	M	14:43.01	64.57%	15

13	Keith Duncan	67	M	14:49.76	70.69%	8
14	Hannah Swenoff	26	F	14:57.43	60.34%	18
15	Jorge Oxoxom	37	M	14:59.98	54.58%	22
16	Jeanine Holmlund	57	F	15:10.87	76.41%	5
17	Joseph Makonnen	48	M	15:12.66	58.51%	19
18	Mario Chavez	28	M	15:17.17	51.75%	23
19	Brian Caynan	46	M	15:25.00	56.83%	21
20	Amily Huang	48	F	16:10.07	63.71%	16
21	Jim Myers	72	M	16:35.19	66.82%	13
22	Bruce Cohen	58	M	16:46.10	57.64%	20
23	Susan Kreusch	58	F	16:51.19	69.82%	11

#### 5000 Meters

1	Kevin Pool	38	M	15:18.17	88.33%	1
2	Jonathan Charlesworth	36	M	15:31.62	85.87%	2
3	Sergio Higaredo	47	M	18:47.94	76.69%	3
4	Jonathan Bretan	38	M	18:51.06	71.70%	5
5	Victor Haseman	48	M	19:18.49	75.27%	4
6	Aleshka McBretl	15	F	21:55.06	70.80%	6
7	Raul Grijalba	13	M	22:59.97	60.94%	8
8	Alan Orcharton	50	M	24:47.51	59.50%	10
9	Roman Kalbag	52	M	24:51.24	60.29%	9
10	Stein Onsrud	63	M	26:49.65	61.01%	7

100% - Approximate World Record Level

Over 90% - World Class Level

Over 80% - National Class Level

Over 70% - Regional Class Level

#### 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	10.38	6/15/2021
		Women	Isabel	Yaffe	14	12:93	5/14/2019
B.	200M	Men	Derrick	Martin	25	22:12	6/15/2021
		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	YiOu	Wang	25	17:32.30	6/22/2010

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

A.	<b>100M</b>	<b>Men</b>	<b>Eric</b>	<b>Woodyard</b>	<b>44</b>	<b>11.11</b>	<b>6/15/2021</b>
		Women	Nanci	Henderson	66	13.97	9/10/2019
B.	<b>200M</b>	<b>Men</b>	<b>Eric</b>	<b>Woodyard</b>	<b>44</b>	<b>23.23</b>	<b>6/15/2021</b>
		Women	Tricia	Wallace	44	30.30	7/15/2003
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	Max	Garcia	50	11.59	8/20/2019
		Women	Nanci	Henderson	66	13.97	9/10/2019
B.	200M	Men	James	Lawson	55	24.24	7/16/2019
		Women	Tricia	Wallace	50	31.00	6/23/2009
C.	400M	Men	Scott	Donnellan	52	1:02.40	6/22/2010
		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	
E.	One Mile	Men	Tom	LeGan	51	4:32.80	
		Women	Heidi	Helvestine	51	5:46.30	
F.	3000M	Men	Don	Porteous	60	10:03.20	
		Women	Eileen	Brennan-Erler	51	10:57.79	
G.	Two Mile	Men	Mark	Richtman	52	10:58.20	
		Women	Beth	Freedman	51	12:34.21	
H.	5000M	Men	Brian	Pilcher	54	17:09.81	
		Women	Tricia	Wallace	56	22:54.98	

#### Super Seniors' (60-69) Track Meet Records

A.	100M	Men	Larry	Barnum	75	13.79	
		Women	Nanci	Henderson	66	13.97	
B.	200M	Men	Larry	Barnum	75	28.80	
		Women	Nanci	Henderson	66	31.88	
C.	400M	Men	Larry	Barnum	75	1:06.19	
		Women	Ruth	Rainero	61	1:22.47	
D.	800M	Men	Christian	Oakes	60	2:35.70	
		Women	Tricia	Wallace	60	3:22.13	
E.	One Mile	Men	Don	Porteous	60	5:17.00	
		Women	Shirley	Matson	63	6:08.30	
F.	3000M	Men	Don	Porteous	60	10:03.20	
		Women	Sharlet	Gibert	67	15:04.96	
G.	Two Mile	Men	Don	Porteous	60	11:01.60	
		Women	Eve	Pell	70	15:41.80	
H.	5000M	Men	Mark	Richtman	60	18:38.32	

Women NONE

Veterans' (70+) Track Meet Records

A.	100M	Men	Larry	Barnum	75	13.79
		Women	Joanne	Kambur	75	27.10
B.	200M	Men	Larry	Barnum	75	28.80
		Women	NONE			
C.	400M	Men	Larry	Barnum	75	1:06.19
		Women	Katie	Martin	71	1:49.00
D.	800M	Men	Russ	Kiernan	70	3:01.90
		Women	NONE			
E.	One Mile	Men	Russ	Kiernan	70	6:26.00
		Women	Katie	Martin	71	8:31.00
F.	3000M	Men	Jim	Myers	70	13:22.19
		Women	NONE			
G.	Two Mile	Men	Jim	Myers	70	14:47.71
		Women	Eve	Pell	70	15:41.80
H.	5000M	Men	Hans	Schmid	71	19:53.43
		Women	NONE			