Tamalpa May Track Meet, May 19, 2022

The first Summer Tamalpa Track Meet of 2022 was originally scheduled to be held on May 17, 2022, but a conflict with a San Rafael High School function on May 17, 2022 required the Track Meet to be moved to Thursday, May 19, 2022. As a result, the attendance at the Track Meet was lower than expected, as we had 30 separate Runners run events in the Track Meet.

The first race of the meet was the One Mile Race. 13-year-old Lucas Ruark took the lead from the start and was able to hold off a hard charging 14-year-old Jack Turner on the final lap to win the race with an excellent 4:58.42 to Jack's 4:59.89 second place finish. 10-year-old Louisa Bartlett was the first female finisher with a fine time of 6:14.63.   65-Year-Old Tom O'Reilly had the highest age grade score for the race as he finished with a 5:44.93 for an age grade of 83.9%.

The next race was the 400M and Lucas Ruark won his second Race of the Meet with a fine 1:03:91.   12-year-old Reese Patton was the first female finisher with a 1:12.65 and had the highest the highest age graded performance in the Race with a 76.10%

The 800M race was next and Jack Turner was the winner as he was able to beat second place Lucas Ruark with his 2:23.70 to Lucas' 2:27.80. Taking third place was the first female finisher 17-year-old Alexa Polsky with a fast 2:31.46. 67-year-old 63-year-old Christian Oakes had the highest age grade in the race with his 2:38:48 finish and an age grade score of 81.52%.

The next race was the 200M and 53-year-old Maximo Garcia won easily with a time of 0:25.60. Maximo also had the highest age grade with a 89.38%. We had no female finishers in the 200M.

Maximo was a repeat winner with his first-place finish in the 100M race with a very fast 0:12.18. His age grade for the race was 91.87%, which was also the highest age grade in the Track Meet. 12-year-old Reese Patton was the first female finisher with a time of 0:15:11.

The final two races of the meet, the 2 Mile and the 5000M, were run concurrently to close the meet. Lucas Ruark won his 3rd Race in the Meet with a time of 11:44.88. Second Place finisher was Liz Gottlieb with a time of 13:09.26 and had the highest age graded performance of 76.40% for the race.

Sean Coffin was the winner in the 5000M with a time of 17:31.55. Carolyn Latham was the first female finisher in 19:21.56 and had the highest age grade in the race with a 77.44%.

Jason Reed and Joseph Makonnen were the ironman for the track meet, as they ran in the maximum of 6 races in the Meet.

Thanks to Kevin Rumon, Christian Oakes, Tom Lyons, Mark Churchill and Liz Gottlieb for doing the timing and race results for the meet, Reese Laughlin and Lillie O'Reilly for registering runners and Liz Gottlieb for acting as the starter for the sprints. The next Tamalpa Track meet will be on Tuesday, June 14, 2022, at 6:30 PM at the San Rafael High School Track.

Tamalpa Track Meet
San Rafael High School
19-May-22

Place	1 MILE	Age	Sex	Time	Age Grade %	AG Place
1	Lucas Ruark	13	M	4:58.42	83.88%	2
2	Jack Turner	14	M	4:59.89	81.66%	3
3	Markelle Taylor	49	M	5:16.03	79.90%	4
4	Jonathan Bretan	39	M	5:18.58	73.39%	6

5	Jason Reed	43	M	5:29.98	73.00%	7
6	Danny Alvarado	45	M	5:38.69	72.22%	8
7	Tom O'Reilly	65	M	5:44.93	83.90%	**1**
8	Greg Gentschev	46	M	5:56.08	69.25%	10
9	Rob Bartlett	44	M	5:59.47	67.54%	12
10	Joseph Makonnen	49	M	6:10.08	68.23%	11
11	Louisa Bartlett	10	F	6:14.63	77.41%	5
12	Ben Wilkes	18	M	6:21.57	61.45%	15
13	David Green	50	M	6:28.14	65.57%	13
14	Josh Smith	30	M	6:56.59	53.58%	17
15	Jim Myers	73	M	7:28.22	70.63%	9
16	Amily Huang	48	F	7:54.32	61.46%	14
17	Glenn Hoffmann	61	M	8:11.61	56.79%	16

400 METERS

1	Lucas Ruark	13	M	1:03:91	75.58%	2
2	Joshua Breen	15	M	1:07:51	68.45%	6
3	Jason Reed	43	M	1:08.57	68.79%	5
4	Nathan Breen	13	M	1:09.08	69.92%	4
5	Reese Patton	12	F	1:12.65	76.10%	**1**
6	Joseph Makonnen	49	M	1:16.32	64.45%	7
7	Louisa Bartlett	10	F	1:20:76	73.24%	3

800 METERS

1	Jack Turner	14	M	2:23.70	77.38%	4
2	Lucas Ruark	13	M	2:27.80	77.20%	5
3	Alexa Polsky	17	F	2:31.46	77.45%	3
4	Christian Oakes	63	M	2:38:48	81.52%	**1**
5	Tom O'Reilly	65	M	2:42.62	80.68%	2
6	Jason Reed	43	M	2:46.63	65.59%	8
7	Rob Bartlett	44	M	2:46.87	66.10%	7
8	Greg Gentschev	46	M	2:51.22	65.59%	8
9	Joseph Makonnen	49	M	3:04.55	62.48%	10
10	Ben Wilkes	18	M	3:10.74	54.47%	12
11	Jim Myers	73	M	3:29.27	69.29%	6
12	Glenn Hoffmann	61	M	3:52.10	54.80%	11

200 METERS

1	Maximo Garcia	53	M	0:25.60	89.38%	**1**
2	Joshua Breen	15	M	0:28.72	72.25%	2
3	Trevor Hoffman	19	M	0:30.36	64.33%	6
4	Nathan Breen	13	M	0:30.77	70.39%	3
5	Jason Reed	43	M	0:32.11	66.33%	5
6	Joseph Makonnen	49	M	0:32.51	68.44%	4
7	Glenn Hoffmann	61	M	0:42.64	56.64%	7

100 METERS

1	Maximo Garcia	53	M	0:12.18	91.87%	**1**
2	Joshua Breen	15	M	0:13.40	77.76%	2
3	Jason Reed	43	M	0:13.82	75.76%	6
4	Nathan Breen	13	M	0:14.21	75.79%	5
5	Joseph Makonnen	49	M	0:14.85	73.40%	7
6	Trevor Hoffman	19	M	0:14.90	66.91%	8
7	Reese Patton	12	F	0:15.11	76.11%	3
8	Abigail Patton	5	F	0:25.86	76.06%	4

2 Mile

1	Lucas Ruark	13	M	11:44.88	75.70%	2
2	Liz Gottlieb	46	F	13:09.26	76.40%	**1**
3	Joseph Makonnen	49	M	13:44.27	65.31%	5
4	Paul Herrerias	66	M	14:49.96	70.00%	4
5	Jim Myers	73	M	15:51.43	70.95%	3
6	Connaitre Chateaubriant	71	M	18:33.71	58.90%	6

5000 Meters

1	Sean Coffin	35	M	17:31.55	75.70%	2
2	Josh Smith	30	M	18:14.50	71.36%	3
3	Jonathan Bretan	39	M	19:11.93	70.92%	4
4	Carolyn Latham	35	F	19:21.56	77.44%	**1**
5	Jason Reed	43	M	19:52.74	70.43%	5
6	Stein Onsrud	64	M	25:10.41	65.61%	6

AGE GRADING

>100% = World record level

> 90% = World class

> 80% = National class

> 70% = Regional class