

Tamalpa July Track Meet, July 12, 2022

The July Tamalpa Track Meet, held on [July 12, 2022](#), had a similar turnout of 46 runners as we had at our June Track Meet. An increase 30 Runners over our initial 2022 May Track Meet.

The first race of the meet was the One Mile Race. 48-year-old [Sergio Higareda](#) took the lead from the start and easily won the Race with a time of 5:20.40. 44-year-old Allie Kegley was the first female finisher with a time of 6:32.60. [Sergio had the highest Age Grade of 78.18% in the Race.](#)

68-year-old Keith Duncan ran a 1500M Race while the One Mile Race was taking place in an effort to score a high Age Grade in the 1500M. Keith did, indeed, have an excellent Age Grade of 83.09% as he ran the 1500M in a very fast 5:31.20.

The next race was the 400M and 21-year-old Sidney Leipsic was the winner as he edged out second place finisher Jason Reed with a 1:08.00 finish. 60-year-old Robert Wong had the highest the highest Age Graded performance in the Race with a 78.36%. There were no female runners in the 400M Race.

The 800M race was next and 16-year-old Joaquin Foster took first place with a 2:29.30 finish. 56-year-old Rachel Vinkey was the first female finisher with a time of 3:55.60. 68-year-old Keith Duncan took 4th Place in the Race with a time of 2:54.10 and had the highest Age Grade of 77.83% in the Race.

The next race was the [200M](#) and 23-year-old Max [Herrerias](#) repeated his 200M victory from the May 2022 Track Meet. He won with a time of 0:24.60, which was 0.47 faster that his winning time of 0:25.07 at the May Meet. [27-year-old](#) Olivia Lloyd was the female winner in the 200M with an excellent 0:30.00. 53-year-old Maximo Garcia had the highest Age Grade in the Race of 87.00% with his excellent 0:26.30.

Max Herrerias again, repeated his first-place finish from the May 2022 Track Meet 100M Race with a very fast 0:12.40. 27-year-old Olivia Lloyd

was the female winner in the 100M, with a time of 0:14.90. The highest age grade in the Race was, again, 53-year-old Maximo Garcia's 0:12.70 which gave him a 2nd place finish in the race and an 88.11% Age Grade for the Race and the highest Age Grade for the Track Meet!

The next two races of the meet, the [2 Mile](#) and the 5000M, were run concurrently. 48-year-old Sergio Higareda repeated his win in the One Mile with another victory in the 2 Mile Race with a time of 11:23.00. 43-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 also had the highest age grade for the race with an 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 & Oliver Churchill; [Liz Gottlieb](#); [Claire O'Donnell](#); [Kent Carlomagno](#); [Tom Lyons](#), [Lillie O'Reilly](#) and [Reese Laughlin](#) for providing excellent Volunteer Support for the Track Meet.

The next Tamalpa Track meet will be on Tuesday, August 16, 2022, at 6:30 PM at the San Rafael High School Track.

Place	1 MILE	Age	Sex	Time	Age Grade %	AG Place
1	Sergio Higareda	48	M	5:20.40	78.18%	1
2	Jason Reed	43	M	5:34.40	72.04%	3
3	Andrew Krone	44	M	5:39.20	71.58%	4
4	Chris Gioia	36	M	5:45.00	66.32%	9
5	Edgar Rosales	27	M	5:54.10	62.86%	15
6	David Green	50	M	6:23.70	66.33%	8
7	Allie Kegley	44	F	6:32.60	70.76%	5
8	Sally Daganzo	46	F	6:44.10	70.40%	7

9	Mike Lotter	68	M	6:48.80	72.80%	2
10	David Leipsic	57	M	6:55.60	64.89%	13
11	Brian Caynan	47	M	6:58.40	59.39%	17
12	Josh Smith	36	M	6:59.80	54.50%	22
13	Olivia Lloyd	27	F	7:14.40	57.92%	19
14	Gina Martinez	43	F	7:22.60	62.02%	16
15	Jim Myers	73	M	7:28.50	70.59%	6
16	Amily Huang	49	F	7:28.90	65.76%	10
17	John Gioia	64	M	7:29.50	63.80%	14
18	Juan Escobar	54	M	7:32.70	58.10%	18
19	Rob Dick	53	M	7:49.70	55.52%	20
20	Herminio Mazariegos	52	M	7:52.80	54.72%	21
21	Connaitre Chateaubriant	72	M	7:55.90	65.56%	11
22	Rachel Vinkey	56	F	8:16.10	65.23%	12
	1500 METERS					
1	Keith Duncan	68	M	5:31.20	83.09%	1
	400 METERS					
1	Sidney Leipsic	21	M	1:08.00	63.50%	3
2	Jason Reed	43	M	1:09.80	67.58%	2
3	Robert Wong	60	M	1:16.90	68.76%	1
4	Josh Smith	36	M	1:19.00	56.75%	4
5	Herminio Mazariegos	52	M	1:31.30	54.97%	5
6	Juan Escobar	54	M	1:32.90	54.75%	7
7	David Leipsic	57	M	1:34.50	54.88%	6
	800 METERS					

1	Joaquin Foster	16	M	2:29.30	71.60%	2
2	Devin Price	15	M	2:41.20	67.56%	4
3	Jason Reed	43	M	2:51.90	63.58%	6
4	Keith Duncan	68	M	2:54.10	77.83%	1
5	Edgar Rosales	27	M	3:11.50	52.79%	13
6	Paul Herrerias	66	M	3:19.50	52.79%	12
7	Ollie Churchill	9	M	3:25.20	64.62%	5
8	Kent Carlomagno	65	M	3:32.80	61.65%	7
9	Jim Myers	73	M	3:34.40	67.63%	3
10	Chris Gioia	36	M	3:36.80	47.23%	15
11	John Gioia	64	M	3:39.70	59.26%	8
12	Juan Escobar	54	M	3:47.20	52.95%	11
13	Herminio Mazariegos	52	M	3:54.30	50.49%	14
14	Rachel Vinkey	56	F	3:55.60	58.36%	9
15	Connaitre Chateaubria nt	72	M	4:23.70	54.15%	10
	200 METERS					
1	Max Herrerias	23	M	0:24.60	78.54%	2
2	Maximo Garcia	53	M	0:26.30	87.00%	1
3	Max Huckstepp	30	M	0:27.30	70.77%	5
4	Olivia Lloyd	27	F	0:30.00	71.13%	4
5	Jason Reed	43	M	0:32.80	64.94%	8
6	Herminio Mazariegos	52	M	0:35.20	64.57%	9
7	Nellie Mencer	9	F	0:35.60	74.33%	3
8	Paul Herrerias	66	M	0:36.00	69.42%	6
9	Luca Scldfani	12	M	0:36.20	61.44%	11
10	Della Mae Chadwick	47	F	0:37.00	66.46%	7

11	Brian Caynan	47	M	0:37.10	59.11%	13
12	Gina Martinez	43	F	0:39.50	59.37%	12
13	Ollie Churchill	9	M	0:39.80	62.51%	10
14	Juan Escobar	54	M	0:40.10	57.46%	14
	100 METERS					
1	Max Herrerias	23	M	0:12.40	78.95%	2
2	Maximo Garcia	53	M	0:12.70	88.11%	1
3	Max Huckstepp	30	M	0:13.00	75.31%	3
4	Sidney Leipsic	21	M	0:13.60	72.28%	5
5	Jason Reed	43	M	0:14.80	70.74%	6
6	Olivia Lloyd	27	F	0:14.90	70.40%	7
7	Paul Herrerias	66	M	0:16.30	74.42%	4
8	Herminio Mazariegos	52	M	0:16.70	66.59%	9
9	Luca Scldfani	12	M	0:17.40	63.22%	10
10	Nellie Mencer	9	F	0:17.80	70.39%	8
11	Juan Escobar	54	M	0:18.20	61.92%	11
12	Elmo Shropshire	85	M	0:29.50	52.54%	12
13	Dave Waco	85	M	0:29.50	52.54%	13
	2 Mile					
1	Sergio Higareda	48	M	11:23.00	78.18%	1
2	Joaquin Foster	16	M	12:31.10	67.09%	4
3	David Green	50	M	13:50.50	65.33%	5
4	Brian Caynan	47	M	14:37.00	60.41%	7
5	Paul Herrerias	66	M	14:50.00	70.00%	2
6	Jorge Oroxom	37	M	15:13.10	58.90%	8
7	Rob Dick	53	M	15:16.10	53.79%	9

8	Rony Garcia	34	M	15:42.70	51.18%	10
9	Gina Martinez	43	F	15:50.08	61.32%	6
10	Jim Myers	73	M	16:30.20	68.17%	3
	5000 Meters					
1	Jacob Potere	21	M	16:13.00	80.06%	1
2	Josh Smith	30	M	17:54.70	72.67%	5
3	Devin Price	15	M	18:11.42	73.85%	4
4	Jason Reed	43	M	18:54.32	74.05%	3
5	Simon Straube	18	M	19:09.90	67.75%	7
6	Conner Efsathiu	23	M	19:30.10	66.58%	8
7	Carolyn Latham	35	F	19:33.10	76.04%	2
8	Rodolfo Cox	33	M	21:47.60	60.26%	9
9	Stein Onsrud	64	M	23:49.60	69.32%	6