

XTERRA MARIN HEADLANDS TRAIL RUN
 Sausalito, California
 06/13/2009

***** 7K AWARDS LIST *****

NOTE: Your age is based on USAT standards which means the age you will be on Dec 31st.

***** FEMALE OVERALL 7K RUN RESULTS *****

Place	Name	S	Age	City	St	Time	Pace
1	Sarah Miller	F	33	Walnut Creek	CA	39:29	9:05
2	Amanda Husted	F	25	Springfield	OH	42:15	9:43
3	Anna Slattery	F	50	Tiburon	CA	42:56	9:53

***** FEMALE 7K RUN AGE GROUP: 19 & Under *****

Place	Name	S	Age	City	St	Time	Pace
1	Stephanie Filas	F	17	Twin Falls	ID	46:24	10:40
2	Alexandra Kiel	F	19	San Mateo	CA	1:09:15	15:56

***** FEMALE 7K RUN AGE GROUP: 20 to 24 *****

Place	Name	S	Age	City	St	Time	Pace
1	Michaela Evans	F	22	Lincoln	CA	48:53	11:15
2	Taryn Skelton-Kyd	F	20	Lincoln	CA	48:53	11:15
3	Amy Lautz	F	20	Brentwood	CA	51:37	11:52
4	Annie Chisholm	F	23	San Francisco	CA	53:27	12:18
5	Jamie Bogaards	F	21	Eugene	OR	58:16	13:24
6	Debbie Chiou	F	24	Los Angeles	CA	1:04:05	14:44

***** FEMALE 7K RUN AGE GROUP: 25 to 29 *****

Place	Name	S	Age	City	St	Time	Pace
1	Amanda Husted	F	25	Springfield	OH	42:15	9:43
2	Sierra Robbins	F	26	Santa Cruz	CA	45:29	10:28
3	Sarah Purdy	F	27	Lafayette, Ca	CA	46:43	10:45
4	Andie Knudsen	F	27	Los Gatos	CA	48:33	11:10
5	Marisa Ceballos	F	28	San Francisco	CA	49:56	11:29
6	Natassia Santiago	F	26	Daly City	CA	49:57	11:29
7	Maura Pincay	F	26	Berkeley	CA	51:01	11:44
8	Marsha Zarco	F	28	San Francisco	CA	51:33	11:51
9	Lenka Bostian	F	26	Pleasant Hill	CA	55:14	12:42
10	Jessica Ramirez	F	29	San Francisco	CA	55:43	12:49
11	Vanessa Kliewer	F	28	Oakland	CA	57:53	13:19
12	Mary Hajek	F	28	San Francisco	CA	58:03	13:21
13	Natalie Saunders	F	29	Oakland	CA	1:00:09	13:50
14	Sarah Harvey	F	28	Larkspur	CA	1:00:21	13:53
15	Crystal Rosenbaum	F	26	Larkspur	CA	1:00:50	14:00
16	Kate MacEvicz	F	26	Lafayette	CA	1:05:58	15:10
17	Shannon Seay	F	25	Martinez	CA	1:06:40	15:20

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***** FEMALE 7K RUN AGE GROUP: 30 to 34 *****

Place	Name	S	Age	City	St	Time	Pace
1	Sarah Miller	F	33	Walnut Creek	CA	39:29	9:05
2	Charmin King	F	30	San Francisco	CA	43:57	10:07
3	Veronica Corella	F	32	Novato	AZ	47:18	10:53
4	Kathleen O'Connell	F	34	Walnut Creek	CA	48:48	11:14
5	Brooke Schumacher	F	34	San Francisco	CA	49:52	11:28
6	Susanna Skelley	F	33	Walnut Creek	CA	52:40	12:07
7	Dana Dixon	F	33	San Francisco	CA	54:40	12:34
8	Terisa Pollock	F	33	Kalamazoo	MI	55:40	12:48
9	Kristy McBride	F	30	San Francisco	CA	55:47	12:50
10	Andrea Wong	F	34	Napa	CA	55:52	12:51
11	Laura Unger	F	31	San Francisco	CA	57:53	13:19
12	Yin-Ling Quock	F	34	San Francisco	CA	59:06	13:36
13	Sian Parry	F	30	San Francisco	CA	59:13	13:37
14	Nicole Kautz	F	34	San Francisco	CA	59:24	13:40
15	Lizzy Weiss	F	34	San Francisco Ca 9	CA	1:01:16	14:05
16	Stephanie Brogan	F	34	San Francisco	CA	1:05:32	15:04
17	Kristina Lugo	F	30	San Francisco	CA	1:16:14	17:32
18	Liana Thao	F	34	Antelope	CA	1:26:12	19:49

***** FEMALE 7K RUN AGE GROUP: 35 to 39 *****

Place	Name	S	Age	City	St	Time	Pace
1	Laurie Schmitt	F	37	Berkeley	CA	45:06	10:22
2	Tracy Heizer	F	37	Tracy	CA	47:33	10:56
3	Eun-Joung Lee	F	36	San Francisco	CA	50:32	11:37
4	Kimberly Allen	F	37	Danville	CA	50:37	11:39
5	Jennifer Swanson	F	39	Superior	CO	50:37	11:39
6	Brooke Fredericks	F	38	Santa Barbara	CA	52:44	12:08
7	Trent Janik	F	39	San Francisco	CA	53:48	12:22
8	Lynnbeth Mitchell	F	36	San Francisco	CA	56:08	12:55
9	Sue Park	F	39	San Francisco	CA	1:00:25	13:54
10	Kristi Calhoon Smith	F	37	San Francisco	CA	1:00:27	13:54
11	Kari Balderston	F	38	Pleasant Hill	AS	1:00:30	13:55
12	Danielle Burkhardt	F	38	San Jose	CA	1:05:08	14:59
13	Kristy Hardy	F	38	Berkeley	CA	1:07:23	15:30
14	Britton Walker	F	38	Fairfax	CA	1:13:46	16:58
15	Lisa Moreno	F	36	Mountain View	CA	1:16:25	17:34
16	Jennifer Kard	F	35	San Jose	CA	1:34:52	21:49

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***** FEMALE 7K RUN AGE GROUP: 40 to 44 *****

Place	Name	S	Age	City	St	Time	Pace
=====	=====	=	==	=====	==	=====	=====
1	Lisa Penzel	F	44	Oakland	CA	43:46	10:04
2	Debbie Dillon	F	41	Los Angeles	CA	53:34	12:19
3	Sharon Koehler	F	41	Foster City	CA	55:09	12:41
4	Jennifer McCarthy	F	40	Lafayette	CA	59:57	13:47
5	Angela Gamblin	F	41	Vacaville	CA	1:00:48	13:59
6	Dru Parker	F	42	San Rafael	CA	1:01:10	14:04
7	Claudia Manley	F	44	Hamilton	ON	1:01:12	14:05
8	Pauline Ludwig	F	43	Concord	CA	1:02:14	14:19
9	Jacqueline Brown	F	44	Washington	MI	1:09:51	16:04
10	Betsy MacK	F	44	San Jose	CA	1:10:18	16:10
11	Susan Hufford	F	40	Livermore	CA	1:26:01	19:47
12	Marzia Romanin	F	40	Fair Oaks	CA	1:34:11	21:40

***** FEMALE 7K RUN AGE GROUP: 45 to 49 *****

Place	Name	S	Age	City	St	Time	Pace
=====	=====	=	==	=====	==	=====	=====
1	Toni Loforte	F	45	Martinez	CA	56:59	13:06
2	Erin Beck	F	48	Pleasant Hill	CA	1:00:43	13:58
3	Anne Scher	F	45	Moraga	CA	1:05:07	14:59

***** FEMALE 7K RUN AGE GROUP: 50 to 54 *****

Place	Name	S	Age	City	St	Time	Pace
=====	=====	=	==	=====	==	=====	=====
1	Anna Slattery	F	50	Tiburon	CA	42:56	9:53
2	Mary Lee-Fong	F	54	Woodland Hills	CA	1:00:30	13:55
3	Lupe Arias	F	50	Rocklin	CA	1:02:23	14:21
4	Lita-Jane Lugo	F	52	Gonzales	CA	1:19:30	18:17

***** FEMALE 7K RUN AGE GROUP: 55 to 59 *****

Place	Name	S	Age	City	St	Time	Pace
=====	=====	=	==	=====	==	=====	=====
1	Paula Ferre	F	56	Concord	CA	49:00	11:16
2	Joan Johnston	F	55	Walnut Creek	CA	55:06	12:40

***** FEMALE 7K RUN AGE GROUP: 60 to 64 *****

Place	Name	S	Age	City	St	Time	Pace
=====	=====	=	==	=====	==	=====	=====
1	Kate Harvey	F	62	Markleeville	CA	1:31:36	21:04
2	Connie Weaver	F	61	Covina	CA	2:12:46	30:32