

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.

***** MALE OVERALL 7K RUN RESULTS *****

Place	Name	S	Age	City	St	Time	Pace
1	Giovanni Guzman	M	20	Stevenson Ranch	CA	31:39	7:17
2	Rinaldo Cis	M	39	Mountain View	CA	33:01	7:36
3	Wayne Cottrell	M	47	Pittsburg	CA	35:36	8:11

***** MALE 7K RUN AGE GROUP: 15 & Under *****

Place	Name	S	Age	City	St	Time	Pace
1	Kairo Lona	M	13	Gilroy	CA	52:42	12:07

***** MALE 7K RUN AGE GROUP: 16 to 19 *****

Place	Name	S	Age	City	St	Time	Pace
1	Max McDonnell	M	19	Lafayette	CA	38:40	8:54

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

Place	Name	S	Age	City	St	Time	Pace
1	Giovanni Guzman	M	20	Stevenson Ranch	CA	31:39	7:17
2	Sam Harold	M	24	Stockton Ca	CA	41:10	9:28

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

Place	Name	S	Age	City	St	Time	Pace
1	Kevin Jeffery	M	27	Menlo Park	CA	37:14	8:34
2	Garrett Herfkens	M	25	San Francisco	CA	37:54	8:43
3	Domenico Di Cicco	M	25	Redwood City	CA	43:10	9:56
4	David Arscott	M	28	San Diego	CA	45:14	10:24
5	Sergio Rodriguez	M	28	San Francisco	CA	46:58	10:48
6	Justin Putney	M	28	Mill Valley	CA	47:17	10:53
7	Westin Hatch	M	25	Palo Alto	CA	48:05	11:04
8	Mark Dulay	M	27	San Jose	CA	53:31	12:19
9	John Devany	M	26	Oakland	CA	1:06:36	15:19

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

Place	Name	S	Age	City	St	Time	Pace
1	Nicholas Wilson	M	31	San Francisco	CA	37:19	8:35
2	Andrew Jeffery	M	30	Berkeley	CA	39:53	9:11
3	James Pollock	M	33	Kalamazoo	MI	40:05	9:13
4	Christopher Allen	M	34	Danville	CA	41:31	9:33
5	Adam Dodge	M	31	San Francisco	CA	44:11	10:10
6	Andy Beck	M	31	Walnut Creek	CA	44:43	10:17
7	Brian Feth	M	30	San Francisco	CA	45:53	10:33
8	Sean Keeman	M	30	Curtis Bay	MD	46:06	10:36
9	Thomas Camplin	M	30	San Francisco	CA	47:11	10:51
10	Brent Blum	M	31	San Francisco	CA	50:41	11:39
11	Jason Friedrichs	M	30	San Francisco	CA	59:04	13:35
12	Eric Stayer	M	34	Fairfield	CA	1:02:21	14:20

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

Place	Name	S	Age	City	St	Time	Pace
1	Rinaldo Cis	M	39	Mountain View	CA	33:01	7:36
2	David Smith	M	37	San Francisco	CA	43:00	9:53
3	Robert Tomkinson	M	39	San Carlos	CA	50:12	11:33
4	Dave Dabbah	M	38	San Rafael	CA	52:14	12:01
5	David Marasco	M	38	Los Altos Hills	CA	52:28	12:04
6	Alexander Abad	M	36	San Francisco	CA	53:39	12:20
7	Yaron Palfy	M	39	San Rafael	CA	57:10	13:09
8	Matthew Schalich	M	37	Berwyn	PA	57:33	13:14
9	Timothy Lugo	M	35	San Francisco	CA	1:07:48	15:36
10	Christopher Kard	M	36	San Jose	CA	1:34:53	21:49

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

Place	Name	S	Age	City	St	Time	Pace
1	Timothy Dion	M	44	San Jose	CA	43:45	10:04
2	Thomas Baker	M	41	San Francisco	CA	51:27	11:50
3	Steve Tharp	M	41	Vacaville	CA	53:49	12:23
4	James Glover	M	40	Pasadena	MD	56:43	13:03
5	Howard Bostian	M	43	Pleasant Hill	CA	59:40	13:43

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

Place	Name	S	Age	City	St	Time	Pace
1	Wayne Cottrell	M	47	Pittsburg	CA	35:36	8:11
2	Michael Burgess	M	46	Hercules	CA	47:04	10:50
3	Keith Ellenberger	M	48	Vacaville	CA	52:03	11:58
4	Keith Romsted	M	46	Petaluma	CA	53:48	12:23
5	Pete Beck	M	48	Pleasant Hill	CA	58:18	13:25
6	Anthony Edwards	M	45	Richmond	CA	1:09:37	16:01

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

Place	Name	S	Age	City	St	Time	Pace
1	Michael Slattery	M	54	Tiburon	CA	41:17	9:30
2	Kevin Kiel	M	54	San Mateo	CA	49:04	11:17

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

Place	Name	S	Age	City	St	Time	Pace
1	Calvin Fong	M	57	Woodland Hills	CA	48:28	11:09
2	Kevin Johnston	M	59	Walnut Creek	CA	55:06	12:40
3	Jim McDonnell	M	55	Lafayette	CA	1:00:11	13:51
4	Robert Lugo	M	57	Gonzales	CA	1:07:48	15:36

***** MALE 7K RUN AGE GROUP: 65 to 69 *****

Place	Name	S	Age	City	St	Time	Pace
1	Richard Harvey	M	65	Markleeville	CA	1:00:22	13:53