

2009 TOP-30 ROAD & TRACK PERFORMANCES OF THE YEAR – MASTERS / SENIOR / SUPER SENIOR MEN

Rank	Name	Age	Race Name	Distance	Time	Age-Graded % (1994)	Age-Graded Rank (1994)	Age-Graded % (2006)	Age-Graded Rank (2006)
1	Tom Bernhard	58	Western States Masters T&F Invite	1 mile	5:00.09	91.03%	1	92.29%	2
2	Tom Bernhard	57	Shriner's Capitol Challenge	8k	27:47	90.80%	4	92.45%	1
3	Tom Bernhard	57	Johnny Mathis Invitational	1 mile	4:57.65	90.94%	2	91.37%	4
4	Tom Bernhard	57	Marin Memorial Day	10k	35:25	89.98%	6	91.85%	3
5	Tom Bernhard	58	Primo's Run For Education	5k	17:16	90.05%	5	90.51%	6
6	Tom Bernhard	58	USATF Masters T&F Champs.	5k	17:06.84	90.86%	3	90.08%	9
7	Tom Bernhard	58	Heritage Oaks Bank	10k	36:04	89.16%	7	90.96%	5
8	Tom Bernhard	57	Zippy	5k	17:20	88.90%	8	90.17%	8
9	Tom Bernhard	57	PA/USATF Masters T&F Champs.	1500m	4:43.17	88.61%	9	90.40%	7
10	Tom Bernhard	58	USATF Masters T&F Champs.	10k	36:39.60	87.72%	10	87.77%	11
11	Tom Bernhard	58	Humboldt	1/2 Marathon	1:21:08	86.94%	11	87.77%	12
12	Iain Mickle	48	Valentine Run	4 mile	21:40	86.17%	12	87.50%	13
13	Iain Mickle	48	Marin Memorial Day	10k	34:23	86.00%	16	87.86%	10
14	Jim Gorman	60	Western States Masters T&F Invite	1 mile	5:23.04	86.14%	13	87.19%	15
15	Tom Bernhard	57	Big Sur	5k	17:54	86.09%	15	87.31%	14
16	Tom Bernhard	57	Across The Bay	12k	45:08	85.43%	19	87.15%	16
17	Jim Gorman	60	Davis Turkey Trot	5k	18:29	85.67%	17	86.77%	18
18	Iain Mickle	48	Zippy	5k	16:43	85.56%	18	86.82%	17
19	Jim Gorman	60	Los Gatos All-Comers T&F	800m	2:27.67	86.13%	14	85.50%	23
20	Iain Mickle	48	NorCal John Frank Memorial	10 mile	57:22	84.98%	20	86.42%	19
21	Iain Mickle	48	Nutrition Fuels Fitness	10k	35:02	84.41%	21	86.23%	20
22	Jim Gorman	60	Marin Memorial Day	10k	38:51	84.30%	23	85.93%	21
23	Iain Mickle	48	Shriner's Capitol Challenge	8k	27:46	84.32%	22	85.90%	22
24	Iain Mickle	48	Alzheimer's Aid Society	5k	17:01	84.05%	25	85.29%	25
25	Pete Vicencio	43	Marin Memorial Day	10k	34:02	83.68%	27	85.38%	24
26	Cliff Lentz	44	Zippy	5k	16:33	83.84%	26	85.01%	26
27	Cliff Lentz	44	Clarksburg	30k	1:48:59	84.17%	24	84.56%	31
28	Jim Gorman	60	Heritage Oaks Bank	5k	18:56	83.63%	28	84.71%	28
29	Iain Mickle	48	Across The Bay	12k	43:00	83.22%	29	84.86%	27
30	Pete Vicencio	43	Shriner's Capitol Challenge	8k	27:06	83.20%	30	84.66%	30

Note: Overall Rank is based on the Age-Graded % (1994 & 2006 Editions)