

2009 TOP-20 CROSS COUNTRY & TRAIL PERFORMANCES OF THE YEAR – MEN

Rank	Name	Age	Race Name	Distance	Time	Age-Graded Time
1	Tom Bernhard	58	Golden Gate Park Open Cross Country	4.074 miles	24:30	20:29
2	Cliff Lentz	44	Golden Gate Park Open Cross Country	4.074 miles	22:35	21:09
3	Cliff Lentz	44	PA / USATF Cross Country Champs.	6.128 miles	35:17	33:10
4	Grant Johnson	26	Golden Gate Park Open Cross Country	4.074	21:36	21:36
5	Iain Mickle	48	PA / USATF Cross Country Champs.	6.128 miles	36:50	33:36
6	Pete Vicencio	43	PA / USATF Cross Country Champs.	6.128 miles	35:31	33:38
7	Pete Vicencio	43	Golden Gate Park Open Cross Country	4.074 miles	23:15	21:56
8	Grant Johnson	26	Presidio Challenge Cross Country	3.55 miles	20:10	20:10
9	Jin Daikoku	26	PA / USATF Cross Country Champs.	6.128 miles	33:54	33:54
10	Dan Mancini	45	Golden Gate Park Open Cross Country	4.074 miles	23:44	22:04
11	Parker Kelly	41	PA / USATF Cross Country Champs.	6.128 miles	35:20	33:57
12	Cliff Lentz	44	Dipsea Trail Run	7.1 miles	55:02	51:49
13	Iain Mickle	48	Dipsea Trail Run	7.1 miles	57:12	52:15
14	Grant Johnson	26	Empire Open Cross Country	3.43 miles	18:49	18:49
15	Brian Richter	40	PA / USATF Cross Country Champs.	6.128 miles	35:57	34:47
16	Parker Kelly	41	Tamalpa Challenge Cross Country	4.25 miles	24:13	23:12
17	Jin Daikoku	26	Willow Hills Cross Country	5k	17:11	17:11
18	Brian Richter	40	Tamalpa Challenge Cross Country	4.25 miles	24:15	23:24
19	Chikara Omine	27	Golden Gate Park Open Cross Country	4.074	22:52	22:52
20	Jin Daikoku	26	Garrin Park Challenge Cross Country	3.15 miles	17:45	17:45

Note: Age-Graded Time is based on the 1994 Age-Grading Tables