

2009 TOP-10 CROSS COUNTRY & TRAIL PERFORMANCES OF THE YEAR – WOMEN

Rank	Name	Age	Race Name	Distance	Time	Age-Graded Time
1	Hansi Rigney	67	Dipsea Trail Run	7.1 miles	1:24:35	1:01:58
2	Jenny Wong	34	North Face Endurance Challenge	10k	48:06	48:06
3	Jenny Wong	34	Golden Gate Park Open Cross Country	4.074 miles	26:53	26:53
4	Heather Leutwyler	31	Empire Open Cross Country	3.43 miles	24:02	24:02
5	Heather Leutwyler	31	Garrin Park Challenge Cross Country	3.15 miles	21:43	21:43
6	Heather Leutwyler	31	UC Santa Cruz Challenge Cross Country	4 miles	27:41	27:41
7	Heather Leutwyler	31	Golden Gate Park Open Cross Country	4.074 miles	28:14	28:14
8	Lee D'Alessandro	41	PA / USATF Cross Country Champs.	4.074 miles	30:12	28:35
9	Heather Leutwyler	31	Presidio Challenge Cross Country	3.55 miles	26:41	26:41
10	Jenny Wong	33	Dipsea Trail Run	7.1 miles	1:07:35	1:07:35

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