HEALTHY NATIONS WELLNESS CENTER, OAKLAND CA
RUNNING IS MY HIGH
MARCH 14, 2009

OVERALL WINNERS – TOP 3

5K MALE TOP 3 OVERALL

	Name	No.	Race	Time
1	AMBROGINO GUISTI	543	5K	18:21
2	KENLEY GAFFKE	510	5K	18:23
3	JONAS LAMATTERY-BROWNEL	537	5K	22:21

5K FEMALE TOP 3 OVERALL

	Name	No.	Race	Time
1	MICHELLE GALLAGHER	519	5K	18:12
2	MAY NAW-MARTHA	966	5K	25:13
3	MEGAN NGUYEN	508	5K	25:19

10K MALE TOP 3 OVERALL

	Name	No.	Race	Time
1	KERMIT CUFF	503	10K	38:04
2	PETER HSIA	1045	10K	40:23
3	ANTHONY GUZMAN	1006	10K	44:24

10K FEMALE TOP 3 OVERALL

	Name	No.	Race	Time
1	ALYSSA FUNES	934	10K	42:54
2	MARIAN LYONS	1007	10K	56:05
3	MARISSON KJERN	1044	10K	59:02