XTERRA Redwood Peak 5K & 15K
Oakland, California
04/19/2009

5K Run – Female Winners

FEMALE OVERALL 5K RUN RESULTS

Place	Name	Sex	Age	City	State	Time	Pace
1	Lily Dashiell	F	26	San Francisco	CA	27:46	8:56
2	Jamie Edelen	F	35	Lafayette	CA	29:06	9:22
3	Sarah Cluff	F	42	Oakland	CA	29:21	9:27

FEMALE 5K RUN AGE GROUP: 15 - 19

Place	Name	Sex	Age	City	State	Time	Pace
1	Joyce Thompson	F	18	East Palo Alto	CA	41:30	13:22
2	Alexis Austin	F	17	San Jose	CA	41:43	13:26

FEMALE 5K RUN AGE GROUP: 20 - 24

Place	Name	Sex	Age	City	State	Time	Pace
1	Christine Nguyen	F	20	Santa Clara	CA	32:33	10:29
2	Ariela Izsak	F	22	Berkeley	CA	32:47	10:33
3	Jocelyn Lee Lee	F	23	Berkeley	CA	33:15	10:43

FEMALE 5K RUN AGE GROUP: 25 - 29

Place	Name	Sex	Age	City	State	Time	Pace
1	Lily Dashiell	F	26	San Francisco	CA	27:46	8:56
2	Lauren Russell	F	29	San Francisco	CA	30:59	9:59
3	Luiza Silva	F	29	Oakland	CA	33:13	10:42

FEMALE 5K RUN AGE GROUP: 30 - 34

Place	Name	Sex	Age	City	State	Time	Pace
1	Heather Mozdean	F	31	Los Gatos	CA	29:43	9:34
2	Julie Harris	F	34	West Jordan	UT	34:10	11:00
3	Elizabeth Brotz	F	30	San Francisco	CA	34:12	11:01

FEMALE 5K RUN AGE GROUP: 35 - 39

Place	Name	Sex	Age	City	State	Time	Pace
1	Jamie Edelen	F	35	Lafayette	CA	29:06	9:22
2	Jennifer Green	F	35	Snohomish	WA	32:07	10:21
3	Damien Paraskevopoulo	F	35	Los Gatos	CA	33:37	10:49

FEMALE 5K RUN AGE GROUP: 40 - 44

Place	Name	Sex	Age	City	State	Time	Pace
1	Sarah Cluff	F	42	Oakland	CA	29:21	9:27
2	Kurbey Cluff	F	40	San Francisco	CA	33:24	10:46
3	Denise Flagg	F	41	Lafayette	CA	33:25	10:46

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FEMALE 5K RUN AGE GROUP: 45 - 49

Place	Name	Sex	Age	City	State	Time	Pace
1	Diane Ambrose	F	48	Oakland	CA	30:19	9:46
2	Cathleen Roche	F	46	San Rafael	CA	37:45	12:09
3	Erin Beck	F	47	Pleasant Hill	CA	38:20	12:21

FEMALE 5K RUN AGE GROUP: 50 - 54

Place	Name	Sex	Age	City	State	Time	Pace
1	Karen Espitia	F	53	Milpitas	CA	38:19	12:20
2	Deanna Springer	F	53	Oakland	CA	38:24	12:22
3	Margo Kiel	F	50	San Mateo	CA	47:41	15:21

FEMALE 5K RUN AGE GROUP: 55 - 59

Place	Name	Sex	Age	City	State	Time	Pace
1	Kathie Guymon	F	56	Walnut Creek	CA	41:15	13:17