

## 2017 LAFR Grand Prix Series Age Group Standings FINAL

Detailed Standings Below, R = No. of Races

Rank	Age Group	R	Score	Rank	Age Group	R	Score	Rank	Age Group	R	Score
	<b>M20-29</b>				<b>M45-49</b>				<b>M55-59</b>		
1	John Chau	3	395	1	Moises Medina	6	860	1	Bill Austin	6	900
2	Gabriel Cooper	1	145		Mark Johnson	6	860	2	Rudy Van Graan	6	750
				2	Bernie Tan	6	720	3	Doug Jones	6	700
	<b>M30-34</b>			3	Marcelino Goncalves	4	390	4	Martin Carlson	5	545
1	John Houser	6	645	4	Eric Alvarez	1	185	5	Rick Hetzel	3	375
2	Alexander Bazley	4	465	5	Michael Carter	1	145	6	Reg Willson	3	345
3	Matthew Dernoga	2	255	6	John Kawaharada	1	135	7	Henri Faucher	4	340
				7	Clint Trout	1	130	8	Mong Noiboonsook	3	285
	<b>M35-39</b>			8	Ryan Timmreck	1	125	9	Paul Morrell	3	215
1	Mike Kerkman	6	910	9	David Jaquez	1	100	10	David Grudzien	2	165
2	Duane Howard	6	865		Robb Briggs	1	100	11	Jeff Lymburner	1	125
3	David Gonzalez	5	585						Patrick Owen	1	125
4	Mike Heredia	3	395		<b>M50-54</b>			13	Tim Chung	1	110
5	Barry Hamaguchi	3	385	1	Deo Jaravata	6	810	14	Peter Lehrbaum	1	100
6	Patrick Conner	3	255	2	Mario Mota	6	805		Lui Sanchez	1	100
7	Adam Lindsey	2	230	3	Rick Allison	6	735	16	Andrew Sanchez	1	60
8	Wadley	1	120	4	Angus Kennedy	6	730				
9	Rob Chen	1	90	5	Brian Dunbar	6	665		<b>M60+</b>		
				6	Bruce Bair	4	480	1	Richard Nelson	6	790
	<b>M40-44</b>			7	Sean O'Brien	3	440	2	David Dassey	6	765
1	Carlos Vizcarra	6	880	8	John Miles	4	385	3	Mike Carbuto	6	735
2	Eddie Flores	6	840	9	Mark DeAngelis	2	205	4	Jim Martinez	6	700
3	John McGuinness	6	795	10	Jim Ames	2	195	5	Bill Winkelmann	6	675
4	Richard Peng	6	730	11	Richard Ramirez	2	150	6	Rusty Millar	6	625
5	Jason Coleman	4	420		Henry Jung	2	150	7	Bill Walsky	5	515
6	Raul Borja	3	335	13	Mickey Caruso	1	145	8	Richard West	3	290
7	Mike Smith	3	325	14	Chris Tapper	2	140	9	Eric Fischer	3	265
8	Kevin Shiramizu	3	305	15	Tomas Tiangco	1	125	10	Gary Todd	2	185
9	Dan Vu	3	285	16	Norman Dixon	1	110	11	Frank Knies	1	135
10	Albert Giang	3	275	17	Jeff Masino	1	100	12	Neil Johnson	1	115
11	Ben Beneski	2	230	18	Mark Brunetz	1	90	13	Dan Graham	1	105
12	Adam Comeau	1	130	19	Seth Diamond	1	80	14	Mark Grumet	1	95
13	William Fang	1	125					15	Jeffrey Weinstein	1	90
14	Patrice Salome	1	115								
15	Matt Barnes	1	100								
<b>WOMEN</b>											
	<b>F29under</b>				<b>F40-49</b>				<b>F50-59</b>		
1	Rina Shiramizu	2	270	1	Maria Poso	6	800	1	Nicole Ouevray	6	735
				2	Keeley Webster	3	310	2	Stephanie Stone	4	495
	<b>F30-39</b>			3	Regina Robinson	2	220	3	Yumi Afrento	4	465
1	Erin Brinton	6	990	4	Cat White	2	215				
2	Lacey Howcroft	1	115	4	Tanya Haney	1	150		<b>F60+</b>		
								1	Margie Gonzales	6	750
								2	Allyne Winderman	1	115
								2	Jane Dods	1	115
								3	Connie Hammen	1	105

LAFR Age Group Detail 2017 FINAL

Rank	M29-Under		
1	<b>John Chau</b>		
	LAFR 5K	30:07	135
	LAFR 10K	60:48	135
	LAFR Ultra	90:55	125
			<b>395</b>
2	<b>Gabriel Cooper</b>		
	Reindeer 10K	65:14	145
			<b>145</b>

Rank	M3034		
1	<b>John Houser</b>		
	Action Jackson 5K	29:15	145
	LB Pride 5K	31:03	100
	LA Big 5K	31:18	80
	Griffith Park 2.6	23:40	100
	LAFR 5K	30:35	90
	Catalina 10K	68:13	130
			<b>645</b>
2	<b>Alexander Bazley</b>		
	LA Marathon	5:03:21	130
	LB Pride 5K	24:13	135
	LAFR 5K	25:03	110
	PS Pride 3.8	30:14	90
			<b>465</b>
3	<b>Matthew Dernoga</b>		
	LA Marathon	4:40:41	140
	PS Pride 3.8	25:40	115
			<b>255</b>

Rank	M3539		
1	<b>Mike Kerkman</b>		
	Griffith Park 12.6	1:18:17	160
	Catalina Half	1:40:18	160
	Action Jackson 10K	37:31	150
	LB Pride 10K	37:49	150
	PS Pride 3.8	21:30	150
	Bare Burro 5K	21:55	140
	Valentine's 15K	60:42	135
	Boston Marathon	3:22:29	130
	Homeboy 2.9	16:59	125
	Doggie Humans	17:55	125
	Tday Classic XC 5K	18:02	125
			<b>910</b>
2	<b>Duane Howard</b>		
	LA Marathon	3:08:13	160
	M2B Full	3:01:24	170
	Luau 5K	18:03	160
	Doggie Humans	17:56	125
	LB Half	1:26:23	130
	Revel Full	3:21:19	120
			<b>865</b>
3	<b>David Gonzalez</b>		
	LAFR 5K	23:54	115
	LAFR 10K	48:15	115
	LAFR Ultra	72:09	125
	Revel Half	1:47:13	110
	Holiday Half	1:52:58	120
			<b>585</b>
4	<b>Mike Heredia</b>		
	Bare Burro 5K	21:03	150
	Doggie Pups	19:15	140
	PS Pride 3.8	22:00	105
			<b>395</b>
5	<b>Barry Hamaguchi</b>		
	LAFR 5K	23:02	125
	LAFR 10K	47:15	125
	LAFR Ultra	70:17	135
			<b>385</b>
6	<b>Patrick Conner</b>		
	LAFR 10K	63:36	70
	Doggie Humans	29:38	95
	Topanga Turkey 5K	46:13	90
			<b>255</b>
7	<b>Adam Lindsey</b>		
	LA Marathon	4:28:39	130
	LAFR 10K	49:29	100
			<b>230</b>
8	<b>Wadley</b>		
	Catalina Full	4:33:00	120
			<b>120</b>
9	<b>Rob Chen</b>		
	PS Pride 5K	36:48	90
			<b>90</b>

LAFR Age Group Detail 2017 FINAL

Rank	M4044		
<b>1</b>	<b>Carlos Vizcarra</b>		
	Action Jackson 10K	38:15	150
	LB Pride 10K	37:35	150
	LAFR 10K	36:42	150
	Catalina 10K	38:02	150
	SoCal 18 Half	1:23:57	140
	Boston Marathon	2:46:19	140
	LB Half	1:21:42	125
			<b>880</b>
<b>2</b>	<b>Eddie Flores</b>		
	Run Deo Run 10K	47:05	170
	Reindeer 10K	45:26	150
	Doggie Humans	21:43	135
	Burbank Turkey 5K	21:12	135
	Griffith Park 2.6	17:39	125
	Pas Trail 5 Mile	43:11	125
	Homeboy 2.9	20:56	100
	Catalina Half	2:11:46	90
			<b>840</b>
<b>3</b>	<b>John McGuinness</b>		
	Reindeer 10K	43:14	150
	Winter Blast Half	1:44:24	135
	Rockin Summer Half	1:37:37	135
	M2B Full	3:20:22	130
	Homeboy 2.9	19:35	125
	LA Marathon	3:49:42	120
	Action Jackson 10K	46:17	115
	Griffith Park 12.6	1:36:07	110
	LB Half	1:39:29	110
			<b>795</b>
<b>4</b>	<b>Richard Peng</b>		
	Lisbon Full	4:43:31	150
	Giving Thx 15K	86:10	115
	Chesebro Half	2:02:55	120
	LAFR Ultra	78:17	120
	Stars & Stripes 10K	51:08	115
	LAFR 5K	25:15	110
	Action Jackson 10K	56:01	105
	Reindeer 15K	82:21	105
	Doggie Humans	26:20	95
	LAFR 10K	53:02	90
	Catalina Half	2:25:05	90
			<b>730</b>

Rank	M4044		
<b>5</b>	<b>Jason Coleman</b>		
	LA Marathon	6:26:36	110
	Pacific Half	2:45:48	110
	Boston 5K	29:57	100
	Boston Marathon	5:41:31	100
			<b>420</b>
<b>6</b>	<b>Raul Borja</b>		
	SoCal Half	2:10:12	115
	LA Marathon	6:45:09	100
	Holiday Half	2:09:36	120
			<b>335</b>
<b>7</b>	<b>Mike Smith</b>		
	SoCal Half	2:12:15	125
	LA Marathon	7:22:14	90
	Holiday Half	3:00:35	110
			<b>325</b>
<b>8</b>	<b>Kevin Shiramizu</b>		
	PS Pride 5K	36:47	90
	Catalina 10K	53:07	125
	Tday Classic XC 5K	25:56	90
			<b>305</b>
<b>9</b>	<b>Dan Vu</b>		
	LB Pride 5K	24:04	115
	PS Pride 3.8	30:13	100
	Catalina Half	2:37:36	70
			<b>285</b>
<b>10</b>	<b>Albert Giang</b>		
	M2B Half	1:56:18	100
	Catalina 10K	64:25	85
	Burbank Turkey 10K	56:33	90
			<b>275</b>
<b>11</b>	<b>Ben Beneski</b>		
	LAFR 10K	49:17	105
	Doggie Humans	21:51	125
			<b>230</b>
<b>12</b>	<b>Adam Comeau</b>		
	LA Marathon	4:57:32	130
			<b>130</b>
<b>13</b>	<b>William Fang</b>		
	Doggie Pups	42:42	125
			<b>125</b>
<b>14</b>	<b>Patrice Salome</b>		
	Revel Full	3:16:34	115
			<b>115</b>
<b>15</b>	<b>Matt Barnes</b>		
	PS Pride 3.8	28:00	100
			<b>100</b>

LAFR Age Group Detail 2017 FINAL

<b>Rank</b>	<b>M4549</b>		
<b>1</b>	<b>Moises Medina</b>		
	LAFR Ultra	64:25	160
	Run Deo Run 10K	41:39	150
	Action Jackson 10K	41:52	150
	Boston Marathon	3:15:32	140
	Griffith Park 12.6	1:30:33	135
	LAFR 5K	20:27	125
	LAFR 10K	43:58	125
			<b>860</b>
<b>1</b>	<b>Mark Johnson</b>		
	Reindeer Half	1:27:36	160
	LB Full	3:03:51	150
	Boston Marathon	3:04:51	140
	M2B Full	3:03:24	140
	Pas Trail 12K	52:27	135
	Revel Half	1:25:09	135
	Giving Thx 15K	60:43	135
	Valentine's 15K	60:37	125
			<b>860</b>
<b>2</b>	<b>Bernie Tan</b>		
	Revel Full	3:29:21	135
	LAFR Ultra	67:51	125
	Doggie Humans	21:41	125
	Reindeer Half	1:40:24	125
	Griffith Park 12.6	1:34:48	110
	LAFR 5K	21:45	100
	LAFR 10K	46:06	100
			<b>720</b>
<b>3</b>	<b>Marcelino Goncalves</b>		
	LA Marathon	3:18:45	140
	LAFR 5K	22:31	80
	LAFR 10K	47:31	80
	LAFR Ultra	70:02	90
			<b>390</b>
<b>4</b>	<b>Eric Alvarez</b>		
	M2B Full	2:43:15	185
			<b>185</b>
<b>5</b>	<b>Michael Carter</b>		
	LB Pride 5K	24:56	145
			<b>145</b>
<b>6</b>	<b>John Kawaharada</b>		
	Action Jackson 5K	43:14	135
			<b>135</b>
<b>7</b>	<b>Clint Trout</b>		
	Stars & Stripes Half	1:54:43	130
			<b>130</b>
<b>8</b>	<b>Ryan Timmreck</b>		
	Bare Burro 5K	24:41	125
			<b>125</b>
<b>9</b>	<b>David Jaquez</b>		
	LAFR 5K	23:31	100
			<b>100</b>
<b>10</b>	<b>Robb Briggs</b>		
	Bare Burro 5K	37:42	100
			<b>100</b>



## LAFR Age Group Detail 2017 FINAL

Rank	M5559			Rank	M5559		
<b>1</b>	<b>Bill Austin</b>			<b>5</b>	<b>Rick Hetzel</b>		
	Rockin Summer 15K	1:22:50	155		LAFR 10K	55:05	115
	Action Jackson 5K	23:36	150		Stars & Stripes 10K	53:55	125
	Valentine's 5K	22:19	150		Reindeer 10K	53:53	135
	Summer Time 5K	21:03	150				<b>375</b>
	Summer Delight 5K	21:56	150	<b>6</b>	<b>Reg Willson</b>		
	Mother's Day 10K	1:38:55	145		LAFR 5K	22:01	115
	LAFR Ultra	70:07	135		Doggie Pups	29:49	105
	LB Pride 10K	49:45	125		Catalina Half	2:24:38	125
	Giving Thx Half	2:08:55	125				<b>345</b>
	ABWR Half 11/24	1:54:50	135	<b>7</b>	<b>Henri Faucher</b>		
	Beach Dash 10K	46:54	125		LAFR 5K	30:26	85
	Father's Day 5K	22:05	125		LAFR 10K	65:51	50
	Lisbon Full	4:42:45	130		LAFR Ultra	96:17	90
	Summer Showdown 5K	23:45	125		Reindeer 5K	28:57	115
	Summer Sizzle 5K	22:22	125				<b>340</b>
	NY Eve 5K	26:03	125	<b>8</b>	<b>Mong Noiboonsook</b>		
	Doggie Humans	21:47	115		Bare Burro 5K	34:00	100
	LAFR 5K	21:36	125		LB Pride 5K	26:35	105
	LAFR 10K	48:31	125		LAFR 10K	56:02	80
	Stars & Stripes 10K	44:57	125				<b>285</b>
	Pas Trail 6K	29:14	125	<b>9</b>	<b>Paul Morrell</b>		
	Summer Fun 10K	51:04	125		Turkey LA 5K	43:34	40
			<b>900</b>		Turkey LA 10K	57:15	70
<b>2</b>	<b>Rudy Van Graan</b>				Reindeer 10K	54:58	105
	Action Jackson 10K	59:20	135				<b>215</b>
	LA Marathon	4:48:25	130	<b>10</b>	<b>David Grudzein</b>		
	M2B Full	5:05:09	130		Tday Half ATC	2:34:00	60
	Griffith Park 12.6	2:05:42	120		MN Indoor Half	2:10:03	105
	Lisbon Full	5:43:50	120				<b>165</b>
	Revel Full	5:01:42	115	<b>11</b>	<b>Jeff Lymburner</b>		
	GP Trail Half	2:44:25	110		Bare Burro 5K	27:32	125
	Catalina Half	2:55:35	110				<b>125</b>
	Reindeer 10K	58:17	100		<b>Patrick Owen</b>		
	Burbank Turkey 10K	61:21	70		Doggie Pups	24:47	125
			<b>750</b>				<b>125</b>
<b>3</b>	<b>Doug Jones</b>			<b>13</b>	<b>Tim Chung</b>		
	Winter Blast Half	3:09:17	125		LAFR 5K	53:15	110
	Run Deo Run 5K	44:00	125				<b>110</b>
	LB half	2:56:18	120	<b>14</b>	<b>Peter Lehrbaum</b>		
	Griffith Park 12.6	2:51:54	110		PS Pride 3.8	31:32	100
	LA Marathon	6:12:17	110				<b>100</b>
	M2B Half	3:06:08	110		<b>Lui Sanchez</b>		
	Homeboy 2.9	36:13	110		LA Big 5K	34:04	100
	Action Jackson 10K	83:24	105				<b>100</b>
	Reindeer 10K	88:05	75	<b>16</b>	<b>Andrew Sanchez</b>		
	LAFR 5K	41:01	70		LAFR 10K	64:22	60
			<b>700</b>				<b>60</b>
<b>4</b>	<b>Martin Carlson</b>						
	LAFR 5K	22:57	95				
	LAFR 10K	48:57	105				
	LAFR Ultra	71:54	115				
	Doggie Humans	21:38	115				
	Revel Full	4:18:16	115				
			<b>545</b>				

LAFR Age Group Detail 2017 FINAL

Rank	M60+		
<b>1</b>	<b>Richard Nelson</b>		
	Winter Blast Half	1:51:28	135
	Valentine's 15K	78:22	135
	Bunny Dash 15K	78:47	135
	Beach Dash 10K	49:53	135
	LB Pride 5K	24:24	125
	Spring Fun 15K	76:35	125
	LAFR Ultra	77:54	125
	Summer Time 5K	22:44	125
	ABWR Turkey 10K 11/23	52:29	125
	Stars & Stripes 10K	47:56	125
	Summer Showdown 5K	23:44	125
	Reindeer 10K	52:58	125
	Doggie Humans	25:25	115
	LAFR 5K	23:25	115
	LAFR 10K	54:29	115
			<b>790</b>
<b>2</b>	<b>David Dassey</b>		
	Run Deo Run Half	2:05:42	135
	LAFR Ultra	72:54	135
	Bare Burro 5K	30:49	125
	LAFR 5K	23:21	125
	LAFR 10K	49:33	125
	Boston Marathon	4:59:17	120
	LB Pride 10K	50:17	115
	PS Pride 5K	51:18	120
			<b>765</b>
<b>3</b>	<b>Mike Carbuto</b>		
	Pas Trail 10 Mile	2:04:24	155
	Run Deo Run Half	2:57:43	125
	Doggie Pups	32:55	125
	Action Jackson 10K	61:55	115
	PS Pride 5K	37:19	110
	LAFR 5K	27:33	105
	LAFR Ultra	92:17	100
	LB Pride 10K	1:18:09	95
	LAFR 10K	64:44	90
			<b>735</b>
<b>4</b>	<b>Jim Martinez</b>		
	Action Jackson 5K	28:31	125
	Mother's Day 5K	27:24	125
	Winter Blast 5K	27:47	115
	Valentine's 5K	28:24	115
	Doggie Humans	28:20	115
	Stars & Stripes 5K	26:49	105
	LAFR 5K	28:31	80
			<b>700</b>

Rank	M60+		
<b>5</b>	<b>Bill Winkelmann</b>		
	NY Eve 5K	46:38	145
	Summer Time 5K	32:30	115
	Action Jackson 5K	57:57	105
	Valentine's 5K	46:44	105
	Giving Thx 10K	1:40:54	105
	Beach Dash 5K	36:59	100
	LB Pride 5K	37:52	90
	Stars & Stripes 10K	75:40	85
	LAFR 5K	33:47	50
			<b>675</b>
<b>6</b>	<b>Rusty Millar</b>		
	Winter Blast 5K	36:53	105
	Griffith Park 2.6	28:48	110
	Valentine's 5K	38:00	95
	Mother's Day 5K	42:22	115
	Father's Day 5K	41:18	125
	Stars & Stripes 5K	45:33	75
			<b>625</b>
<b>7</b>	<b>Bill Walsky</b>		
	Stars & Stripes 5K	47:31	90
	LB Half	3:24:36	120
	Burbank Turkey 5K	45:20	100
	Reindeer 5K	44:34	105
	Catalina Half	4:25:09	100
			<b>515</b>
<b>8</b>	<b>Richard West</b>		
	LAFR 5K	32:50	60
	Doggie Pups	36:46	105
	Catalina 10K	64:59	125
			<b>290</b>
<b>9</b>	<b>Eric Fischer</b>		
	LAFR 5K	30:32	70
	Doggie Pups	36:47	95
	Catalina 10K	68:43	100
			<b>265</b>
<b>10</b>	<b>Gary Todd</b>		
	Stars & Stripes 5K	47:31	100
	Reindeer 5K	48:07	85
			<b>185</b>
<b>11</b>	<b>Frank Knies</b>		
	Doggie Pups	36:06	135
			<b>135</b>
<b>12</b>	<b>Neil Johnson</b>		
	Action Jackson 5K	42:29	115
			<b>115</b>
<b>13</b>	<b>Dan Graham</b>		
	Reindeer 10K	53:47	105
			<b>105</b>
<b>14</b>	<b>Mark Grumet</b>		
	Doggie Humans	36:08	95
			<b>95</b>
<b>15</b>	<b>Jeffrey Weinstein</b>		
	Doggie Pups	42:20	90
			<b>90</b>

LAFR Age Group Detail 2017 FINAL

Rank	F29Under		
1	<b>Rina Shiramizu</b>		
	Doggie Pups	48:20	135
	PS Pride 5K	36:47	135
			<b>270</b>

	F3039		
1	<b>Erin Brinton</b>		
	Pas Trail 10 Mile	1:33:15	180
	Father's Day 5K	21:05	175
	Stars & Stripes 10K	42:08	170
	Pas Trail 12K	56:16	160
	Rockin Summer 15K	67:08	155
	Action Jackson 10K	44:49	150
	<i>Doggie Pups</i>	22:03	150
			<b>990</b>
2	<b>Lacey Howcroft</b>		
	Doggie Humans	29:37	115
			<b>115</b>

	F4049		
1	<b>Maria Poso</b>		
	Run Deo Run Full	4:56:26	160
	LAFR Ultra	79:56	150
	Revel Full	3:50:42	135
	LA Marathon	3:56:18	120
	Boston Marathon	4:15:54	120
	LAFR 5K	25:41	115
	<i>LAFR 10K</i>	54:15	115
			<b>800</b>
2	<b>Keeley Webster</b>		
	Mother's Day 5K	43:55	120
	LAFR 5K	54:11	90
	Topanga Turkey 5K	1:28:40	100
			<b>310</b>
3	<b>Regina Robinson</b>		
	LB Half	4:28:30	120
	LA Big 5K	68:11	100
			<b>220</b>
4	<b>Cat White</b>		
	Mother's Day 5K	47:42	100
	LAFR 5K	53:13	115
			<b>215</b>
5	<b>Tanya Haney</b>		
	Action Jackson 5K	30:33	150
			<b>150</b>

Rank	F5059		
1	<b>Nicole Oeuvray</b>		
	Summer Showdown 5K	42:12	135
	Reindeer 5K	47:41	135
	Bunny Dash 5K	47:44	125
	NY Eve 5K	46:33	120
	Revel Half	3:31:31	110
	LB Half	3:39:00	110
	<i>Summer Fun 5K</i>	46:28	105
	<i>Stars &amp; Stripes 5K</i>	43:43	90
			<b>735</b>
2	<b>Stephanie Stone</b>		
	Valencia Trail 10K	1:51:39	100
	LAFR 5K	31:18	135
	LAFR 10K	64:03	135
	LAFR Ultra	95:16	125
			<b>495</b>
3	<b>Yumi Afrento</b>		
	Action Jackson 5K	43:13	125
	Run Deo Run 5K	43:03	125
	Stars & Stripes 5K	40:13	100
	Summer Fun 5K	43:01	115
			<b>465</b>

	F60+		
1	<b>Margie Gonzales</b>		
	Action Jackson 5K	42:28	125
	Run Deo Run 5K	42:19	125
	Bunny Dash 5K	41:40	125
	Summer Showdown 5K	41:22	125
	Stars & Stripes 5K	40:07	125
	Summer Fun 5K	41:18	125
	<i>LAFR 5K</i>	43:56	115
	<i>Rockin Summer 5K</i>	42:42	125
	<i>Reindeer 5K</i>	47:38	110
	<i>NY Eve 5K</i>	46:30	110
	<i>LB Half</i>	3:29:29	120
	<i>Revel Half</i>	3:07:26	120
	<i>Doggie Humans</i>	43:42	125
	<i>Shane's 5K</i>	41:33	110
			<b>750</b>
2	<b>Allyne Winderman</b>		
	LAFR 5K	28:35	115
			<b>115</b>
2	<b>Jane Dods</b>		
	Turkey Stuffer 5K	47:50	115
			<b>115</b>
3	<b>Connie Hammen</b>		
	LAFR 5K	53:14	105
			<b>105</b>