

LAFR Age Group Detail 2025 as of 8/1

Rank	F3039		
1	Louisa Hill		
	LA Full	3:39:02	120
	LAFR 5K	23:30	140
	LAFR 10K	47:09	140
	LAFR Ultra	1:10:39	140
	Tracksmith 5000	22:13	100
			640
2	Gillian Wilkerson-Villasenor		
	Las Virgenes 12K	69:42	150
	LAFR 5K	24:23	115
	LAFR 10K	49:50	115
	LAFR Ultra	1:14:13	115
			495

Rank	F4049		
1	Treven Ho		
	Las Virgenes 30K	3:58:38	165
	SOB 50K	8:29:24	140
	Leona Divide 30K	4:01:34	140
	Old Zoo 12.6	2:04:57	135
	LAFR 5K	26:58	125
	LAFR 10K	53:51	125
	LAFR Ultra	1:20:49	125
	Catalina 10K	61:03	115
			830
2	Kim Nguyen		
	SOB 30K	4:50:43	130
			130
3	Lorna Campbell		
	LA Full	4:46:00	120
			120
4	Rita Ono		
	Carlsbad 5K	24:29	100
			100

Rank	F5059		
1	Sumalee Sangsurasak		
	LA Full	4:48:48	120
	RB Half	2:15:09	110
	LAFR 10K	56:53	105
	Old Zoo 12.6	2:02:25	125
			460
2	Peachy Poso		
	Avalon 50	11:50:21	135
	LAFR 5K	29:41	105
	LAFR 10K	1:00:33	95
	LAFR Ultra	1:30:14	115
			450
3	Laura Howe		
	LAFR 5K	26:28	115
	Tracksmith 5000	27:37	125
	Rockin Summer 5K	26:05	140
			380

LAFR Age Group Detail 2025 as of 8/1

4	Elizabeth Bonin-Guzman		
	LAFR 5K	26:50	105
	LAFR 10K	56:31	105
	LAFR Ultra	1:23:21	115
			325
5	Amy Zheng		
	LAFR 10K	46:52	140
			140
Rank	F6069		
1	Leticia Rodriguez		
	LA Full	4:39:24	120
	RB Half	2:07:21	110
			230
2	Donna Martin		
	Firecracker 5K	63:11	100
	LAFR 10K	1:29:15	125
			225
3	Evie Bonic		
	Las Virgenes 12K	2:46:19	115
			115
4	Denise Beatty		
	Derby Day 5K	29:41	105
			105
5	Yuri Clingerman		
	Derby Day 5K	27:03	100
			100

LAFR Age Group Detail 2025 as of 8/1

Rank	M10U		
1	Seiji Ono		
	Carlsbad 1 Mile	8:09	100
			100
Rank	M1114		
1	Ryan Shiramizu		
	LAFR 5K	29:35	115
			115
Rank	M1519		
1	Benjamin Anderson		
	LAFR 10K	57:34	115
			115
Rank	M2529		
1	Justin Hang		
	LAFR 5K	21:33	115
	LAFR 10K	43:21	115
	LAFR Ultra	1:04:54	115
	Tracksmith 5000	19:53	100
			445
2	William Alsina		
	LAFR 5K	22:23	105
	Tracksmith 5000	21:46	100
			205
Rank	M3034		
1	Theo Tacail		
	Las Virgenes 12K	60:23	125
			125
2	Kyle Boss		
	LB Pride 5K	23:16	100
			100
Rank	M3539		
1	Joey Lan		
	River Half	1:56:21	110
	LAFR 5K	24:42	125
	SD Pride 5K	23:57	110
			345
2	Derek Mai		
	LB Pride 10K	46:00	105
	LAFR 10K	44:58	125
			230
2	Kyle Schmitz		
	LA Full	3:28:48	120
	RB Half	1:36:54	110
			230
3	Michael Bea		
	LB Pride 10K	39:13	125
			125

LAFR Age Group Detail 2025 as of 8/1

4	Raul Navarro		
	LAFR 10K	45:19	115
			115
5	Jose Hernandez		
	Tracksmith 5000	19:03	100
			100
Rank	M4044		
1	Vikash Reddy		
	LA Full	3:07:28	130
	LB Pride 10K	38:58	150
			280
2	Jeremy Yoder		
	River Half	1:32:39	135
	LB Pride 10K	42:39	115
			250
3	Scott Swiontek		
	LB Pride 10K	46:07	95
	LAFR 10K	46:29	110
			205
4	Tuan Tran		
	LA Full	4:04:37	120
			120
5	Aaron Trieu		
	LB Pride 5K	28:02	100
			100
5	David Gonzalez		
	Derby Day 5K	27:52	100
			100
6	Mark Planas		
	LB Pride 10K	43:17	95
			95
Rank	M4549		
1	Tyler Long		
	PD Half	1:28:08	125
	LAFR 5K	22:16	115
	LAFR 10K	44:31	115
	LAFR Ultra	1:06:47	115
	Old Zoo 12.6	1:56:34	100
			570
2	Albert Giang		
	LB Pride 10K	49:27	115
	LAFR 10K	49:05	105
	Old Zoo 12.6	1:50:40	135
	Rockin Summer Half	1:54:12	135
			490
3	Jason Coleman		
	Ocean 15K	1:55:27	135
	LA Full	5:59:29	110
			245
4	Eric Eisenbrey		
	LB Pride 5K	25:16	125
	LAFR 5K	26:09	115
			240

LAFR Age Group Detail 2025 as of 8/1

5	Michael Janovici		
	LAFR 5K	35:58	80
	LAFR 10K	1:07:53	50
	LAFR Ultra	1:43:51	100
			230
6	James Smith		
	LB Pride 10K	46:31	115
	LAFR 10K	47:11	105
			220
7	Ricardo Suarez		
	LAFR 10K	56:50	60
	Rockin Summer 15K	1:23:46	115
			175
8	Dan Vu		
	LB Pride 10K	54:34	90
	LAFR 10K	53:29	80
			170
9	Wadley		
	Catalina Full	4:57:36	120
			120
9	Patrick McIntyre		
	LA Full	3:30:52	120
			120
10	Mike Kerkman		
	LAFR 5K	29:35	80
			80
10	Guillermo Douglass-Jaimes		
	LAFR 10K	1:06:59	50
			50
Rank	M5054		
1	Scott Chaney		
	PD Half	1:21:41	125
	Carlsbad 5K	18:05	100
	LAFR 5K	18:19	140
	LAFR 10K	37:27	140
	LAFR Ultra	55:46	140
	Tracksmith 5000	17:25	115
			760
2	Satoshi Ono		
	LA Full	3:11:53	140
	Carlsbad 5K	20:00	90
	RB Half	1:31:34	110
			340
3	Richard Peng		
	SOB 30K	5:30:03	130
	Chesebro Half	2:29:15	90
	LB Pride 10K	57:42	105
			325
4	Viktor Toth		
	SOB 30K	4:56:24	140
	Catalina Full	5:16:47	130
			270

LAFR Age Group Detail 2025 as of 8/1

5	Kevin Shiramizu		
	Mother's Day Half	1:49:52	150
	LAFR 5K	23:08	105
			255
6	Mike Smith		
	Friendship 30K	4:11:23	110
	LA Full	6:59:20	120
			230
7	Jack Schaedel		
	RB Half	1:57:29	110
	VB Half	1:54:04	110
			220
8	Jonathan Whitfield		
	LB Pride 10K	56:09	105
	LAFR 10K	56:25	105
			210
9	Sean Carnage		
	LB Pride 10K	59:35	70
	LAFR 10K	58:56	95
			165
10	Al Cortez		
	LB Pride 10K	50:10	125
			125
11	Jonathan Toker		
	Pt Mugu Half	1:36:42	100
			100
11	Amado Ulloa		
	Chesebro Half	1:43:59	100
			100
11	Loc Tran		
	Firecracker 10K	51:56	100
			100
12	Scott Sugino		
	Tracksmith 5000	23:29	90
			90
Rank	M5559		
1	Angus Kennedy		
	Mother's Day Half	2:20:21	135
	Rockin Summer Half	2:03:36	135
	LB Pride 5K	24:34	125
	Las Virgenes 30K	5:03:59	120
	Old Zoo 12.6	2:06:21	120
	Catalina 10K	58:25	115
	Tracksmith 5000	24:58	110
	SOB 30K	5:09:18	95
			750
2	Mark Johnson		
	SOB 50K	7:09:32	140
	Las Virgenes 30K	3:12:41	165
	LAFR 5K	21:51	115
			420

LAFR Age Group Detail 2025 as of 8/1

3	Bernie Tan		
	SOB 50K	7:11:08	140
	Las Virgenes 54K	6:43:39	165
			305
4	Joe Farry		
	LB Pride 5K	28:27	105
	LAFR 5K	27:01	100
			205
5	Bruce Bair		
	LAFR 10K	44:44	125
			125
6	David Condra		
	Catalina 10K	54:07	115
			115
7	Mario Mota		
	SOB 30K	4:56:20	110
			110
Rank	M6064		
1	John Miles		
	SOB 30K	4:06:38	140
	Las Virgenes 30K	4:16:43	140
	Mother's Day Half	2:10:09	135
	Rockin Summer Half	2:03:04	135
	Catalina Full	5:17:32	130
	LB Pride 10K	54:00	125
	LAFR Ultra	1:21:49	125
	LAFR 10K	54:47	115
	Old Zoo 12.6	2:11:50	120
	LAFR 5K	27:02	90
			805
2	Mark DeAngelis		
	LB Pride 5K	23:31	115
	LAFR 10K	48:14	125
			240
3	Brian Dunbar		
	LB Pride 10K	59:16	90
	LAFR 10K	1:02:17	90
			180
4	Henry Jung		
	LB Pride 10K	54:46	90
	LAFR 5K	57:50	70
			160
5	Steve Gerschultz		
	Avalon 50	11:50:19	135
			135
6	Manuel Camargo		
	LA Full	5:04:09	120
			120
6	Deo Jaravata		
	LA Full	5:58:50	120
			120
7	Sean O'Brien		
	LAFR 5K	24:09	115
			115

LAFR Age Group Detail 2025 as of 8/1

8	Ron Perez		
	VB Half	2:06:13	110
			110
9	Scott Lasker		
	LAFR 5K	25:16	105
			105
10	Tim Chung		
	LB Pride 5K	49:45	100
			100
11	Lui Sanchez		
	LAFR 5K	28:25	80
			80

Rank	M6569		
1	Bill Austin		
	Mother's Day 10K	66:00	125
	LB Pride 5K	23:43	125
	LAFR 5K	24:43	125
	Wrigley 10K	50:40	125
	Rockin Summer Half	2:03:20	135
			635
2	Martin Carlson		
	LAFR 5K	29:46	105
	LAFR 10K	1:01:11	125
	LAFR Ultra	1:30:57	115
			345
3	Norbert Hetzel		
	LB Pride 5K	29:07	115
	Wrigley 10 Mile	1:35:50	125
			240
4	Reg Willson		
	LAFR 5K	28:14	115
			115

Rank	M7074		
1	Bill Winkelmann		
	LB Pride 5K	45:33	90
	LAFR 5K	41:16	105
	Wrigley 10K	1:13:06	90
	Rockin Summer 10K	1:20:22	125
			410
2	Jim Martinez		
	LB Pride 5K	30:32	125
	LAFR 5K	31:08	125
	Wrigley 10K	64:17	115
			365
3	David Dassey		
	LB Pride 5K	35:53	115
	LAFR 5K	33:59	115
	Wrigley 10K	65:55	125
			355
4	Bill Walsky		
	Wrigley 5K	56:00	80
			80