

LAFR Grand Prix Series Age Group Standings Final 2009

<u>Rank</u>	<u>MEN</u>	<u>R</u>	<u>Score</u>	<u>Rank</u>	<u>R</u>	<u>Score</u>	<u>Rank</u>	<u>WOMEN</u>	<u>R</u>	<u>Score</u>	
	<u>M19-und</u>							<u>F19-und</u>			
1	Gary Lashley	2	230	11	Timo Vallez	2	215	1	Nancy Alvarez	1	125
2	Andrew Rohrllich	1	125	12	Seth Diamond	2	160				
	<u>M20-29</u>			13	Kurt Berg	1	100		<u>F20-29</u>		
1	Bryan Prado	6	645	14	Neal Weisenberg	1	80	1	Jacqueline Vogel	1	125
2	Wadley	4	420		Rex Boone	1	80				
3	John Yong	3	320		Frank Jacoy	1	80		<u>F30-39</u>		
4	Luis Aguilar	2	275	17	Howard Hamburger	1	70	1	Cat White	2	220
5	Ryan Bailon	3	270	18	Henry Jung	1	50				
6	Kyle Jarrett	1	150		Drew Brabb	1	50		<u>F40-49</u>		
7	Chad Myers	1	120		Jeff Masino	1	50	1	Regina Robinson	6	635
8	Jason Bautista	1	60	21	Andrew Makay	1	30	2	Christine Curtin	6	580
	<u>M30-34</u>				<u>M45-49</u>			3	Doris Chung	4	400
1	William Korthof	6	595	1	Carl Maravilla	6	800	4	Kristi Twilley	4	315
2	Mike Murphy	6	535	2	Sean O'Brien	6	715	5	Keeley Webster	2	150
3	William Fang	3	310	3	Patrick Owen	6	680	6	Kimberly Fairchild	1	110
4	Jose Castillo	4	290	4	Mark Jones	5	460	7	Ruthanne Salido	1	100
	Jonathan Toker	2	290	5	Jeff Lymburner	3	330	8	Sheila Moore	1	90
6	Jaason Engle	1	120	6	Henri Faucher	2	180				
	Dan Vu	2	120	7	Brian Dunbar	2	100		<u>F50-59</u>		
8	Stephen Baldonado	1	115	8	Mark DeAngelis	1	60	1	Margie Gonzales	6	675
9	David Scheid	1	90	9	Andy Tanber	1	50	2	Stephanie Stone	4	415
10	Mike Kerkman	1	85		<u>M50-54</u>			3	Amy Ross	2	205
11	Nelson Miranda	1	40	1	Bill Austin	6	710	4	Allyne Winderman	1	125
	<u>M35-39</u>			2	Doug Jones	6	650				
1	John McGuiness	6	745	3	Dan Graham	6	580		<u>F60+</u>		
2	Ely Yaron	6	670	4	Ric Munoz	3	360	1	Patricia Bates	6	700
3	Carlos Vizcarra	4	490	5	Brian Kelly	2	230	2	Lorraine Silver	1	125
	Mike Smith	6	490		Reg Willson	2	230	3	Connie Hammen	1	105
5	Brad Maury	4	475	7	Steve Frybarger	1	110	4	Sue Roth	1	95
6	Ted Wyder	4	345	8	Mark Penn	1	100				
7	Ryan Timmreck	3	330	9	Mark Anton	1	85				
8	Ara Mihranian	3	300	10	Neil Johnson	1	70				
9	Todd Sullivan	2	265		Paul Morrell	1	70				
10	Richard Peng	4	240		<u>M55-59</u>						
11	Ron Del Rio	2	195	1	Rusty Millar	6	680				
12	Mike Reynolds	1	125	2	Jim Martinez	6	670				
13	John Deamos	1	100	3	Bill Winkelmann	6	620				
14	Don Formanek	1	40	4	Bill Wasky	6	530				
15	Kevin Shiramizu	1	20	5	David Dassey	4	460				
16	Marco Baltero	1	20	6	Eric Fischer	3	345				
	<u>M40-44</u>			7	Andrew Wissmiller	2	140				
1	Juan Moreno	6	645	8	Jim Phillips	1	105				
2	Angus Kennedy	6	640	9	Kevin Gardner	1	70				
3	Robb Briggs	6	630	10	Ken Dunn	1	65				
4	Bernie Tan	6	615	11	Paul Houson	1	50				
5	Deo Jaravata	6	590	12	Robert Hamm	1	40				
6	Bruce Bair	5	575	13	Phil Amato	1	30				
7	Mark Johnson	3	425	14	Geoff Buck	1	20				
8	Eric Gober	5	400		<u>M60+</u>						
9	Eric Gilfand	4	365	1	Richard Nelson	6	690				
10	Augie Robles	4	310	2	Al Miller	4	470				
				3	Richard West	2	230				
				4	Tom Carmichael	1	70				

LAFR Age Group detail 2009

Rank	M19-und		
1	Gary Lashley		
	LAFR 5K	26:31	115
	SD Pride 5K	35:31	115
			230
2	Andrew Rohrlich		
	LAFR 10K	40:01	125
			125
	M2029		
1	Bryan Prado		
	Playa 5K	23:37	125
	Victory 8K	48:48	110
	Ovarian 8K	41:14	110
	Bridge	46:36	100
	Alive 5K	23:59	100
	Randy Simmons 5K	25:58	100
			645
2	Wadley		
	SM Trails 18K	1:27:39	140
	LAFR 10K	38:34	95
	LAFR 5K	18:40	95
	Playa Aquathlon	NT	90
			420
3	John Yong		
	Tiger 5K	18:55	125
	Pasadena Half	1:37:31	110
	LAFR 10K	41:58	85
			320
4	Luis Aguilar		
	Chesebro Half	1:22:00	135
	LAFR 10K	35:27	140
			275
5	Ryan Bailon		
	Firecracker 10K	50:08	110
	Pasadena Half	1:57:10	110
	LAFR 5K	23:46	50
			270
6	Kyle Jarrett		
	LAFR 5K	16:51	150
			150
7	Chad Myers		
	LA County Half	1:48:02	120
			120
8	Jason Bautista		
	LAFR 10K	48:48	60
			60

	M3034		
1	William Korthof		
	LA County Half	1:26:11	125
	Victory 8K	30:40	125
	LB Pride 5K	18:44	115
	LAFR 10K	38:59	115
	LAFR 5K	18:36	115
			595
2	Mike Murphy		
	Malibu 50K	5:18:07	125
	SM Trails 50K	6:08:19	115
	SD Turkey 10K	46:20	105
	Chesebro Half	1:43:28	100
	LAFR 5K	21:22	60
	LAFR 10K	48:19	30
			535
3	William Fang		
	Firecracker 10K	38:52	100
	Tiger 10K	40:45	115
	LAFR 5K	19:13	95
			310
4	Jose Castillo		
	LAFR 10K	50:07	20
	LAFR 5K	22:01	60
	Will Rogers 10K	49:17	110
	SD Pride 5K	22:41	100
			290
	Jonathan Toker		
	Boney Mtn 21K	1:37:12	150
	SM Trails 18K	1:16:07	140
			290
6	Jaason Engle		
	Chesebro Half	1:42:49	120
			120
	Dan Vu		
	LAFR 10K	48:25	30
	SD Pride 5K	35:33	90
			120
8	Stephen Baldonado		
	LB Pride 5K	19:38	115
			115
9	David Scheid		
	Firecracker 10K	53:09	90
			90
10	Mike Kerkman		
	LAFR 10K	41:07	85
			85
11	Nelson Miranda		
	LAFR 10K	46:45	40
			40

	M4044		
1	Juan Moreno		
	LA County Half	1:41:39	110
	LA Marathon	5:06:33	120
	Catalina Marathon	5:18:10	110
	WeSpark 5K	22:11	105
	Pasadena Half	1:43:16	100
	PV Half	1:40:37	100
	<i>Randy Simmons 5K</i>	22:28	100
	<i>SD Pride 5K</i>	32:01	80
	<i>WeSpark 10K</i>	65:01	80
	<i>SM Trails 30K</i>	3:18:14	80
			645
2	Angus Kennedy		
	SD Turkey 10K	44:30	115
	Tiger 10K	44:55	115
	PV Half	1:38:03	110
	LB Pride 10K	43:04	105
	SM Trails 9K	46:35	105
	Randy Simmons 5K	22:42	90
	<i>Victory 8K</i>	35:23	80
			640
3	Robb Briggs		
	3 Mile Trail	29:07	115
	WeSpark 5K	21:11	115
	Victory 8K	34:20	100
	Playa 5K	20:39	100
	Ovarian 5K	24:15	100
	Bridge	40:52	100
	<i>Long Beach Half</i>	1:36:43	100
	<i>Malibu 25K</i>	2:47:16	95
	<i>LB Pride 5K</i>	20:24	95
	<i>Tiger 10K</i>	45:43	90
	<i>Chesebro Half</i>	1:49:21	90
	<i>SM Trails 30K</i>	3:18:13	70
			630
4	Bernie Tan		
	LAFR 5K	21:51	115
	Pasadena Full	3:38:23	110
	Catalina 5.4	40:35	105
	Firecracker 10K	49:15	100
	SM Trails 18K	1:46:06	95
	SD Turkey 10K	48:03	90
	<i>WeSpark 10K</i>	46:09	80
	<i>3 Mile Trail</i>	29:54	80
	<i>Victory 8K</i>	36:36	80
	<i>Randy Simmons 5K</i>	23:45	80
	<i>LB Pride 10K</i>	45:06	80
			615

5	Deo Jaravata		
	LA County Half	1:42:45	110
	Bulldog 50K	6:39:51	110
	LA Marathon	5:23:36	100
	Malibu 50K	6:33:40	90
	Pasadena Full	3:56:03	90
	Playa 5K	22:10	90
	<i>Long Beach Full</i>	4:13:22	80
	<i>Catalina Marathon</i>	4:38:52	80
	<i>Chesebro Half</i>	1:55:09	80
	<i>LAFR 5K</i>	32:58	80
	<i>PV Full</i>	4:35:27	70
	<i>LB Pride 5K</i>	31:48	60
	<i>SM Trails 50K</i>	6:55:26	50
	<i>LAFR 10K</i>	57:52	30
			590
6	Bruce Bair		
	Boney Mtn 21K	1:46:59	125
	SM Trails 30K	2:41:40	125
	SD Pride 5K	19:11	115
	Long Beach Half	1:33:09	110
	Chesebro Half	1:33:31	100
			575
7	Mark Johnson		
	Chesebro Half	1:25:19	125
	Victory 8K	28:55	150
	LB Pride 10K	36:25	150
			425
8	Eric Gober		
	Long Beach Half	1:53:06	90
	Pasadena Half	1:48:49	90
	Catalina 5.4	45:27	80
	PV Half	1:52:32	80
	Victory 8K	40:45	60
			400
9	Eric Gilfand		
	Firecracker 10K	50:16	90
	Malibu 10K	1:01:06	90
	Pasadena Half	1:53:48	80
	3 Mile Trail	29:26	105
			365
10	Augie Robles		
	Firecracker 10K	53:35	70
	Chesebro Half	2:00:31	70
	Victory 8K	39:52	70
	LAFR 5K	22:24	100
			310
11	Timo Vallez		
	PV Half	1:51:03	100
	SD Pride 5K	20:11	115
			215

12	Seth Diamond		
	Malibu 10K	57:00	100
	Chesebro Half	2:09:11	60
			160
13	Kurt Berg		
	Firecracker 10K	49:53	100
			100
14	Neal Weisenberg		
	LAFR 10K	48:32	80
			80
	Rex Boone		
	Catalina Marathon	6:49:49	80
			80
	Frank Jacoy		
	Randy Simmons 5K	25:59	80
			80
17	Howard Hamburger		
	LAFR 10K	50:56	70
			70
18	Henry Jung		
	LAFR 10K	56:23	50
			50
	Drew Brabb		
	LAFR 5K	26:40	50
			50
	Jeff Masino		
	SM Trails 18K	1:59:35	50
			50
21	Andrew Makay		
	LAFR 5K	27:46	30
			30
M4549			
1	Carl Maravilla		
	Catalina 5.4	33:26	140
	3 Mile Trail	23:23	140
	Randy Simmons 5K	18:55	140
	WeSpark 10K	37:12	140
	Victory 8K	29:28	125
	LAFR 5K	18:33	115
	<i>SD Pride 5K</i>	<i>18:19</i>	<i>115</i>
	<i>Tiger 5K</i>	<i>17:40</i>	<i>115</i>
			800
2	Sean O'Brien		
	Malibu 50K	4:55:23	150
	Boney Mtn 21K	1:46:14	125
	Chesebro Half	1:33:04	125
	SM Trails 50K	4:52:54	125
	LAFR 5K	19:11	105
	LAFR 10K	43:16	85
			715

3	Patrick Owen		
	LB Pride 5K	21:20	115
	Breathe 5K	20:08	115
	Playa 5K	20:48	115
	SNTD 10K	43:19	115
	PV Half	1:39:22	110
	Long Beach Half	1:40:11	110
	<i>SD Pride 5K</i>	<i>20:57</i>	<i>105</i>
	<i>Firecracker 10K</i>	<i>46:23</i>	<i>100</i>
	<i>Victory 8K</i>	<i>35:43</i>	<i>100</i>
	<i>Alive 5K</i>	<i>21:06</i>	<i>100</i>
	<i>LAFR 10K</i>	<i>43:18</i>	<i>80</i>
	<i>Catalina 5K</i>	<i>28:30</i>	<i>70</i>
			680
4	Mark Jones		
	Catalina 5K	21:59	105
	WeSpark 5K	21:13	105
	Boney Mtn 6K	36:23	95
	SM Trails 18K	1:47:20	95
	LAFR 5K	22:26	60
			460
5	Jeff Lymburner		
	SM Trails 30K	3:13:17	115
	Boney Mtn 21K	2:06:51	115
	Chesebro Half	1:42:15	100
			330
6	Henri Faucher		
	Catalina Marathon	6:48:26	100
	SD Pride 5K	29:19	80
			180
7	Brian Dunbar		
	LAFR 5K	27:11	30
	SD Pride 5K	35:35	70
			100
8	Mark DeAngelis		
	LAFR 10K	49:53	60
			60
9	Andy Tanber		
	LAFR 5K	24:06	50
			50

	M5054		
1	Bill Austin		
	LB Pride 5K	20:30	125
	Ovarian 8K	34:03	125
	3 Mile Trail	32:08	115
	LAFR 5K	20:24	115
	Alive 5K	20:42	115
	Tiger 5K	22:02	115
	<i>Firecracker 10K</i>	<i>50:53</i>	<i>110</i>
	<i>Victory 8K</i>	<i>38:24</i>	<i>110</i>
	<i>Breathe 5K</i>	<i>20:13</i>	<i>110</i>
	<i>Bridge</i>	<i>39:20</i>	<i>100</i>
			710
2	Doug Jones		
	LA County Half	2:47:38	120
	Long Beach Half	2:51:29	120
	Playa 5K	36:04	110
	Malibu 25K	4:33:57	100
	PV Half	3:02:28	100
	WeSpark 10K	75:57	100
	<i>Tiger 10K</i>	<i>75:30</i>	<i>100</i>
	<i>Victory 8K</i>	<i>65:08</i>	<i>90</i>
	<i>Will Rogers 10K</i>	<i>1:24:09</i>	<i>90</i>
	<i>Breathe 5K</i>	<i>37:42</i>	<i>90</i>
	<i>Ovarian 8K</i>	<i>66:17</i>	<i>90</i>
	<i>Alive 5K</i>	<i>38:43</i>	<i>90</i>
	<i>Firecracker 10K</i>	<i>83:17</i>	<i>80</i>
	<i>LAFR 5K</i>	<i>36:55</i>	<i>80</i>
	<i>SD Pride 5K</i>	<i>38:11</i>	<i>80</i>
			650
3	Dan Graham		
	WeSpark 10K	50:40	115
	LB Pride 10K	51:59	105
	SD Turkey 10K	52:33	100
	Firecracker 10K	51:58	90
	Victory 8K	41:42	90
	Catalina 5.4	45:19	80
	<i>LAFR 10K</i>	<i>50:59</i>	<i>80</i>
			580
4	Ric Munoz		
	Malibu 50K	6:08:25	125
	Pasadena Full	3:34:30	110
	PV Full	3:33:27	125
			360
5	Brian Kelly		
	Catalina 5.4	36:48	115
	SD Pride 5K	20:16	115
			230
	Reg Willson		
	LAFR 10K	41:29	115
	SD Pride 5K	19:39	115
			230

7	Steve Frybarger		
	Will Rogers 5K	24:15	110
			110
8	Mark Penn		
	Catalina Marathon	3:39:19	100
			100
9	Mark Anton		
	Catalina 5K	34:14	85
			85
10	Paul Morrell		
	Catalina 5.4	46:41	70
			70
	M5559		
1	Rusty Millar		
	Malibu 10K	1:05:55	115
	SD Pride 5K	25:55	115
	Playa 5K	24:16	115
	Randy Simmons 5K	28:07	115
	SD Turkey Trot 5K	27:22	115
	WeSpark 5K	26:21	105
	<i>Catalina 5K</i>	<i>23:57</i>	<i>105</i>
	<i>Victory 8K</i>	<i>45:22</i>	<i>90</i>
	<i>Tiger 5K</i>	<i>25:12</i>	<i>80</i>
	<i>Bridge</i>	<i>49:25</i>	<i>80</i>
	<i>LB Pride 5K</i>	<i>25:56</i>	<i>70</i>
			680
2	Jim Martinez		
	WeSpark 5K	24:17	115
	SM Trails 9K	53:06	115
	SNTD 5K	23:57	115
	Long Beach Half	1:55:03	110
	Tiger 5K	23:00	110
	Malibu 10K	1:07:00	105
	<i>LB Pride 5K</i>	<i>24:39</i>	<i>105</i>
	<i>Pasadena Half</i>	<i>2:09:08</i>	<i>100</i>
	<i>Victory 8K</i>	<i>43:32</i>	<i>100</i>
	<i>Will Rogers 5K</i>	<i>24:24</i>	<i>100</i>
	<i>Bridge</i>	<i>45:47</i>	<i>100</i>
	<i>LAFR 5K</i>	<i>25:23</i>	<i>75</i>
			670
3	Bill Winkelmann		
	Ovarian	42:56	115
	Long Beach Half	1:56:31	110
	Firecracker 10K	55:37	100
	Breathe 5K	24:53	100
	Alive 5K	27:07	100
	LB Pride 5K	25:25	95
	<i>Bridge</i>	<i>48:53</i>	<i>90</i>
	<i>Tiger 10K</i>	<i>55:50</i>	<i>70</i>
	<i>LAFR 10K</i>	<i>52:06</i>	<i>80</i>
			620

4	Bill Walsky		
	LA County Half	3:04:39	120
	Long Beach Half	3:09:41	100
	Victory 8K	65:44	90
	Breathe 5K	37:42	90
	WeSpark 10K	78:09	80
	LB Pride 5K	36:42	50
	<i>Tiger 10K</i>	<i>77:18</i>	<i>60</i>
	<i>LAFR 5K</i>	<i>37:05</i>	<i>10</i>
			530
5	David Dassey		
	Pasadena Full	4:33:34	110
	PV Full	4:51:19	110
	LB Pride 10K	47:28	115
	LAFR 10K	46:47	125
			460
6	Eric Fischer		
	Catalina 5K	22:25	125
	LAFR 5K	23:49	105
	Tiger 10K	50:37	115
			345
7	Andrew Wissmiller		
	LB Pride 10K	52:57	60
	LAFR 10K	52:26	80
			140
8	Jim Phillips		
	Catalina 5K	24:33	105
			105
9	Kevin Gardner		
	Catalina 5.4	48:27	70
			70
10	Ken Dunn		
	LAFR 5K	26:49	65
			65
11	Paul Houson		
	LAFR 10K	56:37	50
			50
12	Robert Hamm		
	LAFR 10K	62:18	40
			40
13	Phil Amato		
	LAFR 10K	63:28	30
			30
14	Geoff Buck		
	LAFR 10K	66:18	20
			20

	M60+		
1	Richard Nelson		
	Firecracker 10K	45:02	115
	LB Pride 5K	20:15	115
	WeSpark 10K	43:20:00	115
	LAFR 5K	20:46	115
	Will Rogers 5K	20:04	115
	Bridge	37:21	115
	<i>LAFR 10K</i>	<i>44:30</i>	<i>105</i>
			690
2	Al Miller		
	Pasadena Half	2:22:16	120
	Long Beach Full	4:56:36	120
	WeSpark 10K	57:21	115
	Turkey Trot 10K	58:13	115
			470
3	Richard West		
	Catalina 5K	26:53	125
	LAFR 5K	26:42	105
			230
4	Tom Carmichael		
	LAFR 5K	32:03	70
			70

Rank	F19-und		
1	Nancy Alvarez		
	LAFR 5K	34:40	125
			125
F2029			
1	Jacqueline Vogel		
	LAFR 5K	23:40	125
			125
F3039			
1	Cat White		
	Firecracker 10K	81:34	100
	Chesebro Half	3:02:27	120
			220
F4049			
1	Regina Robinson		
	Chesebro Half	2:58:29	110
	Long Beach Half	2:36:29	110
	LA County Half	2:45:45	110
	LB Pride 10K	1:05:19	105
	Victory 8K	55:56	100
	SD Pride 5K	31:44	100
	<i>Breathe 5K</i>	31:08	100
	<i>Alive & Running</i>	32:34	100
	<i>WeSpark 5K</i>	33:49	100
	<i>Will Rogers 5K</i>	31:25	90
	<i>LAFR 10K</i>	66:11	60
			635
2	Christine Curtin		
	Pasadena Half	2:28:36	110
	Will Rogers 5K	30:14	110
	LB Pride 10K	1:02:37	100
	SM Trails 9K	71:41	100
	Firecracker 10K	71:18	90
	LAFR 10K	66:53	70
			580
3	Doris Chung		
	Pasadena Half	2:28:35	110
	Victory 8K	50:54	110
	LAFR 5K	30:02	110
	Firecracker 10K	71:22	70
			400
4	Kristi Twilley		
	LB Pride 5K	27:40	115
	LAFR 5K	27:48	90
	Firecracker 10K	72:07	60
	LAFR 10K	66:43	50
			315
5	Keeley Webster		
	Firecracker 10K	81:33	50
	Chesebro Half	3:02:26	100
			150

6	Kimberly Fairchild		
	Firecracker 10K	58:05	110
			110
7	Ruthanne Salido		
	Firecracker 10K	58:36	100
			100
8	Sheila Moore		
	LAFR 5K	30:42	90
			90
F5059			
1	Margie Gonzales		
	Boney Mtn 6K	56:43	115
	3 Mile Trail	45:48	115
	SD Pride 5K	36:35	115
	Pasadena Half	2:45:04	110
	Chesebro Half	2:47:57	110
	PV Half	2:36:42	110
	<i>Breathe 5K</i>	34:11	100
			675
2	Stephanie Stone		
	Long Beach Half	2:12:41	120
	LA County Half	2:20:57	110
	LAFR 5K	30:39	105
	LAFR 10K	71:58	80
			415
3	Amy Ross		
	Firecracker 10K	67:41	100
	LAFR 5K	30:39	105
			205
4	Allyne Winderman		
	LAFR 5K	24:43	125
			125
F60+			
1	Patricia Bates		
	PV Half	1:56:14	125
	Victory 8K	41:18	115
	LB Pride 5K	24:34	115
	LAFR 10K	52:33	115
	Will Rogers 5K	24:28	115
	Breathe 5K	23:51	115
	<i>Randy Simmons 5K</i>	27:36	115
	<i>WeSpark 10K</i>	51:05	115
			700
2	Lorraine Silver		
	Alive & Running 5K	38:13	125
			125
3	Connie Hammen		
	LAFR 5K	43:45	105
			105
4	Sue Roth		
	LAFR 5K	54:41	95
			95