

2015 LAFR 5K Challenge Standings FINAL

detail for "most" listed below, please contact Angus if you are missing any races

Rank	MOST	Rank	Fastest Male	Rank	Fastest Female
1	Jason Coleman 50	1	Eric Alvarez	1	Erin Brinton
2	Margie Gonzales 22		LAFR 5K 16:50		Jingle Bell 5K 21:13
	Bill Austin 22	2	Carlos Vizcarra	2	Allyne Winderman
3	Jane Dods 19		LB Pride 5K 17:41		LA River 5K 26:43
4	David Grudzien 17	3	Mike Kerkman	3	Karen Carey
5	Bill Winkelmann 10		LAFR 5K 18:24		Mother's Day 5K 30:42
6	Karen Carey 6	4	Moises Medina	4	Linda Carmona
	Bill Walsky 6		LAFR 5K 18:37		Big Bear 5K 31:39
7	Jim Martinez 5	5	Danny O'Hara	5	Margie Gonzales
	Mike Carbuto 5		LAFR 5K 18:38		Freedom 5K 35:17
	Christopher Tapper 5	6	Mark Johnson	6	Patricia Bates
8	2 LAFRs 4		Tiger Run 5K 18:52		LAFR 5K 36:19
9	7 LAFRs 3	7	Bill Sadler	7	Jane Dods
10	16 LAFRs 2		LAFR 5K 19:08		OTC #1 5K 38:16
11	39 LAFRs 1	8	Duane Howard	8	Amy Ross
			LAFR 5K 20:03		LAFR 5K 49:13
Rank	Biggest PR	9	Carl Maravilla	9	Connie Hammen
1	Ryan Timmreck		LAFR 5K 20:27		LAFR 5K 49:29
	Glen Eden 5K 2:57	10	John McGuinness	10	Cat White
2	Doug Jones		LAFR 5K 20:30		LAFR 5K 49:37
	SD Pride 1:55				
3	Lui Sanchez				
	LA Marathon, LAFR 5K 1:37				
4	Allyne Winderman				
	LA River 5K 1:28				
5	Marcelino Goncalves				
	LAFR 5K :52				
6	Danny O'Hara				
	LAFR 5K :38				
	Rob Chen				
	Euro Games 5K :38				
8	Barry Hamaguchi				
	LAFR 5K :20				
9	Rand Smith				
	LAFR 5K :18				
10	Christopher Tapper				
	LAFR 5K :12				

Biggest PR: Like our other grand prix categories, the PR you're trying to best for the 5K Challenge is a 5-year PR (your fastest 5K from 2010-2014). This is cumulative for the entire year – so, for example, if you set a new PR in January by 2 minutes and then break the new PR by 3 minutes in May, your total is 5 minutes .

5K Challenge Most Detail FINAL

*time after your name is your 5-year 5K PR, contact Angus if the time listed is incorrect

Rank	MOST	
1	Jason Coleman 29:56	
1	West Hills 5K	30:55
2	Make-a-Wish 5K	31:12
3	Disney 5K	31:20
4	SD Pride 5K	31:40
5	We Run the City 5K	32:18
6	Best Buddies 5K	32:24
7	Jet to Jetty 5K	32:34
8	Alive & Running 5K	32:34
9	COR Heroes 5K	32:56
10	Dolphin Dash 5K	32:59
11	Coastal Run 5K	33:14
12	SD Fair 5K	33:15
13	LB Pride 5K	33:15
14	Noonan Foundation 5K	33:29
15	Tiger Run 5K	33:43
16	Chicago Lung Run 5K	33:57
17	SRLA 5K	34:04
18	COR 5K	34:16
19	Homeboy 5K	34:26
20	Heart of the City 5K	34:31
21	Beach Bash 5K	34:31
22	Fiesta 5K	34:40
23	Volition Chicago 5K	34:41
24	Turkey Dash 5K	34:45
25	Summer Fun 5K	34:47
26	Griffith Park 5K	34:52
27	Run/Walk for Warriors 5K	34:52
28	LAFR 5K	34:52
29	Aztlan 5K	34:53
30	GP Luau 5K	35:13
31	Dolphin 5K	35:17
32	COR Dad's Rule 5K	35:24
33	New Year's 5K	35:25
34	Day of the Dead 5K	35:27
35	Long Beach Marathon 5K	35:42
36	Kids 4 Kids 5K	35:47
37	Vahagn Setain 5K	36:10
38	Glen Eden 5K	36:31
39	Castaway Family 5K	36:47
40	Happy Holidays 5K	36:49
41	Yuletide 5K	36:51
42	Op Jack 5K	37:01
43	Coaster 5K	38:21
44	LA Turkey 5K	38:37
45	Holiday Fun 5K	39:06
46	Castaway Challenge 5K	39:36
47	Firecracker 5K	40:38
48	LA Big 5K	41:08
49	Mickey's 5K	42:02
50	Bare Burro 5K	47:58

5K Challenge Most Detail FINAL

*time after your name is your 5-year 5K PR, contact Angus if the time listed is incorrect

2	Margie Gonzales 32:50	
1	Freedom 5K	35:17
2	New Year's Eve 5K	36:15
3	We Run the City 5K	37:21
4	Reindeer 5K	37:47
5	Giving Thanks 5K	38:08
6	Spring Break 5K	38:34
7	Father's Celebration 5K	38:36
8	Fiesta 5K	38:48
9	Quench the Fire 5K	38:53
10	Jingle Bell 5K	39:06
11	Victory 5K	39:14
12	LAFR 5K	39:16
13	Valentine's 5K	39:39
14	Fun in the Sun 5K	39:40
15	Arroyo Creek 5K	39:46
16	Summer Breeze 5K	39:52
17	LB Pride 5K	39:54
18	Summer Showdown 5K	40:15
19	Summer Fun 5K	40:17
20	Race for the Rescues 5K	40:17
21	Summer Spectacular 5K	40:30
22	Summer Sizzle 5K	41:29
3	Bill Austin 20:04	
1	Wrigley 5K	21:38
2	Home Run for Kids 5K	21:42
3	Innovation 5K	21:45
4	Cypress 5K	21:45
5	Father's Day 5K	21:50
6	Rare Run 5K	21:53
7	Super Bowl 5K	22:05
8	LAFR 5K	22:06
9	Mother's Day 5K	22:10
10	Victory 5K	22:13
11	Reindeer 5K	22:18
12	LB Pride 5K	22:23
13	New Year's Eve 5K	22:35
14	LA River 5K	22:36
15	Derby 5K	22:38
16	Valentine's 5K	22:45
17	Holiday Fun 5K	22:53
18	Griffith Park 5K	22:58
19	Firecracker 5K	23:22
20	Op Jack 5K	24:00
21	Smithtown 5K	25:02
22	Euro Games 5K	26:10

5K Challenge Most Detail FINAL

*time after your name is your 5-year 5K PR, contact Angus if the time listed is incorrect

	Jane Dods 31:09	
1	Bring in Spring 5K	37:21
2	OTC #2 5K	37:28
3	Lucky Clover 5K	38:02
4	OTC #1 5K	38:16
5	Couples Classic 5K	38:30
6	Mardi Gras 5K	39:34
7	Memorial Day 5K	39:42
8	Bark in the Park 5K	40:01
9	Bethel Fit 5K	41:23
10	Brews Cruise 5K	41:39
11	OTC #7 5K	41:40
12	Dash n Dine 5K	42:07
13	Upstage Downtown 5K	42:30
14	Run to Keep Warm 5K	42:50
15	Summer Solstice 5K	42:55
16	OTC #8 5K	42:56
17	Monster Mash 5K	42:56
18	Holiday Hustle 5K	43:15
19	First Run Eve 5K	43:16
5	David Grudzien 24:59	
1	KP Corporate 5K	26:35
2	Dash to the Finish Line 5K	26:43
3	RnR Vegas 5K	27:57
4	Peachtree Corners 5K	28:11
5	Percy Sutton 5K	28:32
6	Corn Maze 5K	28:35
7	ATC Heart & Soles 5K	28:45
8	LAFR 5K	29:08
9	Glen Eden 5K	29:15
10	ATL Hawks 5K	29:33
11	Miami Marathon 5K	29:48
12	ATC Jog Days 5K	30:24
13	Atlanta FR 5K	31:18
14	Bare Burro 5K	39:16
15	Barb's 5K	39:45
16	Rise Up & Run 5K	40:33
17	ATC Singleton 5K	44:21
6	Bill Winkelmann 24:17	
1	LA River 5K	26:34
2	Smithtown 5K	27:09
3	Griffith Park 5K	27:13
4	Valentine's 5K	27:25
5	LAFR 5K	27:35
6	Cypress 5K	27:36
7	Derby 5K	27:38
8	Glen Eden 5K	27:58
9	Firecracker 5K	28:30
10	Bare Burro 5K	35:44

5K Challenge Most Detail FINAL

*time after your name is your 5-year 5K PR, contact Angus if the time listed is incorrect

7	Karen Carey 30:18	
	Mother's Day 5K	30:42
	LAFR 5K	31:21
	Valentine's 5K	31:23
	Father's Day 5K	31:27
	Victory 5K	32:05
	Firecracker 5K	50:52
	Bill Walsky 35:55	
	Burbank Turkey 5K	37:04
	Wrigley 5K	44:59
	Cypress 5K	45:35
	LAFR 5K	45:36
	La Palma 5K	45:53
	LB Pride 5K	46:14
9	Jim Martinez 23:57	
	Griffith Park 5K	27:59
	LB Pride 5K	28:34
	LAFR 5K	28:43
	Firecracker 5K	29:10
	Bare Burro 5K	37:51
	Mike Carbuto 24:22	
	LAFR 5K	25:51
	Wrigley 5K	26:33
	Homeboy 5K	26:33
	Glen Eden 5K	26:43
	Bare Burro 5K	32:31
	Christopher Tapper 31:26	
	LAFR 5K	31:26
	Glen Eden 5K	31:42
	LB Pride 5K	32:45
	Homeboy 5K	32:52
	Bare Burro 5K	38:33
12	Mike Kerkman 18:18	
	Glen Eden 5K	18:18
	LAFR 5K	18:24
	Burbank Turkey 5K	18:35
	Bare Burro 5K	23:01
	David Dassey 21:20	
	Burbank Turkey 5K	22:31
	Glen Eden 5K	22:50
	Homeboy 5K	22:55
	LAFR 5K	22:27
14	Eric Alvarez 16:37	
	LAFR 5K	16:50
	LB Pride 5K	17:02
	Gay 5K	17:09
	Danny O'Hara 18:38	
	LAFR 5K	18:38
	Firecracker 5K	19:16
	Bare Burro 5K	26:15
	Deo Jaravata 22:10	
	SRLA 5K	26:52
	Mt. SAC 5K	34:46
	LA River 5K	45:00

5K Challenge Most Detail FINAL

*time after your name is your 5-year 5K PR, contact Angus if the time listed is incorrect

	Richard Nelson 20:09	
	Alive & Running 5K	23:44
	Will Rogers 5K	25:37
	LB Pride 5K	25:44
	Carl Maravilla 17:52	
	LAFR 5K	20:27
	Homeboy 5K	21:50
	Bare Burro 5K	26:30
	Jeff Lymburner 19:45	
	Glen Eden 5K	21:13
	Bare Burro 5K	27:48
	Wild Hare 5K	45:42
	Reg Willson 19:31	
	SRLA 5K	20:52
	Will Rogers 5K	21:32
	Euro Games 5K	21:46
21	Kent Hamilton 21:54	
	LAFR 5K	22:00
	Bare Burro 5K	29:37
	David Gonzalez 21:42	
	Firecracker 5K	21:42
	LAFR 5K	21:56
	Barry Hamaguchi 21:14	
	LAFR 5K	21:14
	Firecracker 5K	21:34
	Lui Sanchez 27:00	
	LAFR 5K	27:00
	LA Big 5K	27:10
	Juan Moreno 21:09	
	LAFR 5K	35:35
	SD Pride 5K	36:12
	Mong Noiboonsook 23:03	
	LB Pride 5K	23:03
	Bare Burro 5K	32:26
	Duane Howard 19:23	
	LAFR 5K	20:03
	Bare Burro 5K	27:37
	Carlos Vizcarra 16:26	
	LB Pride 5K	17:41
	SRLA 5K	18:32
	Robb Briggs 19:56	
	Glen Eden 5K	28:31
	Bare Burro 5K	36:40
	Raul Borja 21:53	
	Rose Run 5K	23:34
	LAFR 5K	23:37
	Angus Kennedy 20:19	
	Rare Run 5K	21:14
	Euro Games 5K	21:22
	Linda Carmona 25:35	
	Big Bear 5K	31:39
	Rare Run 5K	34:45
	Mark Johnson 17:47	
	Tiger Run 5K	18:52
	Burbank Turkey 5K	19:14

5K Challenge Most Detail FINAL

*time after your name is your 5-year 5K PR, contact Angus if the time listed is incorrect

	John McGuinness 18:46	
	LAFR 5K	20:30
	Burbank Turkey 5K	20:32
	Doug Jones 34:43	
	SD Pride 5K	34:43
	Burbank Turkey 5K	36:17
	Erin Brinton 20:57	
	Jingle Bell 5K	21:13
	Burbank Turkey 5K	21:15
37	Regina Robinson 33:34	
	LA Big 5K	57:26
	Mike Heredia 23:04	
	Bare Burro 5K	23:04
	Allyne Winderman 26:43	
	LA River 5K	26:43
	Ted Wyder 20:11	
	SF Pride 5K	22:52
	William Fang 17:32	
	Bare Burro 5K	24:34
	Jeff Bennett 20:56	
	Bare Burro 5K	28:06
	Rich Crook 32:56	
	Bare Burro 5K	36:11
	Drew Brabb 24:44	
	Bare Burro 5K	40:33
	Moises Medina 18:37	
	LAFR 5K	18:37
	Marcelino Goncalves 21:33	
	LAFR 5K	21:33
	Rand Smith 24:46	
	LAFR 5K	24:46
	Jon Alami 23:07	
	LAFR 5K	23:07
	John Miles 26:33	
	LAFR 5K	26:33
	Adam Comeau 29:06	
	LAFR 5K	29:06
	Bill Sadler 19:02	
	LAFR 5K	19:08
	Scott Lasker 20:43	
	LAFR 5K	22:11
	Martin Carlson 21:20	
	LAFR 5K	23:27
	Charlie Holmes 25:39	
	LAFR 5K	25:51
	Lee Lightfoot 41:14	
	LAFR 5K	41:14
	Patricia Bates 36:19	
	LAFR 5K	36:19
	Kevin Shiramizu 22:54	
	LAFR 5K	24:02
	Connie Hammen 43:24	
	LAFR 5K	49:29
	Amy Ross 29:14	
	LAFR 5K	49:13

5K Challenge Most Detail FINAL

*time after your name is your 5-year 5K PR, contact Angus if the time listed is incorrect

Mark Grumet 26:28		
	LAFR 5K	31:13
Richard West 26:40		
	LAFR 5K	32:24
Eric Fischer 22:23		
	LAFR 5K	32:24
Bradley Henkle 26:23		
	LAFR 5K	29:06
Bordeaux Martin 28:48		
	LAFR 5K	29:22
Christian Eimer 28:58		
	LAFR 5K	30:30
Steven Morchak 32:55		
	LAFR 5K	34:34
Keeley Webster 33:48		
	LAFR 5K	49:38
Cat White 30:23		
	LAFR 5K	49:37
Rob Chen 21:59		
	Euro Games 5K	21:59
Albert Giang 23:16		
	Euro Games 5K	24:03
Ryan Timmreck 22:49		
	Glen Eden 5K	22:49
Brian Dunbar 24:08		
	SRLA 5K	26:18
Mike Smith 22:32		
	SRLA 5K	26:43
Eddie Flores 24:06		
	Burbank Turkey 5K	24:06
Rusty Millar		
	Reindeer 5K	41:13