

LAFR Grand Prix & Trail Master Race Results 2019 (Trail Master Results Follow)

Race 1																	
Location/Date				Avalon 50 Mile						50 Mile							
Finishers				Avalon						12-Jan							
Website				227						www.avalon50.com							
OA	DP	Div	Name	Age	GPDiv	Time	Age G	AG W	Age P	Pts	PR	UN	DS	BQ/FR	T3A	T3O	Tot
128	12	F4549	Peachy Poso	46	F4049	10:41:41	50.01	60.01	1	100			30				130
150	12	M5054	Deo Jaravata	53	M5054	11:06:42	46.06	55.27	1	100			30				130
Race 2																	
Location/Date				Pasadena						Half							
Finishers				Pasadena						20-Jan							
Website				7514						www.pasadenahalf.com							
OA	DP	Div	Name	Age	GPDiv	Time	Age G	AG W	Age P	Pts	PR	UN	DS	BQ/FR	T3A	T3O	Tot
536	41	M4549	Juan Carlos Fernandez	47	M4549	1:44:58	60.50	63.53	1	100			10				110
1960	99	M5054	Deo Jaravata	53	M5054	2:54:14	53.15	55.81	1	100		10	10				120
Race 3																	
Location/Date				SOB						25M/50K							
Finishers				Malibu Creek						3-Feb							
Website				25M-52, 50K-85						www.sob5050.com							
OA	DP	Div	Name	Age	GPDiv	Time	Age G	AG W	Age P	Pts	PR	UN	DS	BQ/FR	T3A	T3O	Tot
			25 Mile														
43	1	F5054	Kimberly Fairchild	52	F5059	5:31:24	45.30	49.83	1	100			20		15		135
			50K														
34	2	M5559	Sean O'Brien	56	M5559	6:09:37	47.61	54.75	1	100			20		15		135
Race 4																	
Location/Date				Firecracker 10K						10K							
Finishers				Chinatown						17-Feb							
Website				5K-1926, 10K-578						www.firecracker10k.org							
OA	DP	Div	Name	Age	GPDiv	Time	Age G	AG W	Age P	Pts	PR	UN	DS	BQ/FR	T3A	T3O	Tot
			5K														
1208	95	M3539	John Houser	36	M3539	37:12	35.84	na	3	80							80
1256	59	F4549	Peachy Poso	36	F4049	37:43	42.02	na	2	90							90
			10K														
84	21	M3034	Andrew Snyder	34	M3034	43:07	62.35	na	1	100	20						120
185	26	M3539	Barry Hamaguchi	38	M3539	46:10	59.24	na	1	100							100
527	11	M5559	Martin Carlson	58	M5559	46:39	69.02	na	1	100							100
220	32	M3539	David Gonzalez	38	M3539	47:18	57.82	na	2	90							90
396	17	M5054	John Miles	54	M5054	50:54	61.07	na	1	100							100
704	7	F4549	Peachy Poso	46	F4049	53:14	61.55	na	1	100							100
743	95	M3034	Joey Lan	33	M3034	56:29	47.45	na	2	90							90
1245	85	M4044	Raul Borja	42	M4044	62:42	44.90	na	1	100							100
1355	94	M4549	Richard Peng	46	M4549	64:21	45.17	na	1	100							100

Race		5		Run Deo Run Trail				5K/10K/Half/Full									
Location/Date				Los Angeles				3-Mar									
Finishers				5K-19, 10K-28, Half-20, Full-10													
Website				www.lafronrunners.com													
OA	DP	Div	Name	Age	GPDiv	Time	Age G	AG W	Age P	Pts	PR	UN	DS	BQ/FR	T3A	T3O	Tot
			5K														
3	1	M6064	Bill Austin	61	M6064	25:01	64.36	na	1	100		10		15	15	25	165
6 (2)	1	F3034	Lacey Howcroft	31	F3034	30:54	47.79	na	1	100		10		15	15	25	165
7	1	M6569	Jim Martinez	65	M65+	31:11	53.39	na	2	90		10		15	15		130
14	1	F5054	Yumi Afrento	53	F5059	48:18	35.37	na	1	100		10		15	15		140
17	1	M5054	John Kawaharada RW	50	M5054	50:00	41.90	na	6	50		10		15	15		90
			10K														
1	1	M5054	Bruce Bair	52	M5054	44:05	69.30	na	1	100		10		15	15	25	165
4	2	M5559	Ken Lewis	55	M5559	53:05	59.09	na	1	100				15	15		130
5	2	M5054	John Miles	54	M5054	53:50	57.74	na	3	80	20	10		15	15		140
6	1	M6569	David Dassey	68	M65+	54:18	65.19	na	1	100		10		15	15		140
7	3	M5054	Jeff Masino	53	M5054	56:59	54.08	na	4	70		10		15	15		110
16	1	M3539	Patrick Conner	37	M3539	68:11	39.89	na	1	100				15	15		130
			Half														
2	1	M4549	Carlos Vizcarra	45	M4549	1:33:09	67.04	70.39	1	100		10	10	15	15	25	175
3	1	M5054	Bernie Tan	51	M5054	1:47:12	61.30	64.37	2	90		10	10	15	15	25	165
6	3	M4549	Richard Peng	46	M4549	2:09:47	48.52	50.95	3	80		10	10	15	15		130
7	4	M4549	Alex Grosko	49	M4549	2:09:58	49.69	52.17	2	90		10	10	15			125
			Full														
6(2)	1	F4549	Peachy Poso	46	F4049	4:52:15	50.24	55.26	1	100		10	20	15	15	25	185
9	3	M5054	Deo Jaravata	53	M5054	5:14:35	44.75	49.23	5	60		10	20	15	15		120
Race		6		Elephant Run				5K									
Location/Date				Griffith Park				9-Mar									
Finishers				670													
Website				www.enormouselephantrun.com													
OA	DP	Div	Name	Age	GPDiv	Time	Age G	AG W	Age P	Pts	PR	UN	DS		T3A	T3O	Tot
461	1	F8084	Jane Dods	83	F60+	56:27	46.41	na	1	100					15		115

Race		7		LA Marathon						Full							
Location/Date				Los Angeles						18-Mar							
Finishers				5K-5124, Half-835, Full-20042													
Website				www.lamarathon.com													
OA	DP	Div	Name	Age	GPDiv	Time	Age G	AG W	Age P	Pts	PR	UN	DS	BQ/FR	T3A	T3O	Tot
			5K														
1612	168	M3539	John Houser	36	M3539	36:35	36.45	na	1	100		10					110
			Charity Half														
253	2	M6569	Jim Martinez	65	M65+	2:27:50	50.67	53.20	1	100	20	10	10		15		155
302	3	M6064	John Heilman	61	M6064	2:36:00	46.16	48.47	1	100			10		15		125
			Full														
591	47	M4549	Marcelino Goncalves	49	M4549	3:23:00	67.00	73.70	1	100			20				120
1280	75	M5054	Bernie Tan	51	M5054	3:40:02	62.90	69.19	1	100		10	20				130
3688	308	M4549	Juan Carlos Fernandez	47	M4549	4:13:23	52.77	58.05	2	90			20				110
3717	59	F4549	Peachy Poso	47	F4049	4:13:47	58.49	64.34	1	100			20				120
3970	579	M3034	Travis Rex	30	M3034	4:16:52	47.87	52.66	1	100	20		20				140
12504	638	M5054	Deo Jaravata RW	54	M5054	5:42:49	59.87	65.86	2	90		10	20				120
15973	1165	M4044	Jason Coleman	43	M4044	6:25:37	33.54	36.89	1	100		10	20				130
17568	1099	M4549	Mike Smith	47	M4549	6:48:20	32.75	36.03	3	80		10	20				110
18113	1249	M4044	Raul Borja	42	M4044	6:58:29	30.65	33.72	2	90		10	20				120
19040	155	F6064	Stephanie Stone	60	F60+	7:25:23	39.51	43.46	1	100	20		20				140
Race		8		Leona Divide						30K/50K/100K							
Location/Date				Santa Clarita						6-Apr							
Finishers				30K-97, 50K-169, 100K-134													
Website				www.leonadivide5050.com													
OA	DP	Div	Name	Age	GPDiv	Time	Age G	AG W	Age P	Pts	PR	UN	DS	BQ/FR	T3A	T3O	Tot
			30K														
62	3	M5559	Rudy Van Graan	57	M5559	4:33:06	37.05	40.76	1	100		10	15		15		140
			50K														
97	7	M5054	Deo Jaravata	54	M5054	7:34:39	38.01	43.71	1	100			20				120
			100K														
108	4	F4549	Peachy Poso	47	F4049	15:12:28	47.24	56.69	1	100			30				130
Race		9		Pasadena Trail						5M/10M							
Location/Date				Pasadena						7-Apr							
Finishers				5-221, 10-157													
Website				www.pasadenarunningcompany.com													
OA	DP	Div	Name	Age	GPDiv	Time	Age G	AG W	Age P	Pts	PR	UN	DS	BQ/FR	T3A	T3O	Tot
			5 Mile														
4	1	M3539	Eric Eisenbrey	39	M3539	39:52	55.39	na	1	100		10			15		125
90	1	M6569	Jim Martinez	65	M65+	57:52	47.38	na	1	100					15		115
			10 Mile														
4	2	M2529	Blake Owens	27	M2029	1:23:38	52.61	55.24	1	100	20		10		15		145
20	1	F3539	Sarah Syed	38	F3039	1:34:23	53.49	56.16	1	100	20		10		15		145
32	3	M5054	Angus Kennedy	53	M5054	1:36:39	52.30	54.92	1	100		10	10		15		135

Race		10		Boston Marathon				Full									
Location/Date				Boston				15-Apr									
Finishers				26,632													
Website				www.baa.org													
OA	DP	Div	Name	Age	GPDiv	Time	Age G	AG W	Age P	Pts	PR	UN	DS	BQ/FR	T3A	T3O	Tot
1145	65	M4549	Carlos Vizcarra BQ	45	M4549	2:50:42	77.04	84.74	1	100		10	20	20			150
Race		11		Bare Burro 5K				5K									
Location/Date				Colton				28-Apr									
Finishers				286													
Website				www.olivedellranch.com													
OA	DP	Div	Name	Age	GPDiv	Time	Age G	AG W	Age P	Pts	PR	UN	DS	BQ/FR	T3A	T3O	Tot
2	1	M4049	Mike Kerkman	40	M4044	22:00	62.35	na	1	100		10			15	25	150
6	2	M3039	Mike Heredia	37	M3539	22:33	59.50	na	1	100		10			15		125
14	4	M3039	Eric Eisenbrey	39	M3539	26:04	52.24	na	2	90		10					100
27	8	M5059	Angus Kennedy	53	M5054	27:52	54.19	na	1	100		10					110
42	14	M5059	Ken Lewis	55	M5559	29:45	51.54	na	1	100	20	10					130
43	4	M6069	David Dassey	68	M65+	30:12	56.62	na	1	100		10					110
51	15	M5059	Reg Willson	59	M5559	30:32	51.86	na	2	90		10					100
72	23	M5059	John Miles	54	M5054	33:28	45.47	na	2	90		10					100
131	18	M6069	Mike Carbuto	66	M65+	39:38	42.39	na	2	90		10					100
149	39	M5059	Chris Tapper	52	M5054	41:41	35.95	na	3	80		10					90
182	27	M6069	David Grudzien	61	M6064	44:57	35.82	na	1	100		10					110
Race		12		OC Marathon				Full									
Location/Date				Orange County				5-May									
Finishers				1553													
Website																	
OA	DP	Div	Name	Age	GPDiv	Time	Age G	AG W	Age P	Pts	PR	UN	DS	BQ/FR	T3A	T3O	Tot
			Half														
4781	112	M6064	Scott Whiteleather	60	M6064	2:46:14	42.92	45.07	1	100			10				110
			Full														
380	12	M5559	Martin Carlson	59	M5559	4:00:46	61.82	68.00	1	100			20				120
733	66	M4549	Juan Carlos Fernandez	47	M4549	4:38:54	47.94	52.73	1	100			20				120
Race		13		Verdugo Trail				10K									
Location/Date				Glendale				5-May									
Finishers				858													
Website																	
OA	DP	Div	Name	Age	GPDiv	Time	Age G	AG W	Age P	Pts	PR	UN	DS	BQ/FR	T3A	T3O	Tot
527	8	M6569	Mike Carbuto	66	M65+	1:29:24	38.83	na	1	100		10					110
707	56	M5054	Jeffrey Kalowes	54	M5054	1:53:17	27.44	na	1	100	20						120

Race 14				Mother's Day					5K/10K/15K/Half									
Location/Date				Van Nuys					12-May									
Finishers				5K-186, 10K-57														
Website				www.abetterworldrunning.com														
OA	DP	Div	Name	Age	GPDiv	Time	Age G	AG W	Age P	Pts	PR	UN	DS	BQ/FR	T3A	T3O	Tot	
			5K															
20	1	M6064	Bill Austin	62	M6064	25:42	63.16	na	1	100		10			15		125	
120	1	F6569	Margie Gonzales	65	F60+	44:08	44.71	na	1	100		10			15		125	
139	7	F6064	Nicole Oeuvray	60	F60+	48:07	38.52	na	2	90							90	
			10K															
2	1	M5054	Mario Mota	54	M5054	49:58	62.21	na	1	100		10			15	25	150	
51	1	M6569	Bill Winkelmann RW	66	M65+	1:37:10	47.86	na	1	100		10			15		125	
Race 15				Shoreline FR Pride Run					5K/10K									
Location/Date				Long Beach					19-May									
Finishers				5K-113, 10K-61														
Website				www.shorelinefronrunners.org														
OA	DP	Div	Name	Age	GPDiv	Time	Age G	AG W	Age P	Pts	PR	UN	DS	BQ/FR	T3A	T3O	Tot	
			5K															
1	1	M4044	Mike Kerkman	40	M4044	17:35	78.01	na	1	100		10			15	25	150	
3	1	M4549	Carlos Vizcarra	45	M4549	18:15	77.90	na	1	100					15	25	140	
6	1	M5054	Angus Kennedy	53	M5054	22:34	66.91	na	2	90		10			15		115	
31	1	M6569	Jim Martinez	65	M65+	29:05	57.25	na	2	90		10			15		115	
35	2	M6569	Mike Carbuto	66	M65+	30:25	55.23	na	3	80		10			15		105	
48	6	M3539	John Houser	36	M3539	32:13	41.39	na	2	90		10					100	
72	1	F19U	Rina Shiramizu	7	F19U	38:03	50.68	na	1	100					15		115	
73	5	M4549	Kevin Shiramizu	45	M4549	38:04	37.35	na	3	80							80	
74	6	F2529	Elizabeth Navarrete	26	F2029	38:03	38.50	na	1	100	20				15		135	
91	4	M6569	Bill Walsky RW	68	M65+	50:53	46.58	na	4	70		10					80	
92	5	M6569	Bill Winkelmann RW	66	M65+	50:56	45.42	na	6	50		10					60	
95	1	M7074	Brian Eggert RW	71	M65+	53:00	46.48	na	5	60					15		75	
			10K															
2	1	M5054	Mark Johnson	52	M5054	39:52	76.63	na	1	100		10			15	25	150	
3	1	M3539	Eric Eisenbrey	39	M3539	42:31	64.72	na	1	100	20	10			15	25	170	
16	3	M5054	Mario Mota	54	M5054	47:33	65.37	na	3	80		10			15		105	
19	1	M6569	David Dassey	68	M65+	48:47	72.57	na	1	100		10			15		125	
22	1	M5559	Ken Lewis	56	M5559	50:08	63.10	na	1	100	20				15		135	
23	4	M5054	John Miles	54	M5054	50:54	61.07	na	4	70	20						90	
27	2	M4549	Richard Peng	47	M4549	52:28	55.84	na	2	90		10			15		115	
48	7	M5054	Jeffrey Kalowes	54	M5054	67:58	45.73	na	5	60	20						80	
55	8	M5054	Chris Tapper	52	M5054	1:14:44	40.88	na	6	50							50	
61	1	M6064	Doug Jones	61	M6064	1:30:43	36.49	na	1	100		10			15		125	

Race 16																	
Location/Date				Mountains to Beach						Full							
				Ventura						25-May							
Finishers																	
Website																	
OA	DP	Div	Name	Age	GPDiv	Time	Age G	AG W	Age P	Pts	PR	UN	DS	BQ/FR	T3A	T3O	Tot
			Half														
10	1	M4549	Carlos Vizcarra	45	M4549	1:18:19	79.74	83.73	1	100			10		15		125
1366	23	M6064	Doug Jones	61	M6064	3:15:40	36.81	38.65	1	100		10	10				120
			Full														
355	54	M4549	John McGuinness	45	M4549	3:20:45	65.50	72.05	2	90			20				110
1238	112	M4549	Juan Carlos Fernandez	47	M4549	4:13:37	52.72	57.99	3	80			20				100
Race 17																	
Location/Date				Wrigley						5K							
				Long Beach						2-Jun							
Finishers																	
Website				www.wrigleyriverrun.com													
OA	DP	Div	Name	Age	GPDiv	Time	Age G	AG W	Age P	Pts	PR	UN	DS	BQ/FR	T3A	T3O	Tot
			5K														
55	2	M6064	Bill Austin	62	M6064	23:29	69.13	na	1	100		10			15		125
382	6	M6569	Bill Winkelmann	66	M65+	44:03	52.52	na	1	100	20	10					130
434	8	M6569	Bill Walsky	68	M65+	48:06	49.27	na	2	90		10					100

Race 18			LAFR Pride Run				5K										
Location/Date			Griffith Park				9-Jun										
Finishers			208														
Website			www.lafronrunners.com														
OA	DP	Div	Name	Age	GPDiv	Time	Age G	AG W	Age P	Pts	PR	UN	DS	BQ/FR	T3A	T3O	Tot
1	1	40-44	Mike Kerkman	40	M4044	17:41	77.57	na	1	100		10		15	15	25	165
5	1	25-29	Blake Owens	27	M2029	19:16	67.39	na	1	100	20			15	15		150
11	2	25-29	Solomon Leung	29	M2029	20:25	63.67	na	2	90				15	15		120
17	2	40-44	Patrice Salome	43	M4044	21:05	66.40	na	2	90		10		15	15		130
23	2	45-49	John McGuinness	45	M4549	21:51	65.06	na	1	100		10		15	15		140
26	3	45-49	Marcelino Goncalves	49	M4549	22:18	65.62	na	2	90				15	15		120
30	2	60-64	Bill Austin	62	M6064	22:39	71.67	na	1	100		10		15	15		140
34	1	35-39	Sarah Syed	38	F3039	22:53	65.62	na	1	100				15	15		130
36	1	55-59	Ken Lewis	56	M5559	23:02	67.08	na	1	100	20			15	15		150
40	5	45-49	Daniel Formanek	46	M4549	23:22	61.27	na	3	80				15			95
41	2	55-59	Martin Carlson	59	M5559	23:25	67.62	na	2	90				15	15		120
43	5	40-44	Dan Vu	43	M4044	23:47	58.86	na	3	80	20	10		15			125
44	9	50-54	Mark DeAngelis	54	M5054	23:54	63.67	na	1	100				15			115
45	1	65-69	David Dassey	68	M65+	23:55	71.50	na	1	100		10		15	15		140
52	7	45-49	Richard Peng	47	M4549	24:26	58.21	na	4	70	20	10		15			115
53	10	50-54	John Miles	54	M5054	24:36	61.86	na	2	90	20			15			125
63	4	25-29	Gillian Hoagland	28	F2029	25:50	57.16	na	1	100	20			15			135
66	11	50-54	Henry Jung	54	M5054	26:08	58.23	na	3	80	20	10		15			125
71	1	70-74	Richard Nelson	72	M65+	26:51	66.73	na	2	90		10		15	15		130
73	4	45-49	Maria Poso	47	F4049	27:05	59.08	na	1	100		10		15			125
81	5	55-59	Rick Hetzel	59	M5559	28:38	55.30	na	3	80				15			95
82	4	60-64	Johnny Mendez	61	M6064	28:42	56.10	na	2	90				15			105
88	7	55-59	Lui Sanchez	58	M5559	29:20	53.58	na	4	70		10		15			95
92	5	60-64	Paul Morrell	60	M6064	29:31	54.09	na	3	80				15			95
96	4	65-69	Jim Martinez	65	M65+	30:04	55.38	na	3	80		10		15			105
100	5	65-69	Michael Carbuto	66	M65+	30:24	55.26	na	4	70		10		15			95
108	1	65-69	Allyne Winderman	67	F60+	31:22	64.61	na	1	100				15	15		130
109	6	60-64	Robert Berman	63	M6064	31:23	52.15	na	4	70	20			15			105
113	7	35-39	John Houser	36	M3539	31:48	41.93	na	1	100				15			115
118	9	55-59	Brian Dunbar	57	M5559	32:54	47.37	na	5	60		10		15			85
149	13	45-49	Anthony Chan	47	M4549	37:07	38.84	na	5	60	20	10		15			105
150	14	25-29	Elizabeth Navarrete	26	F2029	37:08	39.77	na	2	90	20			15			125
152	18	50-54	Jeffrey Kalowes	54	M5054	37:39	40.42	na	4	70	20			15			105
167	12	40-44	Jason Coleman	43	M4044	42:50	32.68	na	4	70		10		15			95
173	2	65-69	Margie Gonzales	65	F60+	45:12	43.66	na	2	90		10		15	15		130
174	4	60-64	Nicole Oeuvray	60	F60+	46:01	40.28	na	3	80		10		15			105
175	6	65-69	Bill Winkelmann RW	66	M65+	46:10	50.11	na	5	60		10		15			85
179	12	55-59	Don Norte RW	57	M5559	46:50	46.54	na	6	50	20			15			85
180	13	55-59	Kevin Norte RW	57	M5559	46:51	46.53	na	7	40	20			15			75
188	3	65-69	Amy Ross RW	66	F60+	50:29	52.75	na	4	70				15	15		100
189	9	50-54	Keeley Webster RW	50	F5059	50:30	44.19	na	1	100				15			115
190	13	45-49	Catrina White RW	48	F4049	50:31	43.40	na	2	90		10		15			115
191	8	65-69	Bill Walsky RW	68	M65+	51:32	47.45	na	6	50		10		15			75

Pride 5K continued																	
OA	DP	Div	Name	Age	GPDiv	Time	Age G	AG W	Age P	Pts	PR	UN	DS	BQ/FR	T3A	T3O	Tot
192	14	55-59	Tim Chung RW	55	M5559	51:32	41.54	na	8	30	20	10		15			75
201	2	70-74	Brian Eggert RW	71	M65+	56:07	45.19	na	7	40				15	15		70
203	20	50-54	John Kawaharada RW	51	M5054	57:07	36.77	na	5	60		10		15			85
211	10	35-39	Jason Lee RW	36	M3539	63:00	29.20	na	2	90	20	10		15			135
Race 19																	
Location/Date				LAFR Pride Run								10K					
Finishers				Griffith Park								9-Jun					
Website				104													
				www.lafronrunners.com													
OA	DP	Div	Name	Age	GPDiv	Time	Age G	AG W	Age P	Pts	PR	UN	DS	BQ/FR	T3A	T3O	Tot
1	1	45-49	Carlos Vizcarra	45	M4549	36:50	78.28	na	1	100				15	15	25	155
7	1	35-39	Jeremy Yoder	37	M3539	43:32	62.48	na	1	100	20			15	15		150
12	1	25-29	Solomon Leung	29	M2029	44:53	59.52	na	1	100				15	15		130
18	4	45-49	Marcelino Goncalves	49	M4549	47:08	63.19	na	2	90				15			105
19	5	45-49	John McGuinness	45	M4549	47:18	60.96	na	3	80		10		15			105
24	1	55-59	Martin Carlson	59	M5559	49:34	65.57	na	1	100				15	15		130
27	2	55-59	Ken Lewis	56	M5559	49:44	63.61	na	2	90	20			15	15		140
28	7	45-49	Kevin Shiramizu	45	M4549	49:45	57.96	na	4	70				15			85
32	7	50-54	John Miles	54	M5054	50:40	61.35	na	1	100	20			15			135
33	8	50-54	Mario Mota	54	M5054	51:30	60.36	na	2	90		10		15			115
35	3	25-29	Rosie Jewell	25	F2029	51:45	58.62	na	1	100	20			15	15		150
39	1	65-69	David Dassey	68	M65+	52:36	67.30	na	1	100		10		15	15		140
40	1	35-39	Sarah Syed	38	F3039	52:56	58.38	na	1	100				15	15		130
50	9	45-49	Richard Peng	47	M4549	55:42	52.60	na	5	60		10		15			85
60	4	60-64	Paul Morrell	60	M6064	57:59	56.57	na	1	100				15			115
61	1	45-49	Maria Poso	47	F4049	58:42	56.39	na	1	100		10		15	15		140
81	1	65-69	Allyne Winderman	67	F60+	67:34	63.54	na	1	100	20			15	15		150
83	6	60-64	Robert Berman	63	M6064	70:48	47.65	na	2	90	20			15			125
89	3	60-64	Stephanie Stone	60	F60+	75:59	51.17	na	2	90				15	15		120
91	1	8-10	Noah Abraham	8	M19U	76:28	46.23	na	1	100	20			15	15		150
92	7	35-39	Mark Abraham	39	M3539	76:29	35.98	na	2	90	20			15			125
96	13	50-54	Jeffrey Kalowes	54	M5054	81:59	37.91	na	3	80				15			95
101	8	60-64	Doug Jones	61	M6064	94:20	35.09	na	3	80				15			95
102	1	11-12	Benji Abraham	11	M19U	1:42:51	29.87	na	2	90	20			15	15		140

Race	20			LAFR Pride Run								Ultra						
Location/Date				Griffith Park								9-Jun						
Finishers				42														
Website				www.lafronrunners.com														
OA	DP	Div	Name	Age	GPDiv	Time	Age G	AG W	Age P	Pts	PR	UN	DS	BQ/FR	T3A	T3O	Tot	
			Ultra 5K + 10K															
8	1	29-Und	Solomon Leung	29	M2029	1:05:18	na	na	1	100	na		10	15	15		140	
13	4	40-49	John McGuinness	45	M4549	1:09:09	na	na	1	90	na	10	10	15			125	
14	5	40-49	Marcelino Goncalves	49	M4549	1:09:26	na	na	2	90	na		10	15			115	
17	5	50-59	Ken Lewis	56	M5559	1:12:49	na	na	1	100	na		10	15			125	
19	7	50-59	Martin Carlson	59	M5559	1:12:59	na	na	2	90	na		10	15			115	
21	8	50-59	John Miles	54	M5054	1:15:16	na	na	1	100	na		10	15			125	
22	3	30-39	Sarah Syed	38	F3039	1:15:49	na	na	1	100	na		10	15	15		140	
23	2	60-69	David Dassey	68	M65+	1:16:31	na	na	1	100	na	10	10	15	15		150	
25	7	40-49	Richard Peng	47	M4549	1:20:08	na	na	3	80	na	10	10	15			115	
29	3	40-49	Maria Poso	47	F4049	1:25:47	na	na	1	100	na	10	10	15	15		150	
31	3	60-69	Paul Morrell	60	M6064	1:27:30	na	na	1	100	na		10	15	15		140	
35	1	60-69	Allyne Winderman	67	F60+	1:38:56	na	na	1	100	na		10	15	15		140	
36	5	60-69	Robert Berman	63	M6064	1:42:11	na	na	2	90	na		10	15			115	
40	10	50-59	Jeffrey Kalowes	54	M5054	1:59:38	na	na	2	90	na		10	15			115	
Race	21			Father's Day								5K/10K/15K/Half						
Location/Date				Van Nuys								16-Jun						
Finishers				5K-167, 10K-57														
Website				www.abetterworldrunning.com														
OA	DP	Div	Name	Age	GPDiv	Time	Age G	AG W	Age P	Pts	PR	UN	DS	BQ/FR	T3A	T3O	Tot	
			5K															
12	1	M6064	Bill Austin	62	M6064	26:12	61.96	na	1	100		10			15		125	
			10K															
53	1	M6569	Bill Winkelmann RW	66	M65+	1:32:10	50.45	na	1	100		10			15		125	
Race	22			La Palma								5K						
Location/Date				La Palma								4-Jul						
Finishers				5K: 279, 10K: 75														
Website																		
OA	DP	Div	Name	Age	GPDiv	Time	Age G	AG W	Age P	Pts	PR	UN	DS	BQ/FR	T3A	T3O	Tot	
			5K															
25	2	M7074	Bill Austin	62	M6064	21:53	74.18	na	1	100		10			15		125	
95	9	M6569	Rick Hetzel	59	M5559	27:26	57.72	na	1	100							100	
14RW	2	M6569	Bill Walsky RW	69	M65+	46:18	51.84	na	1	100		10			15		125	
			10K															
3	2	M2529	Solomon Leung	29	M2029	41:30	64.38	na	1	100					15	25	140	

Race 27																	
Location/Date				Doggie Dash HUMANS						5K							
Griffith Park										20-Oct							
Finishers				26													
Website				www.lafronrunners.com													
OA	DP	Div	Name	Age	GPDiv	Time	Age G	AG W	Age P	Pts	PR	UN	DS	BQ/FR	T3A	T3O	Tot
1	1	M2529	Blake Owens	27	M2029	19:04	68.09	na	1	100	20			15	15	25	175
2	2	M2529	Jeff Lin	29	M2029	19:07	68.00	na	2	90	20			15	15	25	165
3	1	M4044	Eric Eisenbrey	40	M3539	20:33	66.75	na	1	90		10		15	15	25	155
6	1	M4549	JC Fernandez	48	M4549	23:10	62.73	na	1	100				15	15		130
7(F1)	1	F2529	Gillian Hoagland	29	F2029	24:22	60.60	na	1	100	20			15	15	25	175
8(F2)	1	F3034	Erin Brinton	33	F3039	25:46	57.44	na	1	100		10		15	15	25	165
9	1	M6064	Bill Austin	62	M6064	25:46	63.00	na	1	100		10		15	15		140
10	1	M7074	Richard Nelson	72	M65+	26:23	67.91	na	1	100		10		15	15		140
14	1	M6569	Jim Martinez	66	M65+	29:33	56.85	na	2	90		10		15	15		130
21	2	F6569	Margie Gonzales	65	F60+	44:48	44.05	na	1	100		10		15	15		140
24	1	F6064	Nicole Oeuvray	61	F60+	46:05	40.72	na	1	100		10		15	15		140
Race 28																	
Location/Date				Doggie Dash HUMANS & PUPS						5K							
Griffith Park										28-Oct							
Finishers				40													
Website				www.lafronrunners.com													
OA	DP	Div*	Name	Age	GPDiv	Time	Age G	AG W	Age P	Pts	PR	UN	DS	BQ/FR	T3A	T3O	Tot
2	1	M5054	Mario Mota & Ellie	54	M5054	21:30	70.78	na	1	100		10		15	15	25	165
3	1	M5559	Sean O'Brien & Washington	56	M5559	22:44	67.96	na	1	100		10		15	15	25	165
4	2	M5559	Martin Carlson & Guy	59	M5559	25:14	62.75	na	2	90				15	15		120
8	1	M4044	Eddie Flores & Hazel	44	M4044	28:50	48.90	na	1	100				15	15		130
10	1	M6064	Reg Willson & Suki	60	M5559	30:56	51.62	na	3	80		10		15	15		120
13	2	M4549	Mike Smith & Farrah	47	M4549	31:13	46.18	na	1	100		10		15	15		140
17	1	F6064	Steph Stone & Archer	61	F60+	34:37	54.21	na	1	100				15	15		130
18	5	M5054	Jeff Kalowes & Lulu	54	M5054	39:21	38.67	na	2	90		10		15			115
20	1	M6569	Mike Carbutto & Caroline	66	M65+	42:59	39.08	na	1	100		10		15	15		140
36	6	M5054	John Kawaharada & Fran	51	M5054	64:36	23.01	na	3	80		10		15			105
*divisions scored as humans for grand prix																	

Race 29																	
Location/Date				Palm Springs Pride						5K							
Finishers				Palm Springs						2-Nov							
Website				422						www.psfr.org							
OA	DP	Div*	Name	Age	GPDiv	Time	Age G	AG W	Age P	Pts	PR	UN	DS	BQ/FR	T3A	T3O	Tot
1	1	M4549	Carlos Vizcarra	46	M4549	17:05	83.80	na	1	100					15	25	140
2	1	M4044	Mike Kerkman	41	M4044	17:44	77.82	na	1	100					15	25	140
21	2	M5054	Mario Mota	54	M5054	21:54	69.48	na	1	100		10			15		125
25	4	M5054	Bernie Tan	51	M5054	22:21	66.52	na	2	90		10					100
35	2	M6064	Bill Austin	62	M6064	22:45	71.36	na	1	100		10			15		125
56	6	M4044	Dan Vu	43	M4044	24:10	57.93	na	2	90							90
60	2	M7074	Richard Nelson	72	M65+	24:14	73.93	na	1	100		10			15		125
67	12	M5559	Mark DeAngelis	55	M5054	24:37	62.29	na	3	80							80
80	14	M5559	Henry Jung	55	M5054	25:22	60.45	na	4	70	20						90
97	6	M6064	Dan Graham	64	M6064	26:11	63.08	na	2	90							90
121	22	M5559	Rick Hetzel	59	M5559	28:02	56.48	na	1	100							100
130	6	M6569	Mike Carbuto	66	M65+	28:45	58.43	na	2	90		10					100
161	16	M6064	Scott Whiteleather	60	M6064	32:15	49.51	na	3	80							80
263	15	M6569	Bill Winkelmann RW	66	M65+	47:49	48.38	na	3	80		10					90
306	6	M7579	Lee Lightfoot RW	76	M65+	54:27	48.55	na	4	70							70
Race 30																	
Location/Date				Ocean Breeze						5K/10K/15K/Half							
Finishers				SaMo						3-Nov							
Website				5K-55, Half-31						www.abetterworldrunning.com							
OA	DP	Div	Name	Age	GPDiv	Time	Age G	AG W	Age P	Pts	PR	UN	DS	BQ/FR	T3A	T3O	Tot
			5K														
5(F1)	1	F3034	Erin Brinton	34	F3039	22:43	65.30	na	1	100		10			15	25	150
44	1	F6064	Nicole Oeuvray	61	F60+	44:34	42.11	na	1	100		10			15		125
			Half														
2	2	M3539	Jeremy Yoder	37	M3539	1:37:23	60.67	63.70	1	100		10	10		15	25	160

Race 31																	
Location/Date				Catalina Eco Trail				10K/Half/Full									
Finishers				Catalina				16-Nov									
Website				10K-259, Half-589													
Website				www.catalinaecomarathon.com													
OA	DP	Div	Name	Age	GPDiv	Time	Age G	AG W	Age P	Pts	PR	UN	DS	BQ/FR	T3A	T3O	Tot
			10K														
1	1	M2529	Blake Owens	27	M2029	44:14	60.40	na	1	100	20				15	25	160
7	4	M4549	Kevin Shiramizu	46	M4549	47:48	60.81	na	1	100	20						120
23	2	M4044	Eddie Flores	44	M4044	54:25	52.56	na	2	90		10			15		115
51	4	M4044	Albert Giang	42	M4044	59:35	47.24	na	4	70		10					80
87	2	M6569	Jim Martinez	66	M65+	67:00	51.82	na	1	100	20	10			15		145
123	1	M7074	Richard West	71	M65+	1:16:11	48.00	na	2	90		10			15		115
			Half														
6	1	M4044	Mike Kerkman	41	M4044	1:39:40	60.65	63.68	1	100		10	10		15		135
18	2	M3034	Solomon Leung	30	M2029	1:48:50	53.64	56.32	2	90			10		15		115
24	2	M5054	Bruce Bair	53	M5054	1:52:05	59.69	62.67	1	100			10		15		125
31	4	M5559	Sean O'Brien	56	M5559	1:55:18	59.61	62.59	1	100	20	10	10				140
81	10	M5054	John Miles	55	M5054	2:10:27	52.22	54.83	2	90			10				100
94	5	M5054	Angus Kennedy	53	M5054	2:13:57	49.94	52.44	3	80		10	10				100
95	4	M4549	Kyle Stevenson	47	M4549	2:13:58	47.40	49.77	2	90	20		10				120
99	6	M4549	Richard Peng	47	M4549	2:14:48	47.11	49.47	3	80		10	10				100
100	10	M4044	Dan Vu	43	M4044	2:14:57	45.51	47.79	3	80			10				90
Race 32																	
Location/Date				Giving Thanks				5K/10K									
Finishers				SaMo				17-Nov									
Website				www.abetterworldrunning.com													
OA	DP	Div	Name	Age	GPDiv	Time	Age G	AG W	Age P	Pts	PR	UN	DS	BQ/FR	T3A	T3O	Tot
			5K														
57	1	F6569	Margie Gonzales	65	F60+	41:55	47.08	na	1	100		10			15		125
			10K														
6(F2)	2	F3034	Erin Brinton	34	F3039	46:10	65.99	na	1	100		10			15	25	150

Race 33																	
				Turkey Trot-tacular						various							
OA	DP	Div	Name	Age	GPDiv	Time	Age G	AG W	Age P	Pts	PR	UN	DS	BQ/FR	T3A	T3O	Tot
			Drumstick 10K 11/28														
108	1	M6569	David Dassey	69	M65+	49:16	72.60	na	1	100		10			15		125
284	20	M2529	Trent Rodriguez	27	M2029	59:29	44.91	na	1	100							100
			Drumstick 5K 11/28														
299	9	M5559	Rick Hetzel	59	M5559	28:54	54.79	na	1	100							100
392	14	M4549	Mike Smith	47	M4549	30:25	47.40	na	2	90							90
1179	3	M6569	Bill Winkelmann RW	69	M65+	49:01	48.96	na	2	90		10			15		115
1195	51	F4044	Vanessa Wegman	43	F4049	49:28	31.27	na	1	100							100
			Turkey 10K HBCH 11/29														
2	1	F3034	Erin Brinton	34	F3039	46:10	65.99	na	1	100		10			15	25	150
			Tucson XC 5K 11/28														
21	2	M4044	Mike Kerkman	41	M4044	18:46	73.09	na	1	100					15		115
189	14	M4549	Kevin Shiramizu	46	M4549	23:45	60.28	na	1	100							100
			ABWR Turkey 5K 12/1														
30	1	F6569	Margie Gonzales	65	F60+	43:39	45.21	na	1	100		10			15		125
			Finger Lakes 5.48 11/28														
		M5559	John Miles	55	M5054	44:08	62.46	na	1	100							100
			Turkey LA 5K 11/28														
236	29	M3539	Brian Soria	38	M3539	27:17	49.54	na	1	100	20						120
			Milwaukee 5K 11/28														
659	2	M6064	David Grudzien	62	M6064	30:48	52.27	na	1	100					15		115
			Schaumburg Half 11/30														
871	23	M6064	David Grudzien	62	M6064	2:40:14	44.94	47.19	2	90							90
			Last Call Half 12/1														
297	8	M6064	David Grudzien	62	M6064	2:55:13	41.10	43.16	3	80							80
Race 34																	
Location/Date				Holiday Fun						5K/15K							
				SaMo						15-Dec							
Finishers				5K-106, 15K-27													
Website				www.abetterworldrunning.com													
OA	DP	Div	Name	Age	GPDiv	Time	Age G	AG W	Age P	Pts	PR	UN	DS	BQ/FR	T3A	T3O	Tot
			5K														
9	1	M6064	Bill Austin	62	M6064	25:53	62.72	na	1	100		10			15		125
78	1	F6569	Margie Gonzales	65	F60+	43:23	45.49	na	1	100					15		115
88	2	M6569	Bill Walsky RW	69	M65+	46:23	51.74	na	1	100					15		115
91	4	F5559	Yumi Afrento	55	F5059	47:05	37.10	na	1	100		10					110
			15K														
4(F2)	1	F3034	Erin Brinton	34	F3039	69:13	66.80	70.14	1	100		10	10		15	25	160

Los Angeles Frontrunners Trail Master Race Results 2019

Race														
Location/Date														
Finishers														
Website														
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	DS	BQ/FR	T3A	T3O	Tot
Avalon 50 Mile														
Avalon														
227														
www.avalon50.com														
50 Mile														
12-Jan														
128	12	F4549	Peachy Poso	46	10:41:41	50.01	60.01	60.01		50				110.01
150	12	M5054	Deo Jaravata	53	11:06:42	46.06	55.27	55.27		50				105.27

Race														
Location/Date														
Finishers														
Website														
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	DS	BQ/FR	T3A	T3O	Tot
Winter Night Trail														
Indianapolis														
Half														
12-Jan														
144	1	M6064	David Grudzien	61	3:28:38	34.52	36.25	36.25		20		15		71.25

Race														
Location/Date														
Finishers														
Website														
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	DS	BQ/FR	T3A	T3O	Tot
SOB														
Malibu Creek														
25M-52, 50K-85														
www.sob5050.com														
25M/50K														
3-Feb														
			25 Mile											
43	1	F5054	Kimberly Fairchild	52	5:31:24	45.30	49.83	49.83		35		15		99.83
			50K											
34	2	M5559	Sean O'Brien	56	6:09:37	47.61	54.75	54.75		35		15		104.75

Race														
Location/Date														
Finishers														
Website														
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	DS	BQ/FR	T3A	T3O	Tot
Calico														
Griffith Park														
50K														
3-Feb														
64	12	F4549	Peachy Poso	46	6:26:56	45.86	52.74	52.74		35		15		102.74

Race														
Location/Date														
Finishers														
Website														
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	DS	BQ/FR	T3A	T3O	Tot
Mt. Hwd Trail														
Griffith Park														
12K														
10-Feb														
			6K											
50	5	M3539	John Houser	36	58:56	27.26	na	27.26		5				32.26
			12K											
95	23	F4549	Peachy Poso	46	1:12:39	54.37	57.09	57.09		5		15		77.09

Race														
Location/Date	MM Gulf Coast Spanish Fort, AL													
Finishers	Half 17-Feb													
Website														
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	DS	BQ/FR	T3A	T3O	Tot
na	na	M6064	David Grudzien	61	2:55:44	40.98	43.03	43.03		20				63.03
Race														
Location/Date	Griffith Park Trail Griffith Park													
Finishers	50K 2-Mar													
Website	www.griffithparktrailmarathon.com													
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	DS	BQ/FR	T3A	T3O	Tot
64	12	F4549	Peachy Poso	46	6:08:40	48.13	55.35	55.35		35		15		105.35
Race														
Location/Date	Run Deo Run Trail Los Angeles													
Finishers	5K/10K/Half/Full 3-Mar													
Website	www.lafronrunners.com													
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	DS	BQ/FR	T3A	T3O	Tot
			5K											
3	1	M6064	Bill Austin	61	25:01	64.36	na	64.36	10	5	15	15	25	134.36
6 (2)	1	F3034	Lacey Howcroft	31	30:54	47.79	na	47.79	10	5	15	15	25	117.79
7	1	M6569	Jim Martinez	65	31:11	53.39	na	53.39	10	5	15	15		98.39
14	1	F5054	Yumi Afrento	53	48:18	35.37	na	35.37	10	5	15	15		80.37
17	1	M5054	John Kawaharada RW	50	50:00	41.90	na	41.90	10	5	15	15		86.90
			10K											
1	1	M5054	Bruce Bair	52	44:05	69.30	na	69.30	10	5	15	15	25	139.30
4	2	M5559	Ken Lewis	55	53:05	59.09	na	59.09		5	15	15		94.09
5	2	M5054	John Miles	54	53:50	57.74	na	57.74	10	5	15	15		102.74
6	1	M6569	David Dassey	68	54:18	65.19	na	65.19	10	5	15	15		110.19
7	3	M5054	Jeff Masino	53	56:59	54.08	na	54.08	10	5	15	15		99.08
16	1	M3539	Patrick Conner	37	68:11	39.89	na	39.89		5	15	15		74.89
			Half											
2	1	M4549	Carlos Vizcarra	45	1:33:09	67.04	70.39	70.39	10	20	15	15	25	155.39
3	1	M5054	Bernie Tan	51	1:47:12	61.30	64.37	64.37	10	20	15	15	25	149.37
6	3	M4549	Richard Peng	46	2:09:47	48.52	50.95	50.95	10	20	15	15		110.95
7	4	M4549	Alex Grosko	49	2:09:58	49.69	52.17	52.17	10	20	15			97.17
			Full											
6(2)	1	F4549	Peachy Poso	46	4:52:15	50.24	55.26	55.26	10	35	15	15	25	155.26
9	3	M5054	Deo Jaravata	53	5:14:35	44.75	49.23	49.23	10	35	15	15		124.23

Race				Antelope Canyon							100 Mile				
Location/Date											9-Mar				
Finishers															
Website															
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	DS	BQ/FR	T3A	T3O	Tot	
18	1	M2529	Solomon Leung	29	27:16:00	40.60	50.75	50.75		60		15		125.75	
Race				Arroya Seco Freako Trail							3.4 Mile				
Location/Date											1-Apr				
Finishers															
Website															
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	DS	BQ/FR	T3A	T3O	Tot	
1	1	M4044	Mike Kerkman	40	20:29	73.39	na	73.39		5		15	25	118.39	
23	NA	M6064	Reg Wilson	60	28:01	62.64	na	62.64		5				67.64	
Race				Leona Divide							30K/50K/100K				
Location/Date											6-Apr				
Finishers															
Website															
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	DS	BQ/FR	T3A	T3O	Tot	
			30K												
62	3	M5559	Rudy Van Graan	57	4:33:06	37.05	40.76	40.76	10	25		15		90.76	
			50K												
97	7	M5054	Deo Jaravata	54	7:34:39	38.01	43.71	43.71		35				78.71	
			100K												
108	4	F4549	Peachy Poso	47	15:12:28	47.24	56.69	56.69		50				106.69	
Race				Chesebro							Half				
Location/Date											6-Apr				
Finishers															
Website															
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	DS	BQ/FR	T3A	T3O	Tot	
48	7	M3539	Piyush Prakash	35	1:46:28	55.12	57.88	57.88	10	20				87.88	
244	28	M4549	Richard Peng	46	2:08:24	49.04	51.49	51.49		20				71.49	

Race				Pasadena Trail											
Location/Date				Pasadena											
Finishers				5-221, 10-157											
Website				www.pasadenarunningcompany.com											
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	DS	BQ/FR	T3A	T3O	Tot	
5 Mile															
4	1	M3539	Eric Eisenbrey	39	39:52	55.39	na	55.39	10	5		15		85.39	
90	1	M6569	Jim Martinez	65	57:52	47.38	na	47.38		5		15		67.38	
10 Mile															
4	2	M2529	Blake Owens	27	1:23:38	52.61	55.24	55.24		20		15		90.24	
20	1	F3539	Sarah Syed	38	1:34:23	53.49	56.16	56.16		20		15		91.16	
32	3	M5054	Angus Kennedy	53	1:36:39	52.30	54.92	54.92	10	20		15		99.92	
Race				Hellbender											
Location/Date															
Finishers				69											
Website															
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	DS	BQ/FR	T3A	T3O	Tot	
47	4	M2529	Solomon Leung	29	34:26:18	32.14	40.18	40.18		60				100.18	
Race				Ahmanson Trail											
Location/Date															
Finishers															
Website															
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	DS	BQ/FR	T3A	T3O	Tot	
58	4	F5054	Kimberly Fairchild	52	2:17:45	46.82	49.16	49.16		20				69.16	
Race				Sisyphus											
Location/Date				Hemet											
Finishers				6											
Website															
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	DS	BQ/FR	T3A	T3O	Tot	
1	1	M5054	Deo Jaravata	54	12:00:00	40.02	46.02	46.02		35				81.02	

Race		Bare Burro 5K											5K	
Location/Date		Colton											28-Apr	
Finishers		286												
Website		www.olivedellranch.com												
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	DS	BQ/FR	T3A	T3O	Tot
2	1	M4049	Mike Kerkman	40	22:00	62.35	na	62.35	10	5		15	25	117.35
6	2	M3039	Mike Heredia	37	22:33	59.50	na	59.50	10	5		15		89.50
14	4	M3039	Eric Eisenbrey	39	26:04	52.24	na	52.24	10	5				67.24
27	8	M5059	Angus Kennedy	53	27:52	54.19	na	54.19	10	5				69.19
42	14	M5059	Ken Lewis	55	29:45	51.54	na	51.54	10	5				66.54
43	4	M6069	David Dassey	68	30:12	56.62	na	56.62	10	5				71.62
51	15	M5059	Reg Willson	59	30:32	51.86	na	51.86	10	5				66.86
72	23	M5059	John Miles	54	33:28	45.47	na	45.47	10	5				60.47
131	18	M6069	Mike Carbuto	66	39:38	42.39	na	42.39	10	5				57.39
149	39	M5059	Chris Tapper	52	41:41	35.95	na	35.95	10	5				50.95
182	27	M6069	David Grudzien	61	44:57	35.82	na	35.82	10	5				50.82

Race		Salton Sea											81 miles	
Location/Date		Borrego Springs											28-Apr	
Finishers														
Website														
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	DS	BQ/FR	T3A	T3O	Tot
NA	NA	NA	Peachy Poso	47	27:06:25	37.49	44.99	44.99	15	50				109.99

Race		Great Western Half											Half	
Location/Date		St. Charles, IL											5-May	
Finishers														
Website														
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	DS	BQ/FR	T3A	T3O	Tot
484	23	M6064	David Grudzien	61	2:40:28	44.88	47.12	47.12		20				67.12

Race		Verdugo Trail											10K	
Location/Date		Glendale											5-May	
Finishers		858												
Website														
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	DS	BQ/FR	T3A	T3O	Tot
527	8	M6569	Mike Carbuto	66	1:29:24	38.83	na	38.83	10	5				53.83
707	56	M5054	Jeffrey Kalowes	54	1:53:17	27.44	na	27.44		5				32.44

Race				Bryce Canyon						100 Mile				
Location/Date										17-May				
Finishers				57										
Website														
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	DS	BQ/FR	T3A	T3O	Tot
48	2	M2529	Solomon Leung	29	34:14:59	32.32	40.40	40.40		60		15		115.40
Race				Nanny Goat						100 Mile				
Location/Date										25-May				
Finishers				11										
Website														
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	DS	BQ/FR	T3A	T3O	Tot
11	1	M6064	Ric Munoz	61	29:17:59	46.61	58.26	58.26		60				118.26
Race				MM Alaska Day 1 Half						Half				
Location/Date				Juneau						6-Jun				
Finishers														
Website														
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	DS	BQ/FR	T3A	T3O	Tot
na	na	M6064	David Grudzien	61	2:58:25	40.36	42.38	42.38		20				62.38
Race				MM Alaska Day 1 10K						10K				
Location/Date				Juneau						6-Jun				
Finishers														
Website														
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	DS	BQ/FR	T3A	T3O	Tot
na	na	M6064	David Grudzien	61	1:54:19	28.95		28.95		5				33.95
Race				MM Alaska Day 2 Half						Half				
Location/Date				Juneau						6-Jun				
Finishers														
Website														
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	DS	BQ/FR	T3A	T3O	Tot
na	na	M6064	David Grudzien	61	3:04:22	39.06	41.01	41.01		20				61.01
Race				Summer Night Trail						6.55				
Location/Date				Indianapolis						29-Jun				
Finishers														
Website														
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	DS	BQ/FR	T3A	T3O	Tot
312	7	M6064	David Grudzien	61	1:56:07	30.13		30.13		5				35.13

GP Trail Marathon Relay														
Race				GP Trail Marathon Relay							5.3Mi			
Location/Date				Griffith Park							2-Jun			
Finishers														
Website														
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	DS	BQ/FR	T3A	T3O	Tot
NA	NA	NA	Carlos Vizcarra	39	33:48	72.58	na	72.58	10	5				87.58
NA	NA	NA	Mike Kerkman	39	34:35	68.24	na	68.24	10	5				83.24
NA	NA	NA	Jeff Lin	43	37:07	61.02	na	61.02	10	5				76.02
NA	NA	NA	Carlos Falardo	50	38:04	59.98	na	59.98	10	5				74.98
NA	NA	NA	Blake Owens	52	38:16	59.19	na	59.19	10	5				74.19
NA	NA	NA	Angus Kennedy	52	44:29	58.86	na	58.86	10	5				73.86
NA	NA	NA	Sarah Syed	52	44:40	58.62	na	58.62	10	5				73.62
NA	NA	NA	Reg Willson	59	50:18	55.33	na	55.33	10	5				70.33

LAFR Pride Run														
Race				LAFR Pride Run							5K			
Location/Date				Griffith Park							9-Jun			
Finishers				208										
Website				www.lafronrunners.com										
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	DS	BQ/FR	T3A	T3O	Tot
1	1	40-44	Mike Kerkman	40	17:41	77.57	na	77.57	10	5	15	15	25	147.57
5	1	25-29	Blake Owens	27	19:16	67.39	na	67.39		5	15	15		102.39
11	2	25-29	Solomon Leung	29	20:25	63.67	na	63.67		5	15	15		98.67
17	2	40-44	Patrice Salome	43	21:05	66.40	na	66.40	10	5	15	15		111.40
23	2	45-49	John McGuinness	45	21:51	65.06	na	65.06	10	5	15	15		110.06
26	3	45-49	Marcelino Goncalves	49	22:18	65.62	na	65.62		5	15	15		100.62
30	2	60-64	Bill Austin	62	22:39	71.67	na	71.67	10	5	15	15		116.67
34	1	35-39	Sarah Syed	38	22:53	65.62	na	65.62		5	15	15		100.62
36	1	55-59	Ken Lewis	56	23:02	67.08	na	67.08		5	15	15		102.08
40	5	45-49	Daniel Formanek	46	23:22	61.27	na	61.27		5	15			81.27
41	2	55-59	Martin Carlson	59	23:25	67.62	na	67.62		5	15	15		102.62
43	5	40-44	Dan Vu	43	23:47	58.86	na	58.86	10	5	15			88.86
44	9	50-54	Mark DeAngelis	54	23:54	63.67	na	63.67		5	15			83.67
45	1	65-69	David Dassey	68	23:55	71.50	na	71.50	10	5	15	15		116.50
52	7	45-49	Richard Peng	47	24:26	58.21	na	58.21	10	5	15			88.21
53	10	50-54	John Miles	54	24:36	61.86	na	61.86		5	15			81.86
63	4	25-29	Gillian Hoagland	28	25:50	57.16	na	57.16		5	15			77.16
66	11	50-54	Henry Jung	54	26:08	58.23	na	58.23	10	5	15			88.23
71	1	70-74	Richard Nelson	72	26:51	66.73	na	66.73	10	5	15	15		111.73
73	4	45-49	Maria Poso	47	27:05	59.08	na	59.08	10	5	15			89.08
81	5	55-59	Rick Hetzel	59	28:38	55.30	na	55.30		5	15			75.30
82	4	60-64	Johnny Mendez	61	28:42	56.10	na	56.10		5	15			76.10
88	7	55-59	Lui Sanchez	58	29:20	53.58	na	53.58	10	5	15			83.58
92	5	60-64	Paul Morrell	60	29:31	54.09	na	54.09		5	15			74.09

LAFR Pride 5K continued														
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	DS	BQ/FR	T3A	T3O	Tot
96	4	65-69	Jim Martinez	65	30:04	55.38	na	55.38	10	5	15			85.38
100	5	65-69	Michael Carbuto	66	30:24	55.26	na	55.26	10	5	15			85.26
108	1	65-69	Allyne Winderman	67	31:22	64.61	na	64.61		5	15	15		99.61
109	6	60-64	Robert Berman	63	31:23	52.15	na	52.15		5	15			72.15
113	7	35-39	John Houser	36	31:48	41.93	na	41.93		5	15			61.93
118	9	55-59	Brian Dunbar	57	32:54	47.37	na	47.37	10	5	15			77.37
149	13	45-49	Anthony Chan	47	37:07	38.84	na	38.84	10	5	15			68.84
150	14	25-29	Elizabeth Navarrete	26	37:08	39.77	na	39.77		5	15			59.77
152	18	50-54	Jeffrey Kalowes	54	37:39	40.42	na	40.42		5	15			60.42
167	12	40-44	Jason Coleman	43	42:50	32.68	na	32.68	10	5	15			62.68
173	2	65-69	Margie Gonzales	65	45:12	43.66	na	43.66	10	5	15	15		88.66
174	4	60-64	Nicole Oeuvray	60	46:01	40.28	na	40.28	10	5	15			70.28
175	6	65-69	Bill Winkelmann RW	66	46:10	50.11	na	50.11	10	5	15			80.11
179	12	55-59	Don Norte RW	57	46:50	46.54	na	46.54		5	15			66.54
180	13	55-59	Kevin Norte RW	57	46:51	46.53	na	46.53		5	15			66.53
188	3	65-69	Amy Ross RW	66	50:29	52.75	na	52.75		5	15	15		87.75
189	9	50-54	Keeley Webster RW	50	50:30	44.19	na	44.19		5	15			64.19
190	13	45-49	Catrina White RW	48	50:31	43.40	na	43.40	10	5	15			73.40
191	8	65-69	Bill Walsky RW	68	51:32	47.45	na	47.45	10	5	15			77.45
192	14	55-59	Tim Chung RW	55	51:32	41.54	na	41.54	10	5	15			71.54
201	2	70-74	Brian Eggert RW	71	56:07	45.19	na	45.19		5	15	15		80.19
203	20	50-54	John Kawaharada RW	51	57:07	36.77	na	36.77	10	5	15			66.77
211	10	35-39	Jason Lee RW	36	63:00	29.20	na	29.20	10	5	15			59.20

Race		LAFR Pride Run											10K	
Location/Date		Griffith Park											9-Jun	
Finishers		104												
Website		www.lafronrunners.com												
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	DS	BQ/FR	T3A	T3O	Tot
1	1	45-49	Carlos Vizcarra	45	36:50	78.28	na	78.28		5	15	15	25	138.28
7	1	35-39	Jeremy Yoder	37	43:32	62.48	na	62.48		5	15	15		97.48
12	1	25-29	Solomon Leung	29	44:53	59.52	na	59.52		5	15	15		94.52
18	4	45-49	Marcelino Goncalves	49	47:08	63.19	na	63.19		5	15			83.19
19	5	45-49	John McGuinness	45	47:18	60.96	na	60.96	10	5	15			90.96
24	1	55-59	Martin Carlson	59	49:34	65.57	na	65.57		5	15	15		100.57
27	2	55-59	Ken Lewis	56	49:44	63.61	na	63.61		5	15	15		98.61
28	7	45-49	Kevin Shiramizu	45	49:45	57.96	na	57.96		5	15			77.96
32	7	50-54	John Miles	54	50:40	61.35	na	61.35		5	15			81.35
33	8	50-54	Mario Mota	54	51:30	60.36	na	60.36	10	5	15			90.36
35	3	25-29	Rosie Jewell	25	51:45	58.62	na	58.62		5	15	15		93.62
39	1	65-69	David Dassey	68	52:36	67.30	na	67.30	10	5	15	15		112.30
40	1	35-39	Sarah Syed	38	52:56	58.38	na	58.38		5	15	15		93.38
50	9	45-49	Richard Peng	47	55:42	52.60	na	52.60	10	5	15			82.60
60	4	60-64	Paul Morrell	60	57:59	56.57	na	56.57		5	15			76.57
61	1	45-49	Maria Poso	47	58:42	56.39	na	56.39	10	5	15	15		101.39
81	1	65-69	Allyne Winderman	67	67:34	63.54	na	63.54		5	15	15		98.54
83	6	60-64	Robert Berman	63	70:48	47.65	na	47.65		5	15			67.65
89	3	60-64	Stephanie Stone	60	75:59	51.17	na	51.17		5	15	15		86.17
91	1	8-10	Noah Abraham	8	76:28	46.23	na	46.23		5	15	15		81.23
92	7	35-39	Mark Abraham	39	76:29	35.98	na	35.98		5	15			55.98
96	13	50-54	Jeffrey Kalowes	54	81:59	37.91	na	37.91		5	15			57.91
101	8	60-64	Doug Jones	61	94:20	35.09	na	35.09		5	15			55.09
102	1	11-12	Benji Abraham	11	1:42:51	29.87	na	29.87		5	15	15		64.87

Race		SRLA Spring into Summer 5K											5K	
Location/Date		Griffith Park											8-Jun	
Finishers														
Website														
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	DS	BQ/FR	T3A	T3O	Tot
253	11	35-39	Jason Bautista	39	29:37	45.98	na	45.98		5				50.98
311	13	45-49	Mike Smith	47	31:02	46.46	na	46.46		5				51.46
807	8	65-69	Geoff Buck RW	65	55:31	41.19	na	41.19		5				46.19

Race				Western States							100 Mile				
Location/Date										29-Jun					
Finishers				319											
Website															
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	DS	BQ/FR	T3A	T3O	Tot	
264	12	M5559	Ken Lewis	56	29:01:46	44.89	56.11	56.11		60				116.11	
Race				MM Prairie Day 3 Half							Half				
Location/Date				Baltic, SD							23-Jul				
Finishers															
Website															
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	DS	BQ/FR	T3A	T3O	Tot	
25	1	M6064	David Grudzien	61	3:20:15	35.96	37.76	37.76		20		15		72.76	
Race				Pasadena Summer Trail							12K				
Location/Date				Pasadena							26-Jul				
Finishers				130											
Website				www.pasadenarunningcompany.com											
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	DS	BQ/FR	T3A	T3O	Tot	
10	2	M2529	Blake Owens	27	52:15	61.95	65.05	65.05	10	5		15		95.05	
Race				Jack and Jill							Full				
Location/Date				North Bend, WA							28-Jul				
Finishers															
Website															
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	DS	BQ/FR	T3A	T3O	Tot	
440	8	M6569	David Dassey	68	4:15:58	63.53	69.88	69.88		35				104.88	
Race				AC 100						100 Mile					
Location/Date										29-Jun					
Finishers				155											
Website															
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	DS	BQ/FR	T3A	T3O	Tot	
125	5	M5559	Ken Lewis	56	31:37:54	41.19	51.49	51.49		60				111.49	
Race				Kodiak 100							100 miles				
Location/Date				Big Bear							16-Aug				
Finishers															
Website															
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	DS	BQ/FR	T3A	T3O	Tot	
65	4	F4549	Peachy Poso	47	35:15:19	37.57	45.08	45.08	10	60				115.08	

Race				Lean Horse						100 Mile				
Location/Date										16-Aug				
Finishers				47										
Website														
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	DS	BQ/FR	T3A	T3O	Tot
12	1	M2529	Solomon Leung	29	23:24:02	47.30	59.13	59.13		60		15		134.13
Race				Backyard Classic Trail						23 miles				
Location/Date				Elizabethtown, KY						17-Aug				
Finishers														
Website														
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	DS	BQ/FR	T3A	T3O	Tot
91	12	M6064	David Grudzien	61	8:00:00	21.94	24.13	24.13		35				59.13
Race				Shawnee Hills						100 Mile				
Location/Date										24-Aug				
Finishers				8										
Website														
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	DS	BQ/FR	T3A	T3O	Tot
6	1	M3034	Solomon Leung	30	29:12:38	37.90	47.38	47.38		60		15		122.38
Race				Mt Baldy Run to Top						7.1 Mile				
Location/Date										2-Sep				
Finishers				518										
Website														
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	DS	BQ/FR	T3A	T3O	Tot
266	15	M5559	Ken Lewis	56	2:06:59	28.64	30.07	30.07		5				35.07
Race				Tunnel Light						Full				
Location/Date										15-Sep				
Finishers														
Website														
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	DS	BQ/FR	T3A	T3O	Tot
454	30	F4549	Peachy Poso	47	4:33:16	54.32	59.75	59.75		35				94.75
Race				Javelina						50K				
Location/Date										28-Sep				
Finishers				83										
Website														
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	DS	BQ/FR	T3A	T3O	Tot
63	2	M5559	Ken Lewis	56	7:59:29	36.70	42.21	42.21		35		15		92.21

Race					Bat Cave										
Location/Date											Full				
Finishers											14-Sep				
Website															
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	DS	BQ/FR	T3A	T3O	Tot	
10	1	M5054	Deo Jaravata	54	7:42:00	30.76	33.84	33.84		35				68.84	
Race					Rocky Peak										
Location/Date											50K				
Finishers											19-Oct				
Website															
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	DS	BQ/FR	T3A	T3O	Tot	
59	6	M5054	Deo Jaravata	54	8:01:44	35.88	41.26	41.26		35				76.26	
Race	29				Doggie Dash HUMANS										
Location/Date											5K				
Finishers											20-Oct				
Website															
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	DS	BQ/FR	T3A	T3O	Tot	
1	1	M2529	Blake Owens	27	19:04	68.09	na	68.09		5	15	15	25	128.09	
2	2	M2529	Jeff Lin	29	19:07	68.00	na	68.00		5	15	15	25	128.00	
3	1	M4044	Eric Eisenbrey	40	20:33	66.75	na	66.75	10	5	15	15	25	136.75	
6	1	M4549	JC Fernandez	48	23:10	62.73	na	62.73		5	15	15		97.73	
7(F1)	1	F2529	Gillian Hoagland	29	24:22	60.60	na	60.60		5	15	15	25	120.60	
8(F2)	1	F3034	Erin Brinton	33	25:46	57.44	na	57.44	10	5	15	15	25	127.44	
9	1	M6064	Bill Austin	62	25:46	63.00	na	63.00	10	5	15	15		108.00	
10	1	M7074	Richard Nelson	72	26:23	67.91	na	67.91	10	5	15	15		112.91	
14	1	M6569	Jim Martinez	66	29:33	56.85	na	56.85	10	5	15	15		101.85	
21	2	F6569	Margie Gonzales	65	44:48	44.05	na	44.05	10	5	15	15		89.05	
24	1	F6064	Nicole Oeuvray	61	46:05	40.72	na	40.72	10	5	15	15		85.72	

Race														
				Doggie Dash HUMANS & PUPS						5K				
Location/Date				Griffith Park						28-Oct				
Finishers				29										
Website				www.lafrontrunners.com										
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	DS	BQ/FR	T3A	T3O	Tot
2	1	M5054	Mario Mota & Ellie	54	21:30	70.78	na	70.78	10	5	15	15	25	140.78
3	1	M5559	Sean O'Brien & Washing	56	22:44	67.96	na	67.96	10	5	15	15	25	137.96
4	2	M5559	Martin Carlson & Guy	59	25:14	62.75	na	62.75		5	15	15		97.75
8	1	M4044	Eddie Flores & Hazel	44	28:50	48.90	na	48.90		5	15	15		83.90
10	1	M6064	Reg Willson & Suki	60	30:56	51.62	na	51.62	10	5	15	15		96.62
13	2	M4549	Mike Smith & Farrah	47	31:13	46.18	na	46.18	10	5	15	15		91.18
17	1	F6064	Steph Stone & Archer	61	34:37	54.21	na	54.21		5	15	15		89.21
18	5	M5054	Jeff Kalowes & Lulu	54	39:21	38.67	na	38.67	10	5	15			68.67
20	1	M6569	Mike Carbuto & Caroline	66	42:59	39.08	na	39.08	10	5	15	15		84.08
36	6	M5054	John Kawaharada & Frar	51	64:36	23.01	na	23.01	10	5	15			53.01
*divisions scored as humans for grand prix														
Race														
				Joshua Tree						Half				
Location/Date				Joshua Tree						2-Nov				
Finishers														
Website														
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	DS	BQ/FR	T3A	T3O	Tot
432	4	M5559	Mickey Caruso	57	2:15:01	51.38	53.95	53.95		20				73.95
Race														
				Boundiful						52 Miles				
Location/Date				Hemet						2-Nov				
Finishers				12										
Website														
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	DS	BQ/FR	T3A	T3O	Tot
3	1	M5054	Deo Jaravata	54	12:00:00	45.36	54.43	54.43		50				104.43

