



LAFR Age Group Detail 2019 FINAL

<b>F19-U</b>			
<b>1</b>	<b>Rina Shiramizu</b>		
	LB Pride 5K	38:03	115
	Doggie Dash 5K	52:19	140
			<b>255</b>

<b>F20-29</b>			
<b>1</b>	<b>Gillian Hoagland</b>		
	LAFR 5K	25:50	135
	Doggie 5K	24:22	175
			<b>310</b>
<b>2</b>	<b>Elizabeth Navarrete</b>		
	LB Pride 5K	38:21	135
	LAFR 5K	37:08	125
			<b>260</b>
<b>3</b>	<b>Rosie Jewell</b>		
	LAFR 10K	51:45	150
			<b>150</b>

<b>F3039</b>			
<b>1</b>	<b>Erin Brinton</b>		
	Doggie 5K	25:46	165
	Ocean Breeze 5K	22:43	150
	Giving Thanks 10K	46:10	150
	New Year 15K	70:23	135
	Holiday Fun 15K	69:13	160
	Turkey 10K HBCH 11/29	46:10	150
			<b>910</b>
<b>2</b>	<b>Sarah Syed</b>		
	Pas Trail 10 Mile	1:34:23	145
	LAFR 5K	22:53	130
	LAFR 10K	52:56	130
	LAFR Ultra	1:15:49	140
			<b>545</b>
<b>3</b>	<b>Lacey Howcroft</b>		
	Run Deo Run 5K	30:54	165
			<b>165</b>

<b>F4049</b>			
<b>1</b>	<b>Peachy Poso</b>		
	Run Deo Run Full	4:52:15	185
	LAFR Ultra	1:25:47	150
	LAFR 10K	58:42	140
	Avalon 50 Mile	10:41:41	130
	Leona Divide 100K	15:12:28	130
	LAFR 5K	27:05	125
	LA Marathon	4:13:47	120
	Firecracker 10K	53:14	100
	Firecracker 5K	37:43	90
			<b>860</b>
<b>2</b>	<b>Cat White</b>		
	LAFR 5K	50:31	115
			<b>115</b>
<b>3</b>	<b>Vanessa Wegman</b>		
	Drumstick 5K 11/28	49:28	100
			<b>100</b>

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<b>F5059</b>			
<b>1</b>	<b>Kimberly Fairchild</b>		
	SOB 25 Mile	5:31:24	135
	PS Pride 5K	46:00	130
			<b>265</b>
<b>2</b>	<b>Yumi Afrento</b>		
	Run Deo Run 5K	48:18	140
	Holiday Fun 5K	47:05	110
			<b>250</b>
<b>3</b>	<b>Keeley Webster</b>		
	LAFR 5K	50:30	115
	PS Pride 5K	46:00	130
			<b>245</b>

<b>F60+</b>			
<b>1</b>	<b>Margie Gonzales</b>		
	Doggie 5K	44:48	140
	LAFR 5K	45:12	130
	Mother's Day 5K	44:08	125
	Giving Thanks 5K	41:55	125
	ABWR Turkey 5K 12/1	43:39	125
	LB Half	3:44:50	120
	<i>Big Bear Half</i>	<i>3:00:36</i>	<i>120</i>
	<i>Holiday Fun 5K</i>	<i>43:23</i>	<i>115</i>
	<i>Reindeer 5K</i>	<i>43:29</i>	<i>115</i>
			<b>765</b>
<b>2</b>	<b>Nicole Oeuvray</b>		
	Mother's Day 5K	48:07	90
	LAFR 5K	46:01	105
	Doggie 5K	46:05	140
	Ocean Breeze 5K	44:34	125
	Reindeer 5K	43:32	115
			<b>575</b>
<b>3</b>	<b>Allyne Winderman</b>		
	LAFR 5K	31:22	130
	LAFR 10K	67:34	150
	LAFR Ultra	1:38:56	140
			<b>420</b>
<b>4</b>	<b>Stephanie Stone</b>		
	LAFR 10K	75:59	120
	Doggie Dash 5K	34:37	130
	LA Marathon	7:25:23	140
			<b>390</b>
<b>5</b>	<b>Jane Dods</b>		
	Elephant 5K	56:27	115
			<b>115</b>
<b>6</b>	<b>Amy Ross</b>		
	LAFR 5K	50:29	100
			<b>100</b>

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<b>Rank</b>	<b>19-U</b>		
<b>1</b>	<b>Noah Abraham</b>		
	LAFR 10K	76:28	150
			<b>150</b>
<b>2</b>	<b>Benji Abraham</b>		
	LAFR 10K	1:42:51	140
			<b>140</b>

<b>Rank</b>	<b>M2029</b>		
<b>1</b>	<b>Blake Owens</b>		
	Pas Trail 5 Mile	1:23:38	145
	LAFR 5K	19:16	150
	Pasadena Trail 12K	52:15	135
	Doggie 5K	19:04	175
	Catalina 10K	44:14	160
			<b>765</b>
<b>2</b>	<b>Solomon Leung</b>		
	LAFR 5K	19:16	150
	LAFR 10K	44:53	130
	LAFR Ultra	1:05:18	140
	Catalina Half	1:48:50	115
	La Palma 10K	41:30	140
			<b>675</b>
<b>3</b>	<b>Jeffery Lin</b>		
	Doggie 5K	19:07	165
			<b>165</b>
<b>4</b>	<b>Trent Rodriguez</b>		
	Drumstick 10K 11/28	59:29	100
			<b>100</b>

<b>Rank</b>	<b>M3034</b>		
<b>1</b>	<b>Travis Rex</b>		
	LA Marathon	4:16:52	140
			<b>140</b>

<b>Rank</b>	<b>M3539</b>		
<b>1</b>	<b>Eric Eisenbrey</b>		
	Pas Trail 5 Mile	39:52	125
	Bare Burro 5K	26:04	100
	LB Pride 10K	42:31	170
	Doggie 5K	20:33	155
			<b>550</b>
<b>2</b>	<b>John Houser</b>		
	Firecracker 5K	37:12	80
	LA Marathon 5K	36:35	110
	LB Pride 5K	32:13	100
	LAFR 5K	31:48	115
			<b>405</b>
<b>3</b>	<b>Jeremy Yoder</b>		
	LAFR 10K	43:32	150
	Ocean Breeze Half	1:37:23	160
			<b>310</b>
<b>4</b>	<b>Jason Lee</b>		
	LAFR 5K	63:00	135
			<b>135</b>

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<b>5</b>	<b>Patrick Conner</b>		
	Run Deo Run 10K	68:11	130
			<b>130</b>
<b>6</b>	<b>Mike Heredia</b>		
	Bare Burro 5K	22:33	125
			<b>125</b>
	<b>Mark Abraham</b>		
	LAFR 10K	76:29	125
			<b>125</b>
<b>8</b>	<b>Brian Soria</b>		
	Turkey LA 5K 11/28	27:17	120
			<b>120</b>
<b>9</b>	<b>Alexander Bazley</b>		
	LB Half	2:17:59	110
			<b>110</b>
<b>10</b>	<b>Barry Hamaguchi</b>		
	Firecracker 10K	46:10	100
			<b>100</b>
<b>11</b>	<b>David Gonzalez</b>		
	Firecracker 10K	47:18	90
			<b>90</b>

<b>Rank</b>	<b>M4044</b>		
<b>1</b>	<b>Mike Kerkman</b>		
	LAFR 5K	17:41	165
	Bare Burro 5K	22:00	150
	LB Pride 5K	17:35	150
	Beach Blast 5K	17:10	150
	LB Half	1:21:48	140
	PS Pride 5K	17:44	140
	<i>Catalina Half</i>	<i>1:39:40</i>	<i>135</i>
	<i>Tucson XC 5K 11/28</i>	<i>18:46</i>	<i>115</i>
			<b>895</b>
<b>2</b>	<b>Dan Vu</b>		
	LAFR 5K	23:47	125
	PS Pride 5K	24:10	90
	Catalina Half	2:14:57	90
			<b>305</b>
<b>3</b>	<b>Eddie Flores</b>		
	Doggie Dash 5K	28:50	130
	Catalina 10K	54:25	115
			<b>245</b>
<b>4</b>	<b>Patrice Salome</b>		
	LAFR 5K	21:05	130
	Big Bear Half	1:27:11	110
			<b>240</b>
<b>5</b>	<b>Jason Coleman</b>		
	LA Marathon	6:25:37	130
	LAFR 5K	42:50	95
			<b>225</b>
<b>6</b>	<b>Raul Borja</b>		
	Firecracker 10K	62:42	100
	LA Marathon	6:58:29	120
			<b>220</b>
<b>7</b>	<b>Albert Giang</b>		
	Catalina 10K	59:35	80
			<b>80</b>

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Rank	M4549		
<b>1</b>	<b>Carlos Vizcarra</b>		
	Run Deo Run Half	1:33:09	175
	Boston Marathon	2:50:42	150
	LB Pride 5K	18:15	140
	LAFR 10K	36:50	155
	PS Pride 5K	17:05	140
	M2B Half	1:18:19	125
			<b>885</b>
<b>2</b>	<b>Richard Peng</b>		
	Run Deo Run Half	2:09:47	130
	LB Pride 10K	52:28	115
	LAFR 5K	24:26	115
	LAFR Ultra	1:20:08	115
	Firecracker 10K	64:21	100
	Catalina Half	2:14:48	100
	LAFR 10K	55:42	85
			<b>675</b>
<b>3</b>	<b>Juan Carlos Fernandez</b>		
	Pasadena Half	1:44:58	110
	LA Full	4:13:23	110
	OC Full	4:38:54	120
	M2B Full	4:13:37	100
	Doggie 5K	23:10	130
			<b>570</b>
<b>4</b>	<b>John McGuinness</b>		
	LAFR 5K	21:51	140
	LAFR 10K	47:18	105
	LAFR Ultra	1:09:09	125
	M2B Full	3:20:45	110
			<b>480</b>
<b>5</b>	<b>Marcelino Goncalves</b>		
	LA Marathon	3:23:00	120
	LAFR 5K	22:18	120
	LAFR 10K	47:08	105
	LAFR Ultra	1:09:26	115
			<b>460</b>
<b>6</b>	<b>Kevin Shiramizu</b>		
	LB Pride 5K	38:04	80
	LAFR 10K	49:45	85
	Catalina 10K	47:48	120
	Tucson XC 5K 11/28	23:45	100
			<b>385</b>
<b>7</b>	<b>Mike Smith</b>		
	LA Marathon	6:48:20	110
	Doggie Dash 5K	31:13	140
	Drumstick 5K 11/28	30:25	90
			<b>340</b>
<b>8</b>	<b>Alex Grosko</b>		
	Run Deo Run Half	2:09:58	125
	LB Full	4:12:02	125
			<b>250</b>
<b>9</b>	<b>Mark Swenson</b>		
	Beach Blast Half	2:20:51	135
			<b>135</b>

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<b>11</b>	<b>Kyle Stevenson</b>		
	Catalina Half	2:13:58	120
			<b>120</b>
	<b>Tommy Le</b>		
	LB Half	1:32:30	120
			<b>120</b>
<b>10</b>	<b>Anthony Chan</b>		
	LAFR 5K	37:07	105
			<b>105</b>
<b>13</b>	<b>Daniel Formanek</b>		
	LAFR 5K	23:22	95
			<b>95</b>
<b>Rank</b>	<b>M5054</b>		
<b>1</b>	<b>Mario Mota</b>		
	LB Pride 10K	47:33	105
	Mother's Day 10K	49:58	150
	LAFR 10K	51:30	115
	LB Half	2:14:18	110
	Doggie Dash 5K	21:30	165
	PS Pride 5K	21:54	125
			<b>770</b>
<b>2</b>	<b>Angus Kennedy</b>		
	Pas Trail 10 Mile	1:36:39	135
	Bare Burro 5K	27:52	110
	LB Pride 5K	22:34	115
	Beach Blast 10K	46:19	150
	LB Half	1:47:02	120
	Catalina Half	2:13:57	100
			<b>730</b>
<b>3</b>	<b>Deo Jaravata</b>		
	Avalon 50 Mile	11:06:42	130
	Run Deo Run Full	5:14:35	120
	LA Marathon	5:42:49	120
	Pasadena Half	2:05:52	120
	Leona Divide 50K	7:34:39	120
	Op Jack Full	5:44:56	115
	LB Full	5:21:52	105
			<b>725</b>
	<b>John Miles</b>		
	Run Deo Run 10K	53:50	140
	LAFR 10K	50:40	135
	LAFR 5K	24:36	125
	LAFR Ultra	1:15:16	125
	Bare Burro 5K	33:28	100
	Finger Lakes 5.48 11/28	44:08	100
	Firecracker 10K	50:54	100
	Catalina Half	2:10:27	100
	LB Pride 10K	50:54	90
			<b>725</b>
<b>5</b>	<b>Jeffrey Kalowes</b>		
	LB Pride 10K	67:58	80
	Verdugo Trail 10K	1:53:17	120
	LAFR 5K	37:39	105
	LAFR 10K	81:59	95
	LAFR Ultra	1:59:38	115
	Doggie Dash 5K	39:21	115
			<b>630</b>

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<b>6</b>	<b>Bernie Tan</b>		
	Run Deo Run Half	1:47:12	165
	LA Marathon	3:40:02	130
	PS Pride 5K	22:21	100
			<b>395</b>
<b>7</b>	<b>Bruce Bair</b>		
	Run Deo Run 10K	44:05	165
	Catalina Half	1:52:05	125
			<b>290</b>
<b>8</b>	<b>John Kawaharada</b>		
	Run Deo Run 5K	50:00	90
	LAFR 5K	57:07	85
	Doggie Dash 5K	64:36	105
			<b>280</b>
<b>9</b>	<b>Henry Jung</b>		
	LAFR 5K	26:08	125
	PS Pride 5K	25:22	90
			<b>215</b>
<b>10</b>	<b>Mark DeAngelis</b>		
	LAFR 5K	26:08	125
	PS Pride 5K	24:37	80
			<b>205</b>
<b>11</b>	<b>Mark Johnson</b>		
	LB Pride 10K	39:52	150
			<b>150</b>
<b>12</b>	<b>Christopher Tapper</b>		
	Bare Burro 5K	41:41	90
	LB Pride 10K	1:14:44	50
			<b>140</b>
<b>13</b>	<b>Jeff Masino</b>		
	Run Deo Run 10K	56:59	110
			<b>110</b>
<b>Rank</b>	<b>M5559</b>		
<b>1</b>	<b>Ken Lewis</b>		
	Run Deo Run 10K	53:05	130
	Bare Burro 5K	29:45	130
	LB Pride 10K	50:08	135
	LAFR 5K	23:02	150
	LAFR 10K	49:44	140
	LAFR Ultra	1:12:49	125
			<b>810</b>
<b>2</b>	<b>Martin Carlson</b>		
	Firecracker 10K	46:39	100
	OC Full	4:00:46	120
	LAFR 5K	23:25	120
	LAFR 10K	49:34	130
	LAFR Ultra	1:12:59	115
	Doggie Dash 5K	25:14	120
			<b>705</b>
<b>3</b>	<b>Sean O'Brien</b>		
	SOB 50K	6:09:37	135
	Doggie Dash 5K	22:44	165
	Catalina Half	1:55:18	140
			<b>440</b>

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<b>4</b>	<b>Rick Hetzel</b>		
	LAFR 5K	28:38	95
	La Palma 5K	27:26	100
	PS Pride 5K	28:02	100
	Drumstick 5K 11/28	28:54	100
			<b>395</b>
<b>5</b>	<b>Reg Willson</b>		
	Bare Burro 5K	30:32	100
	Doggie Dash 5K	30:56	120
			<b>220</b>
<b>6</b>	<b>Craig Coburn</b>		
	Beach Blast 15K	1:40:01	145
			<b>145</b>
<b>7</b>	<b>Rudy Van Graan</b>		
	Leona Divide 30K	4:33:06	140
			<b>140</b>
<b>8</b>	<b>Lui Sanchez</b>		
	LAFR 5K	29:20	95
			<b>95</b>
<b>9</b>	<b>Brian Dunbar</b>		
	LAFR 5K	32:54	85
			<b>85</b>
	<b>Don Norte</b>		
	LAFR 5K	46:50	85
			<b>85</b>
<b>11</b>	<b>Kevin Norte</b>		
	LAFR 5K	46:51	75
			<b>75</b>
	<b>Tim Chung</b>		
	LAFR 5K	51:32	75
			<b>75</b>
<b>Rank</b>	<b>M6064</b>		
<b>1</b>	<b>Bill Austin</b>		
	Run Deo Run 5K	25:01	165
	LAFR 5K	22:39	140
	Doggie 5K	25:46	140
	Beach Blast 15K	1:18:03	135
	Mother's Day 5K	25:42	125
	Wrigley 5K	23:29	125
	Fathers Day 5K	26:12	125
	La Palma 5K	21:53	125
	PS Pride 5K	22:45	125
	Holiday Fun 5K	25:53	125
	LB Half	2:02:45	120
			<b>830</b>
<b>2</b>	<b>David Grudzien</b>		
	Bare Burro 5K	44:57	110
	Milwaukee 5K 11/28	30:48	115
	Schaumburg Half 11/30	2:40:14	90
	Last Call Half 12/1	2:55:13	80
			<b>395</b>
<b>3</b>	<b>Paul Morrell</b>		
	LAFR 5K	29:31	95
	LAFR 10K	57:59	115
	LAFR Ultra	1:27:30	140
			<b>350</b>

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<b>4</b>	<b>Bob Berman</b>		
	LAFR 5K	31:23	105
	LAFR 10K	70:48	125
	LAFR Ultra	1:42:11	115
			<b>345</b>
<b>5</b>	<b>Doug Jones</b>		
	LB Pride 10K	1:30:43	125
	LAFR 10K	94:20	95
	M2B Half	3:15:40	120
			<b>340</b>
<b>6</b>	<b>Scott Whiteleather</b>		
	PS Pride 5K	32:15	80
	OC Half	2:46:14	110
	LB Half	2:48:26	100
			<b>290</b>
<b>7</b>	<b>John Heilman</b>		
	LA Marathon Half	2:36:00	125
	Op Jack Half	2:39:39	110
			<b>235</b>
<b>8</b>	<b>Johnny Mendez</b>		
	LAFR 5K	28:42	105
			<b>105</b>
<b>9</b>	<b>Dan Graham</b>		
	PS Pride 5K	26:11	90
			<b>90</b>
<b>Rank</b>	<b>M65+</b>		
<b>1</b>	<b>David Dassey</b>		
	Op Jack Full	4:14:28	160
	LAFR Ultra	1:16:31	150
	Run Deo Run 10K	54:18	140
	LAFR 5K	23:55	140
	LAFR 10K	52:36	140
	LB Pride 10K	48:47	125
	<i>Drumstick 10K 11/28</i>	<i>49:16</i>	<i>125</i>
	<i>Bare Burro 5K</i>	<i>30:12</i>	<i>110</i>
			<b>855</b>
<b>2</b>	<b>Jim Martinez</b>		
	LA Marathon Half	2:27:50	155
	Catalina 10K	67:00	145
	Run Deo Run 5K	31:11	130
	Doggie 5K	29:33	130
	Pas Trail 5 Mile	57:52	115
	LB Pride 5K	29:05	115
	<i>LAFR 5K</i>	<i>30:04</i>	<i>105</i>
			<b>790</b>
<b>3</b>	<b>Bill Winkelmann</b>		
	Wrigley 5K	44:03	130
	Mother's Day 10K	1:37:10	125
	Fathers Day 10K	1:32:10	125
	Drumstick 5K 11/28	49:01	115
	PS Pride 5K	47:49	90
	LAFR 5K	46:10	85
	<i>LB Pride 5K</i>	<i>50:56</i>	<i>60</i>
			<b>670</b>

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<b>4</b>	<b>Mike Carbuto</b>		
	Bare Burro 5K	39:38	100
	LB Pride 5K	30:25	105
	Verdugo 10K	1:29:24	110
	LAFR 5K	30:24	95
	Doggie Dash 5K	42:59	140
	PS Pride 5K	28:45	100
			<b>650</b>
<b>5</b>	<b>Bill Walsky</b>		
	LB Pride 5K	50:53	80
	Wrigley 5K	48:06	100
	LAFR 5K	51:32	75
	La Palma 5K	46:18	125
	LB Half	3:32:34	110
	Holiday Fun 5K	46:23	115
			<b>605</b>
<b>6</b>	<b>Richard Nelson</b>		
	LAFR 5K	26:51	130
	Doggie 5K	26:23	140
	PS Pride 5K	24:14	125
			<b>395</b>
<b>7</b>	<b>Brian Eggert</b>		
	LB Pride 5K	53:00	75
	LAFR 5K	56:07	70
			<b>145</b>
<b>8</b>	<b>Richard West</b>		
	Catalina 10K	1:16:11	115
			<b>115</b>
<b>9</b>	<b>Lee Lightfoot</b>		
	PS Pride 5K	54:27	70
			<b>70</b>