

LAFR Grand Prix Series Champions Race Standings Final 2010

Detailed Standings Below

<u>Rank</u>	<u>MEN</u>	<u>R</u>	<u>Score</u>	<u>Rank</u>	<u>MEN continued</u>	<u>R</u>	<u>Score</u>	<u>Rank</u>	<u>WOMEN</u>	<u>R</u>	<u>Score</u>
1	Richard Nelson	6	488.89	54	Henri Faucher	3	158.66	1	Patricia Bates	6	478.20
2	Carlos Vizcarra	6	475.10	55	Luis Aguilar	2	155.36	2	Stephanie Stone	6	388.22
3	Sean O'Brien	6	442.37	56	Eric Fischer	2	141.70	3	Margie Gonzales	6	327.68
4	Patrick Owen	6	438.21	57	Bryan Prado	3	140.75	4	Christine Curtin	6	310.04
5	Angus Kennedy	6	427.29	58	Thomas Ader	2	134.84	5	Jane Dods	4	298.35
6	Reg Willson	6	424.94	59	Matthew Siegle	2	124.62	6	Regina Robinson	6	262.90
7	Jonathan Toker	6	423.80	60	Michael Gifford	2	122.98	7	Allyne Winderman	2	151.41
8	John McGuinness	6	422.31	61	Gardner Delano	2	121.67	8	Diane Abato	2	126.43
9	David Dassey	6	418.28	62	Richard West	2	119.38	9	Keeley Webster	3	123.41
10	Mike Kerkman	6	403.67	63	Phil Amato	2	119.11	10	Cat White	3	121.92
11	Bernie Tan	6	400.98	64	Nelson White	2	118.76	11	Amy Ross	2	121.63
12	Robb Briggs	6	395.45	65	Al Miller	2	115.12	12	Kimberly Fairchild	2	117.11
13	Ely Yaron	6	388.17	66	Freddie Diaz	2	112.85	13	Areana Tate	3	115.37
14	Wadley	6	387.80	67	Max Padilla	2	110.94	14	Jacqueline Vogel	1	65.10
15	Ted Wyder	6	385.69	68	Albert Giang	2	101.86	15	Laura Coffey	1	45.33
16	Juan Moreno	6	384.59	69	Henry Jung	2	92.22				
17	Dan Graham	6	379.92	70	Geoff Buck	2	87.93				
18	Jim Martinez	6	373.13	71	Bruce Bair	1	70.96				
19	Deo Jaravata	6	359.92	72	Todd Sullivan	1	68.86	Rank	<u>WALKER</u>	R	Score
20	Mike Smith	6	340.65	73	Terry Finestein	1	68.69	1	Deo Jaravata	6	367.31
21	Mike Murphy	6	328.79	74	Richard Korn	1	67.94	2	Doug Jones	6	351.93
22	Andrew Wissmiller	5	322.72	75	Tom Haskins	1	65.42	3	Areana Tate	4	191.77
23	Bill Winkelmann	5	321.32	76	Nathan Nguyen	1	63.90	4	Juan Moreno	2	123.31
24	Jeff Lymburner	5	320.96	77	Brian Kelly	1	63.77	5	Connie Hammen	1	60.44
25	Richard Peng	6	320.63	78	Steve Frybarger	1	63.45				
26	Andrew Gonzalez	4	310.99	79	Paul Williams	1	62.80				
27	William Korthof	4	284.79	80	Kerry Quakenbush	1	62.44				
28	Brad Maury	4	275.91	81	Robert Chen	1	60.93				
29	Mark Jones	4	262.31	82	Rich Crook	1	60.11				
30	Bill Walsky	6	261.15	83	Mick Caruso	1	59.46				
31	Ric Munoz	4	258.83	84	Don Formanek	1	59.34				
32	Carl Maravilla	3	244.16	85	Jason Bautista	1	59.33				
33	Paul Jacoy	4	237.49	86	Mark Grumet	1	59.05				
34	David Dinielli	4	234.30	87	Ara Mihranian	1	58.81				
35	Mike Reynolds	4	232.54	88	Tony Madril	1	58.38				
36	Jeff Masino	4	231.76	89	Seth Diamond	1	58.12				
37	Rex Boone	4	226.28	90	Michael Muoio	1	57.47				
38	Dan Vu	4	223.61	91	Alvin Magpantay	1	56.79				
39	Mark Johnson	3	220.80	92	Eddie Flores	1	55.45				
40	Jose Castillo	4	216.28	93	Bob Berman	1	54.84				
41	Frank Jacoy	4	214.89	94	Johnny Wong	1	52.58				
42	Ryan Bailon	4	211.78	95	David Guo	1	52.41				
43	Timo Vallez	3	197.32	96	Ed Stanley	1	51.35				
44	Mike Kezsely	3	193.95	97	Fortino Lopez	1	50.15				
45	John Yong	3	185.91	98	Michael Ferretti	1	49.85				
46	Ryan Timmreck	3	182.23	99	Bahman Ghahremani	1	45.88				
47	Piyush Prakash	3	179.79	100	Steve Addison	1	38.79				
48	Neal Weisenberg	3	179.00								
49	Kevin Shiramizu	3	171.77								
50	Mark DeAngelis	3	171.20								
51	Eric Gober	3	170.05								
52	Rusty Millar	3	164.95								
53	Augie Robles	3	163.32								

R = Races

LAFR Champions Race Detail Final 2010

*shaded races are non-GP, races in italics do not count towards your score, see rules for race qualification.

Rank	MEN						
1	Richard Nelson				5	Angus Kennedy	
	RnR Half	1:34:47	83.43			Fontana Half	1:33:24 71.61
	Camarillo Half	1:36:06	82.29			Camarillo Half	1:35:09 70.29
	Tiger 5K	20:29	80.41			DV 30K	2:26:50 65.90
	Alive 5K	20:33	80.15			DV 30K Dec	1:56:49 82.83
	Jet to Jetty 10K	42:18	81.05			LB Pride 10K	42:56 68.21
	SM 10000	42:02	81.56			WeSpark 10K	42:47 68.45
	LA Marathon	3:39:26	79.11			Montana de Oro 12K	1:10:37 52.56
	Heroes 10K	43:05	79.57			Buffalo 5K	22:07 63.61
	13.1 Half	1:35:41	81.85			13.1 Half	1:42:35 64.67
	WeSpark 5K	21:18	77.33				427.29
	Will Rogers 5K	20:33	80.15		6	Reg Willson	
	LB Pride 5K	21:18	77.33			DV Full	3:28:45 73.49
	LAFR 5K	20:39	79.76			LA Marathon	3:27:12 74.04
	Palm Springs Half	1:36:05	81.51			Will Rogers 5K	19:31 76.18
	LAFR 10K	43:53	78.12			LAFR 5K	20:04 74.10
	GG 10K Road	43:41	78.41			LAFR 10K	42:32 72.76
	GG 5K Track	21:05.62	76.37			Montana de Oro 25K	2:35:55 54.37
	GG 400 Heats	76.96	69.99				424.94
			488.89		7	Jonathan Toker	
2	Carlos Vizcarra					Transrockies Run3	8:15:20 78.61
	Pasadena Half	1:19:44	78.95			Xterra Las Vegas Half	1:21:03 77.29
	LA Marathon	2:47:51	81.95			Buffalo Half	1:29:33 69.71
	LB Pride 5K	16:50	78.77			SM 18K	1:18:38 67.53
	LAFR 5K	16:58	78.15			Boney Mtn 21K	1:35:04 65.34
	GG 800 Heats	2:13.27	77.54			Xterra Malibu 22K	1:40:15 65.32
	GG 800 Final	2:09.58	79.74			Jungfrau Marathon	3:32:14 64.75
	GG 5K Track	17:09.56	76.10			Malibu Half	1:22:05 76.32
			475.10				423.80
3	Sean O'Brien				8	John McGuinness	
	DV Full	3:03:13	81.53			Camarillo Full	3:12:02 71.62
	LA Marathon	3:07:02	79.87			SD RnR Full	3:14:09 70.84
	Montana de Oro 50K	4:46:28	66.04			OC Half	1:28:54 70.80
	Bulldog 50K	4:29:27	70.22			LB Half	1:27:59 71.55
	Avalon 50 Mile	7:25:31	78.48			LB Pride 10K	40:00 68.99
	Leona Divide 50 Mile	8:47:55	66.23			LAFR 10K	40:17 68.51
	Catalina Eco	3:34:36	69.61			Boston Marathon	3:22:33 67.90
	DV Full Dec	3:12:54	77.44			DV Full Dec	3:18:58 69.33
	Malibu Creek 50K	4:55:57	63.93			LA County Half	1:31:04 69.53
	SM 50K	5:03:58	62.25			WeSpark 10K	41:16 67.34
	Boney Mtn 21K	1:46:07	63.75			Longford Marathon	3:20:29 68.61
	Camarillo Full	3:31:21	70.69				422.31
			442.37		9	David Dassey	
4	Patrick Owen					PV Marathon	3:59:55 69.54
	Fontana Half	1:33:09	75.47			GG Marathon	4:01:35 69.06
	RnR Half	1:35:20	74.38			LAFR 10K	45:53 72.13
	DV 30K	2:24:09	70.65			GG 10K Road	47:35 69.55
	NYC Full	3:31:33	73.17			Deo's 45K	4:37:05 67.72
	Camarillo Full	3:31:21	73.24			RnR Half	1:49:22 70.28
	LB Pride 10K	43:03	71.30			Firecracker 10K	48:06 68.80
	LA Marathon	3:55:14	65.22			Malibu Full	4:06:54 68.24
	DV Full Dec	3:55:14	65.80			Camarillo Full	4:17:48 64.71
	WeSpark 10K	44:00	70.34			DV Full Dec	4:28:12 62.82
	LASAA 5K LW	21:22	69.02			DV Full	4:05:29 67.96
	13.1 Half	1:36:22	72.95			LA Marathon	4:09:56 66.75
	Montana de Oro 8K	41:20	58.64				418.28
			438.21				

10	Mike Kerkman		
	DV Full	3:27:34	66.20
	Deo's 45K	3:58:44	64.75
	GG 5K Road	18:33	69.88
	LAFR 5K	19:32	66.36
	GG 10K Road	39:35	68.16
	Pasadena Half	1:31:00	68.32
	LAFR 10K	42:29	63.51
	DV Full Dec	3:42:42	61.70
	LA Marathon	3:36:39	63.43
	Sycamore 8K	52:09	40.85
			403.67
11	Bernie Tan		
	Surf City Full	3:28:54	68.53
	NYC Full	3:31:55	67.55
	RnR Half	1:38:21	66.92
	LA County Half	1:38:37	66.74
	Tiger 5K	20:55	66.24
	LAFR 5K	21:19	65.00
	Pasadena Full	3:44:41	63.71
	WeSpark 10K	46:03	62.63
	LAFR 10K	45:39	63.18
	Alive 5K	21:52	63.37
	SM 30K	3:19:44	47.66
	LA Marathon	3:35:43	66.36
	LB Full	3:45:26	63.50
	Deo's Half	1:46:21	61.88
			400.98
12	Robb Briggs		
	RnR Half	1:43:04	63.35
	Victory 8K	33:21	67.77
	LB Pride 10K	41:45	68.56
	DV 30K Dec	2:25:56	64.69
	Heroes 5K	20:54	65.80
	Pride Valley 5K	21:04	65.28
	Alive 5K	21:30	63.97
	Dippsea	1:20:43	45.20
	Mt Wilson 8.6	1:36:07	41.67
	Stinson 25K	3:22:12	37.93
	Double Dippsea	2:50:05	41.11
	Sycamore 30K	3:23:34	46.38
	Heroes 10K	46:43	61.27
	SM 30K	3:52:33	40.59
	LA Marathon	4:14:18	55.83
	Montana de Oro 12K	1:24:01	43.18
			395.45
13	Ely Yaron		
	LA Marathon	3:34:54	65.52
	Pasadena Full	3:39:41	63.57
	Will Rogers 10K	43:13:00	65.74
	LAFR 10K	47:58	59.23
	Surf City Half	1:35:15	67.47
	Disneyland Half	1:37:12	66.64
	Disney Half	1:45:09	61.12
	Camarillo Full	3:54:35	60.03
	RnR Half	2:08:59	50.22
	LB Full	4:59:20	47.04

	Sycamore 50K	6:20:30	46.86
	Disney Full	4:15:12	54.71
	Malibu Full	4:36:50	50.86
	LV RnR Full	3:53:45	57.50
	Chicago Full	4:11:06	56.08
	Fresno 50K	5:02:02	59.04
	Big Sur Full	3:49:24	61.38
	Bulldog 25K	3:02:51	42.30
	SD RnR Full	3:51:30	60.82
	Napa Valley Full	3:44:12	62.28
	Surf City Half	1:52:39	57.50
			388.17
14	Wadley		
	Buffalo Half	1:32:54	66.93
	LA Marathon	3:26:05	66.67
	Catalina Eco	3:56:56	57.99
	SM 30K	2:36:20	57.97
	LAFR 5K	18:32	69.78
	LAFR 10K	39:19	68.46
	Sycamore 18K	1:33:17	56.32
			387.80
15	Ted Wyder		
	GG Half	1:38:39	64.19
	DV 30K Dec	2:18:14	66.27
	LB Pride 10K	43:56	63.25
	GG 10K Road	45:03	61.69
	GG 5K Road	20:11	66.15
	LAFR 5K	20:49	64.14
	Sycamore 18K	1:46:43	50.01
	Pasadena Half	1:42:20	61.51
	Firecracker 10K	46:13	59.71
	Will Rogers 10K	46:49	59.36
			385.69
16	Juan Moreno		
	Rose Bowl Half	1:47:33	62.18
	SD Turkey 10K	47:50	61.69
	LAFR 5K	21:09	67.03
	Pride Valley 5K	21:40	65.43
	Philly Full	3:42:30	65.99
	NYC Full	3:55:48	62.27
	RnR Half	1:49:51	61.37
	LA County Half	1:53:45	59.27
	Will Rogers 10K	48:58	60.26
	Irvine Mud Run	29:29	59.55
			384.59
17	Dan Graham		
	Surf City Half	1:50:30	66.45
	RnR Half	1:53:54	64.47
	Tiger 5K	23:47	64.61
	LAFR 5K	25:20	60.66
	WeSpark 10K	50:37	63.19
	LAFR 10K	52:50	60.54
	Deo's Half	1:58:55	61.75
	LA County Half	1:56:29	64.19
	Pasadena Half	1:55:28	63.60
	LB Half	1:56:22	63.11
			379.92

18	Jim Martinez		
	DV 30K	2:55:40	61.18
	RnR Half	2:02:59	60.80
	Pasadena Half	2:01:38	60.91
	LAFR 10K	53:19	60.50
	Will Rogers 5K	24:02	65.03
	Victory 5K	23:57	64.71
	LAFR 5K	24:42	62.74
	Firecracker 10K	53:54	59.84
	Playa 5K	25:12	62.02
			373.13
19	Deo Jaravata		
	SoCal Half	1:51:29	59.99
	LA County Half	1:46:34	63.27
	LAFR 10K	49:45	59.31
	GG 10K Road	50:03	58.96
	Camarillo Full	4:06:38	59.53
	OC Full	4:09:57	58.86
	GG Marathon	4:09:58	58.75
	Deo's 45K	4:44:40	58.02
	Catalina Eco	5:50:58	41.83
	LB Full	4:13:20	57.96
	Sycamore 50K	6:55:26	44.77
	Nanny Goat 49 Miles	12:00:00	44.69
	Manila 16K	1:28:31	57.05
	Tahoe Triple #1	4:33:51	53.61
	Tahoe Triple #2	4:33:58	53.59
	Tahoe Triple #3	4:43:00	51.89
	Feeling Stuffed Full	4:20:43	56.32
	Xmas Eve Full	4:20:50	56.30
	Operation Jack Full	4:07:14	59.39
	Weekend Trail Full	5:04:41	48.19
	Running Off Turkey Full	4:33:50	53.63
	Helsinki Full	4:35:12	53.36
	Malibu Full	4:18:35	56.78
	PV Full	4:20:12	56.43
	Milo Marathon	4:55:54	49.62
	Bananas Full	4:42:35	51.96
	SD RnR Full	4:10:23	58.64
	GG 5K Track	23:58.74	57.83
	SM 50K	6:47:40	45.62
	Escape to Ayala 50K	5:23:14	57.53
			359.92
20	Mike Smith		
	LAFR 5K	22:32	59.68
	GG 5K Road	23:12	57.97
	Palm Springs Half	1:53:42	56.09
	SD RnR Half	1:58:24	53.87
	GG 10K Road	49:23:00	56.68
	LB Pride 10K	49:40	56.36
	Firecracker 10K	56:25	49.62
	WeSpark 15K	1:23:00	53.81
	Alive 5K	25:17	53.19
	LA Marathon	5:14:28	44.09

	LA County Half	1:59:12	53.50
	SM 5000	24:18	55.57
	Will Rogers 10K	55:08	50.77
	GG Half	1:59:22	53.42
	SRLA 18 Miler	3:15:02	45.56
			340.65
21	Mike Murphy		
	LA Marathon	3:49:37	59.84
	DV Full Dec	3:51:23	59.44
	Sycamore 50K	5:52:41	49.35
	Avalon 50 Mile	9:23:09	57.11
	Leona Divide 50 Mile	10:19:18	52.78
	Malibu Creek 50K	5:46:13	50.27
	Catalina Eco	4:48:07	47.74
	AC 100	29:27:55	47.01
	SM 50K	6:18:24	46.03
			328.79
22	Andrew Wissmiller		
	DV Full	4:03:24	67.24
	Biuffalo Half	2:10:16	57.39
	SM 30K	3:03:52	59.56
	LA Marathon	4:04:20	66.98
	LAFR 10K	45:28	71.55
			322.72
23	Bill Winkelmann		
	GG 5K Road	24:17	64.36
	LAFR 5K	25:53	60.38
	GG 10K Road	49:39	65.52
	LAFR 10K	51:18	63.41
	GG Half	1:50:31	67.65
	Will Rogers 5K	26:02	60.03
	WeSpark 10K	51:39	62.98
	LB Pride 5K	27:04	57.74
			321.32
24	Jeff Lymburner		
	Boney Mtn 21K	2:11:53	53.05
	DV 30K	2:21:33	71.95
	Sycamore 18K	1:45:11	59.79
	Rapp Bridge Race 4.1	26:56	74.02
	Xterra 18K	1:36:40	62.15
			320.96
25	Richard Peng		
	13.1 Half	1:49:38	57.75
	LAFR 10K	48:31	57.70
	Firecracker 10K	52:00	53.44
	DV 30K Dec	2:24:45	63.68
	Sycamore 18K	1:59:32	44.93
	Montana de Oro 25K	2:56:31	43.13
			320.63

26	Andrew Gonzalez		
	GG 800 Heats	2:20.19	78.69
	GG 800 Final	2:11.21	84.07
	GG 1500 Final	4:43.89	80.43
	LAFR 5K	20:45	67.80
			310.99
27	William Korthof		
	Pasadena Full	3:11:19	71.82
	LA Marathon	3:07:35	73.25
	Heroes 5K	18:27	70.47
	LAFR 5K	18:43	69.25
	WeSpark 5K	19:08	67.95
			284.79
28	Brad Maury		
	Fontana Half	1:28:55	72.28
	Pasadena Half	1:30:11	70.72
	LA Marathon	3:49:07	60.52
	LAFR 5K	18:43	72.39
	Buffalo Half	1:46:08	60.09
			275.91
29	Mark Jones		
	Fontana Half	1:39:12	69.68
	Pasadena Half	1:39:55	69.18
	LA Marathon	3:49:07	65.77
	Sycamore 8K	41:21	57.68
	Buffalo Half	2:04:52	55.36
			262.31
30	Bill Walsky		
	America's Finest Half	2:58:07	43.16
	SF Half	3:00:56	42.48
	Victory 5K	35:10	45.21
	Culver 5K	35:28	44.83
	LB Pride 10K	76:12	43.43
	Will Rogers 10K	79:25	42.04
	Surf City Half	3:05:00	41.16
	OC Half	3:02:14	41.79
			261.15
31	Ric Munoz		
	Camarillo Full	3:31:01	74.02
	Maui Marathon	3:42:44	70.13
	Nanny Goat 100	27:25:00	57.38
	Desert Solstice 24 Hr	93.206 mi	57.30
	SF 2-day (84.88 miles)	23:47:46	51.41
	Big Sur Marathon	4:06:36	63.34
	Mother Road 100 Mile	29:43:30	52.91
	PV Marathon	3:49:12	68.15
	Run the Beach Full	3:49:08	68.17
	Boston Marathon	3:51:39	67.43
			258.83
32	Carl Maravilla		
	Victory 8K	29:34	81.97
	LB Pride 5K	17:52	82.54
	GG 1500 Track	5:02.59	79.65
			244.16

33	Paul Jacoy		
	Fontana Half	1:49:18	61.69
	RnR Half	1:54:27	58.92
	Tiger 5K	24:41	57.44
	LAFR 5K	23:51	59.44
	LB Half	2:00:50	55.80
	LA County Half	1:59:36	56.37
	Buffalo Half	2:26:21	46.07
			237.49
34	David Dinielli		
	Sycamore 8K	52:09	43.34
	LAFR 10K	45:05	63.49
	Will Rogers 10K	45:52	62.41
	LB Half	1:41:09	65.06
			234.30
35	Mike Reynolds		
	LASAA 10K	47:40	57.55
	Firecracker 10K	46:40	59.14
	Sycamore 8K	39:34	55.07
	LB Pride 5K	21:49	60.78
			232.54
36	Jeff Masino		
	DV 30K	2:44:25	58.85
	DV 30K Dec	2:26:42	65.96
	LA Marathon	5:12:58	46.52
	LAFR 5K	23:17	60.43
			231.76
37	Rex Boone		
	LAFR 5K	24:10	57.77
	LAFR 10K	54:09	53.66
	DV 30K Dec	2:47:14	57.87
	RnR Half	1:57:22	56.98
			226.28
38	Dan Vu		
	LAFR 10K	49:08	55.54
	GG 10K Road	48:53	55.82
	GG 5K Road	22:54	57.25
	GG Half	1:53:31	55.00
			223.61
39	Mark Johnson		
	LB Full	3:11:12	75.49
	WeSpark 10K	39:21	73.85
	Tiger 10K	40:40	71.46
			220.80
40	Jose Castillo		
	LAFR 5K	22:59	56.40
	Firecracker 5K	24:21	53.23
	LAFR 10K	51:15	52.64
	RnR Half	1:55:09	54.01
			216.28

41	Frank Jacoy		
	LB Pride 10K	51:53	55.59
	LASAA 10K	52:41	54.33
	Sycamore 8K	46:32	48.57
	LAFR 5K	24:34	56.40
			214.89
42	Ryan Bailon		
	RnR Half	1:48:59	57.06
	13.1 Half	1:49:41	56.69
	Firecracker 10K	52:29	51.16
	LA Marathon	4:53:10	46.87
			211.78
43	Timo Vallez		
	Firecracker 10K	45:51	63.87
	LASAA 10K LW	44:19	66.08
	LB Pride 5K	20:53	67.37
			197.32
44	Mike Kezsely		
	LAFR 5K	19:56	73.99
	Alive 5K	27:04	54.49
	LA County Half	1:47:23	65.47
			193.95
45	John Yong		
	DV Full	3:31:43	64.90
	LA Marathon	4:04:37	56.18
	LAFR 5K	19:54	64.83
			185.91
46	Ryan Timmreck		
	Fontana Half	1:30:20	71.15
	Pasadena Half	1:40:35	63.40
	Sycamore 30K	3:13:19	47.68
	<i>Buffalo Half</i>	<i>1:53:31</i>	<i>56.18</i>
	<i>Chesebro Half</i>	<i>1:42:57</i>	<i>61.94</i>
			182.23
47	Piyush Prakash		
	DV Full	3:30:31	65.27
	SM 18K	1:38:18	53.46
	LA Marathon	3:45:01	61.06
			179.79
48	Neal Weisenberg		
	Pasadena Half	1:41:51	64.10
	Buffalo Half	2:05:19	52.10
	LAFR 5K	21:54	62.80
			179.00
49	Kevin Shiramizu		
	LAFR 10K	49:09	56.15
	GG 10K Road	47:49	57.72
	GG 5K Road	22:54	57.90
			171.77
50	Mark DeAngelis		
	LAFR 5K	22:43	62.90
	Montana de Oro 12K	1:27:13	43.23
	RnR Half	1:44:29	65.07
			171.20

51	Eric Gober		
	Fontana Half	1:56:17	57.98
	RnR Half	1:57:22	57.93
	LAFR 5K	25:54	54.74
	<i>SF Half</i>	<i>1:57:36</i>	<i>57.33</i>
	<i>Buffalo Half</i>	<i>2:20:05</i>	<i>48.13</i>
			170.65
52	Rusty Millar		
	Buffalo 5K	27:00	57.88
	LB Pride 5K	27:17	56.32
	Sycamore 8K	50:11	50.75
	<i>Playa 5K</i>	<i>28:21</i>	<i>55.60</i>
			164.95
53	Augie Robles		
	DV 30K	3:04:59	52.31
	LA Marathon	4:42:34	51.52
	LAFR 5K	23:39	59.49
			163.32
54	Henri Faucher		
	GG 5K Road	26:18	56.08
	GG 10K Road	56:15	54.57
	RnR Half	2:27:43	48.01
			158.66
55	Luis Aguilar		
	Surf City Half	1:21:19	76.79
	LB Pride 5K	16:29	78.57
			155.36
56	Eric Fischer		
	Buffalo 5K	22:54	70.04
	LAFR 5K	22:23	71.66
			141.70
57	Bryan Prado		
	Surf City Full	5:40:06	40.40
	WeSpark 5K	25:45	50.22
	Culver 5K	25:48	50.13
	<i>Heroes 5K</i>	<i>25:58</i>	<i>49.80</i>
	<i>Tiger 5K</i>	<i>25:55</i>	<i>49.90</i>
	<i>SD Turkey 5K</i>	<i>28:00</i>	<i>46.19</i>
			140.75
58	Thomas Ader		
	LB Pride 10K	40:22	66.52
	LAFR 10K	39:18	68.32
			134.84
59	Matthew Siegle		
	Nutmeg ST Half	1:37:22	63.48
	LB Full	3:44:44	61.14
			124.62
60	Michael Gifford		
	LAFR 5K	21:47	62.20
	LAFR 10K	46:24	60.78
			122.98

61	Gardner Delano		
	LB Pride 10K	48:06	59.96
	LAFR 10K	46:44	61.71
			121.67
62	Richard West		
	Buffalo 5K	26:40	60.68
	LAFR 5K	27:34	58.70
			119.38
63	Phil Amato		
	LB Pride 10K	54:30	59.19
	LAFR 10K	53:50	59.92
			119.11
64	Nelson White		
	LB Pride 10K	45:17	60.58
	Will Rogers 10K	47:26	58.18
	LAFR 10K	48:42	56.33
			118.76
65	Al Miller		
	Surf City Half	2:12:30	61.45
	LA Marathon	5:33:37	53.67
			115.12
66	Freddie Diaz		
	LAFR 10K	47:52	56.10
	GG Half	1:49:34	56.75
			112.85
67	Max Padilla		
	Sycamore 8K	43:09	51.60
	LAFR 5K	22:50	59.34
			110.94
68	Albert Giang		
	GG 5K Road	24:38	52.98
	GG 10K Road	55:34	48.88
			101.86
69	Henry Jung		
	LAFR 5K	25:09	56.37
	Montana de Oro 8K	65:30	35.85
			92.22
70	Geoff Buck		
	LA Marathon	6:52:11	39.34
	LAFR 10K	66:23	48.59
			87.93
71	Bruce Bair		
	Will Rogers 10K	40:57	70.96
			70.96
72	Todd Sullivan		
	Will Rogers 10K	40:39	68.86
			68.86
73	Terry Finestein		
	LAFR 5K	20:29	68.69
			68.69
74	Richard Korn		
	DV Full	3:27:15	67.94
			67.94

75	Tom Haskins		
	LA Marathon	4:05:30	65.42
			65.42
76	Nathan Nguyen		
	LAFR 5K	22:01	63.90
			63.90
77	Brian Kelly		
	Wildcat Half	1:51:12	63.77
			63.77
78	Steve Frybarger		
	LAFR 5K	23:49	63.45
			63.45
79	Paul Williams		
	GG 5K Road	25:06	62.80
			62.80
80	Kerry Quakenbush		
	Fontana Half	1:45:24	62.44
			62.44
81	Robert Chen		
	LB Half	1:42:04	60.93
			60.93
82	Rich Crook		
	LAFR 10K	48:43	60.11
			60.11
83	Mick Caruso		
	Montana de Oro 8K	39:48	59.46
			59.46
84	Don Formanek		
	LAFR 5K	22:30	59.34
			59.34
85	Jason Bautista		
	LAFR 10K	45:22	59.33
			59.33
86	Mark Grumet		
	LAFR 5K	26:28	59.05
			59.05
87	Ara Mhrianian		
	SF Half	1:50:09	58.81
			58.81
88	Tony Madril		
	LAFR 10K	48:40	58.38
			58.38
89	Seth Diamond		
	13.1 Half	1:56:01	58.12
			58.12
90	Michael Muoio		
	LAFR 5K	22:27	57.47
			57.47
91	Alvin Magpantay		
	LAFR 10K	47:50	56.79
			56.79
92	Eddie Flores		
	LAFR 5K	23:46	55.45
			55.45

93	Bob Berman		
	LA Marathon	4:50:09	54.84
			54.84
94	Johnny Wong		
	LAFR 5K	24:32	52.58
			52.58
95	David Guo		
	GG 5K Road	27:03	52.41
			52.41
96	Ed Stanley		
	LAFR 10K	56:10	51.35
			51.35
97	Fortino Lopez		
	LA Marathon	4:50:18	50.15
			50.15
98	Michael Ferretti		
	LAFR 10K	56:09	49.85
			49.85
99	Bahman Ghahremani		
	LAFR 10K	60:34	45.88
			45.88
100	Steve Addison		
	LA Marathon	6:31:57	38.79
			38.79

WOMEN			
1	Patricia Bates		
	Fontana Half	1:49:35	85.37
	Palm Springs Half	1:53:19	82.56
	LA Marathon	4:20:13	78.79
	Victory 8K	41:21	77.16
	LAFR 10K	52:00	77.28
	Jet to Jetty 10K	52:10	77.04
	Will Rogers 10K	52:30	76.55
	RnR Half	1:55:11	78.67
			478.20
2	Stephanie Stone		
	Fontana Half	1:59:39	68.13
	Dos Amigos Half	2:08:35	64.23
	Heroes 10K	58:18	60.43
	DV 30K	3:23:46	58.11
	Playa 5K	27:36	62.08
	LAFR 5K	28:21	60.44
	Culver 5K	28:22	60.40
	Live Earth 6K	35:03	59.07
	OC Half	2:08:41	64.18
	RnR Half	2:19:43	57.47
	LA Marathon	5:16:50	56.24
	SM 18K	2:38:38	42.92
	LB Half	2:14:58	59.48
	Camarillo Half	2:18:01	58.17
	LAFR 10K	61:07	57.46
	Bandit 30K	5:51:36	33.67
	Marina Oceanfront Half	2:17:25	58.42
	Run the Beach Half	2:17:20	59.37
	PV Half	2:13:09	61.23
	13.1 Half	2:15:16	60.27
			373.42
3	Margie Gonzales		
	Fontana Half	2:28:02	58.85
	RnR Half	2:30:26	56.22
	NYC Full	5:55:47	53.91
	Culver 5K	33:26	54.70
	Playa 5K	33:50	54.05
	Live Earth 6K	45:28	48.60
	Wounded Warrior Half	2:35:38	54.34
	San Dieguito Half	2:49:32	51.69
	13.1 Half	3:00:22	47.65
	LA Marathon	6:33:15	48.47
	LASAA 5K LW	36:43	49.81
	LB Half	2:36:09	54.16
	Palos Verde Half	2:38:21	55.02
	OC Half	2:43:58	53.14
	SD RnR Half	2:41:39	53.90
	Bulldog 25K	3:56:15	44.15
	LASAA 5K	42:41	42.84
	Deo's Half	2:54:25	49.95
	Highland Half	2:59:30	48.54
	Pasadena Half	3:00:10	48.36
			326.33

4	Christine Curtin		
	DV 30K	3:42:50	49.91
	RnR Half	2:42:53	46.44
	SD RnR Full	5:50:48	48.28
	LA Marathon	6:06:17	45.67
	Victory 5K	29:22	54.95
	LAFR 5K	30:03	54.30
	Buffalo Half	3:12:28	39.80
	Pasadena Half	2:50:11	45.01
			299.55
5	Jane Dods		
	GG 5K Road	31:49	77.24
	GG 10K Road	65:35	76.80
	GG 200 Track	47:03	69.24
	GG 400 Track	1:47:89	75.07
			298.35
6	Regina Robinson		
	Heroes 5K	33:34	46.16
	Victory 5K	35:54	43.33
	Fontana Half	2:38:05	46.38
	Pasadena Half	2:49:17	43.31
	Firecracker 10K	77:38	41.06
	SM 10000	74:44	42.66
	LA Marathon	6:33:17	40.57
	RnR Half	2:48:21	42.99
	WeSpark 5K	35:57	43.10
	Alive 5K	37:14	41.62
	LB Half	2:55:08	41.33
	Pride Valley 5K	37:17	41.56
	Natasha Watley 5K	43:20	35.89
	Jet to Jetty 10K	1:18:44	40.49
			262.90
7	Allyne Winderman		
	Boston Marathon	4:21:18	75.04
	NYC Full	4:22:12	76.37
			151.41
8	Diane Abato		
	LAFR 10K	56:58	65.79
	WeSpark 10K	61:12	60.64
			126.43
9	Keeley Webster		
	LAFR 5K	36:40	42.10
	Malibu Full	6:54:49	38.64
	RnR Half	2:49:36	42.67
			123.41
10	Cat White		
	LAFR 5K	36:18	41.98
	Malibu Full	6:54:50	37.83
	RnR Half	2:49:39	42.11
			121.92
11	Amy Ross		
	LB Pride 5K	30:15	61.28
	LAFR 5K	30:43	60.35
			121.63

12	Kimberly Fairchild		
	LAFR 5K	25:59	60.35
	RnR Half	2:08:28	56.76
			117.11
13	Areana Tate		
	SM 10000	80:50	39.14
	LB Half	3:22:27	35.50
	RnR Half	2:56:29	40.73
			115.37
14	Jacqueline Vogel		
	LAFR 5K	22:44	65.10
			65.10
15	Laura Coffey		
	LAFR 5K	32:39	45.33
			45.33

	WALKER		
1	Deo Jaravata		
	St. Pat's 20K	2:16:36	63.93
	LAFR 5K	32:13	61.07
	LA Marathon	5:36:58	60.78
	Rose Bowl 10 Mile	1:48:20	60.68
	Mt. Sac 10K	66:59	60.43
	Mt Sac 5K	32:34	60.42
	GG 5K Track	32:48.09	59.98
			367.31
2	Doug Jones		
	LA Marathon	5:58:52	60.14
	LB Pride 10K	72:10	59.41
	SD RnR Half	2:47:43	58.28
	LAFR 5K	36:38	56.93
	Longford Half	2:55:48	55.60
	Victory 8K	61:42	55.16
	OC Half	3:04:06	53.09
	RnR Half	2:58:46	55.14
	Camarillo Half	3:02:10	54.11
			345.52
3	Areana Tate		
	Firecracker 5K	41:08	49.97
	Natasha Watley 5K	43:20	47.43
	Victory 5K	45:23	45.65
	Pride Valley 5K	42:31	48.72
			191.77
4	Juan Moreno		
	LAFR 10K	67:03	60.37
	USATF Road Mile	9:41.1	62.94
			123.31
5	Connie Hammen		
	LAFR 5K	43:29	60.44
			60.44