

## Champions Standings as of 8/5

| Rank | MEN              | Races | AVG   | Rank | WOMEN                        | Races | AVG   |
|------|------------------|-------|-------|------|------------------------------|-------|-------|
| 1    | Scott Chaney     | 5     | 83.20 | 1    | Amy Zheng                    | 2     | 75.08 |
| 2    | Satoshi Ono      | 3     | 74.87 | 2    | Yuri Clingerman              | 3     | 71.42 |
| 3    | Martin Leung     | 1     | 72.63 | 3    | Leticia Rodriguez            | 3     | 69.37 |
| 4    | Bruce Bair       | 1     | 71.23 | 4    | Laura Howe                   | 2     | 66.87 |
| 5    | Jonathan Toker   | 1     | 70.49 | 5    | Denise Beatty                | 1     | 66.54 |
| 6    | Vikash Reddy     | 3     | 70.28 | 6    | Louisa Hill                  | 6     | 64.88 |
| 7    | Patrick McIntyre | 1     | 69.54 | 7    | Elizabeth Bonin-Guzman       | 2     | 64.06 |
| 8    | Jose Yong        | 1     | 69.31 | 8    | Sumalee Sangsurasak          | 5     | 63.00 |
| 9    | Michael Bea      | 1     | 68.54 | 9    | Rita Ono                     | 1     | 59.77 |
| 10   | Mark DeAngelis   | 2     | 67.70 | 10   | Gillian Wilkerson-Villasenor | 3     | 55.57 |
| 11   | Amado Ulloa      | 1     | 67.32 | 11   | Peachy Poso                  | 4     | 55.03 |
| 12   | Sean O'Brien     | 1     | 66.88 | 12   | Treven Ho                    | 6     | 53.69 |
| 13   | Jeremy Yoder     | 3     | 65.88 | 13   | Lorna Campbell               | 1     | 52.87 |
| 14   | Bill Austin      | 5     | 65.76 | 14   | Donna Martin                 | 2     | 50.46 |
| 15   | Tyler Long       | 5     | 65.40 | 15   | Kim Nguyen                   | 1     | 37.22 |
| 16   | Andrew Snyder    | 1     | 64.89 |      |                              |       |       |
| 17   | Jonathan Toker   | 1     | 64.60 | Rank | WALKER                       | Races | AVG   |
| 18   | Kyle Schmitz     | 2     | 64.53 | 1    | Deo Jaravata                 | 6     | 61.47 |
| 19   | Jose Hernandez   | 1     | 64.47 | 2    | Bill Winkleman               | 1     | 54.81 |
| 20   | Andrew Gonzalez  | 1     | 64.00 | 3    | Amy Ross                     | 1     | 51.48 |
| 21   | Mark Planas      | 1     | 63.30 | 4    | Bill Walsky                  | 1     | 48.52 |
| 22   | Kevin Shiramizu  | 2     | 63.13 | 5    | Tim Chung                    | 1     | 43.89 |
| 23   | Scott Lasker     | 1     | 62.82 | 6    | Donna Martin                 | 1     | 41.84 |
| 24   | Scott Sugino     | 1     | 62.70 | 7    | Evie Bonic                   | 1     | 39.01 |
| 25   | Jack Schaedel    | 3     | 61.86 | 8    | Henry Jung                   | 1     | 37.32 |
| 26   | James Smith      | 2     | 61.85 |      |                              |       |       |
| 27   | Justin Hang      | 3     | 61.61 | Rank | MEN CONTINUED                | Races | AVG   |
| 28   | Seiji Ono        | 1     | 60.88 | 41   | Albert Giang                 | 4     | 58.89 |
| 29   | Jim Martinez     | 3     | 60.42 | 42   | Mark Johnson                 | 3     | 58.69 |
| 30   | Al Cortez        | 1     | 60.24 | 43   | William Alsina               | 2     | 58.62 |
| 31   | Scott Swiontek   | 2     | 60.11 | 44   | Angus Kennedy                | 6     | 58.51 |
| 32   | Steve Gerschultz | 2     | 60.10 | 45   | David Condra                 | 1     | 58.35 |
| 33   | Raul Navarro     | 1     | 60.03 | 46   | Lui Sanchez                  | 1     | 57.86 |
| 34   | Ron Perez        | 1     | 59.79 | 47   | Tuan Tran                    | 1     | 56.86 |
| 35T  | Derek Mai        | 2     | 59.44 | 48   | Charlie Heaton               | 1     | 56.49 |
| 35T  | John Miles       | 6     | 59.44 | 49   | Martin Carlson               | 2     | 55.67 |
| 36   | Reg Willson      | 1     | 59.30 | 50   | Joe Farry                    | 2     | 55.35 |
| 37   | Henry Jung       | 1     | 59.25 | 51   | Kyle Boss                    | 1     | 55.15 |
| 38   | Loc Tran         | 1     | 59.21 | 52   | Brian Dunbar                 | 2     | 54.95 |
| 39   | Norbert Hetzel   | 2     | 59.19 | 53   | Eric Eisenbrey               | 2     | 54.86 |
| 40   | Aaron Trieu      | 4     | 58.99 | 54   | Jonathan Whitfield           | 2     | 54.63 |

| Rank | MEN CONTINUED             | Races | Score |
|------|---------------------------|-------|-------|
| 55   | Dan Vu                    | 2     | 54.54 |
| 56   | Bernie Tan                | 3     | 54.37 |
| 57   | David Dassey              | 3     | 54.15 |
| 58   | Manny Camargo             | 1     | 54.10 |
| 59   | Deo Jaravata              | 2     | 53.32 |
| 60   | Theo Tacail               | 1     | 53.14 |
| 61   | Ricardo Suarez            | 2     | 52.77 |
| 62   | Joey Lan                  | 5     | 52.62 |
| 63   | David Grudzien            | 3     | 51.69 |
| 64   | Mitchell Miller           | 2     | 51.66 |
| 65   | Sean Carney               | 2     | 51.44 |
| 66   | David Gonzalez            | 1     | 50.02 |
| 67   | Raul Borja                | 1     | 48.03 |
| 68   | Mike Kerkman              | 1     | 47.85 |
| 69   | Wadley                    | 1     | 47.55 |
| 70   | Benjamin Anderson         | 1     | 46.31 |
| 71   | Bill Winkelmann           | 3     | 46.27 |
| 72   | Ryan Shiramizu            | 1     | 46.05 |
| 73   | Guillermo Douglass-Jaimes | 1     | 43.62 |
| 74   | Richard Peng              | 3     | 43.48 |
| 75   | Michael Janovici          | 2     | 41.85 |
| 76   | Viktor Toth               | 2     | 41.01 |
| 77   | Jason Coleman             | 3     | 39.98 |
| 78   | Mike Smith                | 2     | 39.08 |
| 79   | Mario Mota                | 1     | 37.60 |

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| Rank | WOMEN                        |                |               | AVG          |
|------|------------------------------|----------------|---------------|--------------|
| 1    | Amy Zheng                    |                |               |              |
|      | VB Half                      | 1:35:40        | 79.78         |              |
|      | LAFR Pride 10K               | 46:52          | 70.37         |              |
|      |                              |                | <b>150.15</b> | <b>75.08</b> |
| 2    | Yuri Clingerman              |                |               |              |
|      | Derby Day 5K                 | 27:03          | 71.04         |              |
|      | Eugene Half                  | 1:59:46        | 75.45         |              |
|      | Blecksmith 5K                | 28:21          | 67.78         |              |
|      |                              |                | <b>214.27</b> | <b>71.42</b> |
| 3    | Leticia Rodriguez            |                |               |              |
|      | LA Full                      | 4:39:24        | 68.00         |              |
|      | RB Half                      | 2:07:21        | 70.96         |              |
|      | RnR SD Half                  | 2:10:41        | 69.15         |              |
|      | <i>SB Half</i>               | <i>2:13:51</i> | <i>67.52</i>  |              |
|      |                              |                | <b>208.11</b> | <b>69.37</b> |
| 4    | Laura Howe                   |                |               |              |
|      | Rockin Summer 5K             | 26:05          | 67.35         |              |
|      | LAFR Pride 5K                | 26:28          | 66.38         |              |
|      | <i>Tracksmith 5000</i>       | <i>27:37</i>   | <i>63.61</i>  |              |
|      |                              |                | <b>133.73</b> | <b>66.87</b> |
| 5    | Denise Beatty                |                |               |              |
|      | Derby Day 5K                 | 29:41          | 66.54         |              |
|      |                              |                | <b>66.54</b>  | <b>66.54</b> |
| 6    | Louisa Hill                  |                |               |              |
|      | LA Full                      | 3:39:02        | 66.51         |              |
|      | Ventura Full                 | 3:37:39        | 68.43         |              |
|      | LAFR Pride 5K                | 23:30          | 61.04         |              |
|      | LAFR Pride 10K               | 47:09          | 62.40         |              |
|      | Tracksmith 5000              | 22:13          | 64.56         |              |
|      | RB Half                      | 1:41:56        | 66.32         |              |
|      |                              |                | <b>389.26</b> | <b>64.88</b> |
| 7    | Elizabeth Bonin-Guzman       |                |               |              |
|      | LAFR Pride 5K                | 26:50          | 65.47         |              |
|      | LAFR Pride 10K               | 56:31          | 62.64         |              |
|      |                              |                | <b>128.11</b> | <b>64.06</b> |
| 8    | Sumalee Sangsurasak          |                |               |              |
|      | LA Full                      | 4:48:48        | 59.64         |              |
|      | Mt. Charleston Full          | 4:14:21        | 67.73         |              |
|      | RB Half                      | 2:15:09        | 60.85         |              |
|      | LAFR Pride 10K               | 56:53          | 62.23         |              |
|      | Old Zoo 12.6                 | 2:02:25        | 64.56         |              |
|      |                              |                | <b>315.01</b> | <b>63.00</b> |
| 9    | Rita Ono                     |                |               |              |
|      | Carlsbad 5K                  | 24:29          | 59.77         |              |
|      |                              |                | <b>59.77</b>  | <b>59.77</b> |
| 10   | Gillian Wilkerson-Villasenor |                |               |              |
|      | Las Virgenes 12K             | 69:42          | 50.39         |              |
|      | LAFR Pride 5K                | 24:23          | 57.96         |              |
|      | LAFR Pride 10K               | 49:50          | 58.36         |              |
|      |                              |                | <b>166.71</b> | <b>55.57</b> |

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|           |                       |                |               |              |
|-----------|-----------------------|----------------|---------------|--------------|
| <b>11</b> | <b>Peachy Poso</b>    |                |               |              |
|           | Avalon 50             | 11:50:21       | 54.61         |              |
|           | London Full           | 5:07:06        | 53.37         |              |
|           | LAFR Pride 5K         | 29:41          | 56.41         |              |
|           | LAFR Pride 10K        | 1:00:33        | 55.74         |              |
|           |                       |                | <b>220.13</b> | <b>55.03</b> |
| <b>12</b> | <b>Treven Ho</b>      |                |               |              |
|           | LAFR Pride 10K        | 53:51          | 59.88         |              |
|           | LAFR Pride 5K         | 26:58          | 59.32         |              |
|           | Old Zoo 12.6          | 2:04:57        | 57.33         |              |
|           | Catalina 10K          | 61:03          | 52.82         |              |
|           | Las Virgenes 30K      | 3:58:38        | 46.67         |              |
|           | Leona Divide 30K      | 4:01:34        | 46.10         |              |
|           | <i>SOB 50K</i>        | <i>8:29:24</i> | <i>38.89</i>  |              |
|           |                       |                | <b>322.12</b> | <b>53.69</b> |
| <b>13</b> | <b>Lorna Campbell</b> |                |               |              |
|           | LA Full               | 4:46:00        | 52.87         |              |
|           |                       |                | <b>52.87</b>  | <b>52.87</b> |
| <b>14</b> | <b>Donna Martin</b>   |                |               |              |
|           | LAFR Pride 10K        | 1:29:15        | 45.83         |              |
|           | Blecksmith 5K         | 36:52          | 55.09         |              |
|           |                       |                | <b>100.92</b> | <b>50.46</b> |
| <b>15</b> | <b>Kim Nguyen</b>     |                |               |              |
|           | SOB 30K               | 4:50:43        | 37.22         |              |
|           |                       |                | <b>37.22</b>  | <b>37.22</b> |

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| Rank | WALKER                 |          |               | AVG          |
|------|------------------------|----------|---------------|--------------|
| 1    | Deo Jaravata           |          |               |              |
|      | London Full            | 5:58:12  | 64.20         |              |
|      | LA Full                | 5:58:50  | 64.09         |              |
|      | Barbados Full          | 6:19:41  | 61.15         |              |
|      | Caprivi Strip          | 6:16:45  | 61.04         |              |
|      | Silvermoon 42.5 Mile   | 11:48:47 | 59.87         |              |
|      | Grenada Full           | 6:40:01  | 58.45         |              |
|      | <i>Martinique Full</i> | 6:49:36  | 57.09         |              |
|      |                        |          | <b>368.80</b> | <b>61.47</b> |
| 2    | Bill Winkleman         |          |               |              |
|      | LB Pride 5K            | 45:33    | 54.81         |              |
|      |                        |          | <b>54.81</b>  | <b>54.81</b> |
| 3    | Amy Ross               |          |               |              |
|      | LAFR Pride 5K          | 53:23    | 51.48         |              |
|      |                        |          | <b>51.48</b>  | <b>51.48</b> |
| 4    | Bill Walsky            |          |               |              |
|      | Wrigley 5K             | 52:56    | 48.52         |              |
|      |                        |          | <b>48.52</b>  | <b>48.52</b> |
| 5    | Tim Chung              |          |               |              |
|      | LB Pride 5K            | 49:45    | 43.89         |              |
|      |                        |          | <b>43.89</b>  | <b>43.89</b> |
| 6    | Donna Martin           |          |               |              |
|      | Firecracker 5K         | 63:11    | 41.84         |              |
|      |                        |          | <b>41.84</b>  | <b>41.84</b> |
| 7    | Evie Bonic             |          |               |              |
|      | Las Virgenes 12K       | 2:46:19  | 39.01         |              |
|      |                        |          | <b>39.01</b>  | <b>39.01</b> |
| 8    | Henry Jung             |          |               |              |
|      | LAFR Pride 5K          | 57:50    | 37.32         |              |
|      |                        |          | <b>37.32</b>  | <b>37.32</b> |
|      |                        |          |               |              |

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| Rank | MEN              |         |        | AVG   |
|------|------------------|---------|--------|-------|
| 1    | Scott Chaney     |         |        |       |
|      | PD Half          | 1:21:41 | 84.92  |       |
|      | Carlsbad 5K      | 18:05   | 82.08  |       |
|      | LAFR Pride 5K    | 18:19   | 81.69  |       |
|      | LAFR Pride 10K   | 37:27   | 81.39  |       |
|      | Tracksmith 5000  | 17:25   | 85.91  |       |
|      |                  |         | 415.99 | 83.20 |
| 2    | Satoshi Ono      |         |        |       |
|      | LA Full          | 3:11:53 | 77.12  |       |
|      | Carlsbad 5K      | 20:00   | 73.03  |       |
|      | RB Half          | 1:31:34 | 74.45  |       |
|      |                  |         | 224.60 | 74.87 |
| 3    | Martin Leung     |         |        |       |
|      | Boston Full      | 3:03:49 | 72.63  |       |
|      |                  |         | 72.63  | 72.63 |
| 4    | Bruce Bair       |         |        |       |
|      | LAFR Pride 10K   | 44:44   | 71.23  |       |
|      |                  |         | 71.23  | 71.23 |
| 5    | Jonathan Toker   |         |        |       |
|      | Pt Mugu Half     | 1:36:42 | 70.49  |       |
|      |                  |         | 70.49  | 70.49 |
| 6    | Vikash Reddy     |         |        |       |
|      | LA Full          | 3:07:28 | 72.94  |       |
|      | LB Pride 10K     | 38:58   | 70.86  |       |
|      | Seattle Pride 8K | 32:48   | 67.05  |       |
|      |                  |         | 210.85 | 70.28 |
| 7    | Patrick McIntyre |         |        |       |
|      | LA Full          | 3:30:52 | 69.54  |       |
|      |                  |         | 69.54  | 69.54 |
| 8    | Jose Yong        |         |        |       |
|      | Blecksmith 5K    | 23:06   | 69.31  |       |
|      |                  |         | 69.31  | 69.31 |
| 9    | Michael Bea      |         |        |       |
|      | LB Pride 10K     | 39:13   | 68.54  |       |
|      |                  |         | 68.54  | 68.54 |
| 10   | Mark DeAngelis   |         |        |       |
|      | LB Pride 5K      | 23:31   | 67.49  |       |
|      | LAFR Pride 10K   | 48:14   | 67.90  |       |
|      |                  |         | 135.39 | 67.70 |
| 11   | Amado Ulloa      |         |        |       |
|      | Chesebro Half    | 1:43:59 | 67.32  |       |
|      |                  |         | 67.32  | 67.32 |
| 12   | Sean O'Brien     |         |        |       |
|      | LAFR Pride 5K    | 24:09   | 66.88  |       |
|      |                  |         | 66.88  | 66.88 |
| 13   | Jeremy Yoder     |         |        |       |
|      | River Half       | 1:32:39 | 68.73  |       |
|      | Boston Full      | 3:36:40 | 63.65  |       |
|      | LB Pride 10K     | 42:39   | 65.25  |       |
|      |                  |         | 197.63 | 65.88 |

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|           |                        |         |               |              |
|-----------|------------------------|---------|---------------|--------------|
| <b>14</b> | <b>Bill Austin</b>     |         |               |              |
|           | Mother's Day 10K       | 66:00   | 53.08         |              |
|           | LB Pride 5K            | 23:43   | 71.92         |              |
|           | LAFR Pride 5K          | 24:43   | 69.01         |              |
|           | Wrigley 10K            | 50:40   | 69.14         |              |
|           | Rickin Summer Half     | 2:03:20 | 65.64         |              |
|           |                        |         | <b>328.79</b> | <b>65.76</b> |
| <b>15</b> | <b>Tyler Long</b>      |         |               |              |
|           | Tokyo Full             | 3:31:58 | 68.37         |              |
|           | PD Half                | 1:28:08 | 74.72         |              |
|           | LAFR Pride 10K         | 44:31   | 65.09         |              |
|           | LAFR Pride 5K          | 22:16   | 64.06         |              |
|           | Old Zoo 12.6           | 1:56:34 | 54.77         |              |
|           |                        |         | <b>327.01</b> | <b>65.40</b> |
| <b>16</b> | <b>Andrew Snyder</b>   |         |               |              |
|           | Seattle Pride 8K       | 33:38   | 64.89         |              |
|           |                        |         | <b>64.89</b>  | <b>64.89</b> |
| <b>17</b> | <b>Jonathan Toker</b>  |         |               |              |
|           | Holcomb Valley 14 Mile | 1:52:46 | 64.60         |              |
|           |                        |         | <b>64.60</b>  | <b>64.60</b> |
| <b>18</b> | <b>Kyle Schmitz</b>    |         |               |              |
|           | LA Full                | 3:28:48 | 64.39         |              |
|           | RB Half                | 1:36:54 | 64.67         |              |
|           |                        |         | <b>129.06</b> | <b>64.53</b> |
| <b>19</b> | <b>Jose Hernandez</b>  |         |               |              |
|           | Tracksmith 5000        | 19:03   | 64.47         |              |
|           |                        |         | <b>64.47</b>  | <b>64.47</b> |
| <b>20</b> | <b>Andrew Gonzalez</b> |         |               |              |
|           | RnR Vegas Half         | 1:55:38 | 64.00         |              |
|           |                        |         | <b>64.00</b>  | <b>64.00</b> |
| <b>21</b> | <b>Mark Planas</b>     |         |               |              |
|           | LB Pride 10K           | 43:17   | 63.30         |              |
|           |                        |         | <b>63.30</b>  | <b>63.30</b> |
| <b>22</b> | <b>Kevin Shiramizu</b> |         |               |              |
|           | Mother's Day Half      | 1:49:52 | 62.60         |              |
|           | LAFR Pride 5K          | 23:08   | 63.65         |              |
|           |                        |         | <b>126.25</b> | <b>63.13</b> |
| <b>23</b> | <b>Scott Lasker</b>    |         |               |              |
|           | LAFR Pride 5K          | 25:16   | 62.82         |              |
|           |                        |         | <b>62.82</b>  | <b>62.82</b> |
| <b>24</b> | <b>Scott Sugino</b>    |         |               |              |
|           | Tracksmith 5000        | 23:29   | 62.70         |              |
|           |                        |         | <b>62.70</b>  | <b>62.70</b> |
| <b>25</b> | <b>Jack Schaedel</b>   |         |               |              |
|           | RB Half                | 1:57:29 | 60.13         |              |
|           | VB Half                | 1:54:04 | 61.94         |              |
|           | Skinny Raven 10K       | 48:50   | 63.52         |              |
|           |                        |         | <b>185.59</b> | <b>61.86</b> |
| <b>26</b> | <b>James Smith</b>     |         |               |              |
|           | LB Pride 10K           | 46:31   | 62.29         |              |
|           | LAFR Pride 10K         | 47:11   | 61.41         |              |
|           |                        |         | <b>123.70</b> | <b>61.85</b> |

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|            |                         |          |               |              |
|------------|-------------------------|----------|---------------|--------------|
| <b>27</b>  | <b>Justin Hang</b>      |          |               |              |
|            | LAFR Pride 5K           | 21:33    | 59.47         |              |
|            | LAFR Pride 10K          | 43:21    | 60.90         |              |
|            | Tracksmith 5000         | 19:53    | 64.47         |              |
|            |                         |          | <b>184.84</b> | <b>61.61</b> |
| <b>28</b>  | <b>Seiji Ono</b>        |          |               |              |
|            | Carlsbad 1 Mile         | 8:09     | 60.88         |              |
|            |                         |          | <b>60.88</b>  | <b>60.88</b> |
| <b>29</b>  | <b>Jim Martinez</b>     |          |               |              |
|            | Aut2Run 5K              | 28:18    | 62.34         |              |
|            | OneLegacy 5K            | 28:08    | 62.71         |              |
|            | Wrigley 10K             | 64:17    | 56.20         |              |
|            | <i>LB Pride 5K</i>      | 30:32    | 57.78         |              |
|            | <i>LAFR Pride 5K</i>    | 31:08    | 56.67         |              |
|            |                         |          | <b>181.25</b> | <b>60.42</b> |
| <b>30</b>  | <b>Al Cortez</b>        |          |               |              |
|            | LB Pride 10K            | 50:10    | 60.24         |              |
|            |                         |          | <b>60.24</b>  | <b>60.24</b> |
| <b>31</b>  | <b>Scott Swiontek</b>   |          |               |              |
|            | LB Pride 10K            | 46:07    | 60.35         |              |
|            | LAFR Pride 10K          | 46:29    | 59.87         |              |
|            |                         |          | <b>120.22</b> | <b>60.11</b> |
| <b>32</b>  | <b>Steve Gerschultz</b> |          |               |              |
|            | Avalon 50               | 11:50:19 | 56.17         |              |
|            | London Full             | 4:19:37  | 64.03         |              |
|            |                         |          | <b>120.20</b> | <b>60.10</b> |
| <b>33</b>  | <b>Raul Navarro</b>     |          |               |              |
|            | LAFR Pride 10K          | 45:19    | 60.03         |              |
|            |                         |          | <b>60.03</b>  | <b>60.03</b> |
| <b>34</b>  | <b>Ron Perez</b>        |          |               |              |
|            | VB Half                 | 2:06:13  | 59.79         |              |
|            |                         |          | <b>59.79</b>  | <b>59.79</b> |
| <b>35T</b> | <b>Derek Mai</b>        |          |               |              |
|            | LB Pride 10K            | 46:00    | 58.76         |              |
|            | LAFR Pride 10K          | 44:58    | 60.11         |              |
|            |                         |          | <b>118.87</b> | <b>59.44</b> |
| <b>35T</b> | <b>John Miles</b>       |          |               |              |
|            | Rockin Summer Half      | 2:03:04  | 61.32         |              |
|            | LB Pride 10K            | 54:00    | 60.09         |              |
|            | Skunk Cabbage Half      | 2:04:50  | 59.86         |              |
|            | LAFR Pride 10K          | 54:47    | 59.23         |              |
|            | LAFR Pride 5K           | 27:02    | 58.71         |              |
|            | Mother's Day Half       | 2:10:09  | 57.41         |              |
|            | <i>Old Zoo 12.6</i>     | 2:11:50  | 54.55         |              |
|            | <i>Catalina Full</i>    | 5:17:32  | 51.30         |              |
|            | <i>SOB 30K</i>          | 4:06:38  | 45.63         |              |
|            | <i>Las Virgenes 30K</i> | 4:16:43  | 43.84         |              |
|            |                         |          | <b>356.62</b> | <b>59.44</b> |
| <b>36</b>  | <b>Reg Willson</b>      |          |               |              |
|            | LAFR Pride 5K           | 28:14    | 59.30         |              |
|            |                         |          | <b>59.30</b>  | <b>59.30</b> |
| <b>37</b>  | <b>Henry Jung</b>       |          |               |              |
|            | LB Pride 10K            | 54:46    | 59.25         |              |
|            |                         |          | <b>59.25</b>  | <b>59.25</b> |

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|           |                         |                |               |              |
|-----------|-------------------------|----------------|---------------|--------------|
| <b>38</b> | <b>Loc Tran</b>         |                |               |              |
|           | Firecracker 10K         | 51:56          | 59.21         |              |
|           |                         |                | <b>59.21</b>  | <b>59.21</b> |
| <b>39</b> | <b>Norbert Hetzel</b>   |                |               |              |
|           | LB Pride 5K             | 29:07          | 56.98         |              |
|           | Wrigley 10 Mile         | 1:35:50        | 61.39         |              |
|           |                         |                | <b>118.37</b> | <b>59.19</b> |
| <b>40</b> | <b>Aaron Trieu</b>      |                |               |              |
|           | LB Pride 5K             | 28:02          | 49.35         |              |
|           | Oakland 5000            | 21:18          | 64.95         |              |
|           | Livermore Half          | 1:42:35        | 62.59         |              |
|           | SF Half                 | 1:48:42        | 59.07         |              |
|           | <i>Oakland RF 10K</i>   | <i>49:03</i>   | <i>57.19</i>  |              |
|           | <i>Sac Pride 5K</i>     | <i>22:50</i>   | <i>60.58</i>  |              |
|           |                         |                | <b>235.96</b> | <b>58.99</b> |
| <b>41</b> | <b>Albert Giang</b>     |                |               |              |
|           | LB Pride 10K            | 49:27          | 59.08         |              |
|           | LAFR Pride 10K          | 49:05          | 59.52         |              |
|           | Old Zoo 12.6            | 1:50:40        | 58.30         |              |
|           | Rickin Summer Half      | 1:54:12        | 58.66         |              |
|           |                         |                | <b>235.56</b> | <b>58.89</b> |
| <b>42</b> | <b>Mark Johnson</b>     |                |               |              |
|           | SOB 50K                 | 7:09:32        | 47.38         |              |
|           | Las Virgenes 30K        | 3:12:41        | 57.28         |              |
|           | LAFR Pride 5K           | 21:51          | 71.40         |              |
|           |                         |                | <b>176.06</b> | <b>58.69</b> |
| <b>43</b> | <b>William Alsina</b>   |                |               |              |
|           | Tracksmith 5000         | 21:46          | 58.88         |              |
|           | Lotus 5K                | 21:58          | 58.35         |              |
|           | <i>LAFR Pride 5K</i>    | <i>22:23</i>   | <i>57.26</i>  |              |
|           |                         |                | <b>117.23</b> | <b>58.62</b> |
| <b>44</b> | <b>Angus Kennedy</b>    |                |               |              |
|           | LB Pride 5K             | 24:34          | 64.05         |              |
|           | Tracksmith 5000         | 24:58          | 63.02         |              |
|           | Rockin Summer Half      | 2:03:36        | 59.88         |              |
|           | Old Zoo 12.6            | 2:06:21        | 56.36         |              |
|           | Catalina 10K            | 58:25          | 55.04         |              |
|           | Mother's Day Half       | 2:20:21        | 52.73         |              |
|           | <i>Las Virgenes 30K</i> | <i>5:03:59</i> | <i>37.02</i>  |              |
|           | <i>SOB 30K</i>          | <i>5:09:18</i> | <i>36.03</i>  |              |
|           |                         |                | <b>351.08</b> | <b>58.51</b> |
| <b>45</b> | <b>David Condra</b>     |                |               |              |
|           | Catalina 10K            | 54:07          | 58.35         |              |
|           |                         |                | <b>58.35</b>  | <b>58.35</b> |
| <b>46</b> | <b>Lui Sanchez</b>      |                |               |              |
|           | LAFR Pride 5K           | 28:25          | 57.86         |              |
|           |                         |                | <b>57.86</b>  | <b>57.86</b> |
| <b>47</b> | <b>Tuan Tran</b>        |                |               |              |
|           | LA Full                 | 4:04:37        | 56.86         |              |
|           |                         |                | <b>56.86</b>  | <b>56.86</b> |
| <b>48</b> | <b>Charlie Heaton</b>   |                |               |              |
|           | Tokyo                   | 4:16:32        | 56.49         |              |
|           |                         |                | <b>56.49</b>  | <b>56.49</b> |

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|           |                            |                |               |              |
|-----------|----------------------------|----------------|---------------|--------------|
| <b>49</b> | <b>Martin Carlson</b>      |                |               |              |
|           | LAFR Pride 5K              | 29:46          | 55.74         |              |
|           | LAFR Pride 10K             | 1:01:11        | 55.60         |              |
|           |                            |                | <b>111.34</b> | <b>55.67</b> |
| <b>50</b> | <b>Joe Farry</b>           |                |               |              |
|           | LB Pride 5K                | 28:27          | 53.92         |              |
|           | LAFR Pride 5K              | 27:01          | 56.78         |              |
|           |                            |                | <b>110.70</b> | <b>55.35</b> |
| <b>51</b> | <b>Kyle Boss</b>           |                |               |              |
|           | LB Pride 5K                | 23:16          | 55.15         |              |
|           |                            |                | <b>55.15</b>  | <b>55.15</b> |
| <b>52</b> | <b>Brian Dunbar</b>        |                |               |              |
|           | LB Pride 10K               | 59:16          | 56.31         |              |
|           | LAFR Pride 10K             | 1:02:17        | 53.58         |              |
|           |                            |                | <b>109.89</b> | <b>54.95</b> |
| <b>53</b> | <b>Eric Eisenbrey</b>      |                |               |              |
|           | LB Pride 5K                | 25:16          | 55.59         |              |
|           | LAFR Pride 5K              | 26:09          | 54.13         |              |
|           |                            |                | <b>109.72</b> | <b>54.86</b> |
| <b>54</b> | <b>Jonathan Whitfield</b>  |                |               |              |
|           | LB Pride 10K               | 56:09          | 54.76         |              |
|           | LAFR Pride 10K             | 56:25          | 54.50         |              |
|           |                            |                | <b>109.26</b> | <b>54.63</b> |
| <b>55</b> | <b>Dan Vu</b>              |                |               |              |
|           | LB Pride 10K               | 54:34          | 53.99         |              |
|           | LAFR Pride 10K             | 53:29          | 55.09         |              |
|           |                            |                | <b>109.08</b> | <b>54.54</b> |
| <b>56</b> | <b>Bernie Tan</b>          |                |               |              |
|           | SOB 50K                    | 7:11:08        | 46.74         |              |
|           | Milanovich 5K              | 23:17          | 66.44         |              |
|           | Las Virgenes 54K           | 6:43:39        | 49.92         |              |
|           |                            |                | <b>163.10</b> | <b>54.37</b> |
| <b>57</b> | <b>David Dassey</b>        |                |               |              |
|           | LB Pride 5K                | 35:53          | 51.32         |              |
|           | LAFR Pride 5K              | 33:59          | 54.19         |              |
|           | Wrigley 10K                | 55:00          | 56.95         |              |
|           |                            |                | <b>162.46</b> | <b>54.15</b> |
| <b>58</b> | <b>Manny Camargo</b>       |                |               |              |
|           | LA Full                    | 5:04:09        | 54.10         |              |
|           |                            |                | <b>54.10</b>  | <b>54.10</b> |
| <b>59</b> | <b>Deo Jaravata</b>        |                |               |              |
|           | Edinburgh Full             | 5:04:59        | 53.41         |              |
|           | Riga Full                  | 5:06:01        | 53.23         |              |
|           | <i>Belfast City Full</i>   | <i>5:12:55</i> | <i>52.05</i>  |              |
|           | <i>Tel Aviv Full</i>       | <i>5:18:47</i> | <i>50.59</i>  |              |
|           | <i>RnR SD Full</i>         | <i>5:25:25</i> | <i>50.06</i>  |              |
|           | <i>Victoria Falls Full</i> | <i>5:29:27</i> | <i>49.45</i>  |              |
|           | <i>Guadeloupe Full</i>     | <i>5:49:32</i> | <i>46.16</i>  |              |
|           | <i>Chobe Full</i>          | <i>5:53:40</i> | <i>46.06</i>  |              |
|           | <i>Milo Full</i>           | <i>6:00:01</i> | <i>45.24</i>  |              |
|           | <i>Zambesi Full</i>        | <i>6:22:23</i> | <i>42.60</i>  |              |
|           | <i>Fulhadhoo Full</i>      | <i>6:09:12</i> | <i>43.68</i>  |              |
|           | <i>St. Vincent Full</i>    | <i>6:11:20</i> | <i>43.43</i>  |              |
|           | <i>St. Lucia Full</i>      | <i>6:30:21</i> | <i>41.32</i>  |              |
|           |                            |                | <b>106.64</b> | <b>53.32</b> |

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|           |                                 |          |               |              |
|-----------|---------------------------------|----------|---------------|--------------|
| <b>60</b> | <b>Theo Tacail</b>              |          |               |              |
|           | Las Virgenes 12K                | 60:23    | 53.14         |              |
|           |                                 |          | <b>53.14</b>  | <b>53.14</b> |
| <b>61</b> | <b>Ricardo Suarez</b>           |          |               |              |
|           | LAFR Pride 10K                  | 56:50    | 50.57         |              |
|           | Rockin Summer 15K               | 1:23:46  | 54.97         |              |
|           |                                 |          | <b>105.54</b> | <b>52.77</b> |
| <b>62</b> | <b>Joey Lan</b>                 |          |               |              |
|           | River Half                      | 1:56:21  | 53.43         |              |
|           | Chilly Willy 10K                | 50:57    | 53.39         |              |
|           | SD Half                         | 2:17:18  | 45.45         |              |
|           | LAFR Pride 5K                   | 24:42    | 54.37         |              |
|           | SD Pride 5K                     | 23:57    | 56.48         |              |
|           |                                 |          | <b>263.12</b> | <b>52.62</b> |
| <b>63</b> | <b>David Grudzien</b>           |          |               |              |
|           | ATC Hawks 5K                    | 33:02    | 51.15         |              |
|           | Leprechaun 5K                   | 32:25    | 52.12         |              |
|           | ATC Grand Prix 1-Miler          | 9:51     | 51.79         |              |
|           | <i>Pride Run ATL 5K</i>         | 33:25    | 50.56         |              |
|           | <i>Dekalb 5K</i>                | 33:28    | 50.49         |              |
|           | <i>ATC Braves Country 5K</i>    | 33:38    | 50.24         |              |
|           | <i>Southside 5 Mile</i>         | 57:01    | 48.57         |              |
|           | <i>Peachtree 10K</i>            | 1:14:13  | 46.74         |              |
|           | <i>Freedom Fest 5K</i>          | 36:29    | 46.31         |              |
|           | <i>Mainly Marathons Ind 5K</i>  | 36:30    | 46.29         |              |
|           | <i>Buck Creek Streak 5K</i>     | 38:33    | 43.83         |              |
|           | <i>Juneteenth Atlanta 5K</i>    | 38:33    | 43.83         |              |
|           | <i>Burn Your Half Off Half</i>  | 3:11:31  | 41.83         |              |
|           | <i>Mainly Marathons Ind 50K</i> | 9:28:48  | 39.26         |              |
|           | <i>State Line Streak 5K</i>     | 43:08    | 39.17         |              |
|           | <i>Hwd Bch Half</i>             | 3:22:42  | 39.54         |              |
|           | <i>Little Rock 5K</i>           | 33:44    | 50.08         |              |
|           | <i>Run the River 5K</i>         | 33:10    | 50.94         |              |
|           | <i>Members 10K</i>              | 1:14:43  | 46.42         |              |
|           |                                 |          | <b>155.06</b> | <b>51.69</b> |
| <b>64</b> | <b>Mitchell Miller</b>          |          |               |              |
|           | Malibu Canyon 50 Mile           | 8:21:21  | 51.66         |              |
|           | AC100                           | 26:44:39 | 51.66         |              |
|           |                                 |          | <b>103.32</b> | <b>51.66</b> |
| <b>65</b> | <b>Sean Carney</b>              |          |               |              |
|           | LB Pride 10K                    | 59:35    | 51.16         |              |
|           | LAFR Pride 10K                  | 58:56    | 51.72         |              |
|           |                                 |          | <b>102.88</b> | <b>51.44</b> |
| <b>66</b> | <b>David Gonzalez</b>           |          |               |              |
|           | Derby Day 5K                    | 27:52    | 50.02         |              |
|           |                                 |          | <b>50.02</b>  | <b>50.02</b> |
| <b>67</b> | <b>Raul Borja</b>               |          |               |              |
|           | Big Sur Full                    | 5:02:38  | 48.03         |              |
|           |                                 |          | <b>48.03</b>  | <b>48.03</b> |
| <b>68</b> | <b>Mike Kerkman</b>             |          |               |              |
|           | LAFR Pride 5K                   | 29:35    | 47.85         |              |
|           |                                 |          | <b>47.85</b>  | <b>47.85</b> |
| <b>69</b> | <b>Wadley</b>                   |          |               |              |
|           | Catalina Full                   | 4:57:36  | 47.55         |              |
|           |                                 |          | <b>47.55</b>  | <b>47.55</b> |

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|           |                                  |         |               |              |
|-----------|----------------------------------|---------|---------------|--------------|
| <b>70</b> | <b>Benjamin Anderson</b>         |         |               |              |
|           | LAFR Pride 10K                   | 57:34   | 46.31         |              |
|           |                                  |         | <b>46.31</b>  | <b>46.31</b> |
| <b>71</b> | <b>Bill Winkelmann</b>           |         |               |              |
|           | LAFR Pride 5K                    | 41:16   | 43.32         |              |
|           | Wrigley 10K                      | 1:13:06 | 50.00         |              |
|           | Rockin Summer 10K                | 1:20:22 | 45.48         |              |
|           |                                  |         | <b>138.80</b> | <b>46.27</b> |
| <b>72</b> | <b>Ryan Shiramizu</b>            |         |               |              |
|           | LAFR Pride 5K                    | 29:35   | 46.05         |              |
|           |                                  |         | <b>46.05</b>  | <b>46.05</b> |
| <b>73</b> | <b>Guillermo Douglass-Jaimes</b> |         |               |              |
|           | LAFR Pride 10K                   | 1:06:59 | 43.62         |              |
|           |                                  |         | <b>43.62</b>  | <b>43.62</b> |
| <b>74</b> | <b>Richard Peng</b>              |         |               |              |
|           | SOB 30K                          | 5:30:03 | 31.60         |              |
|           | Chesebro Half                    | 2:29:15 | 46.48         |              |
|           | LB Pride 10K                     | 57:42   | 52.37         |              |
|           |                                  |         | <b>130.45</b> | <b>43.48</b> |
| <b>75</b> | <b>Michael Janovici</b>          |         |               |              |
|           | LAFR Pride 5K                    | 35:58   | 40.29         |              |
|           | LAFR Pride 10K                   | 1:07:53 | 43.40         |              |
|           |                                  |         | <b>83.69</b>  | <b>41.85</b> |
| <b>76</b> | <b>Viktor Toth</b>               |         |               |              |
|           | SOB 30K                          | 4:56:24 | 34.88         |              |
|           | Catalina Full                    | 5:16:47 | 47.15         |              |
|           |                                  |         | <b>82.03</b>  | <b>41.01</b> |
| <b>77</b> | <b>Jason Coleman</b>             |         |               |              |
|           | Ocean 15K                        | 1:55:27 | 40.91         |              |
|           | LA Full                          | 5:59:29 | 40.80         |              |
|           | Tokyo                            | 6:29:00 | 38.23         |              |
|           |                                  |         | <b>119.94</b> | <b>39.98</b> |
| <b>78</b> | <b>Mike Smith</b>                |         |               |              |
|           | Friendship 30K                   | 4:11:23 | 41.88         |              |
|           | LA Full                          | 6:59:20 | 36.29         |              |
|           |                                  |         | <b>78.17</b>  | <b>39.08</b> |
| <b>79</b> | <b>Mario Mota</b>                |         |               |              |
|           | SOB 30K                          | 4:56:20 | 37.60         |              |
|           |                                  |         | <b>37.60</b>  | <b>37.60</b> |
|           |                                  |         |               |              |