

2016 LAFR Challenge Standings FINAL

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

Rank	MOST	
1	Jason Coleman	32
2	Margie Gonzales	31
3	Bill Austin	27
4	David Grudzien	24
5	Bill Winkelmann	9
6	Angus Kennedy	8
	Nicole Oeuvray	8
8	Mike Carbuto	7
9	David Dassey	5
	Mario Mota	5
11	John McGuinness	4
	Doug Jones	4
	Moises Medina	4
	Erin Brinton	4
	Mike Kerkman	4
	John Miles	4
17	Six LAFRs	3
23	Thirteen LAFRs	2
36	Thirty-seven LAFRs	1

Rank	Highest Age Grade Male	
1	Eric Alvarez	
	Boston: 2:49:41	88.81
2	Carlos Vizcarra	
	London: 2:48:29	84.96
3	Mark Johnson	
	Boston: 3:00:53	84.05
4	Bruce Bair	
	Revel Half: 1:27:46	80.10
5	Moises Medina	
	GP Half: 1:26:02	79.02
6	Mike Kerkman	
	Wrigley 5K: 17:16	78.47
7	Sean O'Brien	
	LA Full: 3:21:12	78.34
8	Bill Austin	
	Wrigley 5K: 20:36	77.19
9	Marcelino Goncalves	
	LA Full: 3:17:29	75.00
10	John McGuinness	
	LA Full: 3:13:28	73.99

Rank	Highest Age Grade Female	
1	Erin Brinton	
	Monster Dash 15K: 68:52	70.52
2	Allyne Winderman	
	LAFR 5K: 28:58	69.97
3	Maria Poso	
	Surf City Full: 3:55:17	68.95
4	Jane Dods	
	Sheldon HS 5K: 41:49	63.75
5	Connie Hammen	
	LAFR 5K: 55:21	51.69
6	Margie Gonzales	
	Spring Equinox 10K: 1:18:26	51.43
7	Karen Carey	
	LAFR 5K: 29:56	51.41
8	Brandi Spence	
	LAFR 5K: 35:45	42.53
9	Nicole Oeuvray	
	Summer Sensation 10K: 1:30:18	41.65

Challenge Distance by Month		
JAN	Half Marathon	
FEB	Full Marathon	
MAR	10K	
APR	Full Marathon	
MAY	10K	
JUN	5K	
JUL	10K	
AUG	Full Marathon	
SEP	5K	
OCT	15K/10Mile	
NOV	Half Marathon	
DEC	5K	

Rank	PR Race	
1	Jason Coleman	
	10 races	54.91
2	Richard Korn	
	Agoura 10K	18.22
3	Bill Austin	
	3 races	18.15
4	Mike Heredia	
	LAFR 5K	15.75
5	Juan Moreno	
	SoCal Half	14.50
6	Mike Kerkman	
	2 races	9.21
7	David Grudzien	
	Peachtree 5K	9.14
8	John Miles	
	3 races	7.98
9	Moises Medina	
	GP Half	4.85
10	Nicole Oeuvray	
	Shane's 5K	4.81

All Around Challenge PR Calculations

	Name	Race	Old PR	Minutes	New PR	Minutes	Difference	SCORE	
1	Jason Coleman	Jan: GP Half	2:30:04	150.07	2:28:45	148.75	1.32	0.88%	
	Jason Coleman	Feb: LA Full	5:50:41	350.68	5:41:05	341.08	9.60	2.74%	
	Jason Coleman	April: Boston Full	5:41:05	341.08	4:42:53	282.88	58.20	17.06%	
	Jason Coleman	May: LB Pride 10K	1:02:18	62.30	0:58:43	58.72	3.58	5.75%	
	Jason Coleman	May: Mother's 10K	1:03:20	63.33	1:02:18	62.30	1.03	1.63%	
	Jason Coleman	June: Father's Day 5K	0:27:57	27.95	0:26:38	26.63	1.32	4.71%	
	Jason Coleman	Oct: RAD 10 Mile	1:51:37	111.62	1:39:37	99.62	12.00	10.75%	
	Jason Coleman	Oct: Oktoberfest 15K	1:50:00	110.00	1:42:23	102.38	7.62	6.92%	
	Jason Coleman	Oct: Surf City 10 Mile	1:39:37	99.62	1:37:51	97.85	1.77	1.77%	
	Jason Coleman	Dec: Operation Jack 5K	0:26:38	26.63	0:25:55	25.92	0.72	2.69%	54.91%
2	Richard Korn	March: Agoura 10K	0:56:31	56.52	0:46:13	46.22	10.30	18.22%	18.22%
3	Bill Austin	Nov: Revel Half	1:49:45	109.75	1:47:23	107.38	2.37	2.16%	
	Bill Austin	August: Santa Rosa Full	4:54:42	294.70	4:13:04	253.07	41.63	14.13%	
	Bill Austin	Oct: RAD 10 Mile	1:22:52	82.87	1:21:19	81.32	1.55	1.87%	18.15%
4	Mike Heredia	June: LAFR 5K	0:23:04	23.07	0:19:26	19.43	3.63	15.75%	15.75%
5	Juan Moreno	Jan: SoCal Half	2:30:32	150.53	2:08:42	128.70	21.83	14.50%	14.50%
6	Mike Kerkman	March: Run Deo 10K	0:37:53	37.88	0:36:32	36.53	1.35	3.56%	
	Mike Kerkman	June: Wrigley 5K	0:18:18	18.30	0:17:16	17.27	1.03	5.65%	9.21%
7	John Miles	Nov: Revel Half	2:08:18	128.30	2:00:39	120.65	7.65	5.96%	
	John Miles	March: Run Deo 10K	0:55:23	55.38	0:54:18	54.30	1.08	1.96%	
	John Miles	May: LB Pride 10K	0:54:18	54.30	0:54:16	54.27	0.03	0.06%	7.98%
8	Moises Medina	Jan: GP Half	1:30:25	90.42	1:26:02	86.03	4.38	4.85%	4.85%
9	Nicole Oeuvray	Sept: Shane's 5K	0:45:05	45.08	0:42:55	42.92	2.17	4.81%	4.81%
10	Duane Howard	August: Santa Rosa Full	3:17:12	197.20	3:09:37	189.62	7.58	3.85%	3.85%
11	Barry Hamaguchi	May: LB Pride 10K	0:46:25	46.42	0:45:03	45.05	1.37	2.94%	2.94%
12	Rick Allison	Nov: Revel Half	1:42:55	102.92	1:40:14	100.23	2.68	2.61%	2.61%
13	Marcelino Goncalves	Feb: LA Full	3:21:37	201.62	3:17:29	197.48	4.13	2.05%	2.05%
14	Bruce Bair	Nov: Revel Half	1:29:30	89.50	1:27:46	87.77	1.73	1.94%	1.94%
15	Erin Brinton	Oct: Monster Dash 15K	1:09:14	69.23	1:08:52	68.87	0.37	0.53%	0.53%

2016 Challenge Most Detail FINAL

Rank	MOST	
1	Jason Coleman	
1	Jan: GP Half	2:28:45
2	Jan: Disney Half	3:02:46
3	Jan: Star Wars Half	2:45:48
4	Feb: LA Marathon	5:41:05
5	March: Run Deo Run 10K	63:53
6	March: St. Pat's 10K	69:24
7	May: Mother's Day 10K	62:18
8	April: Boston Full	4:42:53
9	May: LB Pride 10K	58:43
10	June: Father's Day 5K	26:38
11	June: LAFR 5K	28:36
12	August: Santa Rosa Full	5:30:18
13	Sept: Shane's 5K	29:41
14	Sept: Disney 5K	37:11
15	Sept: Best Buddies 5K	32:18
16	Sept: Rock Marina 5K	30:30
17	Sept: CAR 5K	48:17
18	Oct: RAD 10 Mile	1:39:37
19	Oct: Oktoberfest 15K	1:42:23
20	Oct: Surf City 10 Mile	1:37:51
21	Nov: Avengers Half	2:34:10
22	Dec: Rock Oceanfront 5K	28:29
23	Dec: Cruise Marina 5K	28:51
24	Dec: Homeless 5K	26:38
25	Dec: Seasons Greetings 5K	30:06
26	Dec: Reindeer 5K	41:17
27	Dec: Operation Jack 5K	25:55
28	Dec: Happy Holidays 5K	32:34
29	Dec: Winter 7 Day 4 5K	32:30
30	Dec: Winter 7 Day 5 5K	31:16
31	Dec: M. Bch Yuletide 5K	36:24
32	Dec: COR 5K	29:58
2	Margie Gonzales	
1	Jan: Run to Remember Half	3:04:41
2	March: Awesome 10K	1:24:01
3	March: Beach Dash 10K	1:21:00
4	March: Shamrock 10K	1:22:10
5	March: Spring Equinox 10K	1:18:26
6	June: Father's Day 5K	41:28
7	June: US Vets 5K	39:20
8	July: Summer Sensation 10K	1:22:42
9	July: Summer of Fun 10K	1:23:59
10	July: R/W/B 10K	1:21:48
11	Sept: Shane's 5K	40:22
12	Sept: Summer Breeze 5K	40:09
13	Sept: Rockin Coast 5K	38:50
14	Sept: Child Obesity 5K	43:14
15	Oct: RAD 10 Mile	2:21:03
16	Oct: Oktoberfest 15K	2:18:58
17	Nov: Santa Clarita Half	3:14:32
18	Nov: Revel Half	3:01:26
19	Nov: Beach Dash Half	3:11:09
20	Nov: Turkey Dash Half	3:12:03
21	Nov: Giving Thanks Half	3:25:16

2016 Challenge Most Detail FINAL

	MARGIE continued	
22	Dec: Holiday Fun 5K	40:44
23	Dec: Homeless 5K	39:58
24	Dec: Hands On 5K	39:29
25	Dec: Reindeer 5K	40:05
26	Dec: Operation Jack 5K	38:52
27	Dec: Tiger Run 5K	40:20
28	Dec: Natasha Watley 5K	39:21
29	Dec: Finish the Ride 5K	39:55
30	Dec: Happy Holidays 5K	41:04
31	Dec: New Year's Eve	38:53
3	Bill Austin	
1	Jan: GP Half	1:52:28
2	Feb: LA Marathon	4:54:42
3	March: Coaster 10K	44:27
4	March: Run Deo Run 10K	47:11
5	March: Bunny Dash 10K	51:17
6	May: Mother's Day 10K	44:39
7	May: LB Pride 10K	47:02
8	June: Wrigley 5K	20:36
9	June: Father's Day 5K	21:58
10	August: Santa Rosa Full	4:13:04
11	Sept: Shane's 5K	23:26
12	Sept: Summer Breeze 5K	21:05
13	Oct: RAD 10 Mile	1:21:19
14	Nov: Revel Half	1:47:23
15	Nov: Turkey Trek Half	1:54:30
16	Nov: Turkey Dash Half	2:02:32
17	Nov: Giving Thanks Half	2:07:31
18	Nov: Beach Dash Half	1:57:50
19	Dec: Tiger Run 5K	21:49
20	Dec: Holiday Fun 5K	25:25
21	Dec: Homeless 5K	23:18
22	Dec: Hands On 5K	23:14
23	Dec: Reindeer 5K	25:31
24	Dec: Natasha Watley 5K	23:18
25	Dec: Happy Holidays 5K	21:14
26	Dec: Holly Jolly 5K	22:21
27	Dec: New Year's Eve	22:12
4	David Grudzien	
1	Jan: MS Blues Half	2:17:25
2	Jan: First Light Half	2:19:27
3	Jan: Freeze Your Half Off	2:18:48
4	Jan: Suwanee Half	2:15:32
5	Jan: Big Beach Half	2:22:07
6	March: Gwinnett 10K	62:38
7	June: Gaspee 5K	43:40
8	June: ATL Pride 5K	31:28
9	June: Cobb County 5K	48:58
10	July: Peachtree 10K	1:08:27
11	July: Rock the Lake 10K	1:11:40
12	Sept: Celebrate Freedom 5K	27:11
13	Sept: Rock Lenora 5K	28:11
14	Sept: Rise Up 5K	26:35
15	Oct: ATC 10 Mile	1:36:18
16	Nov: Soldier's Half	2:22:43

2016 Challenge Most Detail FINAL

	GRUDZIEN continued	
17	Nov: MM Series Half	2:24:05
18	Nov: Magic City Half	2:07:23
19	Nov: Thanksgiving ATC Half	2:10:24
20	Nov: Space Coast Half	2:06:14
21	Dec: Barbs 5K	46:18
22	Dec: Insane 5K	41:40
23	Dec: Peachtree 5K	22:42
24	Dec: Flashlight 5K	45:34
5	Bill Winkelmann	
1	Jan: GP Half	2:08:40
2	March: Bunny Dash 10K	62:22
3	May: Mother's Day 10K	60:18
4	May: LB Pride 10K	60:31
5	June: LAFR 5K	31:34
6	July: Cypress 10K	61:09
7	Sept: Shane's 5K	29:42
8	Nov: Giving Thanks Half	2:14:49
9	Dec: Holiday Fun 5K	28:18
6	Angus Kennedy	
1	Jan: GP Half	1:41:16
2	May: Mother's Day 10K	45:19
3	May: LB Pride 10K	46:30
4	June: Wrigley 5K	23:32
5	Oct: Oktoberfest 15K	73:28
6	Oct: Monster Dash 15K	68:30
7	Nov: Revel Half	1:37:12
8	Nov: Catalina Eco Half	2:26:03
	Nicole Oeuvray	
1	June: US Vets 5K	45:05
2	July: Summer Sensation 10K	1:30:18
3	July: Summer of Fun 10K	1:33:18
4	July: R/W/B 10K	1:32:00
5	Sept: Shane's 5K	42:55
6	Nov: Revel Half	3:23:14
7	Nov: Santa Clarita Half	3:31:57
8	Dec: Reindeer 5K	43:04
8	Mike Carbuto	
1	Jan: GP Half	2:34:23
2	Feb: LA Marathon	5:54:07
3	May: LB Pride 10K	59:30
4	June: LAFR 5K	28:22
5	August: Santa Rosa Full	5:23:39
6	Sept: Shane's 5K	27:32
7	Dec: New Year's Eve	28:44

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9	David Dassey	
	April: Boston Full	4:04:30
	May: LB Pride 10K	47:24
	June: LAFR 5K	24:41
	August: Santa Rosa Full	4:56:37
	Sept: Ventura 5K	22:42
	Mario Mota	
	June: Father's Day 5K	22:57
	June: LAFR 5K	24:36
	Sept: Shane's 5K	23:36
	Oct: Monster Dash 15K	69:49
	Nov: Catalina Eco Half	3:23:00
11	John McGuinness	
	Feb: LA Marathon	3:13:28
	May: Northwest 10K	46:03
	May: LB Pride 10K	44:47
	June: LAFR 5K	22:08
	Doug Jones	
	Feb: LA Marathon	6:12:58
	May: Northwest 10K	1:18:45
	May: LB Pride 10K	1:29:55
	June: LAFR 5K	40:55
	Moises Medina	
	Jan: GP Half	1:26:02
	April: Boston Full	3:12:01
	June: LAFR 5K	21:02
	August: Santa Rosa Full	3:09:24
	Erin Brinton	
	June: Father's Day 5K	22:57
	June: Pool Party 5K	22:37
	Oct: Monster Dash 15K	68:52
	Nov: Catalina Eco Half	2:18:29
	Mike Kerkman	
	Feb: LA Marathon	3:06:13
	March: Run Deo Run 10K	36:32
	June: Wrigley 5K	17:16
	Nov: Catalina Eco Half	1:50:56
	John Miles	
	March: Run Deo Run 10K	54:18
	May: LB Pride 10K	54:16
	August: Santa Rosa Full	4:19:53
	Nov: Revel Half	2:00:39

2016 Challenge Most Detail FINAL

17	Carlos Vizcarra	
	Apr: London Full	2:48:29
	Dec: Reindeer 5K	18:40
	Dec: SaMo Xmas 5K	17:50
	Maria Poso	
	Jan: Run to Remember Half	2:37:10
	Feb: Surf City Full	3:55:17
	Feb: LA Marathon	4:06:59
	Marcelino Goncalves	
	Feb: LA Marathon	3:17:29
	April: Boston Full	3:17:57
	June: LAFR 5K	21:51
	Martin Carlson	
	Jan: GP Half	1:52:19
	May: Expo 10K	48:46
	June: LAFR 5K	24:15
	Mark Johnson	
	April: Boston Full	3:00:53
	Oct: Oktoberfest 15K	62:49
	Nov: Revel Half	1:24:53
	Richard Peng	
	May: LB Pride 10K	54:40
	June: LAFR 5K	26:33
	Nov: Catalina Eco Half	2:32:52
23	Barry Hamaguchi	
	Feb: LA Marathon	4:07:05
	May: LB Pride 10K	45:03
	Duane Howard	
	March: Run Deo Run 10K	40:10
	August: Santa Rosa Full	3:09:37
	Brian Dunbar	
	Feb: LA Marathon	4:46:02
	June: LAFR 5K	28:21
	Mike Heredia	
	April: Boston Full	3:08:08
	June: LAFR 5K	19:26
	Carl Maravilla	
	May: LB Pride 10K	47:46
	June: LAFR 5K	22:51
	Bill Walsky	
	June: Wrigley 5K	45:50
	June: LAFR 5K	57:47
	Karen Carey	
	June: Father's Day 5K	32:37
	June: LAFR 5K	29:56
	Brandi Spence	
	June: Father's Day 5K	35:59
	June: LAFR 5K	35:45
	Jim Martinez	
	June: LAFR 5K	30:00
	Dec: Holiday Fun 5K	28:00
	David Gonzalez	
	Feb: LA Marathon	4:20:24
	Nov: Revel Half	1:53:49

2016 Challenge Most Detail FINAL

	Rick Allison	
	Nov: Revel Half	1:40:14
	Dec: New Year's Eve	21:43
	Rudy Van Graan	
	August: Santa Rosa Full	4:54:45
	Dec: New Year's Eve	30:31
	Jane Dods	
	June: Solstice 5K	42:32
	Sept: Sheldon HS 5K	41:49
36	Sean O'Brien	
	Feb: LA Marathon	3:21:12
	Richard Nelson	
	March: HomeRun 10K	51:24
	Jojo Herrera	
	May: Sporting Life 10K	38:55
	Piyush Prakash	
	Feb: LA Marathon	3:32:34
	Mike Smith	
	Feb: LA Marathon	7:23:49
	Deo Jaravata	
	Feb: LA Marathon	5:32:07
	Raul Borja	
	Feb: LA Marathon	7:47:13
	Deo Jaravata	
	Jan: New Year's Half RW	2:59:59
	Richard Korn	
	March: Agoura 10K	46:13
	Raul Borja	
	Feb: LA Marathon	7:47:13
	Eric Alvarez	
	April: Boston Full	2:49:41
	Danny O'Hara	
	April: Boston Full	3:36:21
	Bernie Tan	
	April: Boston Full	3:46:41
	Patrick Owen	
	April: Boston Full	4:00:07
	Rob Chen	
	May: LB Pride 10K	49:04
	Dan Vu	
	May: LB Pride 10K	50:13
	Chris Tapper	
	May: LB Pride 10K	1:17:56
	Rusty Millar	
	June: Father's Day 5K	42:43
	Allyne Winderman	
	June: LAFR 5K	28:58
	Connie Hammen	
	June: LAFR 5K	55:21
	William Fang	
	June: LAFR 5K	60:35
	Anthony Chan	
	June: LAFR 5K	60:35
	Tim Chung	
	June: LAFR 5K	55:20

2016 Challenge Most Detail FINAL

Bob Riddle		
	June: LAFR 5K	31:17
John Houser		
	June: LAFR 5K	30:46
Darwin Marenco		
	June: LAFR 5K	20:56
Eric Fischer		
	June: LAFR 5K	28:41
Richard West		
	June: LAFR 5K	31:11
Kevin Shiramizu		
	June: LAFR 5K	28:06
Patrick Conner		
	June: LAFR 5K	30:42
Rand Smith		
	June: LAFR 5K	28:21
Mong Noiboonsook		
	June: LAFR 5K	26:58
Adrian Adams		
	June: LAFR 5K	25:05
Juan Moreno		
	Jan: SoCal Half	2:08:42
Bruce Bair		
	Nov: Revel Half	1:27:46
Reg Willson		
	Nov: Catalina Eco Half	2:32:52
Steven Morchak		
	Dec: Holiday Fun 5K	32:03