



### LAFR Age Group detail Final 2010

	<b>M2029</b>		
<b>1</b>	<b>Bryan Prado</b>		
	SD Turkey 5K	28:00	125
	Surf City Full	5:40:06	110
	Tiger 5K	25:55	110
	WeSpark 5K	25:45	110
	Heroes 5K	25:58	110
	Culver 5K	25:48	110
			<b>675</b>
<b>2</b>	<b>Ryan Bailon</b>		
	13.1 Half	1:49:41	120
	RnR Half	1:48:59	120
	Firecracker 10K	52:29	100
	LA Marathon	4:53:10	100
			<b>440</b>
<b>3</b>	<b>Piyush Prakash</b>		
	DV Full	3:30:31	135
	SM 18K	1:38:18	135
	LA Marathon	3:45:01	110
			<b>380</b>
<b>4</b>	<b>John Yong</b>		
	DV Full	3:31:43	110
	LA Marathon	4:04:37	100
	LAFR 5K	19:54	115
			<b>325</b>
<b>5</b>	<b>Luis Aguilar</b>		
	Surf City Half	1:21:19	120
	LB Pride 5K	16:29	150
			<b>270</b>
<b>6</b>	<b>Thomas Ader</b>		
	LB Pride 10K	40:22	140
	LAFR 10K	39:18	125
			<b>265</b>
<b>7</b>	<b>Freddie Diaz</b>		
	LAFR 10K	47:52	100
	GG half	1:49:34	130
			<b>230</b>
<b>8</b>	<b>Michael Muoio</b>		
	LAFR 5K	22:27	110
			<b>110</b>
<b>9</b>	<b>Johnny Wong</b>		
	LAFR 5K	24:32	100
			<b>100</b>
	<b>M3034</b>		
<b>1</b>	<b>Wadley</b>		
	Buffalo Half	1:32:54	150
	Sycamore 18K	1:33:17	150
	Catalina Eco	3:56:56	150
	SM 30K	2:36:20	140
	LAFR 5K	18:32	125
	LAFR 10K	39:19	115
	LA Marathon	3:26:05	110
			<b>830</b>

<b>2</b>	<b>Mike Kerkman</b>		
	Deo's 45K	3:58:44	150
	DV Full Dec	3:42:42	135
	DV Full	3:27:34	125
	GG 5K Road	18:33	120
	LAFR 10K	42:29	115
	Pasadena Half	1:31:00	110
	GG 10K Road	39:35	110
	LAFR 5K	19:32	105
	LA Marathon	3:36:39	90
	Sycamore 8K	52:09	90
			<b>755</b>
<b>3</b>	<b>William Korthof</b>		
	Heroes 5K	18:27	115
	WeSpark 5K	19:08	125
	Pasadena Full	3:11:19	110
	LA Marathon	3:07:35	110
	LAFR 5K	18:43	105
			<b>565</b>
<b>4</b>	<b>Jonathan Toker</b>		
	Boney Mtn 21K	1:35:04	150
	SM 18K	1:18:38	150
	Buffalo Half	1:29:33	150
			<b>450</b>
<b>5</b>	<b>Dan Vu</b>		
	GG Half	1:53:31	120
	GG 5K Road	22:54	110
	GG 10K Road	48:53	100
	LAFR 10K	49:08	60
			<b>390</b>
<b>6</b>	<b>Jose Castillo</b>		
	RnR Half	1:55:09	120
	Firecracker 5K	24:21	100
	LAFR 5K	22:59	70
	LAFR 10K	51:15	50
			<b>340</b>
<b>7</b>	<b>Albert Giang</b>		
	GG 5K Road	24:38	100
	GG 10K Road	55:34	100
			<b>200</b>
<b>8</b>	<b>Matthew Siegle</b>		
	LB Full	3:44:44	120
			<b>120</b>
<b>9</b>	<b>Robert Chen</b>		
	LB Half	1:42:04	110
			<b>110</b>
<b>10</b>	<b>Jason Bautista</b>		
	LAFR 10K	45:22	90
			<b>90</b>
<b>11</b>	<b>Alvin Magpantay</b>		
	LAFR 10K	47:50	80
			<b>80</b>

<b>M3539</b>			
<b>1</b>	<b>John McGuinness</b>		
	LB Pride 10K	40:00	150
	Camarillo Full	3:12:02	135
	DV Full Dec	3:18:58	135
	LA County Half	1:31:04	135
	LAFR 10K	40:17	125
	WeSpark 10K	41:16	125
	<i>LB Half</i>	<i>1:27:59</i>	<i>110</i>
	<i>OC Half</i>	<i>1:28:54</i>	<i>110</i>
			<b>805</b>
<b>2</b>	<b>Ted Wyder</b>		
	GG Half	1:38:39	130
	DV 30K Dec	2:18:14	125
	GG 5K Road	20:11	120
	LB Pride 10K	43:56	115
	GG 10K Road	45:03	110
	LAFR 5K	20:49	100
	<i>Firecracker 10K</i>	<i>46:13</i>	<i>100</i>
	<i>Will Rogers 10K</i>	<i>46:49</i>	<i>90</i>
	<i>Sycamore 18K</i>	<i>1:46:43</i>	<i>90</i>
	<i>Pasadena Half</i>	<i>1:42:20</i>	<i>80</i>
			<b>700</b>
<b>3</b>	<b>Ely Yaron</b>		
	LB Full	4:59:20	110
	RnR Half	2:08:59	120
	Surf City Half	1:35:15	110
	Camarillo Full	3:54:35	110
	LA Marathon	3:34:54	100
	Chesebro Half	1:52:39	100
	<i>Will Rogers 10K</i>	<i>43:13</i>	<i>100</i>
	<i>Pasadena Full</i>	<i>3:39:41</i>	<i>90</i>
	<i>LAFR 10K</i>	<i>47:58</i>	<i>90</i>
	<i>Sycamore 50K</i>	<i>6:20:30</i>	<i>60</i>
			<b>650</b>
<b>4</b>	<b>Mike Smith</b>		
	GG Half	1:59:22	110
	SM 5000	24:18	110
	GG 10K Road	49:23	100
	Alive 5K	25:17	100
	LA County Half	1:59:12	100
	WeSpark 15K	1:23:00	90
	<i>GG 5K Road</i>	<i>23:12</i>	<i>90</i>
	<i>LA Marathon</i>	<i>5:14:28</i>	<i>80</i>
	<i>Firecracker 10K</i>	<i>56:25</i>	<i>70</i>
	<i>LB Pride 10K</i>	<i>49:40</i>	<i>70</i>
	<i>LAFR 5K</i>	<i>22:32</i>	<i>70</i>
	<i>Will Rogers 10K</i>	<i>55:08</i>	<i>70</i>
			<b>610</b>
<b>5</b>	<b>Brad Maury</b>		
	Buffalo Half	1:46:08	125
	Fontana Half	1:28:55	120
	Pasadena Half	1:30:11	100
	LAFR 5K	18:43	100
	LA Marathon	3:49:07	90
			<b>535</b>

<b>6</b>	<b>Richard Peng</b>		
	Montana de Oro 25K	2:56:31	120
	13.1 Half	1:49:38	110
	DV 30K Dec	2:24:45	100
	Firecracker 10K	52:00	80
	LAFR 10K	48:31	70
	Sycamore 18K	1:59:32	50
			<b>530</b>
<b>7</b>	<b>Carlos Vizcarra</b>		
	LB Pride 5K	16:50	140
	LAFR 5K	16:58	140
	Pasadena Half	1:19:44	125
	LA Marathon	2:47:51	110
			<b>515</b>
<b>8</b>	<b>Ryan Timmreck</b>		
	Fontana Half	1:30:20	120
	Buffalo Half	1:53:31	115
	Chesebro Half	1:42:57	110
	Pasadena Half	1:40:35	90
	Sycamore 30K	3:13:19	70
			<b>505</b>
<b>9</b>	<b>Mike Murphy</b>		
	LA Marathon	3:49:37	80
	Catalina Eco	4:48:07	110
	DV Full Dec	3:51:23	90
	SM 50K	6:18:24	110
	Sycamore 50K	5:52:41	95
			<b>485</b>
<b>10</b>	<b>Mike Reynolds</b>		
	Sycamore 8K	39:34	115
	LASAA 10K	47:40	110
	LB Pride 5K	21:49	105
	Firecracker 10K	46:40	100
			<b>430</b>
<b>11</b>	<b>Kevin Shiramizu</b>		
	LAFR 10K	49:09	60
	GG 5K Road	22:54	110
	GG 10K Road	47:49	110
			<b>280</b>
<b>12</b>	<b>Nelson White</b>		
	LB Pride 10K	45:17	80
	LAFR 10K	48:42	70
	Will Rogers 10K	47:26	70
			<b>220</b>
<b>13</b>	<b>Michael Gifford</b>		
	LAFR 5K	21:47	80
	LAFR 10K	46:24	100
			<b>180</b>
<b>14</b>	<b>Max Padilla</b>		
	Sycamore 8K	43:09	105
	LAFR 5K	22:50	60
			<b>165</b>
<b>15</b>	<b>Todd Sullivan</b>		
	Will Rogers 10K	40:39	110
			<b>110</b>

<b>16</b>	<b>Don Formanek</b>		
	LAFR 5K	22:30	70
			<b>70</b>
<b>17</b>	<b>Michael Ferretti</b>		
	LAFR 10K	56:09	60
			<b>60</b>
<b>18</b>	<b>Bahman Ghahremani</b>		
	LAFR 10K	60:34	50
			<b>50</b>
<b>19</b>	<b>Eddie Flores</b>		
	LAFR 5K	23:46	40
			<b>40</b>
	<b>M4044</b>		
<b>1</b>	<b>Angus Kennedy</b>		
	Buffalo 5K	22:07	140
	Camarillo Half	1:35:09	135
	DV 30K Dec	1:56:49	135
	Montana de Oro 12K	1:10:37	125
	Fontana Half	1:33:24	120
	WeSpark 10K	42:47	115
	<i>LB Pride 10K</i>	<i>42:56</i>	<i>115</i>
	<i>13.1 Half</i>	<i>1:42:35</i>	<i>110</i>
	<i>DV 30K</i>	<i>2:26:50</i>	<i>100</i>
			<b>770</b>
<b>2</b>	<b>Bernie Tan</b>		
	Deo's Half	1:46:21	150
	RnR Half	1:38:21	130
	Surf City Full	3:28:54	120
	NYC Full	3:31:55	120
	SM 30K	3:19:44	120
	LA County Half	1:38:37	120
	<i>LA Marathon</i>	<i>3:35:43</i>	<i>110</i>
	<i>Pasadena Full</i>	<i>3:44:41</i>	<i>100</i>
	<i>Tiger 5K</i>	<i>20:55</i>	<i>110</i>
	<i>LAFR 5K</i>	<i>21:19</i>	<i>100</i>
	<i>LAFR 10K</i>	<i>45:39</i>	<i>100</i>
	<i>WeSpark 10K</i>	<i>46:03</i>	<i>90</i>
	<i>Alive 5K</i>	<i>21:52</i>	<i>100</i>
	<i>LB Full</i>	<i>3:45:26</i>	<i>100</i>
			<b>760</b>
<b>3</b>	<b>Robb Briggs</b>		
	LB Pride 10K	41:45	135
	Heroes 5K	20:54	125
	Montana de Oro 12K	1:24:01	115
	Sycamore 30K	3:23:34	115
	Victory 8K	33:21	110
	Pride Valley 5K	21:04	110
	<i>Alive 5K</i>	<i>21:30</i>	<i>110</i>
	<i>SM 30K</i>	<i>3:52:33</i>	<i>110</i>
	<i>LA Marathon</i>	<i>4:14:18</i>	<i>100</i>
	<i>DV 30K Dec</i>	<i>2:25:56</i>	<i>100</i>
	<i>Heroes 10K</i>	<i>46:43</i>	<i>100</i>
	<i>RnR Half</i>	<i>1:43:04</i>	<i>110</i>
			<b>710</b>

<b>4</b>	<b>Mark Johnson</b>		
	LB Full	3:11:12	120
	WeSpark 10K	39:21	150
	Tiger 10K	40:40	125
			<b>395</b>
<b>5</b>	<b>David Dinielli</b>		
	LAFR 10K	45:05	100
	Will Rogers 10K	45:52	90
	Sycamore 8K	52:09	80
	LB Half	1:41:09	110
			<b>380</b>
<b>6</b>	<b>Jeff Masino</b>		
	DV 30K	2:44:25	90
	DV 30K Dec	2:26:42	110
	LA Marathon	5:12:58	80
	LAFR 5K	23:17	70
			<b>350</b>
<b>7</b>	<b>Frank Jacoy</b>		
	Sycamore 8K	46:32	115
	LASAA 10K	52:41	110
	LB Pride 10K	51:53	80
	LAFR 5K	24:34	40
			<b>345</b>
<b>8</b>	<b>Timo Vallez</b>		
	Firecracker 10K	45:51	110
	LASAA 10K LW	44:19	110
	LB Pride 5K	20:53	105
			<b>325</b>
<b>9</b>	<b>Rex Boone</b>		
	RnR Half	1:57:22	110
	DV 30K Dec	2:47:14	90
	LAFR 5K	24:10	50
	LAFR 10K	54:09	70
			<b>320</b>
<b>10</b>	<b>Neal Weisenberg</b>		
	Pasadena Half	1:41:51	120
	Buffalo Half	2:05:19	100
	LAFR 5K	21:54	90
			<b>310</b>
<b>11</b>	<b>Augie Robles</b>		
	DV 30K	3:04:59	80
	LA Marathon	4:42:34	90
	LAFR 5K	23:39	50
			<b>220</b>
<b>12</b>	<b>Gardner Delano</b>		
	LB Pride 10K	48:06	80
	LAFR 10K	46:44	100
			<b>180</b>
<b>13</b>	<b>Terry Finestein</b>		
	LAFR 5K	20:29	125
			<b>125</b>
	<b>Richard Korn</b>		
	DV Full	3:27:15	125
			<b>125</b>

<b>15</b>	<b>Bruce Bair</b>		
	Will Rogers 10K	40:57	100
			<b>100</b>
	<b>Kerry Quakenbush</b>		
	Fontana Half	1:45:24	100
			<b>100</b>
<b>17</b>	<b>Fortino Lopez</b>		
	LA Marathon	4:50:18	90
			<b>90</b>
	<b>Andrew Gonzalez</b>		
	LAFR 5K	20:45	90
			<b>90</b>
<b>19</b>	<b>Nathan Nguyen</b>		
	LAFR 5K	22:01	80
			<b>80</b>
	<b>Tony Madril</b>		
	LAFR 10K	48:40	80
			<b>80</b>
	<b>Rich Crook</b>		
	LAFR 10K	48:43	80
			<b>80</b>
<b>22</b>	<b>Ed Stanley</b>		
	LAFR 10K	56:10	50
			<b>50</b>
	<b>M4549</b>		
<b>1</b>	<b>Sean O'Brien</b>		
	Montana de Oro 50K	4:46:28	160
	Catalina Eco	3:34:36	160
	Camarillo Full	3:31:21	135
	SM 50K	5:03:58	135
	DV Full Dec	3:12:54	135
	Boney Mtn 21K	1:46:07	125
	<i>DV Full</i>	<i>3:03:13</i>	<i>125</i>
	<i>LA Marathon</i>	<i>3:07:04</i>	<i>110</i>
			<b>850</b>
<b>2</b>	<b>Deo Jaravata</b>		
	Deo's 45K	4:44:40	150
	SM 50K	6:47:40	125
	GG Full	4:09:57	120
	Sycamore 50K	6:55:26	115
	OC Full	4:09:27	110
	LAFR 10K	49:45	110
	<i>GG 10K Road</i>	<i>50:03</i>	<i>110</i>
	<i>LA Marathon</i>	<i>5:36:58</i>	<i>90</i>
	<i>LA County Half</i>	<i>1:46:34</i>	<i>110</i>
	<i>Catalina Eco</i>	<i>3:34:36</i>	<i>100</i>
	<i>Camarillo Full</i>	<i>4:06:38</i>	<i>110</i>
	<i>LB Full</i>	<i>4:13:20</i>	<i>110</i>
	<i>LAFR 5K</i>	<i>32:13</i>	<i>60</i>
			<b>730</b>

<b>3</b>	<b>Juan Moreno</b>		
	LAFR 5K	21:09	135
	SD Turkey 10K	47:50	125
	NYC Full	3:55:48	120
	LB Half	1:49:51	120
	Will Rogers 10K	48:58	110
	Pride Valley 5K	21:40	110
	<i>LAFR 10K</i>	<i>67:03</i>	<i>100</i>
	<i>LA County Half</i>	<i>1:53:45</i>	<i>110</i>
			<b>720</b>
<b>4</b>	<b>Paul Jacoy</b>		
	Fontana Half	1:49:18	120
	Tiger 5K	24:41	110
	LB Half	2:00:50	100
	RnR Half	1:54:27	100
	LA County Half	1:59:36	100
	Buffalo Half	2:26:21	90
	<i>LAFR 5K</i>	<i>23:51</i>	<i>90</i>
			<b>710</b>
<b>5</b>	<b>Mark Jones</b>		
	Fontana Half	1:39:12	120
	Sycamore 8K	41:21	115
	Pasadena Half	1:39:55	110
	Buffalo Half	2:04:52	110
	LA Marathon	3:49:07	110
			<b>565</b>
<b>6</b>	<b>Eric Gober</b>		
	Buffalo Half	2:20:05	100
	Fontana Half	1:56:17	100
	RnR Half	1:57:22	100
	LAFR 5K	25:54	80
			<b>380</b>
<b>7</b>	<b>Mark DeAngelis</b>		
	RnR Half	1:44:29	130
	LAFR 5K	22:43	125
	Montana de Oro 12K	1:27:13	95
			<b>350</b>
<b>8</b>	<b>Henry Jung</b>		
	LAFR 5K	25:09	90
	Montana de Oro 8K	65:30	80
			<b>170</b>
<b>9</b>	<b>David Guo</b>		
	GG 5K Road	27:03	120
			<b>120</b>
<b>10</b>	<b>Mick Caruso</b>		
	Montana de Oro 8K	39:48	115
			<b>115</b>
<b>11</b>	<b>Seth Diamond</b>		
	13.1 Half	1:56:01	110
			<b>110</b>
<b>12</b>	<b>Steve Addison</b>		
	LA Marathon	6:31:57	90
			<b>90</b>

	<b>M5054</b>		
<b>1</b>	<b>Patrick Owen</b>		
	Fontana Half	1:33:09	130
	Montana de Oro 8K	41:20	125
	Camarillo Full	3:31:21	120
	RnR Half	1:35:20	120
	NYC Full	3:31:33	120
	DV Full Dec	3:55:14	120
	<i>LASAA 5K LW</i>	<i>21:22</i>	<i>115</i>
	<i>LB Pride 10K</i>	<i>43:03</i>	<i>115</i>
	<i>WeSpark 10K</i>	<i>44:00</i>	<i>110</i>
	<i>13.1 Half</i>	<i>1:36:22</i>	<i>110</i>
	<i>DV 30K</i>	<i>2:24:09</i>	<i>105</i>
	<i>LA Marathon</i>	<i>3:55:15</i>	<i>100</i>
			<b>735</b>
<b>2</b>	<b>Reg Willson</b>		
	DV Full	3:28:45	125
	LAFR 10K	42:32	125
	Montana de Oro 25K	2:35:55	125
	LAFR 5K	20:04	115
	Will Rogers 5K	19:31	115
	LA Marathon	3:27:12	110
			<b>715</b>
<b>3</b>	<b>Doug Jones</b>		
	Victory 8K	61:42	110
	OC Half	3:04:06	110
	DV 30K Dec	3:53:32	110
	LA County Half	3:06:39	110
	LB Pride 10K	72:10	100
	RnR Half	2:58:46	100
	<i>Camarillo Half</i>	<i>3:02:10</i>	<i>90</i>
	<i>LA Marathon</i>	<i>5:58:52</i>	<i>80</i>
	<i>LAFR 5K</i>	<i>36:38</i>	<i>80</i>
			<b>640</b>
<b>4</b>	<b>Henri Faucher</b>		
	GG 5K Road	26:18	120
	GG 10K Road	56:15	120
	RnR Half	2:27:43	120
			<b>360</b>
<b>5</b>	<b>Jeff Lymburner</b>		
	Sycamore 30K	1:45:11	125
	DV 30K	2:21:33	115
	Boney Mtn 21K	2:11:53	110
			<b>350</b>
<b>6</b>	<b>Mike Kezsely</b>		
	LAFR 5K	19:56	125
	Alive 5K	27:04	100
	LA County Half	1:47:23	110
			<b>335</b>
<b>7</b>	<b>Carl Maravilla</b>		
	Victory 8K	29:34	115
	LB Pride 5K	17:52	125
			<b>240</b>

<b>8</b>	<b>Ric Munoz</b>		
	Camarillo Full	3:31:01	110
			<b>110</b>
<b>9</b>	<b>Steve Frybarger</b>		
	LAFR 5K	23:49	90
	<b>Bob Berman</b>		<b>90</b>
	LA Marathon	4:50:09	90
			<b>90</b>
	<b>M5559</b>		
<b>1</b>	<b>David Dassey</b>		
	Deo's 45K	4:37:05	150
	GG Full	4:01:35	135
	DV Full Dec	4:28:12	135
	RnR Half	1:49:22	130
	LAFR 10K	45:53	125
	Camarillo Full	4:17:48	120
	<i>DV Full</i>	<i>4:05:29</i>	<i>110</i>
	<i>GG 10K Road</i>	<i>47:35</i>	<i>110</i>
	<i>Firecracker 10K</i>	<i>48:06</i>	<i>100</i>
	<i>LA Marathon</i>	<i>4:09:56</i>	<i>90</i>
			<b>795</b>
<b>2</b>	<b>Dan Graham</b>		
	WeSpark 10K	50:37	125
	Surf City Half	1:50:30	120
	LA County Half	1:56:29	120
	Deo's Half	1:58:55	115
	Pasadena Half	1:55:28	110
	LB Half	1:56:22	110
	<i>Tiger 5K</i>	<i>23:47</i>	<i>110</i>
	<i>RnR Half</i>	<i>1:53:54</i>	<i>100</i>
	<i>LAFR 5K</i>	<i>25:20</i>	<i>90</i>
	<i>LAFR 10K</i>	<i>52:50</i>	<i>70</i>
			<b>700</b>
<b>3</b>	<b>Bill Winkelmann</b>		
	GG Half	1:50:31	130
	GG 5K Road	24:17	120
	LB Pride 5K	27:04	115
	GG 10K Road	49:39	100
	Will Rogers 5K	26:02	100
	WeSpark 10K	51:39	100
	<i>LAFR 5K</i>	<i>25:53</i>	<i>90</i>
	<i>LAFR 10K</i>	<i>51:18</i>	<i>90</i>
			<b>665</b>
<b>4</b>	<b>Jim Martinez</b>		
	LAFR 5K	24:42	125
	Will Rogers 5K	24:02	110
	Playa 5K	25:12	110
	Pasadena Half	2:01:38	100
	Victory 5K	23:57	100
	RnR Half	2:02:59	100
	<i>DV 30K</i>	<i>2:55:40</i>	<i>90</i>
	<i>Firecracker 10K</i>	<i>53:54</i>	<i>90</i>
	<i>LAFR 10K</i>	<i>53:19</i>	<i>70</i>
			<b>645</b>

<b>5</b>	<b>Bill Walsky</b>		
	OC Half	3:02:14	130
	Surf City Half	3:05:00	110
	Culver 5K	35:28	110
	Victory 5K	35:10	90
	LB Pride 10K	76:12	90
	Will Rogers 10K	79:25	90
			<b>620</b>
<b>6</b>	<b>Andrew Wissmiller</b>		
	LAFR 10K	45:28	135
	Buffalo Half	2:10:16	125
	SM 30K	3:03:52	125
	DV Full	4:03:24	110
	LA Marathon	4:04:20	110
			<b>605</b>
<b>7</b>	<b>Rusty Millar</b>		
	Buffalo 5K	27:00	115
	Sycamore 8K	50:11	115
	LB Pride 5K	27:17	105
	Playa 5K	28:21	100
			<b>435</b>
<b>8</b>	<b>Phil Amato</b>		
	LB Pride 10K	54:30	135
	LAFR 10K	53:50	70
			<b>205</b>
<b>9</b>	<b>Geoff Buck</b>		
	LA Marathon	6:52:11	90
	LAFR 10K	66:23	50
			<b>140</b>
<b>10</b>	<b>Paul Williams</b>		
	GG 5K Road	25:06	100
			<b>100</b>
	<b>Tom Haskins</b>		
	LA Marathon	4:05:30	100
			<b>100</b>
<b>12</b>	<b>Mark Grumet</b>		
	LAFR 5K	26:28	90
			<b>90</b>

	<b>M60+</b>		
<b>1</b>	<b>Richard Nelson</b>		
	Jet to Jetty 10K	42:18	135
	SM 10000	42:02	135
	Camarillo Half	1:36:06	135
	RnR Half	1:34:47	135
	13.1 Half	1:35:41	125
	LB Pride 5K	21:18	125
	LAFR 5K	20:39	125
	WeSpark 5K	21:18	125
	Heroes 10K	43:05	125
	Tiger 5K	20:29	125
	LAFR 10K	43:53	125
	Will Rogers 5K	20:33	125
	Alive 5K	20:33	125
	GG 10K Road	43:41	125
	LA Marathon	3:39:26	120
			<b>790</b>
<b>2</b>	<b>Eric Fischer</b>		
	Buffalo 5K	22:54	115
	LAFR 5K	22:23	125
			<b>240</b>
<b>3</b>	<b>Al Miller</b>		
	Surf City Half	2:12:30	120
	LA Marathon	5:33:37	110
			<b>230</b>
	<b>Richard West</b>		
	Buffalo 5K	26:40	115
	LAFR 5K	27:34	115
			<b>230</b>

<b>F2029</b>			
<b>1</b>	<b>Jacqueline Vogel</b>		
	LAFR 5K	22:44	150
			<b>150</b>
<b>2</b>	<b>Laura Coffey</b>		
	LAFR 5K	32:39	100
			<b>100</b>
<b>F3039</b>			
<b>1</b>	<b>Cat White</b>		
	RnR Half	2:49:39	120
	LAFR 5K	36:18	100
			<b>220</b>
<b>F4049</b>			
<b>1</b>	<b>Christine Curtin</b>		
	DV 30K	3:42:50	125
	DV 30K Dec	3:18:21	120
	Pasadena Half	2:50:11	110
	Buffalo Half	3:12:28	110
	LA Marathon	3:06:17	110
	Victory 5K	29:22	110
	RnR Half	2:42:53	110
	LAFR 5K	30:03	100
			<b>685</b>
<b>2</b>	<b>Regina Robinson</b>		
	Fontana Half	2:38:05	120
	LB Half	2:55:08	120
	LA Marathon	6:33:17	110
	Pride Valley 5K	37:17	110
	Jet to Jetty 10K	1:18:44	110
	SM 10000	74:44	110
	Alive 5K	37:14	110
	Heroes 5K	33:34	110
	WeSpark 5K	35:57	110
	Natasha Watley 5K	43:20	100
	RnR Half	2:48:21	100
	Pasadena Half	2:49:17	100
	Victory 5K	35:54	80
	Firecracker 10K	77:38	100
			<b>680</b>
<b>3</b>	<b>Areana Tate</b>		
	LB Half	3:22:27	120
	Natasha Watley 5K	43:20	110
	SM 10000	80:50	110
	Firecracker 5K	41:08	100
	Pride Valley 5K	42:31	100
	Victory 5K	45:23	90
	RnR Half	2:56:29	90
			<b>630</b>
<b>4</b>	<b>Kimberly Fairchild</b>		
	RnR Half	2:08:38	130
	LAFR 5K	25:59	125
			<b>255</b>
<b>5</b>	<b>Keeley Webster</b>		
	LAFR 5K	36:40	80
	RnR Half	2:49:36	80
			<b>160</b>

<b>F5059</b>			
<b>1</b>	<b>Stephanie Stone</b>		
	LAFR 5K	28:21	135
	LAFR 10K	61:07	135
	Heroes 10K	58:18	135
	SM 18K	2:38:38	135
	DV 30K Dec	2:42:42	135
	OC Half	2:08:41	130
	Fontana Half	1:59:39	130
	Playa 5K	27:36	130
	DV 30K	3:23:46	125
	Camarillo Half	2:18:01	120
	LA Marathon	5:16:50	120
	LA County Half	2:17:05	120
	LB Half	2:14:58	120
	RnR Half	2:19:43	120
	13.1 Half	2:15:16	110
	Culver 5K	28:22	110
			<b>805</b>
<b>2</b>	<b>Margie Gonzales</b>		
	Highland Half	2:59:30	125
	Deo's Half	2:54:25	125
	Playa 5K	33:50	125
	NYC Full	5:55:47	110
	LASAA 5K	42:41	115
	LASAA 5K LW	36:43	115
	Pasadena Half	3:00:10	110
	Fontana Half	2:28:02	110
	LA County Half	2:34:30	110
	Tiger 5K	32:41	110
	LB Half	2:36:09	110
	RnR Half	2:30:26	110
	13.1 Half	3:00:22	100
	Culver 5K	33:26	100
	OC Half	2:43:58	100
	LA Marathon	6:33:15	100
			<b>715</b>
<b>3</b>	<b>Diane Abato</b>		
	WeSpark 10K	61:12	115
	LAFR 10K	56:58	135
			<b>250</b>
<b>4</b>	<b>Amy Ross</b>		
	LB Pride 5K	30:15	125
	LAFR 5K	30:43	115
			<b>240</b>
<b>5</b>	<b>Allyne Winderman</b>		
	NYC Full	4:22:12	110
			<b>110</b>



<b>F60+</b>			
<b>1</b>	<b>Patricia Bates</b>		
	Fontana Half	1:49:35	135
	LA County Half	2:05:27	135
	LAFR 10K	52:00	125
	Will Rogers 10K	52:30	125
	Jet to Jetty 10K	52:10	125
	RnR Half	1:55:11	125
	<i>Victory 8K</i>	<i>41:21</i>	<i>115</i>
	<i>LA Marathon</i>	<i>4:20:13</i>	<i>110</i>
			<b>770</b>
<b>2</b>	<b>Jane Dods</b>		
	GG 5K Road	31:49	115
	GG 10K Road	65:35	115
			<b>230</b>
<b>3</b>	<b>Connie Hammen</b>		
	LAFR 5K	43:29	125
			<b>125</b>