

2017 LAFR Grand Prix Series Champions Race Standings FINAL

Detailed Standings Below, R = No. of Races

Rank	MEN	R	Score	AVG	Rank	MEN	R	Score	AVG
1	Carlos Vizcarra	6	488.08	81.35	61	Gabriel Cooper	2	80.97	40.49
2	Mark Johnson	6	480.74	80.12	62	Chris Tapper	2	80.07	40.04
3	Richard Nelson	6	452.57	75.43	63	Mickey Caruso	1	65.68	65.68
4	Mike Kerkman	6	449.05	74.84	64	Patrick Owen	1	63.42	63.42
5	Bill Austin	6	431.57	71.93	65	Dan Graham	1	62.13	62.13
6	Rick Allison	6	413.91	68.99	66	Jonathan Toker	1	61.68	61.68
7	Bernie Tan	6	407.11	67.85	67	Peter Lehrbaum	1	61.42	61.42
8	Mario Mota	6	404.07	67.35	68	Jeff Masino	1	61.37	61.37
9	Bruce Bair	6	400.74	66.79	69	David Jaquez	1	61.30	61.30
10	John McGuinness	6	399.71	66.62	70	Matt Barnes	1	60.12	60.12
11	Martin Carlson	6	392.47	65.41	71	Ryan Timmreck	1	58.00	58.00
12	David Dassey	6	387.31	64.55	72	Michael Carter	1	57.82	57.82
13	Angus Kennedy	6	383.49	63.92	73	Clint Trout	1	57.16	57.16
14	Eddie Flores	6	379.22	63.20	74	Jeff Lymburner	1	56.60	56.60
15	Reg Willson	6	366.68	61.11	75	Seth Diamond	1	54.96	54.96
16	Brian Dunbar	6	352.12	58.69	76	Henry Ong	1	50.67	50.67
17	Richard Peng	6	330.65	55.11	77	Wadley	1	50.36	50.36
18	Deo Jaravata	6	327.24	54.54	78	Andrew Sanchez	1	49.15	49.15
19	Paul Morrell	6	323.26	53.88	79	Adam Comeau	1	48.21	48.21
20	Rudy Van Graan	6	312.53	52.09	80	Mark Grumet	1	46.08	46.08
21	Mike Carbuto	6	311.46	51.91	81	Frank Knies	1	45.75	45.75
22	Doug Jones	6	250.59	41.77	82	Lui Sanchez	1	45.01	45.01
23	Jason Coleman	6	248.17	41.36	83	Jeffrey Weinstein	1	40.03	40.03
24	Duane Howard	5	368.09	73.62	84	Robb Briggs	1	38.55	38.55
25	Moises Medina	5	356.78	71.36	85	Rob Chen	1	37.00	37.00
26	Mike Heredia	5	330.70	66.14	86	Neil Johnson	1	37.90	37.90
27	David Gonzalez	5	287.92	57.58	87	William Fang	1	32.32	32.32
28	David Grudzien	5	286.03	57.21	88	Norman Dixon	1	26.84	26.84
29	Alexander Bazley	5	256.92	51.38	89	Mark Brunetz	1	26.83	26.83
30	Ben Beneski	5	252.69	50.54	90	Tomas Tiangco	1	26.17	26.17
31	Sean O'Brien	4	273.33	68.33					
32	Barry Hamaguchi	4	234.30	58.58	<b>Rank</b>	<b>WOMEN</b>	<b>R</b>	<b>Score</b>	<b>AVG</b>
33	Rick Hetzel	4	233.42	58.36	1	Erin Brinton	6	418.24	69.71
34	John Kawaharada	4	206.38	51.60	2	Maria Poso	6	369.68	61.61
35	Richard Ramirez	4	189.37	47.34	3	Stephanie Stone	6	317.23	52.87
36	Raul Borja	4	182.63	45.66	4	Margie Gonzales	5	234.81	46.96
37	Bill Winkelmann	4	178.79	44.70	5	Lacey Howcroft	3	176.87	58.96
38	John Houser	4	177.33	44.33	6	Jane Dods	3	170.48	56.83
39	Mike Smith	4	160.96	40.24	7	Nicole Oeuvray	3	123.30	41.10
40	Patrice Salome	3	207.06	69.02	8	Keeley Webster	3	107.01	35.67
41	Marcelino Goncalves	3	199.70	66.57	9	Cat White	3	100.45	33.48
42	Jim Ames	3	171.91	57.30	10	Rina Shiramizu	2	96.31	48.16
43	John Miles	3	159.92	53.31	11	Yumi Afrento	2	82.19	41.10
44	Mong Noiboonsook	3	158.76	52.92	12	Regina Robinson	2	52.63	26.32
45	Richard West	3	154.13	51.38	13	Allyne Winderman	1	69.04	69.04
46	Henri Faucher	3	153.96	51.32	14	Tanya Haney	1	51.45	51.45
47	Dan Vu	3	153.71	51.24					
48	Eric Fischer	3	153.52	51.17	<b>Rank</b>	<b>RACEWALK</b>	<b>R</b>	<b>Score</b>	<b>AVG</b>
49	Kevin Shiramizu	3	146.54	48.85	1	Deo Jaravata	6	381.02	63.50
50	Albert Giang	3	146.24	48.75	2	Bill Walsky	6	331.78	55.30
51	Rusty Millar	3	139.82	46.61	3	Nicole Oeuvray	6	311.31	51.89
52	Patrick Conner	3	133.67	44.56	4	Margie Gonzales	4	223.55	55.89
53	Eric Alvarez	2	173.80	86.90	5	Bill Winkleman	3	141.03	47.01
54	Mark Penn	2	149.07	74.54	6	Gary Todd	2	95.25	47.63
55	Mark DeAngelis	2	132.76	66.38	7	Jane Dods	1	79.94	79.94
56	Jim Martinez	2	121.32	60.66	8	Connie Hammen	1	54.58	54.58
57	Matthew Dernoga	2	110.98	55.49	9	David Dassey	1	47.11	47.11
58	Henry Jung	2	107.41	53.71	10	Bill Austin	1	46.57	46.57
59	Adam Lindsey	2	105.91	52.96	11	Cat White	1	40.52	40.52
60	John Chau	2	87.11	43.56	12	Keeley Webster	1	40.47	40.47
					13	Tim Chung	1	39.50	39.50

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<b>Rank</b>	<b>MEN</b>			<b>AVG</b>
<b>1</b>	<b>Carlos Vizcarra</b>			
		Boston Full	2:46:19	85.54
		Encinitas Half	1:20:10	80.44
		SRLA 5K	17:23	81.11
		CIM Full	2:50:36	84.10
		LAFR 10K	36:42	77.29
		LB Half	1:21:42	79.60
		<i>Redondo Bch 10K</i>	37:10	76.32
		<i>LB Pride 10K</i>	37:35	75.48
		<i>Friendship 30K</i>	2:04:30	79.17
		<i>Catalina 10K</i>	38:02	75.20
		<i>SoCal Half</i>	1:23:57	76.82
		<i>Action Jackson 10K</i>	38:15	74.16
			<b>488.08</b>	<b>81.35</b>
<b>2</b>	<b>Mark Johnson</b>			
		M2B Full	3:03:24	82.29
		LB Full	3:03:51	82.09
		Revel Half	1:25:09	80.34
		Giving Thx 15K	60:43	79.23
		Valentine's 15K	60:37	78.70
		Reindeer Half	1:27:36	78.09
		<i>Boston Full</i>	3:04:51	81.64
		<i>Pas Trail 12K</i>	52:27	74.20
			<b>480.74</b>	<b>80.12</b>
<b>3</b>	<b>Richard Nelson</b>			
		Summer Time 5K	22:44	76.83
		Summer Break 15K	75:59	76.42
		Spring Fun 15K	76:35	75.82
		Stars & Stripes 10K	47:56	75.42
		LAFR 5K	23:25	74.59
		Winter Blast Half	1:51:28	73.49
		<i>Bunny Dash 15K</i>	78:47	73.70
		<i>Valentine's 15K</i>	78:22	73.31
		<i>ABWR Turkey 10K</i>	52:29	68.88
		<i>Reindeer 10K</i>	52:58	68.25
		<i>Summer Showdown 5K</i>	23:44	73.60
		<i>Doggie Humans 5K</i>	25:25	68.72
		<i>Beach Dash 10K</i>	49:53	72.47
		<i>LB Pride 5K</i>	24:24	71.58
		<i>LAFR 10K</i>	54:29	66.35
			<b>452.57</b>	<b>75.43</b>

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<b>4</b>	<b>Mike Kerkman</b>			
	PS Pride 3.8	21:30	77.75	
	Run for Whales 5K	17:27	77.46	
	Griffith Park 12.6	1:18:17	76.45	
	Action Jackson 10K	37:31	72.90	
	LB Pride 10K	37:49	72.32	
	Valentine's 15K	60:42	72.17	
	<i>HBD LA 5K</i>	18:11	74.34	
	<i>Tday XC Classic 5K</i>	18:02	75.51	
	<i>Doggie Humans 5K</i>	17:55	76.00	
	<i>Homeboy 2.9</i>	16:59	74.40	
	<i>Boston Full</i>	3:22:29	67.90	
	<i>Kahakuloa Half</i>	1:33:15	66.83	
	<i>Catalina Half</i>	1:40:18	62.46	
	<i>Bare Burro 5K</i>	21:55	61.67	
			<b>449.05</b>	<b>74.84</b>
<b>5</b>	<b>Bill Austin</b>			
	Wrigley 5K	20:59	76.09	
	Summer Time 5K	21:03	75.85	
	Dolphin 15K	1:15:54	69.33	
	Stars & Stripes 10K	44:57	72.97	
	Beach Dash 10K	46:54	69.94	
	Pas Trail 6K	29:14	67.39	
	<i>Cypress 5K</i>	21:03	75.85	
	<i>LAFR 5K</i>	21:36	73.92	
	<i>Father's Day 5K</i>	22:05	72.30	
	<i>R/W/B 10K</i>	48:27	67.70	
	<i>Summer Breeze 5K</i>	21:35	73.98	
	<i>LAFR 10K</i>	48:31	67.61	
	<i>Summer Showdown 5K</i>	23:45	67.23	
	<i>ABWR Turkey Half HB</i>	1:54:50	65.24	
	<i>Dolphon 5K</i>	22:38	70.58	
	<i>Pre NY Eve 5K</i>	22:33	70.81	
	<i>Generosity 5K</i>	22:04	72.36	
	<i>Rockin Summer 15K</i>	1:22:50	63.53	
	<i>Lisbon Full</i>	4:42:45	58.45	
	<i>NY Eve 5K</i>	26:03	61.29	
	<i>Doggie Humans 5K</i>	21:47	73.30	
	<i>Giving Thx Half</i>	2:08:55	58.12	
	<i>Summer Sizzle 5K</i>	22:22	71.39	
	<i>Summer Delight 5K</i>	21:56	72.80	
	<i>LB Pride 10K</i>	49:45	65.93	
	<i>Summer Fun 10K</i>	51:04	64.23	
	<i>Action Jackson 5K</i>	23:36	67.09	
	<i>Valentine's 5K</i>	22:19	70.95	
			<b>431.57</b>	<b>71.93</b>
<b>6</b>	<b>Rick Allison</b>			
	PS Pride 3.8	26:21	70.59	
	Griffith Park 12.6	1:35:02	69.74	
	Reindeer 5K	21:43	69.53	
	Lost Dutchman Half	1:41:18	68.72	
	Doggie Humans 5K	22:08	68.22	
	Burbank Turkey 10K	45:55	67.11	
	<i>LAFR 10K</i>	48:17	63.27	
	<i>LB Pride 10K</i>	48:28	63.03	
			<b>413.91</b>	<b>68.99</b>

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<b>7</b>	<b>Bernie Tan</b>			
	Griffith Park 12.6	1:34:48	68.71	
	LAFR 10K	46:06	64.61	
	LAFR 5K	21:45	67.28	
	Doggie Humans 5K	21:41	67.49	
	Revel Full	3:29:21	71.47	
	Reindeer Half	1:40:24	67.55	
			<b>407.11</b>	<b>67.85</b>
<b>8</b>	<b>Mario Mota</b>			
	Reindeer 5K	21:34	69.47	
	Revel Half	1:40:45	69.10	
	Doggie Pups 5K	21:54	68.42	
	Griffith Park 12.6	1:38:35	67.22	
	Giving Thx 10K	46:27	65.77	
	Burbank Turkey 10K	47:40	64.09	
	<i>Doggie Humans 5K</i>	23:15	64.44	
	<i>Lisbon Full</i>	4:20:04	59.05	
			<b>404.07</b>	<b>67.35</b>
<b>9</b>	<b>Bruce Bair</b>			
	LA Marathon	3:41:41	68.08	
	Doggie Humans 5K	20:45	71.65	
	Topanga 15K	1:24:05	57.72	
	LAFR 10K	41:57	71.63	
	Mayors Midnight Half	1:37:33	70.13	
	NoName Trail 15K	1:18:52	61.53	
			<b>400.74</b>	<b>66.79</b>
<b>10</b>	<b>John McGuinness</b>			
	M2B Full	3:20:22	71.01	
	Homeboy 2.9	19:35	66.30	
	Reindeer 10K	43:14	66.15	
	Rockin Summer Half	1:37:37	66.07	
	Dublin Full	3:37:41	65.35	
	LB Half	1:39:29	64.83	
	<i>Griffith Park 12.6</i>	1:36:07	64.44	
	<i>LA Marathon</i>	3:49:42	61.94	
	<i>Winter Blast Half</i>	1:44:24	61.77	
	<i>Action Jackson 10K</i>	46:17	61.29	
			<b>399.71</b>	<b>66.62</b>
<b>11</b>	<b>Martin Carlson</b>			
	Doggie Humans 5K	21:38	72.03	
	Firecracker 10K	45:15	69.91	
	LAFR 5K	22:57	67.90	
	Will Rogers 10K	48:04	66.40	
	Revel Full	4:18:16	62.22	
	St. George 70.3 Half	2:14:51	54.01	
	<i>LAFR 10K</i>	48:57	65.20	
			<b>392.47</b>	<b>65.41</b>
<b>12</b>	<b>David Dassey</b>			
	Run Deo Run Half	2:05:42	63.19	
	Boston Full	4:59:17	58.55	
	Bare Burro 5K	30:49	54.52	
	LB Pride 10K	50:17	69.04	
	LAFR 10K	49:33	70.06	
	LAFR 5K	23:21	71.95	
			<b>387.31</b>	<b>64.55</b>

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<b>13</b>	<b>Angus Kennedy</b>			
	Doggie Humans 5K	22:24	66.37	
	Griffith Park 12.6	1:42:20	64.76	
	Reindeer 15K	75:23	64.38	
	Pas Trail 12K	62:03	63.26	
	Giving Thx 15K	76:07	63.20	
	LB Half	1:52:10	61.52	
	<i>Burbank Turkey 5K</i>	24:49	59.91	
	<i>Pas Trail 10 Mile</i>	1:36:14	54.19	
	<i>Bare Burro 5K</i>	30:55	48.09	
	<i>Catalina Half</i>	2:24:06	47.88	
			<b>383.49</b>	<b>63.92</b>
<b>14</b>	<b>Eddie Flores</b>			
	Burbank Turkey 5K	21:12	65.57	
	Griffith Park 2.6	17:39	65.44	
	Doggie Humans 5K	21:43	64.01	
	Reindeer 10K	45:26	61.96	
	Homeboy 2.9	20:56	62.45	
	Run Deo Run 10K	47:05	59.79	
	<i>Pas Trail 5 Mile</i>	43:11	52.30	
	<i>Catalina Half</i>	2:11:46	48.54	
			<b>379.22</b>	<b>63.20</b>
<b>15</b>	<b>Reg Willson</b>			
	LAFR 5K	22:01	71.39	
	Doggie Pups 5K	29:49	52.71	
	Venice 10K	47:31	67.77	
	Firecracker 10K	50:42	62.95	
	SF Full	4:25:45	61.03	
	Catalina Half	2:24:38	50.83	
	<i>Will Rogers 5K</i>	22:51	68.78	
			<b>366.68</b>	<b>61.11</b>
<b>16</b>	<b>Brian Dunbar</b>			
	PS Pride 3.8	30:42	61.56	
	Friendship 30K	2:58:00	60.85	
	SoCal Half	1:57:54	60.11	
	LB Pride 10K	54:59	57.50	
	Holiday Half	2:06:02	56.75	
	LA Marathon	4:42:28	55.35	
	<i>Catalina Half</i>	2:25:33	49.14	
			<b>352.12</b>	<b>58.69</b>
<b>17</b>	<b>Richard Peng</b>			
	Stars & Stripes 10K	51:08	56.39	
	LAFR 5K	25:15	56.30	
	Reindeer 15K	82:21	56.04	
	LAFR 10K	53:02	54.37	
	Doggie Humans 5K	26:20	53.99	
	Giving Thx 15K	86:10	53.56	
	<i>Chesebro Half</i>	2:02:55	52.91	
	<i>Catalina Half</i>	2:25:05	45.19	
	<i>Action Jackson 10K</i>	56:01	51.06	
	<i>Lisbon Full</i>	4:43:31	51.02	
			<b>330.65</b>	<b>55.11</b>

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<b>18</b>	<b>Deo Jaravata</b>			
	SRLA 5K	26:05	57.44	
	Operation Jack Full	4:27:32	57.41	
	LB Full	4:35:17	55.79	
	Holiday Half	2:16:59	50.82	
	GP Trail 50K	6:30:25	49.57	
	Nanny Goat 12 Hour	54 Miles	56.21	
	<i>Seaside Full</i>	4:28:10	56.77	
	<i>NYC Full</i>	4:35:50	55.68	
	<i>RnR SD Full</i>	4:37:27	55.35	
	<i>Ventura Full</i>	4:39:05	55.03	
	<i>Hunter Valley Full</i>	4:44:52	53.91	
	<i>Rio Full</i>	4:47:37	53.39	
	<i>Barbados Full</i>	4:59:23	51.29	
	<i>Par. Ranch Marathon</i>	5:02:36	50.79	
	<i>RnR Vegas Full</i>	5:02:36	50.78	
	<i>Lake Tahoe Full</i>	5:12:09	49.20	
	<i>Valencia 50K</i>	6:46:56	47.98	
	<i>Milo Full</i>	5:22:00	47.70	
	<i>Run Deo Run Full</i>	5:22:25	47.63	
	<i>Catalina Full</i>	6:16:55	40.74	
	<i>T &amp; T Full</i>	4:55:44	51.48	
	<i>Zion 50K Trail</i>	7:51:51	41.38	
	<i>Bulldog 50K</i>	8:28:49	38.38	
			<b>327.24</b>	<b>54.54</b>
<b>19</b>	<b>Paul Morrell</b>			
	Turkey LA 10K	57:15	56.24	
	Turkey LA 5K	43:34	36.07	
	Falmouth 5K	26:34	59.16	
	Christie Clinic Half	2:07:15	57.77	
	Reindeer 10K	54:58	59.13	
	Falmouth 7 Mile	66:28	54.89	
	<i>Christie Clinic 5K</i>	27:22	57.43	
	<i>SF Pride 10K</i>	55:45	57.76	
			<b>323.26</b>	<b>53.88</b>
<b>20</b>	<b>Rudy Van Graan</b>			
	LA Marathon	4:48:25	54.70	
	Griffith Park 12.6	2:05:42	54.63	
	Reindeer 10K	58:17	54.28	
	Action Jackson 10K	59:20	52.87	
	SF Full	5:00:17	52.55	
	GP Trail Half	2:44:25	43.50	
	<i>Revel Full</i>	5:01:42	52.29	
	<i>M2B Full</i>	5:05:09	51.70	
	<i>Burbank Turkey 10K</i>	61:21	51.56	
	<i>Operation Jack Full</i>	5:14:22	50.64	
	<i>Lisbon Full</i>	5:43:50	45.89	
	<i>Catalina Half</i>	2:55:35	40.73	
	<i>Ray Miller 50K</i>	8:36:57	39.15	
	<i>Leona Divide 50K</i>	8:46:55	38.07	
			<b>312.53</b>	<b>52.09</b>

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<b>21</b>	<b>Mike Carbuto</b>			
	LAFR 5K	27:33	59.95	
	Will Rogers 10K	61:36	55.28	
	Action Jackson 10K	61:55	54.99	
	Doggie Pups 5K	32:55	50.18	
	Pas Trail 10 Mile	2:04:24	47.24	
	Run Deo Run Half	2:57:43	43.82	
	<i>LAFR 10K</i>	64:44	52.60	
	<i>Pre NY Eve 5K</i>	31:25	52.57	
	<i>LB Pride 10K</i>	1:18:09	43.57	
	<i>PS Pride 5k</i>	37:19	44.26	
			<b>311.46</b>	<b>51.91</b>
<b>22</b>	<b>Doug Jones</b>			
	LA Marathon	6:12:17	43.98	
	LB Half	2:56:18	42.49	
	Dublin Full	6:30:43	42.30	
	Griffith Park 12.6	2:51:54	41.45	
	Homeboy 2.9	36:13	41.17	
	Winter Blast Half	3:09:17	39.20	
	<i>Action Jackson 10K</i>	83:24	38.97	
	<i>LAFR 5K</i>	41:01	38.60	
	<i>M2B Half</i>	3:06:08	37.97	
	<i>Reindeer 10K</i>	88:05	37.24	
	<i>Run Deo Run 5K</i>	44:00	35.98	
			<b>250.59</b>	<b>41.77</b>
<b>23</b>	<b>Jason Coleman</b>			
	Boston 5K	29:57	46.08	
	Star Wars Half	2:31:22	41.94	
	SF Full	5:39:45	41.22	
	Boston Full	5:41:31	41.00	
	Disney 10K	1:10:27	39.65	
	Pacific Half	2:45:48	38.28	
	<i>Disney Half Sept</i>	2:41:33	39.29	
	<i>Berlin Full</i>	6:03:01	38.58	
	<i>Chicago Full</i>	6:06:32	38.20	
	<i>Disney 10K Sept</i>	1:38:41	28.31	
	<i>Disney Full</i>	5:55:16	37.62	
	<i>LA Marathon</i>	6:26:36	36.22	
	<i>Star Wars 10K</i>	1:35:30	29.25	
			<b>248.17</b>	<b>41.36</b>
<b>5 Races</b>				
<b>24</b>	<b>Duane Howard</b>			
	M2B Full	3:01:24	75.15	
	Doggie Humans 5K	17:56	74.81	
	Luau 5K	18:03	73.87	
	LA Marathon	3:08:13	72.44	
	LB Half	1:26:23	71.82	
	<i>Blecksmith 5K</i>	19:04	69.93	
	<i>Revel Full</i>	3:21:19	67.41	
			<b>368.09</b>	<b>73.62</b>

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<b>25</b>	<b>Moises Medina</b>			
	Griffith Park 12.6	1:30:33	70.72	
	Action Jackson 10K	41:52	69.98	
	Run Deo Run 10K	41:39	70.35	
	LAFR 5K	20:27	70.50	
	Boston Full	3:15:32	75.23	
	<i>LAFR 10K</i>	<i>43:58</i>	<i>66.64</i>	
			<b>356.78</b>	<b>71.36</b>
<b>26</b>	<b>Mike Heredia</b>			
	Bare Burro 5K	21:03	63.02	
	Doggie Pups 5K	19:15	68.92	
	PS Pride 3.8	22:00	74.09	
	Napa Triathlon 10K	40:08	67.19	
	St. George 70.3 Half	1:47:12	57.48	
			<b>330.70</b>	<b>66.14</b>
<b>27</b>	<b>David Gonzalez</b>			
	SF Full	4:11:55	60.01	
	Revel Half	1:47:13	57.87	
	Star Wars Half	1:46:34	57.53	
	LAFR 10K	48:15	56.37	
	LAFR 5K	23:54	56.14	
	<i>Santa Barbara Half</i>	<i>1:50:43</i>	<i>56.03</i>	
	<i>RnR SD Half</i>	<i>1:47:57</i>	<i>57.47</i>	
	<i>Holiday Half</i>	<i>1:52:58</i>	<i>54.92</i>	
			<b>287.92</b>	<b>57.58</b>
<b>28</b>	<b>David Grudzien</b>			
	Tday ATC Half	2:34:00	48.18	
	MN Indoor Half	2:10:03	57.06	
	Rock the Park 10K	62:18	61.58	
	ATC Singleton 5K	25:26	62.25	
	Barb's 5K	28:02	56.96	
	<i>ATC Resolution 4 Mile</i>	<i>35:15</i>	<i>58.49</i>	
	<i>Phoenix FR 5K</i>	<i>36:42</i>	<i>43.14</i>	
	<i>First Light Half</i>	<i>2:01:46</i>	<i>60.93</i>	
	<i>Running w/ Cows Half</i>	<i>2:30:56</i>	<i>49.16</i>	
	<i>Mother's Day 10K GA</i>	<i>1:02:46</i>	<i>51.78</i>	
	<i>Big Beach Half</i>	<i>2:00:01</i>	<i>61.82</i>	
	<i>Prague Half</i>	<i>2:30:55</i>	<i>49.16</i>	
	<i>Father's Day Half</i>	<i>2:21:32</i>	<i>52.43</i>	
	<i>NY Pride 5 Mile</i>	<i>50:18</i>	<i>51.62</i>	
	<i>NYRR Hope 4 Mile</i>	<i>41:46</i>	<i>49.36</i>	
	<i>Peachtree 10K</i>	<i>61:25</i>	<i>52.92</i>	
	<i>YMCA 4 Mile</i>	<i>40:06</i>	<i>51.41</i>	
	<i>Shoreline Half</i>	<i>2:40:27</i>	<i>46.24</i>	
	<i>Run Into Summer Half</i>	<i>2:36:09</i>	<i>47.52</i>	
	<i>Atc Braves 5K</i>	<i>29:48</i>	<i>61.47</i>	
	<i>Hotlanta Half</i>	<i>2:42:12</i>	<i>53.78</i>	
	<i>Michigan 13.1</i>	<i>2:24:49</i>	<i>51.24</i>	
	<i>Race 13.1</i>	<i>2:28:39</i>	<i>49.92</i>	
	<i>Rainbow Half</i>	<i>2:45:44</i>	<i>44.77</i>	
	<i>ATC Finest 5K</i>	<i>27:28</i>	<i>57.65</i>	
	<i>Spartan Half</i>	<i>2:03:54</i>	<i>59.89</i>	
	<i>Martian Half</i>	<i>2:13:20</i>	<i>55.65</i>	
	<i>April Showers Half</i>	<i>2:15:31</i>	<i>54.76</i>	
	<i>Ken. Derby Half</i>	<i>2:37:33</i>	<i>47.09</i>	
	<i>Pro Football Half</i>	<i>2:13:17</i>	<i>55.67</i>	



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	<i>Movie Madness Half</i>	2:09:16	57.40	
	<i>Frederick Fest Half</i>	2:19:53	53.05	
	<i>Berlin Half</i>	2:16:29	54.37	
	<i>St. Patrick's Half</i>	2:10:06	57.04	
	<i>Publix GA Half</i>	2:06:24	58.71	
	<i>Phoenix FR Half</i>	2:01:51	60.89	
	<i>GA Fitness Suwanee Half</i>	2:22:00	52.26	
	<i>Dreamcatcher Half</i>	2:29:03	49.78	
	<i>Thar Dam Half</i>	2:22:03	52.24	
	<i>Run Oak Island Half</i>	2:07:18	58.29	
	<i>Run the Reagan Half</i>	2:12:49	55.87	
	<i>ATC Hawks 5K</i>	45:31	34.79	
	<i>Freeze Your Half Off #1</i>	2:12:39	55.93	
	<i>Freeze Your Half Off #2</i>	2:27:31	50.30	
	<i>Red Nose Half</i>	2:13:37	55.53	
	<i>MS River Half</i>	2:15:44	54.66	
	<i>Mbenz Half</i>	2:19:40	52.56	
	<i>GA Peach Half</i>	2:30:51	49.19	
	<i>Memorial Hattiesburg Half</i>	2:39:45	46.45	
	<i>Race 13.1 Detroit</i>	2:32:01	48.81	
	<i>Run Thru Park Half</i>	2:24:52	51.22	
	<i>Mahomet Half</i>	2:19:52	53.05	
	<i>ATL Midtown 5K</i>	29:37	53.46	
	<i>Race 13.1 Nashville Half</i>	2:09:46	57.18	
	<i>Scottsboro Half</i>	2:07:38	58.14	
	<i>Air Force Half</i>	2:21:54	52.29	
	<i>Beyond the Beach Half</i>	2:19:51	53.06	
	<i>13.1 Charlotte Half</i>	2:13:42	55.49	
	<i>Chicago Full</i>	6:03:17	45.07	
	<i>Phidippides XC 5K</i>	29:23	53.89	
	<i>\$ Brdiges half</i>	2:00:59	61.33	
	<i>Scotiabank Half</i>	2:12:58	55.81	
	<i>Day Dead Day 1 Half</i>	2:32:17	48.72	
	<i>Day Dead Day 1 5K</i>	54:11	29.22	
	<i>Day Dead Day 2 Half</i>	2:44:41	45.06	
	<i>KSQ Half</i>	2:15:03	54.95	
	<i>C &amp; D Half</i>	2:13:22	55.64	
	<i>Longview Half</i>	2:13:54	55.42	
	<i>Gobbler Half</i>	2:28:47	49.88	
	<i>Cambridge Half</i>	2:23:23	51.75	
	<i>Brooklyn Half</i>	2:44:49	46.45	
	<i>NYCRuns Half</i>	2:42:25	46.13	
	<i>Jeff G Half</i>	2:15:45	55.19	
			<b>286.03</b>	<b>57.21</b>
<b>29</b>	<b>Alexander Bazley</b>			
	<i>LA Marathon</i>	5:03:21	44.63	
	<i>LB Pride 5K</i>	24:13	54.23	
	<i>LAFR 5K</i>	25:03	52.43	
	<i>PS Pride 3.8</i>	30:14	53.47	
	<i>Monster 15K</i>	1:22:32	52.16	
			<b>256.92</b>	<b>51.38</b>

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<b>30</b>	<b>Ben Beneski</b>			
	Coyota Backbone 68 Mile	18:34:58	44.60	
	Red Rock Full	5:46:46	39.77	
	NoName Trail 30K	3:15:23	49.30	
	LAFR 10K	49:17	56.24	
	Doggie Humans 5K	21:51	62.78	
			<b>252.69</b>	<b>50.54</b>
<b>4 Races</b>				
<b>31</b>	<b>Sean O'Brien</b>			
	Boston Full	3:33:19	73.29	
	Doggie Pups 5K	21:48	69.80	
	Catalina Full	4:10:25	62.44	
	Whoos 50K	4:53:08	67.80	
			<b>273.33</b>	<b>68.33</b>
<b>32</b>	<b>Barry Hamaguchi</b>			
	LAFR 10K	47:15	57.57	
	LAFR 5K	23:02	58.25	
	SF Full	4:11:56	59.99	
	Santa Barbara Half	1:46:04	58.49	
			<b>234.30</b>	<b>58.58</b>
<b>33</b>	<b>Rick Hetzel</b>			
	Stars & Stripes 10K	53:55	59.20	
	Pasadena Half	2:03:51	58.28	
	Reindeer 10K	53:53	59.23	
	Big Sur Full	4:43:22	56.71	
	<i>Hollywood 10K</i>	<i>59:14</i>	<i>53.88</i>	
	<i>Firecracker 10K</i>	<i>62:21</i>	<i>50.74</i>	
	<i>LAFR 10K</i>	<i>55:05</i>	<i>57.94</i>	
			<b>233.42</b>	<b>58.36</b>
<b>34</b>	<b>John Kawaharada</b>			
	Action Jackson 5K	43:14	33.62	
	Run for Whales 5K	24:15	60.34	
	NYC Full	4:26:03	56.23	
	SF Full	4:26:18	56.19	
			<b>206.38</b>	<b>51.60</b>
<b>35</b>	<b>Richard Ramirez</b>			
	LA Marathon	5:43:57	43.88	
	LA Big 5K	33:44	43.73	
	Hollywood Half	2:14:06	51.01	
	Pasadena 5K	29:04	50.75	
			<b>189.37</b>	<b>47.34</b>
<b>36</b>	<b>Raul Borja</b>			
	SoCal Half	2:10:12	48.42	
	Holiday Half	2:09:36	48.97	
	LA Marathon	6:45:09	34.33	
	Friendship 30K	3:09:13	50.91	
	<i>SF Half</i>	<i>2:25:20</i>	<i>43.38</i>	
			<b>182.63</b>	<b>45.66</b>
<b>37</b>	<b>Bill Winkelmann</b>			
	Summer Time 5K	32:30	50.82	
	LAFR 5K	33:47	48.89	
	Giving Thx 10K	1:40:54	34.08	
	Stars & Stripes 10K	75:40	45.00	
	<i>Beach Dash 5K</i>	<i>36:59</i>	<i>44.66</i>	
	<i>LB Pride 5K</i>	<i>37:52</i>	<i>43.62</i>	
			<b>178.79</b>	<b>44.70</b>

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<b>38</b>	<b>John Houser</b>				
	Griffith Park 2.6	23:40	46.69		
	OC 5K	28:55	45.65		
	Action Jackson 5K	29:15	45.58		
	Catalina 10K	68:13	39.41		
	<i>LAFR 5K</i>	30:35	43.16		
	<i>Firecracker 5K</i>	31:27	41.97		
	<i>LA Big 5K</i>	31:18	42.17		
	<i>LB Pride 5K</i>	31:03	42.51		
			<b>177.33</b>	<b>44.33</b>	
<b>39</b>	<b>Mike Smith</b>				
	LA Marathon	7:22:14	32.71		
	Holiday Half	3:00:35	35.42		
	SoCal Half	2:12:15	49.17		
	Friendship 30K	3:49:30	43.66		
			<b>160.96</b>	<b>40.24</b>	
<b>3 Races</b>					
<b>40</b>	<b>Patrice Salome</b>				
	Revel Full	3:16:34	71.79		
	RnR Half	1:33:08	68.68		
	LA River Half	1:35:18	66.59		
			<b>207.06</b>	<b>69.02</b>	
<b>41</b>	<b>Marcelino Goncalves</b>				
	LA Marathon	3:18:45	74.01		
	LAFR 5K	22:31	64.03		
	LAFR 10K	47:31	61.66		
			<b>199.70</b>	<b>66.57</b>	
<b>42</b>	<b>Jim Ames</b>				
	LA Marathon	4:35:15	56.80		
	LB Pride 10K	55:36	55.91		
	Star Wars Half	1:59:44	59.20		
			<b>171.91</b>	<b>57.30</b>	
<b>43</b>	<b>John Miles</b>				
	LAFR 10K	58:49	51.94		
	LAFR 5K	29:25	50.93		
	Doggie Humans 5K	26:28	57.05		
			<b>159.92</b>	<b>53.31</b>	
<b>44</b>	<b>Mong Noiboonsook</b>				
	Bare Burro 5K	34:00	45.10		
	LB Pride 5K	26:35	57.68		
	LAFR 10K	56:02	55.98		
			<b>158.76</b>	<b>52.92</b>	
<b>45</b>	<b>Richard West</b>				
	LAFR 5K	32:50	52.08		
	Doggie Pups 5K	36:46	47.01		
	Catalina 10K	64:59	55.04		
			<b>154.13</b>	<b>51.38</b>	
<b>46</b>	<b>Henri Faucher</b>				
	LAFR 10K	65:51	48.47		
	LAFR 5K	30:26	51.20		
	Reindeer 5K	28:57	54.29		
			<b>153.96</b>	<b>51.32</b>	

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<b>47</b>	<b>Dan Vu</b>				
		LB Pride 5K	24:04	57.34	
		PS Pride 3.8	30:13	56.09	
		Catalina Half	2:37:36	40.28	
				<b>153.71</b>	<b>51.24</b>
<b>48</b>	<b>Eric Fischer</b>				
		LAFR 5K	30:32	55.51	
		Doggie Pups 5K	36:47	46.49	
		Catalina 10K	68:43	51.52	
				<b>153.52</b>	<b>51.17</b>
<b>49</b>	<b>Kevin Shiramizu</b>				
		PS Pride 5K	36:47	38.33	
		Catalina 10K	53:07	53.84	
		Tday Classic XC 5K	25:56	54.37	
				<b>146.54</b>	<b>48.85</b>
<b>50</b>	<b>Albert Giang</b>				
		M2B Half	1:56:18	54.20	
		Catalina 10K	64:25	43.03	
		Burbank Turkey 10K	56:33	49.01	
				<b>146.24</b>	<b>48.75</b>
<b>51</b>	<b>Rusty Millar</b>				
		Griffith Park 2.6	28:48	49.25	
		Valentine's 5K	38:00	44.61	
		Winter Blast 5K	36:53	45.96	
		<i>Mother's Day 5K</i>	42:22	40.01	
		<i>Stars &amp; Stripes 5K</i>	45:33	37.21	
		<i>Father's Day 5K</i>	41:18	41.04	
				<b>139.82</b>	<b>46.61</b>
<b>52</b>	<b>Patrick Conner</b>				
		Mayor's 5K Anchorage	28:32	46.50	
		Doggie Humans 5K	29:38	44.77	
		LAFR 10K	63:36	42.40	
		<i>Topanga Turkey 5K</i>	46:13	28.85	
				<b>133.67</b>	<b>44.56</b>
<b>2 Races</b>					
<b>53</b>	<b>Eric Alvarez</b>				
		St. Jude Half	1:22:33	82.15	
		M2B Full	2:43:15	91.65	
				<b>173.80</b>	<b>86.90</b>
<b>54</b>	<b>Mark Penn</b>				
		Screenland 5K	21:58	72.69	
		SC Half	1:39:00	76.38	
				<b>149.07</b>	<b>74.54</b>
<b>55</b>	<b>Mark DeAngelis</b>				
		LAFR 10K	47:07	64.84	
		PS Pride 3.8	27:23	67.92	
				<b>132.76</b>	<b>66.38</b>
<b>56</b>	<b>Jim Martinez</b>				
		Stars & Stripes 5K	26:49	61.59	
		Mother's Day 5K	27:24	59.73	
		<i>Winter Blast 5K</i>	27:47	58.91	
		<i>Doggie Humans 5K</i>	28:20	58.29	
		<i>LAFR 5K</i>	28:31	57.39	
		<i>Valentine's 5K</i>	28:24	57.63	
		<i>Action Jackson 5K</i>	28:31	57.39	
				<b>121.32</b>	<b>60.66</b>

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<b>57</b>	<b>Matthew Dernoga</b>				
		LA Marathon	4:40:41	48.19	
		PS Pride 3.8	25:40	62.79	
				<b>110.98</b>	<b>55.49</b>
<b>58</b>	<b>Henry Jung</b>				
		LAFR 10K	57:27	53.18	
		PS Pride 3.8	34:18	54.23	
				<b>107.41</b>	<b>53.71</b>
<b>59</b>	<b>Adam Lindsey</b>				
		LA Marathon	4:28:39	50.94	
		LAFR 10K	49:29	54.97	
				<b>105.91</b>	<b>52.96</b>
<b>60</b>	<b>John Chau</b>				
		LAFR 10K	60:48	43.94	
		LAFR 5K	30:07	43.17	
				<b>87.11</b>	<b>43.56</b>
<b>61</b>	<b>Gabriel Cooper</b>				
		Reindeer 10K	65:14	40.96	
		Ventura Half	2:33:14	40.01	
				<b>80.97</b>	<b>40.49</b>
<b>62</b>	<b>Christopher Tapper</b>				
		LB Pride 10K	1:18:06	38.48	
		PS Pride 5K	35:28	41.59	
				<b>80.07</b>	<b>40.04</b>
<b>1 Race</b>					
<b>63</b>	<b>Mickey Caruso</b>				
		LAFR 5K	23:10	65.68	
				<b>65.68</b>	<b>65.68</b>
<b>64</b>	<b>Patrick Owen</b>				
		Doggie Pups 5K	24:47	63.42	
				<b>63.42</b>	<b>63.42</b>
<b>65</b>	<b>Dan Graham</b>				
		Reindeer 10K	53:47	62.13	
				<b>62.13</b>	<b>62.13</b>
<b>66</b>	<b>Jonathan Toker</b>				
		Malibu Creel 22K	1:48:03	61.68	
				<b>61.68</b>	<b>61.68</b>
<b>67</b>	<b>Peter Lehrbaum</b>				
		PS Pride 3.8	31:32	61.42	
				<b>61.42</b>	<b>61.42</b>
<b>68</b>	<b>Jeff Masino</b>				
		Reindeer Half	1:52:26	61.37	
				<b>61.37</b>	<b>61.37</b>
<b>69</b>	<b>David Jaquez</b>				
		LAFR 5K	23:31	61.30	
				<b>61.30</b>	<b>61.30</b>
<b>70</b>	<b>Matt Barnes</b>				
		PS Pride 3.8	28:00	60.12	
				<b>60.12</b>	<b>60.12</b>
<b>71</b>	<b>Ryan Timmreck</b>				
		Bare Burro 5K	24:41	58.00	
				<b>58.00</b>	<b>58.00</b>
<b>72</b>	<b>Michael Carter</b>				
		LB Pride 5K	24:56	57.82	
				<b>57.82</b>	<b>57.82</b>

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<b>73</b>	<b>Clint Trout</b>			
	Stars & Stripes Half	1:54:43	57.16	
			<b>57.16</b>	<b>57.16</b>
<b>74</b>	<b>Jeff Lymburner</b>			
	Bare Burro 5K	27:32	56.60	
			<b>56.60</b>	<b>56.60</b>
<b>75</b>	<b>Seth Diamond</b>			
	LAFR 10K	56:04	54.96	
			<b>54.96</b>	<b>54.96</b>
<b>76</b>	<b>Henry Ong</b>			
	Wrigley 5K	33:27	50.67	
			<b>50.67</b>	<b>50.67</b>
<b>77</b>	<b>Wadley</b>			
	Catalina Full	4:33:00	50.36	
			<b>50.36</b>	<b>50.36</b>
<b>78</b>	<b>Andrew Sanchez</b>			
	LAFR 10K	64:22	49.15	
			<b>49.15</b>	<b>49.15</b>
<b>79</b>	<b>Adam Comeau</b>			
	LA Marathon	4:57:32	48.21	
			<b>48.21</b>	<b>48.21</b>
<b>80</b>	<b>Mark Grumet</b>			
	Doggie Humans 5K	36:08	46.08	
			<b>46.08</b>	<b>46.08</b>
<b>81</b>	<b>Frank Knies</b>			
	Doggie Pups 5K	36:06	45.75	
			<b>45.75</b>	<b>45.75</b>
<b>82</b>	<b>Lui Sanchez</b>			
	LA Big 5K	34:04	45.01	
			<b>45.01</b>	<b>45.01</b>
<b>83</b>	<b>Jeffrey Weinstein</b>			
	Doggie Pups 5K	42:20	40.83	
			<b>40.83</b>	<b>40.83</b>
<b>84</b>	<b>Robb Briggs</b>			
	Bare Burro 5K	37:42	38.55	
			<b>38.55</b>	<b>38.55</b>
<b>85</b>	<b>Rob Chen</b>			
	PS Pride 5K	36:48	37.00	
			<b>37.00</b>	<b>37.00</b>
<b>86</b>	<b>Neil Johnson</b>			
	Action Jackson 5K	42:29	37.90	
			<b>37.90</b>	<b>37.90</b>
<b>87</b>	<b>William Fang</b>			
	Doggie Pups 5K	42:42	32.32	
			<b>32.32</b>	<b>32.32</b>
<b>88</b>	<b>Norman Dixon</b>			
	Doggie Pups 5K	55:50	26.84	
			<b>26.84</b>	<b>26.84</b>
<b>89</b>	<b>Mark Brunetz</b>			
	Doggie Pups 5K	55:51	26.83	
			<b>26.83</b>	<b>26.83</b>
<b>90</b>	<b>Tomas Tiangco</b>			
	Action Jackson 5K	56:22	26.17	
			<b>26.17</b>	<b>26.17</b>

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Rank	WOMEN			AVG
<b>1</b>	<b>Erin Brinton</b>			
	Stars & Stripes 10K	42:08	71.99	
	Rockin Summer 15K	67:08	71.89	
	Father's Day 5K	21:05	70.04	
	Pas Trail 12K	56:16	69.60	
	Action Jackson 10K	44:49	67.68	
	Doggie Pups 5K	22:03	67.04	
	<i>Pas Trail 10 Mile</i>	1:33:15	55.63	
			<b>418.24</b>	<b>69.71</b>
<b>2</b>	<b>Maria Poso</b>			
	LAFR 5K	25:41	61.19	
	Revel Full	3:50:42	69.30	
	Tunnel Light Full	3:51:37	69.03	
	LAFR 10K	54:15	59.82	
	Miwok 100K	15:15:09	55.33	
	Avalon 50 Mile	11:26:30	55.01	
	<i>Par. Ranch 50K</i>	6:18:47	53.33	
	<i>Run Deo Run Full</i>	4:56:26	53.43	
	<i>SF Full</i>	4:30:46	59.04	
	<i>Surf City Full</i>	4:03:28	65.04	
	<i>LA Marathon</i>	3:56:18	67.65	
	<i>Boston Full</i>	4:15:54	62.47	
			<b>369.68</b>	<b>61.61</b>
<b>3</b>	<b>Stephanie Stone</b>			
	LAFR 10K	64:03	59.12	
	LAFR 5K	31:18	57.83	
	Valencia Trail 10K	1:51:39	33.92	
	Hollywood Half	2:31:14	56.92	
	Yosemite Trail Half	2:37:00	54.83	
	Great Chocolate 10 Mile	1:59:18	54.61	
	<i>Palisades 5K</i>	34:40	52.21	
	<i>Grand Canyon Trail Half</i>	3:01:26	47.45	
	<i>New Year's 10K</i>	72:22	52.33	
	<i>Firecracker 10K</i>	77:43	48.72	
	<i>New Year's 5K</i>	40:02	45.21	
	<i>Verdugo Trail 10K</i>	1:46:33	35.54	
			<b>317.23</b>	<b>52.87</b>
<b>5 Races</b>				
<b>4</b>	<b>Margie Gonzales</b>			
	Run to Remember Half	3:27:01	44.52	
	Cottontail 10K	1:27:00	46.59	
	Stars & Stripes 5K	40:07	47.99	
	Revel Half	3:07:26	49.17	
	Summer Showdown 5K	41:22	46.54	
	<i>Bunny Dash 5K</i>	41:40	46.20	
	<i>Rockin Shamrock 5K</i>	40:50	46.53	
	<i>Run Deo Run 5K</i>	42:19	45.49	
	<i>LB Half</i>	3:29:29	44.00	
	<i>Rockin Summer 5K</i>	42:42	45.08	
	<i>Rescues 5K</i>	43:33	44.20	
	<i>Shane's 5K</i>	41:33	46.33	
	<i>LA RnR Half</i>	3:28:21	44.24	
	<i>Doggie Humans 5K</i>	43:42	44.05	
	<i>LAFR 5K</i>	43:56	37.25	

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	<i>Summer Fun 5K</i>	41:18	46.16	
	<i>Action Jackson 5K</i>	42:28	45.33	
	<i>Foster the Future 5K</i>	42:18	44.92	
			<b>234.81</b>	<b>46.96</b>
<b>3 Races</b>				
<b>5</b>	<b>Lacey Howcroft</b>			
	Best Damn Race 5K	23:06	63.92	
	Rochester Heart 5K	25:25	58.10	
	RnR New Orleans Half	2:04:49	54.85	
	<i>Doggie Humans 5K</i>	29:37	49.86	
			<b>176.87</b>	<b>58.96</b>
<b>6</b>	<b>Jane Dods</b>			
	Lucky Clover 5K	41:56	59.70	
	Pantsuit Pursuit 5K	41:15	59.52	
	JC 3.1	48:50	51.26	
	<i>Bark in the Park 5K</i>	48:24	51.72	
	<i>Miles on Memorial 5K</i>	45:00	55.63	
	<i>Girls on the Run 5K</i>	45:14	55.34	
	<i>Outrun the Stigma 5K</i>	43:46	57.20	
	<i>Harrisburg Firecracker 5K</i>	45:59	54.44	
	<i>Butte to Butte 4K</i>	60:49	36.35	
	<i>Devil's Dam 5K</i>	49:54	50.17	
	<i>Run to Stay Warm 5K</i>	48:50	51.26	
	<i>Turkey Stuffer 5K</i>	47:50	52.33	
	<i>OTC 5K #2</i>	43:36	57.42	
	<i>Screenland 5K</i>	46:23	53.97	
	<i>Bring in Spring 5K</i>	56:37	44.22	
			<b>170.48</b>	<b>56.83</b>
<b>7</b>	<b>Nicole Oeuvray</b>			
	Stars & Stripes 5K	43:43	41.40	
	Summer Showdown 5K	42:12	43.40	
	Run to Remember Half	3:43:33	38.50	
	<i>Summer Fun 5K</i>	46:28	38.95	
	<i>Rockin Shamrock 5K</i>	45:08	40.01	
	<i>Bunny Dash 5K</i>	47:44	37.92	
	<i>Cottontail 5K</i>	45:16	39.99	
			<b>123.30</b>	<b>41.10</b>
<b>8</b>	<b>Keeley Webster</b>			
	Mother's Day 5K	43:55	36.81	
	Operation Jack Half	3:31:48	36.32	
	Derby Day 5K	47:43	33.88	
	<i>Topanga Turkey 5K</i>	1:28:40	18.44	
			<b>107.01</b>	<b>35.67</b>
<b>9</b>	<b>Cat White</b>			
	Mother's Day 5K	47:42	33.23	
	Derby Day 5K	47:41	33.24	
	Operation Jack Half	3:41:17	33.98	
			<b>100.45</b>	<b>33.48</b>



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<b>2 Races</b>				
<b>10</b>	<b>Rina Shiramizu</b>			
	Doggie Pups 5K	48:20	41.62	
	PS Pride 5K	36:47	54.69	
			<b>96.31</b>	<b>48.16</b>
<b>11</b>	<b>Yumi Afrento</b>			
	Stars & Stripes 5K	40:13	42.48	
	Summer Fun 5K	43:01	39.71	
	<i>Run Deo Run 5K</i>	43:03	39.22	
	<i>Action Jackson 5K</i>	43:13	39.07	
			<b>82.19</b>	<b>41.10</b>
<b>12</b>	<b>Regina Robinson</b>			
	LB Half	4:28:30	28.65	
	LA Big 5K	68:11	23.98	
			<b>52.63</b>	<b>26.32</b>
<b>1 Race</b>				
<b>13</b>	<b>Allyne Winderman</b>			
	LAFR 5K	28:35	69.04	
			<b>69.04</b>	<b>69.04</b>
<b>14</b>	<b>Tanya Haney</b>			
	Action Jackson 5K	30:33	51.45	
			<b>51.45</b>	<b>51.45</b>
<b>Rank</b>	<b>WALKER</b>			<b>AVG</b>
<b>1</b>	<b>Deo Jaravata</b>			
	Orange Curtain 50K	6:43:26	67.22	
	LA Marathon	5:37:35	63.93	
	Meet of Champions 5K	32:49	63.56	
	Friendship 30K	3:57:37	62.40	
	SoCal Half	2:35:54	62.19	
	USATF National 15K	1:45:52	61.72	
	<i>USATF Masters 5K</i>	34:43	60.08	
			<b>381.02</b>	<b>63.50</b>
<b>2</b>	<b>Bill Walsky</b>			
	SC Half	3:18:26	56.84	
	Ventura Half	3:20:05	56.36	
	Surf City Half	3:19:23	55.91	
	LB Half	3:24:36	55.13	
	Reindeer 5K	44:34	54.23	
	Burbank Turkey 5K	45:20	53.31	
	<i>Wrigley 5K</i>	45:15	52.81	
	<i>Cypress 5K</i>	46:50	51.61	
	<i>Stars &amp; Stripes 5K</i>	47:31	50.86	
	<i>Catalina Eco Half</i>	4:25:09	40.74	
			<b>331.78</b>	<b>55.30</b>
<b>3</b>	<b>Nicole Oeuvray</b>			
	Foster the Future 5K	53:36	41.05	
	SD RnR Half	3:36:54	54.74	
	LB Half	3:39:00	54.92	
	Reindeer 5K	47:41	51.24	
	Revel Half	3:31:31	56.87	
	NY Eve 5K	46:33	52.49	
			<b>311.31</b>	<b>51.89</b>

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<b>4 Races</b>				
<b>4</b>	<b>Margie Gonzales</b>			
	SD RnR Half	3:36:54	58.61	
	Finish the Ride 5K	45:41	56.07	
	Reindeer 5K	47:38	53.78	
	NY Eve 5K	46:30	55.09	
			<b>223.55</b>	<b>55.89</b>
<b>3 Races</b>				
<b>5</b>	<b>Bill Winkelmann</b>			
	Valentine's 5K	46:44	50.02	
	Action Jackson 5K	57:57	40.34	
	NY Eve 5K	46:38	50.67	
			<b>141.03</b>	<b>47.01</b>
<b>2 Races</b>				
<b>6</b>	<b>Gary Todd</b>			
	Stars & Stripes 5K	47:31	47.68	
	Reindeer 5K	48:07	47.57	
			<b>95.25</b>	<b>47.63</b>
<b>1 Race</b>				
<b>7</b>	<b>Jane Dods</b>			
	Eugene Half	3:43:40	79.94	
			<b>79.94</b>	<b>79.94</b>
<b>8</b>	<b>Connie Hammen</b>			
	LAFR 5K	53:14	54.58	
			<b>54.58</b>	<b>54.58</b>
<b>9</b>	<b>David Dassey</b>			
	PS Pride 5K	51:18	47.11	
			<b>47.11</b>	<b>47.11</b>
<b>10</b>	<b>Bill Austin</b>			
	Mother's Day 10K	1:38:55	46.57	
			<b>46.57</b>	<b>46.57</b>
<b>11</b>	<b>Cat White</b>			
	LAFR 5K	53:13	40.52	
			<b>40.52</b>	<b>40.52</b>
<b>12</b>	<b>Keeley Webster</b>			
	LAFR 5K	54:11	40.47	
			<b>40.47</b>	<b>40.47</b>
<b>13</b>	<b>Tim Chung</b>			
	LAFR 5K	53:15	39.50	
			<b>39.50</b>	<b>39.50</b>