

2025 LAFR Trail Champion Race Detail FINAL

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Rank				AVG
5 Races				
1	John Miles			
	Doggie Humans 5K	26:09	126.22	
	Cascade Full	4:17:35	113.88	
	Catalina Full	5:17:32	101.30	
	Catalina Half	2:27:52	96.03	
	SOB 30K	4:06:38	95.63	
	Las Virgenes 30K	4:16:43	93.84	
	LAFR Pride 10K	54:47	89.23	
	Kent Downs 25K	3:09:33	84.58	
	Old Zoo 12.6	2:11:50	84.55	
	<i>LAFR Pride 5K</i>	<i>27:02</i>	<i>73.71</i>	
			533.06	106.61
2	Treven Ho			
	Las Virgenes 30K	3:58:38	121.67	
	Old Zoo 12.6	2:04:57	102.33	
	Haunted Half	2:14:03	100.60	
	Leona Divide 30K	4:01:34	96.10	
	Catalina Half	2:28:34	95.17	
	SOB 50K	8:29:24	93.89	
	Cascade Half	2:01:01	91.59	
	LAFR Pride 10K	53:51	89.88	
	<i>LAFR Pride 5K</i>	<i>26:58</i>	<i>89.32</i>	
			515.87	103.17
3	Albert Giang			
	LAFR Pride 10K	49:05	89.52	
	Old Zoo 12.6	1:50:40	103.30	
	Haunted Half	1:50:18	120.73	
	Catalina 10K	52:00	86.19	
	RDR Turkey 5K	23:30	86.18	
			485.92	97.18
4	Gillian Wilkerson-Villasenor			
	Las Virgenes 12K	69:42	105.39	
	LAFR Pride 10K	49:50	88.36	
	LAFR Pride 5K	24:23	87.96	
	Cascade Half	1:45:03	108.80	
	Catalina 10K	54:46	83.13	
			473.64	94.73
5	Angus Kennedy			
	Cascade Full	4:18:26	112.40	
	Haunted Half	2:13:04	100.62	
	Las Virgenes 30K	5:03:59	87.02	
	Old Zoo 12.6	2:06:21	86.36	
	Catalina 10K	61:04	82.65	
	<i>SOB 30K</i>	<i>5:09:18</i>	<i>71.03</i>	
			469.05	93.81

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6	Elizabeth Bonin-Guzman				
	LAFR Pride 5K	26:50	85.47		
	RDR Turkey 5K	24:27	126.85		
	LAFR Pride 10K	56:31	82.64		
	Chuckanut 50K	10:09:20	75.59		
	Chesebro Half	23:58	77.12		
			447.67		89.53
4 Races					
7	Bill Austin				
	LAFR Pride 5K	24:43	99.01		
	Cascade Full	4:25:35	116.70		
	Haunted 15K	1:31:53	131.37		
	RDR Turkey 5K	24:32	109.52		
			456.60		114.15
8	Jonathan Toker				
	Pt. Mugu Half	1:36:42	105.49		
	Holcomb Valley 14 Mile	1:52:46	129.60		
	Matterhorn 49K	6:02:54	105.77		
	Inferno Half	2:31:56	79.87		
	<i>Mt. Baldy Run Top 7 miles</i>	<i>1:16:45</i>	<i>63.76</i>		
			420.73		105.18
9	Peachy Poso				
	Avalon 50	11:50:21	109.60		
	LAFR Pride 5K	29:41	86.41		
	LAFR Pride 10K	1:00:33	85.74		
	RDR Turkey 5K	28:53	87.97		
			369.72		92.43
10	Bill Winkelmann				
	LAFR Pride 5K	41:16	73.32		
	Cascade Half	3:05:56	90.53		
	RDR Turkey 5K	37:46	88.01		
	Haunted 15K	2:09:03	104.28		
			356.14		89.04
11	Michael Janovici				
	LAFR Pride 10K	1:07:53	58.40		
	LAFR Pride 5K	35:58	55.29		
	Catalina Half	3:08:31	55.84		
	RDR Turkey 5K	30:08	63.09		
			232.62		58.15
3 Races					
12	Mitchell Miller				
	Malibu Canyon 50 Mile	8:21:21	129.15		
	AC100	26:44:39	136.66		
	ANF 50K	5:20:01	132.83		
			398.64		132.88
13	Bernie Tan				
	SOB 50K	7:11:08	111.07		
	Las Virgenes 54K	6:43:39	139.92		
	Cascade Full	3:30:52	124.98		
			375.97		125.32

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14	Mark Johnson				
		SOB 50K	7:09:32	102.38	
		Las Virgenes 30K	3:12:41	132.28	
		LAFR Pride 5K	21:51	91.40	
				326.06	108.69
15	Louisa Hill				
		LAFR Pride 10K	47:09	107.40	
		LAFR Pride 5K	23:30	106.04	
		Bulldog 50K	5:42:33	108.56	
				322.00	107.33
16	Viktor Toth				
		Catalina Full	5:16:47	97.15	
		SOB 30K	4:56:24	84.88	
		Catalina Half	2:10:55	97.98	
				280.01	93.34
17	Martin Carlson				
		RDR Turkey 5K	26:57	101.56	
		LAFR Pride 5K	29:46	85.74	
		LAFR Pride 10K	1:01:11	85.60	
		<i>Doggie Pups 5K</i>	<i>30:39</i>	<i>69.13</i>	
				272.90	90.97
18	Laura Howe				
		LAFR Pride 5K	26:28	86.38	
		Haunted 5K	27:28	83.96	
		Catalina 10K	56:05	93.90	
				264.24	88.08
19	Tyler Long				
		LAFR Pride 10K	44:31	85.09	
		LAFR Pride 5K	22:16	84.06	
		Old Zoo 12.6	1:56:34	74.77	
				243.92	81.31
20	Jonathan Whitfield				
		LAFR Pride 10K	56:25	74.50	
		Catalina Half	2:12:18	83.40	
		Doggie Pups 5K	33:25	70.15	
				228.05	76.02
21	David Grudzien				
		Buck Creek Streak 5K	38:33	48.83	
		Bare Buns 5K	38:44	48.62	
		State Line Streak 5K	43:08	44.17	
				141.62	47.21
2 Races					
22	Scott Chaney				
		LAFR Pride 5K	18:19	126.69	
		LAFR Pride 10K	37:27	126.39	
				253.08	126.54
23	Yuri Clingerman				
		Haunted 10K	58:40	111.89	
		RDR Turkey 5K	27:22	126.18	
				238.07	119.04

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24	Nancy Canela				
	Jack and Jill Full	3:56:05	103.24		
	Doggie Pups 5K	23:27	119.00		
			222.24	111.12	
25	Amado Ulloa				
	Chesebro Half	1:43:59	102.32		
	Doggie Pups 5K	23:19	119.17		
			221.49	110.75	
26	Andrew Cunningham				
	RDR Turkey 5K	23:10	102.06		
	Doggie Humans 5K	22:56	117.60		
			219.66	109.83	
27	William Alsina				
	LAFR Pride 5K	22:23	77.26		
	RDR Turkey 5K	20:45	116.77		
			194.03	97.02	
28	Sumalee Sangsurasak				
	LAFR Pride 10K	56:53	92.23		
	Old Zoo 12.6	2:02:25	99.56		
			191.79	95.90	
29	Esther Woods				
	Haunted 10K	1:11:18	86.57		
	RDR Turkey 5K	30:59	94.64		
			181.21	90.61	
30	Eric Eisenbrey				
	LAFR Pride 5K	26:09	84.13		
	Doggie Pups 5K	25:36	95.29		
			179.42	89.71	
31	Wadley				
	Catalina Full	4:57:36	87.55		
	Catalina Half	1:59:46	89.99		
			177.54	88.77	
32	Theo Tacail				
	Las Virgenes 12K	60:23	83.14		
	Catalina 10K	48:10	85.31		
			168.45	84.23	
33	Reg Willson				
	LAFR Pride 5K	28:14	89.30		
	Doggie Pups 5K	30:50	77.85		
			167.15	83.58	
34	Joey Lan				
	LAFR Pride 5K	24:42	84.37		
	Cascade Half	2:05:06	80.09		
			164.46	82.23	
35	Justin Hang				
	LAFR Pride 10K	43:21	80.90		
	LAFR Pride 5K	21:33	79.47		
			160.37	80.19	
36	Scott Swiontek				
	LAFR Pride 10K	46:29	74.87		
	Catalina Half	2:00:30	82.85		
			157.72	78.86	

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37	Brian Dunbar				
	LAFR Pride 10K	1:02:17	68.58		
	Catalina 10K	60:32	85.13		
			153.71	76.86	
38	Ricardo Suarez				
	LAFR Pride 10K	56:50	55.57		
	Haunted Half	1:54:00	93.25		
			148.82	74.41	
39	Sean O'Brien				
	LAFR Pride 5K	24:09	86.88		
	Doggie Pups 5K	60:16	61.64		
			148.52	74.26	
40	Dan Vu				
	LAFR Pride 10K	53:29	70.09		
	Catalina Half	2:34:47	73.65		
			143.74	71.87	
41	Richard Peng				
	SOB 30K	5:30:03	71.60		
	Chesebro Half	2:29:15	66.48		
			138.08	69.04	
42	Al Cortez				
	Catalina 10K	66:58	60.13		
	Doggie Pups 5K	33:25	69.43		
			129.56	64.78	
1 Race					
43	Carlos Vizcarra				
	Catalina 10K	40:13	130.14		
			130.14	130.14	
44	Vikash Reddy				
	Cascade Full	3:07:25	123.58		
			123.58	123.58	
45	Jeremy Yoder				
	Cascade Full	3:19:38	119.66		
			119.66	119.66	
46	Amy Zheng				
	LAFR Pride 10K	46:52	115.37		
			115.37	115.37	
47	Steve Gerschultz				
	Avalon 50	11:50:19	111.17		
			111.17	111.17	
48	Norbert Hetzel				
	Haunted 15K	1:34:01	103.20		
			103.20	103.20	
49	Sheehan Parker				
	Haunted 5K	22:34	101.86		
			101.86	101.86	
50	Bruce Bair				
	LAFR Pride 10K	44:44	101.23		
			101.23	101.23	
51	Mark DeAngelis				
	LAFR Pride 10K	48:14	97.90		
			97.90	97.90	

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52	John McGuinness				
	Doggie Pups 5K	26:46	95.01		
			95.01	95.01	
53	Margie Gonzales				
	Doggie Humans 5K	52:25	91.89		
			91.89	91.89	
54	Derek Mai				
	LAFR Pride 10K	44:58	90.11		
			90.11	90.11	
55	Raul Navarro				
	LAFR Pride 10K	45:19	90.03		
			90.03	90.03	
56	Jim Martinez				
	LAFR Pride 5K	31:08	86.67		
			86.67	86.67	
57	Nicole Oeuvray				
	Doggie Humans 5K	56:26	86.43		
			86.43	86.43	
58	Rick Freeman				
	RDR Turkey 5K	31:44	84.32		
			84.32	84.32	
59	David Dassey				
	LAFR Pride 5K	33:59	84.19		
			84.19	84.19	
60	Kevin Shiramizu				
	LAFR Pride 5K	23:08	83.65		
			83.65	83.65	
61	Scott Lasker				
	LAFR Pride 5K	25:16	82.82		
			82.82	82.82	
62	Amy Ross				
	LAFR Pride 5K	53:23	81.48		
			81.48	81.48	
63	James Smith				
	LAFR Pride 10K	47:11	81.41		
			81.41	81.41	
64	Michael Bea				
	Doggie Pups 5K	26:30	79.94		
			79.94	79.94	
65	Raul Jaramillo				
	Catalina Half	2:12:22	79.75		
			79.75	79.75	
66	Mario Mota				
	SOB 30K	4:56:20	77.60		
			77.60	77.60	
67	Denise Beatty				
	Haunted 5K	34:27	77.33		
			77.33	77.33	
68	Kim Nguyen				
	SOB 30K	4:50:43	77.22		
			77.22	77.22	

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69	David Condra				
	Catalina Half	2:09:35	76.57		
			76.57		76.57
70	Paul Morrell				
	RDR Turkey 5K	32:44	76.15		
			76.15		76.15
71	Donna Martin				
	LAFR Pride 10K	1:29:15	75.83		
			75.83		75.83
72	Deo Jaravata				
	RDR Turkey 5K	64:52	73.27		
			73.27		73.27
73	Lui Sanchez				
	LAFR Pride 5K	28:25	72.86		
			72.86		72.86
74	Joseph Farry				
	LAFR Pride 5K	27:01	71.78		
			71.78		71.78
75	Sean Carney				
	LAFR Pride 10K	58:56	71.72		
			71.72		71.72
76	Doug Jones				
	Haunted 10K	2:02:23	68.73		
			68.73		68.73
77	David Gonzalez				
	RDR Turkey 5K	26:27	68.10		
			68.10		68.10
78	Henry Jung				
	LAFR Pride 5K	57:50	67.32		
			67.32		67.32
79	Benjamin Anderson				
	LAFR Pride 10K	57:34	66.31		
			66.31		66.31
80	Allan-Michael Brown				
	Catalina Half	2:13:13	66.07		
			66.07		66.07
80	Cat White				
	RDR Turkey 5K	64:50	66.07		
			66.07		66.07
82	Ryan Shiramizu				
	LAFR Pride 5K	29:35	66.05		
			66.05		66.05
83	William Fang				
	Doggie Pups 5K	60:16	59.49		
			59.49		59.49
84	Jose Castillo				
	RDR Turkey 5K	32:23	59.05		
			59.05		59.05
85	Evie Bonic				
	Las Virgenes 12K	2:46:19	59.01		
			59.01		59.01

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86	Allen Posten				
	Doggie Pups 5K	39:35	56.92		
			56.92		56.92
87	Vikram Thakor				
	Catalina 10K	70:59	52.87		
			52.87		52.87
88	Mike Kerkman				
	LAFR Pride 5K	29:35	52.85		
			52.85		52.85
89	Guillermo Douglass-Jaimes				
	LAFR Pride 10K	1:06:59	48.62		
			48.62		48.62