

2016 LAFR Grand Prix Series Age Group Standings FINAL

Detailed Standings Below, R = No. of Races

Rank	Age Group	R	Score	Rank	Age Group	R	Score	Rank	Age Group	R	Score
	M20-29				M45-49				M60+		
1	Adrian Adams	3	375	1	Mark Johnson	6	825	1	Richard Nelson	6	895
2	Angelo Murray	2	270	2	Moises Medina	6	775	2	David Dassey	6	790
				3	Marcelino Goncalves	6	695	3	Bill Winkelmann	6	750
	M30-34			4	Bernie Tan	4	410		Mike Carbutto	6	750
1	Darwin Marenco	5	620	5	Bruce Bair	3	365	5	Bill Walsky	6	715
2	Mike Heredia	3	425	6	John Kawaharada	1	140	6	Jim Martinez	6	660
3	Piyush Prakash	2	260	7	Eric Alvarez	1	130	7	Eric Fischer	3	365
4	Alexander Bazley	1	130	8	Kent Hamilton	1	125	8	Richard West	3	330
5	Patrick Conner	1	80	9	Richard Korn	1	120	9	Rusty Millar	3	315
6	John Houser	1	70	10	Chris Tapper	1	110	10	Dan Graham	3	310
				11	Robb Briggs	1	100				
	M35-39				M50-54				F30-39		
1	Mike Kerkman	6	935	1	Mario Mota	6	870	1	Erin Brinton	6	915
2	Raul Borja	6	710	2	Rick Allison	6	860	2	Brandi Spence	3	350
3	David Gonzalez	6	690	3	Angus Kennedy	6	855				
4	Duane Howard	4	500	4	Deo Jaravata	6	760		F40-49		
5	Rob Chen	3	370	5	John Miles	5	580	1	Maria Poso	6	730
6	Barry Hamaguchi	3	365	6	Rudy Van Graan	5	555	2	Karen Carey	5	620
7	Albert Giang	1	120	7	Brian Dunbar	5	525	3	Regina Robinson	2	230
				8	Sean O'Brien	3	430	4	Keeley Webster	1	110
	M40-44			9	Mong Noiboonsook	4	390				
1	Jason Coleman	6	895	10	Juan Moreno	3	295		F50-59		
2	Carlos Vizcarra	6	880	11	Tim Chung	2	175	1	Nicole Oeuvery	6	810
3	Richard Peng	6	685	12	Chris Ng	1	145	2	Yumi Afrento	3	385
4	John McGuinness	5	620	13	Mark DeAngelis	1	125				
5	Dan Vu	4	430	14	Henry Jung	1	100		F60+		
6	Eddie Flores	3	330					1	Margie Gonzales	6	820
7	Mike Smith	3	325		M55-59			2	Allyne Winderman	2	265
8	Danny O'Hara	2	260	1	Bill Austin	6	890	3	Jane Dods	1	115
9	Jim Sullivan	1	160	2	Patrick Owen	6	860		Connie Hammen	1	115
10	Anthony Chan	2	155	3	Martin Carlson	6	690				
11	William Fang	2	135	4	Reg Willson	4	495				
12	Ted Wyder	1	115	5	Doug Jones	5	440				
13	Adam Comeau	1	105	6	Steven Morchak	3	310				
14	Kevin Shiramizu	1	90	7	Rand Smith	3	295				
				8	Jeff Lymburner	2	260				
				9	Carl Maravilla	2	240				
				10	David Grudzien	3	220				
				11	Peter Lehrbaum	1	145				
				12	Lui Sanchez	1	110				
				13	Bob Riddle	1	70				

LAFR Age Group Detail 2016 FINAL

Rank	M2029		
1	Adrian Adams		
	LAFR 5K	25:05	125
	LAFR 10K	57:41	125
	LAFR Ultra Pride	1:22:46	125
			375
2	Angelo Murray		
	Doggie Dash 5K	23:14	145
	Doggie Dash 5K (DOG)	26:02	125
			270

Rank	M3034		
1	Darwin Marengo		
	OC Half	1:33:11	110
	LB Pride 5K	19:48	160
	LAFR 5K	20:56	105
	LAFR 25K	2:28:31	130
	LAFR Flaming Pride	2:49:27	115
	Reindeer 15K	73:15	155
			775
2	Mike Heredia		
	Boston Full	3:08:08	120
	LAFR 5K	19:26	135
	Doggie Dash 5K	17:59	170
			425
3	Piyush Prakash		
	LA Marathon	3:32:34	130
	Chesebro Half	1:39:20	130
			260
4	Alexander Bazley		
	Summer Sizzle Half	2:03:45	130
			130
5	Patrick Conner		
	LAFR 5K	30:42	80
			80
6	John Houser		
	LAFR 5K	30:46	70
			70

LAFR Age Group Detail 2016 FINAL

Rank	M3539		
1	Mike Kerkman		
	LA Marathon	3:06:13	150
	Run Deo Run 10K	36:32	145
	Bare Burro 5K	21:36	150
	Wrigley 5K	17:16	170
	Catalina Eco 14.1	1:50:56	160
	Reindeer Half	1:23:05	160
			935
2	Raul Borja		
	SoCal 18 Mile	2:42:43	125
	LA Marathon	7:47:13	100
	Run Deo Run 25K	2:46:02	120
	LAFR 25K	2:46:08	140
	SF Full	4:14:33	115
	Holiday Half	2:05:39	110
			710
3	David Gonzalez		
	Revel Half	1:53:49	120
	Ventura Half	1:48:03	120
	Holiday Half	1:47:42	120
	LA Marathon	4:20:24	110
	Firecracker 5K	22:36	110
	Agoura 10K	47:35	110
	LB Half	1:48:18	100
	LB Pride 5K	37:26	90
			690
4	Duane Howard		
	Run Deo Run 10K	40:10	115
	Santa Rosa Full	3:09:37	135
	Doggie Dash 5K	18:44	135
	LA Turkey 5.6	36:59	115
			500
5	Rob Chen		
	LB Pride 10K	49:04	115
	LB Half	1:42:29	120
	Reindeer 15K	84:40	135
			370
6	Barry Hamaguchi		
	LA Marathon	4:07:05	110
	LB Pride 10K	45:03	145
	LB Half	1:41:42	110
			365
7	Albert Giang		
	M2B Half	1:54:14	120
			120

LAFR Age Group Detail 2016 FINAL

Rank	M4044		
1	Jason Coleman		
	Oktoberfest 15K	1:42:23	155
	New Year's Eve 15K	1:31:55	155
	RAD 10 Mile	1:39:37	155
	Father's Day 5K	26:38	145
	Op. Jack 5K	25:55	145
	GP Half	2:28:45	140
	LA Marathon	5:41:05	140
	Boston Full	4:42:53	140
	Surf City 10 Mile	1:37:51	140
	Pacific Half	2:15:49	130
	Reindeer 5K	41:17	70
	OC Full	5:37:35	130
	SF Half	2:11:57	130
	Summer Sizzle 10K	1:12:01	125
	Firecracker 5K	29:05	120
	LB Half	2:28:03	120
	Shane's 5K	29:41	125
	Doggie Dash 5K	32:50	115
	R/W/B Half	2:30:14	120
	M2B Full	5:00:58	120
	Santa Rosa Full	5:30:18	115
	Bare Burro 5K	41:25	110
	Boston 5K	27:57	110
	LAFR Ultra Pride	1:44:04	110
	LB Pride 10K	58:43	100
	Run Deo Run 10K	63:53	95
	LAFR 5K	28:36	80
	LAFR 10K	1:15:28	80
			895
2	Carlos Vizcarra		
	SoCal 18 Mile	2:10:05	125
	M2B Full	2:42:45	155
	LAFR 10K	37:48	150
	PS Pride 5K	18:19	150
	Catalina Eco Full	3:25:42	165
	Holiday Half	1:27:42	135
	Reindeer 5K	18:40	125
			880
3	Richard Peng		
	Run Deo Run 25K	2:52:14	120
	Chesebro Half	2:05:06	120
	Reindeer 15K	84:40	115
	Firecracker 10K	51:59	110
	Victory 10K	55:31	110
	LAFR Ultra Pride	1:22:26	110
	Santa Rosa Half	1:52:37	110
	LAFR 5K	26:33	100
	Catalina Eco 14.1	2:38:18	110
	LB Pride 10K	54:40	90
	LAFR 10K	55:53	90
			685

LAFR Age Group Detail 2016 FINAL

Rank	M4044 continued		
4	John McGuinness		
	LA Marathon	3:13:28	130
	Run Deo Run 25K	2:08:31	140
	LB Pride 10K	44:47	125
	LAFR 5K	22:08	125
	PS Pride 5K	22:50	100
			620
5	Dan Vu		
	LB Pride 10K	50:13	115
	LAFR 10K	51:53	100
	PS Pride 5K	24:30	90
	Reindeer 15K	85:12	125
			430
6	Eddie Flores		
	Doggie Dash 5K	22:34	115
	Doggie Dash 5K (DOG)	39:04	70
	Reindeer Half	1:47:01	145
			330
7	Mike Smith		
	LA Marathon	7:23:49	110
	Doggie Dash 5K	30:33	105
	Holiday Half	2:17:14	110
			325
8	Danny O'Hara		
	Run Deo Run 25K	2:16:08	130
	Boston Full	3:36:21	130
			260
9	Jim Sullivan		
	Doggie Dash 5K	20:04	160
			160
10	Anthony Chan		
	LB Pride 5K	35:32	85
	LAFR 5K	60:35	70
			155
11	William Fang		
	LB Pride 5K	35:36	75
	LAFR 5K	60:35	60
			135
12	Ted Wyder		
	SF Full	3:41:35	115
			115
13	Adam Comeau		
	Doggie Dash 5K	34:27	105
			105
14	Kevin Shiramizu		
	LAFR 5K	28:06	90
			90

LAFR Age Group Detail 2016 FINAL

Rank	M4549		
1	Mark Johnson		
	Boston Full	3:00:53	120
	M2B Full	2:56:31	150
	Santa Rosa Half	1:27:50	135
	Oktoberfest 15K	62:49	135
	Revel Half	1:24:53	135
	Reindeer 15K	59:13	150
			825
2	Moises Medina		
	GP Half	1:26:02	180
	LAFR 5K	21:05	125
	LAFR 10K	44:00	125
	M2B Full	3:03:26	120
	Santa Rosa Full	3:09:24	115
	Boston Full	3:12:01	110
	LAFR Ultra Pride	1:07:08	105
			775
3	Marcelino Goncalves		
	LA Marathon	3:17:29	140
	Run Deo Run 25K	2:10:02	115
	Boston Full	3:17:57	90
	LAFR 5K	21:51	105
	LAFR 10K	45:17	95
	LAFR Ultra Pride	1:05:02	150
			695
4	Bernie Tan		
	Run Deo Run 25K	2:24:08	105
	Boston Full	3:46:41	90
	PS Pride 5K	21:55	110
	Revel Full	3:22:24	105
			410
5	Bruce Bair		
	Run Deo Run 25K	2:14:48	115
	LAFR 10K	44:33	105
	Revel Half	1:27:46	145
			365
6	John Kawaharada		
	LAFR 25K	2:34:13	140
			140
7	Eric Alvarez		
	Boston Full	2:49:41	130
			130
8	Kent Hamilton		
	Bare Burro 5K	28:11	125
			125
9	Richard Korn		
	Agoura 10K	46:13	120
			120
10	Chris Tapper		
	LB Pride 10K	77:56	110
			110
11	Robb Briggs		
	Bare Burro 5K	37:50	100
			100

LAFR Age Group Detail 2016 FINAL

Rank	M5054		
1	Mario Mota		
	Reindeer 15K	69:31	170
	Summer Breeze 10K	44:49	145
	Monster Dash 15K	69:49	145
	Shane's 5K	23:36	140
	Mother's Day 5K	22:32	135
	Summer Sizzle Half	1:44:59	135
	<i>Holiday Fun Half</i>	<i>1:46:55</i>	<i>135</i>
	<i>LAFR 5K</i>	<i>24:36</i>	<i>125</i>
	<i>Catalina 14.1</i>	<i>3:23:00</i>	<i>100</i>
	<i>Giving Thanks 15K</i>	<i>72:08</i>	<i>135</i>
	<i>Op. Jack Half</i>	<i>1:45:35</i>	<i>135</i>
	<i>LAFR 10K</i>	<i>52:11</i>	<i>125</i>
	<i>LAFR Ultra Pride</i>	<i>1:16:47</i>	<i>125</i>
	<i>Doggie Dash 5K</i>	<i>21:49</i>	<i>125</i>
	<i>Father's Day 5K</i>	<i>22:57</i>	<i>115</i>
			870
2	Rick Allison		
	Reindeer 15K	69:56	155
	LB Pride 5K	21:04	170
	LAFR 25K	2:32:38	140
	Ventura Half	1:42:55	140
	Revel Half	1:40:14	130
	Father's Day 10K	47:36	125
	<i>Doggie Dash 5K</i>	<i>21:21</i>	<i>125</i>
	<i>New Year's Eve 5K</i>	<i>21:43</i>	<i>125</i>
	<i>Downtown Turkey 5.6</i>	<i>41:43</i>	<i>100</i>
	<i>Op. Jack Full</i>	<i>5:00:39</i>	<i>115</i>
			860
3	Angus Kennedy		
	Wrigley 15K	1:10:09	150
	Mother's Day 10K	45:19	150
	Shane's 10K	45:45	150
	GP Trail Half	1:56:44	135
	Oktoberfest 15K	73:28	135
	Monster Dash 15K	68:30	135
	<i>Catalia 14.1</i>	<i>2:26:03</i>	<i>135</i>
	<i>GP Half</i>	<i>1:41:16</i>	<i>120</i>
	<i>M2B Half</i>	<i>1:42:57</i>	<i>120</i>
	<i>Revel Half</i>	<i>1:37:12</i>	<i>120</i>
	<i>Santa Rosa Half</i>	<i>1:49:37</i>	<i>120</i>
	<i>Doggie Dash 5K</i>	<i>21:34</i>	<i>115</i>
	<i>Reindeer 15K</i>	<i>71:51</i>	<i>115</i>
	<i>LB Pride 10K</i>	<i>46:30</i>	<i>115</i>
	<i>Wrigley 5K</i>	<i>23:32</i>	<i>105</i>
	<i>Father's Day 10K</i>	<i>47:23</i>	<i>105</i>
	<i>Wrigley 10K</i>	<i>46:37</i>	<i>100</i>
			855
4	Deo Jaravata		
	Run Deo Run 50K	5:59:32	145
	SOB 50K	7:42:25	130
	LB Full	4:11:58	125
	LA Marathon	5:32:07	120
	GP Trail Full	4:50:28	120
	Holiday Half	1:55:31	120
	<i>Catalina Eco Full</i>	<i>5:29:53</i>	<i>115</i>

LAFR Age Group Detail 2016 FINAL

	<i>DEO continued</i>		
	Op. Jack Full	4:51:19	105
	Ventura Full	4:12:37	115
	SF Full	5:01:56	115
	Panama City Full	4:44:44	95
			760
5	John Miles		
	Run Deo Run 10K	54:18	135
	LB Pride 10K	54:16	105
	Father's Day Half	2:08:18	115
	Santa Rosa Full	4:19:53	105
	Revel Half	2:00:39	120
			580
6	Rudy Van Graan		
	GP Trail Half	2:26:01	100
	Santa Rosa Full	4:54:45	115
	Op. Jack Half	2:12:11	115
	New Year's Eve 5K	30:31	120
	Revel Full	4:43:53	105
			555
7	Brian Dunbar		
	SoCal 18 Mile	2:49:02	125
	LA Marathon	4:46:02	110
	LAFR 5K	28:21	90
	PS Pride 5K	28:41	90
	Holiday Half	1:56:39	110
			525
8	Sean O'Brien		
	SOB 50 Mile	9:43:07	155
	LA Marathon	3:21:12	130
	Doggie Dash 5K	22:06	145
			430
9	Mong Noiboonsook		
	Bare Burro 5K	41:45	110
	LB Pride 5K	26:19	80
	M2B Full	5:26:53	110
	LAFR 5K	26:58	90
			390
10	Juan Moreno		
	LB Pride 5K	25:48	95
	SoCal Half	2:08:42	130
	PS Pride 5K	36:27	70
			295
11	Tim Chung		
	LAFR 5K	55:20	70
	Doggie Dash 5K	57:15	105
			175
12	Chris Ng		
	Doggie Dash 5K	27:34	145
			145
13	Mark DeAngelis		
	PS Pride 5K	22:08	125
			125
14	Henry Jung		
	PS Pride 5K	25:45	100
			100

LAFR Age Group Detail 2016 FINAL

Rank	M5559		
1	Bill Austin		
	RAD 10 Mile	1:21:19	155
	Mother's Day 10K	44:39	150
	Shane's 5K	23:26	150
	Summer Breeze 5K	21:05	150
	Santa Rosa Full	4:13:04	145
	LA Marathon	4:54:42	140
	LB Half	3:16:30	140
	Summer Showdown Half	1:51:38	135
	Revel Half	1:47:23	130
	GP Half	1:52:28	125
	Turkey Trek Half	1:54:30	125
	New Year's Eve 5K	22:12	125
	Turkey Dash Half	2:02:32	105
	Giving Thanks Half	2:07:31	85
	Run Deo Run 10K	47:11	125
	Reindeer 5K	25:31	115
	Holiday Fun 5K	25:25	115
	Coaster 10K	44:27	125
	Doggie Dash 5K	23:56	125
	Oktoberfest 5K	23:13	125
	LAFR 10K	50:17	125
	LB Pride 10K	47:02	125
	Father's Day 5K	21:58	125
	Wrigley 5K	20:36	125
			890
2	Patrick Owen		
	Holiday Fun 15K	73:01	155
	Giving Thanks 15K	77:06	155
	Monster Dash 10K	50:11	150
	Reindeer 15K	75:34	135
	New Year's Eve 15K	77:48	135
	Boston Full	4:00:07	130
	Holiday Half	1:48:23	120
	PS Pride 5K	23:59	115
	Burbank Turkey 10K	50:14	105
			860
3	Martin Carlson		
	GP Half	1:52:19	125
	LAFR 5K	24:15	105
	LAFR 10K	51:12	105
	LAFR Ultra Pride	1:15:27	115
	Doggie Dash 5K	22:58	105
	Revel Full	3:36:27	135
			690
4	Reg Willson		
	Firecracker 10K	45:54	125
	Run Deo Run 25K	2:33:09	130
	Doggie Dash 5K	31:15	105
	Catalina 14.1	2:32:52	135
			495

LAFR Age Group Detail 2016 FINAL

Rank	M5559 continued		
5	Doug Jones		
	LA Marathon	6:12:58	110
	Run Deo Run 25K	4:05:39	100
	LB Pride 10K	89:55	80
	LAFR 5K	40:55	70
	PS Pride 5K	40:53	80
			440
6	Steven Morchak		
	Run Deo Run 5K	31:57	125
	LB Pride 5K	33:07	105
	Holiday Fun 5K	32:03	80
			310
7	Rand Smith		
	LAFR 5K	28:21	105
	LAFR 10K	61:47	90
	LAFR Ultra Pride	1:30:08	100
			295
8	Jeff Lymburner		
	Bare Burro 5K	25:35	110
	Doggie Dash 5K	21:59	150
			260
9	Carl Maravilla		
	LB Pride 10K	47:46	115
	LAFR 5K	22:51	125
			240
10	David Grudzien		
	Bare Burro 5K	37:20	100
	Thanksgiving ATC Half	2:10:24	50
	Space Coast Half	2:06:14	70
			220
11	Peter Lehrbaum		
	PS Pride 5K	23:01	145
			145
12	Lui Sanchez		
	LA Big 5K	27:16	110
			110
13	Bob Riddle		
	LAFR 5K	31:17	70
			70

LAFR Age Group Detail 2016 FINAL

Rank	M60+		
1	Richard Nelson		
	Monster Dash Half	1:54:37	160
	Bunny Dash 15K	1:18:49	155
	R/W/B 15K	1:18:06	155
	Holiday Fun 15K	76:12	155
	Reindeer Half	1:50:52	135
	Summer Showdown Half	2:02:33	135
	Firecracker 5K	24:19	125
	Victory 10K	52:24	125
	Turkey Trot 5K	23:22	125
	Giving Thanks 10K	50:12	115
	LB Pride 5K	23:24	125
	PS Pride 5K	23:26	125
	Wrigley 10K	50:10	125
	Doggie Dash 5K	24:42	125
			895
2	David Dassey		
	Run Deo Run 25K	2:29:51	140
	Op. Jack Full	4:06:48	140
	Boston Full	4:04:30	130
	M2B Full	3:56:10	130
	LAFR 5K	24:41	125
	LAFR 10K	52:17	125
	LAFR Ultra Pride	1:16:58	125
	LB Pride 10K	47:24	115
	Ventura 5K	22:42	125
	Santa Rosa Full	4:56:37	115
			790
3	Bill Winkelmann		
	GP Half	2:08:40	135
	Summer Showdown Half	2:16:04	125
	Bunny Dash 10K	62:22	125
	Father's Day 10K	62:07	125
	Santa Rosa Half	2:11:15	120
	LB Half	2:10:06	120
	Mother's Day 10K	60:18	115
	Giving Thanks Half	2:14:49	115
	LAFR 10K	65:25	105
	Doggie Dash 5K	29:08	115
	Holiday Fun 5K	28:18	115
	Shane's 5K	29:42	115
	Firecracker 5K	30:31	100
	LAFR Ultra Pride	1:36:59	90
	LB Pride 10K	60:31	85
	LAFR 5K	31:34	60
			750
	Mike Carbuto		
	LA Marathon	5:54:07	130
	SoCal 18 Mile	3:21:16	125
	GP Half	2:34:23	125
	Shane's 5K	27:32	125
	New Year's Eve 5K	28:44	125
	M2B Full	5:38:53	120
	LAFR 5K	28:22	115
	LAFR 10K	63:15	115
	LAFR Ultra Pride	1:31:37	115

LAFR Age Group Detail 2016 FINAL

	CARBUTO continued		
	<i>Reindeer 10K</i>	61:51	105
	<i>Doggie Dash 5K</i>	29:08	115
	<i>LB Half</i>	2:22:24	100
	<i>PS Pride 5K</i>	27:20	90
	<i>LB Pride 10K</i>	59:30	105
	<i>Santa Rosa Full</i>	5:23:39	95
			750
5	Bill Walsky		
	Coaster 5K	43:15	130
	Ventura Half	3:11:08	130
	OC Half	3:22:09	120
	SF Half	3:23:40	120
	LB Half	3:16:34	110
	Mother's Day 5K	46:19	105
	<i>Wrigley 5K</i>	45:50	100
	<i>Santa Rosa Half</i>	3:20:59	100
	<i>LAFR 5K</i>	57:47	50
			715
6	Jim Martinez		
	Mother's Day 5K	28:10	125
	Run Deo Run 5K	29:07	115
	Reindeer 5K	28:00	115
	Doggie Dash 5K	29:08	115
	LB Pride 5K	28:42	95
	LAFR 5K	30:00	95
	<i>Firecracker 5K</i>	31:45	90
			660
7	Eric Fischer		
	LAFR 5K	28:41	105
	Doggie Dash 5K	29:42	115
	Catalina Eco 10K	51:23	145
			365
8	Richard West		
	LAFR 5K	31:11	70
	Doggie Dash 5K	56:35	125
	Catalina Eco 10K	64:32	135
			330
9	Rusty Millar		
	Mother's Day 5K	40:08	95
	Father's Day 5K	42:43	115
	Doggie Dash 5K	40:59	105
			315
10	Dan Graham		
	Boston 5K	24:57	90
	Doggie Dash 5K	28:05	115
	PS Pride 5K	25:47	105
			310

LAFR Age Group Detail 2016 FINAL

	F3039		
1	Erin Brinton		
	Reindeer Half	1:39:28	160
	Monster Dash 15K	68:52	155
	LB Pride 5K	22:55	150
	Father's Day 5K	22:57	150
	Shane's 10K	45:23	150
	Doggie Dash 5K	22:17	150
	<i>Giving Thanks 10K</i>	<i>45:07</i>	<i>150</i>
	<i>Catalina 14.1</i>	<i>2:18:29</i>	<i>135</i>
			915
2	Brandi Spence		
	LAFR 5K	35:45	125
	Father's Day 5K	35:59	100
	Doggie Dash 5K	38:20	125
			350

	F4049		
1	Maria Poso		
	GP Trail Full	4:38:24	135
	LA Marathon	4:38:24	120
	Firecracker 5K	23:15	135
	Firecracker 10K	50:53	90
	OC Half	1:51:01	130
	M2B Full	3:50:12	120
			730
2	Karen Carey		
	Bunny Dash 5K	27:26	135
	Victory 5K	28:27	110
	Mother's Day 5K	27:53	125
	LAFR 5K	29:56	125
	Father's Day 5K	32:37	125
			620
3	Regina Robinson		
	LB Half	4:02:15	110
	Surf City 5K	49:09	120
			230
4	Keeley Webster		
	LAFR 10K	1:32:54	110
			110

	F5059		
1	Nicole Oeuvray		
	R/W/B 10K	1:32:00	125
	Summer Sizzle 15K	2:31:05	145
	Shane's 5K	42:55	135
	LB Half	3:28:01	130
	Doggie Dash 5K	42:29	145
	Revel Half	3:23:14	130
	<i>Reindeer 5K</i>	<i>43:04</i>	<i>110</i>
			810
2	Yumi Afrento		
	Run Deo Run 5K	41:25	125
	Doggie Dash 5K	57:16	135
	PS Pride 5K	44:19	125
			385

LAFR Age Group Detail 2016 FINAL

	F60+		
1	Margie Gonzales		
	Oktoberfest 15K	2:18:58	155
	RAD 10 Mile	2:21:03	155
	Turkey Dash Half	3:12:03	135
	Giving Thanks Half	3:25:16	125
	Father's Day 5K	41:28	125
	R/W/B 10K	1:21:48	125
	Summer Showdown 5K	41:40	125
	Summer Sizzle 5K	39:44	125
	New Year's Eve 5K	38:53	125
	Reindeer 5K	40:05	125
	Summer Breeze 5K	40:09	125
	Op. Jack 5K	38:52	115
	Holiday Fun 5K	40:44	125
	Doggie Dash 5K	40:06	125
	Revel Half	3:01:26	120
	Shane's 5K	40:22	125
	LB Half	3:22:35	120
			820
2	Allyne Winderman		
	LAFR 5K	28:58	125
	Op. Jack Full	5:01:09	140
			265
3	Connie Hammen		
	LAFR 5K	55:21	115
			115
	Jane Dods		
	Firecracker 5K	43:16	115
			115