

2013 LAFR Grand Prix Series Champions Race Standings as of FINAL
Detailed Standings Below, R = No. of Races

Rank	MEN	R	Score	AVG	Rank	MEN cont.	R	Score	AVG
1	Carlos Vizcarra	6	490.76	81.79	45	Don Formanek	3	181.75	60.58
2	Mark Johnson	6	477.12	79.52	46	Ric Munoz	3	180.96	60.32
3	Richard Nelson	6	471.37	78.56	47	Jose Castillo	3	147.12	49.04
4	Andrew Wissmiller	6	459.99	76.67	48	Geoff Buck	3	127.23	42.41
5	William Fang	6	456.20	76.03	49	Jason Coleman	3	112.41	37.47
6	David Dassey	6	451.66	75.28	50	Mike Heredia	2	143.47	71.74
7	Bernie Tan	6	436.87	72.81	51	Kent Hamilton	2	127.36	63.68
8	John McGuinness	6	436.16	72.69	52	Adam Gooch-Smith	2	118.48	59.24
9	Angus Kennedy	6	422.14	70.36	53	Henry Jung	2	116.62	58.31
10	Dan Graham	6	411.91	68.65	54	Juan Moreno	2	113.78	56.89
11	Reg Willson	6	410.11	68.35	55	Jim Martinez	2	111.66	55.83
12	Deo Jaravata	6	388.22	64.70	56	Kevin Shiramizu	2	101.33	50.67
13	Mong Noiboonsook	6	378.24	63.04	57	Rex Boone	2	100.98	50.49
14	Mike Carbuto	6	375.35	62.56	58	Mark Grumet	2	98.82	49.41
15	Brian Dunbar	6	359.61	59.94	59	Ross Lamkin	2	85.29	42.65
16	Raul Borja	6	312.34	52.06	60	Anthony Chan	2	80.19	40.10
17	Rob Chen	6	302.97	50.50	61	Christopher Tapper	2	70.90	35.45
18	Bill Walsky	6	258.91	43.15	62	Patrick Owen	1	72.18	72.18
19	Doug Jones	6	249.41	41.57	63	Piyush Prakash	1	67.60	67.60
20	Bill Austin	5	346.11	69.22	64	Terry Finestain	1	64.53	64.53
21	Jorge S Corona	5	321.69	64.34	65	Nelson White	1	61.93	61.93
22	David Gonzalez	5	302.20	60.44	66	Phil Scanlon	1	61.47	61.47
23	Jon Wasser	5	292.07	58.41	67	Jeff Masino	1	60.62	60.62
24	Albert Giang	5	275.54	55.11	68	Michael Whitley	1	59.92	59.92
25	Eric Alvarez	4	338.19	84.55	69	Eric Fischer	1	58.53	58.53
26	William Korthof	4	278.08	69.52	70	Augie Robles	1	58.30	58.30
27	Sean O'Brien	4	266.72	66.68	71	David Jaquez	1	58.05	58.05
28	Jonathan Toker	4	264.02	66.01	72	Drew Brabb	1	56.89	56.89
29	Paul Morrell	4	257.54	64.39	73	Rudolph van Graan	1	55.31	55.31
30	John Kawaharada	4	252.68	63.17	74	Marco C Bojorquez	1	55.02	55.02
31	Ted Wyder	4	242.69	60.67	75	Jason Bautista	1	54.30	54.30
32	David Grudzien	4	235.39	58.85	76	Gardner Delano	1	52.10	52.10
33	Bill Winkelmann	4	230.54	57.64	77	Seth Diamond	1	50.39	50.39
34	Richard Peng	4	230.16	57.54	78	Adam Comeau	1	48.61	48.61
35	Jeff Lymburner	4	217.29	54.32	79	Gary Iem	1	46.95	46.95
36	Dan Vu	4	214.81	53.70	80	Wadley	1	44.76	44.76
37	Patrick Conner	4	201.78	50.45	81	Rusty Millar	1	44.23	44.23
38	Mike Smith	4	188.89	47.22	82	Paul Wendell	1	44.11	44.11
39	Moises Medina	3	224.40	74.80	83	Rich Crook	1	43.39	43.39
40	Carl Maravilla	3	215.95	71.98	84	Neil Johnson	1	41.21	41.21
41	Mike Kerkman	3	212.30	70.77	85	Brian Eggert	1	40.37	40.37
42	Bruce Bair	3	198.94	66.31	86	Robb Briggs	1	38.69	38.69
43	Mark DeAngelis	3	195.75	65.25	86	Dale Beldin	1	38.06	38.06
44	Mike Kezsely	3	192.94	64.31					
Rank	WOMEN	R	Score	AVG	Rank	RACEWALK	R	Score	AVG
1	Margie Gonzales	6	308.66	51.44	1	Deo Jaravata	6	373.36	62.23
2	Cat White	6	256.35	42.73	2	Bill Walsky	5	255.08	51.02
3	Tanya Haney	5	266.27	53.25	3	Patricia Bates	2	137.23	68.62
4	Regina Robinson	5	160.94	32.19	4	Donna Balinski	2	85.08	42.54
5	Keeley Webster	5	171.15	34.23	5	Keeley Webster	2	83.78	41.89
6	JD Rouan	4	218.51	54.63	6	Cat White	2	82.69	41.35
7	Marilyn Jackson	4	128.21	32.05	7	Juan Moreno	1	63.21	63.21
8	Melissa Coleman	3	180.57	60.19	8	Connie Hammen	1	58.68	58.68
9	Lee Miller	3	129.68	43.23	9	Sue Roth	1	53.84	53.84
10	Donna Balinski	3	102.73	34.24	10	Regina Robinson	1	27.16	27.16
11	Yumi Afrento	2	80.17	40.09	11	Marilyn Jackson	1	26.95	26.95
12	Amy Ross	1	59.80	59.80					
13	Kristi Twilley	1	48.11	48.11					
14	Merle Brill	1	47.81	47.81					

LAFR Champions Race Detail 2013 FINAL

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Rank	MEN			AVG
1	Carlos Vizcarra			
		LA Marathon	2:48:39	82.80
		NY Marathon	2:48:53	83.37
		Memorial Day 5K	16:32	81.95
		LAFR 5K	16:58	79.86
		Ventura Half	1:19:55	81.05
		Surf City Half	1:18:38	81.73
		<i>La Palma 10K</i>	35:46	78.85
		<i>Firecracker 10K</i>	36:53	76.46
		<i>RAD 10 Mle</i>	1:02:59	77.54
		<i>Resolution 5K</i>	17:10	78.93
			490.76	81.79
2	Mark Johnson			
		SRLA 18	1:59:20	78.81
		LA Marathon	2:56:53	83.73
		Victory 10K	38:54	76.45
		PS Pride 5K	18:41	76.48
		Mountains2Beach Half	1:24:46	80.20
		Holiday Half	1:23:28	81.45
		<i>Big Sur Half</i>	1:45:07	64.67
		<i>LB Half</i>	1:27:21	77.83
		<i>LB Pride 10K</i>	38:59	76.29
		<i>Burban Turkey 10K</i>	39:42	74.91
		<i>LAFR 10K</i>	39:32	75.23
		<i>Montana 8 Mile</i>	1:09:22	61.27
			477.12	79.52
3	Richard Nelson			
		Palm Springs Half	1:38:12	82.10
		LAFR 5K	21:15	79.67
		Will Rogers 5K	21:21	79.29
		Sr Olympics Trials 1500	5:52.06	76.71
		Sr Olympics Trials 10K	46:39	75.53
		Bookends 10K	45:08	78.07
		<i>Jet to Jetty 10K</i>	47:07	74.79
		<i>LAFR 10K</i>	47:22	74.39
		<i>RnR LA Half</i>	1:48:47	74.84
		<i>PS Pride 5K</i>	23:28	72.14
		<i>RAD 10 Mle</i>	1:24:50	72.02
		<i>Sr Olympics Trails 5K</i>	22:32	75.13
		<i>Sr Olympics Trails 800</i>	2:59.62	73.83
		<i>Victory 5K</i>	21:30	78.74
			471.37	78.56

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4	Andrew Wissmiller			
	LAFR 5K	21:09	75.83	
	Downtown LA Turkey 10K	42:33	79.15	
	RAD 10K	45:31	74.00	
	NY Marathon	3:44:30	75.80	
	Ventura Half	1:41:36	76.37	
	LB Half	1:37:29	78.84	
	<i>Pasadena Half</i>	1:47:15	71.66	
	<i>LAFR 10K</i>	45:50	72.84	
	<i>Boston Marathon</i>	3:53:50	72.06	
	<i>Chesebro Half</i>	1:48:35	70.78	
	<i>Verdugos 10K</i>	60:12	55.45	
	<i>Bulldog 25K</i>	2:29:31	62.10	
	<i>Montana 17.1</i>	2:57:58	60.53	
	<i>LB Pride 10K</i>	46:25	72.56	
	<i>Bandit 30K</i>	4:09:46	46.82	
			459.99	76.67
5	William Fang			
	Jet to Jetty 10K	36:03	77.09	
	LAFR 10K	35:59	77.23	
	Holiday Half	1:24:23	75.03	
	LB Pride 5K	17:32	76.15	
	CityFarm 5K	17:46	75.15	
	Mountains2Beach Full	3:02:37	75.55	
	<i>SD Pride 5K</i>	34:52	38.29	
	<i>SF Half</i>	1:26:51	72.90	
	<i>Firecracker 10K</i>	38:43	71.78	
	<i>Hwd Half</i>	1:27:02	72.75	
	<i>Ventura Full</i>	4:25:49	51.90	
	<i>Montana 17.1</i>	2:39:39	54.90	
			456.20	76.03
6	David Dassey			
	Mountains2Beach Full	3:46:32	75.87	
	Ventura Full	3:53:13	73.69	
	Op Jack Half	1:43:19	76.53	
	CityFarm 10K	45:07	75.99	
	LAFR 5K	22:12	73.54	
	Turkey 5 Miler	36:09	76.04	
	<i>LB Pride 10K</i>	47:23	71.71	
	<i>Montana 8 Mile</i>	1:25:51	56.73	
	<i>Buzz Full</i>	4:31:53	63.22	
	<i>Two Cities Full</i>	3:55:47	73.63	
	<i>LAFR 10K</i>	47:48	71.09	
	<i>LA Marathon</i>	4:29:54	63.68	
			451.66	75.28

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7	Bernie Tan			
	SRLA 18	2:16:28	68.91	
	Boston Marathon	3:08:52	77.75	
	Victory 5K	19:43	71.91	
	Bookends 5K	19:35	72.40	
	Holiday Half	1:35:03	70.94	
	Mountains2Beach Half	1:29:57	74.96	
	<i>LB Pride 5K</i>	19:55	71.18	
	<i>Tiger 5K</i>	20:05	70.59	
	<i>Coastal 10K</i>	43:19	67.60	
	<i>CityFarm 5K</i>	21:10	66.98	
			436.87	72.81
8	John McGuinness			
	OC Half	1:28:22	72.72	
	LB Half	1:30:01	71.39	
	CityFarm 10K	40:11	70.70	
	Jet to Jetty 10K	40:50	69.06	
	LA Marathon	3:06:16	74.97	
	Boston Marathon	3:00:37	77.32	
	<i>New Year's Half</i>	1:35:12	67.50	
	<i>Surf City Half</i>	1:30:16	71.20	
	<i>RAD 10 Mle</i>	1:11:26	67.84	
	<i>PS Pride 5K</i>	19:38	69.01	
	<i>LAFR 10K</i>	41:09	68.53	
	<i>Ventura Half</i>	1:37:00	66.26	
			436.16	72.69
9	Angus Kennedy			
	Ventura Half	1:36:48	70.81	
	Mountains2Beach Half	1:36:39	70.92	
	Coastal 10K	43:27	68.98	
	CityFarm 10K	43:43	68.56	
	PS Pride 5K	20:51	69.07	
	Santa Rosa Full	3:22:26	73.80	
	<i>New Year's Half</i>	1:40:31	67.63	
	<i>Catalina Eco 10K</i>	46:05	65.04	
	<i>Burbank Turkey 10K</i>	44:23	67.53	
	<i>SRLA 18</i>	2:22:44	67.01	
	<i>Montana 6.95</i>	58:48	62.96	
	<i>Big Sur 5 Mi</i>	47:37	50.01	
			422.14	70.36
10	Dan Graham			
	Victory 10K	47:50	68.59	
	CityFarm 10K	48:47	67.25	
	LAFR 5K	23:14	67.84	
	Bookends 5K	22:53	68.88	
	Mountains2Beach Half	1:43:35	72.84	
	Holiday Half	1:53:27	66.51	
	<i>Tiger 5K</i>	23:38	66.70	
			411.91	68.65

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11	Reg Willson			
	SRLA 18	2:20:11	71.89	
	Will Rogers 5K	20:14	75.32	
	Jet to Jetty 10K	42:13	75.13	
	LB Half	1:34:34	76.98	
	Big Sur Half	2:10:15	55.88	
	Catalina Eco Full	4:49:44	54.91	
			410.11	68.35
12	Deo Jaravata			
	Holiday Half	1:48:52	63.49	
	LAFR 10K	47:58	62.98	
	SRLA 18	2:28:55	64.23	
	SoCal Half	1:44:39	65.50	
	Santa Clarita Full	3:48:51	65.85	
	SD RnR Full	3:47:45	66.17	
	<i>Country Music Full</i>	4:00:57	62.55	
	<i>Mardi Gras Full</i>	4:00:57	62.00	
	<i>RnR SF Half</i>	1:49:24	63.19	
	<i>Malibu Full</i>	4:39:26	53.93	
	<i>RnR Vegas Full</i>	3:57:02	63.58	
	<i>Running Off Turkey Full</i>	3:59:58	62.80	
	<i>Feeling Stuffed Full</i>	4:14:20	59.26	
	<i>Hall of Fame Full</i>	4:22:20	57.44	
	<i>RnR Denver Full</i>	3:57:03	63.57	
	<i>Tacoma Full</i>	3:49:53	65.56	
	<i>Lake Tahoe Full</i>	4:23:08	57.27	
	<i>Outgames Full</i>	4:05:20	61.42	
	<i>Main Street 10K</i>	49:43	60.76	
	<i>Welcome Friends Full</i>	5:36:48	44.75	
	<i>Tijuana Full</i>	4:19:00	58.19	
	<i>Diamond Valley Full</i>	4:20:00	57.45	
	<i>GP Trail Full</i>	4:40:40	53.69	
	<i>Laguna to Quezon 50K</i>	6:51:46	49.88	
	<i>New Year's Half</i>	1:53:54	60.18	
	<i>Op Jack Full</i>	4:15:57	58.88	
	<i>Outgames 5K Track</i>	23:33	60.28	
	<i>Catalina Eco Full</i>	5:31:55	45.41	
	<i>LB Full</i>	4:14:39	59.18	
	<i>Ventura Full</i>	4:10:19	60.20	
	<i>Calico 50K</i>	5:59:40	52.60	
	<i>Spring 7 Day 6</i>	4:12:14	59.74	
			388.22	64.70

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13	Mong Noiboonsook			
	Summer Nights 5K	23:37	62.96	
	LAFR 5K	23:03	64.51	
	LB Pride 10K	49:47	62.16	
	Wrigley 10K	49:36	62.39	
	LB Half	1:51:48	63.42	
	Surf City Half	1:51:57	62.80	
	<i>Conquer the Bridge 5.3</i>	43:38	59.95	
	<i>Into the Wild 9.2K</i>	54:42	51.40	
	LAFR 10K	50:13	61.63	
	Bare Burro 5K	29:45	49.98	
	Big Sur Full	5:44:42	44.90	
	Wrigley 5K	25:51	57.52	
	Montana 17.1	3:19:00	49.39	
	Verdugos 10K	63:27	48.77	
	<i>Mt. Wilson Trail</i>	1:40:44	45.22	
	<i>Bulldog 25K</i>	2:46:12	51.00	
	<i>Into the Wild 8K</i>	44:56	54.38	
	<i>Race on the Base 10K</i>	47:59	63.97	
	<i>Seal Beach 10K</i>	48:21	63.49	
	<i>Renegade 5 Miler</i>	41:38	59.06	
	<i>Winter Trail 21K</i>	2:37:05	44.54	
			378.24	63.04
14	Mike Carbuto			
	CityFarm 10K	52:10	63.99	
	LAFR 10K	56:10	59.44	
	PS Pride 5K	24:22	65.82	
	We Run City 5K	25:24	63.14	
	LA RnR Half	2:03:27	62.25	
	Op Jack Half	2:06:36	60.71	
	<i>Holiday Half</i>	2:07:07	60.46	
	<i>OC Half</i>	2:10:14	59.01	
	<i>Firecracker 5K</i>	37:52	42.36	
	<i>Pasadena Half</i>	2:30:10	51.18	
	<i>Bookends 5K</i>	25:39	62.53	
	<i>Topanga 15K</i>	1:44:49	51.11	
	<i>LB Full</i>	5:04:05	55.41	
	<i>LB Pride 10K</i>	59:02	56.55	
	<i>Catalina Eco Full</i>	6:22:14	44.08	
	<i>Bare Burro 5K</i>	36:53	43.49	
	<i>Will Rogers 10K</i>	60:09	55.50	
	<i>Catalina Trail Half</i>	2:52:15	44.61	
			375.35	62.56
15	Brian Dunbar			
	SRLA 18	2:42:18	60.48	
	LA Marathon	4:16:29	59.81	
	LAFR 10K	55:02	56.23	
	PS Pride 5K	24:08	61.61	
	Palisades Turkey 5K	24:50	59.87	
	SoCal Half	1:54:06	61.61	
	LAFR 5K	27:20	54.40	
	LB Pride 10K	52:23	59.08	
	<i>Holiday Half</i>	2:12:43	53.42	
	<i>Main Street 10K</i>	55:22	55.90	
			359.61	59.94

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16	Raul Borja			
	Leona Divide 50 Mile	11:46:30	45.56	
	New Year's Half	2:18:16	45.53	
	Portland RnR Half	1:51:11	56.62	
	RnR Denver Full	4:20:29	52.97	
	LAFR 5K	23:46	55.79	
	LAFR 10K	49:24	55.87	
			312.34	52.06
17	Rob Chen			
	Bare Burro 5K	29:28	44.73	
	PS Pride 5K	27:05	48.66	
	LB Pride 10K	48:55	56.08	
	LAFR 10K	53:05	51.68	
	Mountains2Beach Half	1:48:40	57.66	
	Big Sur Half	2:21:51	44.16	
			302.97	50.50
18	Bill Walsky			
	Texas Full	6:34:11	43.60	
	LA Marathon	6:27:37	44.34	
	Ventura Half	3:12:58	40.98	
	Firecracker 10K	82:12	41.34	
	Jet to Jetty 10K	75:52	45.19	
	LAFR 5K	37:34	43.46	
	<i>SF Half</i>	3:10:18	41.16	
	<i>NYC Marathon</i>	7:22:41	39.22	
	<i>RAD 10 Mile</i>	2:29:47	39.64	
	<i>Surf City Full</i>	6:36:29	43.35	
			258.91	43.15
19	Doug Jones			
	PS Pride 5K	39:41	39.05	
	LA Marathon	5:56:09	45.09	
	Jet to Jetty 10K	77:38	41.55	
	RAD 10 Mile	2:23:38	38.79	
	Ventura Half	2:52:45	42.89	
	OC Half	2:54:40	42.04	
	<i>Surf City Half</i>	2:58:04	41.24	
	<i>LB Half</i>	2:57:03	41.84	
	<i>LAFR 5K</i>	41:17	37.22	
	<i>New Year's Half</i>	3:05:21	39.62	
			249.41	41.57
20	Bill Austin			
	Super Bowl 10K	60:04	53.25	
	Burbank Turkey 10K	44:03	73.23	
	Jet to Jetty 5K	20:10	76.85	
	PS Pride 5K	20:31	75.54	
	RAD 10 Mile	1:22:52	67.24	
	<i>LAFR 5K</i>	21:05	73.51	
	<i>LB Pride 5K</i>	21:20	72.64	
	<i>Wrigley 5K</i>	20:48	74.51	
	<i>Firecracker 5K</i>	24:58	61.55	
			346.11	69.22

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21	Jorge Santana Corona			
	Hot Chocolate 15K	1:06:11	65.65	
	LAFR 5K	20:06	64.93	
	LAFR 10K	45:15	60.03	
	SF Full	3:36:59	63.33	
	Ventura Half	1:31:56	67.75	
			321.69	64.34
22	David Gonzalez			
	LA Marathon	3:52:54	59.00	
	SF Marathon	3:45:10	61.03	
	LAFR 10K	44:55	60.47	
	CityFarm 10K	44:04	61.64	
	RnR Half LA	1:43:42	60.06	
			302.20	60.44
23	Jon Wasser			
	LA Marathon	4:10:23	58.64	
	Palm Springs Half	1:50:04	61.26	
	Heroes 6K	29:53	57.62	
	Women Running Wild 5K	23:01	61.60	
	PS Pride 5K	26:59	52.95	
			292.07	58.41
24	Albert Giang			
	Firecracker 5K	23:19	56.52	
	LB Pride 10K	52:45	52.32	
	LAFR 5K	23:16	56.99	
	Mountains2Beach Half	1:53:27	55.48	
	LB Half	1:56:04	54.23	
	<i>PS Pride 5K</i>	23:58	55.32	
	<i>Op Jack Half</i>	2:01:50	51.66	
			275.54	55.11
25	Eric Alvarez			
	LA Marathon	2:57:48	82.59	
	Victory 10K	34:36	85.29	
	Mountains2Beach Half	1:15:47	88.97	
	CityFarm 5K	17:34	81.34	
			338.19	84.55
26	William Korthof			
	Death Valley Full	3:18:09	69.34	
	SF Full	3:12:43	71.30	
	LAFR 5K	18:43	70.04	
	LAFR 10K	40:29	67.40	
	<i>LA Marathon</i>	3:33:46	64.28	
			278.08	69.52
27	Sean O'Brien			
	Big Sur Full	3:50:12	66.64	
	Catalina Eco Full	3:55:00	65.29	
	Ray Miller 50 Mile	9:11:46	65.08	
	Miwok 60K	5:49:18	69.71	
			266.72	66.68
28	Jonathan Toker			
	Boney Mtn 21K	1:35:23	66.06	
	Malibu Creek 6K	26:07	62.54	
	Bettmeralp 15K	1:01:12	72.98	
	Zermatt Full	3:42:04	62.44	
	<i>Mt. Baldy</i>	1:12:39	45.74	
			264.02	66.01

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29	Paul Morrell			
	Kaiser SF Half	1:51:41	65.17	
	Bay to Breakers 12K	1:02:47	64.11	
	SF Pride 10K	51:06	62.07	
	SF Half	1:49:58	66.19	
			257.54	64.39
30	John Kawaharada			
	Leona 50 Mile	10:18:15	55.10	
	Mountains2Beach Full	3:18:32	73.96	
	Jet to Jetty 10K	43:36	67.68	
	Catalina Eco Full	4:22:31	55.94	
	<i>Big Sur Full</i>	4:22:34	55.92	
			252.68	63.17
31	Ted Wyder			
	SF Pride 5K	23:15	58.71	
	La Palma 5K	22:19	61.16	
	LAFR 10K	46:22	61.27	
	SF Half	1:45:14	61.55	
			242.69	60.67
32	David Grudzien			
	Hwd Half	2:12:55	55.25	
	Palmetto Half	2:05:02	58.74	
	Rt 66 5K	25:53	59.37	
	Jingle Jog 5K	24:59	62.03	
	<i>Tour de Pain 10K</i>	59:00	54.21	
	<i>YMCA 4-Miler</i>	38:22	52.31	
	<i>Atlanta's Finest 5K</i>	27:54	55.08	
	<i>Lucy Town 5K</i>	27:49	55.24	
	<i>Tour de Pain 5K</i>	29:30	52.09	
	<i>Lucy Town Half</i>	2:20:04	52.21	
	<i>Allstate 13.1 Atlanta</i>	2:17:04	57.79	
	<i>Big Cottonwood Half</i>	2:12:25	55.46	
	<i>Kansas City Half</i>	2:24:01	50.99	
	<i>Des Moines Half</i>	2:15:58	54.01	
	<i>Twin Cities Monster Half</i>	2:19:50	52.52	
	<i>Haunted Hustle Half</i>	2:17:11	53.53	
	<i>SD Holiday Half</i>	2:14:55	54.92	
	<i>RnR Savannah Half</i>	2:10:55	56.09	
	<i>PV Half</i>	2:20:54	52.12	
	<i>Silver Strand Half</i>	2:32:07	48.28	
	<i>Rt 66 Half</i>	2:11:07	56.01	
	<i>ATC Cartersville 10K</i>	56:53	56.23	
	<i>Flashlight 5K</i>	28:25	54.54	
	<i>KP 5K</i>	27:28	55.95	
	<i>Space Coast Half</i>	2:12:01	56.12	
	<i>Day of the Dead Day 1 Half</i>	2:25:40	50.41	
	<i>Day of the Dead Day 2 Half</i>	2:17:38	53.35	
	<i>Day of the Dead Day 3 Half</i>	2:07:44	57.49	
	<i>Day of the Dead Day 4 Half</i>	2:44:12	44.72	
	<i>Center of Nation Day 1 Half</i>	2:27:07	47.54	
	<i>Center of Nation Day 2 Half</i>	2:27:00	49.96	
	<i>Center of Nation Day 3 Half</i>	2:41:00	45.61	
	<i>Center of Nation Day 4 Half</i>	2:57:00	41.49	
	<i>Center of Nation Day 5 Half</i>	2:31:00	48.64	
	<i>Rock Into Autumn Half</i>	2:26:59	49.96	
	<i>Nashville Women's Half</i>	2:22:49	51.42	

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	David Grudzien continued			
	<i>Mardi Gras Half</i>	2:13:48	54.88	
	<i>Indy 500 Half</i>	2:17:40	53.34	
	<i>Allstate Chicago Half</i>	2:15:16	54.29	
	<i>Rockin the Lake Half</i>	2:25:39	50.42	
	<i>Laguna Hills Half</i>	2:40:21	45.80	
	<i>Rattlesnake Ridge Half</i>	3:18:34	36.98	
	<i>Bald Peak Half</i>	2:35:45	47.15	
	<i>Castle Awards Half</i>	2:09:44	56.61	
	<i>Op Jack Half</i>	2:25:23	50.97	
	<i>Mountains2Beach Half</i>	2:14:21	54.66	
	<i>Country Music Half</i>	2:14:31	54.59	
	<i>Lynchburg Half</i>	2:36:40	46.87	
	<i>Flying Pig Half</i>	2:24:53	50.68	
	<i>Intown 10K</i>	59:21	53.89	
	<i>Peachtree 10K</i>	59:44	53.54	
	<i>Rockin the LP Half</i>	2:19:11	52.76	
	<i>Area 13.1 Half</i>	2:23:21	51.23	
	<i>Black Bear Half</i>	2:27:53	49.65	
	<i>Budapest Half</i>	2:33:39	47.80	
	<i>Aspen Valley Half</i>	2:29:58	48.97	
	<i>Essex Half</i>	2:28:57	49.30	
	<i>Backside Trail Half</i>	3:06:16	39.43	
	<i>Maryland Half</i>	2:17:25	53.43	
	<i>Publix GA Half</i>	2:19:33	52.63	
	<i>Allstate NYC Half</i>	2:20:59	52.09	
	<i>Tour de Pain Half</i>	2:22:17	51.61	
	<i>Mercedes Benz Half</i>	2:19:01	52.83	
	<i>Disney World Half</i>	2:20:04	52.43	
	<i>Palm Springs Half</i>	2:23:34	51.15	
	<i>Miami Half</i>	2:27:38	49.74	
			235.39	58.85
33	Bill Winkelmann			
	Burbank Turkey 5K	27:58	57.86	
	PS Pride 5K	27:32	58.25	
	Super Bowl 10K	59:28	56.14	
	LB Pride 10K	57:16	58.29	
	<i>Firecracker 5K</i>	28:32	56.21	
	<i>Jet to Jetty 5K</i>	28:08	57.01	
			230.54	57.64
34	Richard Peng			
	Mountains2Beach Half	1:50:01	59.35	
	Victory 10K	48:32	58.54	
	LAFR 10K	49:42	57.60	
	Chesebro Half	1:58:28	54.67	
	<i>Firecracker 10K</i>	51:23	55.29	
	<i>Big Sur Half</i>	2:20:49	46.36	
			230.16	57.54

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35	Jeff Lymburner				
	Xterra Lake LV 21K	2:02:03	58.82		
	WOW 10K	1:00:27	52.47		
	Imogene Pass	3:32:27	45.35		
	Bare Burro 5K	24:55	60.65		
	<i>Telluride 10 Mile Climb</i>	2:17:08	39.93		
	<i>Sneffels 13.8</i>	3:03:59	41.76		
	<i>Kendall Mtn 12 Miler</i>	2:37:04	42.25		
				217.29	54.32
36	Dan Vu				
	LB Pride 10K	50:44	54.78		
	LAFR 10K	52:42	52.73		
	LAFR 5K	26:37	50.16		
	PS Pride 5K	23:22	57.14		
				214.81	53.70
37	Patrick Conner				
	Firecracker 10K	50:57	52.95		
	LAFR 10K	52:33	51.34		
	PS Pride 5K	23:42	54.69		
	Topanga 15K	1:41:04	42.80		
				201.78	50.45
38	Mike Smith				
	SRLA 18	3:13:41	46.61		
	Holiday Half	2:16:58	47.67		
	LA Marathon	5:20:05	44.35		
	Main Street 10K	56:57	50.26		
				188.89	47.22
39	Moises Medina				
	Coastal 10K	40:37	71.54		
	SRLA 18	2:05:16	73.85		
	Santa Rosa Full	3:04:15	79.01		
				224.40	74.80
40	Carl Maravilla				
	Bare Burro 5K	25:15	59.85		
	LAFR 5K	19:33	77.30		
	LB Pride 10K	39:55	78.80		
				215.95	71.98
41	Mike Kerkman				
	RnR LA Half	1:29:44	69.81		
	Coastal 5K	18:30	70.86		
	PS Pride 5K	18:24	71.63		
	<i>LAFR 5K</i>	18:39	70.29		
	<i>Burbank Turkey 5K</i>	19:08	68.88		
	<i>Bare Burro 5K</i>	22:20	58.70		
				212.30	70.77
42	Bruce Bair				
	Firecracker 10K	42:39	69.73		
	PS Pride 5K	19:50	72.61		
	Topanga 15K	1:24:41	56.60		
				198.94	66.31
43	Mark DeAngelis				
	Palm Springs Half	1:58:11	58.49		
	LAFR 5K	21:07	68.73		
	PS Pride 5K	21:21	68.53		
				195.75	65.25

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44	Mike Kezsely				
	Will Rogers 10K	49:39	63.35		
	LAFR 10K	48:13	65.24		
	OC Half	1:52:07	64.35		
	<i>LB Pride 10K</i>	50:24	62.41		
				192.94	64.31
45	Don Formanek				
	Mountains2Beach Half	1:45:17	61.52		
	LB Pride 10K	47:13	60.17		
	LAFR 10K	47:18	60.06		
	<i>Victory 10K</i>	48:01	59.17		
				181.75	60.58
46	Ric Munoz				
	Boston Marathon	3:33:06	75.36		
	Run-de-Vous 100 Mile	27:40:23	58.44		
	Javelina 100K	17:38:36	47.16		
				180.96	60.32
47	Jose Castillo				
	LAFR 5K	26:37	49.25		
	LAFR 10K	57:31	47.44		
	Jet to Jetty 10K	54:24	50.43		
				147.12	49.04
48	Geoff Buck				
	Holiday Half	3:03:37	41.85		
	LAFR 5K	34:26	46.18		
	Main Street 10K	1:25:10	39.20		
				127.23	42.41
49	Jason Coleman				
	Bookends 10K	1:16:28	36.34		
	LAFR 5K	33:24	39.97		
	Burbank Turkey 10K	1:16:59	36.10		
				112.41	37.47
50	Mike Heredia				
	LA Marathon	3:17:11	69.69		
	Citrus 10K	36:29	73.78		
				143.47	71.74
51	Kent Hamilton				
	LAFR 10K	45:10	64.83		
	LAFR 5K	22:30	62.53		
				127.36	63.68
52	Adam Gooch-Smith				
	LAFR 10K	48:42	59.22		
	LAFR 5K	23:23	59.26		
				118.48	59.24
53	Henry Jung				
	LAFR 5K	24:52	58.37		
	PS Pride 5K	25:07	58.25		
				116.62	58.31
54	Juan Moreno				
	Bay Bridge 4 Miler	34:23	55.14		
	PS Pride 5K	24:45	58.64		
				113.78	56.89
55	Jim Martinez				
	Firecracker 5K	27:53	57.02		
	LAFR 5K	29:06	54.64		
				111.66	55.83

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56	Kevin Shiramizu				
		LAFR 5K	26:38	50.87	
		PS Pride 5K	27:03	50.46	
				101.33	50.67
57	Rex Boone				
		Buzz Half	2:12:53	51.16	
		Firecracker 10K	59:14	49.82	
				100.98	50.49
58	Mark Grumet				
		Run for Justice 5K	34:35	46.38	
		LAFR 5K	30:35	52.44	
				98.82	49.41
59	Ross Lamkin				
		Ray Miller 50 Mile	12:02:18	47.17	
		Leona 50K	8:03:37	38.12	
				85.29	42.65
60	Anthony Chan				
		SD Pride 5K	34:53	39.42	
		CityFarm 5K	33:44	40.77	
		<i>Jet to Jetty 5K</i>	<i>1:09:33</i>	<i>19.77</i>	
				80.19	40.10
61	Christopher Tapper				
		LB Pride 5K	36:22	39.29	
		PS Pride 5K	45:12	31.61	
		<i>LAFR 5K</i>	<i>46:08</i>	<i>30.97</i>	
				70.90	35.45
62	Patrick Owen				
		Mountains2Beach Full	3:38:22	72.18	
				72.18	72.18
63	Piyush Prakash				
		LA Marathon	3:23:17	67.60	
				67.60	67.60
64	Terry Finestein				
		LAFR 5K	22:19	64.53	
				64.53	64.53
65	Nelson White				
		LAFR 5K	21:43	61.93	
				61.93	61.93
66	Phil Scanlon				
		Mountains2Beach Half	1:56:22	61.47	
				61.47	61.47
67	Jeff Masino				
		SF Full	4:06:25	60.62	
				60.62	60.62
68	Michael Whitley				
		LAFR 10K	45:20	59.92	
				59.92	59.92
69	Eric Fischer				
		Tiger 5K	28:24	58.53	
				58.53	58.53
70	Augie Robles				
		LAFR 5K	24:42	58.30	
				58.30	58.30
71	David Jaquez				
		LAFR 5K	24:03	58.05	
				58.05	58.05

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72	Drew Brabb				
		PS Pride 5K	25:43	56.89	
				56.89	56.89
73	Rudolph van Graan				
		Hwd Half	2:08:12	55.31	
				55.31	55.31
74	Marco Castro-Bojorquez				
		LB Pride 10K	53:38	55.02	
				55.02	55.02
75	Jason Bautista				
		LAFR 5K	24:02	54.30	
				54.30	54.30
76	Gardner Delano				
		CityFarm 10K	56:38	52.10	
				52.10	52.10
77	Seth Diamond				
		LAFR 10K	60:26	50.39	
				50.39	50.39
78	Adam Comeau				
		LAFR 10K	58:27	48.61	
				48.61	48.61
79	Gary Iem				
		SF Full	4:52:40	46.95	
				46.95	46.95
80	Wadley				
		Catalina Eco Full	5:07:02	44.76	
				44.76	44.76
81	Rusty Millar				
		CityFarm 5K	37:35	44.23	
				44.23	44.23
82	Paul Wendell				
		LAFR 5K	34:50	44.11	
				44.11	44.11
83	Rich Crook				
		Bare Burro 5K	32:56	43.39	
				43.39	43.39
84	Neil Johnson				
		PS Pride 5K	38:15	41.21	
				41.21	41.21
85	Brian Eggert				
		PS Pride 5K	41:33	40.37	
				40.37	40.37
86	Robb Briggs				
		Bare Burro 5K	36:22	38.69	
				38.69	38.69
87	Dale Beldin				
		LAFR 5K	43:43	38.06	
				38.06	38.06

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Rank	WOMEN			AVG
1	Margie Gonzales			
	LB Pride 5K	35:59	52.42	
	LAFR 5K	37:05	50.86	
	Firecracker 10K	1:26:15	44.82	
	Rocket Racing 10K	1:16:17	50.67	
	Fontana Half	2:35:03	56.82	
	OC Half	2:45:59	53.07	
	<i>Laguna Hills Half</i>	2:50:41	51.61	
	<i>Surf City Half</i>	3:03:12	48.08	
	<i>Arroyo Creek Half</i>	3:07:47	46.91	
	<i>Malibu Half</i>	3:11:05	46.11	
	<i>Santa to Sea Half</i>	3:13:20	45.56	
	<i>Holly Jolly Half</i>	3:04:47	47.67	
	<i>America's Finest Half</i>	3:03:29	48.01	
	<i>Honkers Half</i>	2:56:58	49.10	
	<i>Carlsbad Half</i>	3:06:59	46.46	
	<i>Pas RnR Half</i>	3:04:06	47.85	
	<i>Chesebro Half</i>	3:09:03	46.60	
	<i>LA RnR Half</i>	3:08:30	46.74	
	<i>LB Half</i>	2:58:22	49.39	
	<i>Ventura Half</i>	2:53:45	50.70	
	<i>Victory 5K</i>	37:09	50.77	
	<i>Firecracker 5K</i>	37:36	50.16	
	<i>New Year's Half</i>	3:09:35	45.83	
			308.66	51.44
2	Cat White			
	Mesa Falls Full	7:45:00	34.88	
	Taft 5K	30:23	51.00	
	LAFR 5K	31:57	48.50	
	LAFR 10K	70:37	44.97	
	WeSpark 10K	1:34:15	33.95	
	Mountains2Beach Half	2:48:07	43.05	
	<i>Santa Anita 5K</i>	35:33	43.59	
			256.35	42.73
3	Tanya Haney			
	Malibu Half	2:25:10	49.85	
	Every Child 5K	27:28	56.03	
	Aztlan 5K	26:55	57.17	
	Ojai 10K	58:20	54.07	
	Tiger 10K	1:04:37	49.15	
	<i>Valley Crest Half</i>	2:25:46	49.31	
			266.27	53.25
4	Regina Robinson			
	Coastal 5K	43:54	36.18	
	Victory 5K	42:05	37.74	
	Bandit 6K	1:48:10	17.74	
	Hwd 10K	1:30:16	36.06	
	LB Half	3:43:15	33.22	
			160.94	32.19

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5	Keeley Webster			
	Santa Anita 5K	45:51	34.33	
	Taft 5K	44:35	35.31	
	Mesa Falls Full	8:30:53	32.19	
	Mountains2Beach Half	3:31:12	34.81	
	WeSpark 10K	1:34:19	34.51	
			171.15	34.23
6	JD Rouan			
	Jaycees 10K	57:46	53.02	
	MLK 5K	26:37	56.14	
	LAFR 5K	25:53	57.73	
	LAFR 10K	59:20	51.62	
	<i>Cottage 5K</i>	<i>27:23</i>	<i>54.57</i>	
			218.51	54.63
7	Marilyn Jackson			
	Bandit 6K	1:48:10	17.58	
	Susan Komen 5K	42:44	36.84	
	Victory 5K	41:40	37.78	
	Hwd 10K	1:29:36	36.01	
			128.21	32.05
8	Melissa Coleman			
	LAFR 5K	25:51	61.44	
	LAFR 10K	53:46	60.54	
	SF Half	2:06:36	58.59	
			180.57	60.19
9	Lee Miller			
	LAFR 5K	32:51	47.17	
	LAFR 10K	77:12	41.14	
	Pasadena 10K	1:16:46	41.37	
	<i>SM Classic 10K</i>	<i>1:27:26</i>	<i>36.32</i>	
			129.68	43.23
10	Donna Balinski			
	Verdugos 10K	1:47:53	29.24	
	LB Pride 5K	41:47	36.83	
	Mountains2Beach Half	3:16:07	36.66	
			102.73	34.24
11	Yumi Afrento			
	Jet to Jetty 5K	41:46	39.65	
	CityFarm 5K	40:52	40.52	
			80.17	40.09
12	Amy Ross			
	LAFR 5K	31:59	59.80	
			59.80	59.80
13	Kristi Twilley			
	PS Pride 5K	32:43	48.11	
			48.11	48.11
14	Merle Brill			
	LAFR 5K	33:13	47.81	
			47.81	47.81

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Rank	WALKER			AVG
1	Deo Jaravata			
	LA Marathon	5:20:01	65.43	
	Pas RnR Half	2:28:17	63.33	
	Outgames 5K RW Track	32:32	61.98	
	LAFR 5K	32:59	61.13	
	SD RW Fest 1 Mile	10:10	60.95	
	Sunset 7 Day 2 Full	5:45:49	60.54	
	<i>SD RW Fest 5000 Meters</i>	<i>34:16</i>	<i>58.37</i>	
			373.36	62.23
2	Bill Walsky			
	Wrigley 10K	1:34:31	49.72	
	OC Half	3:25:43	51.91	
	Mntns to Beach Half	3:20:24	53.30	
	Burbank Turkey 5K	46:33	49.69	
	Op Jack Half	3:33:48	50.46	
			255.08	51.02
3	Patricia Bates			
	Victory 5K	37:55	68.42	
	LAFR 5K	37:42	68.81	
			137.23	68.62
4	Donna Balinski			
	Firecracker 10K	1:45:30	40.33	
	Temecula Half	3:41:56	44.75	
			85.08	42.54
5	Keeley Webster			
	Firecracker 10K	1:45:30	41.30	
	Temecula Half	4:02:15	42.48	
			83.78	41.89
6	Cat White			
	Firecracker 10K	1:45:30	40.97	
	Temecula Half	4:02:16	41.72	
			82.69	41.35
7	Juan Moreno			
	LA Marathon	5:28:46	63.21	
			63.21	63.21
8	Connie Hammen			
	LAFR 5K	46:39	58.68	
			58.68	58.68
9	Sue Roth			
	Victory 5K	53:58	53.84	
			53.84	53.84
10	Regina Robinson			
	LA Marathon 5K	1:18:44	27.16	
			27.16	27.16
11	Marilyn Jackson			
	LA Marathon 5K	1:18:44	26.95	
			26.95	26.95