

## LAFR Champions Race Detail 2024 as of 12/31

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Rank	WOMEN	Total	Races	AVG	Rank	WALKER	Total	Races	AVG
1	Erin Brinton	417.72	6	69.62	1	Deo Jaravata	356.65	6	59.44
2	Leticia Rodriguez	414.65	6	69.11	2	Margie Gonzales	323.04	6	53.84
3	Sumalee Sangsurasak	385.57	6	64.26	<b>3 RACES</b>				
4	Peachy Poso	342.35	6	57.06	3	Mike Carbuto	142.05	3	47.35
5	Gillian Wilkerson-Villaseno	330.86	6	55.14	<b>2 RACES</b>				
<b>5 RACES</b>					4	Amy Ross	100.11	2	50.06
6	Treven Ho	306.97	5	61.39	5	Cat White	94.95	2	47.48
<b>4 RACES</b>					6	Keeley Webster	77.73	2	38.87
7	Yuri Clingerman	298.93	4	74.73	<b>1 RACE</b>				
8	Denise Beatty	262.22	4	65.56	7	Don Bing	47.81	1	47.81
9	Donna Martin	232.99	4	58.25	8	Evie Bonic	46.29	1	46.29
10	Adik Nersesian	227.84	4	56.96	9	Nicole Oeuvray	44.18	1	44.18
<b>3 RACES</b>					10	Christopher Tapper	43.12	1	43.12
11	Louisa Hill	184.41	3	61.47	11	Tim Chung	42.67	1	42.67
12	Emily Cox	178.35	3	59.45	12	Alice Hulac-Morentin	42.63	1	42.63
<b>2 RACES</b>					13	Brad Miyasato	41.75	1	41.75
13	Amy Zheng	150.43	2	75.22	14	Erin Brinton	41.32	1	41.32
14	Esther Woods	131.47	2	65.74	15	Doug Jones	40.64	1	40.64
15	April Selvage	120.18	2	60.09	16	Michelle Hulac-Morentin	39.18	1	39.18
<b>1 RACE</b>					17	Marcio Heaton-Lee	35.15	1	35.15
16	Nicole Luque	62.52	1	62.52					
17	Erica Pitcavage	57.78	1	57.78					
18	Kim Nguyen	52.10	1	52.10					
19	Venetia Louie-Chee	43.07	1	43.07					
20	Franziska Reff	40.87	1	40.87					
21	Lisa Zajkowski	34.30	1	34.30					
22	Laura Howe	28.35	1	28.35					

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Rank	MEN	Total	Races	AVG	Rank	MEN	Total	Races	AVG
1	Carlos Vizcarra	498.70	6	83.12	48	Raul Navarro	179.73	3	59.91
2	Satoshi Ono	463.25	6	77.21	49	Daniel Walkup	175.33	3	58.44
3	Mark Johnson	459.96	6	76.66	50	Jim Martinez	173.52	3	57.84
4	Mitchell Miller	449.94	6	74.99	51	Viktor Toth	172.10	3	57.37
5	Jeremy Yoder	413.85	6	68.98	52	John McGuinness	170.79	3	56.93
6	Kyle Schmitz	407.87	6	67.98	53	Eric Eisenbrey	169.77	3	56.59
7	Bill Austin	407.50	6	67.92	54	Solomon Leung	167.40	3	55.80
8	Martin Leung	407.31	6	67.89	55	Brennen Hernandez	162.82	3	54.27
9	Vikash Reddy	389.51	6	64.92	<b>2 RACES</b>				
10	Mark Planas	385.58	6	64.26	56	Greg Ziencina	152.96	2	76.48
11	John Miles	381.77	6	63.63	57	Michael Bea	151.16	2	75.58
12	Angus Kennedy	372.11	6	62.02	58	Mario Mota	130.44	2	65.22
13	Norbert Hetzel	329.18	6	54.86	59	Adon Ramos	125.84	2	62.92
14	Bill Winklelmann	286.10	6	47.68	60	Theo Tacail	123.82	2	61.91
15	Mike Smith	261.42	6	43.57	61	Rono Velasquez	118.45	2	59.23
16	Deo Jaravata	241.78	6	40.30	62	Derek Mai	118.05	2	59.03
<b>5 RACES</b>					63	Barry Hamaguchi	116.83	2	58.42
17	Scott Chaney	421.31	5	84.26	64	Sean O'Brien	114.17	2	57.09
18	Bernie Tan	350.70	5	70.14	65	Jonathan Toker	111.09	2	55.54
19	David Dassey	320.54	5	64.11	66	Jeff Neinstein	109.99	2	55.00
20	Scott Swiontek	304.64	5	60.93	67	David Gonzalez	103.40	2	51.70
21	Aaron Trieu	304.35	5	60.87	68	Andrew Robertson	96.20	2	48.10
22	Steve Gerschultz	287.63	5	57.53	69	Reg Willson	88.38	2	44.19
23	Charlie Heaton-Lee	285.99	5	57.20	<b>1 RACE</b>				
24	Albert Giang	272.80	5	54.56	70	Brendan Crill	77.78	1	77.78
25	Dan Vu	266.47	5	53.29	71	Andrew Gonzalez	76.92	1	76.92
26	Al Cortez	256.09	5	51.22	72	Evan Bornstein	76.85	1	76.85
<b>4 RACES</b>					73	Andrew Snyder	64.28	1	64.28
27	Axier Uz Gonzalez	280.32	4	70.08	74	Trevor Tivenan	62.83	1	62.83
28	Bruce Bair	272.84	4	68.21	75	Eddie Flores	61.50	1	61.50
29	Mark DeAngelis	247.51	4	61.88	76	Duane Howard	59.33	1	59.33
30	Martin Carlson	230.82	4	57.71	77	Lui Sanchez	58.83	1	58.83
31	Joey Lan	227.77	4	56.94	78	Jeff Maloy	57.99	1	57.99
32	Brian Dunbar	226.60	4	56.65	79	Sheehan Parker	57.41	1	57.41
33	Henry Jung	211.53	4	52.88	80	Francis Felix	56.63	1	56.63
34	Richard Peng	202.91	4	50.73	81	Wadley	55.14	1	55.14
35	David Grudzien	194.21	4	48.55	82	Allen-Michael Brown	54.61	1	54.61
36	Jonathan Whitfield	183.16	4	45.79	83	Oscar De La Rocha	52.80	1	52.80
37	Ken Lewis	170.59	4	42.65	84	Wasiq Mohammed	50.96	1	50.96
38	Jason Coleman	151.28	4	37.82	85	Jack Adams	49.82	1	49.82
<b>3 RACES</b>					86	Kyle Stevenson	49.70	1	49.70
39	Alastair Heptonstall	236.11	3	78.70	87	Michael Janovici	48.22	1	48.22
40	Matt Movahhed	218.72	3	72.91	88	William Fang	48.17	1	48.17
41	Mike Kerkman	212.69	3	70.90	89	Gabriel Cooper	47.11	1	47.11
42	Scott Sugino	193.03	3	64.34	90	Cruise Berry	46.45	1	46.45
43	Patrick Owen	186.28	3	62.09	91	Scott Whiteleather	44.98	1	44.98
44	Michael Carter	186.18	3	62.06	92	Mike Carbuto	42.17	1	42.17
45	Kevin Shiramizu	185.00	3	61.67	93	Brad Reichard	41.79	1	41.79
46	Chad Pratt	183.53	3	61.18	94	Leonard Hyman	41.52	1	41.52
47	Andrew Cunningham	183.15	3	61.05	95	Marcio Heaton-Lee	33.32	1	33.32

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Rank	WOMEN			AVG
<b>1</b>	<b>Erin Brinton</b>			
	Jingle Bell 5K	21:01	71.64	
	Spring Equinox Half	1:41:30	68.69	
	Turkey Friday 10K	44:13	69.43	
	Summer Solstice 10K	44:02	69.36	
	Ocean Breeze 5K	21:39	69.22	
	LB Half	1:40:30	69.38	
	<i>GP Trail Relay</i>	42:08	63.92	
			<b>417.72</b>	<b>69.62</b>
<b>2</b>	<b>Leticia Rodriguez</b>			
	Boston Marathon	4:52:04	67.93	
	LA Marathon	4:34:06	72.38	
	LB Half	2:07:28	71.02	
	Chicago 5K	28:48	66.66	
	SaMo Classic 5K	28:54	66.43	
	Disney Half	2:09:47	70.23	
	<i>SB Wine Half</i>	2:09:49	70.22	
	<i>RnR SD Half</i>	2:10:58	69.60	
	<i>Chicago Full</i>	4:29:17	73.67	
	<i>Conquer Bridge 5.3</i>	51:46	64.58	
	<i>Verdugo Trail 10K</i>	1:22:14	47.99	
	<i>Derby Day 5K</i>	53:25	35.94	
			<b>414.65</b>	<b>69.11</b>
<b>3</b>	<b>Sumalee Sangsurasak</b>			
	LAFR Pride 10K	55:57	64.57	
	Drumstick 10K	58:31	61.73	
	LA Marathon	4:55:41	60.76	
	Big Bear Half	1:52:22	73.93	
	SaMo Xmas 5K	28:12	62.54	
	Samo Classic 6 Mile	56:09	62.04	
	<i>Bimbo 10K</i>	55:10	65.48	
	<i>GP Trail Relay</i>	53:05	59.96	
			<b>385.57</b>	<b>64.26</b>
<b>4</b>	<b>Peachy Poso</b>			
	Toronto Full	4:26:21	64.02	
	Berlin Full	4:41:49	60.49	
	Doggie 5K Humans	28:20	58.82	
	Avalon 50 Mile	11:42:56	57.68	
	GP Trail 50K	6:46:15	53.34	
	Pas Trail 10.4	2:09:31	48.00	
	<i>Leona 50K</i>	9:32:21	37.86	
	<i>Anchorage Full</i>	4:43:44	60.08	
			<b>342.35</b>	<b>57.06</b>
<b>5</b>	<b>Gillian Wilkerson-Villasenor</b>			
	Nov Doggie Humans 5K	23:06	64.04	
	RDR Turkey 5K	23:21	63.35	
	Valley Crest Half	2:10:28	52.27	
	Ahmanson Trail 12K	1:11:36	50.64	
	GP Trail Relay	52:23	50.47	
	Pas Trail 10.4	1:47:37	50.09	
	<i>Catalina Half</i>	2:17:51	49.81	
	<i>Spacerock 15K Trail</i>	1:40:42	47.94	
	<i>Verdugo Trail 10K</i>	1:06:52	44.80	
			<b>330.86</b>	<b>55.14</b>

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<b>5 RACES</b>				
<b>6</b>	<b>Treven Ho</b>			
	Chicago Full	3:51:07	70.17	
	SF Half	1:56:32	64.74	
	LAFR Pride 10K	51:59	63.40	
	GP Trail Relay	53:24	54.40	
	Finish the Run Half	2:18:04	54.26	
	<i>Catalina Half</i>	2:34:13	48.92	
			<b>306.97</b>	<b>51.16</b>
<b>4 RACES</b>				
<b>7</b>	<b>Yuri Clingerman</b>			
	Roseville 10K	51:20	77.90	
	SaMo Xmas 5K	25:11	77.21	
	Finish the Run Half	2:10:37	69.31	
	SR Games 10K	52:58	74.51	
	<i>Bimbo 10K</i>	54:25	72.52	
	<i>Catalina 10K</i>	57:44	69.27	
			<b>298.93</b>	<b>74.73</b>
<b>8</b>	<b>Denise Beatty</b>			
	Run to Feed Hungry 10K	58:37	70.10	
	Bimbo 10K	58:12	69.65	
	SF Half	2:22:29	65.80	
	GP Trail Relay	62:58	56.67	
	<i>Catalina 10K</i>	67:32	60.02	
	<i>SR Games 10K</i>	58:56	68.78	
			<b>262.22</b>	<b>65.56</b>
<b>9</b>	<b>Donna Martin</b>			
	LAFR Pride 10K	1:03:28	65.65	
	SaMo Xmas 10K	66:22	62.78	
	GP Trail Relay	60:25	60.69	
	Malibu Moves Half	3:40:01	43.87	
	<i>Bimbo 10K</i>	1:16:28	54.49	
	<i>Drumstick 10K</i>	1:21:14	51.29	
			<b>232.99</b>	<b>58.25</b>
<b>10</b>	<b>Adik Nersesian</b>			
	Chicago Full	4:14:44	60.54	
	GP Trail Relay	54:34	50.91	
	LA Marathon	4:18:37	54.21	
	SaMo Classic 5K	24:49	62.18	
			<b>227.84</b>	<b>56.96</b>
<b>3 RACES</b>				
<b>11</b>	<b>Louisa Hill</b>			
	LAFR Pride 5K	23:32	63.20	
	LAFR Pride 10K	47:15	64.05	
	Nov GP Trails 50K	5:31:12	57.16	
			<b>184.41</b>	<b>61.47</b>
<b>12</b>	<b>Emily Cox</b>			
	Resolution 5K	27:02	65.24	
	Surf City Half	2:21:53	58.14	
	LA Marathon	5:26:52	54.97	
			<b>178.35</b>	<b>59.45</b>

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<b>2 RACES</b>				
<b>13</b>	<b>Amy Zheng</b>			
	CIM Marathon	3:36:17	77.84	
	Boston Marathon	3:49:00	72.59	
			<b>150.43</b>	<b>75.22</b>
<b>14</b>	<b>Esther Woods</b>			
	LAFR Pride 10K	1:00:06	68.37	
	GP Trail Relay	57:19	63.10	
			<b>131.47</b>	<b>65.74</b>
<b>15</b>	<b>April Selvage</b>			
	LA Marathon	4:21:52	59.39	
	Boston Marathon	4:15:52	60.79	
			<b>120.18</b>	<b>60.09</b>
<b>1 RACE</b>				
<b>16</b>	<b>Nicole Luque</b>			
	GP Trail Relay	45:34	62.52	
			<b>62.52</b>	<b>62.52</b>
<b>17</b>	<b>Erica Pitcavage</b>			
	GP Trail Relay	45:53	57.78	
			<b>57.78</b>	<b>57.78</b>
<b>18</b>	<b>Kim Nguyen</b>			
	LA Turkey 10K	62:02	52.10	
			<b>52.10</b>	<b>52.10</b>
<b>19</b>	<b>Venetia Louie-Chee</b>			
	SF 5K	46:20	43.07	
			<b>43.07</b>	<b>43.07</b>
<b>20</b>	<b>Franziska Reff</b>			
	Rose Bowl Half	2:52:21	40.87	
			<b>40.87</b>	<b>40.87</b>
<b>21</b>	<b>Lisa Zajkowski</b>			
	LA Marathon	7:47:18	34.30	
			<b>34.30</b>	<b>34.30</b>
<b>22</b>	<b>Laura Howe</b>			
	Mt Baldy 7 Mile	2:26:18	28.35	
			<b>28.35</b>	<b>28.35</b>
<b>Rank</b>	<b>WALKER</b>			<b>AVG</b>
<b>1</b>	<b>Deo Jaravata</b>			
	LA Marathon	6:00:48	64.81	
	LA Big 5K	37:32	57.33	
	Bimbo 5K	48:29	44.38	
	Athens Full	5:41:10	68.54	
	Humboldt Full	5:40:24	68.70	
	SRLA Strength 10K	1:22:37	52.89	
			<b>356.65</b>	<b>59.44</b>
<b>2</b>	<b>Margie Gonzales</b>			
	Doggie 5K Humans	55:44	48.30	
	Finish 5K	50:29	53.32	
	Chesebro 10K	1:45:04	53.93	
	LB Pride 5K	48:50	55.12	
	Summer Dash 5K	48:12	55.84	
	Ind Day 5K	47:37	56.53	
			<b>323.04</b>	<b>53.84</b>

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<b>3 RACES</b>				
<b>3</b>	<b>Mike Carbuto</b>			
	Nov Doggie Pups 5K	47:44	51.61	
	PS Pride 5K	48:05	51.23	
	Catalina Half	4:42:39	39.21	
			<b>142.05</b>	<b>47.35</b>
<b>2 RACES</b>				
<b>4</b>	<b>Amy Ross</b>			
	Doggie 5K Humans	55:45	48.28	
	LAFR Pride 5K	52:29	51.83	
			<b>100.11</b>	<b>50.06</b>
<b>5</b>	<b>Cat White</b>			
	Doggie 5K Humans	55:50	41.07	
	LAFR Pride 5K	42:34	53.88	
			<b>94.95</b>	<b>47.48</b>
<b>6</b>	<b>Keeley Webster</b>			
	Doggie 5K Humans	55:50	41.86	
	LAFR Pride 5K	1:05:11	35.87	
			<b>77.73</b>	<b>38.87</b>
<b>1 RACE</b>				
<b>7</b>	<b>Don Bing</b>			
	Catalina 10K	2:02:47	47.81	
			<b>47.81</b>	<b>47.81</b>
<b>8</b>	<b>Evie Bonic</b>			
	LAFR Pride 10K	1:54:06	46.29	
			<b>46.29</b>	<b>46.29</b>
<b>9</b>	<b>Nicole Oeuvray</b>			
	LAFR Pride 5K	58:17	44.18	
			<b>44.18</b>	<b>44.18</b>
<b>10</b>	<b>Christopher Tapper</b>			
	PS Pride 5K	49:33	43.12	
			<b>43.12</b>	<b>43.12</b>
<b>11</b>	<b>Tim Chung</b>			
	LB Pride 5K	50:35	42.67	
			<b>42.67</b>	<b>42.67</b>
<b>12</b>	<b>Alice Hulac-Morentin</b>			
	LAFR Pride 5K	1:05:10	42.63	
			<b>42.63</b>	<b>42.63</b>
<b>13</b>	<b>Brad Miyasato</b>			
	PS Pride 5K	56:46	41.75	
			<b>41.75</b>	<b>41.75</b>
<b>14</b>	<b>Erin Brinton</b>			
	LB Pride 5K	48:58	41.32	
			<b>41.32</b>	<b>41.32</b>
<b>15</b>	<b>Doug Jones</b>			
	RDR Turkey 5K	57:37	40.64	
			<b>40.64</b>	<b>40.64</b>
<b>16</b>	<b>Michelle Hulac-Morentin</b>			
	LAFR Pride 5K	1:05:10	39.18	
			<b>39.18</b>	<b>39.18</b>
<b>17</b>	<b>Marcio Heaton-Lee</b>			
	PS Pride 5K	56:45	35.15	
			<b>35.15</b>	<b>35.15</b>

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<b>1</b>	<b>Carlos Vizcarra</b>			
	Boston Marathon	2:49:18	88.59	
	M2B Half	1:19:09	86.27	
	Holiday Half	1:24:27	81.56	
	Friendship 30K	2:08:14	81.25	
	PS Pride 5K	18:09	81.14	
	Turkey Friday 5K	18:26	79.89	
	<i>Miles 4 Migraine 5K</i>	18:27	79.82	
	<i>Bimbo 5K</i>	18:35	79.25	
	<i>LB Pride 5K</i>	18:28	79.11	
	<i>LAFR Pride 10K</i>	37:39	78.91	
	<i>Redlands Half</i>	1:26:37	78.83	
	<i>Catalina 10K</i>	39:02	76.76	
	<i>SRLA Strength 10K</i>	39:25	76.02	
	<i>SRLA Endurance 15K</i>	64:43	74.61	
	<i>GP Trail Relay</i>	35:29	73.93	
			<b>498.70</b>	<b>83.12</b>
<b>2</b>	<b>Satoshi Ono</b>			
	Big Bear Half	1:16:57	88.74	
	LB Full	3:13:35	77.47	
	LA Marathon	3:12:27	77.25	
	Holiday Half	1:30:50	75.18	
	Carlsbad 5K	19:49	73.14	
	SaMo Classic 6 Mile	40:07	71.47	
	<i>GP Trail Relay</i>	40:29	64.26	
	<i>Ventura Half</i>	1:27:24	77.45	
	<i>Surf City Half</i>	1:33:55	72.07	
			<b>463.25</b>	<b>77.21</b>
<b>3</b>	<b>Mark Johnson</b>			
	Santa Clarita Full	3:21:24	79.31	
	Holiday Half	1:31:43	79.28	
	LB Pride 10K	40:41	77.61	
	LAFR Pride 10K	41:21	76.36	
	LAFR Pride 5K	20:26	75.71	
	GP Trail Relay	38:52	71.69	
	<i>Pas Trail 10.4</i>	1:26:31	66.11	
			<b>459.96</b>	<b>76.66</b>
<b>4</b>	<b>Mitchell Miller</b>			
	M2B Full	2:46:44	80.26	
	Malibu Half	1:17:16	78.84	
	Rose Bowl Half	1:21:18	74.93	
	SaMo Classic 6 Mile	34:21	74.12	
	LAFR Pride 5K	17:41	72.67	
	Sabino 7.4	46:00	69.12	
	<i>Catalina 10K</i>	38:42	68.22	
	<i>GP Trail Relay</i>	36:09	64.35	
			<b>449.94</b>	<b>74.99</b>

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<b>5</b>	<b>Jeremy Yoder</b>			
	Light Tunnel Full	3:02:21	76.88	
	Giving Thx 5K	19:26	70.68	
	Doggie 5K Humans	19:28	70.03	
	Alien Half	1:33:40	68.13	
	LAFR Pride 10K	41:11	67.58	
	Catalina Half	1:45:24	60.55	
	<i>Nov Doggie Humans 5K</i>	20:20	67.55	
	<i>LAFR Pride 5K</i>	20:47	66.09	
	<i>RDR Turkey 5K</i>	20:15	67.83	
			<b>413.85</b>	<b>68.98</b>
<b>6</b>	<b>Kyle Schmitz</b>			
	LB Half	1:27:39	71.20	
	Seekonk 5K	19:11	70.03	
	LAFR Pride 10K	40:29	67.19	
	Friendship 30K	2:21:25	66.94	
	LAFR Pride 5K	20:07	66.78	
	LA Marathon	3:27:21	65.73	
	<i>Rose Bowl Half</i>	1:36:04	64.58	
	<i>GP Trail Relay</i>	37:50	63.52	
	<i>Chesebro Half</i>	1:39:45	62.56	
			<b>407.87</b>	<b>67.98</b>
<b>7</b>	<b>Bill Austin</b>			
	MCTA 5K	22:42	74.43	
	LB Pride 5K	23:14	72.72	
	LAFR Pride 10K	48:31	71.49	
	Leap Day 2.67	21:40	65.90	
	GP Trail Relay	52:20	58.42	
	Pas Trail 5.1	43:23	64.54	
	<i>Spring Dash 5K</i>	26:15	63.77	
	<i>LAFR Pride 5K</i>	27:31	61.40	
	<i>RDR Turkey 5K</i>	25:20	66.69	
	<i>Giving Thx 5K</i>	26:10	64.57	
			<b>407.50</b>	<b>67.92</b>
<b>8</b>	<b>Martin Leung</b>			
	Rose Bowl Half	1:33:49	65.78	
	LA Marathon	2:58:06	76.12	
	LB Pride 10K	38:02	70.67	
	CIM Full	4:21:47	52.05	
	Will Rogers 10K	39:33	67.96	
	Pride Valley 5K	17:43	74.73	
			<b>407.31</b>	<b>67.89</b>
<b>9</b>	<b>Vikash Reddy</b>			
	Cascade Exp Full	3:08:32	73.76	
	Giving Thx 5K	19:02	71.63	
	Menudo 5K	20:20	67.05	
	LB Pride 10K	43:17	63.30	
	GP Trail Relay	42:22	57.14	
	Catalina Half	1:51:47	56.63	
	<i>Doggie 5K Pups</i>	25:38	52.79	
	<i>Nov Doggie Pups 5K</i>	27:58	48.75	
	<i>RDR Turkey 5K</i>	20:54	65.23	
			<b>389.51</b>	<b>64.92</b>



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<b>10</b>	<b>Mark Planas</b>			
	SD Pride 5K	20:01	67.11	
	Palm Desert Half	1:33:57	66.02	
	SF Giants Half	1:37:09	64.24	
	PS Pride 5K	21:14	63.27	
	LB Pride 10K	43:04	63.16	
	LAFR Pride 10K	44:02	61.78	
	<i>LA Marathon</i>	3:54:28	58.12	
	<i>Rose Bowl Half</i>	1:39:52	62.12	
			<b>385.58</b>	<b>64.26</b>
<b>11</b>	<b>John Miles</b>			
	PS Pride 5K	24:07	65.81	
	Shoreline 5K	24:35	64.56	
	Skunk Cabbage Half	1:54:59	64.44	
	LB Pride 10K	52:02	61.79	
	Leap Day 2.67	21:21	62.88	
	LAFR Pride 10K	51:37	62.29	
	<i>Parkrun 5K Oxford</i>	25:35	62.04	
	<i>LAFR Pride 5K</i>	25:57	60.64	
	<i>GP Trail Relay</i>	49:04	57.81	
	<i>Pas Trail 10.4</i>	1:45:21	55.30	
	<i>Catalina Half</i>	2:15:21	55.26	
	<i>Danby 23K Trail</i>	2:58:14	46.02	
	<i>SOB 50K</i>	8:44:13	39.89	
	<i>Nov Doggie Humans 5K</i>	24:45	64.13	
			<b>381.77</b>	<b>63.63</b>
<b>12</b>	<b>Angus Kennedy</b>			
	Leap Day 2.67	21:14	62.69	
	Pas Trail 5.1	42:29	61.22	
	GP Trail Relay	48:29	57.98	
	Spring Dash 5K	23:27	66.53	
	LB Pride 5K	23:32	66.30	
	Catalina 10K	55:31	57.39	
	<i>Finish 5K</i>	24:33	63.55	
			<b>372.11</b>	<b>62.02</b>
<b>13</b>	<b>Norbert Hetzel</b>			
	Finish Half	2:25:06	53.60	
	LB Pride 5K	29:28	55.79	
	Wrigley 10 Mile	1:38:57	59.26	
	LAFR Pride 10K	1:00:09	56.01	
	GP Trail Relay	60:35	49.04	
	B.I.R.R 5K	29:38	55.48	
			<b>329.18</b>	<b>54.86</b>
<b>14</b>	<b>Bill Winkelmann</b>			
	MCTA 5K	35:20	50.64	
	Spring Dash 10K	1:14:10	48.71	
	LAFR Pride 5K	37:28	47.13	
	Catalina 10K	77:10	46.81	
	Leap Day 5.34	66:33	46.42	
	GP Trail Relay	68:40	46.39	
	<i>RDR Turkey 5K</i>	38:24	46.59	
	<i>Pas Trail 5.1</i>	63:53	46.10	
	<i>LB Pride 10K</i>	76:30	47.22	
	<i>Giving Thx 10K</i>	76:32	47.20	
			<b>286.10</b>	<b>47.68</b>

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<b>15</b>	<b>Mike Smith</b>			
	Bimbo 5K	31:26	47.23	
	SRLA Strength 10K	68:00	44.44	
	Friendship 30K	4:02:03	43.80	
	SRLA Endurance 15K	1:53:02	43.09	
	Rose Bowl Half	2:45:54	41.52	
	Holiday Half	2:48:07	41.34	
	<i>LA Marathon</i>	<i>7:08:41</i>	<i>35.61</i>	
			<b>261.42</b>	<b>43.57</b>
<b>16</b>	<b>Deo Jaravata</b>			
	GP Trail Full	6:45:39	40.12	
	Nov GP Trails Full	6:51:32	39.55	
	RDR Turkey 5K	66:18	32.45	
	Big Bear Half	1:51:09	66.66	
	Luneta 63K	10:18:04	44.85	
	Brunei 42K	14:44:10	18.15	
	<i>Paris Full</i>	<i>5:25:37</i>	<i>49.98</i>	
	<i>London Full</i>	<i>5:27:01</i>	<i>49.76</i>	
	<i>Manila Full</i>	<i>4:50:03</i>	<i>55.58</i>	
			<b>241.78</b>	<b>40.30</b>
<b>5 RACES</b>				
<b>17</b>	<b>Scott Chaney</b>			
	GP Trail Relay	35:23	74.77	
	Turket Trot LA 10K	36:11	83.52	
	Berlin Full	2:46:25	91.73	
	Occi 5K	17:16	85.97	
	OC Full	2:57:19	85.32	
	<i>Awesome 80s 10K</i>	<i>36:04</i>	<i>83.79</i>	
	<i>Ft. Lauderdale Half</i>	<i>1:23:12</i>	<i>82.79</i>	
	<i>Carlsbad 5K</i>	<i>17:53</i>	<i>82.35</i>	
			<b>421.31</b>	<b>84.26</b>
<b>18</b>	<b>Bernie Tan</b>			
	Toronto Full	3:21:32	78.53	
	PS Pride 5K	21:00	73.06	
	LB Pride 10K	44:57	69.62	
	PS Health 10K	47:02	66.54	
	Wine Country Half	1:54:27	62.95	
	<i>Portland Half</i>	<i>2:09:26</i>	<i>55.66</i>	
	<i>Back Country 20 Mile</i>	<i>4:16:48</i>	<i>46.18</i>	
			<b>350.70</b>	<b>70.14</b>
<b>19</b>	<b>David Dassey</b>			
	Wrigley 5K	27:03	67.10	
	LB Pride 10K	55:41	66.49	
	RDR Turkey 5K	28:50	63.94	
	LAFR Pride 10K	58:13	63.59	
	GP Trail Relay	54:58	59.42	
	<i>LAFR Pride 5K</i>	<i>29:21</i>	<i>61.85</i>	
			<b>320.54</b>	<b>64.11</b>
<b>20</b>	<b>Scott Swiontek</b>			
	M2B Full	3:20:36	69.32	
	LB Pride 10K	46:34	59.29	
	GP Trail Relay	41:56	58.19	
	Catalina Half	2:01:09	52.25	
	NYC Full	3:32:00	65.59	
			<b>304.64</b>	<b>60.93</b>

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<b>21</b>	<b>Aaron Trieu</b>			
	RDR Turkey 5K	23:13	59.61	
	Oakland 5K	23:06	59.91	
	Oakland Half	1:41:23	62.95	
	Livermore Half	1:44:37	61.01	
	Alameda 10 Mile	1:19:15	60.87	
	<i>Brooklyn Half</i>	1:45:28	60.51	
	<i>Berkeley 10K</i>	46:57	59.75	
	<i>Napa 5K</i>	23:08	59.37	
	<i>SF Pride 10K</i>	48:34	57.30	
	<i>Estes Half</i>	1:57:15	54.43	
	<i>Redtail Trail 30K</i>	3:20:54	48.48	
	<i>Stinson Bch Trail Half</i>	2:59:05	35.64	
			<b>304.35</b>	<b>60.87</b>
<b>22</b>	<b>Steve Gerschultz</b>			
	Avalon 50 Mile	11:44:33	56.05	
	Leona 50K	12:02:07	29.51	
	GP Trail 50K	6:03:10	58.68	
	Berlin Full	3:53:53	70.93	
	Toronto Full	3:48:57	72.46	
	<i>Anchorage Full</i>	4:05:51	67.47	
			<b>287.63</b>	<b>57.53</b>
<b>23</b>	<b>Charlie Heaton-Lee</b>			
	Firecracker 10K	54:17	52.51	
	Toronto Half	1:52:46	61.66	
	Tucson Half	1:46:38	61.87	
	LA Marathon	5:14:29	45.69	
	PS Pride 5K	22:02	64.26	
			<b>285.99</b>	<b>57.20</b>
<b>24</b>	<b>Albert Giang</b>			
	Leap Day 2.67	23:11	52.12	
	M2B Half	1:55:38	57.54	
	LB Pride 10K	54:21	53.31	
	GP Trail Relay	50:33	50.63	
	PS Pride 5K	24:06	59.20	
			<b>272.80</b>	<b>54.56</b>
<b>25</b>	<b>Dan Vu</b>			
	LB Pride 10K	53:11	54.94	
	LAFR Pride 10K	53:49	54.29	
	SD Pride 5K	25:08	57.21	
	PS Pride 5K	25:02	57.44	
	Catalina Half	2:37:34	42.59	
			<b>266.47</b>	<b>53.29</b>
<b>26</b>	<b>Al Cortez</b>			
	Doggie 5K Pups	30:55	47.25	
	LB Pride 10K	54:33	54.93	
	LAFR Pride 10K	51:37	58.05	
	GP Trail Relay	54:24	48.63	
	Catalina Half	2:25:51	47.23	
			<b>256.09</b>	<b>51.22</b>

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<b>4 RACES</b>				
<b>27</b>	<b>Axier Uz Gonzalez</b>			
	Finish Half	1:38:36	71.10	
	LAFR Pride 5K	20:57	72.03	
	LAFR Pride 10K	41:12	74.63	
	GP Trail Relay	43:23	62.56	
			<b>280.32</b>	<b>70.08</b>
<b>28</b>	<b>Bruce Bair</b>			
	Doggie 5K Humans	20:12	76.58	
	Pas Trail 10.4	1:27:49	65.12	
	LAFR Pride 5K	22:44	68.05	
	GP Trail Relay	44:10	63.09	
			<b>272.84</b>	<b>68.21</b>
<b>29</b>	<b>Mark DeAngelis</b>			
	Patriots 5 Mile	36:50	69.79	
	Tram Challenge 6K	50:52	37.39	
	PS Pride 5K	22:28	70.65	
	LB Pride 5K	22:35	69.68	
	<i>SD Pride 5K</i>	22:53	69.36	
	<i>PS Health 5K</i>	23:17	67.59	
	<i>Milanovich 5K</i>	24:06	65.30	
	<i>La Canada 5K</i>	26:04	60.89	
			<b>247.51</b>	<b>61.88</b>
<b>30</b>	<b>Martin Carlson</b>			
	Doggie 5K Pups	27:25	59.43	
	LAFR Pride 5K	28:31	57.65	
	LAFR Pride 10K	57:54	58.19	
	GP Trail Relay	53:29	55.55	
			<b>230.82</b>	<b>57.71</b>
<b>31</b>	<b>Joey Lan</b>			
	Doggie 5K Humans	22:42	58.74	
	LB Pride 5K	23:05	57.77	
	PS Pride 5K	23:02	58.32	
	Catalina 10K	51:23	52.94	
	<i>Nov Doggie Humans 5K</i>	25:01	53.70	
			<b>227.77</b>	<b>56.94</b>
<b>32</b>	<b>Brian Dunbar</b>			
	LB Pride 10K	58:50	56.19	
	LAFR Pride 10K	58:56	56.09	
	SD Pride 5K	27:35	58.56	
	PS Pride 5K	28:58	55.76	
			<b>226.60</b>	<b>56.65</b>
<b>33</b>	<b>Henry Jung</b>			
	Patriots 5 Mile	46:35	55.18	
	Tram Challenge 6K	54:13	35.08	
	SD Pride 5K	25:54	61.28	
	LB Pride 5K	26:14	59.99	
	<i>PS Pride 5K</i>	27:26	57.86	
	<i>La Canada 5K</i>	28:23	55.92	
	<i>Milanovich 5K</i>	36:02	43.67	
			<b>211.53</b>	<b>52.88</b>

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<b>34</b>	<b>Richard Peng</b>			
	LB Pride 10K	56:35	53.41	
	LAFR Pride 10K	55:35	54.37	
	Catalina Half	2:42:08	42.86	
	RDR Turkey 5K	28:24	52.27	
			<b>202.91</b>	<b>50.73</b>
<b>35</b>	<b>David Grudzien</b>			
	Chattahoochee 5K	32:25	51.64	
	Space Coast Half	2:54:27	45.95	
	ATL Jingle Bell 5K	34:54	48.41	
	Polar Opposite 10K	71:57	48.21	
	<i>Phoenix 10K</i>	74:35	46.05	
			<b>194.21</b>	<b>48.55</b>
<b>36</b>	<b>Jonathan Whitfield</b>			
	LB Pride 10K	61:03	49.93	
	LAFR Pride 10K	1:04:07	47.54	
	GP Trail Relay	59:12	45.45	
	Catalina Half	2:54:15	40.24	
			<b>183.16</b>	<b>45.79</b>
<b>37</b>	<b>Ken Lewis</b>			
	Leona 50K	9:53:49	35.55	
	LAFR Pride 5K	28:55	55.37	
	LAFR Pride 10K	59:52	54.70	
	Mt Baldy 7 Mile	2:28:53	24.97	
			<b>170.59</b>	<b>42.65</b>
<b>38</b>	<b>Jason Coleman</b>			
	LB Half	2:35:52	43.06	
	Reindeer 10K	1:14:25	39.59	
	Summertime Half	2:55:57	38.47	
	Disney Land Half	3:42:32	30.16	
	<i>Disney Land 10K</i>	1:33:38	29.62	
	<i>Disney World 10K</i>	1:42:39	28.46	
	<i>Disney Spring 10K</i>	1:48:16	27.21	
	<i>Disney World 7.1</i>	2:00:50	27.85	
			<b>151.28</b>	<b>37.82</b>
<b>3 RACES</b>				
<b>39</b>	<b>Alastair Heptonstall</b>			
	GP Trail Relay	38:41	65.10	
	Boston Full	2:53:24	82.89	
	Berlin Full	2:43:05	88.12	
			<b>236.11</b>	<b>78.70</b>
<b>40</b>	<b>Matt Movahhed</b>			
	Firecracker 10K	37:49	71.48	
	OC Half	1:22:47	74.94	
	Derby Day 5K	18:30	72.30	
			<b>218.72</b>	<b>72.91</b>
<b>41</b>	<b>Mike Kerkman</b>			
	Firecracker 5K	20:51	67.39	
	Sabino 7.4	49:09	69.76	
	Menudo 5K	18:36	75.54	
			<b>212.69</b>	<b>70.90</b>

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<b>42</b>	<b>Scott Sugino</b>			
	CIM Full	3:43:32	67.68	
	La Canada Turkey 5K	25:34	57.60	
	M2B Full	3:41:23	67.75	
			<b>193.03</b>	<b>64.34</b>
<b>43</b>	<b>Patrick Owen</b>			
	Triple Crown 5K	27:18	60.22	
	Triple Crown 10K	55:32	60.67	
	Triple Crown 15K	1:23:13	65.39	
	<i>K Derby Half</i>	2:12:59	58.49	
			<b>186.28</b>	<b>62.09</b>
<b>44</b>	<b>Michael Carter</b>			
	LB Pride 10K	48:05	63.95	
	LAFR Pride 10K	48:21	63.60	
	Nov Doggie Pups 5K	25:57	58.63	
			<b>186.18</b>	<b>62.06</b>
<b>45</b>	<b>Kevin Shiramizu</b>			
	Leap Day 2.67	19:16	64.71	
	LAFR Pride 5K	24:13	60.32	
	Catalina 10K	49:58	59.97	
			<b>185.00</b>	<b>61.67</b>
<b>46</b>	<b>Chad Pratt</b>			
	SR Games 10K	53:58	60.13	
	JP Blecksmith 5K	25:41	61.80	
	YMCA Fiesta 5K	25:46	61.60	
	<i>SR Games 5K</i>	26:16	60.43	
	<i>La Canada Turkey 5K</i>	27:12	58.35	
			<b>183.53</b>	<b>61.18</b>
<b>47</b>	<b>Andrew Cunningham</b>			
	Nov Doggie Humans 5K	23:38	60.37	
	PS Pride 5K	23:07	61.72	
	RDR Turkey 5K	23:22	61.06	
			<b>183.15</b>	<b>61.05</b>
<b>48</b>	<b>Raul Navarro</b>			
	LAFR Pride 5K	21:17	62.65	
	LAFR Pride 10K	44:39	60.54	
	GP Trail Relay	42:13	56.54	
			<b>179.73</b>	<b>59.91</b>
<b>49</b>	<b>Daniel Walkup</b>			
	LAFR Pride 10K	51:08	59.61	
	El Segundo 10K	51:44	58.92	
	LA Marathon	4:48:53	56.80	
	<i>Wrigley 10K</i>	53:32	56.94	
			<b>175.33</b>	<b>58.44</b>
<b>50</b>	<b>Jim Martinez</b>			
	PS Pride 5K	28:50	61.24	
	RDR Turkey 5K	30:38	57.64	
	Pas Trail 6K	39:03	54.64	
	<i>Finish 5K</i>	30:55	56.40	
	<i>Nov Doggie Humans 5K</i>	31:21	56.32	
	<i>Doggie 5K Humans</i>	31:10	55.95	
	<i>LB Pride 5K</i>	31:52	54.72	
	<i>LAFR Pride 5K</i>	32:30	53.66	
			<b>173.52</b>	<b>57.84</b>

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<b>51</b>	<b>Viktor Toth</b>			
	Avalon 50 Mile	10:08:15	59.26	
	GP Trail Relay	44:59	58.32	
	Catalina Half	2:06:19	54.53	
			<b>172.10</b>	<b>57.37</b>
<b>52</b>	<b>John McGuinness</b>			
	Doggie 5K Pups	24:09	60.49	
	Nov Doggie Pups 5K	24:58	58.51	
	GP Trail Relay	50:39	51.79	
	<i>RDR Turkey 5K</i>	25:41	57.34	
			<b>170.79</b>	<b>56.93</b>
<b>53</b>	<b>Eric Eisenbrey</b>			
	LB Pride 10K	49:54	56.67	
	LAFR Pride 5K	24:08	58.22	
	Nov Doggie Pups 5K	25:36	54.88	
			<b>169.77</b>	<b>56.59</b>
<b>54</b>	<b>Solomon Leung</b>			
	Rock the Ridge 50 Mile	8:34:51	62.65	
	Coastal DE Full	4:11:45	53.31	
	Lake Mead Full	4:20:56	51.44	
	<i>Run4Kids 100 Mile</i>	27:40:58	50.13	
	<i>Wawayanda 50K</i>	5:49:21	49.36	
	<i>Vermont 100 Mile</i>	29:09:18	47.60	
	<i>Massanutten 100 Mile</i>	29:11:46	47.53	
	<i>Kanawha 50K</i>	6:29:41	44.25	
	<i>Gunpowder 50K</i>	6:29:46	44.24	
	<i>Holcomb Trail 33 Mile</i>	8:04:20	44.23	
			<b>167.40</b>	<b>55.80</b>
<b>55</b>	<b>Brennen Hernandez</b>			
	M2B Full	4:20:03	53.47	
	GP Trail Relay	45:57	50.82	
	Two Cities Full	3:49:17	58.53	
			<b>162.82</b>	<b>54.27</b>
<b>2 RACES</b>				
<b>56</b>	<b>Greg Ziencina</b>			
	LA Marathon	3:18:24	80.51	
	Boston Marathon	3:40:28	72.45	
			<b>152.96</b>	<b>76.48</b>
<b>57</b>	<b>Michael Bea</b>			
	Rose Bowl Half	1:22:45	74.03	
	Surf City Half	1:19:25	77.13	
			<b>151.16</b>	<b>75.58</b>
<b>58</b>	<b>Mario Mota</b>			
	LB Pride 10K	47:18	67.97	
	Paris Full	4:20:30	62.47	
			<b>130.44</b>	<b>65.22</b>
<b>59</b>	<b>Adon Ramos</b>			
	GP Trail Relay	38:39	60.19	
	LB Half	1:32:48	65.65	
			<b>125.84</b>	<b>62.92</b>
<b>60</b>	<b>Theo Tacail</b>			
	Catalina 10K	44:26	59.76	
	Spooky 10K	41:27	64.06	
			<b>123.82</b>	<b>61.91</b>

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<b>61</b>	<b>Rono Velasquez</b>				
	Bimbo 10K	51:20	59.38		
	SR Games 10K	51:36	59.07		
			<b>118.45</b>	<b>59.23</b>	
<b>62</b>	<b>Derek Mai</b>				
	LAFR Pride 5K	20:55	63.30		
	GP Trail Relay	43:20	54.75		
			<b>118.05</b>	<b>59.03</b>	
<b>63</b>	<b>Barry Hamaguchi</b>				
	Firecracker 10K	46:42	60.07		
	PS Pride 5K	24:34	56.76		
			<b>116.83</b>	<b>58.42</b>	
<b>64</b>	<b>Sean O'Brien</b>				
	Nov Doggie Pups 5K	29:51	53.63		
	Catalina 10K	54:06	60.54		
			<b>114.17</b>	<b>57.09</b>	
<b>65</b>	<b>Jonathan Toker</b>				
	LAFR Pride 5K	38:15	37.89		
	Catalina Half	1:32:29	73.20		
			<b>111.09</b>	<b>55.54</b>	
<b>66</b>	<b>Jeff Neinstein</b>				
	LAFR Pride 10K	54:16	58.18		
	GP Trail Relay	53:47	51.81		
			<b>109.99</b>	<b>55.00</b>	
<b>67</b>	<b>David Gonzalez</b>				
	Firecracker 5K	26:37	51.99		
	Derby Day 5K	26:55	51.41		
	<i>PS Pride 5K</i>	<i>27:49</i>	<i>50.13</i>		
	<i>LA Big 5K</i>	<i>27:44</i>	<i>49.90</i>		
			<b>103.40</b>	<b>51.70</b>	
<b>68</b>	<b>Andrew Robertson</b>				
	GP Trail Relay	36:20	64.27		
	Mt Baldy 7 Mile	1:34:10	31.93		
			<b>96.20</b>	<b>48.10</b>	
<b>69</b>	<b>Reg Willson</b>				
	Doggie 5K Pups	35:11	46.73		
	Nov Doggie Pups 5K	39:50	41.65		
			<b>88.38</b>	<b>44.19</b>	
<b>1 RACE</b>					
<b>70</b>	<b>Brendan Crill</b>				
	Occi 5K	18:56	77.78		
			<b>77.78</b>	<b>77.78</b>	
<b>71</b>	<b>Andrew Gonzalez</b>				
	Menudo 5K	20:17	76.92		
			<b>76.92</b>	<b>76.92</b>	
<b>72</b>	<b>Evan Bornstein</b>				
	SD Pride 5K	16:54	76.85		
			<b>76.85</b>	<b>76.85</b>	
<b>73</b>	<b>Andrew Snyder</b>				
	Seattle Pride 8K	33:44	64.28		
			<b>64.28</b>	<b>64.28</b>	
<b>74</b>	<b>Trevor Tivenan</b>				
	LA Marathon	3:33:15	62.83		
			<b>62.83</b>	<b>62.83</b>	



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<b>75</b>	<b>Eddie Flores</b>			
	PS Pride 5K	23:34	61.50	
			<b>61.50</b>	<b>61.50</b>
<b>76</b>	<b>Duane Howard</b>			
	Nov Doggie Humans 5K	23:30	59.33	
			<b>59.33</b>	<b>59.33</b>
<b>77</b>	<b>Lui Sanchez</b>			
	LAFR Pride 5K	27:42	58.83	
			<b>58.83</b>	<b>58.83</b>
<b>78</b>	<b>Jeff Maloy</b>			
	SD Pride 5K	22:31	57.99	
			<b>57.99</b>	<b>57.99</b>
<b>79</b>	<b>Sheehan Parker</b>			
	Redlands 5K	22:23	57.41	
			<b>57.41</b>	<b>57.41</b>
<b>80</b>	<b>Francis Felix</b>			
	LA Marathon	3:56:20	56.63	
			<b>56.63</b>	<b>56.63</b>
<b>81</b>	<b>Wadley</b>			
	Catalina Half	1:58:41	55.14	
			<b>55.14</b>	<b>55.14</b>
<b>82</b>	<b>Allen-Michael Brown</b>			
	Catalina 10K	48:59	54.61	
			<b>54.61</b>	<b>54.61</b>
<b>83</b>	<b>Oscar De La Rocha</b>			
	Catalina 10K	50:00	52.80	
			<b>52.80</b>	<b>52.80</b>
<b>84</b>	<b>Wasiq Mohammed</b>			
	LAFR Pride 5K	25:13	50.96	
			<b>50.96</b>	<b>50.96</b>
<b>85</b>	<b>Jack Adams</b>			
	St. Paul 6K	32:02	49.82	
			<b>49.82</b>	<b>49.82</b>
<b>86</b>	<b>Kyle Stevenson</b>			
	PS Pride 5K	29:52	49.70	
			<b>49.70</b>	<b>49.70</b>
<b>87</b>	<b>Michael Janovici</b>			
	Big Bear Half	2:19:11	48.22	
			<b>48.22</b>	<b>48.22</b>
<b>88</b>	<b>William Fang</b>			
	Nov Doggie Pups 5K	29:51	48.17	
			<b>48.17</b>	<b>48.17</b>
<b>89</b>	<b>Gabriel Cooper</b>			
	Doggie 5K Pups	27:43	47.11	
			<b>47.11</b>	<b>47.11</b>
<b>90</b>	<b>Cruise Berry</b>			
	GP Trail Relay	50:35	46.45	
			<b>46.45</b>	<b>46.45</b>
<b>91</b>	<b>Scott Whiteleather</b>			
	PS Pride 5K	36:53	44.98	
			<b>44.98</b>	<b>44.98</b>
<b>92</b>	<b>Mike Carbuto</b>			
	Doggie 5K Pups	41:52	42.17	
			<b>42.17</b>	<b>42.17</b>

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<b>93</b>	<b>Brad Reichard</b>				
	GP Trail Relay	64:57	41.79		
			<b>41.79</b>	<b>41.79</b>	
<b>94</b>	<b>Leonard Hyman</b>				
	Rose Bowl Half	2:33:02	41.52		
			<b>41.52</b>	<b>41.52</b>	
<b>95</b>	<b>Marcio Heaton-Lee</b>				
	Firecracker 10K	1:24:12	33.32		
			<b>33.32</b>	<b>33.32</b>	