

2014 LAFR 10K Challenge Standings FINAL

detail for "most" listed below, please contact Angus if you are missing any races

Rank	MOST	
1	Jason Coleman	22
2	Mike Carbuto	10
3	Karen Adams	9
4	Mike Kerkman	5
	David Grudzien	5
6	Bruce Bair	4
	Patrick Conner	4
	Carl Maravilla	4
	David Gonzalez	4
	Albert Giang	4
11	Richard Peng	3
	Andrew Wissmiller	3
	Raul Borja	3
	Cat Uncles	3
16	12 LAFRs	2
28	27 LAFRs	1

Rank	Fastest Male	
1	Eric Alvarez	
	Santa Clarita 10K	35:54
2	Carlos Vizcarra	
	LAFR 10K	35:57
3	Mike Heredia	
	LAFR 10K	37:52
4	Mike Kerkman	
	Gay Games 10K	37:53
5	Mark Johnson	
	Firecracker 10K	38:37
6	William Fang	
	Tiger Run 10K	40:03
7	Bruce Bair	
	Victory 10K	40:16
8	Carl Maravilla	
	LB Pride 10K	41:35
9	Jeff Lymburner	
	LAFR 10K	41:48

Rank	Biggest PR	
1	Karen Adams	
	Agoura, Victory, Sharks	10:39
2	Mark DeAngelis	
	Downtown Turkey	8:02
3	Brian Dunbar	
	LB Pride, Gay Games	4:09
4	Henry Jung	
	Downtown Turkey	3:16
5	Albert Giang	
	LB Pride, Greenway, Burbank	2:47
6	Mike Kerkman	
	LB Pride, Gay Games	1:42
7	Patrick Conner	
	Victory	1:26
8	Rob Chen	
	Gay Games	:50
9	Raul Borja	
	SM Venice	:49
10	Mike Carbuto	
	Victory, Wrigley	:47

Rank	Fastest Female	
1	Kathleen Curley	
	LAFR 10K	52:21
2	Karen Adams	
	Sharke Fitness 10K	54:57
3	Tanya Haney	
	RAD 10K	57:46
4	Ruthanne Salido	
	RAD 10K	57:56
5	JD Rouan	
	LAFR 10K	58:54

Biggest PR: Like our other grand prix categories, the PR you're trying to best for the 10K Challenge is a 5-year PR (your fastest 10K from 2009-2013). This is cumulative for the entire year - so, for example, if you set a new PR in January by 2 minutes and then break the new PR by 3 minutes in May, your total is 5 minutes .

10K Challenge Most Detail FINAL

*time after your name is your 5-year 10K PR, contact Angus if the time listed is incorrect

Rank	<u>MOST</u>	
1	Jason Coleman	63:20
	Culver City 10K	64:08
	Summer Celebration 10K	64:30
	Coaster 10K	64:51
	LAFR 10K	65:32
	LB Pride 10K	66:44
	USC Quench the Fire 10K	68:13
	Victory 10K	68:23
	Octoberfest 10K	68:42
	Downtown Turkey 10K	68:42
	Mervelous Run 10K	68:48
	Shoreline 10K	69:12
	Dolphin Dash 10K	69:18
	Summers End 10K	70:04
	A Better World 10K	71:03
	Tinker Bell 10K	72:55
	Will Rogers 10K	73:17
	Manhattan Beach 10K	74:15
	Jet to Jetty 10K	74:45
	Giving Thanks 10K	76:21
	Turkey Dash 10K	95:25
	Winter Blast 10K	1:19:13
	Paramount Ranch 10K	1:51:14
2	Mike Carbuto	51:23
	Wrigley River 10K	51:23
	Victory 10K	51:44
	LB Pride 10K	51:56
	LAFR 10K	52:24
	Race on the Base 10K	52:53
	Gay Games 10K	54:09
	Firecracker 10K	54:45
	Will Rogers 10K	55:27
	Tiger Run 10K	56:01
	Verdugo 10K	68:26
3	Karen Adams	54:57
	Sharks Fitness 10K	54:57
	Victory 10K	56:35
	Cinco de Mayo 10K	56:50
	LB Pride 10K	57:06
	Agoura 10K	57:41
	LAFR 10K	59:05
	River City 10K	62:45
	Ft. Wayne Trailblazer 10K	62:50
	Xterra Adventure 10K	66:44
4	Mike Kerkman	37:53
	Gay Games 10K	37:53
	LB Pride 10K	38:43
	Burbank 10K	39:17
	LAFR 10K	39:26
	Firecracker 10K	41:04
	David Grudzien	55:19
	ATC Cartersville 10K	59:10
	LB Pride 10K	59:22
	Peachtree 10K	61:02
	Intown 10K	62:02
	HITS 10K	1:41:44

10K Challenge Most Detail FINAL

*time after your name is your 5-year 10K PR, contact Angus if the time listed is incorrect

6	Bruce Bair 40:16	
	Victory 10K	40:16
	LB Pride 10K	41:09
	LAFR 10K	41:15
	Firecracker 10K	44:42
	Patrick Conner 49:13	
	Victory 10K	49:13
	LB Pride 10K	51:24
	LAFR 10K	51:58
	Firecracker 10K	53:15
	Carl Maravilla 37:12	
	LB Pride 10K	41:35
	Victory 10K	43:03
	Gay Games 10K	43:33
	Verdugo 10K	55:16
	David Gonzalez 43:44	
	LAFR 10K	45:39
	LB Pride 10K	46:24
	Burbank 10K	47:18
	Will Rogers 10K	48:40
	Albert Giang 49:58	
	Burbank 10K	49:58
	Greenway 10K	50:13
	LB Pride 10K	51:29
	LAFR 10K	53:17
11	Andrew Wissmiller 45:16	
	LB Pride 10K	45:16
	LAFR 10K	47:36
	Verdugo 10K	61:21
	Richard Peng 48:31	
	Victory 10K	50:22
	LAFR 10K	50:45
	Firecracker 10K	52:08
	Dan Vu 48:25	
	Gay Games 10K	49:08
	LB Pride 10K	49:19
	LAFR 10K	50:12
	Brian Dunbar 50:53	
	Gay Games 10K	50:53
	LB Pride 10K	52:19
	LAFR 10K	53:18
	Raul Borja 47:06	
	SM Venice 10K	47:06
	LAFR 10K	49:31
	Verdugo 10K	66:49
16	Bill Austin 44:03	
	LAFR 10K	47:10
	Gay Games 10K	47:13
	Rob Chen 48:05	
	Gay Games 10K	48:05
	LAFR 10K	52:54
	Bill Winkelmann 49:39	
	Gay Games 10K	54:40
	LAFR 10K	59:58
	Margie Gonzales 64:37	
	Dolphin 10K	1:16:16
	Shamrock 10K	1:20:36

10K Challenge Most Detail FINAL

*time after your name is your 5-year 10K PR, contact Angus if the time listed is incorrect

	Mike Heredia 36:29	
	LAFR 10K	37:52
	Firecracker 10K	38:06
	Carlos Vizcarra 35:15	
	LAFR 10K	35:57
	El Segundo 10K	38:24
	Doug Jones 72:10	
	LB Pride 10K	76:55
	Will Rogers 10K	85:40
	John McGuinness 38:59	
	LB Pride 10K	46:30
	Will Rogers 10K	47:30
	David Dassey 45:07	
	Gay Games 10K	47:33
	LAFR 10K	48:47
	Reg Willson 41:00	
	Jet to Jetty 10K	45:42
	Firecracker 10K	47:35
	Eric Alvarez 34:31	
	Santa Clarita 10K	35:54
	LAFR 10K	36:39
	Bernie Tan 43:19	
	LAFR 10K	45:22
	Tiger Run 10K	46:19
28	Mark Johnson 36:25	
	Firecracker 10K	38:37
	Deo Jaravata 48:26/63:43RW	
	Mt SAC Relays 10K RW	67:42
	Mong Nooiboonsook 47:59	
	Seal Beach 10K	60:27
	Jeff Lymburner 41:48	
	LAFR 10K	41:48
	Brad Maury 40:19	
	LAFR 10K	42:27
	Jorge S Corona 42:55	
	LAFR 10K	43:18
	Richard Allison 46:23	
	LAFR 10K	46:23
	Michael Carter 45:17	
	LAFR 10K	47:02
	Martin Carlson 44:40	
	LAFR 10K	48:24
	Matthew Ware 50:01	
	LAFR 10K	50:01
	Andrew Sanchez 51:38	
	LAFR 10K	51:38
	Jason Bautista 45:22	
	LAFR 10K	51:45
	Kent Hamilton 45:10	
	LAFR 10K	52:16
	Ran Mullins 47:56	
	LAFR 10K	53:19
	Alex Grosko 54:55	
	LAFR 10K	54:55
	Tommy Ho 53:08	
	LAFR 10K	57:01

10K Challenge Most Detail FINAL

*time after your name is your 5-year 10K PR, contact Angus if the time listed is incorrect

	Christopher Tapper 78:04	
	LAFR 10K	78:04
	Kathleen Curley 52:21	
	LAFR 10K	52:21
	JD Rouan 57:46	
	LAFR 10K	58:54
	Ted Wyder 43:56	
	Gay Games 10K	45:16
	Henri Faucher 56:15	
	Gay Games 10K	58:08
	Mark DeAngelis 41:51	
	Downtown Turkey 10K	41:51
	Henry Jung 53:07	
	Downtown Turkey 10K	53:07
	William Fang 35:59	
	Tiger Run 10K	40:03
	Angus Kennedy 42:47	
	Reindeer Run 10K	45:26
	Tanya Haney 57:46	
	RAD 10K	57:46
	Ruthanne Salido 57:56	
	RAD 10K	57:56