

LAFR Grand Prix Series Champions Race FINAL Standings 2011
Detailed Standings Below, R = No. of Races

Rank	MEN	R	Score	AVG	Rank	MEN cont.	R	Score	AVG
1	Richard Nelson	6	486.85	81.14	56	Alvin Magpantay	2	110.61	55.31
2	Carlos Vizcarra	6	486.30	81.05	57	Eric Gober	2	108.91	54.46
3	Mark Johnson	6	481.15	80.19	58	Piyush Prakash	2	108.24	54.12
4	Moises Medina	6	440.75	73.46	59	Rich Crook	2	107.91	53.96
5	Reg Willson	6	436.76	72.79	60	Henri Faucher	2	106.78	53.39
6	Sean O'Brien	6	429.49	71.58	61	Dan Vu	2	105.87	52.94
7	Andrew Wissmiller	6	428.15	71.36	62	Stewart Gonshorek	2	102.60	51.30
8	Bernie Tan	6	419.49	69.92	63	Neil Johnson	2	79.91	39.96
9	John McGuinness	6	418.72	69.79	64	Gary Lashley	2	77.94	38.97
10	Angus Kennedy	6	407.76	67.96	65	Michael Whitehead	1	82.99	82.99
11	Ric Munoz	6	406.20	67.70	66	Tom Haskins	1	68.55	68.55
12	Bruce Bair	6	399.58	66.60	67	Riley Turcott	1	65.42	65.42
13	Deo Jaravata	6	370.81	61.80	68	Matthew Siegle	1	64.33	64.33
14	Sergio Casillas	6	329.10	54.85	69	Kerry Quakenbush	1	63.22	63.22
15	Mike Smith	6	317.27	52.88	70	Steve Frybarger	1	63.19	63.19
16	Robb Briggs	6	309.62	51.60	71	Augie Robles	1	62.78	62.78
17	Wadley	5	346.15	69.23	72	Don Formanek	1	62.65	62.65
18	William Korthof	5	326.92	65.38	73	Jim Martinez	1	61.94	61.94
19	Bill Winkelmann	5	309.60	61.92	74	Bill Austin	1	61.66	61.66
20	Dan Graham	5	279.12	55.82	75	Jorge S Corona	1	60.00	60.00
21	John Kawaharada	5	278.84	55.77	76	Mike Carbuto	1	59.67	59.67
22	Mike Murphy	5	241.65	48.33	77	Jim Phillips	1	58.10	58.10
23	Bill Walsky	5	210.52	42.10	78	Tanner Stransky	1	57.09	57.09
24	Doug Jones	5	195.20	39.04	79	Freddie Diaz	1	57.07	57.07
25	Carl Maravilla	4	318.21	79.55	80	Jeff Cronin	1	56.73	56.73
26	Brad Maury	4	273.52	68.38	81	Michael Gifford	1	56.55	56.55
27	Patrick Owen	4	264.38	66.10	82	Ara Mhramian	1	56.51	56.51
28	David Dassey	4	256.88	64.22	83	Phil Scanlon	1	56.46	56.46
29	Ely Yaron	4	239.09	59.77	84	Brian Dunbar	1	56.09	56.09
30	Richard Peng	4	219.94	54.99	85	Jason Bautista	1	55.74	55.74
31	Paul Jacoy	4	218.76	54.69	86	Stephen Germain	1	55.10	55.10
32	Robert Chen	4	218.72	54.68	87	Gary Braitman	1	55.00	55.00
33	Scott Flanary	4	202.10	50.53	88	Brian Krogmann	1	54.77	54.77
34	Luis Aguilar	3	219.99	73.33	89	Gary lem	1	54.70	54.70
35	Jeff Lymburner	3	203.82	67.94	90	Rusty Millar	1	53.58	53.58
36	Mike Kerkman	3	201.21	67.07	91	Kevin Shiramizu	1	53.09	53.09
37	Mike Kezsely	3	195.41	65.14	92	Ryan Timmreck	1	52.58	52.58
38	Ted Wyder	3	190.21	63.40	93	Phil Amato	1	52.53	52.53
39	Jonathan Toker	3	189.18	63.06	94	Eddie Flores	1	51.86	51.86
40	Jon Wasser	3	185.05	61.68	95	John Miranda	1	51.06	51.06
41	Paul Williams	3	177.49	59.16	96	Richard Korn	1	50.65	50.65
42	Gardner Delano	3	168.25	56.08	97	Ryan Bailon	1	50.34	50.34
43	Bibi Silvas	3	167.22	55.74	98	Dale Beldin	1	49.67	49.67
44	Frank Jacoy	3	158.03	52.68	99	Jeffery Wiggins	1	49.00	49.00
45	Jose Castillo	3	154.20	51.40	100	Albert Giang	1	48.95	48.95
46	Geoff Buck	3	129.63	43.21	101	Michael Ferretti	1	48.02	48.02
47	Eric Alvarez	2	157.84	78.92	102	Rex Boone	1	47.37	47.37
48	Terry Finestain	2	133.55	66.78	103	Seth Diamond	1	46.48	46.48
49	Mark Jones	2	129.89	64.95	104	Jeff Masino	1	46.26	46.26
50	Mike Reynolds	2	127.48	63.74	105	Sam Zoda	1	45.66	45.66
51	Mark DeAngelis	2	125.24	62.62	106	Ed Stanley	1	45.50	45.50
52	Eric Fischer	2	121.09	60.55	107	Mark Brunetz	1	43.07	43.07
53	Phillip Giarratano	2	117.40	58.70	108	Linwood Fullam	1	42.84	42.84
54	Henry Jung	2	114.17	57.09	109	Jerry Weyer	1	36.95	36.95
55	Richard West	2	113.13	56.57	110	Gerry Orcholski	1	33.79	33.79

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Rank	WOMEN	R	Score	AVG
1	Stephanie Stone	6	359.48	59.91
2	Margie Gonzales	6	331.13	55.19
3	Sara Croft	6	319.12	53.19
4	Marilyn Jackson	6	274.24	45.71
5	Regina Robinson	6	249.98	41.66
6	Kristi Twilley	4	158.32	39.58
7	Patricia Bates	3	222.83	74.28
8	Cat White	3	89.82	29.94
9	Allyne Winderman	2	156.27	78.14
10	Tanya Haney	2	90.37	45.19
11	Keeley Webster	2	70.60	35.30
12	Giselle Nguyen	1	60.61	60.61
13	Maggie Williams	1	49.76	49.76
14	Christine Curtin	1	43.36	43.36
15	Stephanie Collins	1	41.37	41.37
15	Areana Tate	1	33.53	33.53

Rank	WALKER	R	Score	AVG
1	Deo Jaravata	6	365.20	60.87
2	Juan Moreno	5	306.61	61.32
3	Doug Jones	2	107.39	53.70
4	Connie Hammen	1	65.38	65.38
5	Bill Austin	1	40.88	40.88
6	Tim Chung	1	40.40	40.40
7	Ric Munoz	1	39.09	39.09
8	Seth Eskigian	1	37.79	37.79

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Rank	MEN			AVG
1	Richard Nelson			
	13.1 Half	1:34:30	83.67	
	RnR Half	1:38:05	81.40	
	LAFR 5K	20:44	80.17	
	Solstice 5 Mile	34:20	80.06	
	LA Marathon	3:34:43	81.68	
	Long Beach 10K	43:19	79.87	
	<i>LAFR 10K</i>	<i>45:07</i>	<i>76.68</i>	
	<i>Victory 5K</i>	<i>20:51</i>	<i>79.72</i>	
	<i>SM 10K</i>	<i>44:08</i>	<i>78.39</i>	
	<i>Palisades 5K</i>	<i>20:56</i>	<i>79.40</i>	
	<i>Alive & Running 5K</i>	<i>20:55</i>	<i>79.66</i>	
	<i>Boston Marathon</i>	<i>3:58:36</i>	<i>73.50</i>	
	<i>LASAA 10K</i>	<i>45:01</i>	<i>76.15</i>	
			486.85	81.14
2	Carlos Vizcarra			
	Outgames 1500	4:31.7	78.34	
	Ventura Half	1:17:43	81.47	
	LA Marathon	2:53:32	79.50	
	OC Marathon	2:48:05	82.08	
	Palisades 5K	16:26	81.25	
	SoCal Road Mile	4:37.41	83.66	
	<i>LAFR 5K</i>	<i>17:03</i>	<i>78.31</i>	
	<i>Solstice 5 Mile</i>	<i>28:28</i>	<i>78.13</i>	
	<i>Outgames 10K</i>	<i>36:08</i>	<i>76.91</i>	
	<i>Long Beach 5K</i>	<i>17:11</i>	<i>77.70</i>	
	<i>Buffalo Half</i>	<i>1:28:16</i>	<i>71.74</i>	
			486.30	81.05
3	Mark Johnson			
	13.1 Half	1:22:51	80.07	
	SF Half	1:22:06	81.46	
	LA Marathon	2:57:28	82.03	
	NYC Marathon	2:58:09	81.72	
	Long Beach 10K	38:09	76.76	
	Palisades 5K	17:47	79.11	
	<i>LAFR 10K</i>	<i>38:55</i>	<i>75.25</i>	
	<i>SM 10K</i>	<i>39:08</i>	<i>74.83</i>	
	<i>Boston Marathon</i>	<i>3:02:16</i>	<i>79.87</i>	
			481.15	80.19
4	Moises Medina			
	LAFR 5K	19:49	69.40	
	PSFR 5K	19:48	69.98	
	SD Turkey 10K	40:04	71.98	
	SM 10K	38:38	74.65	
	Boston Marathon	3:09:35	74.89	
	Chicago Marathon	2:59:17	79.85	
	<i>LAFR 10K</i>	<i>41:32</i>	<i>68.92</i>	
			440.75	73.46

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5	Reg Willson			
	SRLA 18 Miler	2:17:58	71.77	
	NYC Marathon	3:26:56	75.48	
	Palisades 5K	20:15	74.02	
	LAFR 5K	20:58	71.49	
	LAFR 10K	45:57	67.90	
	Jet to Jetty 10K	41:00	76.10	
	<i>Boston Marathon</i>	4:01:41	64.04	
			436.76	72.79
6	Sean O'Brien			
	Avalon 50 Mile	7:36:01	77.34	
	LA Marathon	3:18:38	75.87	
	NYC Marathon	3:13:48	77.76	
	Leona Divide 50 Miler	8:15:37	71.16	
	Sycamore 30K	2:32:20	65.71	
	Boney Mtn 21K	1:50:39	61.65	
	<i>Old Goat 50 Mile</i>	9:16:54	63.34	
	<i>Mt Dis 50K</i>	5:23:15	59.04	
	<i>Mt Wilson</i>	1:16:26	58.15	
	<i>SM Mtns 50K</i>	5:33:50	57.18	
	<i>Bandit 50K</i>	5:10:50	61.41	
			429.49	71.58
7	Andrew Wissmiller			
	B2B 12K	59:28	70.06	
	Buffalo Half	1:55:04	65.57	
	SD Turkey 10K	47:04	70.32	
	LA Marathon	3:40:15	75.02	
	LAFR 5K	20:58	75.18	
	LAFR 10K	45:34	72.00	
	<i>Boney Mtn 21K</i>	2:14:23	55.87	
	<i>SM Mtns 30K</i>	3:40:12	50.21	
	<i>Malibu Creek 25K</i>	2:31:03	59.76	
			428.15	71.36
8	Bernie Tan			
	RnR Half	1:35:09	69.72	
	St. George Full	3:11:51	74.61	
	SF Full	3:19:25	72.39	
	Alive & Running 5K	19:39	70.51	
	LAFR 5K	20:56	66.69	
	LAFR 10K	44:19	65.57	
	<i>Sycamore 30K</i>	3:17:01	48.71	
	<i>SM Mtns 18K</i>	1:48:17	51.94	
	<i>Malibu Creek 10K</i>	56:10	54.20	
	<i>Verdugo 10K</i>	58:45	49.46	
			419.49	69.92
9	John McGuinness			
	SC Half	1:29:25	70.81	
	Half of the Harbors	1:31:01	69.56	
	LA Marathon	3:06:56	73.80	
	Boston Marathon	3:22:07	68.26	
	Victory 10K	40:48	68.11	
	LAFR 5K	19:35	68.18	
	<i>LAFR 10K</i>	42:34	65.28	
	<i>SM Mtns 30K</i>	2:58:47	51.57	
	<i>13.1 Half</i>	1:31:10	69.45	
			418.72	69.79

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10	Angus Kennedy			
	13.1 Half	1:32:28	72.91	
	SF Half	1:35:31	70.59	
	Buffalo 5K	22:58	61.73	
	SD Pride 5K	20:30	69.16	
	LA Marathon	3:28:40	70.37	
	Boston Marathon	3:53:05	63.00	
	<i>Malibu Creek 10K</i>	<i>54:53</i>	<i>56.33</i>	
	<i>SM Mtns 9K</i>	<i>50:50</i>	<i>51.95</i>	
	<i>RnR Half</i>	<i>1:36:26</i>	<i>69.92</i>	
			407.76	67.96
11	Ric Munoz			
	Boston Marathon	3:23:10	77.58	
	LA Marathon	3:31:32	74.53	
	LAFR 10K	45:47	68.70	
	North Coast 105.69 mi	24:00:00	69.06	
	Umstead 100 Mile	25:10:28	63.05	
	Born to Run 100K	15:19:45	53.28	
	<i>Leona Divide 50 Miler</i>	<i>11:56:47</i>	<i>51.47</i>	
	<i>Rocky Road 100 Mile</i>	<i>33:09:42</i>	<i>47.44</i>	
	<i>Around Lake 24 HR</i>	<i>23:45:32</i>	<i>45.84</i>	
	<i>Bishop High 100K</i>	<i>19:14:16</i>	<i>42.46</i>	
			406.20	67.70
12	Bruce Bair			
	Malibu Creek 25K	2:20:02	57.05	
	SM 5K	18:50	75.28	
	Boston Marathon	3:28:41	69.76	
	Finest City Half	1:29:30	74.73	
	San Lorenzo Half	1:58:33	56.42	
	Xterra 18K	1:26:10	66.34	
	<i>SM Mtns 30K</i>	<i>3:02:59</i>	<i>53.32</i>	
	<i>Malibu 22K</i>	<i>2:07:41</i>	<i>54.74</i>	
			399.58	66.60
13	Deo Jaravata			
	Holiday Half	1:48:22	62.74	
	LAFR 10K	51:24	57.86	
	Nanny Goat 100 Miles	23:31:33	63.39	
	NYC Marathon	3:54:06	63.26	
	Surf City Full	3:51:19	63.48	
	Rocky Road 50 Mile	9:32:01	60.08	
	<i>Diamond Valley Full</i>	<i>3:57:12</i>	<i>62.44</i>	
	<i>Love Your Heart Full</i>	<i>3:56:55</i>	<i>61.97</i>	
	<i>Rock the Ocean Full</i>	<i>4:12:45</i>	<i>58.60</i>	
	<i>ET Midnight 51K</i>	<i>5:46:46</i>	<i>56.44</i>	
	<i>Malibu Full</i>	<i>4:39:47</i>	<i>52.93</i>	
	<i>Beachfest Full</i>	<i>4:28:13</i>	<i>55.22</i>	
	<i>Las Vegas Full</i>	<i>4:25:05</i>	<i>55.87</i>	
	<i>Dech the Halls Full</i>	<i>4:07:05</i>	<i>59.94</i>	
	<i>Feeling Stuffed Full</i>	<i>5:47:36</i>	<i>42.60</i>	
	<i>Operation Jack Full</i>	<i>3:57:10</i>	<i>62.45</i>	
	<i>Run Into Fall Full</i>	<i>5:04:11</i>	<i>48.69</i>	
	<i>Patriot's Day Full</i>	<i>4:49:30</i>	<i>51.16</i>	
	<i>Tahoe Triple Day 1</i>	<i>4:49:26</i>	<i>51.17</i>	
	<i>Tahoe Triple Day 2</i>	<i>4:45:59</i>	<i>51.79</i>	
	<i>Rockin Beach Full</i>	<i>4:09:22</i>	<i>59.39</i>	
	<i>Dahilayan 57K</i>	<i>8:20:22</i>	<i>44.14</i>	

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	Deo Jaravata cont.			
	<i>Bulldog 50K</i>	7:30:03	41.68	
	<i>Ft Magsaysay 60K</i>	7:41:59	50.89	
	<i>May Day Full</i>	5:22:11	45.97	
	<i>Running into Coto Full</i>	4:55:12	50.16	
	<i>Cinderella Full</i>	5:37:20	43.90	
	<i>Catalina Eco Full</i>	4:03:01	60.94	
	<i>Newport Trails Full</i>	4:52:19	50.67	
	<i>Run the Forest Full</i>	4:42:50	51.77	
	<i>Kawasan Falls Full</i>	4:31:34	54.54	
	<i>Richard Leary 6 Hour</i>	34 Miles	58.32	
	<i>Runnin Dad Full</i>	4:20:05	56.95	
	<i>Milo Marathon</i>	4:30:49	54.69	
	<i>SM Mtns 50K</i>	7:32:12	41.48	
	<i>Sycamore 50K</i>	7:16:10	43.01	
	<i>LB Full</i>	4:01:31	61.33	
	<i>Hugs & Kisses Full</i>	4:08:07	59.18	
	<i>Nike Womens Full</i>	3:58:41	62.05	
	<i>Chino Hills Full</i>	6:42:10	36.83	
	<i>Lake Forest Full</i>	3:59:09	61.40	
	<i>Run Sun Full</i>	3:59:59	61.18	
	<i>Calico 50K</i>	6:19:38	48.99	
	<i>Catalina Marathon</i>	4:53:45	50.38	
	<i>Bataan Marathon</i>	4:25:00	55.89	
	<i>Golden Gate 50K</i>	6:37:53	46.74	
	<i>Prez Day Full</i>	4:21:51	56.08	
	<i>Cali Gold Rush Full</i>	4:53:20	50.06	
	<i>Kickin Off Full</i>	4:03:05	60.40	
	<i>Rock Canal Full</i>	4:41:37	52.14	
			370.81	61.80
14	Sergio Casillas			
	13.1 Half	1:54:59	58.63	
	Chesebro Half	1:58:13	57.04	
	Victory 10K	47:58	61.52	
	Sycamore 30K	3:44:32	43.46	
	Pasadena Full	4:23:08	55.80	
	Malibu 22K	2:47:11	52.65	
			329.10	54.85
15	Mike Smith			
	SRLA 18 Miler	2:51:12	51.90	
	SoCal Half	1:58:57	53.61	
	OK City Half	2:03:18	52.12	
	NYC Marathon	5:05:58	45.64	
	Long Beach 10K	48:37	58.01	
	Alive & Running 5K	24:12	55.99	
	<i>RnR Half</i>	2:04:43	51.53	
	<i>Holiday Half</i>	2:07:42	50.33	
	<i>LA Marathon</i>	5:06:17	45.60	
			317.27	52.88

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16	Robb Briggs			
	Rose Bowl 10K	48:04	60.00	
	Long Beach 10K	46:24	62.16	
	Victory 5K	21:57	63.13	
	Irvine Mud Run 3.8	40:14	42.65	
	Sycamore 18K	2:11:21	42.48	
	Dipsea 7.4	1:32:31	39.20	
	<i>Camp P Mud Run 10K</i>	61:49	46.65	
	<i>Palisades 10K</i>	49:34	58.18	
	<i>Victory 10K</i>	49:13	58.60	
	<i>Mt Wilson 7.8</i>	1:49:05	39.15	
	<i>Malibu Creek 10K</i>	67:31	44.75	
			309.62	51.60
17	Wadley			
	Buffalo Half	1:29:37	69.38	
	LA Marathon	3:18:38	69.18	
	Catalina Eco Full	3:20:59	68.37	
	LAFR 5K	18:22	70.57	
	LAFR 10K	39:18	68.65	
			346.15	69.23
18	William Korthof			
	Boney Mtn 21K	2:07:54	48.38	
	LA Marathon	3:02:32	75.27	
	Boston Marathon	3:16:40	69.87	
	LAFR 5K	19:07	68.01	
	LAFR 10K	41:23	65.39	
			326.92	65.38
19	Bill Winkelmann			
	Victory 10K	52:35	62.39	
	Long Beach 10K	51:08	64.16	
	Solstice 5 Mile	41:33	63.29	
	PSFR 5K	26:31	59.44	
	LAFR 5K	26:08	60.32	
	<i>LAFR 10K</i>	53:30	61.32	
			309.60	61.92
20	Dan Graham			
	Malibu Creek 10K	65:22	51.71	
	Alive & Running 5K	23:25	66.18	
	Sycamore 18K	2:08:17	48.91	
	Verdugo 10K	1:08:20	47.20	
	SF Half	1:53:46	65.12	
			279.12	55.82
21	John Kawaharada			
	SF Full	4:50:57	47.36	
	Honolulu Full	3:54:26	61.58	
	SoCal Half	1:49:28	60.12	
	SC Half	2:02:44	54.05	
	LAFR 5K	25:03	55.73	
	<i>LA Marathon</i>	5:24:22	44.13	
			278.84	55.77

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22	Mike Murphy			
	Avalon 50 Mile	9:53:02	54.29	
	Sycamore 30K	3:02:37	49.92	
	Old Goat 50 Mile	10:53:05	49.30	
	AC 100	31:02:51	44.61	
	LA Marathon	5:15:58	43.53	
	<i>Leona Divide 50 Miler</i>	<i>10:00:05</i>	<i>51.47</i>	
			241.65	48.33
23	Bill Walsky			
	Tiger 5K	35:55	45.05	
	Palisades 5K	37:21	43.32	
	SC Half	3:03:22	41.18	
	ET Full Moon Half	3:13:54	40.02	
	St. George Full	6:51:27	40.95	
	<i>Surf City Half</i>	<i>3:13:13</i>	<i>39.77</i>	
	<i>LAFR 5K</i>	<i>38:18</i>	<i>41.88</i>	
	<i>WeSpark 5K</i>	<i>37:27</i>	<i>43.21</i>	
			210.52	42.10
24	Doug Jones			
	Palisades 10K	1:24:18	37.31	
	LAFR 5K	37:54	39.87	
	Half of the Harbors	2:53:12	42.03	
	SM Mtns 18K	3:06:07	33.13	
	SC Half	2:49:50	42.86	
			195.20	39.04
25	Carl Maravilla			
	SM 10K	38:46	79.83	
	Long Beach 10K	38:22	80.66	
	PSFR 5K	19:08	77.71	
	LAFR 5K	18:35	80.01	
	<i>LA Mar 5K</i>	<i>19:57</i>	<i>74.53</i>	
			318.21	79.55
26	Brad Maury			
	LA Mar 5K	20:38	65.67	
	Boston Marathon	3:28:41	67.47	
	Long Beach 10K	40:19	70.47	
	SF Half	1:32:39	69.91	
			273.52	68.38
27	Patrick Owen			
	Buffalo 5K	24:02	61.87	
	Boston Marathon	3:33:52	72.38	
	LAFR 5K	22:30	66.08	
	LAFR 10K	48:19	64.05	
			264.38	66.10
28	David Dassey			
	LAFR 5K	23:44	67.58	
	LB Full	4:10:38	67.23	
	Penang Full	5:03:16	56.11	
	Operation Jack Full	4:18:00	65.96	
			256.88	64.22

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29	Ely Yaron			
	Disney Half	1:46:22	61.37	
	La Jolla Half	1:45:15	62.02	
	LA Marathon	3:59:06	59.38	
	RnR AZ Full	4:09:59	56.32	
	<i>Carlsbad Full</i>	<i>4:10:59</i>	<i>56.10</i>	
	<i>Rose Bowl Half</i>	<i>1:46:34</i>	<i>60.78</i>	
	<i>LB Half</i>	<i>2:04:01</i>	<i>52.65</i>	
	<i>RnR Half</i>	<i>2:10:34</i>	<i>50.00</i>	
	<i>Chesebro Half</i>	<i>2:53:06</i>	<i>37.72</i>	
	<i>SF Full</i>	<i>4:15:20</i>	<i>55.61</i>	
	<i>Malibu Full</i>	<i>4:50:50</i>	<i>48.82</i>	
	<i>S Barbara Full</i>	<i>4:14:56</i>	<i>55.72</i>	
	<i>Bulldog 25K</i>	<i>3:08:12</i>	<i>41.42</i>	
	<i>Catalina Full</i>	<i>4:36:13</i>	<i>51.39</i>	
			239.09	59.77
30	Richard Peng			
	13.1 Half	1:51:58	56.95	
	Firecracker 10K	52:28	53.35	
	LAFR 10K	50:19	56.05	
	PSFR 5K	25:17	53.59	
			219.94	54.99
31	Paul Jacoy			
	Firecracker 5K	26:47	52.93	
	Pasadena Half	2:06:50	53.60	
	LB Half	2:06:12	53.87	
	LAFR 5K	24:29	58.36	
	<i>RnR Half</i>	<i>2:09:32</i>	<i>52.48</i>	
	<i>Holiday Half</i>	<i>2:14:21</i>	<i>50.60</i>	
			218.76	54.69
32	Robert Chen			
	Buffalo Half	1:52:53	55.17	
	SF Half	1:40:31	61.96	
	Mt Wilson 7.8	1:31:37	43.62	
	PSFR 5K	22:37	57.97	
			218.72	54.68
33	Scott Flanary			
	WeSpark 10K	57:39	46.58	
	Tiger 10K	57:46	46.48	
	LA Marathon	4:11:48	54.57	
	Surf City Half	1:54:08	54.47	
			202.10	50.53
34	Luis Aguilar			
	Buffalo 5K	19:21	66.69	
	Chesebro Half	1:20:56	76.86	
	Long Beach 5K	16:53	76.44	
			219.99	73.33
35	Jeff Lymburner			
	Alive & Running 5K	19:45	75.90	
	Boney Mtn 21K	2:07:39	55.27	
	Berlin Big 25K	1:56:40	72.65	
			203.82	67.94

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36	Mike Kerkman			
	Firecracker 10K	41:17	65.55	
	SD Pride 5K	19:09	67.89	
	LAFR 5K	19:11	67.77	
	<i>PSFR 5K</i>	<i>20:10</i>	<i>64.71</i>	
	<i>SD Turkey 5K</i>	<i>19:21</i>	<i>67.44</i>	
			201.21	67.07
37	Mike Kezsely			
	13.1 Half	1:46:10	66.22	
	SRLA 18 Miler	2:34:49	63.40	
	PSFR 5K	22:36	65.79	
			195.41	65.14
38	Ted Wyder			
	Pasadena Half	1:37:29	65.42	
	LAFR 5K	21:05	63.79	
	PSFR 5K	21:42	61.00	
			190.21	63.40
39	Jonathan Toker			
	Sycamore 30K	2:24:19	63.16	
	Malibu 22K	1:40:34	65.24	
	Zermatt Full	3:46:18	60.78	
			189.18	63.06
40	Jon Wasser			
	LA Marathon	3:53:52	61.72	
	PSFR 5K	23:20	60.30	
	PS Half	1:45:15	63.03	
			185.05	61.68
41	Paul Williams			
	Alive & Running 5K	25:44	61.79	
	SM 5K	25:53	61.43	
	Sycamore 8K	48:09	54.27	
	<i>LAFR 5K</i>	<i>26:09</i>	<i>60.80</i>	
	<i>SD Turkey 5K</i>	<i>28:04</i>	<i>57.15</i>	
	<i>Rose Bowl 5K</i>	<i>28:20</i>	<i>56.12</i>	
	<i>Firecracker 5K</i>	<i>29:16</i>	<i>54.33</i>	
			177.49	59.16
42	Gardner Delano			
	Firecracker 10K	52:11	55.27	
	LAFR 10K	49:32	58.66	
	PSFR 5K	25:42	54.32	
			168.25	56.08
43	Bibi Silvas			
	Rose Bowl Half	1:56:58	56.71	
	LA Marathon	4:24:46	54.52	
	LAFR 10K	51:54	55.99	
			167.22	55.74
44	Frank Jacoy			
	Firecracker 10K	54:58	52.47	
	LAFR 10K	54:25	53.40	
	PSFR 5K	26:46	52.16	
			158.03	52.68
45	Jose Castillo			
	LAFR 5K	25:02	51.94	
	LAFR 10K	53:05	50.98	
	WeSpark 10K	52:58	51.28	
			154.20	51.40

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46	Geoff Buck				
	SRLA 18 Miler	4:09:23	41.92		
	LA Marathon	6:29:47	41.99		
	LAFR 10K	71:09	45.72		
			129.63	43.21	
47	Eric Alvarez				
	Palisades 5K	17:08	81.48		
	LAFR 5K	18:17	76.36		
			157.84	78.92	
48	Terry Finestein				
	LA Mar 5K	21:51	64.89		
	LAFR 5K	20:39	68.66		
			133.55	66.78	
49	Mark Jones				
	LA Mar 5K	22:55	63.84		
	Long Beach 5K	22:09	66.05		
			129.89	64.95	
50	Mike Reynolds				
	LAFR 5K	20:23	65.50		
	PSFR 5K	21:46	61.98		
			127.48	63.74	
51	Mark DeAngelis				
	Palisades 5K	23:04	62.43		
	LAFR 5K	22:45	62.81		
	<i>PSFR 5K</i>	<i>23:12</i>	<i>62.07</i>		
			125.24	62.62	
52	Eric Fischer				
	LAFR 5K	24:33	65.91		
	PSFR 5K	29:35	55.18		
			121.09	60.55	
53	Phillip Giarratano				
	Long Beach 10K	48:26	58.66		
	LAFR 10K	48:22	58.74		
			117.40	58.70	
54	Henry Jung				
	Palisades 5K	25:18	56.48		
	LAFR 5K	24:46	57.69		
	<i>PSFR 5K</i>	<i>25:50</i>	<i>55.74</i>		
			114.17	57.09	
55	Richard West				
	LAFR 5K	28:25	57.45		
	PSFR 5K	29:35	55.68		
			113.13	56.57	
56	Alvin Magpantay				
	LB Half	1:48:49	57.57		
	NYC Marathon	4:19:04	53.04		
			110.61	55.31	
57	Eric Gober				
	SF Half	2:04:49	54.46		
	RnR Half	2:05:53	54.45		
			108.91	54.46	
58	Piyush Prakash				
	LA Marathon	3:43:10	61.57		
	Verdugo 10K	57:32	46.67		
			108.24	54.12	

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59	Rich Crook				
	LA Marathon	4:34:20	53.06		
	LAFR 10K	53:48	54.85		
			107.91	53.96	
60	Henri Faucher				
	Long Beach 5K	28:00	53.10		
	LAFR 5K	27:42	53.68		
			106.78	53.39	
61	Dan Vu				
	LAFR 5K	24:36	53.57		
	PSFR 5K	25:12	52.30		
			105.87	52.94	
62	Stewart Gonshorek				
	LAFR 5K	29:43	52.15		
	RnR Half	2:26:51	50.45		
			102.60	51.30	
63	Neil Johnson				
	LAFR 5K	39:28	39.27		
	PSFR 5K	38:08	40.64		
			79.91	39.96	
64	Gary Lashley				
	Long Beach 10K	74:46	37.60		
	LB Half	2:42:00	40.34		
			77.94	38.97	
65	Michael Whitehead				
	Alive & Running 5K	17:13	82.99		
			82.99	82.99	
66	Tom Haskins				
	LA Marathon	3:56:29	68.55		
			68.55	68.55	
67	Riley Turcott				
	LA Marathon	3:30:02	65.42		
			65.42	65.42	
68	Matthew Siegle				
	Pasadena Half	1:36:39	64.33		
			64.33	64.33	
69	Kerry Quakenbush				
	LAFR 10K	45:58	63.22		
			63.22	63.22	
70	Steve Frybarger				
	LAFR 5K	24:07	63.19		
			63.19	63.19	
71	Augie Robles				
	LAFR 5K	22:35	62.78		
			62.78	62.78	
72	Don Formanek				
	LAFR 5K	21:28	62.65		
			62.65	62.65	
73	Jim Martinez				
	LAFR 5K	25:14	61.94		
			61.94	61.94	
74	Bill Austin				
	LAFR 5K	24:43	61.66		
			61.66	61.66	

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75	Jorge Santana Corona				
	LAFR 10K	44:58	60.00		
			60.00		60.00
76	Mike Carbuto				
	PSFR 5K	26:25	59.67		
			59.67		59.67
77	Jim Phillips				
	Tiger 5K	26:54	58.10		
			58.10		58.10
78	Tanner Stransky				
	LAFR 10K	47:02	57.09		
			57.09		57.09
79	Freddie Diaz				
	CIM Full	4:00:46	57.07		
			57.07		57.07
80	Jeff Cronin				
	LAFR 10K	57:50	56.73		
			56.73		56.73
81	Michael Gifford				
	LA Marathon	4:09:00	56.55		
			56.55		56.55
82	Ara Mihranian				
	SF Half	1:55:32	56.51		
			56.51		56.51
83	Phil Scanlon				
	PSFR 5K	26:20	56.46		
			56.46		56.46
84	Brian Dunbar				
	PSFR 5K	26:05	56.09		
			56.09		56.09
85	Jason Bautista				
	LAFR 10K	48:24	55.74		
			55.74		55.74
86	Stephen Germain				
	LAFR 10K	51:57	55.10		
			55.10		55.10
87	Gary Braitman				
	LAFR 10K	54:30	55.00		
			55.00		55.00
88	Brian Krogmann				
	Sycamore 30K	2:45:29	54.77		
			54.77		54.77
89	Gary Iem				
	LA Marathon	4:11:11	54.70		
			54.70		54.70
90	Rusty Millar				
	Long Beach 5K	29:10	53.58		
			53.58		53.58
91	Kevin Shiramizu				
	LAFR 5K	25:09	53.09		
			53.09		53.09
92	Ryan Timmreck				
	Buffalo 5K	25:46	52.58		
			52.58		52.58

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93	Phil Amato				
	LAFR 5K	29:45	52.53		
			52.53		52.53
94	Eddie Flores				
	PSFR 5K	25:34	51.86		
			51.86		51.86
95	John Miranda				
	LA Marathon	4:50:02	51.06		
			51.06		51.06
96	Richard Korn				
	Verdugo 10K	56:31	50.65		
			50.65		50.65
97	Ryan Bailon				
	RnR Half	2:03:32	50.34		
			50.34		50.34
98	Dale Beldin				
	LAFR 5K	32:52	49.67		
			49.67		49.67
99	Jeffery Wiggins				
	PSFR 5K	28:04	49.00		
			49.00		49.00
100	Albert Giang				
	PSFR 5K	26:47	48.95		
			48.95		48.95
101	Michael Ferretti				
	LAFR 10K	58:44	48.02		
			48.02		48.02
102	Rex Boone				
	LA Marathon	5:07:19	47.37		
			47.37		47.37
103	Seth Diamond				
	Verdugo 10K	1:04:29	46.48		
			46.48		46.48
104	Jeff Masino				
	LA Mar 5K	30:39	46.26		
			46.26		46.26
105	Sam Zoda				
	LA Marathon	5:21:36	45.66		
			45.66		45.66
106	Ed Stanley				
	LA Marathon	5:17:19	45.50		
			45.50		45.50
107	Mark Brunetz				
	SD Pride 5K	33:26	43.07		
			43.07		43.07
108	Linwood Fullam				
	Chesebro Half	2:34:50	42.84		
			42.84		42.84
109	Jerry Weyer				
	PSFR 5K	47:42	36.95		
			36.95		36.95
110	Gerry Orcholski				
	Tiger 5K	52:48	33.79		
			33.79		33.79
111	Lui Sanchez				
	LA Mar 5K	60:08	24.53		
			24.53		24.53

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Rank	WALKER			AVG
1	Deo Jaravata			
	LA Marathon	5:28:39	62.77	
	20K West Region	2:20:20	62.23	
	SoCal Half	2:30:50	61.30	
	Tahoe Triple Day 3	5:39:24	60.78	
	LAFR 5K	33:33	59.12	
	Mt. Sac 10K	69:10	59.00	
	<i>Mt. Sac 5K</i>	<i>34:10</i>	<i>58.06</i>	
	<i>SD RnR Full</i>	<i>5:59:38</i>	<i>57.35</i>	
	<i>B2B 12K</i>	<i>2:30:00</i>	<i>23.94</i>	
			365.20	60.87
2	Juan Moreno			
	LA Marathon	5:26:24	63.20	
	Run 4 Her Life 10K	64:14	63.53	
	Long Beach 5K	32:12	61.60	
	LAFR 5K	33:40	58.92	
	PSFR 5K	33:25	59.36	
			306.61	61.32
3	Doug Jones			
	13.1 Half	2:57:09	55.64	
	Victory 10K	1:23:33	51.75	
			107.39	53.70
4	Connie Hammen			
	LAFR 5K	49:29	65.38	
			65.38	65.38
5	Bill Austin			
	Long Beach 5K	51:54	40.88	
			40.88	40.88
6	Tim Chung			
	LAFR 5K	49:30	40.40	
			40.40	40.40
7	Ric Munoz			
	LAFR 5K	53:49	39.09	
			39.09	39.09
8	Seth Eskigian			
	LAFR 5K	53:48	37.79	
			37.79	37.79

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Rank	WOMEN			AVG
1	Stephanie Stone			
	Fontana Half	2:02:27	65.56	
	SoCal Half	2:11:31	61.05	
	Firecracker 10K	60:06	58.62	
	LAFR 10K	60:42	58.04	
	LAFR 5K	28:54	59.48	
	B2B 12K	1:15:04	56.73	
	<i>LA Marathon</i>	5:32:32	54.62	
	<i>OC Chill 5 Miler</i>	54:37	51.46	
	13.1 Half	2:54:54	46.03	
	Malibu Creek 10K	80:00	46.15	
	OC Half	2:20:20	57.21	
	Chesebro Half	2:17:00	58.60	
	LB Half	2:24:16	56.36	
	Merrell Mud 10K	1:31:27	38.52	
	Bandit 30K	5:17:12	37.40	
			359.48	59.91
2	Margie Gonzales			
	Half of the Harbors	2:36:21	54.82	
	RnR Half	2:37:08	54.55	
	CIM Full	5:47:36	55.97	
	Jet to Jetty 10K	67:43	55.54	
	SD Pride 5K	33:29	54.81	
	PSFR 5K	33:06	55.44	
	OC Half	2:52:24	49.72	
	Wounded Warrior Half	2:40:35	53.37	
	Xterra 11K	1:41:48	42.84	
	Conquer Bridge 5.3	1:01:21	51.96	
	LAFR 5K	35:20	51.94	
	SD Turkey 5K	34:11	53.68	
	LASAA 10K	69:46	53.91	
	Holiday Half	2:39:51	53.62	
	SC Half	2:40:32	53.39	
	13.1 Half	2:39:13	53.12	
	Long Beach 5K	34:07	53.79	
	SM Mtns 9K	75:25	44.71	
	LB Half	2:37:56	54.27	
	Playa 5K	35:04	52.33	
	SM 10K	70:53	53.06	
	LA Marathon	6:35:42	49.16	
	Pasadena Half	3:03:06	46.81	
	Malibu Creek 10K	88:55	44.32	
	Boney Mtn 6K	55:27	39.46	
			331.13	55.19

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3	Sara Croft			
	RnR Half	2:25:11	51.58	
	Half of the Harbors	2:22:30	52.54	
	Alive & Running 5K	29:18	54.71	
	LAFR 5K	29:20	54.14	
	SM 10K	61:07	53.76	
	Jet to Jetty 10K	62:43	52.39	
	<i>SD Pride 5K</i>	30:29	52.10	
	<i>SoCal Half</i>	2:28:44	49.88	
	<i>PSFR 5K</i>	33:09	53.17	
	<i>Solstice 5K</i>	51:54	50.50	
	<i>SD Turkey 5K</i>	31:36	50.73	
	<i>Holiday Half</i>	2:52:49	43.32	
	<i>SC Half</i>	2:41:11	46.45	
	<i>SM Mtns 9K</i>	76:42	38.40	
	<i>LB Full</i>	5:36:48	49.94	
	<i>LAFR 10K</i>	67:30	48.22	
	<i>Run in the Sun Full</i>	5:36:20	49.40	
	<i>CIM Full</i>	5:39:41	49.52	
	<i>Palm Springs Half</i>	2:29:36	49.58	
	<i>Catalina Eco Full</i>	6:32:52	40.87	
	<i>Red Rock Full</i>	6:02:40	45.82	
	<i>Conquer Bridge 5.3</i>	1:01:56	44.97	
	<i>Wounded Warrior Half</i>	2:31:40	49.37	
	<i>Diamond Valley Full</i>	6:08:02	45.15	
	<i>Xterra 11K</i>	1:38:16	38.78	
	<i>Palos Verdes Full</i>	6:26:26	43.00	
	<i>Guns n Roses Half</i>	2:33:23	48.31	
	<i>Laguna Hills Half</i>	2:39:07	46.62	
	<i>Cinco de Mayo Half</i>	2:45:22	44.95	
	<i>Coto Trails Half</i>	3:10:45	38.88	
	<i>Rose Bowl Half</i>	2:49:43	43.70	
	<i>13.1 Half</i>	2:36:59	47.25	
	<i>SimiValley Half</i>	2:42:10	45.74	
	<i>Pasadena Full</i>	7:02:33	39.33	
			319.12	53.19
4	Marilyn Jackson			
	Long Beach 5K	33:17	46.91	
	LAFR 5K	32:58	47.00	
	Jet to Jetty 10K	70:45	44.89	
	SM 10K	68:01	46.69	
	LB Half	2:46:18	43.52	
	RnR Half	2:40:00	45.23	
			274.24	45.71
5	Regina Robinson			
	13.1 Half	2:52:59	42.16	
	RnR Half	2:51:55	42.42	
	Long Beach 5K	36:00	43.37	
	LAFR 5K	35:54	43.49	
	Jet to Jetty 10K	81:57	39.05	
	SM 10K	81:02	39.49	
	<i>LB Half</i>	3:03:03	39.84	
	<i>LA Marathon</i>	7:10:55	37.64	
			249.98	41.66

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*shaded races are non-GP, races in italics do not count towards your score, see rules for race qualification.

6	Kristi Twilley			
	Verdugo 10K	1:41:37	31.25	
	LA Mar 5K	35:51	43.22	
	RnR SD Half	2:34:24	46.87	
	Endure the Bear 15K	2:17:20	36.98	
			158.32	39.58
7	Patricia Bates			
	NY Marathon	5:38:53	62.77	
	13.1 Half	1:56:11	79.12	
	Palm Springs Half	1:53:34	80.94	
	<i>Wounded Warrior Half</i>	1:58:47	78.52	
	<i>Long Beach Half</i>	2:08:20	71.63	
			222.83	74.28
8	Cat White			
	LA Marathon	7:25:43	35.20	
	Bulldog 25K	7:00:30	20.48	
	RnR Half	3:30:35	34.14	
			89.82	29.94
9	Allyne Winderman			
	LA Marathon	4:17:43	77.69	
	Santa Clarita Full	4:18:37	78.58	
			156.27	78.14
10	Tanya Haney			
	Firecracker 10K	69:42	44.71	
	Chesebro Half	2:35:31	45.66	
			90.37	45.19
11	Keeley Webster			
	LA Marathon	7:25:43	35.97	
	RnR Half	3:30:35	34.63	
			70.60	35.30
12	Giselle Nguyen			
	Rose Bowl 10K	50:03	60.61	
			60.61	60.61
13	Maggie Williams			
	LAFR 5K	40:44	49.76	
			49.76	49.76
14	Christine Curtin			
	Buffalo 5K	37:21	43.36	
			43.36	43.36
15	Stephanie Collins			
	LA Marathon	6:00:06	41.37	
			41.37	41.37
16	Areana Tate			
	LA Mar 5K	46:13	33.53	
			33.53	33.53