

2019 LAFR Grand Prix Series Trail Master Race Standings FINAL
Detailed Standings Below, R = No. of Races

Rank		R	Score	AVG
1	Peachy Poso	4	490.34	122.59
2	Solomon Leung	4	453.07	113.27
3	Ken Lewis	4	428.29	107.07
4	Blake Owens	4	418.78	104.70
5	Deo Jaravata	4	414.95	103.74
6	Richard Peng	4	361.23	90.31
7	Angus Kennedy	4	325.41	81.35
8	Carlos Vizcarra	3	381.25	127.08
9	Mike Kerkman	3	374.64	124.88
10	Sean O'Brien	3	335.30	111.77
11	David Dassey	3	333.68	111.23
12	Sarah Syed	3	285.16	95.05
13	John Miles	3	259.43	86.48
14	David Grudzien	3	194.83	64.94
15	Bill Austin	2	251.03	125.52
16	Bruce Bair	2	236.97	118.49
17	Mario Mota	2	231.14	115.57
18	Richard Nelson	2	224.64	112.32
19	Eric Eisenbrey	2	222.14	111.07
20	Jeffery Lin	2	204.02	102.01
21	Martin Carlson	2	203.19	101.60
22	John McGuinness	2	201.02	100.51
23	Jim Martinez	2	200.24	100.12
24	Allyne Winderman	2	198.15	99.08
25	Gillian Hoagland	2	197.76	98.88
26	Marcelino Goncalves	2	183.81	91.91
27	Margie Gonzales	2	177.71	88.86
28	Stephanie Stone	2	175.38	87.69
29	Mike Carbutto	2	169.34	84.67
30	Kimberly Fairchild	2	168.99	84.50
31	Eddie Flores	2	166.46	83.23
32	Reg Willson	2	164.26	82.13
33	Dan Vu	2	156.65	78.33
34	Nicole Oeuvray	2	156.00	78.00
35	John Kawaharada	2	153.67	76.84
36	Paul Morrell	2	150.66	75.33
37	Kevin Shiramizu	2	143.77	71.89
38	Mike Smith	2	142.64	71.32
39	Bob Berman	2	139.80	69.90
40	Jeffrey Kalowes	2	129.09	64.55
41	John Houser	2	94.19	47.10
42	Bernie Tan	1	149.37	149.37
43	Erin Brinton	1	127.44	127.44
44	Ric Munoz	1	118.26	118.26

Rank		R	Score	AVG
45	Lacey Howcroft	1	117.79	117.79
46	Patrice Salome	1	111.40	111.40
47	Jeff Masino	1	99.08	99.08
48	Juan C Fernandez	1	97.73	97.73
49	Jeremy Yoder	1	97.48	97.48
50	Alex Grosko	1	97.17	97.17
51	Rosie Jewell	1	93.62	93.62
52	Rudy Van Graan	1	90.76	90.76
53	Mike Heredia	1	89.50	89.50
54	Henry Jung	1	88.23	88.23
55	Piyush Prakash	1	87.88	87.88
56	Amy Ross	1	87.75	87.75
57	Mark DeAngelis	1	83.67	83.67
58	Lui Sanchez	1	83.58	83.58
59	Daniel Formanek	1	81.27	81.27
60	Noah Abraham	1	81.23	81.23
61	Yumi Afrento	1	80.37	80.37
62	Brian Eggert	1	80.19	80.19
63	Bill Winkelmann	1	80.11	80.11
64	Richard West	1	78.00	78.00
65	Bill Walsky	1	77.45	77.45
66	Brian Dunbar	1	77.37	77.37
67	Johnny Mendez	1	76.10	76.10
68	Rick Hetzel	1	75.30	75.30
69	Carlos Fajardo	1	74.98	74.98
70	Patrick Conner	1	74.89	74.89
71	Mickey Caruso	1	73.95	73.95
72	Cat White	1	73.40	73.40
73	Tim Chung	1	71.54	71.54
74	Kyle Stevenson	1	69.77	69.77
75	Anthony Chan	1	68.84	68.84
76	Don Norte	1	66.54	66.54
77	Kevin Norte	1	66.53	66.53
78	Benji Abraham	1	64.87	64.87
79	Keeley Webster	1	64.19	64.19
80	Jason Coleman	1	62.68	62.68
81	Albert Giang	1	62.24	62.24
82	Elizabeth Navarrete	1	59.77	59.77
83	Jason Lee	1	59.20	59.20
84	Mark Abraham	1	55.98	55.98
85	Doug Jones	1	55.09	55.09
86	Jason Bautista	1	50.98	50.98
87	Christopher Tapper	1	50.98	50.98
88	Geoff Buck	1	46.19	46.19

2019 LAFR Trail Master Race Detail FINAL

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

Rank				AVG
1	Peachy Poso			
	Run Deo Run Full	4:52:15	155.26	
	Kodiak 100	35:15:19	115.08	
	Avalon 50 Mile	10:41:41	110.01	
	Badwater Salton Sea	27:06:25	109.99	
	<i>Leona Divide 100K</i>	15:12:28	106.69	
	<i>Griffith Park Trail 50K</i>	6:08:40	105.35	
	<i>Calico 50k</i>	6:26:56	102.74	
	<i>LAFR Pride 10K</i>	58:42	101.39	
	<i>Tunnel Loght Full</i>	4:33:16	94.75	
	<i>LAFR Pride 5K</i>	27:05	89.08	
	<i>Ray Miller 50K</i>	7:33:45	80.47	
	<i>Mt Hwd 12K trail</i>	1:12:39	77.09	
			490.34	122.59
2	Solomon Leung			
	Lean Horse 100	23:24:02	134.13	
	Antelope Canyon 100	27:16:00	125.75	
	LAFR Pride 5K	20:25	98.67	
	LAFR Pride 10K	44:53	94.52	
	<i>Shawnee Hills 100</i>	29:12:38	122.38	
	<i>Bryce Canyon 100</i>	34:14:59	115.40	
	<i>Hellbender 100</i>	34:26:18	100.18	
	<i>Catalina Half</i>	1:48:50	91.32	
			453.07	113.27
3	Ken Lewis			
	Western States 100 Mile	29:01:46	116.11	
	AC 100	31:37:54	111.49	
	LAFR Pride 5K	23:02	102.08	
	LAFR Pride 10K	49:44	98.61	
	<i>Run Deo Run 10K</i>	53:05	94.09	
	<i>Javelina 50K</i>	7:59:29	92.21	
	<i>Bare Burro 5K</i>	29:45	66.54	
	<i>Mt. Baldy Run to Top 7.1</i>	2:06:59	35.07	
			428.29	107.07
4	Blake Owens			
	Doggie 5K	19:04	128.09	
	Catalina 10K	44:14	105.40	
	Pas Trail 12K	52:15	95.05	
	Pas Trail 10 Mile	1:23:38	90.24	
	<i>GP Trail Relay 5.3</i>	38:16	74.19	
	<i>LAFR Pride 5K</i>	19:16	102.39	
			418.78	104.70
5	Deo Jaravata			
	Run Deo Run Full	5:14:35	124.23	
	Avalon 50 Mile	11:06:42	105.27	
	Boundiful 52 Mile	12:00:00	104.43	
	Sisyphus 47 Mile	12:00:00	81.02	
	<i>Leona Divide 50K</i>	7:34:39	78.71	
	<i>Rocky Peak 50K</i>	8:01:44	76.26	
	<i>Bat Cave Full</i>	7:42:00	68.84	
			414.95	103.74

2019 LAFR Trail Master Race Detail FINAL

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

6	Richard Peng			
	Run Deo Run Half	2:09:47	110.95	
	LAFR Pride 5K	24:26	88.21	
	LAFR Pride 10K	55:42	82.60	
	Catalina Half	2:14:48	79.47	
	<i>Chesebro Half</i>	<i>2:08:24</i>	<i>71.49</i>	
			361.23	90.31
7	Angus Kennedy			
	Pas Trail 10 Mile	1:36:39	99.92	
	Bare Burro 5K	27:52	69.19	
	Catalina Half	2:13:57	82.44	
	GP Trail Relay 5.3	44:29	73.86	
			325.41	81.35
3 Races				
8	Carlos Vizcarra			
	Run Deo Run Half	1:33:09	155.39	
	LAFR Pride 10K	36:50	138.28	
	GP Trail Relay 5.3	33:48	87.58	
			381.25	127.08
9	Mike Kerkman			
	LAFR Pride 5K	17:41	147.57	
	Arroyo Seco Freako 3.4	20:29	118.39	
	Catalina Half	1:39:40	108.68	
	<i>Thanks XC Classic 5K</i>	<i>18:46</i>	<i>93.09</i>	
	<i>GP Trail Relay 5.3</i>	<i>34:35</i>	<i>83.24</i>	
	<i>Bare Burro 5K</i>	<i>22:00</i>	<i>117.35</i>	
			374.64	124.88
10	Sean O'Brien			
	SOB 50K	6:09:37	104.75	
	Doggie 5K	22:44	137.96	
	Catalina Half	1:55:18	92.59	
			335.30	111.77
11	David Dassey			
	LAFR Pride 5K	23:55	116.50	
	LAFR Pride 10K	52:36	112.30	
	Jack & Jill Full	4:15:58	104.88	
	<i>Bare Burro 5K</i>	<i>30:12</i>	<i>71.62</i>	
	<i>Run Deo Run 10K</i>	<i>54:18</i>	<i>110.19</i>	
			333.68	111.23
12	Sarah Syed			
	Pas Trail 10 Mile	1:34:23	91.16	
	LAFR Pride 5K	22:53	100.62	
	LAFR Pride 10K	52:56	93.38	
	<i>GP Trail Relay 5.3</i>	<i>44:40</i>	<i>73.62</i>	
			285.16	95.05
13	John Miles			
	Run Deo Run 10K	53:50	102.74	
	LAFR Pride 5K	24:36	81.86	
	Catalina Half	2:10:27	74.83	
	<i>Bare Burro 5K</i>	<i>33:28</i>	<i>60.47</i>	
	<i>LAFR Pride 10K</i>	<i>50:40</i>	<i>81.35</i>	
			259.43	86.48

2019 LAFR Trail Master Race Detail FINAL

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

14	David Grudzien			
	Bare Burro 5K	44:57	50.82	
	MM Prairie Half	3:20:15	72.76	
	Winter Night Half	3:28:38	71.25	
	<i>Great Western Half</i>	2:40:28	67.12	
	<i>MM Gulf Half</i>	2:55:44	63.03	
	<i>MM Alaska Half</i>	2:58:25	62.38	
	<i>Backyard Classic 23 Mile</i>	8:00:00	59.13	
	<i>Summer Night 6.55</i>	1:56:07	35.13	
	<i>MM Alaska Day 2 Half</i>	3:04:22	61.01	
	<i>MM Alaska 10K</i>	1:54:19	33.95	
			194.83	64.94
2 Races				
15	Bill Austin			
	Run Deo Run 5K	25:01	134.36	
	LAFR Pride 5K	22:39	116.67	
	<i>Doggie 5K</i>	25:46	108.00	
			251.03	125.52
16	Bruce Bair			
	Run Deo Run 10K	44:05	139.30	
	Catalina Half	1:52:05	97.67	
			236.97	118.49
17	Mario Mota			
	<i>Doggie 5K</i>	21:30	140.78	
	LAFR Pride 10K	51:30	90.36	
			231.14	115.57
18	Richard Nelson			
	<i>Doggie 5K</i>	26:23	112.91	
	LAFR Pride 5K	26:51	111.73	
			224.64	112.32
19	Eric Eisenbrey			
	<i>Doggie 5K</i>	20:33	136.75	
	Pas Trail 5 Mile	39:52	85.39	
	<i>Bare Burro 5K</i>	26:04	67.24	
			222.14	111.07
20	Jeffery Lin			
	<i>Doggie 5K</i>	19:07	128.00	
	GP Trail Relay 5.3	37:07	76.02	
			204.02	102.01
21	Martin Carlson			
	LAFR Pride 5K	23:25	102.62	
	LAFR Pride 10K	49:34	100.57	
	<i>Doggie 5K</i>	25:14	97.75	
			203.19	101.60
22	John McGuinness			
	LAFR Pride 5K	21:51	110.06	
	LAFR Pride 10K	47:18	90.96	
			201.02	100.51
23	Jim Martinez			
	<i>Doggie 5K</i>	29:33	101.85	
	Run Deo Run 5K	31:11	98.39	
	<i>LAFR Pride 5K</i>	30:04	85.38	
	<i>Catalina 10K</i>	67:00	81.82	
	<i>Pas Trail 5 Mile</i>	57:52	67.38	
			200.24	100.12

2019 LAFR Trail Master Race Detail FINAL

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

24	Allyne Winderman			
	LAFR Pride 5K	31:22	99.61	
	LAFR Pride 10K	67:34	98.54	
			198.15	99.08
25	Gillian Hoagland			
	Doggie 5K	24:22	120.60	
	LAFR Pride 5K	25:50	77.16	
			197.76	98.88
26	Marcelino Goncalves			
	LAFR Pride 5K	22:18	100.62	
	LAFR Pride 10K	47:08	83.19	
			183.81	91.91
27	Margie Gonzales			
	Doggie 5K	44:48	89.05	
	LAFR Pride 5K	45:12	88.66	
			177.71	88.86
28	Stephanie Stone			
	Doggie 5K	34:37	89.21	
	LAFR Pride 10K	75:59	86.17	
			175.38	87.69
29	Mike Carbuto			
	LAFR Pride 5K	30:24	85.26	
	Doggie 5K	42:59	84.08	
	<i>Bare Burro 5K</i>	39:38	57.39	
	<i>Verdugo 10K</i>	1:29:24	53.83	
			169.34	84.67
30	Kimberly Fairchild			
	SOB 25 Mile	5:31:24	99.83	
	Ahmanson Trail 18K	2:17:45	69.16	
			168.99	84.50
31	Eddie Flores			
	Doggie 5K	28:50	83.90	
	Catalina 10K	54:25	82.56	
			166.46	83.23
32	Reg Willson			
	Doggie 5K	30:56	96.62	
	Arroyo Seco Freako 3.4	28:01	67.64	
	<i>Bare Burro 5K</i>	30:32	66.86	
	<i>GP Trail Relay 5.3</i>	50:18	55.33	
			164.26	82.13
33	Dan Vu			
	LAFR Pride 5K	23:47	88.86	
	Catalina Half	2:14:57	67.79	
			156.65	78.32
34	Nicole Oeuvray			
	Doggie 5K	46:05	85.72	
	LAFR Pride 5K	46:01	70.28	
			156.00	78.00
35	John Kawaharada			
	Run Deo Run 5K	50:00	86.90	
	LAFR Pride 5K	57:07	66.77	
	<i>Doggie 5K</i>	64:36	53.01	
			153.67	76.84

2019 LAFR Trail Master Race Detail FINAL

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

36	Paul Morrell				
	LAFR Pride 5K	29:31	74.09		
	LAFR Pride 10K	57:59	76.57		
			150.66	75.33	
37	Kevin Shiramizu				
	LAFR Pride 10K	49:45	77.96		
	Catalina 10K	47:48	65.81		
	<i>Thanks XC Classic 5K</i>	23:45	65.28		
			143.77	71.89	
38	Mike Smith				
	Doggie 5K	31:13	91.18		
	SRLA Summer 5K	31:02	51.46		
			142.64	71.32	
39	Robert Berman				
	LAFR Pride 5K	31:23	72.15		
	LAFR Pride 10K	70:48	67.65		
			139.80	69.90	
40	Jeffrey Kalowes				
	Doggie 5K	39:21	68.67		
	LAFR Pride 5K	37:39	60.42		
	<i>LAFR Pride 10K</i>	81:59	57.91		
	<i>Verdugo 10K</i>	1:53:17	32.44		
			129.09	64.55	
41	John Houser				
	LAFR Pride 5K	31:48	61.93		
	Mt. Hwd Trail 6K	58:56	32.26		
			94.19	47.10	
42	Bernie Tan				
	Run Deo Run Half	1:47:12	149.37		
			149.37	149.37	
43	Erin Brinton				
	Doggie 5K	25:46	127.44		
			127.44	127.44	
44	Ric Munoz				
	Nanny Goat 100 Mile	29:17:59	118.26		
			118.26	118.26	
45	Lacey Howcroft				
	Run Deo Run 5K	30:54	117.79		
			117.79	117.79	
46	Patrice Salome				
	LAFR Pride 5K	21:05	111.40		
			111.40	111.40	
47	Jeff Masino				
	Run Deo Run 10K	56:59	99.08		
			99.08	99.08	
48	Juan Carlos Fernandez				
	Doggie 5K	23:10	97.73		
			97.73	97.73	
49	Jeremy Yoder				
	LAFR Pride 10K	43:32	97.48		
			97.48	97.48	
50	Alex Grosko				
	Run Deo Run Half	2:09:58	97.17		
			97.17	97.17	

2019 LAFR Trail Master Race Detail FINAL

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

51	Rosie Jewell				
	LAFR Pride 10K	51:45	93.62		
			93.62	93.62	
52	Rudy Van Graan				
	Leona Divide 30K	4:33:06	90.76		
			90.76	90.76	
53	Mike Heredia				
	Bare Burro 5K	22:33	89.50		
			89.50	89.50	
54	Henry Jung				
	LAFR Pride 5K	26:08	88.23		
			88.23	88.23	
55	Piyush Prakash				
	Chesebro Half	1:46:28	87.88		
			87.88	87.88	
56	Amy Ross				
	LAFR Pride 5K	50:29	87.75		
			87.75	87.75	
57	Mark DeAngelis				
	LAFR Pride 5K	23:54	83.67		
			83.67	83.67	
58	Lui Sanchez				
	LAFR Pride 5K	29:20	83.58		
			83.58	83.58	
59	Daniel Formanek				
	LAFR Pride 5K	23:22	81.27		
			81.27	81.27	
60	Noah Abraham				
	LAFR Pride 10K	76:28	81.23		
			81.23	81.23	
61	Yumi Afrento				
	Run Deo Run 5K	48:18	80.37		
			80.37	80.37	
62	Brian Eggert				
	LAFR Pride 5K	56:07	80.19		
			80.19	80.19	
63	Bill Winkelmann				
	LAFR Pride 5K	46:10	80.11		
			80.11	80.11	
64	Richard West				
	Catalina 10K	1:16:11	78.00		
			78.00	78.00	
65	Bill Walsky				
	LAFR Pride 5K	51:32	77.45		
			77.45	77.45	
66	Brian Dunbar				
	LAFR Pride 5K	32:54	77.37		
			77.37	77.37	
67	Johnny Mendez				
	LAFR Pride 5K	28:42	76.10		
			76.10	76.10	
68	Rick Hetzel				
	LAFR Pride 5K	28:38	75.30		
			75.30	75.30	

2019 LAFR Trail Master Race Detail FINAL

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

69	Carlos Fajardo			
	GP Trail Relay 5.3	38:04	74.98	
			74.98	74.98
70	Patrick Conner			
	Run Deo Run 10K	68:11	74.89	
			74.89	74.89
71	Mickey Caruso			
	Joshua Tree Half	2:15:01	73.95	
			73.95	73.95
72	Cat White			
	LAFR Pride 5K	50:31	73.40	
			73.40	73.40
73	Tim Chung			
	LAFR Pride 5K	51:32	71.54	
			71.54	71.54
74	Kyle Stevenson			
	Catalina Half	2:13:58	69.77	
			69.77	69.77
75	Anthony Chan			
	LAFR Pride 5K	37:07	68.84	
			68.84	68.84
76	Don Norte			
	LAFR Pride 5K	46:50	66.54	
			66.54	66.54
77	Kevin Norte			
	LAFR Pride 5K	46:51	66.53	
			66.53	66.53
78	Benji Abraham			
	LAFR Pride 10K	1:42:51	64.87	
			64.87	64.87
79	Keeley Webster			
	LAFR Pride 5K	50:30	64.19	
			64.19	64.19
80	Jason Coleman			
	LAFR Pride 5K	42:50	62.68	
			62.68	62.68
81	Albert Giang			
	Catalina 10K	59:35	62.24	
			62.24	62.24
82	Elizabeth Navarrete			
	LAFR Pride 5K	37:08	59.77	
			59.77	59.77
83	Jason Lee			
	LAFR Pride 5K	63:00	59.20	
			59.20	59.20
84	Mark Abraham			
	LAFR Pride 10K	76:29	55.98	
			55.98	55.98
85	Doug Jones			
	LAFR Pride 10K	94:20	55.09	
			55.09	55.09
86	Jason Bautista			
	SRLA Summer 5K	29:37	50.98	
			50.98	50.98

2019 LAFR Trail Master Race Detail FINAL

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

87	Chris Tapper			
	Bare Burro 5K	41:41	50.95	
			50.95	50.95
88	Geoff Buck			
	SRLA Summer 5K	55:31	46.19	
			46.19	46.19