

LAFR Grand Prix Series Champions Race Standings 2012 FINAL
Detailed Standings Below, R = No. of Races

Rank	MEN	R	Score	AVG	Rank	MEN cont.	R	Score	AVG
1	Eric Alvarez	6	501.79	83.63	42	Dan Graham	2	131.15	65.58
2	Mark Johnson	6	486.45	81.08	43	Gardner Delano	2	118.18	59.09
3	Richard Nelson	6	480.56	80.09	44	Nelson White	2	115.97	57.99
4	Moises Medina	6	454.10	75.68	45	Henry Jung	2	115.77	57.89
5	Andrew Wissmiller	6	439.00	73.17	46	Mark Jones	2	115.76	57.88
6	David Dassey	6	438.59	73.10	47	Tim Campbell	2	113.80	56.90
7	John McGuinness	6	438.12	73.02	48	Gary Braitman	2	110.67	55.34
8	Patrick Owen	6	434.19	72.37	49	John Yong	2	108.03	54.02
9	Angus Kennedy	6	425.13	70.86	50	Wayne Bayan	2	105.48	52.74
10	William Korthof	6	394.83	65.81	51	Jim Martinez	2	105.26	52.63
11	Deo Jaravata	6	376.64	62.77	52	Brian Dunbar	2	104.47	52.24
12	Jon Wasser	6	372.23	62.04	53	Seth Diamond	2	101.49	50.75
13	Ted Wyder	6	359.58	59.93	54	Robert Chen	2	101.45	50.73
14	David Grudzien	6	340.31	56.72	55	Jeffery Wiggins	2	93.22	46.61
15	Mike Smith	6	303.78	50.63	56	Rex Boone	2	88.47	44.24
16	Robb Briggs	6	288.07	48.01	57	Rusty Millar	2	85.22	42.61
17	John Kawaharada	5	330.55	66.11	58	Arturo Sandoval	2	80.23	40.12
18	Jeff Masino	5	290.25	58.05	59	William Fang	1	71.29	71.29
19	Carlos Vizcarra	4	326.25	81.56	60	Sean O'Brien	1	65.84	65.84
20	Jonathan Toker	4	278.17	69.54	61	Mark DeAngelis	1	65.16	65.16
21	Bernie Tan	4	276.14	69.04	62	Ran Mullins	1	63.53	63.53
22	Mike Kezsely	4	264.61	66.15	63	Ryan Timmreck	1	60.00	60.00
23	Reg Willson	4	254.24	63.56	64	Don Formanek	1	59.56	59.56
24	Ric Munoz	4	238.11	59.53	65	Will Crawford	1	58.87	58.87
25	Ely Yaron	4	236.52	59.13	66	Bill Winkelmann	1	57.76	57.76
26	Ross Lamkin	4	208.58	52.15	67	Piyush Prakash	1	56.97	56.97
27	Jeff Lymburner	4	186.81	46.70	68	Patrick Conner	1	53.80	53.80
28	Doug Jones	4	168.53	42.13	69	Alex Grosko	1	52.04	52.04
29	Mike Kerkman	3	208.76	69.59	70	Stewart Gonshorek	1	51.78	51.78
30	Luis Aguilar	3	198.86	66.29	71	Albert Giang	1	51.50	51.50
31	Bruce Bair	3	198.02	66.01	72	Mark Grumet	1	51.43	51.43
32	Marco C Bojorquez	3	184.29	61.43	73	Jeff Bennett	1	50.54	50.54
33	Brad Maury	3	182.85	60.95	74	Kevin Shiramizu	1	50.40	50.40
34	Frank Jacoy	3	162.33	54.11		Juan Moreno	1	50.40	50.40
35	Jose Castillo	3	155.36	51.79	76	Eric Gober	1	48.60	48.60
36	Richard Peng	3	151.61	50.54	77	Drew Brabb	1	46.16	46.16
37	Bill Walsky	3	132.28	44.09	78	Bibi Silvas	1	45.70	45.70
38	Geoff Buck	3	131.55	43.85	79	Edd Adamko	1	45.35	45.35
39	Carl Maravilla	2	159.48	79.74	80	Tom Carmichael	1	44.28	44.28
40	Todd Sullivan	2	147.00	73.50	81	Linwood Fullam	1	41.65	41.65
41	Bill Austin	2	144.23	72.12	82	Christopher Tapper	1	33.14	33.14

Rank	WOMEN	R	Score	AVG	Rank	RACEWALK	R	Score	AVG
1	Margie Gonzales	6	333.91	55.65	1	Deo Jaravata	6	372.64	62.11
2	Sara Croft	6	288.04	48.01	2	Juan Moreno	4	252.92	63.23
3	Marilyn Jackson	6	229.10	38.18	3	Sue Roth	3	153.05	51.02
4	Regina Robinson	6	226.78	37.80	4	Bill Walsky	2	100.17	50.09
5	Patricia Bates	4	281.53	70.38	5	Jerry Weyer	1	60.69	60.69
6	Cat White	2	80.40	40.20	6	Keeley Webster	1	34.31	34.31
7	Keeley Webster	2	71.28	35.64	7	Cat White	1	33.78	33.78
8	Allyne Winderman	1	63.83	63.83					
9	Melissa Coleman	1	61.65	61.65					
10	Lorraine Silver	1	55.41	55.41					
11	Areana Tate	1	35.35	35.35					

LAFR Champions Race Detail 2012 FINAL

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Rank	MEN			AVG
1	Eric Alvarez			
		LAFR 5K	16:37	84.67
		Will Rogers 5K	16:38	84.58
		Chesebro 10K	35:47	81.84
		Victory 10K	34:31	84.84
		Santa Clarita Half	1:20:08	84.14
		LB Half	1:21:50	81.72
		<i>Mardi Gras 5K</i>	17:12	81.80
			501.79	83.63
2	Mark Johnson			
		Fontana Half	1:18:18	86.11
		SF Half	1:23:34	80.68
		RAD 10 Mile	63:13	80.36
		SRLA 18	1:51:53	79.97
		Boston Marathon	3:04:02	79.78
		Santa Rosa Full	3:04:34	79.55
		<i>SD Pride 5K</i>	17:56	79.06
		<i>Will Rogers 5K</i>	18:00	78.76
		<i>LB Pride 10K</i>	37:51	77.96
		<i>13.1 Half</i>	1:23:26	80.16
			486.45	81.08
3	Richard Nelson			
		Winter 5 Mile	35:08	78.95
		Will Rogers 5K	21:04	79.62
		LB Pride 10K	44:08	79.10
		Victory 10K	43:56	79.46
		Palm Springs Half	1:37:10	82.16
		LA RnR Half	1:39:12	81.27
		<i>Santa Rosa Half</i>	1:42:24	78.74
		<i>Bare Burro 5K</i>	29:30	56.86
		<i>Op Jack Half</i>	1:43:50	77.65
		<i>PS Pride 3.5</i>	24:09	78.86
		<i>LAFR 5K</i>	21:35	77.71
		<i>LAFR 10K</i>	46:05	75.76
		<i>Coastal 10K</i>	44:49	77.19
			480.56	80.09
4	Moises Medina			
		LAFR 5K	18:37	74.43
		Coastal 10K	39:23	73.23
		LB Pride 10K	38:27	75.01
		SRLA 18	1:52:46	78.06
		Boston Marathon	3:15:19	73.29
		Santa Rosa Full	2:58:46	80.08
		<i>Hwd Half 10K</i>	39:40	72.71
		<i>LAFR 10K</i>	40:15	71.95
			454.10	75.68

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5	Andrew Wissmiller			
	SD Pride 5K	21:20	74.53	
	Hwd Half	1:42:50	74.06	
	Chesebro Trail Half	1:44:03	73.19	
	LAFR 5K	21:52	72.72	
	LB Pride 10K	45:43	72.39	
	LA Marathon	3:51:23	72.11	
	<i>LAFR 10K</i>	<i>48:24</i>	<i>68.38</i>	
	<i>Boston Marathon</i>	<i>4:26:20</i>	<i>62.65</i>	
	<i>Catalina Full</i>	<i>4:34:53</i>	<i>60.70</i>	
	<i>Verdugo 10K</i>	<i>56:47</i>	<i>58.28</i>	
	<i>Sycamore 30K</i>	<i>3:17:12</i>	<i>58.73</i>	
	<i>Malibu 25K</i>	<i>3:00:55</i>	<i>50.37</i>	
	<i>Bandit 30K</i>	<i>3:53:04</i>	<i>49.70</i>	
			439.00	73.17
6	David Dassey			
	LA Marathon	3:53:19	72.93	
	Pasadena Full	3:51:37	73.47	
	SRLA 18	2:18:20	75.26	
	River Run 5K	22:51	70.82	
	LAFR 5K	22:01	73.50	
	LAFR 10K	46:23	72.61	
	<i>Buzz Full</i>	<i>3:54:35</i>	<i>72.53</i>	
	<i>Maritime Full</i>	<i>3:57:49</i>	<i>71.56</i>	
	<i>Houston Full</i>	<i>4:25:08</i>	<i>64.19</i>	
	<i>Big Sur Full</i>	<i>4:48:35</i>	<i>58.97</i>	
	<i>Bare Burro 5K</i>	<i>28:20</i>	<i>57.11</i>	
			438.59	73.10
7	John McGuinness			
	13.1 Half	1:27:56	72.52	
	Surf City Half	1:25:52	74.27	
	LA Marathon	2:57:19	78.20	
	Victory 10K	38:59	71.81	
	LAFR 10K	40:11	69.66	
	LAFR 5K	18:46	71.66	
	<i>LB Pride 10K</i>	<i>40:36</i>	<i>68.95</i>	
	<i>Wounded Half</i>	<i>1:30:48</i>	<i>70.23</i>	
	<i>LB Half</i>	<i>1:33:07</i>	<i>68.48</i>	
			438.12	73.02
8	Patrick Owen			
	SD Pride 5K	20:47	72.12	
	Catalina 5K	20:52	71.83	
	RAD 10 Mile	74:12	73.15	
	LB Pride 10K	42:30	73.41	
	Santa Rosa Half	1:41:13	70.67	
	Hwd Half	1:37:58	73.01	
	<i>SRLA 18</i>	<i>2:18:07</i>	<i>69.37</i>	
	<i>Firecracker 10K</i>	<i>44:39</i>	<i>69.87</i>	
	<i>Burbank Turkey 10K</i>	<i>46:24</i>	<i>67.79</i>	
	<i>Coastal 5K</i>	<i>21:40</i>	<i>69.18</i>	
			434.19	72.37

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9	Angus Kennedy			
	Santa Rosa Full	3:31:23	70.06	
	Fontana Half	1:28:46	76.59	
	SF Half	1:37:52	69.47	
	PS Pride 6.6	45:40	69.32	
	SD Pride 5K	20:19	70.33	
	LB Pride 5K	20:36	69.36	
	<i>SRLA 18</i>	2:20:11	64.90	
	<i>RAD 10K</i>	42:59	69.19	
	<i>Burbank Turkey 10K</i>	43:29	68.40	
	<i>Will Rogers 5K</i>	20:52	68.48	
	<i>Big Sur Half</i>	1:56:51	58.18	
	<i>Catalina 10K</i>	43:05	69.03	
	<i>Bare Burro 5K</i>	27:42	51.58	
	<i>RnR Half Pasadena</i>	1:42:03	66.62	
	<i>Boston Marathon</i>	4:24:40	55.96	
			425.13	70.86
10	William Korthof			
	LA Marathon	3:26:30	66.54	
	LAFR 5K	19:10	68.09	
	LAFR 10K	41:27	65.53	
	Windmill 10K	40:01	67.88	
	SF Full	3:25:30	66.87	
	Bay Trail 4 Miler	28:27	59.92	
			394.83	65.81
11	Deo Jaravata			
	Run the Marina Full	3:44:24	66.57	
	OC Full	3:46:58	65.82	
	Nanny Goat 12 Hour	62 miles	64.31	
	LAFR 10K	48:26	61.89	
	Turkey 5K	23:34	61.11	
	Op Jack Full	4:22:24	56.94	
	<i>Malibu 50K</i>	6:37:59	47.13	
	<i>RnR San Diego Full</i>	3:53:13	64.05	
	<i>Main Street 10K</i>	48:14	62.14	
	<i>Nike Womens Full</i>	3:58:20	62.68	
	<i>S Clarita Full</i>	3:46:26	65.98	
	<i>Death Valley Trail Full</i>	4:25:59	56.17	
	<i>Holiday Half</i>	1:48:24	63.23	
	<i>Winter 7 Day Full #1</i>	4:20:15	57.40	
	<i>Winter 7 Day Full #2</i>	5:45:15	43.27	
	<i>Malibu Full</i>	4:42:44	52.83	
	<i>Diamond Valley Lake Full</i>	3:55:43	63.38	
	<i>Houston Full</i>	3:56:51	62.54	
	<i>Lake Tahoe Full</i>	4:17:12	58.08	
	<i>Hugs n Kisses Full</i>	4:03:39	60.79	
	<i>SF Full</i>	4:11:27	59.41	
	<i>LB Full</i>	4:38:40	53.61	
	<i>Pasadena Full</i>	4:16:17	58.29	
	<i>Leona Divide 50K</i>	6:40:19	47.27	
	<i>La Jolla 50K</i>	6:42:17	46.63	
	<i>Nuvall Trail 50K</i>	7:25:26	42.48	
	<i>Texas Full</i>	4:38:32	53.17	
			376.64	62.77

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12	Jon Wasser			
	LA Marathon	3:52:05	62.72	
	Hwd Half	1:47:17	62.34	
	Palm Springs Half	1:47:51	62.01	
	Women Running Wild 5K	22:43	61.93	
	LAFR 5K	22:47	61.75	
	LB Pride 10K	47:38	61.48	
	<i>Heroes 6K</i>	<i>28:56</i>	<i>59.05</i>	
	<i>LAFR 10K</i>	<i>50:49</i>	<i>57.63</i>	
	<i>Mayor's 7 Miler</i>	<i>61:44</i>	<i>56.33</i>	
	<i>Run for Ike 5K</i>	<i>24:04</i>	<i>58.46</i>	
			372.23	62.04
13	Ted Wyder			
	SRLA 18	2:20:32	60.67	
	LA Marathon	3:36:07	64.16	
	Bare Burro 5K	26:24	51.32	
	LB Pride 10K	45:01	62.65	
	Big Sur Half	1:56:44	55.05	
	SF Half	1:37:46	65.73	
			359.58	59.93

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14	David Grudzien			
	LAFR 5K	26:16	58.02	
	VSU 5K	25:10	60.55	
	Winter 5 Miler	46:01	55.22	
	Run the Reagan 10K	20:52	57.34	
	Fargo Half	2:10:09	55.92	
	Op Jack Half	2:17:54	53.26	
	<i>Resolution Run 5K</i>	27:50	54.75	
	<i>Atlanta FR 5K</i>	29:03	54.46	
	<i>LA RnR Half</i>	2:25:19	50.10	
	LAFR 10K	61:18	51.74	
	<i>Provincetown 10K</i>	58:18	54.41	
	<i>Big Peach 10K</i>	61:10	51.86	
	<i>ATL 10K</i>	64:32	49.15	
	<i>KP 5K</i>	28:17	53.88	
	<i>City of Trees Half</i>	2:29:35	48.66	
	<i>Atlantic City Half</i>	2:21:42	51.37	
	<i>Battleship Half</i>	2:36:48	46.42	
	<i>Miami Beach Half</i>	2:32:45	47.65	
	<i>Atlanta Half</i>	2:18:24	52.59	
	<i>Hollywood FL Half</i>	2:23:51	51.05	
	<i>Speedo 1.5 Miler</i>	12:27	55.50	
	<i>Jacksonville Half</i>	2:46:22	43.75	
	<i>San Antonio RnR Half</i>	2:30:21	48.42	
	<i>Philly RnR Half</i>	2:28:22	49.06	
	<i>March 5K Trail</i>	28:08	54.17	
	<i>RnR Country Music Half</i>	2:16:37	53.28	
	<i>Publix Half</i>	2:16:42	53.25	
	<i>Peachtree 10K</i>	59:53	52.97	
	<i>Peachtree City 5K</i>	28:59	52.58	
	<i>Father's Day 4 Miler</i>	37:52	52.57	
	<i>RnR Half Providence</i>	2:14:09	54.26	
	<i>Palm Springs 5K</i>	26:24	57.72	
	<i>Spring has Sprung 8K</i>	48:21	51.80	
	<i>Decatur YMCA 4 Miler</i>	39:18	50.65	
	<i>RnR Chicago Half</i>	2:44:18	44.30	
	<i>Muddy Buddy 4.5 Miles</i>	59:09	38.12	
	<i>Bare Burro 5K</i>	55:15	27.58	
			340.31	56.72
15	Mike Smith			
	Say No 5K	24:44	55.19	
	SoCal Half	1:56:40	55.08	
	Alive & Running 5K	25:34	53.39	
	Will Rogers 10K	58:32	48.54	
	SRLA 18	3:06:00	46.19	
	LA Marathon	5:10:13	45.39	
	<i>Holiday Half</i>	2:11:24	49.30	
	<i>Main Street 10K</i>	58:06	48.90	
	<i>Univ Studios 15K</i>	1:35:13	47.63	
			303.78	50.63

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16	Robb Briggs			
	LB Pride 5K	22:19	62.56	
	RnR Half Pasadena	1:59:15	55.63	
	Camp Pendleton Mud 10K	63:43	45.61	
	Sycamore 18K	2:11:00	42.93	
	Bare Burro 5K	34:03	41.00	
	Malibu 25K	3:16:25	40.34	
	<i>Dipsea 7.4 Miles</i>	1:35:15	38.36	
	<i>Mt Wilson Trail</i>	1:55:44	36.91	
			288.07	48.01
17	John Kawaharada			
	LA Marathon	3:42:35	64.86	
	SF Full	3:31:47	68.74	
	Pasadena Half	1:45:35	63.35	
	LA RnR Half	1:35:10	69.17	
	LAFR 10K	45:27	64.43	
	<i>Big Sur Half</i>	1:51:54	59.77	
			330.55	66.11
18	Jeff Masino			
	LA Marathon	4:32:09	54.42	
	Hwd Half	2:02:37	55.44	
	Big Sur Half	2:11:00	51.89	
	LB Pride 10K	47:57	62.02	
	LAFR 10K	44:44	66.48	
			290.25	58.05
19	Carlos Vizcarra			
	LA Marathon	2:45:09	83.96	
	Surf City Half	1:16:53	82.95	
	Pasadena Fitness 5K	16:49	79.97	
	Rose Bowl 10K	35:16	79.37	
	<i>SF Track 5000 Meters</i>	17:25	75.52	
			326.25	81.56
20	Jonathan Toker			
	Paramount Trail Half	1:24:11	75.21	
	Ray Miller 50K	4:07:30	70.39	
	Kualoa Trail Half	1:34:45	66.82	
	Boney Mtn 21K	1:35:16	65.75	
	<i>Malibu Xterra 22K</i>	1:40:53	65.58	
	<i>Jungfrau Trail Full</i>	3:41:19	62.34	
	<i>Mt. Rundle 25K</i>	2:02:34	61.70	
			278.17	69.54
21	Bernie Tan			
	LA Marathon	3:15:03	74.64	
	SF Full	3:18:02	73.51	
	Hwd Half	1:37:11	68.82	
	Big Sur Half	1:53:02	59.17	
	<i>Pasadena Full</i>	3:27:59	69.99	
			276.14	69.04
22	Mike Kezsely			
	Firecracker 10K	49:22	63.20	
	Coaster Run 5K	23:14	64.52	
	Surf City Half	1:43:50	68.29	
	13.1 Half	1:43:22	68.60	
	<i>SF Half</i>	2:00:31	59.35	
	<i>Safari Park Half</i>	2:17:41	51.95	
			264.61	66.15

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23	Reg Willson			
	SRLA 18	2:12:50	72.14	
	Malibu 50K	6:22:14	51.76	
	Will Rogers 5K	20:10	74.94	
	Big Sur Full	4:44:35	55.40	
			254.24	63.56
24	Ric Munoz			
	Boston Marathon	4:12:36	62.99	
	Umstead 50 Mile	12:56:01	47.99	
	Desert News Full	3:27:43	76.59	
	Run de Vous 100 Mile	31:41:46	50.54	
			238.11	59.53
25	Ely Yaron			
	Camarillo Half	1:47:02	60.99	
	Carlsbad Half	1:50:45	58.95	
	LA Marathon	4:00:39	59.49	
	OC Full	4:10:44	57.09	
	<i>SF Full</i>	<i>4:21:24</i>	<i>54.76</i>	
	<i>Santa Rosa Full</i>	<i>4:17:12</i>	<i>55.66</i>	
	<i>Surf City Full</i>	<i>4:27:36</i>	<i>50.64</i>	
	<i>RnR Half Pasadena</i>	<i>2:39:33</i>	<i>40.92</i>	
	<i>LA RnR Half</i>	<i>2:20:20</i>	<i>46.89</i>	
	<i>LB Full</i>	<i>4:11:22</i>	<i>56.95</i>	
	<i>La Jolla Half</i>	<i>1:52:00</i>	<i>58.76</i>	
			236.52	59.13
26	Ross Lamkin			
	Agoura 10K	57:03	50.94	
	Valley Crest Half	2:12:52	49.93	
	Big Sur Half	2:17:59	48.08	
	RAD 10 Mile	83:51	59.63	
			208.58	52.15
27	Jeff Lymburner			
	Bare Burro 5K	24:43	60.65	
	Imogene Pass Run	3:32:30	44.94	
	Kendall Mtn Half	2:43:34	44.11	
	Sneffels Highline 14 Miles	3:28:22	37.11	
	<i>Ophir Pass Hill Climb</i>	<i>52:30</i>	<i>34.67</i>	
			186.81	46.70
28	Doug Jones			
	Wounded Half	2:55:34	41.83	
	Surf City Half	2:52:59	42.08	
	LA Marathon	5:58:17	44.41	
	LAFR 5K	37:54	40.21	
	<i>13.1 Half</i>	<i>2:57:15</i>	<i>41.07</i>	
			168.53	42.13
29	Mike Kerkman			
	LB Pride 5K	18:41	69.85	
	Burbank Turkey 5K	18:43	70.04	
	PS Pride 6.6	42:10	68.87	
	<i>LAFR 5K</i>	<i>21:12</i>	<i>61.56</i>	
	<i>Bare Burro 5K</i>	<i>23:16</i>	<i>56.09</i>	
			208.76	69.59

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30	Luis Aguilar				
		Bandit 15K	1:11:23	60.53	
		Malibu 25K	1:57:56	63.20	
		Chesebro Trail Half	1:22:46	75.13	
				198.86	66.29
31	Bruce Bair				
		Malibu 25K	2:20:27	57.35	
		LA Marathon	3:32:11	69.20	
		PS Pride 3.5	22:42	71.47	
				198.02	66.01
32	Marco Castro-Bojorquez				
		LAFR 10K	48:24	60.50	
		Catalina 10K	47:46	61.31	
		SD Pride 5K	22:31	62.48	
		<i>LB Pride 10K</i>	49:19	59.38	
		<i>Malibu 10K</i>	60:37	48.31	
				184.29	61.43
33	Brad Maury				
		LAFR 5K	19:35	70.23	
		LAFR 10K	43:40	65.55	
		Big Sur Half	2:18:42	47.07	
				182.85	60.95
34	Frank Jacoy				
		Hwd Half 10K	53:57	53.86	
		LAFR 5K	25:54	54.32	
		PS Pride 3.5	29:30	54.15	
				162.33	54.11
35	Jose Castillo				
		Coastal 10K	50:24	53.89	
		LAFR 10K	49:35	54.78	
		LAFR 5K	27:57	46.69	
				155.36	51.79
36	Richard Peng				
		Firecracker 10K	52:45	53.46	
		LAFR 10K	49:34	57.32	
		Big Sur Half	2:38:37	40.83	
				151.61	50.54
37	Bill Walsky				
		Surf City Half	3:03:45	42.22	
		Marine Corp Full	6:05:25	47.04	
		LB Full	6:39:32	43.02	
		<i>Air Force Full</i>	6:38:44	43.10	
				132.28	44.09
38	Geoff Buck				
		SRLA 18	4:03:29	41.56	
		LA Marathon	6:38:55	41.43	
		LAFR 10K	67:34	48.56	
				131.55	43.85
39	Carl Maravilla				
		LB Pride 10K	38:25	81.21	
		LAFR 5K	19:09	78.27	
				159.48	79.74
40	Todd Sullivan				
		LAFR 10K	38:12	74.37	
		Will Rogers 10K	39:07	72.63	
				147.00	73.50

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41	Bill Austin				
		Wrigley 5K	21:11	72.54	
		LB Pride 5K	21:26	71.69	
		<i>LAFR 5K</i>	21:36	71.14	
				144.23	72.12
42	Dan Graham				
		Hwd Half	1:54:15	65.45	
		SF Half	1:53:48	65.70	
		<i>Big Sur Half</i>	2:14:49	55.46	
		<i>Pasadena Half</i>	1:54:21	65.38	
				131.15	65.58
43	Gardner Delano				
		Firecracker 10K	51:53	56.01	
		Hwd Half 10K	47:06	62.17	
				118.18	59.09
44	Nelson White				
		LAFR 5K	22:27	59.47	
		SM Classic 10K	49:11	56.50	
				115.97	57.99
45	Henry Jung				
		LAFR 5K	25:08	57.30	
		PS Pride 3.5	28:11	58.47	
				115.77	57.89
46	Mark Jones				
		LAFR 5K	22:49	64.64	
		Big Sur Half	2:18:42	51.12	
				115.76	57.88
47	Tim Campbell				
		Verdugo 10K	64:39	47.48	
		LAFR 10K	46:17	66.32	
				113.80	56.90
48	Gary Braitman				
		Catalina 10K	55:33	53.46	
		LAFR 10K	52:48	57.21	
				110.67	55.34
49	John Yong				
		LAFR 5K	21:37	59.83	
		Bare Burro 5K	26:50	48.20	
				108.03	54.02
50	Wayne Bayan				
		LAFR 5K	24:37	53.86	
		LAFR 10K	53:28	51.62	
				105.48	52.74
51	Jim Martinez				
		Bare Burro 5K	35:06	44.91	
		LAFR 5K	26:07	60.35	
				105.26	52.63
52	Brian Dunbar				
		SRLA 18	3:03:26	50.88	
		LA Marathon	4:43:40	53.59	
				104.47	52.24
53	Seth Diamond				
		Verdugo 10K	73:06	41.33	
		LAFR 10K	50:13	60.16	
				101.49	50.75

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54	Robert Chen				
		LAFR 5K	26:42	49.10	
		SF Half	1:59:14	52.35	
				101.45	50.73
55	Jeffery Wiggins				
		LB Pride 5K	30:36	44.94	
		LAFR 5K	28:29	48.28	
		<i>Fantastic 5K</i>	<i>31:10</i>	<i>44.13</i>	
				93.22	46.61
56	Rex Boone				
		LA Marathon	5:04:41	48.19	
		Bare Burro 5K	35:12	40.28	
				88.47	44.24
57	Rusty Millar				
		Bare Burro 5K	45:14	35.46	
		LB Pride 5K	32:14	49.76	
				85.22	42.61
58	Arturo Salgado				
		Verdugo 10K	86:10	34.25	
		LAFR 10K	64:11	45.98	
				80.23	40.12
59	William Fang				
		LAFR 5K	18:36	71.29	
				71.29	71.29
60	Sean O'Brien				
		Big Sur Full	3:50:57	65.84	
				65.84	65.84
61	Mark DeAngelis				
		LAFR 5K	22:06	65.16	
				65.16	65.16
62	Ran Mullins				
		LAFR 10K	47:56	63.53	
				63.53	63.53
63	Ryan Timmreck				
		Catalina 10K	47:21	60.00	
				60.00	60.00
64	Don Formanek				
		LAFR 5K	22:45	59.56	
				59.56	59.56
65	Will Crawford				
		LAFR 5K	23:54	58.87	
				58.87	58.87
66	Bill Winkelmann				
		Firecracker 10K	57:18	57.76	
				57.76	57.76
67	Piyush Prakash				
		LA Marathon	4:01:13	56.97	
				56.97	56.97
68	Patrick Conner				
		LA Marathon	4:15:24	53.80	
				53.80	53.80
69	Alex Grosko				
		LA Marathon	4:35:05	52.04	
				52.04	52.04

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70	Stewie Gonshorek				
	LB Pride 5K	30:11	51.78		
			51.78	51.78	
71	Albert Giang				
	SF Half	2:01:39	51.50		
			51.50	51.50	
72	Mark Grumet				
	LAFR 5K	30:55	51.43		
			51.43	51.43	
73	Jeff Bennett				
	Bare Burro 5K	28:43	50.54		
			50.54	50.54	
74	Kevin Shiramizu				
	LAFR 5K	26:41	50.40		
			50.40	50.40	
	Juan Moreno				
	LAFR 10K	59:28	50.40		
			50.40	50.40	
76	Eric Gober				
	Hwd Half	2:21:02	48.60		
			48.60	48.60	
77	Drew Brabb				
	Bare Burro 5K	31:12	46.16		
			46.16	46.16	
78	Bibi Silvas				
	LAFR 5K	30:47	45.70		
			45.70	45.70	
79	Edd Adamko				
	LAFR 5K	30:47	45.35		
			45.35	45.35	
80	Tom Carmichael				
	LB Pride 5K	37:12	44.28		
			44.28	44.28	
81	Linwood Fullam				
	Hwd Half 10K	70:18	41.65		
			41.65	41.65	
82	Christopher Tapper				
	LAFR 5K	42:47	33.14		
			33.14	33.14	

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Rank	WOMEN			AVG
1	Margie Gonzales			
	Wrigley 5K	32:50	56.66	
	Firecracker 5K	33:08	56.14	
	Wounded Half	2:36:19	55.59	
	RnR Half Pasadena	2:36:22	55.57	
	OC Full	5:57:45	55.17	
	Surf City Full	6:00:16	54.78	
	<i>Half of Harbors</i>	2:40:39	54.09	
	Victory 10K	72:12	52.81	
	LA Marathon	6:14:10	52.75	
	LA RnR Half	2:57:08	49.05	
	Pasadena Full	6:16:54	52.36	
	LB Half	2:59:29	48.41	
	13.1 Half	2:45:22	51.83	
	Hwd Half	2:49:56	51.12	
	Finest City Half	2:49:30	51.26	
	Santa Barbara Half	2:49:38	51.22	
	La Jolla Half	2:50:19	51.01	
	Firecracker 10K	75:39	50.40	
	RnR Chicago Half	3:00:22	48.17	
	LA Marathon 5K	38:37	48.17	
	Boney Mtn 6K	58:02	38.21	
			333.91	55.65
2	Sara Croft			
	Firecracker 5K	31:42	50.57	
	Victory 10K	67:24	48.75	
	13.1 Half	2:36:43	47.78	
	Wrigley 10K	69:49	47.06	
	Hwd Half	2:41:30	46.36	
	Berlin Full	5:58:24	47.52	
	LA Marathon 5K	35:11	45.56	
	Santa Barbara Half	2:54:59	43.23	
	Las Vegas Half	2:42:49	46.45	
	Carlsbad Full	6:05:29	46.02	
	Surf City Full	5:55:37	45.15	
	Finest City Half	3:00:13	41.55	
	Half of Harbors	2:46:12	45.05	
	Simi Valley Half	2:46:27	44.98	
	RnR Half Pasadena	2:46:55	44.86	
	OC Full	6:19:40	44.30	
	LA Marathon	6:36:50	42.38	
	Palos Verdes Half	3:00:59	41.37	
	La Jolla Half	3:02:03	41.13	
	Firecracker 10K	81:35	40.27	
	Laguna Hills Half	3:06:27	40.16	
	Pasadena Half	3:13:47	38.64	
	LA RnR Half	2:49:46	44.55	
	LB Full	6:49:34	41.58	
	RnR Chicago Half	3:14:04	38.59	
	RnR San Diego Half	3:18:39	37.70	
	Boney Mtn 6K	57:58	33.42	
			288.04	48.01

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3	Marilyn Jackson			
	LB Half	3:30:01	34.72	
	RnR Half Pasadena	2:44:23	44.36	
	Coastal 5K	37:20	41.82	
	LA Marathon 5K	36:31	42.76	
	Jet to Jetty 10K	1:40:22	31.88	
	Tiger Run 10K	1:35:21	33.56	
	<i>Conquer the Bridge</i>	1:30:40	29.92	
			229.10	38.18
4	Regina Robinson			
	RnR Half Pasadena	3:02:24	40.31	
	LB Half	3:37:31	33.80	
	LA Marathon 5K	39:46	39.58	
	Kolmen 5K	37:21	41.80	
	Jet to Jetty 10K	1:25:41	37.65	
	Make Every Woman Count 10K	1:35:54	33.64	
	<i>Coastal 5K</i>	40:04	39.29	
	<i>Tiger Run 5K</i>	45:46	34.39	
	<i>Conquer the Bridge</i>	1:30:41	30.15	
			226.78	37.80
5	Patricia Bates			
	Palm Springs 5K	28:36	69.83	
	Victory 10K	56:07	72.94	
	LAFR 10K	57:35	71.08	
	LA RnR Half	2:17:48	67.68	
	<i>Will Rogers 10K</i>	58:20	70.17	
			281.53	70.38
6	Cat White			
	13.1 Half	2:54:05	41.29	
	Hwd Half	3:03:46	39.11	
			80.40	40.20
7	Keeley Webster			
	Firecracker 10K	90:35	35.33	
	Hwd Half	3:22:52	35.95	
			71.28	35.64
8	Allyne Winderman			
	Boston Marathon	5:18:23	63.83	
			63.83	63.83
9	Melissa Coleman			
	LAFR 5K	25:32	61.65	
			61.65	61.65
10	Lorraine Silver			
	Children of the Carribean 5K	38:54	55.41	
			55.41	55.41
11	Areana Tate			
	Hwd Half 10K	90:32	35.35	
			35.35	35.35

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Rank	WALKER			AVG
1	Deo Jaravata			
	SoCal Half	2:35:00	60.11	
	SRLA 18	3:20:34	62.99	
	LA Marathon	5:23:24	64.26	
	LAFR 5K	31:38	63.22	
	Mt Sac Relays 5K	32:01	62.47	
	Mt Sac Relays 10K	69:02	59.59	
			372.64	62.11
2	Juan Moreno			
	LB Pride 5K	32:47	61.01	
	LAFR 5K	32:59	60.64	
	LB Half	2:41:51	64.83	
	PS Pride 3.5	33:55	66.44	
			252.92	63.23
3	Sue Roth			
	Palm Springs 5K	52:55	53.26	
	LAFR 5K	61:20	46.65	
	Will Rogers 5K	53:50	53.14	
			153.05	51.02
4	Bill Walsky			
	Will Rogers 5K	43:18	52.32	
	LAFR 5K	47:21	47.85	
			100.17	50.09
5	Jerry Weyer			
	PS Pride 3.5	47:05	60.69	
			60.69	60.69
5	Keeley Webster			
	LAFR 5K	61:20	34.31	
			34.31	34.31
6	Cat White			
	LAFR 5K	61:20	33.78	
			33.78	33.78