

LAFR Age Group Detail 2024 as of 12/15

Rank	F3039		
1	Erin Brinton		
	LB Pride 5K	48:58	110
	GP Trail Relay	42:08	110
	LB Half	1:40:30	120
	Turkey Friday 10K	44:13	150
	Jingle Bell 5K	21:01	150
			640
2	Gillian Wilkerson-Villasenor		
	Pas Trail 10.4	1:47:37	120
	GP Trail Relay	52:23	90
	Nov Doggie Humans	23:06	160
	Catalina Half	2:17:51	120
	RDR Turkey 5K	23:21	125
			615
3	Louisa Hill		
	LAFR Pride 5K	23:32	150
	LAFR Pride 10K	47:15	150
	LAFR Pride Ultra	70:47	150
	Nov GP Trails 50K	5:31:12	160
			610
4	Erica Pitcavage		
	GP Trail Relay	45:53	110
	Rose Bowl Half	1:51:58	110
			220

Rank	F4049		
1	Treven Ho		
	LAFR Pride 10K	51:59	135
	GP Trail Relay	53:24	100
	Finish the Run Half	2:18:04	125
	Catalina Half	2:34:13	120
			480
2	April Selvage		
	LA Marathon	4:21:52	110
	Boston Marathon	4:15:52	120
			230
3	Adik Nersesian		
	GP Trail Relay	54:34	90
	LA Marathon	4:18:37	120
			210
4	Nicole Luque		
	GP Trail Relay	45:34	110
			110
	Franziska Reff		
	Rose Bowl Half	2:52:21	110
			110
5	Lisa Zajkowski		
	LA Marathon	7:47:18	100
			100
	Kim Nguyen		
	LA Turkey 10K	62:02	100
			100

LAFR Age Group Detail 2024 as of 12/15

Rank	F5059		
1	Peachy Poso		
	Avalon 50 Mile	11:42:56	130
	Doggie 5K Humans	28:20	135
	Pas Trail 10.4	2:09:31	125
	GP Trails 50K	6:46:15	135
	Leona 50K	9:32:21	135
			660
2	Sumalee Sangsurasak		
	LAFR Pride 10K	55:57	135
	GP Trail Relay	53:05	110
	LA Marathon	4:55:41	120
	Rose Bowl Half	2:10:49	110
			475
3	Cat White		
	Doggie 5K Humans	55:50	125
	LAFR Pride 5K	42:34	120
			245
4	Keeley Webster		
	Doggie 5K Humans	55:50	125
	LAFR Pride 5K	1:05:11	110
			235
5	Emily Cox		
	LA Marathon	5:26:52	110
	Resolution 5K	27:02	115
			225
6	Amy Zheng		
	Boston Marathon	3:49:00	140
			140
Rank	F6069		
1	Yuri Clingerman		
	Rose Bowl Half	1:57:08	125
	Finish the Run Half	2:10:37	125
	Catalina 10K	57:44	125
	Roseville 10K	51:20	115
			490
2	Leticia Rodriguez		
	Rose Bowl Half	2:08:09	100
	LA Marathon	4:34:06	120
	Boston Marathon	4:52:04	120
	LB Half	2:07:28	110
			450
3	Denise Beatty		
	GP Trail Relay	62:58	90
	Rose Bowl Half	2:16:03	90
	Catalina 10K	67:32	115
	Run to Feed Hungry 10K	58:37	105
			400
4	Donna Martin		
	LAFR Pride 10K	1:03:28	125
	GP Trail Relay	60:25	100
	Resolution Half	3:24:08	125
			350
5	Esther Woods		

LAFR Age Group Detail 2024 as of 12/15

	LAFR Pride 10K	1:00:06	125
	GP Trail Relay	57:19	110
			235
6	Nicole Oeuvray		
	LAFR Pride 5K	58:17	135
			135
7	Michelle Hulac-Morentin		
	LAFR Pride 5K	1:05:10	120
			120
8	Evie Bonic		
	LAFR Pride 10K	1:54:06	105
			105

Rank	F70+		
1	Margie Gonzales		
	Doggie 5K Humans	55:44	125
	Finish 5K	50:29	125
	Chesebro 10K	1:45:04	110
	LB Pride 5K	48:50	125
	Summer Dash 5K	48:12	125
			610
2	Amy Ross		
	Doggie 5K Humans	55:45	125
	LAFR Pride 5K	52:29	135
			260
3	Alice Hulac-Morentin		
	LAFR Pride 5K	52:29	135
			135

Rank	M2529		
1	Mitchell Miller		
	Rose Bowl Half	1:21:18	110
	M2B Full	2:46:44	150
	LAFR Pride 5K	17:41	160
	GP Trail Relay	36:09	110
	Catalina 10K	38:42	150
			680
2	Adon Ramos		
	GP Trail Relay	38:39	100
	LB Half	1:32:48	110
			210
3	Wasiq Mohammed		
	LAFR Pride 5K	25:13	125
			125

Rank	M3034		
1	Brennen Hernandez		
	M2B Full	4:20:03	120
	GP Trail Relay	45:57	100
			220
2	Theo Tacail		
	Catalina 10K	44:26	150
			150
3	Trevor Tivenan		
	LA Marathon	3:33:15	120

LAFR Age Group Detail 2024 as of 12/15

			120
4	Evan Bornstein		
	SD Pride 5K	16:54	115
			115
	Oscar De La Rocha		
	Catalina 10K	50:00	115
			115
5	Andrew Robertson		
	GP Trail Relay	36:20	110
			110
	Francis Felix		
	LA Marathon	3:56:20	110
			110
Rank	M3539		
1	Kyle Schmitz		
	LAFR Pride 10K	40:29	150
	LAFR Pride Ultra	60:36	150
	Friendship 30K	2:21:25	130
	LAFR Pride 5K	20:07	125
	Seekonk 5K	19:11	115
	LA Marathon	3:27:21	110
	<i>GP Trail Relay</i>	<i>37:50</i>	<i>110</i>
	<i>Chesebro Half</i>	<i>1:39:45</i>	<i>110</i>
	<i>Rose Bowl Half</i>	<i>1:36:04</i>	<i>90</i>
	<i>LB Half</i>	<i>1:27:39</i>	<i>110</i>
			780
2	Mark Planas		
	Rose Bowl Half	1:39:52	80
	LA Marathon	3:54:28	100
	LB Pride 10K	43:04	105
	LAFR Pride 10K	44:02	115
	PS Pride 5K	21:14	100
	SD Pride 5K	20:01	100
			600
3	Joey Lan		
	Doggie 5K Humans	22:42	125
	LB Pride 5K	23:05	105
	Nov Doggie Humans	25:01	125
	PS Pride 5K	23:02	100
	Catalina 10K	51:23	100
			555
4	Raul Navarro		
	LAFR Pride 5K	21:17	90
	LAFR Pride 10K	44:39	90
	LAFR Pride Ultra	65:56	115
	GP Trail Relay	42:13	100
			395
5	Martin Leung		
	Rose Bowl Half	1:33:49	100
	LA Marathon	2:58:06	140
	LB Pride 10K	38:02	140
			380
6	Derek Mai		
	LAFR Pride 5K	20:55	125

LAFR Age Group Detail 2024 as of 12/15

	GP Trail Relay	43:20	90
			215
7	Allen-Michael Brown		
	Catalina 10K	48:59	125
			125
8	Gabriel Cooper		
	Doggie 5K Pups	27:43	120
			120
9	Michael Bea		
	Rose Bowl Half	1:22:45	110
			110
10	Jeff Maloy		
	SD Pride 5K	22:31	90
			90
11	Jack Adams		
	St. Paul 6K	32:02	90
			90
11	Cruise Berry		
	GP Trail Relay	50:35	80
			80
12	Leonard Hyman		
	Rose Bowl Half	2:33:02	70
			70
Rank	M4044		
1	Jeremy Yoder		
	Doggie 5K Humans	19:28	160
	Nov Doggie Humans	20:20	160
	RDR Turkey 5K	20:15	160
	LAFR Pride 5K	20:47	135
	LAFR Pride 10K	41:11	135
	LAFR Pride Ultra	61:58	135
	<i>Catalina Half</i>	<i>1:45:24</i>	<i>135</i>
	<i>Giving Thx 5K</i>	<i>19:26</i>	<i>115</i>
			885
2	Vikash Reddy		
	RDR Turkey 5K	20:54	150
	Doggie 5K Pups	25:38	135
	LB Pride 10K	43:17	125
	Giving Thx 5K	19:02	125
	Nov Doggie Pups	27:58	120
	Catalina Half	1:51:47	110
	<i>GP Trail Relay</i>	<i>42:22</i>	<i>100</i>
			765
3	Scott Swiontek		
	M2B Full	3:20:36	130
	LB Pride 10K	46:34	105
	GP Trail Relay	41:56	110
	Catalina Half	2:01:09	100
			445
4	Eric Eisenbrey		
	LB Pride 10K	49:54	90
	LAFR Pride 5K	24:08	125
	Nov Doggie Pups	25:36	135
			350

LAFR Age Group Detail 2024 as of 12/15

5	Aaron Trieu		
	RDR Turkey 5K	23:13	105
	Oakland 5K	23:06	110
			215
6	David Gonzalez		
	LA Big 5K	27:44	100
	PS Pride 5K	27:49	90
			190
7	Duane Howard		
	Nov Doggie Humans	23:30	115
			115
8	Barry Hamaguchi		
	PS Pride 5K	24:34	100
			100
9	Marcio Heaton-Lee		
	PS Pride 5K	56:45	80
			80
Rank	M4549		
1	Satoshi Ono		
	GP Trail Relay	40:29	100
	LA Marathon	3:12:27	140
	LB Full	3:13:35	140
	Holiday Half	1:30:50	125
	Rose Bowl Half	1:29:50	110
			615
2	Dan Vu		
	LB Pride 10K	53:11	125
	LAFR Pride 10K	53:49	135
	SD Pride 5K	25:08	110
	PS Pride 5K	25:02	70
	Catalina Half	2:37:34	100
			540
3	Albert Giang		
	Leap Day 2.67	23:11	115
	M2B Half	1:55:38	120
	LB Pride 10K	54:21	100
	GP Trail Relay	50:33	90
	PS Pride 5K	24:06	80
			505
3	Andrew Cunningham		
	Nov Doggie Humans	23:38	125
	PS Pride 5K	23:07	90
	RDR Turkey 5K	23:22	125
			340
4	Jonathan Toker		
	LAFR Pride 5K	38:15	110
	Catalina Half	1:32:29	150
			260
5	Charlie Heaton-Lee		
	LA Marathon	5:14:29	120
	PS Pride 5K	22:02	100
			220
6	Jason Coleman		
	LB Half	2:35:52	120

LAFR Age Group Detail 2024 as of 12/15

			120
7	Wadley		
	Catalina Half	1:58:41	115
			115
8	Alastair Heptonstall		
	GP Trail Relay	38:41	110
	Boston Full	2:53:24	140
			110
8	William Fang		
	Nov Doggie Pups	29:51	110
			110
9	Eddie Flores		
	PS Pride 5K	23:34	90
			90
Rank	M5054		
1	Carlos Vizcarra		
	Holiday Half	24:27	160
	LAFR Pride 10K	37:39	150
	Catalina 10K	39:02	150
	Turkey Friday 5K	18:26	140
	Boston Marathon	2:49:18	140
	LB Pride 5K	18:28	140
	<i>PS Pride 5K</i>	<i>18:09</i>	<i>140</i>
	<i>M2B Half</i>	<i>1:19:09</i>	<i>125</i>
	<i>Friendship 30K</i>	<i>2:08:14</i>	<i>115</i>
	<i>GP Trail Relay</i>	<i>35:29</i>	<i>100</i>
			880
2	Axier Uzkudun Gonzalez		
	Finish Half	1:38:36	150
	LAFR Pride 5K	20:57	135
	LAFR Pride 10K	41:12	125
	LAFR Pride Ultra	62:09	135
	GP Trail Relay	43:23	90
			635
3	John McGuinness		
	Doggie 5K Pups	24:09	125
	GP Trail Relay	50:39	70
	Nov Doggie Pups	24:58	135
	RDR Turkey 5K	25:41	125
			455
4	Al Cortez		
	Doggie 5K Pups	30:55	110
	LB Pride 10K	54:33	90
	LAFR Pride 10K	51:37	80
	GP Trail Relay	54:24	60
	Catalina Half	2:25:51	110
			450
5	Mike Smith		
	Rose Bowl Half	2:45:54	110
	Friendship 30K	4:02:03	105
	LA Marathon	7:08:41	130
	Holiday Half	2:48:07	100
			445
6	Richard Peng		

LAFR Age Group Detail 2024 as of 12/15

	LB Pride 10K	56:35	80
	LAFR Pride 10K	55:35	70
	Catalina Half	2:42:08	100
	RDR Turkey 5K	28:24	125
			375
7	Viktor Toth		
	Avalon 50 Mile	10:08:15	140
	GP Trail Relay	44:59	80
	Catalina Half	2:06:19	135
			355
8	Michael Carter		
	LB Pride 10K	48:05	115
	LAFR Pride 10K	48:21	100
	Nov Doggie Pups	25:57	115
			330
9	Kevin Shiramizu		
	Leap Day 2.67	19:16	115
	LAFR Pride 5K	24:13	100
	Catalina 10K	49:58	105
			320
10	Jonathan Whitfield		
	LB Pride 10K	61:03	60
	LAFR Pride 10K	1:04:07	60
	GP Trail Relay	59:12	50
	Catalina Half	2:54:15	90
			260
11	Scott Sugino		
	La Canada Turkey 5K	25:34	80
	M2B Full	3:41:23	120
			200
11	Daniel Walkup		
	LAFR Pride 10K	51:08	90
	Wrigley 10K	53:32	125
			215
12	Scott Chaney		
	GP Trail Relay	35:23	110
	Turkey Trot LA 10K	36:11	140
			110
13	Kyle Stevenson		
	PS Pride 5K	29:52	90
			90
14	Brad Reichard		
	GP Trail Relay	64:57	40
			40
Rank	M5559		
1	Mark Johnson		
	LAFR Pride Ultra	61:47	160
	LB Pride 10K	40:41	150
	Pas Trail 10.4	1:26:31	135
	LAFR Pride 5K	20:26	135
	LAFR Pride 10K	41:21	135
	Holiday Half	1:31:43	135
	GP Trail Relay	38:52	110
			850

LAFR Age Group Detail 2024 as of 12/15

2	John Miles		
	SOB 50K	8:44:13	145
	Nov Doggie Humans	24:45	135
	Catalina Half	2:15:21	135
	LAFR Pride 10K	51:37	125
	Shoreline 5K	24:35	125
	Leap Day 2.67	21:21	115
	<i>LAFR Pride Ultra</i>	<i>77:34</i>	<i>110</i>
	<i>Pas Trail 10.4</i>	<i>1:45:21</i>	<i>105</i>
	<i>LAFR Pride 5K</i>	<i>25:57</i>	<i>100</i>
	<i>PS Pride 5K</i>	<i>24:07</i>	<i>90</i>
	<i>GP Trail Relay</i>	<i>49:04</i>	<i>80</i>
	<i>LB Pride 10K</i>	<i>52:02</i>	<i>60</i>
			780
3	Angus Kennedy		
	Leap Day 2.67	21:14	125
	Finish 5K	24:33	125
	Spring Dash 5K	23:27	125
	Catalina 10K	55:31	125
	Pas Trail 5.1	42:29	105
	GP Trail Relay	48:29	90
	<i>LB Pride 5K</i>	<i>23:32</i>	<i>85</i>
			695
4	Deo Jaravata		
	LA Marathon	6:00:48	120
	GP Trails Full	6:45:39	120
	LA Big 5K	37:32	100
	Nov GP Trails Full	6:51:32	145
	RDR Turkey 5K	66:18	135
			620
5	Bruce Bair		
	Doggie 5K Humans	20:12	125
	Pas Trail 10.4	1:27:49	125
	LAFR Pride 5K	22:44	125
	GP Trail Relay	44:10	100
			475
6	Mark DeAngelis		
	LB Pride 5K	22:35	105
	SD Pride 5K	22:53	100
	PS Pride 5K	22:28	105
	La Canada 5K	26:04	105
			415
7	Henry Jung		
	LB Pride 5K	26:14	65
	SD Pride 5K	25:54	90
	PS Pride 5K	27:26	70
	La Canada 5K	28:23	80
			305
8	Greg Ziencina		
	LA Marathon	3:18:24	140
	Boston Marathon	3:40:28	120
			260
9	Bernie Tan		
	LB Pride 10K	44:57	105
	PS Pride 5K	21:00	125

LAFR Age Group Detail 2024 as of 12/15

			230
10	Jeff Neinstein		
	LAFR Pride 10K	54:16	90
	GP Trail Relay	53:47	70
			160
11	Mario Mota		
	LB Pride 10K	47:18	95
			95
12	Christopher Tapper		
	PS Pride 5K	49:33	70
			70
Rank	M6064		
1	Norbert Hetzel		
	Finish Half	2:25:06	125
	LB Pride 5K	29:28	115
	LAFR Pride 10K	1:00:09	90
	GP Trail Relay	60:35	100
	Wrigley 10 Mile	1:38:57	135
	B.I.R.R 5K	29:38	90
			655
2	Martin Carlson		
	Doggie 5K Pups	27:25	120
	LAFR Pride 5K	28:31	125
	LAFR Pride 10K	57:54	135
	LAFR Pride Ultra	86:25	135
	GP Trail Relay	53:29	110
			625
3	Ken Lewis		
	Leona 50K	9:53:49	135
	LAFR Pride 5K	28:55	115
	LAFR Pride 10K	59:52	115
	LAFR Pride Ultra	88:47	125
			490
4	Brian Dunbar		
	LB Pride 10K	58:50	125
	LAFR Pride 10K	58:56	125
	SD Pride 5K	27:35	110
	PS Pride 5K	28:58	110
			470
5	Steve Gerschultz		
	Avalon 50 Mile	11:44:33	130
	Leona 50K	12:02:07	135
	GP Trails 50K	6:03:10	135
			400
6	Sean O'Brien		
	Nov Doggie Pups	29:51	120
	Catalina 10K	54:06	125
			245
7	Lui Sanchez		
	LAFR Pride 5K	27:42	135
			135
8	Reg Willson		
	Doggie 5K Pups	35:11	120
			120

LAFR Age Group Detail 2024 as of 12/15

9	Chad Pratt		
	La Canada Turkey 5K	27:12	100
			100
9	Tim Chung		
	LB Pride 5K	50:35	90
			90

Rank	M6569		
1	Bill Austin		
	LAFR Pride 5K	27:31	135
	LAFR Pride 10K	48:31	135
	LAFR Pride Ultra	76:02	135
	RDR Turkey 5K	25:20	135
	Leap Day 2.67	21:40	125
	Pas Trail 5.1	43:23	125
	<i>Spring Dash 5K</i>	26:15	125
	<i>LB Pride 5K</i>	23:14	125
	<i>Giving Thx 5K</i>	26:10	125
	<i>MCTA 5K</i>	22:42	125
	<i>GP Trail Relay</i>	52:20	110
			790
2	Reg Willson		
	Nov Doggie Pups	39:50	120
			120
3	Doug Jones		
	RDR Turkey 5K	57:37	110
			110
4	David Grudzien		
	Space Coast Half	2:54:27	100
			100
	Scott Whiteleather		
	PS Pride 5K	36:53	100
			100
5	Brad Miyasato		
	PS Pride 5K	56:46	90
			90

Rank	M7074		
1	David Dassey		
	LAFR Pride 5K	29:21	135
	LAFR Pride 10K	58:13	135
	LAFR Pride Ultra	87:34	135
	RDR Turkey 5K	28:50	135
	LB Pride 10K	55:41	125
	Wrigley 5K	27:03	125
	<i>GP Trail Relay</i>	54:58	110
			790
2	Jim Martinez		
	Doggie 5K Humans	31:10	135
	Finish 5K	30:55	125
	LAFR Pride 5K	32:30	125
	Pas Trail 6K	39:03	125
	Nov Doggie Humans	31:21	125
	PS Pride 5K	28:50	125
	<i>RDR Turkey 5K</i>	30:38	125

LAFR Age Group Detail 2024 as of 12/15

	<i>LB Pride 5K</i>	<i>31:52</i>	<i>115</i>
			760
3	Bill Winklemann		
	Leap Day 5.34	66:33	125
	Pas Trail 5.1	63:53	125
	Spring Dash 10K	1:14:10	125
	Giving Thx 10K	76:32	125
	Catalina 10K	77:10	125
	LAFR Pride 5K	37:28	115
	<i>RDR Turkey 5K</i>	<i>38:24</i>	<i>115</i>
	<i>MCTA 5K</i>	<i>35:20</i>	<i>110</i>
	<i>LB Pride 10K</i>	<i>76:30</i>	<i>105</i>
	<i>GP Trail Relay</i>	<i>68:40</i>	<i>100</i>
			740
4	Mike Carbuto		
	Doggie 5K Pups	41:52	120
	Nov Doggie Pups	47:44	120
	PS Pride 5K	48:05	90
	Catalina Half	4:42:39	120
			450
Rank	M80+		
1	Don Bing		
	Catalina 10K	2:02:47	125
			125