

## AGE GROUP STANDINGS/DETAIL AS OF 12/31/24

<b>Rank</b>	<b>F3039</b>		<b>Rank</b>	<b>M4549</b>	
1	Erin Brinton	640	1	Dan Vu	540
2	Gillian Wilkerson-Villasenor	615	2	Satoshi Ono	505
3	Louisa Hill	610	2	Albert Giang	505
4	Erica Pitcavage	110	3	Andrew Cunningham	340
			4	Jonathan Toker	260
<b>Rank</b>	<b>F4049</b>		5	Alastair Heptonstall	250
1	Treven Ho	480	6	Charlie Heaton-Lee	220
2	April Selvage	230	7	Jason Coleman	120
3	Adik Nersesian	210	8	Wadley	115
4	Nicole Luque	110	9	William Fang	110
	Franziska Reff	110	10	Eddie Flores	90
5	Lisa Zajkowski	100			
	Kim Nguyen	100	<b>Rank</b>	<b>M5054</b>	
<b>Rank</b>	<b>F5059</b>		1	Carlos Vizcarra	880
1	Peachy Poso	660	2	Axier Uzkudun Gonzalez	635
2	Sumalee Sangsurasak	465	3	John McGuinness	455
3	Cat White	245	4	Al Cortez	450
4	Keeley Webster	235	5	Mike Smith	445
5	Emily Cox	225	6	Richard Peng	375
6	Amy Zheng	140	7	Viktor Toth	355
			8	Michael Carter	330
<b>Rank</b>	<b>F6069</b>		9	Kevin Shiramizu	320
1	Yuri Clingerman	365	10	Jonathan Whitfield	260
2	Leticia Rodriguez	350	11	Scott Chaney	250
2	Donna Martin	350	12	Daniel Walkup	215
3	Denise Beatty	310	13	Scott Sugino	200
4	Esther Woods	235	14	Kyle Stevenson	90
5	Nicole Oeuvray	135	15	Brad Reichard	40
6	Michelle Hulac-Morentin	120			
7	Evie Bonic	105	<b>Rank</b>	<b>M5559</b>	
<b>Rank</b>	<b>F70+</b>		1	Mark Johnson	850
1	Margie Gonzales	610	2	John Miles	780
2	Amy Ross	260	3	Angus Kennedy	695
3	Alice Hulac-Morentin	135	4	Deo Jaravata	620
			5	Bruce Bair	475
<b>Rank</b>	<b>M2529</b>		6	Mark DeAngelis	415
1	Mitchell Miller	680	7	Henry Jung	305
2	Adon Ramos	210	8	Greg Ziencina	260
3	Wasiq Mohammed	125	9	Bernie Tan	230
			10	Jeff Neinstein	160
<b>Rank</b>	<b>M3034</b>		11	Mario Mota	95
1	Brennen Hernandez	220	12	Christopher Tapper	70
2	Theo Tacail	150			
3	Trevor Tivenan	120	<b>Rank</b>	<b>M6064</b>	
4	Evan Bornstein	115	1	Norbert Hetzel	655
	Oscar De La Rocha	115	2	Martin Carlson	625
5	Andrew Robertson	110	3	Ken Lewis	490
	Francis Felix	110	4	Brian Dunbar	470
<b>Rank</b>	<b>M3539</b>		5	Steve Gerschultz	400
1	Kyle Schmitz	780	6	Sean O'Brien	245
2	Mark Planas	600	7	Lui Sanchez	135
3	Joey Lan	555	8	Reg Willson	120
4	Raul Navarro	395	9	Chad Pratt	100
5	Martin Leung	380	10	Tim Chung	90
6	Derek Mai	215			
7	Allen-Michael Brown	125	<b>Rank</b>	<b>M6569</b>	
8	Gabriel Cooper	120	1	Bill Austin	790
9	Michael Bea	110	2	Reg Willson	120
10	Jeff Maloy	90	3	Doug Jones	110
11	Jack Adams	90	4	David Grudzien	100
11	Cruise Berry	80		Scott Whiteleather	100
12	Leonard Hyman	70	5	Brad Miyasato	90
<b>Rank</b>	<b>M4044</b>				
1	Jeremy Yoder	885	<b>Rank</b>	<b>M7074</b>	
2	Vikash Reddy	765	1	David Dassey	790
3	Scott Swiontek	445	2	Jim Martinez	760
4	Eric Eisenbrey	350	3	Bill Winklemann	740
5	Aaron Trieu	215	4	Mike Carbutto	450
6	David Gonzalez	190			
7	Duane Howard	115	<b>Rank</b>	<b>M80+</b>	
8	Barry Hamaguchi	100	1	Don Bing	125
9	Marcio Heaton-Lee	80			

LAFR Age Group Detail 2024 as of 12/31

Rank	F3039		
<b>1</b>	<b>Erin Brinton</b>		
	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
			<b>640</b>
<b>2</b>	<b>Gillian Wilkerson-Villasenor</b>		
	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
			<b>615</b>
<b>3</b>	<b>Louisa Hill</b>		
	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
			<b>610</b>
<b>4</b>	<b>Erica Pitcavage</b>		
	GP Trail Relay	45:53	110
			<b>110</b>

Rank	F4049		
<b>1</b>	<b>Treven Ho</b>		
	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
			<b>480</b>
<b>2</b>	<b>April Selvage</b>		
	LA Marathon	4:21:52	110
	Boston Marathon	4:15:52	120
			<b>230</b>
<b>3</b>	<b>Adik Nersesian</b>		
	GP Trail Relay	54:34	90
	LA Marathon	4:18:37	120
			<b>210</b>
<b>4</b>	<b>Nicole Luque</b>		
	GP Trail Relay	45:34	110
			<b>110</b>
	<b>Franziska Reff</b>		
	Rose Bowl Half	2:52:21	110
			<b>110</b>
<b>5</b>	<b>Lisa Zajkowski</b>		
	LA Marathon	7:47:18	100
			<b>100</b>
	<b>Kim Nguyen</b>		
	LA Turkey 10K	62:02	100
			<b>100</b>

LAFR Age Group Detail 2024 as of 12/31

<b>Rank</b>	<b>F5059</b>		
<b>1</b>	<b>Peachy Poso</b>		
	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
			<b>660</b>
<b>2</b>	<b>Sumalee Sangsurasak</b>		
	LAFR Pride 10K	55:57	135
	GP Trail Relay	53:05	110
	LA Marathon	4:55:41	120
	Drumstick 10K	58:31	100
			<b>465</b>
<b>3</b>	<b>Cat White</b>		
	Doggie 5K Humans	55:50	125
	LAFR Pride 5K	42:34	120
			<b>245</b>
<b>4</b>	<b>Keeley Webster</b>		
	Doggie 5K Humans	55:50	125
	LAFR Pride 5K	1:05:11	110
			<b>235</b>
<b>5</b>	<b>Emily Cox</b>		
	LA Marathon	5:26:52	110
	Resolution 5K	27:02	115
			<b>225</b>
<b>6</b>	<b>Amy Zheng</b>		
	Boston Marathon	3:49:00	140
			<b>140</b>

<b>Rank</b>	<b>F6069</b>		
<b>1</b>	<b>Yuri Clingerman</b>		
	Finish the Run Half	2:10:37	125
	Catalina 10K	57:44	125
	Roseville 10K	51:20	115
			<b>365</b>
<b>2</b>	<b>Leticia Rodriguez</b>		
	LA Marathon	4:34:06	120
	Boston Marathon	4:52:04	120
	LB Half	2:07:28	110
			<b>350</b>
<b>2</b>	<b>Donna Martin</b>		
	LAFR Pride 10K	1:03:28	125
	GP Trail Relay	60:25	100
	Resolution Half	3:24:08	125
			<b>350</b>
<b>3</b>	<b>Denise Beatty</b>		
	GP Trail Relay	62:58	90
	Catalina 10K	67:32	115
	Run to Feed Hungry 10K	58:37	105
			<b>310</b>
<b>4</b>	<b>Esther Woods</b>		
	LAFR Pride 10K	1:00:06	125
	GP Trail Relay	57:19	110
			<b>235</b>

LAFR Age Group Detail 2024 as of 12/31

<b>5</b>	<b>Nicole Oeuvray</b>		
	LAFR Pride 5K	58:17	135
			<b>135</b>
<b>6</b>	<b>Michelle Hulac-Morentin</b>		
	LAFR Pride 5K	1:05:10	120
			<b>120</b>
<b>7</b>	<b>Evie Bonic</b>		
	LAFR Pride 10K	1:54:06	105
			<b>105</b>
<b>Rank</b>	<b>F70+</b>		
<b>1</b>	<b>Margie Gonzales</b>		
	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
			<b>610</b>
<b>2</b>	<b>Amy Ross</b>		
	Doggie 5K Humans	55:45	125
	LAFR Pride 5K	52:29	135
			<b>260</b>
<b>3</b>	<b>Alice Hulac-Morentin</b>		
	LAFR Pride 5K	52:29	135
			<b>135</b>
<b>Rank</b>	<b>M2529</b>		
<b>1</b>	<b>Mitchell Miller</b>		
	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
			<b>680</b>
<b>2</b>	<b>Adon Ramos</b>		
	GP Trail Relay	38:39	100
	LB Half	1:32:48	110
			<b>210</b>
<b>3</b>	<b>Wasiq Mohammed</b>		
	LAFR Pride 5K	25:13	125
			<b>125</b>

LAFR Age Group Detail 2024 as of 12/31

Rank	M3034		
<b>1</b>	<b>Brennen Hernandez</b>		
	M2B Full	4:20:03	120
	GP Trail Relay	45:57	100
			<b>220</b>
<b>2</b>	<b>Theo Tacail</b>		
	Catalina 10K	44:26	150
			<b>150</b>
<b>3</b>	<b>Trevor Tivenan</b>		
	LA Marathon	3:33:15	120
			<b>120</b>
<b>4</b>	<b>Evan Bornstein</b>		
	SD Pride 5K	16:54	115
			<b>115</b>
	<b>Oscar De La Rocha</b>		
	Catalina 10K	50:00	115
			<b>115</b>
<b>5</b>	<b>Andrew Robertson</b>		
	GP Trail Relay	36:20	110
			<b>110</b>
	<b>Francis Felix</b>		
	LA Marathon	3:56:20	110
			<b>110</b>

Rank	M3539		
<b>1</b>	<b>Kyle Schmitz</b>		
	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
	GP Trail Relay	37:50	110
	Chesebro Half	1:39:45	110
	Rose Bowl Half	1:36:04	90
	LB Half	1:27:39	110
			<b>780</b>
<b>2</b>	<b>Mark Planas</b>		
	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
			<b>600</b>
<b>3</b>	<b>Joey Lan</b>		
	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
			<b>555</b>

LAFR Age Group Detail 2024 as of 12/31

<b>4</b>	<b>Raul Navarro</b>		
	LAFR Pride 5K	21:17	90
	LAFR Pride 10K	44:39	90
	LAFR Pride Ultra	65:56	115
	GP Trail Relay	42:13	100
			<b>395</b>
<b>5</b>	<b>Martin Leung</b>		
	Rose Bowl Half	1:33:49	100
	LA Marathon	2:58:06	140
	LB Pride 10K	38:02	140
			<b>380</b>
<b>6</b>	<b>Derek Mai</b>		
	LAFR Pride 5K	20:55	125
	GP Trail Relay	43:20	90
			<b>215</b>
<b>7</b>	<b>Allen-Michael Brown</b>		
	Catalina 10K	48:59	125
			<b>125</b>
<b>8</b>	<b>Gabriel Cooper</b>		
	Doggie 5K Pups	27:43	120
			<b>120</b>
<b>9</b>	<b>Michael Bea</b>		
	Rose Bowl Half	1:22:45	110
			<b>110</b>
<b>10</b>	<b>Jeff Maloy</b>		
	SD Pride 5K	22:31	90
			<b>90</b>
<b>11</b>	<b>Jack Adams</b>		
	St. Paul 6K	32:02	90
			<b>90</b>
<b>11</b>	<b>Cruise Berry</b>		
	GP Trail Relay	50:35	80
			<b>80</b>
<b>12</b>	<b>Leonard Hyman</b>		
	Rose Bowl Half	2:33:02	70
			<b>70</b>

LAFR Age Group Detail 2024 as of 12/31

<b>Rank</b>	<b>M4044</b>		
<b>1</b>	<b>Jeremy Yoder</b>		
	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>
			<b>885</b>
<b>2</b>	<b>Vikash Reddy</b>		
	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>
			<b>765</b>
<b>3</b>	<b>Scott Swiontek</b>		
	M2B Full	3:20:36	130
	LB Pride 10K	46:34	105
	GP Trail Relay	41:56	110
	Catalina Half	2:01:09	100
			<b>445</b>
<b>4</b>	<b>Eric Eisenbrey</b>		
	LB Pride 10K	49:54	90
	LAFR Pride 5K	24:08	125
	Nov Doggie Pups	25:36	135
			<b>350</b>
<b>5</b>	<b>Aaron Trieu</b>		
	RDR Turkey 5K	23:13	105
	Oakland 5K	23:06	110
			<b>215</b>
<b>6</b>	<b>David Gonzalez</b>		
	LA Big 5K	27:44	100
	PS Pride 5K	27:49	90
			<b>190</b>
<b>7</b>	<b>Duane Howard</b>		
	Nov Doggie Humans	23:30	115
			<b>115</b>
<b>8</b>	<b>Barry Hamaguchi</b>		
	PS Pride 5K	24:34	100
			<b>100</b>
<b>9</b>	<b>Marcio Heaton-Lee</b>		
	PS Pride 5K	56:45	80
			<b>80</b>

## LAFR Age Group Detail 2024 as of 12/31

<b>Rank</b>	<b>M4549</b>		
<b>1</b>	<b>Dan Vu</b>		
	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
			<b>540</b>
<b>2</b>	<b>Satoshi Ono</b>		
	GP Trail Relay	40:29	100
	LA Marathon	3:12:27	140
	LB Full	3:13:35	140
	Holiday Half	1:30:50	125
			<b>505</b>
<b>2</b>	<b>Albert Giang</b>		
	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
			<b>505</b>
<b>3</b>	<b>Andrew Cunningham</b>		
	Nov Doggie Humans	23:38	125
	PS Pride 5K	23:07	90
	RDR Turkey 5K	23:22	125
			<b>340</b>
<b>4</b>	<b>Jonathan Toker</b>		
	LAFR Pride 5K	38:15	110
	Catalina Half	1:32:29	150
			<b>260</b>
<b>5</b>	<b>Alastair Heptonstall</b>		
	GP Trail Relay	38:41	110
	Boston Full	2:53:24	140
			<b>250</b>
<b>6</b>	<b>Charlie Heaton-Lee</b>		
	LA Marathon	5:14:29	120
	PS Pride 5K	22:02	100
			<b>220</b>
<b>7</b>	<b>Jason Coleman</b>		
	LB Half	2:35:52	120
			<b>120</b>
<b>8</b>	<b>Wadley</b>		
	Catalina Half	1:58:41	115
			<b>115</b>
<b>9</b>	<b>William Fang</b>		
	Nov Doggie Pups	29:51	110
			<b>110</b>
<b>10</b>	<b>Eddie Flores</b>		
	PS Pride 5K	23:34	90
			<b>90</b>



LAFR Age Group Detail 2024 as of 12/31

<b>Rank</b>	<b>M5054</b>		
<b>1</b>	<b>Carlos Vizcarra</b>		
	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
	PS Pride 5K	18:09	140
	M2B Half	1:19:09	125
	Friendship 30K	2:08:14	115
	GP Trail Relay	35:29	100
			<b>880</b>
<b>2</b>	<b>Axier Uzkudun Gonzalez</b>		
	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
			<b>635</b>
<b>3</b>	<b>John McGuinness</b>		
	Doggie 5K Pups	24:09	125
	GP Trail Relay	50:39	70
	Nov Doggie Pups	24:58	135
	RDR Turkey 5K	25:41	125
			<b>455</b>
<b>4</b>	<b>Al Cortez</b>		
	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
			<b>450</b>
<b>5</b>	<b>Mike Smith</b>		
	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
			<b>445</b>
<b>6</b>	<b>Richard Peng</b>		
	LB Pride 10K	56:35	80
	LAFR Pride 10K	55:35	70
	Catalina Half	2:42:08	100
	RDR Turkey 5K	28:24	125
			<b>375</b>
<b>7</b>	<b>Viktor Toth</b>		
	Avalon 50 Mile	10:08:15	140
	GP Trail Relay	44:59	80
	Catalina Half	2:06:19	135
			<b>355</b>

LAFR Age Group Detail 2024 as of 12/31

<b>8</b>	<b>Michael Carter</b>		
	LB Pride 10K	48:05	115
	LAFR Pride 10K	48:21	100
	Nov Doggie Pups	25:57	115
			<b>330</b>
<b>9</b>	<b>Kevin Shiramizu</b>		
	Leap Day 2.67	19:16	115
	LAFR Pride 5K	24:13	100
	Catalina 10K	49:58	105
			<b>320</b>
<b>10</b>	<b>Jonathan Whitfield</b>		
	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
			<b>260</b>
<b>11</b>	<b>Scott Chaney</b>		
	GP Trail Relay	35:23	110
	Turkey Trot LA 10K	36:11	140
			<b>250</b>
<b>12</b>	<b>Daniel Walkup</b>		
	LAFR Pride 10K	51:08	90
	Wrigley 10K	53:32	125
			<b>215</b>
<b>13</b>	<b>Scott Sugino</b>		
	La Canada Turkey 5K	25:34	80
	M2B Full	3:41:23	120
			<b>200</b>
<b>14</b>	<b>Kyle Stevenson</b>		
	PS Pride 5K	29:52	90
			<b>90</b>
<b>15</b>	<b>Brad Reichard</b>		
	GP Trail Relay	64:57	40
			<b>40</b>

LAFR Age Group Detail 2024 as of 12/31

Rank	M5559		
<b>1</b>	<b>Mark Johnson</b>		
	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
			<b>850</b>
<b>2</b>	<b>John Miles</b>		
	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
	LAFR Pride Ultra	77:34	110
	Pas Trail 10.4	1:45:21	105
	LAFR Pride 5K	25:57	100
	PS Pride 5K	24:07	90
	GP Trail Relay	49:04	80
	LB Pride 10K	52:02	60
			<b>780</b>
<b>3</b>	<b>Angus Kennedy</b>		
	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
	LB Pride 5K	23:32	85
			<b>695</b>
<b>4</b>	<b>Deo Jaravata</b>		
	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
			<b>620</b>
<b>5</b>	<b>Bruce Bair</b>		
	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
			<b>475</b>
<b>6</b>	<b>Mark DeAngelis</b>		
	LB Pride 5K	22:35	105
	SD Pride 5K	22:53	100
	PS Pride 5K	22:28	105
	La Canada 5K	26:04	105
			<b>415</b>

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<b>7</b>	<b>Henry Jung</b>		
	LB Pride 5K	26:14	65
	SD Pride 5K	25:54	90
	PS Pride 5K	27:26	70
	La Canada 5K	28:23	80
			<b>305</b>
<b>8</b>	<b>Greg Ziencina</b>		
	LA Marathon	3:18:24	140
	Boston Marathon	3:40:28	120
			<b>260</b>
<b>9</b>	<b>Bernie Tan</b>		
	LB Pride 10K	44:57	105
	PS Pride 5K	21:00	125
			<b>230</b>
<b>10</b>	<b>Jeff Neinstein</b>		
	LAFR Pride 10K	54:16	90
	GP Trail Relay	53:47	70
			<b>160</b>
<b>11</b>	<b>Mario Mota</b>		
	LB Pride 10K	47:18	95
			<b>95</b>
<b>12</b>	<b>Christopher Tapper</b>		
	PS Pride 5K	49:33	70
			<b>70</b>
<b>Rank</b>	<b>M6064</b>		
<b>1</b>	<b>Norbert Hetzel</b>		
	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
			<b>655</b>
<b>2</b>	<b>Martin Carlson</b>		
	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
			<b>625</b>
<b>3</b>	<b>Ken Lewis</b>		
	Leona 50K	9:53:49	135
	LAFR Pride 5K	28:55	115
	LAFR Pride 10K	59:52	115
	LAFR Pride Ultra	88:47	125
			<b>490</b>
<b>4</b>	<b>Brian Dunbar</b>		
	LB Pride 10K	58:50	125
	LAFR Pride 10K	58:56	125
	SD Pride 5K	27:35	110
	PS Pride 5K	28:58	110
			<b>470</b>

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<b>5</b>	<b>Steve Gerschultz</b>		
	Avalon 50 Mile	11:44:33	130
	Leona 50K	12:02:07	135
	GP Trails 50K	6:03:10	135
			<b>400</b>
<b>6</b>	<b>Sean O'Brien</b>		
	Nov Doggie Pups	29:51	120
	Catalina 10K	54:06	125
			<b>245</b>
<b>7</b>	<b>Lui Sanchez</b>		
	LAFR Pride 5K	27:42	135
			<b>135</b>
<b>8</b>	<b>Reg Willson</b>		
	Doggie 5K Pups	35:11	120
			<b>120</b>
<b>9</b>	<b>Chad Pratt</b>		
	La Canada Turkey 5K	27:12	100
			<b>100</b>
<b>10</b>	<b>Tim Chung</b>		
	LB Pride 5K	50:35	90
			<b>90</b>

<b>Rank</b>	<b>M6569</b>		
<b>1</b>	<b>Bill Austin</b>		
	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>	<i>26:15</i>	<i>125</i>
	<i>LB Pride 5K</i>	<i>23:14</i>	<i>125</i>
	<i>Giving Thx 5K</i>	<i>26:10</i>	<i>125</i>
	<i>MCTA 5K</i>	<i>22:42</i>	<i>125</i>
	<i>GP Trail Relay</i>	<i>52:20</i>	<i>110</i>
			<b>790</b>
<b>2</b>	<b>Reg Willson</b>		
	Nov Doggie Pups	39:50	120
			<b>120</b>
<b>3</b>	<b>Doug Jones</b>		
	RDR Turkey 5K	57:37	110
			<b>110</b>
<b>4</b>	<b>David Grudzien</b>		
	Space Coast Half	2:54:27	100
			<b>100</b>
	<b>Scott Whiteleather</b>		
	PS Pride 5K	36:53	100
			<b>100</b>
<b>5</b>	<b>Brad Miyasato</b>		
	PS Pride 5K	56:46	90
			<b>90</b>

LAFR Age Group Detail 2024 as of 12/31

<b>Rank</b>	<b>M7074</b>		
<b>1</b>	<b>David Dassey</b>		
	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>	<i>54:58</i>	<i>110</i>
			<b>790</b>
<b>2</b>	<b>Jim Martinez</b>		
	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>	<i>30:38</i>	<i>125</i>
	<i>LB Pride 5K</i>	<i>31:52</i>	<i>115</i>
			<b>760</b>
<b>3</b>	<b>Bill Winklemann</b>		
	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>
			<b>740</b>
<b>4</b>	<b>Mike Carbuto</b>		
	Doggie 5K Pups	41:52	120
	Nov Doggie Pups	47:44	120
	PS Pride 5K	48:05	90
	Catalina Half	4:42:39	120
			<b>450</b>
<b>Rank</b>	<b>M80+</b>		
<b>1</b>	<b>Don Bing</b>		
	Catalina 10K	2:02:47	125
			<b>125</b>