

## LAFR Grand Prix & Trail Master Race Results 2024 (Trail Master Results Follow)

Race																	
Location/Date																	
Finishers																	
OA	DP	Div	Name	Age	GPDiv	Time	Age G	AG W	Age P	Pts	PR	UN	DS	BQ/FR	T3A	T3O	Tot
<b>Avalon</b>																	
<b>50 Mile</b>																	
<b>7-Jan</b>																	
<b>322</b>																	
93	7	M5054	Viktor Toth	50	M5054	10:08:15	49.38	59.26	1	100		10	30				140
202	7	F5054	Peachy Poso	51	F5059	11:42:56	48.07	57.68	1	100			30				130
206	7	M6064	Steve Gerschultz	60	M6064	11:44:33	46.71	56.05	1	100			30				130
<b>Resolution Run</b>																	
<b>Half</b>																	
<b>7-Jan</b>																	
<b>54</b>																	
54	2	F5559	Emily Cox - 5K	56	F5059	27:02	65.24	na	1	100					15		115
198	1	F6569	Donna Martin - Half	67	F6069	3:24:08	45.04	47.29	1	100			10		15		125
<b>Rose Bowl</b>																	
<b>Half</b>																	
<b>21-Jan</b>																	
<b>9208</b>																	
29	6	M2029	Mitchell Miller	27	M2029	1:21:18	71.36	74.93	1	100			10				110
39	8	M3539	Michael Bea	35	M3539	1:22:45	70.50	74.03	1	100			10				110
152	11	M4549	Satoshi Ono	49	M4549	1:29:50	71.76	75.35	1	100			10				110
250	39	M3539	Martin Leung	37	M3539	1:33:49	62.65	65.78	2	90			10				100
304	48	M3539	Kyle Schmitz	38	M3539	1:36:04	61.50	64.58	3	80			10				90
461	70	M3539	Mark Planas	38	M3539	1:39:52	59.16	62.12	4	70			10				80
1189	45	F3034	Erica Pitcavage	34	F3039	1:51:58	58.01	60.91	1	100			10				110
1598	3	F6064	Yuri Clingerman	63	F6069	1:57:08	73.61	77.29	1	100			10		15		125
2694	10	F6064	Leticia Rodriguez	63	F6069	2:08:09	67.28	70.64	2	90			10				100
2978	24	F5559	Sumalee Sangsurasak	55	F5059	2:10:49	59.31	62.28	1	100			10				110
3550	6	F6569	Denise Beatty	65	F6069	2:16:03	65.18	68.44	3	80			10				90
5174	423	M3539	Leonard Hyman	39	M3539	2:33:02	38.84	40.78	5	60			10				70
6308	211	M5054	Mike Smith	51	M5054	2:45:54	39.54	41.52	1	100			10				110
6826	307	F4044	Franziska Reff	41	F4049	2:52:21	38.92	40.87	1	100			10				110
<b>SOB</b>																	
<b>Malibu</b>																	
<b>50K</b>																	
<b>27-Jan</b>																	
<b>91</b>																	
53	3	M5559	John Miles	59	M5559	8:44:13	34.69	39.89	1	100		10	20		15		145
<b>Doggie Dash</b>																	
<b>5K</b>																	
<b>27-Jan</b>																	
<b>Griffith Park</b>																	
<b>5K-43, Pups-38</b>																	
1	1	M4044	Jeremy Yoder	41	M4044	19:28	70.03	na	1	100		10		10	15	25	160
4	1	M5559	Bruce Bair	57	M5559	20:12	76.58	na	1	100			10	15			125
6	1	M3539	Joey Lan	38	M3539	22:42	58.74	na	1	100			10	15			125
21	1	F5054	Peachy Poso	51	F5059	28:20	58.82	na	1	100		10		10	15		135
30	1	M7074	Jim Martinez	70	M7074	31:10	55.95	na	1	100		10		10	15		135
40	1	F7074	Margie Gonzales RW	70	F7079	55:44	48.30	na	1	100			10	15			125
41	2	F7074	Amy Ross RW	70	F7079	55:45	48.28	na	2	90		10		10	15		125
42	2	F5054	Cat White RW	53	F5059	55:50	41.07	na	1	100			10	15			125
42	2	F5559	Keeley Webster RW	55	F5059	55:50	41.86	na	1	100			10	15			125
<b>Doggie Dash continued</b>																	
<b>5K</b>																	
<b>27-Jan</b>																	
<b>Griffith Park</b>																	
<b>5K-43, Pups-38</b>																	
7	2	LARGE	John McGuinness & Kylie	50	M5054	24:09	60.49	na	1	100				10	15		125
8	3	LARGE	Vikash Reddy & Lucky	40	M4044	25:38	52.79	na	1	100		10		10	15		135
10	4		Martin Carlson & Zazie	63	M6064	27:25	59.43	na	1	100		10		10			120
11	5		Gabriel Cooper & Oliver	35	M3539	27:43	47.11	na	1	100		10		10			120
18	7		Al Cortez & Zoey	50	M5054	30:55	47.25	na	2	90		10		10			110
20	6	LARGE	Reg Willson & Oslo	64	M6064	35:11	46.73	na	1	100		10		10			120
25	9	LARGE	Mike Carbutto & Mike	71	M7074	41:52	42.17	na	1	100		10		10			120
<b>Friendship Run</b>																	
<b>30K</b>																	
<b>18-Feb</b>																	
<b>Hansen Dam</b>																	
<b>1639</b>																	
13	NA	M5054	Carlos Vizcarrá	50	M5054	2:08:14	73.86	81.25	1	100			15				115
21	2	M3539	Kyle Schmitz	38	M3539	2:21:25	60.85	66.94	1	100			15		15		130
1018	NA	M5054	Mike Smith	52	M5054	4:02:03	39.82	43.80	2	90			15				105
<b>Leap Day</b>																	
<b>2.67/5.34</b>																	
<b>29-Feb</b>																	
<b>Long Beach</b>																	
<b>2.67-99, 5.34-33</b>																	
OA	DP	Div	Name	Age	GPDiv	Time	Age G	AG W	Age P	Pts	PR	UN	DS	BQ/FR	T3A	T3O	Tot



1663	100	M4549	Alastair Heptonstall	45	M4549	2:53:24	75.35	82.89	1	100							140
12095	601	M5559	Greg Ziencina	57	M5559	3:40:28	65.86	72.45	1	100			20	20			120
14055	320	F5054	Amy Zheng	50	F5059	3:49:00	65.99	72.59	1	100			20	20			140
18468	1223	F4044	April Selvage	44	F4049	4:15:52	55.26	60.79	1	100			20				120
22099	409	F6064	Leticia Rodriguez	63	F6069	4:52:04	61.75	67.93	1	100			20				120
<b>Race</b>						<b>Leona Divide</b>											<b>50K</b>
<b>Location/Date</b>																	<b>20-Apr</b>
<b>Finishers</b>						<b>142</b>											
<b>OA</b>	<b>DP</b>	<b>Div</b>	<b>Name</b>	<b>Age</b>	<b>GPDiv</b>	<b>Time</b>	<b>Age G</b>	<b>AG W</b>	<b>Age P</b>	<b>Pts</b>	<b>PR</b>	<b>UN</b>	<b>DS</b>	<b>BQ/FR</b>	<b>T3A</b>	<b>T3O</b>	<b>Tot</b>
75	2	F5054	Peachy Poso	52	F5059	9:32:21	32.92	37.86	1	100			20		15		135
79	2	M6064	Ken Lewis	60	M6064	9:53:49	30.91	35.55	1	100			20		15		135
125	7	M6064	Steve Gerschultz	61	M6064	12:02:07	25.66	29.51	1	100			20		15		135
<b>Race</b>						<b>Spring Dash</b>											<b>5K/10K</b>
<b>Location/Date</b>						<b>Long Beach</b>											<b>21-Apr</b>
<b>Finishers</b>						<b>5K-60, 10K-24</b>											
<b>OA</b>	<b>DP</b>	<b>Div</b>	<b>Name</b>	<b>Age</b>	<b>GPDiv</b>	<b>Time</b>	<b>Age G</b>	<b>AG W</b>	<b>Age P</b>	<b>Pts</b>	<b>PR</b>	<b>UN</b>	<b>DS</b>	<b>BQ/FR</b>	<b>T3A</b>	<b>T3O</b>	<b>Tot</b>
			<b>5K</b>														
4	2	M5559	Angus Kennedy	58	M5559	23:27	66.53	na	1	100		10			15		125
11	1	M6569	Bill Austin	66	M6569	26:15	63.77	na	1	100		10			15		125
			<b>10K</b>														
14	1	M7074	Bill Winkelmann	71	M7074	1:14:10	48.71	na	1	100		10			15		125
<b>Race</b>						<b>Mountains to Beach</b>											<b>Half/Full</b>
<b>Location/Date</b>						<b>Ventura</b>											<b>27-Apr</b>
<b>Finishers</b>						<b>Half-1532, Full-1654</b>											
<b>OA</b>	<b>DP</b>	<b>Div</b>	<b>Name</b>	<b>Age</b>	<b>GPDiv</b>	<b>Time</b>	<b>Age G</b>	<b>AG W</b>	<b>Age P</b>	<b>Pts</b>	<b>PR</b>	<b>UN</b>	<b>DS</b>	<b>BQ/FR</b>	<b>T3A</b>	<b>T3O</b>	<b>Tot</b>
			<b>Half</b>														
10	2	M5054	Carlos Vizcarra	50	M5054	1:19:09	82.16	86.27	1	100			10		15		125
485	22	M4549	Albert Giang	47	M4549	1:55:38	54.80	57.54	1	100		10	10				120
			<b>Full</b>														
20	7	M2529	Mitchell Miller	27	M2529	2:46:44	72.96	80.26	1	100		10	20	20			150
334	48	M4044	Scott Swiontek	41	M4044	3:20:36	63.02	69.32	1	100		10	20				130
643	34	M5054	Scott Sugino	50	M5054	3:41:23	61.59	67.75	1	100			20				120
1167	124	M3034	Brennen Hernandez	33	M3034	4:20:03	48.61	53.47	1	100			20				120
<b>Race</b>						<b>LB Pride</b>											<b>5K/10K</b>
<b>Location/Date</b>						<b>Long Beach</b>											<b>19-May</b>
<b>Finishers</b>						<b>5K-262, 10K-140</b>											
<b>OA</b>	<b>DP</b>	<b>Div</b>	<b>Name</b>	<b>Age</b>	<b>GPDiv</b>	<b>Time</b>	<b>Age G</b>	<b>AG W</b>	<b>Age P</b>	<b>Pts</b>	<b>PR</b>	<b>UN</b>	<b>DS</b>	<b>BQ/FR</b>	<b>T3A</b>	<b>T3O</b>	<b>Tot</b>
			<b>5K</b>														
3	1	M5054	Carlos Vizcarra	50	M5054	18:28	79.11	na	1	100					15	25	140
10	1	M5559	Mark DeAngelis	59	M5559	22:35	69.68	na	2	90					15	25	105
17	3	M3539	Joey Lan	38	M3539	23:05	57.77	na	3	80		10			15		105
19	1	M6569	Bill Austin	67	M6569	23:14	72.72	na	1	100		10			15		125
21	2	M5559	Angus Kennedy	58	M5559	23:32	66.30	na	5	60		10			15		85
38	3	M5559	Henry Jung	59	M5559	26:14	59.99	na	7	40		10			15		65
72	2	M6064	Norbert Hetzel	64	M6064	29:28	55.79	na	2	90		10			15		115
98	1	M7074	Jim Martinez	70	M7074	31:52	54.72	na	2	90		10			15		115
187	2	F7074	Margie Gonzales RW	70	F70+	48:50	55.12	na	1	100		10			15		125
188	22	F3539	Erin Brinton RW	38	F3039	48:58	41.32	na	1	100		10					110
197	7	M6064	Tim Chung RW	60	M6064	50:35	42.67	na	3	80		10					90
			<b>10K</b>														
1	1	M3539	Martin Leung	37	M3539	38:02	70.67	na	1	100					15	25	140
3	1	M5559	Mark Johnson	57	M5559	40:41	77.61	na	1	100		10			15	25	150
6	2	M3539	Mark Planas	39	M3539	43:04	63.16	na	2	90					15		105
7	1	M4044	Vikash Reddy	40	M4044	43:17	63.30	na	1	100		10			15		125
9	2	M5559	Bernie Tan	56	M5559	44:57	69.62	na	3	80		10			15		105
12	3	M4044	Scott Swiontek	41	M4044	46:34	59.29	na	2	90					15		105
17	3	M5559	Mario Mota	59	M5559	47:18	67.97	na	4	70		10			15		95
22	2	M5054	Michael Carter	54	M5054	48:05	63.95	na	2	90		10			15		115
29	5	M4044	Eric Eisenbrey	44	M4044	49:54	56.67	na	3	80		10					90
48	4	M5559	John Miles	59	M5559	52:02	61.79	na	6	50		10					60
52	3	M4549	Dan Vu	48	M4549	53:11	54.94	na	1	100		10			15		125
57	4	M4549	Albert Giang	47	M4549	54:21	53.31	na	2	90		10					100
59	4	M5054	Al Cortez	51	M5054	54:33	54.93	na	3	80		10					90
63	2	M7074	David Dassey	73	M7074	55:41	66.49	na	1	100		10			15		125
67	5	M5054	Richard Peng	52	M5054	56:35	53.41	na	4	70		10					80
79	1	M6064	Brian Dunbar	62	M6064	58:50	56.19	na	1	100		10			15		125
90	7	M5054	Jonathan Whitfield	53	M5054	61:03	49.93	na	5	60							60
133	3	M7074	Bill Winkelmann	71	M7074	76:30	47.22	na	3	80		10			15		105
<b>Race</b>						<b>Wrigley</b>											<b>5K/10K/10m</b>
<b>Location/Date</b>						<b>Long Beach</b>											<b>1-Jun</b>
<b>Finishers</b>																	
<b>OA</b>	<b>DP</b>	<b>Div</b>	<b>Name</b>	<b>Age</b>	<b>GPDiv</b>	<b>Time</b>	<b>Age G</b>	<b>AG W</b>	<b>Age P</b>	<b>Pts</b>	<b>PR</b>	<b>UN</b>	<b>DS</b>	<b>BQ/FR</b>	<b>T3A</b>	<b>T3O</b>	<b>Tot</b>
			<b>5K</b>														
69	2	M7074	David Dassey	73	M7074	27:03	67.10	na	1	100		10			15		125
			<b>10K</b>														
46	2	M5054	Dan Walkup	53	M5054	53:32	56.94	na	1	100		10			15		125
			<b>10 Mile</b>														
77	3	M6064	Norbert Hetzel	64	M6064	1:38:57	56.44	59.26	1	100		10	10		15		135

Race		GP Trail Relay										5.5 mi					
Location/Date		LA										2-Jun					
Finishers		197															
OA	DP	Div	Name	Age	GPDIV	Time	Age G	AG W	Age P	Pts	PR	UN	DS	BQ/FR	T3A	T3O	Tot
NA	NA	M5054	Scott Chaney	51	M5054	35:23	74.77	na	1	100		10					110
NA	NA	M5054	Carlos Vizcarr	50	M5054	35:29	73.93	na	2	90		10					100
NA	NA	M2529	Mitchell Miller	27	M2529	36:09	64.35	na	1	100		10					110
NA	NA	M3034	Andrew Robertson	33	M3034	36:20	64.27	na	1	100		10					110
NA	NA	M3539	Kyle Schmitz	39	M3539	37:50	63.52	na	1	100		10					110
NA	NA	M2529	Adon Ramos	28	M2529	38:39	60.19	na	2	90		10					100
NA	NA	M4549	Alastair Heptonstall	45	M4549	38:41	65.10	na	1	100		10					110
NA	NA	M5559	Mark Johnson	57	M5559	38:52	71.69	na	1	100		10					110
NA	NA	M4549	Satoshi Ono	49	M4549	40:29	64.26	na	2	90		10					100
NA	NA	M4044	Scott Swiontek	41	M4044	41:56	58.19	na	1	100		10					110
NA	NA	F3039	Erin Brinton	38	F3039	42:08	63.92	na	1	100		10					110
NA	NA	M3539	Raul Navarro	38	M3539	42:13	56.54	na	2	90		10					100
NA	NA	M4044	Vikash Reddy	40	M4044	42:22	57.14	na	2	90		10					100
NA	NA	M3539	Derek Mai	37	M3539	43:20	54.75	na	3	80		10					90
NA	NA	M5054	Axier Uzkudun Gonzalez	54	M5054	43:23	62.56	na	3	80		10					90
NA	NA	M5559	Bruce Bair	57	M5559	44:10	63.09	na	2	90		10					100
NA	NA	M5054	Viktor Toth	50	M5054	44:59	58.32	na	4	70		10					80
NA	NA	F4049	Nicole Luque	46	F4049	45:34	62.52	na	1	100		10					110
NA	NA	F3039	Erica Pitcavage	34	F3039	45:53	57.78	na	2	90		10					100
NA	NA	M3034	Brennen Hernandez	33	M3034	45:57	50.82	na	2	90		10					100
NA	NA	M5559	Angus Kennedy	58	M5559	48:29	57.98	na	3	80		10					90
NA	NA	M5559	John Miles	59	M5559	49:04	57.81	na	4	70		10					80
NA	NA	M4549	Albert Giang	47	M4549	50:33	50.63	na	3	80		10					90
NA	NA	M3539	Cruise Berry	35	M3539	50:35	46.45	na	4	70		10					80
NA	NA	M5054	John McGuinness	50	M5054	50:39	51.79	na	5	60		10					70
NA	NA	M6569	Bill Austin	67	M6569	52:20	58.42	na	1	100		10					110
NA	NA	F3039	Gillian Wilkerson-Villasenor	33	F3039	52:23	50.47	na	3	80		10					90
NA	NA	F5059	Sumalee Sangsurasak	56	F5059	53:05	59.96	na	1	100		10					110
NA	NA	F4049	Treven Ho	48	F4049	53:24	54.40	na	2	90		10					100
NA	NA	M6064	Martin Carlson	64	M6064	53:29	55.55	na	1	100		10					110
NA	NA	M5559	Jeff Neinstein	57	M5559	53:47	51.81	na	5	60		10					70
NA	NA	M5054	Al Cortez	51	M5054	54:24	48.63	na	6	50		10					60
NA	NA	F4044	Adik Nersesian	43	F4049	54:34	50.91	na	3	80		10					90
NA	NA	M7074	David Dassey	73	M7074	54:58	59.42	na	1	100		10					110
NA	NA	F6069	Esther Woods	66	F6069	57:19	63.10	na	1	100		10					110
NA	NA	M5054	Jonathan Whitfield	53	M5054	59:12	45.45	na	7	40		10					50
NA	NA	F6069	Donna Martin	67	F6069	60:25	60.69	na	2	90		10					100
NA	NA	M6064	Norbert Hetzel	64	M6064	60:35	49.04	na	2	90		10					100
NA	NA	F6069	Denise Beatty	65	F6069	62:58	56.67	na	3	80		10					90
NA	NA	M5054	Brad Reichard	54	M5054	64:57	41.79	na	8	30		10					40
NA	NA	M7074	Bill Winkelmann	71	M7074	68:40	46.39	na	2	90		10					100

Race		LAFR Pride 5K										5K/10K					
Location/Date		LA										16-Jun					
Finishers		197															
OA	DP	Div	Name	Age	GPDIV	Time	Age G	AG W	Age P	Pts	PR	UN	DS	BQ/FR	T3A	T3O	Tot
1	1	M2529	Mitchell Miller	27	M2529	17:41	72.67	na	1	100		10					160
5	2	M3539	Kyle Schmitz	39	M3539	20:07	66.78	na	1	100				10	15	25	125
6	2	M5559	Mark Johnson	57	M5559	20:26	75.71	na	1	100		10		10	15		135
7	1	M4044	Jeremy Yoder	42	M4044	20:47	66.09	na	1	100		10		10	15		135
8	3	M3539	Derek Mai	37	M3539	20:55	63.30	na	2	90		10		10	15		125
9	1	M5054	Axier Uzkudun Gonzalez	54	M5054	20:57	72.03	na	1	100		10		10	15		135
10	4	M3539	Raul Navarro	38	M3539	21:17	62.65	na	3	80				10			90
11	3	M5559	Bruce Bair	57	M5559	22:44	68.05	na	2	90		10		10	15		125
16 (1)	1	F3539	Louisa Hill	36	F3039	23:32	63.20	na	1	100				10	15	25	150
20	2	M4549	Eric Eisenbrey	45	M4044	24:08	58.22	na	2	90		10		10	15		125
22	5	M5054	Kevin Shiramizu	50	M5054	24:13	60.32	na	2	90				10			100
27	2	M2529	Wasiq Mohammad	26	M2529	25:13	50.96	na	2	90		10		10	15		125
31	5	M5559	John Miles	59	M5559	25:57	60.64	na	3	80		10		10			100
39	1	M6569	Bill Austin	67	M6569	27:31	61.40	na	1	100		10		10	15		135
42	1	M6064	Lui Sanchez	63	M6064	27:42	58.83	na	1	100		10		10	15		135
51	2	M6064	Martin Carlson	64	M6064	28:31	57.65	na	2	90		10		10	15		125
59	3	M6064	Ken Lewis	61	M6064	28:55	55.37	na	3	80		10		10	15		115
64	1	M7074	David Dassey	73	M7074	29:21	61.85	na	1	100		10		10	15		135
91	2	M7074	Jim Martinez	70	M7074	32:30	53.66	na	2	90		10		10	15		125
110	1	X11-14	Rina Shiramizu	12	X11-14	35:56	45.67	na	1	100				10	15		125
115	3	M7074	Bill Winkelmann	71	M7074	37:28	47.13	na	3	80		10		10	15		115
122	8	M4549	Jonathan Toker	49	M4549	38:15	37.89	na	2	90		10		10			110
141	4	F5054	Cat White RW	53	F5059	42:34	53.88	na	1	100		10		10			120
177	3	F7074	Amy Ross RW	71	F70+	52:29	51.83	na	1	100		10		10	15		135
180	3	F6569	Nicole Oeuvery RW	65	F6069	58:17	44.18	na	1	100		10		10	15		135
193	4	F7074	Alice Hulac-Morentin RW	73	F70+	1:05:10	42.63	na	2	90		10		10			110
194	6	F6064	Michelle Hulac-Morentin RW	64	F6069	1:05:10	39.18	na	1	100		10		10			120
195	6	F5559	Keeley Webster RW	55	F5059	1:05:11	35.87	na	2	90		10		10			110

Race		LAFR Pride 10K										5K/10K					
Location/Date		LA										16-Jun					
Finishers		99															
OA	DP	Div	Name	Age	GPDIV	Time	Age G	AG W	Age P	Pts	PR	UN	DS	BQ/FR	T3A	T3O	Tot
1	1	M5054	Carlos Vizcarr	50	M5054	37:39	78.91	na	1	100				10	15	25	150





5K Humans																	
1	1	M4044	Jeremy Yoder	42	M4044	20:20	67.55	na	1	100	10			10	15	25	160
4 (1)	1	F3034	Gillian Wilkerson-Villasenor	34	F3039	23:06	64.04	na	1	100	10			10	15	25	160
5	2	M4044	Duane Howard	44	M4044	23:30	59.33	na	2	90				10	15		115
6	1	M4549	Andrew Cunningham	47	M4549	23:38	60.37	na	1	100				10	15		125
7	1	M6064	John Miles	60	M5559	24:45	64.13	na	1	100	10			10	15		135
8	1	M3539	Joey Lan	39	M3539	25:01	53.70	na	1	100				10	15		125
11	1	M7074	Jim Martinez	71	M7074	31:21	56.32	na	1	100				10	15		125

Race																	
Location/Date																	
Finishers																	
OA	DP	Div	Name	Age	GPDiv	Time	Age G	AG W	Age P	Pts	PR	UN	DS	BQ/FR	T3A	T3O	Tot
Doggie Dash continued																	
Griffith Park																	
5K																	
26-Oct																	
5K-38, Pups-47																	
5K Pups																	
5	2	LARGE	John McGuinness & Kylie	50	M5054	24:58	58.51	na	1	100	10			10	15		135
6	1	TOY	Eric Eisenbrey & Charlie	45	M4044	25:36	54.88	na	1	100	10			10	15		135
7	3	LARGE	Michael Carter & Ziggy	55	M5054	25:57	58.63	na	2	90				10	15		115
10	5	LARGE	Vikash Reddy & Lucky	41	M4044	27:58	48.75	na	1	100	10			10			120
14	6	LARGE	Sean O'Brien & Washington	61	M6064	29:51	53.63	na	1	100	10			10			120
15	7	LARGE	William Fang & Katherine	48	M4549	29:51	48.17	na	2	90	10			10			110
25	9	LARGE	Reg Willson & Oslo	65	M6569	39:50	41.65	na	1	100	10			10			120
33	12	LARGE	Mike Carbuto RW & Mike	71	M7074	47:44	51.61	na	1	100	10			10			120

Race																	
Location/Date																	
Finishers																	
OA	DP	Div	Name	Age	GPDiv	Time	Age G	AG W	Age P	Pts	PR	UN	DS	BQ/FR	T3A	T3O	Tot
PS Pride 5K																	
Palm Springs																	
5K																	
2-Nov																	
797																	
3	1	M5054	Carlos Vizcarra	51	M5054	18:09	81.14	na	1	100					15	25	140
13	1	M5559	Bernie Tan	56	M5559	21:00	73.06	na	1	100	10				15		125
15	4	M3539	Mark Planas	39	M3539	21:14	63.27	na	1	100							100
21	5	M4549	Charlie Heaton-Lee	46	M4549	22:02	64.26	na	1	100							100
27	2	M6064	Mark DeAngelis	60	M5559	22:28	70.65	na	2	90					15		105
39	7	M3539	Joey Lan	39	M3539	23:02	58.32	na	2	90	10						100
42	7	M4549	Andrew Cunningham	47	M4549	23:07	61.72	na	2	90							90
50	8	M4549	Eddie Flores	49	M4549	23:34	61.50	na	3	80	10						90
62	11	M4549	Albert Giang	47	M4549	24:06	59.20	na	4	70	10						80
64	4	M6064	John Miles	60	M5559	24:07	65.81	na	3	80	10						90
76	10	M4044	Barry Hamaguchi	44	M4044	24:34	56.76	na	1	100							100
90	13	M4549	Dan Vu	48	M4549	25:02	57.44	na	5	60	10						70
158	20	M6064	Henry Jung	60	M5559	27:26	57.86	na	4	70							70
169	21	M4044	David Gonzalez	44	M4044	27:49	50.13	na	2	90							90
194	1	M7074	Jim Martinez	71	M7074	28:50	61.24	na	1	100	10				15		125
199	25	M6064	Brian Dunbar	62	M6064	28:58	55.76	na	1	100	10						110
234	21	M5054	Kyle Stevenson	52	M5054	29:52	49.70	na	2	90							90
334	18	M6569	Scott Whiteleather	65	M6569	36:53	44.98	na	1	100							100
415	11	M7074	Mike Carbuto RW	71	M7074	48:05	51.23	na	2	90							90
423	49	M5559	Christopher Tapper RW	57	M5559	49:33	43.12	na	5	60	10						70
526	36	M4044	Marcio Heaton-Lee RW	44	M4044	56:45	35.15	na	3	80							80
527	38	M6569	Brad Miyasato RW	68	M6569	56:46	41.75	na	2	90							90

Race																	
Location/Date																	
Finishers																	
OA	DP	Div	Name	Age	GPDiv	Time	Age G	AG W	Age P	Pts	PR	UN	DS	BQ/FR	T3A	T3O	Tot
GP Trails																	
Griffith Park																	
Full/50K																	
2-Nov																	
Marathon-39, 50K-63																	
14(1)	1	F3539	Louisa Hill 50K	37	F3039	5:31:12	49.70	57.16	1	100			20		15	25	160
31	3	M5559	Deo Jaravata FULL	59	M5559	6:51:32	35.95	39.55	1	100	10		20		15		145

Race																	
Location/Date																	
Finishers																	
OA	DP	Div	Name	Age	GPDiv	Time	Age G	AG W	Age P	Pts	PR	UN	DS	BQ/FR	T3A	T3O	Tot
Giving Thanks																	
Long Beach																	
5K/10K																	
3-Nov																	
5K-21, 10K-29																	
5K																	
1	1	M4044	Vikash Reddy	41	M4044	19:02	71.63	na	1	100	10				15		125
3	3	M4044	Jeremy Yoder	41	M4044	19:26	70.68	na	2	90	10				15		115
4	1	M6569	Bill Austin	67	M6569	26:10	64.57	na	1	100	10				15		125
10K																	
13	1	M7074	Bill Winkelmann	71	M7074	76:32	47.20	na	1	100	10				15		125

Race																	
Location/Date																	
Finishers																	
OA	DP	Div	Name	Age	GPDiv	Time	Age G	AG W	Age P	Pts	PR	UN	DS	BQ/FR	T3A	T3O	Tot
Catalina																	
Avalon																	
10K/Half																	
9-Nov																	
10K-354, Half-606																	
10K																	
1	1	M2529	Mitchell Miller	28	M2529	38:42	68.22	na	1	100	10				15	25	150
2	1	M5054	Carlos Vizcarra	51	M5054	39:02	76.76	na	1	100	10				15	25	150
3	1	M3034	Theo Tacail	34	M3034	44:26	59.76	na	1	100	10				15	25	150
5	1	M3539	Allen-Michael Brown	36	M3539	48:59	54.61	na	1	100	10				15		125
9	3	M5054	Kevin Shiramizu	51	M5054	49:58	59.97	na	2	90					15		105
10	3	M3034	Oscar De La Rocha	30	M3034	50:00	52.80	na	2	90	10				15		115
12	5	M3539	Joey Lan	39	M3539	51:23	52.94	na	2	90	10						100
21	1	M6064	Sean O'Brien	61	M6064	54:06	60.54	na	1	100	10				15		125
28	1	M5559	Angus Kennedy	58	M5559	55:31	57.39	na	1	100	10				15		125
40	2	F6064	Yuri Clingerman	64	F6069	57:44	69.27	na	1	100	10				15		125
107	2	F6569	Denise Beatty	65	F6069	67:32	60.02	na	2	90	10				15		115



Finishers				64														
OA	DP	Div	Name	Age	GPDiv	Time	Age G	AG W	Age P	Pts	PR	UN	DS	BQ/FR	T3A	T3O	Tot	
2 (1F)	1	F3539	Erin Brinton	39	F3039	21:01	71.64	na	1	100		10			15	25	150	
OA	overall				PR	5 year personal record												
DP	division place				UN	wore LAFR uniform												
Div	age group				DS	distance bonus												
GPDiv	grand prix division				T3A	top 3 age group												
Age G	age grade score				T3O	top 3 overall												
AG W	weighted age grade score				na	not applicable												
Age P	grand prix age group place				BQ/FR	Boston qualifier or LAFR produced race												
PTS	grand prix age group base points				* - Age Grade scores are factored for distances of half marathon and up – see website for info.													

## Los Angeles Frontrunners Trail Master Race Results 2024

Race				Avalon 50 Mile				50 Mile					
Location/Date				Avalon				7-Jan					
Finishers				322									
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	BQ/FR	T3A	T3O	Tot
93	7	M5054	Viktor Toth	50	10:08:15	49.38	59.26	59.26	10				124.26
202	7	F5054	Peachy Poso	51	11:42:56	48.07	57.68	57.68					112.68
206	7	M6064	Steve Gerschultz	60	11:44:33	46.71	56.05	56.05					111.05

Race				Resolution				5K/Half					
Location/Date				Griffith Park				7-Jan					
Finishers				91									
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	BQ/FR	T3A	T3O	Tot
54	2	F5559	Emily Cox - 5K	56	27:02	65.24	na	65.24			15		85.24
198	1	F6569	Donna Martin - Half	67	3:24:08	45.04	47.29	47.29			15		82.29

Race				SOB				50K					
Location/Date				Malibu				27-Jan					
Finishers				91									
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	BQ/FR	T3A	T3O	Tot
53	3	M5559	John Miles	59	8:44:13	34.69	39.89	39.89	10		15		99.89

Race				Doggie Dash				5K					
Location/Date				Griffith Park				27-Jan					
Finishers				5K-43, Pups-38									
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	BQ/FR	T3A	T3O	Tot
				<b>5K Humans</b>									
1	1	M4044	Jeremy Yoder	41	19:28	70.03	na	70.03	10	10	15	25	135.03
4	1	M5559	Bruce Bair	57	20:12	76.58	na	76.58		10	15		106.58
6	1	M3539	Joey Lan	38	22:42	58.74	na	58.74		10	15		88.74
21	1	F5054	Peachy Poso	51	28:20	58.82	na	58.82	10	10	15		98.82
30	1	M7074	Jim Martinez	70	31:10	55.95	na	55.95	10	10	15		95.95
40	1	F7074	Margie Gonzales RW	70	55:44	48.30	na	48.30		10	15		78.30
41	2	F7074	Amy Ross RW	70	55:45	48.28	na	48.28	10	10	15		88.28
42	2	F5054	Cat White RW	53	55:50	41.07	na	41.07		10	15		71.07
42	2	F5559	Keeley Webster RW	55	55:50	41.86	na	41.86		10	15		71.86
				<b>5K Pups</b>									
7	2	M5054	John McGuinness & Kylie	50	24:09	60.49	na	60.49		10	15		90.49
8	3	M4044	Vikash Reddy & Lucky	40	25:38	52.79	na	52.79	10	10	15		92.79
10	4	M6064	Martin Carlson & Zazie	63	27:25	59.43	na	59.43	10	10			84.43
11	5	M3539	Gabriel Cooper & Oliver	35	27:43	47.11	na	47.11	10	10			72.11
18	7	M5054	Al Cortez & Zoey	50	30:55	47.25	na	47.25	10	10			72.25
20	6	M6064	Reg Willson & Oslo	64	35:11	46.73	na	46.73	10	10			71.73
25	9	M7074	Mike Carbutto & Mike	71	41:52	42.17	na	42.17	10	10			67.17

Race				Redtail Ridge Trail				30K					
Location/Date								17-Feb					
Finishers													
Website													
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	BQ/FR	T3A	T3O	Tot
16	2	M4044	Aaron Trieu	42	3:20:54	44.07	48.48	48.48			15		88.48

Race				Brunei 42K				42K					
Location/Date				Brunei				17-Feb					
Finishers													
Website													
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	BQ/FR	T3A	T3O	Tot
		M5559	Deo Jaravata	58	14:44:10	16.50	18.15	18.15					53.15

Race				GP Trails				Full/50K			
Location/Date				Griffith Park				23-Mar			
Finishers				Marathon-34, 50K-90							



OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	BQ/FR	T3A	T3O	Tot		
			<b>50K</b>												
39	1	M6064	Steve Gerschultz	60	6:03:10	51.03	58.68	58.68			15		108.68		
60	1	F5054	Peachy Poso	52	6:46:15	46.38	53.34	53.34			15		103.34		
			<b>Marathon</b>												
22	5	M5559	Deo Jaravata	59	6:45:39	36.47	40.12	40.12					75.12		
<b>Race</b>				<b>Run4Kids</b>								<b>100 Mile</b>			
<b>Location/Date</b>											<b>22-Mar</b>				
<b>Finishers</b>															
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	BQ/FR	T3A	T3O	Tot		
			Solomon Leung	34	27:40:58	40.10	50.13	50.13					115.13		
<b>Race</b>				<b>Pasadena Trail Challenge</b>								<b>5.1/10.4</b>			
<b>Location/Date</b>											<b>24-Mar</b>				
<b>Finishers</b>															
<b>5.1-179, 10.4-119</b>															
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	BQ/FR	T3A	T3O	Tot		
			<b>5.1 Mile</b>												
22	2	M5559	Angus Kennedy	58	42:29	61.22	na	61.22	10		15		91.22		
26	1	M6569	Bill Austin	66	43:23	64.54	na	64.54	10		15		94.54		
132	2	M7074	Bill Winkelmann	71	63:53	46.10	na	46.10	10		15		76.10		
			<b>10.4 Mile</b>												
7	1	M5559	Mark Johnson	57	1:26:31	62.96	66.11	66.11	10		15		111.11		
8	2	M5559	Bruce Bair	57	1:27:49	62.02	65.12	65.12	10		15		110.12		
34	3	M5559	John Miles	59	1:45:21	52.67	55.30	55.30	10		15		100.30		
42	4	F3034	Gillian Wilkerson-Villasenor	33	1:47:37	47.70	50.09	50.09	10				80.09		
86	1	F5054	Peachy Poso	52	2:09:31	45.71	48.00	48.00			15		83.00		
<b>Race</b>				<b>Finish the Run</b>								<b>5K/Half</b>			
<b>Location/Date</b>											<b>6-Apr</b>				
<b>Finishers</b>															
<b>5K-563, Half-201</b>															
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	BQ/FR	T3A	T3O	Tot		
			<b>5K</b>												
19	1	M5559	Angus Kennedy	58	24:33	63.55	na	63.55	10		15		93.55		
106	1	M6569	Jim Martinez	70	30:55	56.40	na	56.40	10		15		86.40		
435	2	M7074	Margie Gonzales	70	50:29	53.32	na	53.32	10		15		83.32		
			<b>Half</b>												
1	1	M5559	Axier Uzkudun Gonzalez	53	1:38:36	67.71	71.10	71.10			15	25	131.10		
53	1	F6064	Yuri Clingerman	63	2:10:37	66.01	69.31	69.31			15		104.31		
78	1	F4549	Treven Ho	48	2:18:04	51.68	54.26	54.26			15		89.26		
99	1	M5559	Rick Hetzel	64	2:25:06	51.05	53.60	53.60			15		88.60		
<b>Race</b>				<b>Run Kanawha 50K</b>								<b>50K</b>			
<b>Location/Date</b>											<b>6-Apr</b>				
<b>Finishers</b>															
<b>Putnam County, WV</b>															
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	BQ/FR	T3A	T3O	Tot		
20	8	M3034	Solomon Leung	34	6:29:41	38.48	44.25	44.25					79.25		
<b>Race</b>				<b>Gunpowder Keg 50K</b>								<b>50K</b>			
<b>Location/Date</b>											<b>6-Apr</b>				
<b>Finishers</b>															
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	BQ/FR	T3A	T3O	Tot		
35	7	M3034	Solomon Leung	34	6:29:46	38.47	44.24	44.24					79.24		
<b>Race</b>				<b>Wawayanda 50K</b>								<b>50K</b>			
<b>Location/Date</b>											<b>6-Apr</b>				
<b>Finishers</b>															
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	BQ/FR	T3A	T3O	Tot		
3	1	M3034	Solomon Leung	34	5:49:21	42.92	49.36	49.36			15	25	124.36		
<b>Race</b>				<b>Chesebro</b>								<b>Half</b>			
<b>Location/Date</b>											<b>13-Apr</b>				
<b>Finishers</b>															
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	BQ/FR	T3A	T3O	Tot		
28	4	M3539	Kyle Schmitz	39	1:39:45	59.58	62.56	62.56					82.56		
<b>Race</b>				<b>Leona Divide</b>								<b>50K</b>			
<b>Location/Date</b>											<b>20-Apr</b>				
<b>Finishers</b>															
<b>142</b>															
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	BQ/FR	T3A	T3O	Tot		
75	2	F5054	Peachy Poso	52	9:32:21	32.92	37.86	37.86			15		87.86		
79	2	M6064	Ken Lewis	60	9:53:49	30.91	35.55	35.55			15		85.55		
125	7	M6064	Steve Gerschultz	61	12:02:07	25.66	29.51	29.51			15		79.51		
<b>Race</b>				<b>Ahmanson Trail</b>								<b>12K</b>			

Location/Date											27-Apr			
Finishers														
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	BQ/FR	T3A	T3O	Tot	
6(2)	2	F3034	Gillian Wilkerson-Villasenor	33	1:11:36	50.64	na	50.64	10		15	25	105.64	
Race											Rock the Ridge			
Location/Date											50 Mile			
Finishers											4-May			
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	BQ/FR	T3A	T3O	Tot	
23	5	M3034	Solomon Leung	34	8:34:51	52.21	62.65	62.65					117.65	
Race											Verdugo Mountains			
Location/Date											10K			
Finishers											5-May			
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	BQ/FR	T3A	T3O	Tot	
90	2	F3034	Gillian Wilkerson-Villasenor	33	1:06:52	44.80	na	44.80	10		15		74.80	
227	6	F6064	Leticia Rodriguez	63	1:22:14	47.99	na	47.99					52.99	
Race											Stinson Bch Trail			
Location/Date											Half			
Finishers											11-May			
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	BQ/FR	T3A	T3O	Tot	
47	7	M4044	Aaron Trieu	42	2:59:05	33.94	35.64	35.64					55.64	
Race											Massanutten			
Location/Date											100 Mile			
Finishers											18-May			
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	BQ/FR	T3A	T3O	Tot	
47	7	M3034	Solomon Leung	34	29:11:46	38.02	47.53	47.53					112.53	
Race											GP Trail Relay			
Location/Date											5.5m			
Finishers											2-Jun			
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	BQ/FR	T3A	T3O	Tot	
NA	NA	M5054	Scott Chaney	51	35:23	74.77	na	74.77	10				89.77	
NA	NA	M5054	Carlos Vizcarra	50	35:29	73.93	na	73.93	10				88.93	
NA	NA	M2529	Mitchell Miller	27	36:09	64.35	na	64.35	10				79.35	
NA	NA	M3034	Andrew Robertson	33	36:20	64.27	na	64.27	10				79.27	
NA	NA	M3539	Kyle Schmitz	39	37:50	63.52	na	63.52	10				78.52	
NA	NA	M2529	Adon Ramos	28	38:39	60.19	na	60.19	10				75.19	
NA	NA	M4549	Alastair Heptonstall	45	38:41	65.10	na	65.10	10				80.10	
NA	NA	M5559	Mark Johnson	57	38:52	71.69	na	71.69	10				86.69	
NA	NA	M4549	Satoshi Ono	49	40:29	64.26	na	64.26	10				79.26	
NA	NA	M4044	Scott Swiontek	41	41:56	58.19	na	58.19	10				73.19	
NA	NA	F3039	Erin Brinton	38	42:08	63.92	na	63.92	10				78.92	
NA	NA	M3539	Raul Navarro	38	42:13	56.54	na	56.54	10				71.54	
NA	NA	M4044	Vikash Reddy	40	42:22	57.14	na	57.14	10				72.14	
NA	NA	M3539	Derek Mai	37	43:20	54.75	na	54.75	10				69.75	
NA	NA	M5054	Axier Uzkudun Gonzalez	54	43:23	62.56	na	62.56	10				77.56	
NA	NA	M5559	Bruce Bair	57	44:10	63.09	na	63.09	10				78.09	
NA	NA	M5054	Viktor Toth	50	44:59	58.32	na	58.32	10				73.32	
NA	NA	F4049	Nicole Luque	46	45:34	62.52	na	62.52	10				77.52	
NA	NA	F3039	Erica Pitcavage	34	45:53	57.78	na	57.78	10				72.78	
NA	NA	M3034	Brennen Hemendez	33	45:57	50.82	na	50.82	10				65.82	
NA	NA	M5559	Angus Kennedy	58	48:29	57.98	na	57.98	10				72.98	
NA	NA	M5559	John Miles	59	49:04	57.81	na	57.81	10				72.81	
NA	NA	M4549	Albert Giang	47	50:33	50.63	na	50.63	10				65.63	
NA	NA	M3539	Cruise Berry	35	50:35	46.45	na	46.45	10				61.45	
NA	NA	M5054	John McGuinness	50	50:39	51.79	na	51.79	10				66.79	
NA	NA	M6569	Bill Austin	67	52:20	58.42	na	58.42	10				73.42	
NA	NA	F3039	Gillian Wilkerson-Villasenor	33	52:23	50.47	na	50.47	10				65.47	
NA	NA	F5059	Sumalee Sangsurasak	56	53:05	59.96	na	59.96	10				74.96	
NA	NA	F4049	Treven Ho	48	53:24	54.40	na	54.40	10				69.40	
NA	NA	M6064	Martin Carlson	64	53:29	55.55	na	55.55	10				70.55	
NA	NA	M5559	Jeff Neinstein	57	53:47	51.81	na	51.81	10				66.81	
NA	NA	M5054	Al Cortez	51	54:24	48.63	na	48.63	10				63.63	
NA	NA	F4049	Adik Nersesian	43	54:34	50.91	na	50.91	10				65.91	
NA	NA	M7074	David Dassey	73	54:58	59.42	na	59.42	10				74.42	
NA	NA	F6069	Esther Woods	66	57:19	63.10	na	63.10	10				78.10	
NA	NA	M5054	Jonathan Whitfield	53	59:12	45.45	na	45.45	10				60.45	
NA	NA	F6069	Donna Martin	67	60:25	60.69	na	60.69	10				75.69	
NA	NA	M6064	Norbert Hetzel	64	60:35	49.04	na	49.04	10				64.04	
NA	NA	F6069	Denise Beatty	65	62:58	56.67	na	56.67	10				71.67	
NA	NA	M5054	Brad Reichard	54	64:57	41.79	na	41.79	10				56.79	
NA	NA	M7074	Bill Winkelman	71	68:40	46.39	na	46.39	10				61.39	
Race											Holcomb Trail			
Location/Date											33 Mile			
Finishers											8-Jun			

Finishers													
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	BQ/FR	T3A	T3O	Tot
114	21	M3034	Solomon Leung	34	8:04:20	38.46	44.23	44.23					79.23
Race				Tunnel Light						Full			
Location/Date				Griffith Park						9-Jun			
Finishers													
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	BQ/FR	T3A	T3O	Tot
102	10	M4044	Jeremy Yoder	42	3:02:21	69.89	76.88	76.88	10				121.88
Race				LAFR Pride Run						5K			
Location/Date				Griffith Park						16-Jun			
Finishers													
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	BQ/FR	T3A	T3O	Tot
1	1	M2529	Mitchell Miller	27	17:41	72.67	na	72.67	10	10	15	25	137.67
5	2	M3539	Kyle Schmitz	39	20:07	66.78	na	66.78		10	15		96.78
6	2	M5559	Mark Johnson	57	20:26	75.71	na	75.71	10	10	15		115.71
7	1	M4044	Jeremy Yoder	42	20:47	66.09	na	66.09	10	10	15		106.09
8	3	M3539	Derek Mai	37	20:55	63.30	na	63.30	10	10	15		103.30
9	1	M5054	Axier Uzkudun Gonzalez	54	20:57	72.03	na	72.03	10	10	15		112.03
10	4	M3539	Raul Navarro	38	21:17	62.65	na	62.65		10	15		92.65
11	3	M5559	Bruce Bair	57	22:44	68.05	na	68.05	10	10	15		108.05
16 (1)	1	F3539	Louisa Hill	36	23:32	63.20	na	63.20		10	15		93.20
20	2	M4549	Eric Eisenbrey	45	24:08	58.22	na	58.22	10	10			83.22
22	5	M5054	Kevin Shiramizu	50	24:13	60.32	na	60.32		10	15		90.32
27	2	M2529	Wasiq Mohammad	26	25:13	50.96	na	50.96	10	10			75.96
31	5	M5559	John Miles	59	25:57	60.64	na	60.64	10	10			85.64
39	1	M6569	Bill Austin	67	27:31	61.40	na	61.40	10	10	15		101.40
42	1	M6064	Lui Sanchez	63	27:42	58.83	na	58.83	10	10			83.83
51	2	M6064	Martin Carlson	64	28:31	57.65	na	57.65	10	10			82.65
59	3	M6064	Ken Lewis	61	28:55	55.37	na	55.37	10	10			80.37
64	1	M7074	David Dassey	73	29:21	61.85	na	61.85	10	10			86.85
91	2	M7074	Jim Martinez	70	32:30	53.66	na	53.66	10	10	15		93.66
110	1	X11-14	Rina Shiramizu	12	35:56	45.67	na	45.67		10			60.67
115	3	M7074	Bill Winkelmann	71	37:28	47.13	na	47.13	10	10			72.13
122	8	M4549	Jonathan Tokor	49	38:15	37.89	na	37.89	10	10			62.89
141	4	F5054	Cat White RW	53	42:34	53.88	na	53.88	10	10			78.88
177	3	F7074	Amy Ross RW	71	52:29	51.83	na	51.83	10	10			76.83
180	3	F6569	Nicole Oeuvray RW	65	58:17	44.18	na	44.18	10	10			69.18
193	4	F7074	Alice Hulac-Morentin RW	73	1:05:10	42.63	na	42.63	10	10			67.63
194	6	F6064	Michelle Hulac-Morentin RW	64	1:05:10	39.18	na	39.18	10	10			64.18
195	6	F5559	Keeley Webster RW	55	1:05:11	35.87	na	35.87	10	10			60.87
Race				LAFR Pride Run						10K			
Location/Date				Griffith Park						16-Jun			
Finishers													
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	BQ/FR	T3A	T3O	Tot
1	1	M5054	Carlos Vizcarra	50	37:39	78.91	na	78.91		10	15	25	133.91
3	2	M3539	Kyle Schmitz	39	40:29	67.19	na	67.19		10	15	25	122.19
6	2	M4044	Jeremy Yoder	42	41:11	67.58	na	67.58	10	10	15		107.58
7	2	M5054	Axier Uzkudun Gonzalez	54	41:12	74.63	na	74.63	10	10	15		114.63
8	1	M5559	Mark Johnson	57	41:21	76.36	na	76.36	10	10	15		116.36
10	3	M3539	Mark Planas	39	44:02	61.78	na	61.78		10	15		91.78
12	4	M3539	Raul Navarro	38	44:39	60.54	na	60.54		10			75.54
15 (2)	1	F3539	Louisa Hill	36	47:15	64.05	na	64.05		10	15	25	119.05
18	5	M5054	Michael Carter	54	48:21	63.60	na	63.60	10	10			88.60
20	1	M6569	Bill Austin	67	48:31	71.49	na	71.49	10	10	15		111.49
24	6	M5054	Daniel Walkup	53	51:08	59.61	na	59.61	10	10			84.61
26	7	M5054	Al Cortez	51	51:37	58.05	na	58.05	10	10			83.05
27	3	M5559	John Miles	59	51:37	62.29	na	62.29	10	10	15		102.29
29	2	F4549	Treven Ho	48	51:59	63.40	na	63.40	10	10	15		103.40
31	2	M4549	Daniel Vu	48	53:49	54.29	na	54.29	10	10	15		94.29
32	4	M5559	Jeff Neinstein	57	54:16	58.18	na	58.18		10			73.18
37	8	M5054	Richard Peng	52	55:35	54.37	na	54.37	10	10			79.37
39	2	F5559	Sumalee Sangsurasak	56	55:57	64.57	na	64.57	10	10	15		104.57
45	1	M6064	Martin Carlson	64	57:54	58.19	na	58.19	10	10	15		98.19
46	1	M7074	David Dassey	73	58:13	63.59	na	63.59	10	10	15		103.59
53	2	M6064	Brian Dunbar	62	58:56	56.09	na	56.09	10	10	15		96.09
58	3	M6064	Ken Lewis	61	59:52	54.70	na	54.70	10	10	15		94.70
59	1	F6569	Esther Woods	66	1:00:06	68.37	na	68.37		10	15		98.37
60	4	M6064	Norbert Hetzel	64	1:00:09	56.01	na	56.01	10	10			81.01
66	2	F6569	Donna Martin	67	1:03:28	65.65	na	65.65	10	10	15		105.65
68	9	M5054	Jonathan Whitfield	53	1:04:07	47.54	na	47.54	10	10			72.54
99	2	F6064	Evie Bonic RW	62	1:54:06	46.29	na	46.29		10	15		76.29
Race				Valley Crest						Half			
Location/Date				Griffith Park						29-Jun			
Finishers													
OA	DP	Div	Name	Age	Time	Age G	AG W	Base Sc	UN	BQ/FR	T3A	T3O	Tot
				82									

37 (7)	2	F3034	Gillian Wilkerson-Villasenor	34	2:10:28	48.78	51.22	51.22	10		15		96.22				
<b>Race</b>				<b>Massanutten</b>						<b>100 Mile</b>							
<b>Location/Date</b>										<b>18-May</b>							
<b>Finishers</b>																	
<b>OA</b>	<b>DP</b>	<b>Div</b>	<b>Name</b>	<b>Age</b>	<b>Time</b>	<b>Age G</b>	<b>AG W</b>	<b>Base Sc</b>	<b>UN</b>	<b>BQ/FR</b>	<b>T3A</b>	<b>T3O</b>	<b>Tot</b>				
232	10	M3034	Solomon Leung	34	29:09:18	38.08	47.60	47.60					112.60				
<b>Race</b>				<b>Pas Trail 6K</b>						<b>6K</b>							
<b>Location/Date</b>				<b>Pasadena</b>						<b>26-Jul</b>							
<b>Finishers</b>				192													
<b>OA</b>	<b>DP</b>	<b>Div</b>	<b>Name</b>	<b>Age</b>	<b>Time</b>	<b>Age G</b>	<b>AG W</b>	<b>Base Sc</b>	<b>UN</b>	<b>BQ/FR</b>	<b>T3A</b>	<b>T3O</b>	<b>Tot</b>				
56	1	M7074	Jim Martinez	50	39:03	54.64	na	54.64	10		15		84.64				
<b>Race</b>				<b>Wine Country Half</b>						<b>Half</b>							
<b>Location/Date</b>										<b>28-Jul</b>							
<b>Finishers</b>																	
<b>OA</b>	<b>DP</b>	<b>Div</b>	<b>Name</b>	<b>Age</b>	<b>Time</b>	<b>Age G</b>	<b>AG W</b>	<b>Base Sc</b>	<b>UN</b>	<b>BQ/FR</b>	<b>T3A</b>	<b>T3O</b>	<b>Tot</b>				
5	1	M5559	Bernie Tan	56	1:54:27	59.95	62.95	62.95			15		97.95				
<b>Race</b>				<b>Back Country Rise</b>						<b>20 Mile</b>							
<b>Location/Date</b>										<b>18-Aug</b>							
<b>Finishers</b>																	
<b>OA</b>	<b>DP</b>	<b>Div</b>	<b>Name</b>	<b>Age</b>	<b>Time</b>	<b>Age G</b>	<b>AG W</b>	<b>Base Sc</b>	<b>UN</b>	<b>BQ/FR</b>	<b>T3A</b>	<b>T3O</b>	<b>Tot</b>				
32	1	M5559	Bernie Tan	56	4:16:48	41.98	46.18	46.18			15		86.18				
<b>Race</b>				<b>Mt Baldy</b>						<b>7 mi</b>							
<b>Location/Date</b>										<b>2-Sep</b>							
<b>Finishers</b>																	
<b>OA</b>	<b>DP</b>	<b>Div</b>	<b>Name</b>	<b>Age</b>	<b>Time</b>	<b>Age G</b>	<b>AG W</b>	<b>Base Sc</b>	<b>UN</b>	<b>BQ/FR</b>	<b>T3A</b>	<b>T3O</b>	<b>Tot</b>				
37	4	M3034	Andrew Robertson	33	1:34:10	31.93	na	31.93					36.93				
314	4	F5559	Laura Howe	57	2:26:18	28.35	na	28.35					33.35				
323	13	M6064	Ken Lewis	61	2:27:53	24.97	na	24.97					29.97				
<b>Race</b>				<b>Cascade Express</b>						<b>Full</b>							
<b>Location/Date</b>										<b>7-Sep</b>							
<b>Finishers</b>																	
<b>OA</b>	<b>DP</b>	<b>Div</b>	<b>Name</b>	<b>Age</b>	<b>Time</b>	<b>Age G</b>	<b>AG W</b>	<b>Base Sc</b>	<b>UN</b>	<b>BQ/FR</b>	<b>T3A</b>	<b>T3O</b>	<b>Tot</b>				
58	14	M4044	Vikash Reddy	41	3:08:33	67.05	73.76	73.76	10				118.76				
<b>Race</b>				<b>Danby Trail 23K</b>						<b>23K</b>							
<b>Location/Date</b>				<b>Ithaca, NY</b>						<b>12-Oct</b>							
<b>Finishers</b>				37													
<b>OA</b>	<b>DP</b>	<b>Div</b>	<b>Name</b>	<b>Age</b>	<b>Time</b>	<b>Age G</b>	<b>AG W</b>	<b>Base Sc</b>	<b>UN</b>	<b>BQ/FR</b>	<b>T3A</b>	<b>T3O</b>	<b>Tot</b>				
17	1	M6064	John Miles	50	2:58:14	43.83	46.02	46.02	10		15		91.02				
<b>Race</b>				<b>Spacerock</b>						<b>15K</b>							
<b>Location/Date</b>										<b>19-Oct</b>							
<b>Finishers</b>																	
<b>OA</b>	<b>DP</b>	<b>Div</b>	<b>Name</b>	<b>Age</b>	<b>Time</b>	<b>Age G</b>	<b>AG W</b>	<b>Base Sc</b>	<b>UN</b>	<b>BQ/FR</b>	<b>T3A</b>	<b>T3O</b>	<b>Tot</b>				
5(1)	1	F3034	Gillian Wilkerson-Villasenor	34	1:40:42	45.66	47.94	46.02	10		15	25	116.02				
<b>Race</b>				<b>Doggie Dash</b>						<b>5K</b>							
<b>Location/Date</b>				<b>Griffith Park</b>						<b>26-Oct</b>							
<b>Finishers</b>				<b>5K-38, Pups-47</b>													
<b>OA</b>	<b>DP</b>	<b>Div</b>	<b>Name</b>	<b>Age</b>	<b>Time</b>	<b>Age G</b>	<b>AG W</b>	<b>Base Sc</b>	<b>UN</b>	<b>BQ/FR</b>	<b>T3A</b>	<b>T3O</b>	<b>Tot</b>				
<b>5K Humans</b>																	
1	1	M4044	Jeremy Yoder	42	20:20	67.55	na	67.55	10	10	15	25	132.55				
4 (1)	1	F3034	Gillian Wilkerson-Villasenor	34	23:06	64.04	na	64.04	10	10	15	25	129.04				
5	2	M4044	Duane Howard	44	23:30	59.33	na	59.33		10	15		89.33				
6	1	M4549	Andrew Cunningham	47	23:38	60.37	na	60.37		10	15		90.37				
7	1	M6064	John Miles	60	24:45	64.13	na	64.13	10	10	15		104.13				
8	1	M3539	Joey Lan	39	25:01	53.70	na	53.70		10	15		83.70				
11	1	M7074	Jim Martinez	71	31:21	56.32	na	56.32		10	15		86.32				
<b>Race</b>				<b>Doggie Dash</b>						<b>5K</b>							
<b>Location/Date</b>				<b>Griffith Park</b>						<b>26-Oct</b>							
<b>Finishers</b>				<b>5K-38, Pups-47</b>													
<b>OA</b>	<b>DP</b>	<b>Div</b>	<b>Name</b>	<b>Age</b>	<b>Time</b>	<b>Age G</b>	<b>AG W</b>	<b>Base Sc</b>	<b>UN</b>	<b>BQ/FR</b>	<b>T3A</b>	<b>T3O</b>	<b>Tot</b>				
<b>5K Pups</b>																	
5	2	LARGE	John McGuinness & Kylie	50	24:58	58.51	na	58.51	10	10	15		98.51				
6	1	TOY	Eric Eisenbrey & Charlie	45	25:36	54.88	na	54.88	10	10	15		94.88				
7	3	LARGE	Michael Carter & Ziggy	55	25:57	58.63	na	58.63		10	15		88.63				
10	5	LARGE	Vikash Reddy & Lucky	41	27:58	48.75	na	48.75	10	10			73.75				

