

## RACE RESULTS

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<u>Race</u>	<u>Date</u>	<u>Name</u>	<u>Time</u>	<u>Pace</u>	<u>Div</u>	<u>O/A</u>
<b>January 2018 - Posted 1/22/18</b>						
<u>Fun in the Sun Half*</u>	1/21/2018	Dee Dee Urquhart	2.46.18	12.42		
<u>Pasadena Half</u>	1/21/2018	Victor Martinez	1.15.53	5.48	1	Jan-00
		Matt Rogers	1.42.12	7.49		
		Philip Steinman	1.42.57	7.52		
		Hector Mendoza	1.45.56	8.06		
		Julie Hardin	1.51.18	8.30	3	
		Daisy Mendoza	1.57.53	9.00		
		Ana Saravia	1.58.26	9.03		
		Stephanie Acre	2.01.38	9.18		
		Marie Steinman	2.02.30	9.22		
		Tynisha King	2.13.46	10.13		
		Linda Parrott	3.21.04	15.21		
<u>Pasadena 5K</u>	1/21/2018	Michael Berger	30.42	9.53	4	
<u>Boney Mountain 21K</u>	1/21/2018	Melissa Ireland	2.18.45	10.38	4	
		Caroline Shahin	3.48.30	17.31	2	
<u>Boney Mountain 6K</u>	1/21/2018	Melody Dennert	45.48	12.17	3	
		Steve Ryne	1.01.33	16.30	3	
<u>Winter Break Half</u>	1/20/2018	Dee Dee Urquhart	2.53.27	13.14		
<u>Carlsbad Marathon</u>	1/14/2018	Michelle Krok	4.14.32	9.43		
		Joe Ogata	4.28.56	10.16	3	
<u>Fins, Flippers &amp; Fun 5K</u>	1/14/2018	Teresa Merritt	47.18	15.13	4	
		Paul Merritt	50.31	16.16	2	
<u>San Diego 50M</u>	1/13/2018	Matt Todd	10.25.44	12.31		
<u>Houston Half*</u>	1/13/2018	Dave Pinnick	1.42.12	7.48		
		Lidia Baca	2.03.01	9.23		
<u>Southern California Half</u>	1/13/2018	Dee Dee Urquhart	2.41.37	12.20		
<u>Resolution Run 5K</u>	1/7/2018	Franky Ortega	18.39	6.00	1	2
<u>New Years Race LA 10K</u>	1/7/2018	Rafael Lopez	51.39	8.20		
		Alex Vasquez	53.53	8.41		
		Jesus Martinez	1.01.44	9.57		
		Raquel Lopez	1.37.11	15.41		
<u>New Years Race LA 5K</u>	1/7/2018	Franky Ortega	22.37	7.18		
		Michael Berger	29.49	9.37		
		Jesus Martinez	30.15	9.46		
		Alex Vasquez	35.01	11.18		
		Raquel Lopez	37.19	12.03		
<u>Disney World Marathon</u>	1/7/2018	Dee Dee Urquhart	6.51.03	15.41		
<u>Citrus Heritage Marathon</u>	1/6/2018	Michelle Krok	4.29.04	10.16	1	7F
<b>December 2017 - Posted 12/26/17</b>						

<u>New Year's Eve Half</u>	12/31/2017	Dee Dee Urquhart	3.18.50	15.11		
<u>Run in the New Year 10K</u>	12/31/2017	Bady Salas	48.15	7.46	1	
<u>Holiday Fun Half</u>	12/25/2017	Dee Dee Urquhart	3.11.42	14.38		
<u>Reindeer Run Half</u>	12/24/2017	Dee Dee Urquhart	2.47.17	12.46		
<u>Reindeer Run Half</u>	12/23/2017	Dee Dee Urquhart	2.59.59	13.42		
<u>Reindeer Run 5K</u>	12/23/2017	Michelle Krok	40.33	13.03		
		Jeremy Krok	40.33	13.03		
<u>Arroyo Creek Half</u>	12/17/2017	Josue Diaz	1.25.08	6.29	1	2
		Norma Gonzalez	1.36.02	7.19	1	1F
<u>Santa Monica-Venice 10K</u>	12/16/2017	Elizabeth Carrillo	43.54	7.04	4	7F
<u>Santa Monica-Venice 5K</u>	12/16/2017	Jeanne Phares	1.02.51	18.02		
<u>Christmas 2 Give 5K</u>	12/16/2017	Julie Harding	19.40	6.21	1	1F/10
<u>San Diego Holiday Half</u>	12/16/2017	Michelle Krok	2.09.05	9.52		
		Monica Corona	2.28.05	11.19		
		Dee Dee Urquhart	2.46.19	12.42		
<u>Hands on Santa Clarita 10K</u>	12/16/2017	Monica Waidmann	39.50	6.24	1	1F/3
		Mark Waidmann	43.22	6.58	1	8
<u>Hands on Santa Clarita 5K</u>	12/16/2017	Diana Durfee	33.11	10.40	2	
<u>Paramount Ranch Marathon</u>	12/16/2017	Ashlee Mayfield	2.55.37	9.26	1	1
<u>Paramount Ranch Half</u>	12/16/2017	Stephanie Acre	2.09.38	9.58	1	
		Daisy Mendoza	2.33.45	11.49		
<u>Paramount Ranch 10K</u>	12/16/2017	Ingrid Cassady	1.00.17	9.43	1	1F
		Steve Ryne	1.31.19	14.43	4	
<u>Holiday Half (Portland)</u>	12/10/2017	Caitlin Jacobsen	1.33.14	7.07		
<u>Holiday Fun Half</u>	12/10/2017	Dee Dee Urquhart	3.06.08	14.12		
<u>Holiday Half</u>	12/10/2017	Joe Ogata	1.57.05	8.55	2	
		Mario Diaz	2.11.33	10.02	5	
		Claudia Plascencia	2.50.48	13.01		
		Hector Mendoza	3.13.40	14.46		
<u>Baker's Half Dozen Half</u>	12/9/2017	Dee Dee Urquhart	3.24.37	15.43		
<u>Palm Beach Marathon</u>	12/3/2017	Joe Ogata	4.33.56	10.27	2	
<u>CA Int'l Marathon</u>	12/3/2017	Maggie Shearer	2.48.39	6.27	6	
		Ashlee Mayfield	3.26.36	7.47		
<u>OTHTC High Desert 30K</u>	12/3/2017	Saundra Whitehead	6.05.00	19.37	7	
<u>Ray Miller 50M</u>	12/2/2017	Michael Eastburn	7.29.41	8.59	1	1
		Melissa Ireland	10.44.49	12.53	4	6F
<u>Ray Miller 50K</u>	12/2/2017	Jian Springer	6.39.17	12.52		
		David Strohm	6.48.37	13.10		
		Daisy Mendoza	8.24.58	16.17		
		Joy Castanares	8.41.29	16.49		
<u>Ray Miller 30K</u>	12/2/2017	Lauren Matzuka	3.20.01	11.17	2	
<b>November 2017 - Posted 11/29/17</b>						
<u>Giving Thanks Half</u>	11/26/2017	Dee Dee Urquhart	3.17.09	15.03		
		Linda Bierman	3.33.09	16.07		

<b>Turkey Trot Half</b>	11/25/2017	Dee Dee Urquhart	3.24.04	15.35		
		Linda Bierman	3.34.04	16.20		
<b>COC Turkey Trot 5K</b>	11/23/2017	Mario Diaz	27.57	9.19	2	
<b>Xterra Topanga Turkey Trot 15K</b>	11/23/2017	Melissa Ireland	1.35.29	10.15	5	
<b>Xterra Topanga Turkey Trot 10K</b>	11/23/2017	Caroline Shahin	1.45.31	17.00		
<b>Ventura Turkey Trot 5K</b>	11/23/2017	Matt Rogers	27.16	8.46		
<b>Turkey Trot Simi 5K</b>	11/23/2014	Daniel Adams	32.20	10.25		
		Bruce Adams	32.56	10.36		
		Matt Adams	1.07.37	21.45		
<b>Salinas Valley Turkey Trot 5K</b>	11/23/2017	Todd Covert	20.06	6.28	1	
<b>Dana Point Turkey Trot 5K</b>	11/23/2017	Helga Jessen	34.05	10.58	2	
<b>Turkey Trot Half</b>	11/23/2017	Dee Dee Urquhart	3.31.00	16.16		
		Linda Bierman	3.31.10	16.16		
<b>Turkey Day Dash 5K</b>	11/23/2017	Chris Hartley	19.35	6.18	2	
		Lubos Brieda	20.13	6.30	4	
		Ingrid Cassady	23.34	7.35	1	
		Sandra Brieda	23.46	7.39	4	
<b>Turkey Trot LA 10K</b>	11/23/2017	Jennifer Sunahara	39.00	6.17	1	1F
<b>Turkey Trot LA 5K</b>	11/23/2017	Caitlin Jacobsen	20.42	6.40	2	
		Abby Canizales	21.28	6.55	1	
		Mike Kukuchka	27.31	8.51	1	
		Barbara Aranda	32.08	10.20		
		Alan Jacobsen	49.07	15.48		
		Juana Sanchez	57.38	18.33		
		Raquel Lopez	59.11	19.03		
<b>Burbank Turkey Trot 10K</b>	11/23/2017	Matt Rogers	45.57	7.24	3	
		Bady Salas	48.05	7.45	1	
		Joe Ogata	54.36	8.46	1	
<b>Burbank Turkey Trot 5K</b>	11/23/2017	Stephanie Acre	25.06	8.04	2	
		Joy Castanares	29.30	9.30		
		Ana Saravia	41.07	13.14		
		Julie MCDaniel	45.11	14.32		
		Stephanie Elkins	50.40	16.18		
<b>We Run The City 10K</b>	11/19/2017	Stephanie Acre	53.28	8.37	1	
<b>We Run The City 5K</b>	11/19/2017	Linda Pulver	46.33	15.00		
<b>Catalina ECO Marathon</b>	11/19/2017	Joe Ogata	5.55.18*	13.34	1	
			*gun time			
<b>Gore-Tex 50M</b>	11/18/2017	Akiko Crawford	12.41.58	15.02		
<b>North Face Half</b>	11/18/2017	Jennifer Sunahara	1.49.26	8.14	5	
<b>Palos Verdes Half</b>	11/18/2017	Josue Diaz	1.39.43	7.36		
		Norma Gonzalez	1.44.59	8.00	1	
		Dee Dee Urquhart	2.46.01	12.40		
<b>Mission Run 10K</b>	11/18/2019	Jesus Freijeiro	52.14	8.24	1	4
		Daisy Mendoza	1.04.09	10.19	2	
<b>Las Vegas 3 of a Kind Half</b>	11/11/2017	Dee Dee Urquhart	3.25.26	15.41		
	11/12/2017	Dee Dee Urquhart	3.18.39	15.10		
	11/13/2017	Dee Dee Urquhart	2.57.58	13.36		

<b>Mainly (Half) Marathons</b>						
Laughlin, NV	11/9/2017	Dee Dee Urquhart	3.23.32	15.32		
Needles, CA	11/10/2017	Dee Dee Urquhart	3.25.18	15.40		
<b>San Diego Half</b>	11/12/2017	James McGuire	1.31.08	6.58	4	
<b>RnR Las Vegas Marathon</b>	11/12/2017	Michael Janovici	4.31.11	10.14		
<b>RnR Las Vegas Half</b>	11/12/2017	Raquel Lopez	3.16.55	15.02		
<b>Bakersfield Marathon</b>	11/12/2017	Joe Ogata	4.04.48	9.21	1	
		Michelle Krok	4.22.02	10.00		
<b>Bakersfield Half</b>	11/12/2017	Josue Diaz	1.39.29	7.36		
		Norma Gonzalez	1.49.52	8.23		
<b>Kenneth Hahn Eco 5K*</b>	11/12/2017	Francisco Son	28.35	9.12		
		Paul Van Zuyle	32.00	10.18	5	
		Julie Harding	33.13	10.41	5	
		Todd Covert	33.19	10.43		
		Abby Canizales	34.14	11.01		
		Naomi Bisagno	34.46	11.11		
		Amir Medovoi	37.32	12.05		
		Stephanie Acre	41.53	13.29	3	
		Juana Arms	42.14	13.38	4	
		Daisy Mendoza	45.13	14.33		
		Mario Diaz	46.33	14.59	4	
		Tynisha King	47.55	15.25		
		Helga Jessen	57.25	18.29	2	
<b>Calabasas Classic 5K</b>	11/12/2017	Maryam Burcham	32.5	10.34	1	
		Sam Wildman	53.54	17.20		
<b>New York Marathon</b>	11/5/2017	Ana Saravia	4.29.58	10.18		
<b>Malibu Half</b>	11/5/2017	Margaret Shearer	1.24.11	6.26	1	3F
		Josue Diaz	1.44.28	7.58		
		Melissa Ireland	1.47.42	8.13		
		Stephanie Acre	2.04.21	9.30		
		Michelle Krok	2.20.10	10.42		
		Melody Dennert	2.23.49	10.59		
<b>Santa Clarita Marathon</b>	11/5/2017	Angela Reynolds	3.25.09	7.50	1	2F
		Anthony Diaz	5.01.03	11.29		
<b>Santa Clarita Half</b>	11/5/2017	Norma Gonzalez	1.45.45	8.04	2	
		Jessica Mena	1.46.31	8.08		
		Mariela Mariscal	2.06.29	9.39		
		Joe Ogata	2.08.32	9.49	1	
		Liz Nieves-Robins	2.08.59	9.51		
		Mario Diaz	2.11.42	10.03	3	
		Dee Dee Urquhart	2.44.14	12.32		
		Jutta Graham	2.51.47	13.07	3	
		Caroline Shahin	2.53.46	13.16		
		Sandra Whitehead	3.02.30	13.56		
<b>Santa Clarita 5K</b>	11/5/2017	Jennifer Sunahara	18.57	6.06	1	3F
		Noah Mariscal	32.31	10.28		
		Ayden Mariscal	32.44	10.32		

		Jaime Mariscal	32.44	10.32		
		Diana Durfee	33.13	10.42		
		Loraine Westhafer	58.04	18.42		
<b>Salmon Run 5K</b>	11/5/2017	Dylan Cooper	18.41	6.00	1	11
<b>Pants Off 5K</b>	11/4/2017	Gloria Perrodin	1.01.33	19.51	2	
		Jack Perrodin	1.01.38	19.52		
<b>Canyon City Marathon</b>	11/4/2017	Carlos Magana	3.10.31	7.16		
		Philip Steinman	3.24.54	7.49		
		Jian Springer	3.29.00	7.58	2	
		Lauren Matzuka	3.32.00	8.03		
		Michelle Krok	3.41.12	8.26	4	
		Marie Steinman	3.59.24	9.08		
		Joe Ogata	4.03.19	9.17	5	
<b>Canyon City Half</b>	11/4/2017	Josue Diaz	1.21.05	6.11	1	8
		Matt Rogers	1.37.07	7.24		
		Dee Dee Urquhart	3.31.30	11.33		
<b>October 2017 - Posted 10/30/17</b>						
<b>Day of the Dead Half</b>	10/29/2017	Dave Pinnick	1.53.37	8.40		
		Lidia Baca	2.29.15	11.24		
		Dee Dee Urquhart	3.31.57	16.11		
<b>School Ghoul 10K</b>	10/29/2017	Joe Ogata	55.09	8.52	2	
<b>School Ghoul 5K</b>	10/29/2017	Joe Ogata	26.37	8.34	3	
<b>Rock 'n' Roll L.A. Half</b>	10/29/2017	Julie Hardin	1.58.43	9.04		
		Masami Fukuhara	2.10.10	9.56		
		Tynisha King	2.15.25	10.20		
		Caroline Shahin	2.52.53	13.12		
<b>LA Cancer Challenge 15K</b>	10/29/2017	Rosa Melendez	1.07.21	7.15	1	2F
<b>LA Cancer Challenge 5K</b>	10/29/2017	Stephanie Acre	24.11	7.48	1	
		Barbara Aranda	32.48	10.35		
		Sam Wildman	59.5	19.18	3	
<b>Day of the Dead Half</b>	10/28/2017	Dee Dee Urquhart	3.35.58	16.29		
<b>Twilights Last Gleaming X/C 3.99M</b>	10/28/2017	Audrey Amara-Kroot	30.27	7.38	1	
		Paul Van Zuyle	30.34	7.40	1	
		Mark Fennell	31.11	7.49	1	
		Naoni Bisagno	31.20	7.51	2	
		Todd Covert	32.10	8.04	3	
		Angela Reynolds	32.17	8.05	4	
		Rene Canizales	33.34	8.25	4	
		Kristen Reyes	34.11	8.34	2	
		Abby Canizales	34.11	8.34	4	
		Ashley Mayfield	34.38	8.41	1	
		Doug Humphries	35.27	8.53	4	
		Amir Medovoi	35.32	8.54	1	
		Kristin Morales	41.05	10.18	2	
		Mario Diaz	47.53	12.05	1	

		Helga Jessen	58.34	14.41	1	
<b>Whittier Spooktacular 5K</b>	10/28/2017	Josue Diaz	18.51	6.05	1	
		Norma Gonzalez	22.54	7.27	2	
<b>Run of the Dead 5K</b>	10/28/2017	Chris Ellis	40.25	13.02	3	
		Linda Pulver	53.31	17.16		
<b>Haunted Housing 5K</b>	10/28/2017	Joe Hampton	35.49	11.32		
<b>Ventura Marathon</b>	10/22/2017	Levine Ching	3.06.54	7.08	1	
		Lubos Brieda	3.19.05	7.35		
		Tim Panec	3.32.10	8.05		
		Josue Diaz	3.41.09	8.26		
		Joe Ogata	3.56.13	9.00	3	
		Norma Gonzalez	3.56.21	9.01		
		Tobias Panec	4.11.12	9.35	3	
		Ana Saravia	4.20.54	9.54		
		Caryn Panec	4.33.54	10.27		
		Michelle Krok	4.36.31	10.33		
		Elena Lerner	5.15.31	12.02		
<b>Ventura Half</b>	10/22/2017	Julie Harding	1.25.20	6.30	3	
		Ashley Mayfield	1.26.49	6.37	1	
		Maria Laroe	1.33.48	7.09	3	
		Helga Jessen	2.39.04	12.08	2	
<b>Stop Cancer 10K</b>	10/15/2017	Mario Diaz	54.52	8.50	1	
<b>Stop Cancer 5K</b>	10/15/2017	Floyd Meyers	40.28	13.02	2	
		Maryam Burcham	47.59	15.27	3	
		Ken Kochakji	48.55	15.45	3	
<b>Rocky Peak 50K</b>	10/14/2017	Melissa Ireland	6.23.58	12.22	4	4F
<b>Rocky Peak 30K</b>	10/14/2017	Caroline Shahin	6.55.32	22.17		
<b>Griffith Park Half</b>	10/14/2017	Josue Diaz	1.41.51	7.50	3	4
		Norma Gonzalez	2.15.23	10.24	3	
<b>Free Clinic of Simi Valley 5K</b>	10/14/2017	Monika Rye	30.07	9.41		
<b>Portland Marathon</b>	10/8/2017	Jon Tice	5.11.57	11.54		
<b>The Rose Run 5K</b>	10/8/2017	Sandy Gitmed	51.32	16.34	1	
<b>Ocean Breeze Half</b>	10/8/2017	Dee Dee Urquhart	2.32.05	11.36		
<b>Ocean Breeze 5K</b>	10/8/2017	Tim Panec	22.57	7.23	1	5
<b>Chicago Marathon</b>	10/8/2017	Maggie Shearer	2.51.02	7.08		
		Caitlin Jacobsen	3.14.31	7.02		
		Jennifer Sunahara	3.19.05	7.09		
		Jian Springer	3.35.36	8.15		
		Cassidy Case	3.56.51	8.26		
		Ana Saravia	4.29.32	9.40		
		Manny Reyes	4.47.38	12.03		
		Tynisha King	5.00.29	11.14		
		Stephanie Acre	5.18.55	13.02		
<b>Long Beach Marathon</b>	10/8/2017	Francisco Son	2.42.03	6.11	1	6
		Joe Ogata	4.11.41	9.36	3	
<b>Long Beach Half</b>	10/8/2017	Mark Waidmann	1.41.58	7.47		
		Sandra Whitehead	3.06.34	14.14	1	

<b>No Name 5030 30K</b>	10/7/2017	Akiko Crawford	3.47.36	12.12		
<b>No Name 5030 15K</b>	10/7/2017	Michael Janovici	1.47.06	11.29		
		Caroline Shahin	2.38.41	17.01		
		Eileen Cohen	2.53.00	18.33		
<b>Manhattan Beach 10K</b>	10/7/2017	Amir Medovoi	46.07	7.26		
		Will Cheyne	1.12.09	11.37		
		Robin Cheyne	1.13.28	11.50		
<b>USC Quench the Fire 10K</b>	10/1/2017	Josue Diaz	39.40	6.23	1	2
		Norma Gonzalez	48.45	7.21	1	4F
<b>USC Quench the Fire 5K</b>	10/1/2017	Diana Durfee	34.13	11.01		
<b>Xterra Pt. Mugu 11K</b>	10/1/2017	Ingrid Cassady	1.06.49	9.46	2	6F
<b>Dodgers 10K</b>	10/1/2017	Dave Anton	1.11.36	11.33		
		Linda Pulver	1.25.35	13.48		
<b>Dodgers 5K</b>	10/1/2017	Vanessa Ortega	34.02	10.59		
		Raul Lopez	42.04	13.34		
<b>September 2017 - Posted 10/2/17</b>						
<b>Randy Simmons Challenge 10K</b>	9/30/2017	Tynisha King	1.02.54	10.08	2	
<b>Be the Light 5K</b>	9/30/2017	Stephanie Acre	25.14	8.07	2	
		Rod Acre	31.38	10.10		
<b>Alive &amp; Running 5K</b>	9/24/2017	Joe Ogata	24.50	8.00	1	
<b>Heros in Recovery 6K</b>	9/24/2017	Hector Mendoza	23.17	6.16	2	8
		Josue Diaz	25.14	6.48	1	11
		Yanet Urciaga	25.14	6.48	1	1F
		Norma Gonzales	32.09	8.40	3	
		Kristin Morales	34.02	9.11	1	
		Sandra Brieda	1.42.08	27.27		
<b>Harvest Run Half</b>	9/24/2017	Rosa Melendez	1.40.59	7.42	2	
<b>Justice Jog 5K</b>	9/24/2017	Jaime Mariscal	20.44	6.40		
		Noah Mariscal	25.36	8.14		
		Ayden Mariscal	30.04	9.40		
		Mariela Mariscal	30.04	9.40		
<b>Rockin' Summer Half</b>	9/17/2017	Dee Dee Urquhart	2.36.23	11.56		
<b>Rockin' Summer 5K</b>	9/17/2017	Phyllis Blazejewski	32.24	10.26		
<b>Childhood Obesity Aware. 10K</b>	9/16/2017	Mario Diaz	1.01.23	9.53		
<b>Childhood Obesity Awareness 5K</b>	9/16/2017	Josue Diaz	19.32	6.17	1	1
		Norna Gonzales	24.16	7.49	2	2F
		Lynda Diaz	44.47	14.25		
<b>Rockin' Summer Half</b>	9/16/2017	Dee Dee Urquhart	2.48.34	12.52		
<b>Santa Monica Classic 10K</b>	9/10/2017	Matt Rogers	46.16	7.27		
		Julie Hardin	55.56	9.01		
		Ana Saravia	1.02.55	10.08		
		Tynisha King	1.03.00	10.09		
<b>Santa Monica Classic 5K</b>	9/10/2017	Philip Steinman	23.30	7.34	5	
		Stephanie Acre	25.06	8.04	6	
		Luis Moreira	39.12	12.38		

		Linda Parrott	44.37	14.22		
<b>Revel Big Cottonwood Marathon</b>	9/9/2017	Lauren Case	3.46.18	8.38		
		Michael Berger	4.40.55	10.43		
<b>LaceUp OC 10K</b>	9/9/2017	Josue Diaz	38.11	6.08	1	2
<b>LaceUp OC 5K</b>	9/9/2017	Mario Diaz	26.34	8.32	2	
<b>Tahoe 200M</b>	9/8/2017	Ken Lewis	94.15.25	28.17		
<b>Mainly Marathons (&amp; Halfs)</b>		Dee Dee Urquhart				
Day 6 - Half	9/7/2017	5.04.10	23.13			
Day 5 - Marathon	9/6/2017	6.40.18	15.17			
Day 4 - Half	9/5/2017	3.17.02	15.02			
Day 3 - Half	9/4/2017	3.02.27	13.54			
Day 2 - Half	9/3/2017	3.26.32	15.46			333rd Half Marathon
Day 1- Marathon	9/2/2017	7.46.18	17.48			
<b>Conquer the Bridge 5.3M</b>	9/4/2017	Mario Diaz	50.35	9.33		
<b>Mt. Baldy Tun To The Top</b>	9/4/2017	Michael Eastburn	1.12.42	10.23	2	4
		Ryan Rollins	1.31.08	13.01	4	
		Brenda Palomino	1.50.04	15.43	4	
		Ken Lewis	2.02.47	17.32		
<b>Ventura Half</b>	9/3/2017	Josue Diaz	1.28.11	6.44	3	5
		Chris Hartley	1.35.07	7.16	1	9
		Joe Hampton	2.51.56	13.06		
<b>Ventura 5K</b>	9/3/2017	Lubos Brieda	21.02	6.47	1	3
		Diana Durfee	32.31	10.29	3	
<b>Disneyland Half</b>	9/3/2017	Julie Hardin	2.00.36	9.12		
		Brian Frank	2.05.38	10.19		
<b>Disneyland 10K</b>	9/2/2017	Ana Saravia	56.05	9.02		
<b>August 2017 - Posted 8/28/17*</b>						
<b>Great Race San Francisco Half</b>	8/27/2017	Dee Dee Urquhart	3.29.34	15.59		
<b>Jet to Jetty 10K</b>	8/27/2017	Michael Berger	55.37	8.57	3	
<b>Jet to Jetty 5K</b>	8/27/2017	Loraine Westhafer	58.11	18.44	3	
		Saundra Whitehead	58.13	18.45		
<b>Bulldog 50K</b>	8/26/2017	Todd Covert	5.44.06	11.04	2	
<b>Bulldog 25K</b>	8/26/2017	Jian Springer	2.35.06	9.59	3	
		Joanne Simsovits	2.52.41	11.07		
		Julie Hardin	3.21.51	13.00		
		Daisy Mendoza	3.27.12	13.20		
		Caroline Shahin	4.44.31	18.19		
<b>Summer Delight Half</b>	8/26/2017	Dee Dee Urquhart	2.46.02	12.36		
<b>Al Rivera Menudo 5K</b>	8/26/2017	Doug Humphries	19.45	6.22	1	
<b>Summer Showdown Half</b>	8/20/2017	Dee Dee Urquhart	3.33.29	16.18		
<b>AFC Half</b>	8/20/2017	Rene Canizales	1.29.49	6.52	6	
		Abby Canizales	1.34.52	7.15	4	
<b>Summer Breeze Half</b>	8/19/2017	Dee Dee Urquhart	3.33.15	16.17		



<u>Run through the Pines10K</u>	8/12/2017	Rene Canizales	42.54	6.54	1	4
		Abby Canizales	45.45	7.21	1	3F
<u>Garlic Fest 10K</u>	8/12/2017	Caitlin Jacobsen	42.15	6.47	1	
<u>Summer Sizzle Half</u>	8/12/2017	Dee Dee Urquhart	3.01.30	13.51		
<u>COC Summer X/C 3M</u>	8/10/2017	Mario Diaz	28.22	9.27	3	
		Arlene Lewis	39.04	13.01	2	
<u>2017 World Police X/C 10K (65+)</u>	8/7/2017	Chuck Foote	57.08	9.23	3	
<u>Summer Dash Half</u>	8/6/2017	Dee Dee Urquhart	2.50.08	12.59		
<u>WetNWild 5K</u>	8/5/2017	Josue Duaz	21.54	7.35	2	
		Norma Gonzales	26.44	9.08	1	
		Mario Diaz	30.49	10.28	2	
<u>Pride of the Valley 5K</u>	8/5/2017	Maggie Shearer	17.28	5.38	1	
		Joe Ogata	24.31	7.54	1	
<b>July 2017 - Posted 7/23/17*</b>						
<u>San Francisco Half</u>	7/23/2017	Jennifer Sunahara	1.34.40	7.14	6	
<u>Summer Break Half</u>	7/23/2017	Dee Dee Urquhart	3.49.18	17.30		
		Linda Pulver	3.49.18	17.30		
<u>Summer Celebration Half</u>	7/22/2017	Dee Dee Urquhart	3.25.25	15.41		
		Linda Pulver	3.25.25	15.41		
<u>Summer Sensation Half</u>	7/16/2017	Dee Dee Urquhart	3.12.53	14.43		
<u>Griffith Park Marathon Relay</u>	7/9/2017	Naomi Bisagno	37.34	7.34		
<u>Team NBB</u>		Maria LaRoe	40.19	8.07		
		Yaney Urciaga	37.16	7.30		
		Jennifer Sunahara	38.19	7.43		
		Audrey Amara	<u>37.23</u>	<u>7.32</u>		
			3.10.48	7.41	1	1F/12
<u>Shoreline Half</u>	7/9/2017	Josue Diaz	1.27.28	6.41	1	
		Norma Gonzales	1.49.05	8.20	2	
<u>Shoreline 10K</u>	7/9/2017	Mario Diaz	58.38	9.27	1	
<u>Griffith Park 8K</u>	7/9/2017	Phillip Wright	42.11	8.30	1	
		Stephanie Acre	53.14	10.43	3	
<u>Mt. Disappointment 50K</u>	7/8/2017	Michael Eastburn	4.47.09	9.14	2	2
		Adam Talan	6.51.42	13.15	3	
		Ingrid Cassady	9.17.13	17.56	2	
<u>Mt. Disappointment 25K</u>	7/8/2017	Victor Martinez	2.08.01	8.14	1	1
		Todd Covert	2.52.33	11.06	2	8
		Brenda Palomino	3.17.23	12.42	2	3F
		Akiko Crawford	3.46.18	14.34	3	8F
<u>Ruben Castro 5K</u>	7/8/2017	Bruce Adams	29.54	9.37	2	
		Daniel Adams	35.42	11.29	4	
		Matt Adams	37.17	12.00		
<u>Will Rogers 10K</u>	7/4/2017	Joe Ogata	53.13	8.24	2	
		Michael Berger	57.16	9.13		
		Helga Jessen	1.12.51	11.44	2	
<u>Will Rogers 5K</u>	7/4/2017	Kristin Morales	26.19	8.28		

		Rachelle Katz	31.23	10.06	1	
<b>Independence Day Classic 10K</b>	7/4/2017	Brian Frank	48.04	7.44		
<b>Independence Day Classic 5K</b>	7/4/2017	Stephanie Acre	25.19	8.08	3	
		Brian Frank	26.28	8.30		
		Rod Acre	41.32	13.21		
<b>Village Runner 5K</b>	7/4/2017	Monika Rye	28.25	9.06		
		Saundra Whitehead	52.10	16.47		
		Lorraine Westhafer	1.02.18	20.03		
<b>June 2017 - Posted 6/25/17*</b>						
<b>Pool Party 5K</b>	6/24/2017	Josue Diaz	19.19	6.14	1	
		Norma Gonzales	27.56	9.00	4	
		Diana Durfee	33.04	10.40	6	
<b>Wildwood Trail 10K</b>	6/24/2017	Todd Covert	54.22	8.45	4	
		Abby Canizales	58.23	9.23	5	
		Matt Rogers	1.03.00	10.08		
		Daisy Mendoza	1.12.42	11.42		
		Stephanie Acre	1.17.45	12.30		
		Steve Ryne	1.40.27	16.09		
<b>Warner Bros Fit Nation 5K</b>	6/17/2017	Victor Martinez	15.36	5.01		1
		Jennifer Sunahara	17.58	5.47		3/1F
		Rene Canizales	18.02	5.48		4
		Abby Canizales	19.21	6.14		2F
		Dan Durfee	26.51	8.38		
		Diana Durfee	30.17	9.45		
<b>Grandma's Marathon</b>	6/17/2017	Julie Hardin	4.13.04	9.40		
		Dee Dee Urquhart	6.38.56	15.14		
<b>Valley Crest Half</b>	6/11/2017	Josue Diaz	1.35.16	7.16	4	
		Norma Gonzales	2.02.28	9.21	5	
		Melissa Ireland	2.08.10	9.47		
		Joy Castanares	2.35.26	11.52		
		Dee Dee Urquhart	2.56.53	13.3		
		Saundra Whitehead	3.55.56	18.08	4	
<b>Spring Fever Half</b>	6/10/2017	Dee Dee Urquhart	3.13.42	14.47		
<b>The Big Run 5K</b>	6/7/2017	Franky Ortega	19.23	6.14		1
		Naomi Bisagno	20.11	6.30		2/1F
		Tim Panec	20.42	6.40		4
		Doug Humphries	20.51	6.43		5
		Josue Diaz	21.18	6.51		6
		Paul Schuster	22.56	7.23		
		Brian Spangenberg	24.24	7.51		
		Alex Escobedo	26.36	8.34		
		Daisy Mendoza	27.32	8.52		
		Caryn Panec	27.34	8.52		
		Mario Diaz	27.59	9.04		
		Mariela Mariscal	34.52	11.13		

		Maria Escobedo	34.53	11.14		
		Helga Jessen	34.58	11.15		
		Amir Medovoi	38.30	12.24		
		Lia Medovoi	38.42	12.27		
<b>Rock 'n Roll San Diego Marathon</b>	6/4/2017	Joe Ogata	4.02.18	9.15	5	
<b>Love Run Half</b>	6/4/2017	Caitlin Jacobsen	1.42.46	7.51	2	3F
		Eileen Cohen	2.39.52	12.12	1	
		Steve Ryne	3.00.22	13.46		
<b>Love Run 10K</b>	6/4/2017	Paul Van Zuyle	37.27	6.02	1	3
		Chris Hartley	40.34	6.32	2	
		Jennifer Sunahara	41.31	6.41	1	
		Tim Panec	41.58	6.45	1	
		Phillip Wright	42.32	6.51	1	
		Lubos Brieda	43.19	6.58	3	
		Matt Rogers	45.08	7.16	2	
		Julie Hardin	49.59	8.03	1	
		Daisy Mendoza	54.21	8.45		
<b>Love Run 5K</b>	6/4/2017	Rene Canizales	18.56	6.06	1	
		Doug Humphries	20.10	6.29	1	
		Abby Canizales	20.37	6.38	1	
		Kristin Morales	25.02	8.03	2	
<b>Rock 'n Roll San Diego Half</b>	6/3/2017	Maggie Shearer	1.22.09	6.20	6	
		Dee Dee Urquhart	2.50.35	13.01		
<b>Fontana Days Half</b>	6/3/2017	Lori Wilson	1.41.06	7.43	5	
		Bady Salas	1.43.15	7.53		
		Raul Lopez	1.56.07	8.52		
<b>May 2017 - Posted 5/31/17*</b>						
<b>Lake Balboa Half</b>	5/28/2017	Thelma Holzboog	2.17.12	10.28	3	
<b>Lake Balboa 5K</b>	5/28/2017	Floyd Meyers	40.36	13.06	2	
<b>Mountain to Beach Marathon</b>	5/28/2017	Ashlee Mayfield	3.10.32	7.16	6	
		Victor Martinez	3.28.07	7.56		
		Chris Hartley	3.30.25	8.01		
		Jian Springer	3.36.45	8.16		
		Melissa Ireland	3.39.39	8.23		
		Sandy Brieda	4.01.21	9.12		
		Michelle Krok	4.21.07	9.57		
		Tynisha King	4.38.55	10.38		
<b>Mountain to Beach Half</b>	5/28/2017	Stephanie Acre	2.07.14	9.42		
		Sandra Whitehead	3.28.57	15.57		
<b>LA Life 10K</b>	5/21/2017	Josue Diaz	40.02	6.26	1	3
		Norma Gonzales	51.06	8.13	4	
		Mario Diaz	59.07	9.30	1	
<b>Walk &amp; Run to Heal 10K</b>	5/21/2017	Doron Tisser	58.00	8.21	1	
<b>Walk &amp; Run to Heal 5K</b>	5/21/2017	Phillip Wright	20.45	6.41	1	5

		Stephanie Acre	26.18	8.28	1	4F
		Laurie Tisser	53.26	17.12	5	
<b>Miles for Melaloma 5K</b>	5/21/2017	Michael Eastburn	17.50	5.44	1	1
<b>Born to Run 60M</b>	5/20/2017	Fred Case	17.19.12	17.19	1	8
<b>Born to Run 30M*</b>	5/20/2017	Ashlee Mayfield	4.58.36	9.57	1	1F
<b>Xterra Malibu Creek 22K</b>	5/20/2017	Marie Steinman	3.10.23	13.56		
		Daisy Mendoza	3.19.49	14.37		
		Ellen Demsky	4.42.21	20.39	1	
<b>Xterra Malibu Creek 11K</b>	5/20/2017	Steve Ryne	1.48.18	15.51		
<b>Xterra Malibu Creek 6K</b>	5/20/2017	Hector Mendoza	25.52	6.56	1	2
<b>Tinker Bell Half</b>	5/14/2017	Will Cheyne	2.49.30	12.56		
		Robin Cheyne	2.49.34	12.57		
<b>Fifth Third River Bank 25K</b>	5/13/2017	Nancy Riegling	2.44.07	10.34		
<b>Quicksilver 50K</b>	5/13/2017	Polo Islas	5.06.57	9.53	4	
<b>Santa Barbara Wine Country Half</b>	5/13/2014	Julie Hardin	1.54.04	8.42		
		Tynisha King	2.17.44	10.30		
<b>Muir Woods Half</b>	5/13/2017	Tim Panec	2.13.11	10.10	1	2
		Naomi Bisagno	2.14.02	10.14	1	2F
		Levine Ching	2.18.11	10.31	2	5
		Lubos Brieda	2.27.45	11.17		
<b>Muir Woods 7 M</b>	5/13/2017	Toby Panec	1.29.52	12.50		
		Caryn Panec	1.34.35	13.31		
<b>The Oaks 5K</b>	5/13/2017	Kristin Morales	25.18	8.08	1	
<b>Tommy Scott LAX Half</b>	5/13/2017	Raul Lopez	2.05.51	9.36		
<b>OC Marathon</b>	5/7/2017	Norma Gonzales	3.49.12	8.45		
		Joe Ogata	3.59.29	9.06	1	
<b>OC Half</b>	5/7/2017	Tynisha King	2.23.50	10.59		
<b>OC 5K</b>	5/7/2017	Josue Diaz	18.41	6.01	3	
<b>Verdugo Mt. 10K</b>	5/7/2017	Michael Eastburn	44.11	7.07	2	4
		Naomi Bisagno	48.54	7.53	1	2F
		Chris Hartley	49.13	7.56	2	
		Rene Canizales	50.34	8.09	2	
		Yaney Urciaga	51.11	8.15	2	4F
		Caitlin Jacobsen	51.52	8.21	2	5F
		Todd Covert	51.57	8.22	1	
		Abby Canizales	54.51	8.50	3	
		Nathaniel Marko	58.48	9.29	1	
		Brenda Palomino	1.03.04	10.10	4	
		Claude Rossignol	1.07.30	10.53		
		Luis Moreira	1.08.33	11.03		
		Daisy Mendoza	1.15.36	12.11		
		Jaime Mariscal	1.17.37	12.31		
		Helga Jessen	1.29.29	14.25	2	
		Mariela Mariscal	1.34.32	15.14		
<b>Wings For Life 5K</b>	5/7/2017	Marty Baete	19.32	6.17	2	
<b>Phantom Trail 15M</b>	5/6/2017	Caroline Shahin	4.28.45	17.55		
<b>Phantom Trail 10M</b>	5/6/2017	Hector Mendoza	1.15.33	7.33	1	1

		Steve Ryne	2.37.34	15.45	1	
		Eileen Cohen	3.24.35	20.28	1	
<b>Wild Wild West 50K</b>	5/6/2017	Akiko Crawford	7.06.10	13.42		
<b>Wild Wild West 10M</b>	5/6/2017	Duncan Crawford	2.51.44	17.10		
<b>April 2017 - Posted 5/4/17*</b>						
<b>Gator Run 5K</b>	4/30/2017	Kristin Morales	25.56	8.21	1	
<b>Mt. Charleston Marathon</b>	4/29/2017	Michelle Krok	3.45.40	8.36		
		Michael Berger	3.54.44	8.57		
<b>Mt. Charleston Half</b>	4/29/2017	Bady Salas	1.36.31	7.22		
<b>Western Pacific Half</b>	4/29/2017	Julie Hardin	2.04.32	9.30	1	
<b>Aut 2 Run 10K</b>	4/23/2017	Steve Ryne	1.12.14	11.37	3	
		Dee Dee Urquhart	1.17.12	12.25		
		Corey Urquhart	1.24.45	13.38		
<b>Aut 2 Run 5K</b>	4/23/2017	Diana Durfee	32.12	10.22		
		Raquel Lopez	44.31	14.20		
<b>Leona Divide 50K</b>	4/22/2017	Victor Martinez	4.31.33	8.45	4	6
		Jian Springer	6.01.17	11.39	4	
		Daisy Mendoza	8.31.29	16.29		
		Joy Castanares	9.45.49	18.53		
<b>Leona Divide 30K</b>	4/22/2017	Michael Eastburn	2.22.00	7.38	1	1
		Caitlin Jacobsen	2.42.57	8.45	1	1F
		Ingred Cassady	3.59.41	12.53	4	
		Ana Saravia	4.33.58	14.43		
		Mariela Mariscal	4.39.16	15		
		Elena Lerner	5.09.35	16.38		
<b>C.A.T.S. Victory for Victims 10K</b>	4/22/2017	Masami Fukuhara	55.06	8.52		
<b>C.A.T.S. Victory for Victims 5K</b>	4/22/2017	Todd Covert	20.04	6.28		5
		Floyd Meyers	40.21	12.59		
		Ken Kochakji	47.35	15.19		
<b>El Segundo Run for Educations 10K</b>	4/22/2017	Ellen Reiner	54.23	8.45		
<b>El Segundo Run for Educations 5K</b>	4/22/2017	Francisco Son	17.03	5.29		3
<b>Boston Marathon</b>	4/17/2017	Shawn Young	3.13.35	7.23		
		James McGuire	3.15.53	7.29		
		Angela Reynolds	3.40.02	8.24		
		Philip Steinman	3.49.09	8.45		
		Akiko Crawford	4.16.10	9.47		
		Lauren Case	4.45.06	10.53		
<b>Ahmanson 12K</b>	4/16/2017	Matan Mayer	46.58	6.18	1	1
		Polo Islas	48.01	6.26	1	2
		Rene Canizales	52.39	7.04	2	
		Josue Diaz	52.49	7.05	3	
		Tim Panec	56.24	7.34	3	
		Abby Canizales	59.08	7.26	3	
		Claude Rossignol	1.00.00	8.03		
		Maria Laroe	1.00.38	8.08	5	

		Doug Humphries	1.02.16	8.21	3	
		Kristin Morales	1.12.20	9.42	3	
		Joy Castanares	1.25.32	11.28		
		Stephanie Acre	1.30.02	12.04		
		Maria Escobedo	1.40.54	13.32		
		Gaby Escobedo	1.44.08	13.58	4	
		Eileen Cohen	1.54.43	14.11	3	
<b>Xterra Black Mountain 15K</b>	4/9/2017	Rene Canizales	1.11.11	7.38	3	
		Abby Canizales	1.19.13	8.30	3	5F
<b>Spring Dash Half</b>	4/9/2017	Dee Dee Urquhart	3.02.33	13.56		
<b>Santa Anita Derby Day 5K</b>	4/8/2017	Mario Diaz	26.34	8.33		
		Linda Parrott	45.08	14.32		
<b>Hollywood Half</b>	4/8/2017	Josue Diaz	1.39.05	7.34		
		Joe Ogata	1.49.36	8.22	2	
		Sandra Brieda	1.51.21	8.30		
		Julie Hardin	1.55.39	8.50	5	
		Michelle Krok	1.59.40	9.08		
		Dee Dee Urquhart	3.07.14	14.18		
		Rhonda Litt	3.16.40	15.01		
<b>Hollywood 10K</b>	4/8/2017	Rosa Ramirez	1.19.33	12.50		
<b>Coaster Run 10K</b>	4/2/2017	Michael Eastburn	35.24	5.42	1	1
<b>Coaster Run 5K</b>	4/2/2017	Joe D'Ambra	33.47	10.53		
		Adalina D'Ambra	39.29	12.42		
<b>Great Race Cheseboro Half</b>	4/1/2017	Josue Diaz	1.39.42	7.36		
		Tim Panec	1.41.20	7.44	4	
		Paul Moser	1.46.31	8.07		
		Michael Hajek	1.49.17	8.20		
		Akiko Crawford	2.00.53	9.13		
		Caryn Panec	2.10.09	9.56		
		Michelle Krok	2.19.14	10.37		
		Jon Tice	2.28.28	11.20		
		Melody Dennert	2.29.49	11.26		
		Steve Ryne	2.50.54	13.02		
		Carolyn Shahin	3.06.20	14.13		
<b>Great Race Pacific Half</b>	4/1/2017	Jian Springer	1.51.13	8.29	1	
		Julie Hardin	1.59.42	9.08	2	
		Norma Gonzales	2.00.02	9.09		
		Ana Saravia	2.06.01	9.37		
		Daisy Mendoza	2.19.37	10.29		
		Linda Pulver	3.02.55	13.57		
<b>Great Race Old Agoura 10K</b>	4/1/2017	Van Zuyle	37.43	6.05	1	
		Naomi Bisagno	39.20	6.20	1/1F	
		Rene Canizales	39.47	6.25	1	
		Angela Reynolds	40.40	6.33	1/2F	
		Chris Hartley	41.02	6.37	2	
		Caitlin Jacobsen	41.48	6.44	3/3F	
		Abby Canizales	42.37	6.52	2	

		Todd Covert	44.13	7.07	4	
		Joe Ogata	49.06	7.55	1	
		Kristin Morales	54.17	8.45	5	
		Rosa Melendez	1.01.14	9.52		
		Helga Jessen	1.08.31	11.03	1	
		Linda Hood	1.22.27	13.17		
<u>Great Race Denna Kaster 5K*</u>	4/1/2017	Brian Spangenberg	22.26	7.14		
		Susan Keithley	32.34	10.3		
		Diana Durfee	32.41	10.32		
<b><u>March 2017 - 3/26/17 Posted*</u></b>						
<u>PCRF Half*</u>	3/26/2017	Michelle Krok	2.09.40	9.53		
		Dee Dee Urquhart	3.19.20	15.12		
		Linda Pulver	3.19.22	15.12		
<u>Spring Equinox 5K*</u>	3/25/2017	Josue Diaz	19.04	6.08	1	2
		Norma Gonzales	22.21	7.12	1	1F/4
<u>LA Marathon</u>	3/19/2017	Chris Hartley	3.19.24	7.37		
		Carlos Magana	3.27.58	7.56		
		Alez Vasquez	3.38.52	7.58		
		Todd Covert	3.29.56	8.01		
		Lubos Brieda	3.29.59	8.01		
		Philip Steinman	3.36.39	8.16		
		Julie Hardin	3.53.51	8.56		
		Michelle Krok	3.59.25	9.08		
		Paul Schuster	4.03.01	9.17		
		Joe Ogata	4.04.02	9.19		
		Ana Saravia	4.18.52	9.53		
		Marie Steinman	4.24.08	10.05		
		Masami Fukuhara	4.24.46	10.06		
		Mike Kukuchka	4.32.56	10.23		
		Elena Lerner	5.19.13	12.11		
		Stephanie Acre	5.23.36	12.21		
		Caroline Shahin	5.51.12	13.24		
		Ellen Demsky	6.43.37	15.24	1	
		Linda Parrott	6.45.12	15.28		
		Dee Dee Urquhart	7.21.10	16.50		
		Steve Matsuda	7.45.34	17.46		
<u>LA Big 5K</u>	3/18/2017	Jennifer Sunahara	19.47	6.22	2	2F
		Mario Diaz	28.07	9.03	4	
<u>Rockin' Shamrock 5K</u>	3/18/2017	Josue Diaz	18.54	6.05	1	3
		Norma Gonzales	21.11	6.49	1	1F/4
		Joesph D'Ambra	33.49	10.52		
		Adeline D'Ambra	39.1	12.36		
<u>Run Deo Run 5K</u>	3/12/2017	Diana Durfee	35.09	11.19	1	

<b>San Diego Half</b>	3/12/2017	James McGuire	1.31.08	6.58	4	
<b>Backbone Trail 68M</b>	3/11/2017	Adam Talan	16.33.57	14.37	2	
		Ken Lewis	18.20.59	16.11		
		Mellisa Ireland	19.11.13	16.55		
<b>Run for Success 5K</b>	3/11/2017	Gary Deitsch	29.15	9.25	2	
		Barbara Deitsch	54.12	17.27		
<b>Pasadena 5K</b>	3/11/2017	Josue Diaz	20.35	6.38	3	3
<b>Winter's End Half</b>	3/5/2017	Dee Dee Urquhart	3.26.01	15.44		
<b>The Train Run Half</b>	3/5/2017	Josue Diaz	1.29.10	6.49	3	5
		Norma Gonzales	1.36.42	7.23	1	13/1F
		Akiko Crawford	1.53.49	8.42	1	
<b>The Train Run 5K</b>	3/5/2017	Mario Diaz	26.42	8.30	1	
<b>Mug Run #9</b>	3/4/2017	Rosa Melendez	43.10	6.56	2	3F
<b>Griffith Park Marathon</b>	3/4/2017	Jian Springer	5.26.50	12.28		
		Ana Saravia	5.40.05	12.58		
<b>Single Track Stampede 22K</b>	3/4/2017	Caitlin Jacobsen	2.03.17	9.01	1	7/1F
		Lenny Garza	3.23.57	14.55	1	
		Caroline Shahin	4.08.48	18.11		
<b>February 2017 -3/1/17 Posted*</b>						
<b>Gasparilla Half</b>	2/26/2017	Dee Dee Urquhart	3.25.54	15.42		
<b>Brea 8K</b>	2/26/2017	Van Zuyle	30.51	6.13	3	
		Naomi Bisagno	31.34	6.21	3	
		Chris Hartley	32.52	6.37		
		Tim Panec	33.44	6.48		
		Lubos Brieda	34.16	6.54		
		Claude Rossignol	34.40	6.59		
		Mike Hajek	34.53	7.01		
		Doug Humphries	34.58	7.02	5	
		Todd Covert	35.24	7.08		
		Amir Medovoi	35.54	7.14		
		Joe Ogata	40.32	8.10	3	
		Sandra Brieda	41.05	8.16		
		Helga Jessen	53.15	10.43	1	
<b>Orange Curtain 50K</b>	2/25/2017	Michael Berger	5.57.17	11.30	3	13
<b>Orange Curtain 30K</b>	2/25/2017	Diana Rush	3.24.48	10.59	1	2
		Steve Matsuda	5.55.35	19.04	2	7
<b>Palm Desert Half</b>	2/19/2017	Maggie Shearer	1.24.54	6.19	1	5F
<b>Seaside Marathon</b>	2/19/2017	Michelle Krok	3.59.58	9.10	1	1F
<b>Seaside Half</b>	2/19/2017	Caroline Shahin	2.37.34	12.02		
<b>Valentine's Day Half</b>	2/12/2017	Chris Hartley	1.38.15	7.30	1	3
<b>Valentine's Day 5K</b>	2/12/2017	Jeanne Phares	41.34	13.23		
<b>Run to Remember Half</b>	2/12/2017	Joe Ogata	1.50.29	8.26	1	
		Raul Lopez	2.11.11	10.01		
		Tynisha King	2.17.22	10.29		
		Linda Pulver	3.42.03	16.57		



<b>Run to Remember 10K</b>	2/12/2017	Pat Connelly	1.07.54	10.57	1	
<b>Firecracker 10K</b>	2/12/2017	Victor Martinez	34.24	5.32	1	3
		Ismael Samano	35.37	5.44	3	4
		Angela Reynolds	45.43	7.21	2	
		Lawrence Feinberg	1.12.04	11.36		
		Sandra Whitehead	1.18.50	12.41		
<b>Firecracker 5K</b>	2/12/2017	Carlos Magana	37.18	12.00		
		Rosa Ramirez	58.49	18.56		
<b>Surf City Half</b>	2/5/2017	Julie Hardin	1.52.39	8.36		
		Linda Lee	3.12.54	14.43		
<b>Super Bowl Sunday 10K</b>	2/5/2017	Josue Diaz	39.04	6.17	4	
		Norma Gonzales	43.29	6.59	4	
		Joe Ogata	51.55	8.21	5	
		Tynisha King	1.10.11	11.18		
		Robin Cheyne	1.14.09	11.56		
		Will Cheyne	1.14.12	11.56		
		Mario Diaz	1.45.47	17.01		
<b>Super Bowl Sunday 5K</b>	2/5/2017	Joe Ogata	25.23	8.10	2	
<b>Sean O'Brien 50M</b>	2/4/2017	Melinda Ireland	10.41.58	12.50	5	8F
		Akiko Crawford	11.53.54	14.16	5	
		Luis Moreira	12.52.25	15.26		
<b>Sean O'Brien 50K</b>	2/4/2017	Michael Eastburn	4.40.29	9.02	1	1
		Caitlin Jacobsen	6.01.48	11.40	2	4F
		Jian Springer	7.07.48	13.46	3	
		Michelle Krok	8.32.31	16.31		
<b>Groundhog Day 5K</b>	2/4/2017	Chris Hartley	19.43	6.22	1	
		Lubos Brieda	20.34	6.38	1	
		Eileen Cohen	35.15	11.22	1	
		Ken Kochakji	43.29	14.01	2	
<b>January 2017 - 1/1/17 Posted*</b>						
<b>Griffith Park Run Half</b>	1/29/2017	Paul Schuster	1.37.52	7.28	1	
		Tynisha King	2.23.04	10.58		
<b>Griffith Park Run 5k</b>	1/29/2017	Josue Diaz	13.12?	5.57	1	2
		Norma Gonzales	15.49?	6.27	1	2F
<b>Xterra Boney Mountain 21K</b>	1/29/2017	Franky Ortega	1.52.14	8.36	3	10
<b>Xterra Boney Mountain 6K</b>	1/29/2017	Steve Ryne	53.52	14.27	2	
		Caroline Shahin	1.01.40	16.32	5	
<b>Pasadena Half</b>	1/22/2017	Victor Martinez	1.14.04	5.40	1	5
		Philip Steinman	1.43.32	7.55		
		Julie Hardin	1.51.42	8.32		
		Ana Saravia	2.05.34	9.36		
		Marie Steinman	2.11.29	10.03		
		Tynisha King	2.25.07	11.05		
		Linda Parrott	3.16.57	15.02		
<b>Pasadena 5K</b>	1/22/2017	Jennifer Sunahara	19.43	6.22	2	4F
		Rosa Ramirez	46.13	14.55	6	

<b>LASAA Mug Run #5 - 10K</b>	1/14/2017	Bady Salas	46.35	7.29	2	5F
		Rosa Melendez	47.21	7.37	1	8F
<b>Carlsbad Marathon</b>	1/14/2017	Joe Ogata	4.01.42	9.14	3	
<b>Master's University Winter 5K</b>	1/14/2017	Diana Durfee	33.34	10.48	2	
<b>Cancer Hope 5K</b>	1/14/2017	Missy Andrews	26.27	8.30	2	
<b>New Years Race LA 10K</b>	1/8/2017	Francisco Son	40.51	6.35	1	8
		Tynisha King	1.07.05	10.49		
<b>New Years Race LA 5K</b>	1/8/2017	Francisco Son	20.32	6.37	5	
		Tynisha King	29.32	9.32		
		Chris Ellis	38.53	12.31		
<b>Avalon 50K</b>	1/7/2017	Akiko Crawford	5.53.12	10.36	5	
<b>Southern California Half</b>	1/7/2017	Joe Ogata	1.47.19	8.12	1	
<b>December 2016 - 1/1/17 Posted*</b>						
<b>Aravaipa 72 Hour</b>	12/28/2016	Dee Dee Urquhart	100.61 Miles			
<b>Operation Jack Marathon</b>	12/26/2016	Michelle Krok	3.57.45	9.04	3	
<b>Operation Jack Half</b>	12/26/2016	Tynisha King	2.18.04	10.32		
		Saundra Whitehead	3.20.56	15.20	5	
		Dee Dee Urquhart	3.22.50	15.28		
<b>Holly Jolly Half</b>	12/18/2016	Josue Diaz	1.39.26	7.35		10
		Norma Gonzales	1.49.12	8.2	1	20/5F
<b>Reindeer Half</b>	12/18/2016	Dee Dee Urquhart	3.27.44	15.51		
		Linda Pulver	3.27.50	15.52		
<b>San Diego Holiday Half</b>	12/18/2016	Michelle Krok	2.17.26	10.29		
<b>Natasha Watley 10K</b>	12/17/2016	Josue Diaz	38.51	6.15	1	1
		Rosa Melendez	45.13	7.16	1	1F
<b>Natasha Watley 5K</b>	12/17/2016	Norma Gonzales	21.37	6.57	2	5
<b>Paramount Ranch 30K</b>	12/17/2016	Daisy Mendoza	4.31.42	14.36	4	
<b>Paramount Ranch Half</b>	12/17/2016	Stephanie Acre	2.21.11	10.51	1	
		Joy Castanares	2.35.57	11.59		
		Tynisha King	3.05.49	14.17		
		Elena Lerner	3.07.03	14.23		
		Julie Hardin	3.07.32	14.25	4	
<b>Honolulu Marathon</b>	12/11/2016	Dee Dee Urquhart	7.05.25	16.14		
<b>Miles of Music 5K</b>	12/11/2016	Diana Durfee	28.31	9.11	2	
<b>Santa to the Sea Half</b>	12/11/2016	Ismael Samano	1.07.47	5.10	3	3
		Josue Diaz	1.27.49	6.42	4	
		Mario Diaz	2.02.48	9.22	3	
		Will Cheyne	2.20.11	10.42		
		Robin Cheyne	2.58.11	13.36		
<b>Santa to the Sea 5K</b>	12/11/2016	Brian Spangenberg	22.38	7.18	2	
<b>Holiday Half</b>	12/11/2016	Joe Ogata	1.53.15	8.38	2	
<b>Santa Monica-Venice 10K</b>	12/10/2016	Julie Hardin	49.48	8.01	6	
<b>Santa Monica-Venice 5K</b>	12/10/2016	Susan Keithley	33.13	10.42		
		Robin Cheyne	38.03	12.15		
		Will Cheyne	38.03	12.15		

<u>OTHTC 50K</u>	12/4/2016	Michael Berger	6.29.33	12.33		
<u>Thousand Oaks Jingle Bell 5K</u>	12/4/2016	Phillip Wright	23.09	7.27	1	2
<u>Calif. Int'l Marathon</u>	12/4/2016	Jennifer Sunahara	3.31.37	8.05		
		Joe Ogata	3.53.14	8.55		
		Julie Hardin	4.01.14	9.21		
<u>LaceUP Riverside Half</u>	12/4/2016	Josue Diaz	1.26.00	6.33	2	6
<u>LaceUP Riverside 10K</u>	12/4/2016	Mario Diaz	53.24	8.35	1	
<u>OTHTC High Desert 30K</u>	12/4/2016	Saundra Whitehead	5.34.37	17.57		
<u>Laughlin/Bullhead Half</u>	12/3/2016	Linda Pulver	3.35.60	16.27		
<u>Camarillo YMCA 5K</u>	12/3/2016	Kristin Morales	25.23	8.1	1	
<b>November - 11/28/16 Posted*</b>						
<u>Giving Thanks Half</u>	11/27/2016	Dee Dee Urquhart	3.04.08	14.03		
<u>Turkey Trek Half</u>	11/25/2016	Dee Dee Urquhart	2.49.13	12.55		
<u>Burbank YMCA Turkey Trot 5K</u>	11/24/2016	Stephanie Acre	24.31	7.54	1	
		Joy Castanares	28.12	9.05		
		Dave Anton	29.25	9.28		
		Heidi Carrens	31.58	10.17		
<u>Turkey Trot Half</u>	11/24/2016	Dee Dee Urquhart	3.44.39	17.09		
<u>Conejo Turkey Dash 5K</u>	11/24/2016	Matan Mayer	16.23	5.19	1	4
		Eileen Cohen	35.25	11.24	2	
<u>LA Turkey Trot 5K</u>	11/24/2016	Raul Lopez	16.28	5.19	4	7
		Jennifer Sunahara	19.17	6.13	1	1F
		Caitlin Jacobsen	19.41	6.21	1	3F
		Rosa Ramirez	37.34	12.07		
<u>Xterra Topanga Canyon 10K</u>	11/24/2016	Josue Diaz	53.37	8.38	1	4
		Paul Moser	59.48	9.37	1	
		Mario Diaz	1.16.55	12.23	2	
		Caroline Shahin	1.35.59	15.27	4	
<u>Burbank YMCA Turkey Trot 10K</u>	11/24/2016	Joe Ogata	52.06	8.23	1	
<u>We Run The City 5K</u>	11/20/2016	Linda Pulver	41.26	13.21		
<u>Chino Hills 50K</u>	11/19/2016	Diana Rush	6.31.16	12.36		
<u>Ray Miller 50K</u>	11/19/2016	Todd Covert	5.06.08	9.52	2	6
		Akiko Crawford	6.17.47	12.11		
		Ana Saravia	7.04.23	13.41		
		Heather Hettinger	7.06.02	13.44		
		Elena Lerner	8.24.28	16.16		
<u>Ray Miller 30K</u>	11/19/2016	Jennifer Sunahara	3.17.50	10.38	2	3F
		Mariela Mariscal	4.57.10	15.58		
		Daisy Mendoza	4.57.10	15.58		
<u>Southwest Series Day 6 Half</u>	11/19/2016	Dee Dee Urquhart	3.56.38	18.04	<b>#300</b>	
<u>LaceUP PV 5K</u>	11/19/2016	Josue Diaz	19.30	6.16	1	3
		Mario Diaz	27.34	8.52	2	
<u>San Dimas Turkey Trot 10K</u>	11/19/2016	Will Cheyne	1.12.12	11.37		
		Robin Cheyne	1.12.28	11.40		
<u>Spice Coast Marathon</u>	11/13/2016	Ellen Demsky	6.57.24	15.56	1	

<b>RnR Las Vegas Half</b>	11/13/2016	Dee Dee Urquhart	3.19.57	15.16		
<b>Surfers Point Marathon</b>	11/13/2016	Caroline Shahin	6.13.34	14.15	4	
<b>Surfers Point 10K</b>	11/13/2016	Slade Barbosa	59.29	9.35	5	
<b>Bakersfield Marathon</b>	11/13/2016	Michelle Krok	4.24.30	10.06		
<b>Bakersfield Half</b>	11/13/2016	Josue Diaz	1.39.37	7.36	4	
		Mario Diaz	2.10.39	9.58		
<b>Griffith Park Trail Half</b>	11/12/2016	Stephanie Acre	2.33.02	11.46	3	
<b>Griffith Park Trail 10K</b>	11/12/2016	Ken Lewis	50.19	8.06	3	
		Stephanie Acre	1.08.43	11.05	4	
<b>Canyon City Marathon</b>	11/12/2016	Rosa Melendez	3.28.29	7.57	2	
		Joe Ogata	3.43.57	8.32	2	BQ
		Juana Arms	3.53.36	8.54		
		Michael Berger	3.56.49	9.02		
		Sandra Whitehead	5.37.23	12.52		
<b>Canyon City Half</b>	11/12/2016	Josue Diaz	1.39.13	7.34	2	
		Bady Salas	1.42.27	7.49		
		Dee Dee Urquhart	3.01.25	13.5		
		Linda Pulver	3.20.13	15.17		
<b>New York Marathon</b>	11/6/2016	Phillip Wright	4.22.21	10.01		
		Michelle Krok	5.36.45	12.51		
<b>Santa Clarita Marathon</b>	11/6/2016	Victor Martinez	2.46.24	6.21	1	
		Brian Frank	3.48.08	8.43	4	
		Luis Moreira	4.10.43	9.34		
		Alex Escobedo	4.26.21	10.10		
<b>Santa Clarita Half</b>	11/6/2016	Juan Zuniga	1.24.29	6.27	3	12
		Josue Diaz	1.25.25	6.31	1	
		Jennifer Sunahara	1.38.22	7.31	1	
		Jaime Mariscal	1.51.01	8.29		
		Ana Saravia	2.07.10	9.43		
		Daisy Mendoza	2.07.36	9.44		
		Mariela Mariscal	2.17.58	10.32		
		Stephanie Acre	2.22.45	10.54		
		Eileen McGuire	2.32.37	11.39		
		Caroline Shahin	2.35.46	11.53		
		Arlene Lewis	3.07.03	14.17		
		Dee Dee Urquhart	3.09.39	14.28		
<b>Santa Clarita 5K</b>		Diana Durfee		10.32		
<b>Dinosaur Dash 10K</b>	11/6/2016	Joe Ogata	50.21	8.06	1	
<b>Dinosaur Dash 5K</b>	11/6/2016	Joe Ogata	24.41	7.57	3	
<b>Golden Gate Half</b>	11/6/2016	Dave Pinnick	1.42.44	7.51	2	
<b>Malibu Half</b>	11/6/2016	Melody Dennert	2.09.51	9.54		
<b>Calabasas Classic 5K</b>	11/6/2016	Ken Kochakji	45.24	14.37	3	
		Sam Wildman	53.34	17.14	1	
<b>Hard Rock Café 5K</b>	11/5/2016	Steve Shearer	26.31	8.33		
		Ethan Shearer	26.32	8.33	1	

**October - 11/4/16 Posted\***

<b>LA Cancer Challenge 10K</b>	10/30/2016	Josue Diaz	39.19	6.20	2	5
<b>LA Cancer Challenge 5K</b>	10/30/2016	Josue Diaz	19.17	6.14	2	9
		Sam Wildman	54.35	17.37	4	
<b>Monster Dash Half</b>	10/30/2016	Dee Dee Urquhart	2.58.29	13.37		
<b>R'n'R Half</b>	10/30/2016	Megan Severa	1.51.57	8.33		
		Julie Hardin	2.02.18	9.20		
		Tynisha King	2.27.23	11.15		
		Caroline Shahin	2.41.41	12.20		
<b>Twilights Last Gleaming X/C</b>	10/29/2016	<a href="http://www.trackinfo.org/twi/TwiRes2016.html">http://www.trackinfo.org/twi/TwiRes2016.html</a>				
<b>Women's Cancer Run 10K</b>	10/29/2016	Rosa Melendez	44.15	7.08	1	1
<b>Haunted House 5K</b>	10/29/2016	Michael Berger	24.36	7.55	1	2
<b>Beach Fun Half</b>	10/23/2016	Dee Dee Urquhart	3.10.42	14.33		
<b>Santa Cruz Is. Eco Challenge 14M</b>	10/22/2016	Eileen Cohen	3.09.46	13.33		
<b>Pants Off Racing 10K</b>	10/22/2016	Gloria Perrodin	2.13.29	21.29		
		Jack Perrodin	2.13.31	21.29		
<b>Pants Off Racing 5K</b>	10/22/2016	Teresa Merritt	38.46	12.29		
<b>LaceUp Half</b>	10/22/2016	Josue Diaz	1.26.38	6.36	1	4
		Dee Dee Urquhart	3.03.03	13.57		
<b>LaceUp 10K</b>	10/22/2016	Rosa Melendez	44.03	7.05	1	1F/6
		Bady Salas	46.20	7.27	1	
		Mario Diaz	54.54	8.50	1	
<b>Pasadena Trail Half</b>	10/16/2016	Hector Mendoza	1.35.38	7.18	1	3
		Diana Rush	2.29.18	11.24	2	
<b>Pasadena Trail 10K</b>	10/15/2016	Steve Matsuda	1.26.22	13.56		
<b>Tooth Fairy 5K</b>	10/15/2016	Matt Adams	27.21	8.48	4	
		Bruce Adams	27.21	8.48	4	
<b>Long Beach Marathon</b>	10/9/2016	Josue Diaz	3.22.52	7.44		
		Joe Ogata	3.58.50	9.07	3	<b>BQ</b>
		Norma Gonzales	3.59.16	9.08		
<b>Long Beach Half</b>	10/9/2016	Doron Tisser	2.05.13	9.33		
		Emmanuel Reyes	2.31.38	11.34		
		Dee Dee Urquhart	3.04.42	14.05		
<b>Ocean Breeze Half</b>	10/8/2016	Dee Dee Urquhart	2.57.58	13.35		
<b>Kenneth Hawn Eco 8K</b>	10/2/2016	Matan Mayer	26.59	5.43	5	6
		Hector Mendoza	28.11	5.48	2	
		Franky Ortega	30.18	6.15		
		Maggie Shearer	31.21	6.28	5	
		Yanet Urciaga	31.35	6.31		
		Naomi Bisagno	32.16	6.39		
		Abby Canizales	32.55	6.47		
		Doug Humphries	34.21	7.05	1	
		Josue Diaz	34.30	7.07		
		Tim Panec	36.17	7.29		
		Amir Medovoi	36.25	7.30		
		Akiko Crawford	39.20	8.06		
		Mario Diaz	45.38	9.25	1	

		Helga Jessen	58.59	12.09	3	
<b>St. George Marathon</b>	10/1/2016	Joe Ogata	4.00.12	9.09	5	
<b>No Name 5030 50K</b>	10/1/2016	Luis Moreira	8.00.00	15.26		
<b>No Name 5030 30K</b>	10/1/2016	Caitlin Jacobsen	2.40.00	8.34	1	2/1F
		Todd Covert	2.48.08	9.01	1	3
		Caroline Shahin	5.10.14	16.38		
<b>Big Bear North Shore Half</b>	10/1/2016	Dee Dee Urquhart	2.48.28	12.51		
<b>Manhattaan Beach 10K</b>	10/1/2016	Raul Lopez	54.50	8.50		
		Tynisha King	1.01.34	9.55		
		Will Cheyne	1.04.25	10.22		
		Robin Cheyne	1.12.38	11.42		
		Steve Stillman	1.24.01	13.32		
<b>September - 9/28/16 Posted *</b>						
<b>Global Energy 10K</b>	9/25/2016	Josue Diaz	39.21	6.20	2	
		Mario Diaz	53.51	8.14	1	
<b>Justice Jog 5K</b>	9/25/2016	Amir Medovoi	20.50	6.42	1	6
		Jaime Mariscal	21.27	6.54	5	
		Mariella Mariscal	35.04	11.18		
<b>Bell-Jeff X/C Invitational 2.94M:</b>	9/24/2016					
<a href="http://www.athletic.net/CrossCountry/Results/Meet.aspx?Meet=117562#/70787">http://www.athletic.net/CrossCountry/Results/Meet.aspx?Meet=117562#/70787</a>						
<b>Be The Light 5K</b>	9/24/2016	Heide Carrens	32.30	10.27		
<b>Harvest Half</b>	9/18/2016	Josue Diaz	1.38.59	7.33	4	
<b>Center of the Nation Series</b>						
Day 5--Half - Chadron, NE	9/16/2016	Dee Dee Urquhart	3.33.41	16.19		
Day 4--Mar - Sundance, WY	9/15/2016	Dee Dee Urquhart	5.53.29	13.29		
Day 3--Mar - Belle Fourche, SD	9/14/2016	Dee Dee Urquhart	7.01.33	16.05		
Day 2--Mar - Bowman, ND	9/13/2016	Dee Dee Urquhart	6.43.58	15.25		
Day 1--Half - Baker, MT	9/12/2016	Dee Dee Urquhart	3.38.16	16.40		
<b>Ventura Marathon</b>	9/11/2016	Josue Diaz	3.39.36	8.22		
		Akiko Crawford	3.43.45	8.32	2	
		Joe Ogata	3.45.19	8.35	2	
		Norma Gonzales	3.55.04	8.58		
		Michelle Krok	4.24.22	10.05		
<b>Ventura Half</b>	9/11/2016	Maggie Shearer	1.26.19	6.35	1	
		Joanne Nygren	1.29.30	11.46	2	
		Caroline Shahin	2.34.13	11.46		
		Joe Hampton	2.37.53	12.03		
<b>Ventura 5K</b>	9/11/2016	Ethan Shearer	29.43	9.35		
		Diana Durfee	32.29	10.22		
<b>Santa Monica Classic 10K</b>	9/11/2016	Julie Hardin	50.40	8.09	2	
		Ana Saravia	57.36	9.16		
		Tynisha King	1.04.23	10.21		
		Will Cheyne	1.17.40	12.30		
		Sandra Whitehead	1.18.51	12.41		

<u>Santa Monica Classic 5K</u>	9/11/2016	Philip Steinman	24.12	7.46		
		Michael Berger	24.50	7.59	4	
		Linda Parrott	31.25	10.06		
		Rosa Ramirez	36.43	11.48		
		Michael Lerner	41.33	13.21		
		Elena Lerner	41.51	13.27		
		Sam Wildman	48.40	15.38	2	
<u>Revel Big Cottonwood Marathon</u>	9/10/2016	Dee Dee Urquhart	6.16.24	14.21		
<u>Summer Breeze 5K</u>	9/10/2016	Phyllis Blazejewski	29.37	9.32	1	
<u>Mt. Baldy Run To The Top</u>	9/5/2016	Ken Lewis	2.05.05	17.22		
<u>Highlands Ranch Half</u>	9/5/2016	Dee Dee Urquhart	3.17.56	15.07		
<u>Disneyland Half</u>	9/4/2016	Brian Frank	1.38.54	7.33	5	
		Julie Hardin	1.54.57	8.46		
<u>HBD LA 5K</u>	9/4/2016	Chris Ellis	47.00	15.08	1	
<u>Lake Michigan Trail Marathon</u>	9/4/2016	Dee Dee Urquhart	6.56.58	15.55	6	
<u>Lexus LaceUp 5K</u>	9/3/2016	Josue Diaz	18.32	5.57	1	6
		Mario Diaz	28.21	9.07	1	
<b>August 9/4/16 Posted *</b>						
<u>Santa Rosa Marathon</u>	8/28/2016	Joe Ogata	4.01.16	9.12	3	
<u>Santa Rosa Half</u>	8/28/2016	Dee Dee Urquhart	2.49.29	12.56		
<u>Jet to Jetty 10K</u>	8/28/2016	Michael Berger	46.56	7.33	3	
		Tynisha King	56.40	9.07	4	
<u>Bulldog 50K</u>	8/27/2016	Michael Eastburn	3.46.47	7.18	1	2
		Luis Moreira	5.50.11	11.16		
		Cody Law	5.54.14	11.24		
		Lubos Brieda	6.05.32	11.46		
		Wendy Young	7.28.28	14.26		
		Barry Freeman	8.13.48	15.54		
<u>Bulldog 25K</u>	8/27/2016	Juan Zuniga	2.00.47	7.46	2	4
		Caitlin Jacobsen	2.04.25	8.06	1	1F
		Josue Diaz	2.13.23	8.35		
		Todd Covert	2.21.39	9.07		
		Joanne Simsovits	2.44.49	10.36		
		Ana Saravia	3.03.51	11.50		
		Elena Lerner	3.36.51	13.48		
		Caroline Shahin	3.51.28	14.54		
<u>Al Rivera Menuda 5K</u>	8/27/2016	Chuck Foote	22.26	7.14	1	
		Doug Humphries	19.25	6.15	1	
<u>COC x/c #7 3M</u>	8/18/2016	Amir Medovoi	20.57	6.59	2	
		Joe Ogata	23.50	7.57	3	
		Mario Diaz	35.20	11.47		
		Arlene Lewis	35.28	11.49	2	
<u>Griffith Luau 5K</u>	8/13/2016	Josue Diaz	19.02	6.08	1	8
		Julie Hardin	23.38	7.37	1	
<u>Rockin' Summer Half</u>	8/13/2016	Dee Dee Urquhart	3.04.35	14.05		

<b>COC x/c #6 3M</b>	8/11/2016	Noah Panec	18.15	6.05		
		Tim Panec	21.36	7.12	4	
		Amir Medovoi	22.20	7.27	3	
		Stephanie Acre	26.54	8.58	1	
		Mario Diaz	27.02	9.07	1	
		Arlene Lewis	36.26	12.09	2	
<b>Summer Dash Half</b>	8/7/2016	Dee Dee Urquhart	2.58.00	13.35		
<b>Angeles Crest 100M</b>	8/6/2016	Matt Todd	32.45.10	19.04		
<b>Arroyo Creek Half</b>	8/6/2016	Julie Hardin	1.52.45	8.36	2	
<b>Arroyo Creek 10K</b>	8/6/2016	Kristin Morales	52.20	8.26	1	
<b>WetNWild 5K</b>	8/6/2016	Josue Diaz	21.07	6.48		
		Mario Diaz	28.52	9.18		
		Diana Durfee	38.48	12.31		
<b>Summer Bliss Half</b>	8/6/2016	Dee Dee Urquhart	3.31.00	16.06		
<b>Semper Triathlon</b>	8/6/2016	Paul Schuster	1.37.05		1	
<b>Semper Duathlon</b>	8/6/2016	Duane McDowell	1.36.47		4	
<b>Pride of the Valley 5K</b>	8/6/2016	Joe Ogata	22.57	7.23	2	
<b>COC x/c #5 3M</b>	8/4/2016	Stephanie Acre	26.50	8.57	1	
		Mario Diaz	27.26	9.09		
		Arlene Lewis	37.14	12.25	3	
<b>July - 8/1/16 Posted *</b>						
<b>San Francisco Marathon</b>	7/31/2016	Jennifer Sunahara	3.43.51	8.33		
		Rosa Melendez	4.02.35	9.16		
		Michael Hardin	5.38.50	12.56		
<b>San Francisco Half</b>	7/31/2016	Francisco Son	1.15.34	5.46	3	14
		Julie Hardin	1.54.01	8.25	6	
		Sarah Hardin	3.54.02	17.01		
<b>Jack &amp; Jill Downhill Marathon</b>	7/31/2016	Dee Dee Urquhart	5.47.42	13.16		
<b>Simi Valley Summer Series X/C #2</b>	7/27/2016	Marcos Shente	17.38	5.40		1
<b>(5K)</b>		Michael Eastburn	17.54	5.46		3
		Maggie Shearer	19.53	6.24		1W
		Yanet Urciaga	20.32	6.36		
		Rene Canizales	20.40	6.39		
		Joanna Nygren	21.16	6.51		
		Paul Schuster	23.13	7.28		
		Amir Medovoi	23.29	7.34		
		Duane McDowell	25.07	8.05		
		Kristin Morales	25.33	8.13		
		Ethan Shearer	28.38	9.13		
		Andrew Shearer	34.30	11.06		
		Steve Shearer	34.31	11.06		
<b>Spring Break Half</b>	7/24/2016	Dee Dee Urquhart	3.29.20	15.59		
<b>Cypress 10K</b>	7/23/2016	Joe Ogata	49.31	7.59	1	
		Michael Berger	53.50	8.40		



<u>Motion By The Ocean 15K</u>	7/23/2016	Josue Diaz	58.37	6.17	1	2
<u>Motion By The Ocean 10K</u>	7/23/2016	Josue Diaz	39.32	6.22	1	2
<u>Motion By The Ocean 5K</u>	7/23/2016	Josue Diaz	19.05	6.08	1	4
		Mario Diaz	26.44	8.36	3	
<u>Awesome 80s 10K</u>	7/23/2016	Julie Hardin	48.43	7.50	1	
<u>Griffith Park Trail Marathon Relay</u>	7/17/2016	<u>Mens Open</u>				
		Mata Mayer	31.15	5.58		<u>1</u>
		Francisco Son	31.59	6.06		
		Polo Islas	31.29	6.00		
		Victor Martinez	30.48	5.52		
		Ismael Samano	<u>30.49</u>	5.53		
			<b>2.37.01</b>			
		<u>Womens Open</u>				
		Maria Laroe	40.04	7.39		<u>1</u>
		Angela Reynolds	39.52	7.36		
		Abby Canizales	38.58	7.26		
		Caitlin Jacobsen	39.05	7.28		
		Audrey Amara	<u>37.52</u>	7.13		
			<b>3.19.25</b>			
		<u>Co-Ed</u>				
		Juan Zuniga	32.38	6.13		<u>2</u>
		Naomi Bisagno	37.55	7.14		
		Jen Sunahara	40.21	7.42		
		Johnny Arevalo	35.23	6.45		
		Michael Eastburn	<u>33.40</u>	6.25		
			<b>3.03.44</b>			
		<u>Run Club</u>				
		Mariela Mariscal	51.32	9.50		<u>14</u>
		Ana Saravia	53.20	10.11		
		Jaime Mariscal	47.39	9.06		
		Jose Estrada	56.23	10.45		
		Stephanie Estrada	<u>43.18</u>	8.16		
			<b>4.14.47</b>			
		Jenna Weidig	1.08.25	13.03		<u>17</u>
		Cassidy Smith	45.30	8.41		
		Akiko Crawford	47.00	8.58		
		Jian Springer	48.13	9.12		
		Stephanie Acre	<u>53.26</u>	10.12		
			<b>4.24.00</b>			
<u>Griffith Park Trail 8K</u>	7/17/2016	Julie Hardin	54.08	10.53		
		Tynisha King	1.00.50	12.14		
<u>Summer of Fun Half</u>	7/17/2016	Dee Dee Urquhart	2.58.57	13.40		
<u>Summer of Fun 5K</u>	7/17/2016	Phyllis Blazejewski	29.11	9.24		
<u>Summer Spectacular Half</u>	7/16/2016	Dee Dee Urquhart	3.19.03	15.12		
<u>Shoreline Half</u>	7/10/2016	Josue Diaz	1.28.36	6.45	3	
<u>Missoula Marathon</u>	7/10/2016	Dee Dee Urquhart	5.51.39	13.25		
<u>Mt. Disappointment 50K</u>	7/9/2016	Brenda Palomino	6.57.31	13.26		

<b>Mt. Disappointment 25K</b>	7/9/2016	Caitlin Jacobsen	2.39.13	10.15	1	3 O.A.
	7/9/2016	Luis Moreira	3.42.50	14.21		
<b>Red, White &amp; Blue Half</b>	7/4/2016	Dee Dee Urquhart	3.04.28	14.05		
<b>Village Runner 5K</b>	7/4/2016	Steve Stillman	35.34	11.27		
		Stuart Ross	36.31	11.45		
		Chris Ellis	42.08	13.34		
<b>Channel Islands 10K</b>	7/4/2016	Maggie Shearer	39.38	6.22	1	2
		Michael Berger	55.35	8.57		
<b>Will Rogers 5K</b>	7/4/2016	Kristin Morales	25.19	8.09	6	
		Rachelle Katz	29.59	9.39	2	
		Sam Wildman	55.25	17.50		
		Tynisha King	1.07.29	21.43		
<b>Independence Day 10K</b>	7/4/2016	Brian Frank	43.36	7.00	3	
<b>Independence Day 5K</b>	7/4/2016	Stephanie Acre	24.07	7.45	2	
		Brian Frank	25.13	8.06		
		Ana Saravia	25.38	8.15	4	
<b>June - Posted 7/1/16*</b>						
<b>Wildwood 10K</b>	6/25/2016	Luis Moreira	1.04.23	10.21		
		Steve Ryne	1.27.16	14.02		
<b>Summer Time 10K</b>	6/25/2016	Kathy Curley	58.18	9.23		
<b>Mommy &amp; Me 5K</b>	6/25/2016	Josue Diaz	19.53	6.24		3
		Mario Diaz	25.41	7.57		
		Rosa Ramirez	36.53	11.52		
<b>Father's Day 10K</b>	6/19/2016	Julie Hardin	49.18	7.57	1	1
<b>Canyon Meadow 50K</b>	6/18/2016	Rosa Melendez	5.11.49	10.04	1	1
<b>Sugar Daddy Half</b>	6/18/2016	Josue Diaz	1.28.29	6.45	2	4
		Brian Frank	1.43.18	7.53	1	
		Heidi Carrens	2.33.50	11.44		
<b>Sugar Daddy 10K</b>	6/18/2016	Mario Diaz	54.22	8.45	1	
<b>Sugar Daddy 5K</b>	6/18/2016	Kevin Frank	22.26	7.13	1	
		Annette Frank	28.01	9.01	1	
		Rosa Ramirez	38.21	12.21		
<b>Valley Crest Half</b>	6/12/2016	Michael Eastburn	1.22.07	6.16	1	2
		Maggie Shearer	1.36.08	7.20	2	4
		Polo Islas	1.50.09	8.24		
		Akiko Crawford	2.05.50	9.36		
		Julie Hardin	2.12.28	10.07		
		Daisy Mendoza	2.17.16	10.29		
		Barry Freeman	2.18.01	10.32		
		Dee Dee Urquhart	3.00.19	13.46		
<b>Shadow of the Giants 50K</b>	6/11/2016	Jon Tice	7.22.56	14.15		
		Caroline Shahin	8.08.08	15.43		
<b>Heartland Series Marathon Day 3</b>	6/7/2016	Dee Dee Urquhart	6.32.05	14.58		(IN)
<b>Heartland Series Marathon Day 2</b>	6/6/2016	Dee Dee Urquhart	6.44.40	15.27		(MI)

<b>Heartland Series Marathon Day 1</b>	6/5/2016	Dee Dee Urquhart	7.39.05	17.31		(OH)
<b>World Famous 10K Mud Run</b>	6/5/2016	Stephanie Acre	1.25.09	13.42	2	
<b>Love Run Half</b>	6/5/2016	Vic Cohen	2.27.20	11.15	6	
<b>Love Run 10K</b>	6/5/2016	Lubos Brieda	44.53	7.13	4	
		Jake Freeman	46.32	7.29	2	
		Julie Hardin	47.52	7.42	1	
		Ellen Reiner	49.45	7.56	2	
		Sandra Brieda	52.16	8.25		
		Susan Keithley	58.30	9.25		
		Eileen Cohen	1.17.00	12.24	2	
<b>Love Run 5K</b>	6/5/2016	Jenniffer Sunahara	20.52	6.43	2	
<b>May - Posted 5/31/16*</b>						
<b>Fiesta Days 10K</b>	5/30/2016	Mario Diaz	54.30	8.46	2	
<b>Laguna Hills Half</b>	5/30/2016	Linda Pulver	3.10.27	14.32		
<b>Lake Balboa Half</b>	5/29/2016	Josue Diaz	1.49.43	8.22		
<b>Lake Balboa 5K</b>	5/29/2016	Ken Kochakji	40.26	13.02	3	
		Rosa Ramirez	41.58	13.32		
<b>Mountains 2 Beach Marathon</b>	5/29/2016	Elena Lerner	4.02.16	9.14		
		Heather Hettinger	4.05.00	9.21		
		Michael Berger	4.07.03	9.25		
<b>Mountains 2 Beach Half*</b>	5/29/2016	Caitlin Jacobsen	1.30.27	6.57	2	10
		Brian Frank	1.33.38	7.08	1	
		Julie Hardin	1.44.20	7.57	4	
		Stephanie Acre	2.09.15	9.51		
		Michael Hardin	2.26.05	11.09		
		Stefanie Elkins	2.33.57	11.45		
		Dee Dee Urquhart	3.10.40	14.33		
<b>Chicago Spring Half</b>	5/21/2016	Rosa Ramirez	3.01.18	13.50		
<b>Xterra Malibu Creek 22K</b>		Maggie Shearer	1.55.57	8.29	1	1
	5/21/2016	Caroline Shahin	3.39.37	16.04		
<b>Xterra Malibu Creek 6K</b>	5/14/2016	Hector Mendoza	25.30	6.50	1	1
<b>Mission Possible 5K</b>	5/14/2016	Stephanie Acre	29.41	9.33	1	6
<b>Born to Run 10M</b>	5/14/2016	Bady Salas	1.22.52	8.17	3	6
<b>Born to Run 60M</b>	5/14/2016	Joy Castanares	26.58.48	26.58	4	
<b>Born to Run 30M</b>	5/8/2016	Rosa Melendes	4.37.08	9.14	3	
<b>Independence Series Marathon 5</b>	5/7/2016	Dee Dee Urquhart	7.11.09	16.27		
<b>Independence Series Marathon 4</b>	5/5/2016	Dee Dee Urquhart	5.58.47	13.42		
<b>Independence Series Marathon 2</b>	5/4/2016	Dee Dee Urquhart	7.05.38	16.15		
<b>Independence Series Marathon 1</b>	5/8/2016	Dee Dee Urquhart	6.16.58	14.23		
<b>Mother's Day 5K</b>	5/7/2016	Phyllis Blazejewski	47.54	15.25		
<b>REVEL Mt. Charleston Marathon</b>		Lauren Case	3.30.07	8.01	2	
	5/7/2016	Joe Ogata	3.49.06	8.44	1	
<b>REVEL Mt. Charleston Half</b>		Josue Diaz	1.21.21	6.12	1	5
		Lori Wilson	1.30.20	6.58	1	

	5/7/2016	Mario Diaz	2.48.20	12.50		
<b>Wild Wild West Marathon</b>	5/7/2016	Saundra Whitehead	7.37.55	17.29		
<b>Santa Barbara Wine Country Half</b>	5/1/2016	Julie Hardin	1.46.44	8.08	5	
<b>Verdugo Mountains 10K</b>		Michael Eastburn	44.09	7.06	1	4
		Polo Islas	44.23	7.08	1	5
		Herctor Mendoza	46.42	7.31	3	
		Maggie Shearer	48.52	7.52	1	1
		Naomi Bisagno	51.18	8.15	1	3
		Amir Medovoi	52.17	8.25	5	
		Yanet Urciaga	52.49	8.30	1	4
		Franky Ortega	52.59	8.32		
		Rene Canizales	56.08	9.02		
		Abby Canizales	57.13	9.12	3	
		Akiko Crawford	1.04.52	10.26	5	
		Jaime Mariscal	1.06.39	10.44		
		Duane McDowell	1.07.00	10.47		
		Nathaniel Marco	1.07.02	10.47	3	
		Claude Rossignol	1.08.58	11.06		
		Stephanie Acre	1.13.50	11.53		
		Mariela Mariscal	1.14.21	11.58		
		Daisy Mendoza	1.18.55	12.42		
		Ana Saravia	1.22.02	13.12		
	5/1/2016	Jeff Robins	1.28.24	14.14		
<b>OC Marathon</b>		Joe Ogata	4.10.46	9.34		
		Juana Arms	4.20.35	9.57	5	
	5/1/2016	Caroline Shahin	5.47.14	13.15		
<b>OC Half</b>		Dee Dee Urquhart	2.56.14	13.27		
<b>APRIL - Posted 5/1/16*</b>						
	4/30/2016					
<b>SLO Half</b>	4/24/2015	Linda Pulver	3.14.41	14.51		
<b>Ojai Half</b>		Josue Diaz	1.31.42	7.00	4	6
	4/24/2015	Norma Gonzales	1.39.40	7.36	3	4
<b>Ojai 10K</b>	4/24/2016	Mario Diaz	53.27	8.37	2	
<b>Big Sur Marathon</b>		Lauren Case	4.07.25	9.26		
		Rhonda Litt	4.56.36	11.19		
		Todd Covert	5.24.36	12.23		
	4/24/2016	Jon Tice	5.43.42	13.07		
<b>Gator Run 5K</b>		Kristin Morales	25.12	8.06	1	
		Matt Adams	29.22	9.26		
		Dan Adams	37.52	12.11	4	
	4/22/2016	Bruce Adams	37.52	12.11		
<b>Riverboat Day 6 - Marathon -MO</b>	4/20/2016	Dee Dee Urquhart	7.38.08	17.29		
<b>Riverboat Day 4 - Marathon -TN</b>	4/19/2016	Dee Dee Urquhart	6.47.48	15.34		
<b>Riverboat Day 3 - Marathon -MS</b>	4/18/2016	Dee Dee Urquhart	7.13.23	16.32		
<b>Boston Marathon</b>		Polo Islas	2.51.02	6.32		
		James McGuire	3.12.32	7.21		

		Brian Frank	3.29.32	8.00		
		Abby Canizales	3.31.19	8.04		
		Lauren Case	3.56.54	9.02		
		Julie Hardin	4.06.00	9.23		
		Michelle Krok	4.13.53	9.41		
		Jesus Martinez	4.41.18	10.44		
<b>Victory for Victims 10K</b>	4/17/2016	Todd Covert	5.12.22	11.55		
		Mario Diaz	53.16	8.34	2	
		Doron Tisser	53.53	8.40	1	
		Ana Saravia	56.44	9.08	4	
<b>Victory for Victims 5K</b>	4/17/2016	Susan Keithley	28.53	9.18	3	
		Phyllis Blazejewski	30.37	9.51	2	
		Daisey Mendoza	33.39	10.50		
		Floyd Meyers	37.44	12.09	5	
		Ken Kochakji	40.37	13.04		
<b>Leona Divide 50M</b>	4/16/2016	Jaime Mariscal	13.07.01	15.44		
<b>Leona Divide 50K</b>	4/16/2016	Caitlin Jacobsen	5.11.27	10.02	2	3
		Adam Talan	5.12.51	10.05	2	
		Ana Saravia	6.59.27	13.31		
		Mariela Mariscal	7.12.19	13.56		
		Joy Castanares	8.05.04	15.38		
		Daisy Mendoza	8.46.14	16.58		
<b>Leona Divide 30K</b>	4/16/2016	Amir Medovoi	2.52.39	9.16	2	5
		Heather Hettinger	3.43.02	11.59	4	8
		Elena Lerner	4.04.00	13.07		
<b>Leslie Cohen 5K</b>	4/16/2016	Ellen Reiner	24.09	7.47	1	
	4/10/2016	Michael Berger	25.21	8.10	3	
<b>The Outstanding Half</b>	4/9/2016	Dee Dee Urquhart	3.29.06	15.58		
<b>Play It Forward 5K</b>	4/9/2016	Ken Kochakji	42.26	13.40		
<b>Hollywood Half</b>		Brian Frank	1.36.35	7.22	6	
		Julie Hardin	1.50.17	8.25	3	
		Luis Moreira	1.53.06	8.38		
		Rhonda Litt	2.21.41	10.49		
		Dee Dee Urquhart	2.36.26	11.54		
		Steve Stillman	3.03.01	13.58		
	4/9/2016	Raquel Lopez	3.12.30	14.42		
<b>Hollywood 10K</b>	4/9/2016	Rosa Ramirez	1.32.59	15.00		
<b>Hollywood 5K</b>		Mike Kukuchka	25.03	8.05	2	
	4/3/2016	Michael Berger	26.56	8.41	6	
<b>Pasadena Trail Challenge 9 Mile</b>	4/3/2016	Diana Rush	1.34.17	10.28	2	7F
<b>Pasadena Trail Challenge 6 Mile</b>	4/2/2016	Steve Matsuda	1.29.46	14.58		
<b>Ahmanson 12K</b>		Polo Islas	45.37	6.07	1	3
		Matan Mayer	45.54	6.09	2	4
		Franky Ortega	49.09	6.35	2	6
		Maggie Shearer	51.35	6.55	1	1F
		Caitlin Jacobsen	53.06	7.07	1	3F
		Abby Canizales	55.45	7.29	2	

		Amir Medovoi	57.03	7.39		
		Tim Panec	58.40	7.52		
		Claude Rossignol	1.03.15	8.29		
		Barry Freeman	1.17.03	10.20		
		Daisy Mendoza	1.19.18	10.38		
		Lenny Garza	1.21.02	10.52		
		Dave Anton	1.32.56	12.28		
	4/2/2016	Eileen Cohen	1.44.19	13.59	1	
<b>4-miles Hill Challenge</b>		Josue Diaz	31.21	7.50	3	9
		Norma Gonzales	35.53	8.58	2	3F
		Mario Diaz	45.25	11.21	2	
		<b>MARCH - Posted 3/28/16</b>				
	3/27/2016					
<b>Friendship Run 5K</b>		Josue Diaz	19.42	6.20		3
		Norma Gonzales	21.33	6.56		6
		Mario Diaz	26.27	8.31		15
<b>Mainly Marathons</b>	3/23/2016					
<b>Dust Bowl Series - Day 1-Marathon</b>	3/24/2016	Dee Dee Urquhart	8.13.58	18.51		
<b>Dust Bowl Series - Day 2-Marathon</b>	3/25/2016	"	7.44.16	17.43		
<b>Dust Bowl Series - Day 3-Marathon</b>	3/26/2016	"	8.07.18	18.36		
<b>Dust Bowl Series - Day 4-Marathon</b>	3/27/2016	"	7.38.04	17.29		
<b>Dust Bowl Series - Day 5-Marathon</b>	3/20/2015	"	8.12.49	18.48		
<b>Canyon Meadows Trail Marathon*</b>	3/20/2015	Rosa Melendez	4.17.57	9.51	2	4
<b>Valencia Trail Half</b>	3/20/2016	Mariscal Mariela	3.07.15	14.18		
<b>PCRF Half</b>		Michelle Krok	2.58.35	13.37		
	3/20/2016	Linda Pulver	3.10.59	14.34		
<b>Spring Equinox Half</b>	3/19/2016	Juana Arms	1.51.21	8.30	1	9
<b>Chesebro Half</b>		Maggie Shearer	1.31.06	6.57	1	1
		Caitlin Jacobsen	1.36.38	7.22	1	3
		Tim Panec	1.44.20	7.57		
		Caryn Panec	2.03.36	9.25		
		Mariela Mariscal	2.09.28	9.52		
		Hector Mendoza	2.11.23	10.01		
		Vic Cohen	2.20.25	10.43		
		Jon Tice	2.24.19	11.00		
		Jamie Mariscal	2.30.52	11.30		
	3/19/2016	Caroline Shahin	2.42.44	12.29		
<b>Pacific Half</b>		Julie Hardin	1.55.31	8.49	2	
		Joe Ogata	1.58.42	9.03	2	
	3/19/2016	Michael Berger	2.09.47	9.54		
<b>Old Agoura 10K</b>		Abby Canizales	41.44	6.43	2	2
		Jennifer Sunahara	46.05	7.25	1	7
		Kristin Morales	53.33	8.38	5	
		Linda Manzer	1.01.32	9.55		
		Stefanie Elkins	1.09.36	11.12		
	3/19/2016	Linda Hood	1.10.41	11.24		

<u>Deena Kastor 5K</u>		Elaine Rayman	46.59	15.09	2	
	3/19/2016	Sam Wildman	51.18	16.32	3	
<u>Ocean Breeze Half</u>	3/19/2016	Dee Dee Urquhart	3.04.04	14.03		
<u>Catalina Marathon</u>		Cindy Lawson	7.34.21	17.20		
	3/13/2016	Saundra Whitehead	7.53.57	18.05		
<u>Rockin' Shamrock Half</u>	3/13/2016	Dee Dee Urquhart	3.01.06	13.49		
<u>Rockin' Shamrock 5K</u>	3/12/2016	Phyllis Blazejewski	28.58	9.19		
<u>Beach Dash Half</u>	3/6/2016	Dee Dee Urquhart	3.05.28	14.09		
<u>Napa Valley Marathon</u>	3/6/2016	Joe Ogata	3.43.25	8.32	3	
<u>Little Rock Marathon</u>	3/5/2016	Dee Dee Urquhart	6.27.13	14.46		
<u>Single Track Stampede 22K</u>	3/5/2016	Caroline Shahin	3.29.06	15.18	4	
<u>Griffith Park Marathon</u>	3/5/2016	Michelle Krok	4.59.18	11.25	5	
<u>Griffith Park Half</u>		Josue Diaz	1.36.59	7.24	3	3
<b><u>FEBRUARY - Posted 3/4/16</u></b>						
	2/28/2016					
<u>Brea 8K</u>		Abby Canizales	32.20	6.31	3	
		Naomi Bisagno	32.59	6.39	4	
		Amir Medovoi	35.38	7.11		
		Chuck Foote	38.31	7.45	2	
		Michael Berger	43.07	8.41		
	2/21/2016	Helga Jessen	56.17	11.20	1	
<u>Firecracker 10K</u>		Lawrence Feinberg	1.04.33	10.22		
		Todd Covert	1.09.36	11.12		
		Elizabeth Covert	1.09.36	11.12		
		Tynisha King	1.10.04	11.17		
	2/21/2016	Saundra Whitehead	1.11.31	11.31		
<u>Firecracker 5K</u>		Kurt Garcia	32.34	10.29		
		Maria Escobedo	32.47	10.33		
		Nidia Montenegro	32.53	10.35		
		Allison Garcia	39.23	13.41		
<u>Gasparella Distance Classic</u>	2/21/2015					
<u>Half Marathon</u>		Dee Dee Urquhart	2.43.12	12.26		
	2/21/2015	Corey Urquhart	2.59.43	13.42		
<u>8K</u>	2/20/2016	Dee Dee Urquhart	1.08.15	13.43		
<u>15K</u>	2/20/2016	Dee Dee Urquhart	2.02.02	13.05		
<u>5K</u>	2/20/2016	Dee Dee Urquhart	42.51	13.46		
<u>Divas Half Marathon</u>		Julie Hardin	1.52.00	8.32	3	
		Norma Gonzales	2.08.11	9.46		
	2/20/2016	Linda Pulver	3.41.59	16.55		
<u>Pancreatic Cancer 5K</u>	2/20/2016	Kristin Morales	24.20	7.51		
<u>Bishop Alemany 5K</u>		Chris Ellis	31.38	10.11	3	
	2/14/2016	Patty Ellis	44.07	14.12	3	
<u>Valentine's Day 5K</u>	2/14/2016	Phyllis Blazejewski	29.22	9.27	1	
<u>LA Marathon</u>		Raul Lopez	3.01.07	6.55	8	
		Shawn Young	3.04.56	7.04		
		James McGuire	3.06.03	7.08		

		Filipe Escobar	3.09.13	7.13		
		Alexis Escobar	3.30.18	8.02		
		Rhonda Litt	3.44.52	8.35		
		Joe Ogata	3.48.33	8.44		
		Megan Severa	3.50.59	8.49		
		Juana Arms	3.57.52	9.05		
		Akiko Crawford	4.00.57	9.12		
		Heather Hettinger	4.13.35	9.41		
		Jaime Mariscal	4.15.08	9.44		
		Mariela Mariscal	4.15.09	9.44		
		Elena Lerner	4.18.41	9.52		
		Ana Saravia	4.27.15	10.12		
		Michael Berger	4.27.27	10.13		
		Mike Kukuchka	4.29.40	10.18		
		Michelle Krok	4.52.38	11.10		
		Julie McDaniel	4.57.42	11.22		
		Daisy Mendoza	5.03.11	11.34		
		Masami Fukuhara	5.24.20	12.20		
		Caroline Shahin	5.38.37	12.56		
		Eileen McGuire	5.54.55	13.33		
		Ellen Demsky	5.55.17	13.34		
		Arlene Lewis	6.33.54	15.02		
		Kirsten Shura	6.34.30	15.03		
		Matt Todd	6.34.39	15.04		
		Gary Deitsch	6.47.17	15.33		
	2/14/2016	Tynisha King	8.06.28	18.34		
<b>Missions Half Marathon</b>	2/13/2016	Dee Dee Urquhart	3.09.35	14.28		
<b>LA Big 5K</b>		Josue Diaz	19.29	6.17	4	
	2/13/2016	Mario Diaz	27.14	8.46	1	
<b>Austin Half Marathon</b>	2/7/2016	Dee Dee Urquhart	2.59.22	13.42		
<b>Redondo Beach Super Bowl 10K</b>		Josue Diaz	40.07	6.28	5	
	2/7/2016	Mario Diaz	55.51	9.00		
<b>Surf City Marathon</b>		Jill Clark	4.15.29	9.45		
	2/7/2016	Michelle Krok	4.30.48	10.20		
<b>Surf City Half Marathon</b>	2/6/2016	Dee Dee Urquhart	3.08.43	14.24		
<b>Groundhog Day 5K</b>		Ken Kochakji	39.48	12.50	1	
<b>JANUARY '16</b>						
	1/31/2016					
<b>Highland Y Half</b>	1/30/2016	Dee Dee Urquhart	3.01.02	13.49	2	
<b>Bandit 6K</b>		Caitlin Jacobsen	38.04	10.12	1	3**
**third runner overall	1/30/2016					
<b>Winter Fun Half</b>	1/24/2016	Dee Dee Urquhart	2.54.10	13.18		
<b>Run to Remember Half</b>		Joe Ogata	1.45.23	8.03	1	
	1/24/2016	Dee Dee Urquhart	3.03.59	14.03		
<b>Run to Remember 5K</b>		Polo Islas	33.49	5.27	1	1
		Naomi Bisagno	41.28	6.41	2	4



		Chuck Foote	45.58	7.25	1	
		Julie Hardin	48.05	7.45	1	
	1/23/2016	Pat Connelly	1.20.24	12.58	1	
<b>Winter Wonderland Half</b>	1/23/2016	Dee Dee Urquhart	2.56.52	13.30	1	
<b>Pepperdine Costal 10K</b>	1/23/2016	Josue Diaz	43.56	7.04	1	2
<b>weSpark 5K</b>		Kristin Morales	18.55	7.53	1	1
	1/17/2016	Ken Kochakji	32.01	13.20	2	
<b>Star Wars Half</b>	1/17/2016	Akiko Crawford	1.50.56	8.28		
<b>Xterra Boney Mountain 21K</b>		Franky Ortega	1.55.00	8.49		
	1/9/2016	Abby Canizales	2.08.56	9.53	1	6
<b>Lake Mead Half</b>	1/9/2016	Dave Pinnick	1.48.37	8.17	2	9
<b>Southern California 18M</b>	1/9/2016	Joe Ogata	2.28.11	8.14	1	
<b>Southern California Half</b>	1/9/2016	Michael Berger	1.59.07	9.06		
<b>Foster the Future 5K</b>		Matan Mayer	16.27	5.16	1	1
		Steve Matsuda	37.39	12.03		
	1/9/2016	Ken Kochakji	39.32	12.38	3	
<b>A New Year/You Half</b>	1/3/2016	Dee Dee Urquhart	2.45.40	12.39		
<b>Camarillo Marathon</b>	1/3/2016	Michelle Krok	4.54.21	11.15		
<b>Camarillo Half</b>	1/3/2016	Jill Clark	1.53.15	8.39	2	
<b>New Years Half</b>		Megan Severa	1.45.09	8.02		
		Julie Hardin	1.52.06	8.33	1	
		Caroline Shahin	2.39.35	12.11		
		Dee Dee Urquhart	3.01.37	13.52		
	1/3/2016	Raquel Lopez	3.09.26	14.28		
<b>New Years 10K</b>		Franky Ortega	38.06	8.02	3	6
	1/3/2016	Diana Durfee	1.13.40	12.50		
<b>New Years 5K</b>		Julie Hardin	24.52	8.02	2	
		Chris Ellis	33.55	10.55	7	
<b>December</b>						
	12/31/2015					
<b>New Year's Eve Half</b>	12/27/2015	Dee Dee Urquhart	2.58.07	13.36		
<b>San Diego Holiday Half</b>	12/26/2015	Brian Frank	1.32.36	7.04	3	
<b>Operation Jack Marathon</b>	12/26/2015	Michelle Krok	4.20.49	9.57	2	
<b>Operation Jack Half</b>		Dee Dee Urquhart	2.47.00	12.45		
	12/25/2015	Sandra Whitehead	2.47.24	12.47	2	
<b>Happy Holiday Half</b>	12/20/2015	Dee Dee Urquhart	2.50.27	13.07		
<b>Holly Jolly Half</b>	12/20/2015	Josue Diaz	1.44.45	8.00	3	
<b>Holly Jolly 10K</b>	12/20/2015	Mario Diaz	55.46	9.00	1	
<b>Reindeer Run 5K</b>	12/19/2015	Phyllis Blazejewski	28.44	9.15	1	
<b>Paramount Marathon</b>	12/19/2015	Michelle Krok	4.51.45	11.08	2	4
<b>Paramount 30K</b>		Caitlin Jacobsen	2.29.39	8.02	2	2
	12/19/2015	Stephanie Acre	3.44.22	12.02	4	
<b>Paramount Half</b>		Alexis Escobar	1.34.34	7.13	2	4
	12/19/2015	Dee Dee Urquhart	3.05.11	14.08		
<b>Natasha Watley 5K</b>	12/13/2015	Norma Gonzales	21.05	6.47	1	1
<b>Holiday Half</b>		Julie Hardin	1.45.35	8.03	4	

		Michael Berger	2.08.21	9.47		
		Dee Dee Urquhart	2.48.20	12.50		
	12/13/2015	Linda Pulver	3.03.18	13.59		
<b>Santa to the Sea Half</b>		Ismael Samano	1.08.00	5.11	1	4
		Polo Islas	1.14.12	5.39	4	
	12/12/2015	Rosa Melendez	1.37.39	7.27	2	
<b>USATF National Club X/C</b>		Maggie Shearer	23.37	6.20		
<b>Women 6K</b>		Yanet Urciaga	24.29	6.34		
		Naomi Bisagno	24.34	6.36		
		Abby Canizales	26.37	7.06		
	12/12/2015	Jennifer Sunahara	26.55	7.14		
<b>Men 10K</b>	12/12/2015	Amir Medovoi	44.20	7.08		
<b>Fiesta 5K</b>		Chris Ellis	32.20	10.20	1	
		Ken Kochakji	41.56	13.25	2	
	12/6/2015	Patty Ellis	46.58	15.01	3	
<b>OTHTC High Desert 50K</b>	12/6/2015	Saundra Whitehead	46.58	14.33	3	
<b>OTHTC High Desert 30K</b>	12/6/2015	Cindy Lawson	4.23.34	14.10		
<b>RnR San Antonio Half</b>	12/6/2015	Linda Pulver	3.55.13	17.57		
<b>LaceUp Riverside Half</b>	12/5/2015	Josue Diaz	1.28.52	6.47	2	9
<b>So. Pasadena Tiger 10K</b>	12/5/2015	Rosa Melendez	48.46	7.52	1	6
<b>Spartan Spring 3+M</b>	12/5/2015	Liz Nieves-Robins	1.58.46			
<b>RnR San Antonio 10K</b>	12/5/2015	Linda Pulver	1.42.54	16.34		
<b>Rock It At Caspers Wilderness 12K</b>	12/5/2015	Eman Urbano	56.11	7.33	2	8
<b>Santa Monica-Venice 10K</b>		Brian Frank	43.08	7.25	2	
		Luis Moreira	47.46	7.41		
		Stephanie Acre	52.57	8.31		
		Rachelle Katz	56.57	9.10	4	
		Sam Wildman	1.46.27	17.08		
<b>November</b>						
	11/29/2015					
<b>Giving Thanks Marathon</b>		Dee Dee Urquhart	6.36.27	15.08		
	11/29/2015	Linda Pulver	6.36.27	15.08		
<b>Giving Thanks 5K</b>	11/28/2015	Phyllis Blazejewski	28.53	9.18		
<b>Pilgrim's Rock 10K</b>	11/28/2015	Barry Freeman	1.03.53	10.18	1	
<b>Turkey Dash Half</b>	11/27/2015	Dee Dee Urquhart	2.56.11	13.27		
<b>Turkey Trek Half</b>	11/26/2015	Dee Dee Urquhart	2.56.52	13.30		
<b>Burbank YMCA Turkey Trot 10K</b>		Rosa Melendez	47.05	7.35	2	
	11/26/2015	Joe Ogata	50.30	8.07	3	
<b>Burbank YMCA Turkey Trot 5K</b>		Stephanie Acre	27.05	8.43	3	
	11/26/2015	Stefanie Elkins	34.32	11.07		
<b>Santa Monica Turkey Trot Half</b>		Dee Dee Urquhart	3.16.36	15.04		
	11/26/2015	Linda Pulver	3.16.36	15.04		
<b>Dana Point Turkey Trot Masters 5K</b>	11/26/2015	Helga Jessen	32.12	10.22	<u>2</u>	
<b>T.O. Turkey Trot 5K</b>	11/26/2015	Matan Mayer	16.00	5.09	1	2
<b>LA Turkey Trot 10K</b>		Josue Diaz	31.21	5.52	3	
		Norma Gonzales	41.15	6.39	3	

	11/26/2015	Alex Vasquez	51.08	8.15		
<b>LA Turkey Trot 5K</b>		Francisco Son	19.19	6.14	2	9
		Caitlin Jacobsen	21.33	6.57	1	
	11/26/2015	Franky Ortega	21.46	7.01	7	
<b>Ventura Turkey Trot 5K</b>	11/26/2015	Kristin Morales	25.05	8.05	2	8
<b>Xterra Turkey Trot 10K</b>	11/22/2015	Caroline Shahin	1.32.36	14.54		
<b>Williams Route 66 Half</b>	11/21/2015	Dee Dee Urquhart	3.02.15	13.35		
<b>USA Half*</b>	11/21/2015	Brian Frank	1.35.03	7.16		
<b>Griffith Park Half</b>		Akiko Crawford	2.25.00	11.04		
	11/21/2015	Barry Freeman	2.44.25	12.33		
<b>Griffith Park 10K</b>	11/21/2015	Stephanie Acre	1.09.33	11.13	4	
<b>Catalina Eco Half</b>	11/15/2015	Jenna Weidig	2.33.49	11.44		
<b>SC X/C Championship Womens 8K</b>		Maggie Shearer	32.52	6.37	**	
<b>Open</b>		Caitlin Jacobsen	33.44	6.47	**	
		Yanet Urciaga	34.41	6.59	**	
<b>** 3rd Place Team</b>		Naomi Bisagno	35.35	7.09	**	
		Abby Canizales	37.51	7.37	**	
		Jennifer Sunahara	38.59	7.50	**	
		Rosa Melendez	40.25	8.08	**	
		Heather Hettinger	40.59	8.15	**	
		Elena Lerner	44.05	8.52		
		Michelle Krok	44.25	8.56		
		Stephanie Acre	51.04	10.16		
		Eileen McGuire	51.21	10.20		
	11/15/2015	Helga Jessen	59.51	12.02		
<b>SC X/C Championship Mens 10K</b>		Ismael Samano	33.07	5.20		
<b>Open</b>		Matan Mayer	35.24	5.42		
		Hector Mendoza	37.41	6.04		
	11/15/2015	Francisco Son	38.18	6.10		
<b>SC X/C Championship Mens 8K</b>		Polo Islas	28.00	5.38		5
<b>Open</b>		James McGuire	34.13	6.53		
	11/15/2015	Amir Medovoi	35.28	7.08		
<b>Walk of Ages 10K</b>	11/15/2015	Mario Diaz	56.50	9.10		
<b>Walk of Ages 5K</b>		Rachelle Katz	28.09	9.04	1	5
		Floyd Meyes	38.24	12.23		
		Bill Lovelace	43.28	14.01	5	
	11/15/2015	Sam Wildman	51.50	16.33	2	
<b>Surfers Point Half</b>	11/15/2015	Marie Steinman	2.13.03	10.11		
<b>Surfers Point 10K</b>	11/15/2015	Slade Barbosa	55.55	9.01	3	
<b>Surfers Point 5K</b>	11/14/2015	Rosa Ramirez	43.10	13.55		
<b>SRLA 15K</b>		Joe D'Ambra	1.39.52	10.43		
	11/8/2015	Adelina D'Ambra	2.05.27	13.28		
<b>Beach Dash Half</b>	11/8/2015	Dee Dee Urquhart	3.01.48	13.53		
<b>Santa Clarita Marathon</b>	11/8/2015	Brian Frank	3.34.47	8.12	4	
<b>Santa Clarita Half</b>		James McGuire	1.27.22	6.40	1	
		Julie Hardin	1.49.54	8.23	3	
		Alex Escobedo	2.01.22	9.16		

		Stephanie Acre	2.16.04	10.23		
		Eileen McGuire	2.31.05	11.32		
		Diana Durfee	2.40.42	12.16		
	11/8/2015	Arlene Lewis	2.47.50	12.49		
<b>Calabasas Classic 10K</b>		Joesph D'Ambra	1.03.20	10.11		
	11/8/2015	Adelina D'Ambra	1.19.29	12.47		
<b>Calabasas Classic 5K</b>		Maryam Burcham	30.38	9.52	2	
	11/7/2015	Sam Wildman	51.51	16.41	1	
<b>Revel Canyon Marathon</b>		Philip Steinman	3.10.40	7.16		
		Michelle Krok	3.53.16	8.54		
		Joe Ogata	3.55.01	8.58	2	
		Michael Berger	4.13.34	9.40		
		Ellen Demsky	4.58.54	11.24	1	
	11/7/2015	Caroline Shahin	5.40.15	12.59		
<b>Revel Canyon Half</b>		Lori Wilson	1.28.22	6.44	1	1W
		Dee Dee Urquhart	2.17.52	10.31	<b>PR by 11 min.</b>	
		Linda Pulver	3.02.25	13.55		
	11/7/2015	Francisco Son	3.06.38	14.14		
<b>Ray Miller 30K</b>	11/7/2015	Caitlin Jacobsen	2.53.24	9.19	1	2
<b>Hard Rock Café 5K</b>	11/1/2015	Jake Freeman	36.32	11.47		
<b>NYC Marathon</b>		Phillip Wright	3.47.59	8.42		
		Akiko Crawford	4.08.08	9.28		
<b>October</b>	10/31/2015					
<b>Javelina 100K</b>	10/31/2015	Wendy Young	16.40.47	16.06		
<b>Carrera de los Muertos 5K</b>	10/31/2015	Chris Ellis	31.27	10.07	4	
<b>Spooktacular 5K</b>		Josue Diaz	19.40	6.31	1	
	10/25/2015	Mario Diaz	26.24	8.31	1	
<b>RnR LA Half Marathon</b>		Julie Hardin	1.45.18	8.02	2	
		Melanie Mollo	2.12.58	10.09		
		Caroline Shahin	2.36.49	11.58		
		Robin Cheyne	2.40.09	12.13		
		Will Cheyne	2.40.10	12.14		
		Chris Ellis	2.40.46	12.16		
		Dee Dee Urquhart	2.42.48	12.26		
	10/25/2015	Patty Ellis	4.20.49	19.54		
<b>Surf City 10M</b>		Ellen Reiner	1.27.31	8.46		
		Masami Fukuhara	1.30.54	9.06		
		Stephanie Acre	1.40.11	10.02		
	10/25/2015	Linda Pulver	2.28.34	15.52		
<b>LA Cancer Challenge 15K</b>		Josue Diaz	1.06.12	7.06	1	3
	10/25/2015	Joe Ogata	1.11.28	7.4	1	8
<b>LA Cancer Challenge 10K</b>		Josue Diaz	45.52	7.23	2	
	10/25/2015	Joe Ogata	48.06	7.44	1	
<b>LA Cancer Challenge 5K</b>		Josue Diaz	20.20	6.33	1	7
		Joe Ogata	23.22	7.31	1	
		Rachelle Katz	26.50	8.38	1	

		Susan Keithley	27.35	8.58	2	
		Klara Zysman	38.02	12.14	1	
	10/18/2015	Ken Kochakji	38.53	12.31	1	
<b>Xterra Pt. Mugu 18M</b>		Hector Mendoza	1.13.22	6.34	1	5
	10/18/2015	Caroline Shahin	2.29.49	13.24	5	
<b>Nike Women's Half Marathon</b>		Jennifer Sunahara	1.44.29	7.59		
		Dee Dee Urquhart	2.36.17	11.56		
	10/18/2015	Stephanie Acre	2.39.31	12.11		
<b>Hermosa Beach Tri</b>	10/11/2015	Franky Ortega	55.14		2	11
<b>Owens Peak 10M</b>	10/11/2015	Doug Wilde	2.01.31	12.09	2	
<b>Jet Blue Long Beach Marathon</b>		Joe Ogata	4.05.19	9.22	5	
		Michelle Krok	4.34.16	10.28		
	10/11/2015	Saundra Whitehead	6.47.26	15.33		
<b>Jet Blue Long Beach Half</b>		Julie Hardin	1.48.10	8.15	2	
		Doron Tisser	1.57.55	9.00		
	10/11/2015	Michael Berger	1.59.38	9.29		
<b>Aguarium of the Pacific 5K</b>		Josue Diaz	19.53	6.24	2	<u>2</u>
		Norma Gonzales	22.15	7.10		
		Mario Diaz	27.03	8.43	1	
	10/10/2015	Laurie Tisser	52.01	16.46		
<b>Loop Da Lu 5K</b>	10/3/2015	Teresa Merritt	38.25	12.22		
<b>Kenneth Hahn Eco 8K</b>		Ismael Samano	25.27	5.07	2	2 #
		Polo Islas	27.08	5.28	1	6 #
		Matan Mayer	27.18	5.3	4	7 #
		Fraancisco Son	28.28	5.44		#
		Ryan Drobnick	29.38	5.58		#
		Franky Ortega	30.40	6.1		
		Rene Canizales	31.11	6.16		
		Maggie Shearer	31.39	6.22		##
		James McGuire	32.51	6.36		
		Caitlin Jacobsen	32.56	6.38		##
		Naomi Bisagno	33.33	6.45		##
		Yanet Urciaga	34.03	6.51		##
		Todd Covert	34.21	6.55	5	
		Amir Medovoi	34.56	7.02		
		Abby Canizales	36.11	7.17		##
		Rosa Melendez	37.49	7.36		
		Claude Rossignol	38.14	7.41		
		Vanessa Galvan	40.07	8.04		
		Heather Hettinger	40.22	8.07		
		Michelle Krok	42.01	8.27		
		Elena Lerner	42.51	8.37		
		Stephanie Acre	48.03	9.40		
		Elizabeth Covert	49.17	9.55		
		Eileen McGuire	52.05	10.29		
		Tynisha King	53.00	10.40		
	# 3rd tean men	Helga Jessen	1.23.14	16.47		

	## 2nd tean women					
	10/3/2015					
<b>RAD Run 10M</b>		Josue Diaz	1.10.21	7.02	1	9
<b>September</b>	9/26/2015					
<b>Bell-Jeff X/C 3M</b>		Matan Mayer	15.42	5.14	#	7
		Polo Islas	15.43	5.14	#	8
		Francisco Son	16.18	5.26	#	13
		Hector Memdoza	16.47	5.36	#	
		Ryan Drobnick	17.21	5.47	#	
		Franky Ortega	17.58	5.59	###	
		Rene Canizales	18.28	6.09		
		Alexis Escobar	18.37	6.12		
		Caitlin Jacobsen	18.56	6.19	##	
		Jennifer Sunahara	19.50	6.37	##	
		Amir Medovoi	20.09	6.43	###	
		Naomi Bisagno	20.10	6.43	##	
		Yanet Urciaga	20.36	6.52	##	
		Todd Covert	20.56	6.59	###	
		Doug Humphries	21.02	7.01	###	
		James McGuire	21.16	7.05	###	
		Abby Canizales	21.22	7.07	##	
		Luis Moreira	22.58	7.39	###	
		Elena Lerner	24.40	8.13	###	
		Michelle Krok	25.23	8.28		
		Stephanie Acre	28.14	9.25		
		Elizabeth Covert	29.24	9.48		
	# 3rd Place Male	Helga Jessen	36.19	12.06		
	## 3rd Place Female Team					
	### 1st Place Coed Team					
	9/20/2015					
<b>Stop Cancer 5K</b>		Phyllis Blazejewski	29.15	9.25	2	
		Maryam Burcham	31.14	10.03	2	
		Gustavo Fuentes	35.26	11.25		
		Ken Kochakji	40.26	13.01	2	
	9/13/2015	Joan Maxwell	50.47	16.21	4	
<b>Santa Monica Classic 10K</b>		Joanne Simsovits	53.18	8.36		
		Robin Cheyne	1.17.55	12.34		
	9/13/2015	Will Cheyne	1.17.56	12.34		
<b>Ventura Marathon</b>		Francisco Son	3.05.57	7.05		
		Norma Gonzales	3.38.19	8.19		
		Josue Diaz	3.40.01	8.23		
	9/13/2015	Joe Ogata	3.52.15	8.51	1	
<b>Ventura Half Marathon</b>		Julie Hardin	1.53.09	8.38		
		Akiko Crawford	2.00.41	9.12		
		Joe Hampton	2.27.44	10.53		
		Caroline Shahin	2.48.36	12.52		

	9/7/2015	Linda Pulver	3.32.24	16.21		
<b>Mt. Baldy Run to the Top - 7+M</b>		Ken Lewis	2.13.38			
	9/6/2015	Eileen cohen	2.50.04		1	
<b>Summer Breeze Half Marathon</b>	9/6/2015	Dee Dee Urquhart	3.09.29	14.28		
<b>Disneyland Half Marathon</b>		Brian Frank	1.37.33	7.27	4	
		Julie Hardin	1.51.39	8.31		
		Robin Cheyne	2.36.38	11.57		
		Will Cheyne	2.36.38	11.57		
<b>August</b>						
	8/29/2015					
<b>Mainly (Half) Marathons (RI)</b>	8/28/2015	Dee Dee Urquhart	3.02.41	13.54		
<b>Mainly (Half) Marathons (CT)</b>	8/27/2015	Dee Dee Urquhart	2.38.25	12.06		
<b>Mainly (Half) Marathons (Mass.)</b>	8/26/2015	Dee Dee Urquhart	3.25.12	15.29		
<b>Mainly (Half) Marathons (VT)</b>	8/25/2015	Dee Dee Urquhart	2.42.21	12.22		
<b>Mainly (Half) Marathons (NH)</b>	8/24/2015	Dee Dee Urquhart	3.03.58	13.58		
<b>Mainly (Half) Marathons (Maine)</b>	8/29/2015	Dee Dee Urquhart	2.53.47	13.16		
<b>Jet to Jetty 10K*</b>		Joe Ogata	48.15	4.46	1	
	8/23/2015	Michael Berger	53.20	8.35	5	
<b>Santa Rosa Marathon</b>		Abby Canizales	3.33.27	8.08		
		Duane McDowell	3.52.39	8.52		
		Amir Medovoi	3.55.13	8.58		
	8/23/2015	Michelle Krok	4.00.33	9.10		
<b>Santa Rosa Half Marathon</b>		James McGuire	1.27.40	6.41	3	
		Naomi Bisagno	1.32.39	7.04	4	
		Julie Hardin	1.45.34	8.03	3	
	8/23/2015	Rigo Mendoza	1.46.31	8.07		
<b>Santa Rosa 5K</b>		Polo Islas	16.30	5.19	1	1
		Jennifer Sunahara	19.58	6.24	2	3
	8/22/2015	Bady Salas	22.46	7.20	4	
<b>Bulldog 50K</b>		Adam Talan	5.24.47	10.27		
	8/22/2015	Paul Weinberger	7.23.25	14.16		
<b>Bulldog 25K</b>		Rene Canizales	2.04.08	7.59	3	9
		Caitlin Jacobsen	2.05.51	8.06	1	1
		Akiko Crawford	2.51.53	11.04		
		Claude Rossignol	2.53.05	11.08		
		Lenny Garza	3.05.26	11.56		
		Barry Freeman	3.08.22	12.08		
		Caroline Shahin	4.00.14	15.28		
	8/20/2015	Saundra Whitehead	4.16.28	17.09		
<b>COC x/c Series #7 3M</b>		Matan Mayer	16.01	5.20	1	5
		Polo Islas	16.18	5.26	1	8
		Rene Canizales	18.19	6.06	2	
		Alan Jacobsen	19.35	6.32	4	
		Caitlin Jacobsen	19.46	6.35	1	9
		Mauricio Pacaios	20.35	6.52	3	
		Paul Schuster	21.34	7.11	2	

		Luis Moreira	22.57	7.39		
		Heather Hettinger	23.03	7.41	3	
		Brian Spangenberg	24.33	8.11		
		Amir Medovoi	24.35	8.12		
		Michelle Krok	24.37	8.12	2	
		Stephanie Acre	26.00	8.40	1	
	8/16/2015	Arlene Lewis	34.01	11.20	1	
<b><u>Hansen Dam Sprint Triathlon</u></b>		Franky Ortega	1.04.57		2	10
		Jason Ades	1.28.26			
	8/16/2015	Ellen Demsky	1.48.16		1	
<b><u>AFC Half Marathon</u></b>	8/15/2015	Joe Ogata	1.50.14	8.25	2	
<b><u>Ventura YMCA 5K</u></b>	8/15/2015	Ken Kochakji	38.24	12.22	6	
<b><u>Superhero 10K</u></b>		Naomi Bisagno	47.04	7.34	1	4
	8/13/2015	Julie Hardin	56.22	9.04	4	10
<b><u>COC x/c Series #6 3M</u></b>		Paul Schuster	21.4	7.13	1	
		Heather Hettinger	23.37	7.52	1	
		Michelle Krok	24.24	8.08	1	
		Elena Leruer	26.55	8.58	1	
		Stephanie Acre	29.03	9.41	2	
	8/12/2015	Arlene Lewis	34.49	11.36	1	
<b><u>Simi Valley Summer Series #3 5K</u></b>		Rene Canizales	19.29	6.16		
	8/9/2015	Amir Medovoi	22.28	7.18		
<b><u>Summer Time Half Marathon</u></b>	8/9/2015	Dee Dee Urquhart	2.53.39	13.15		
<b><u>Arroyo Creek Half Marathon</u></b>		Josue Diaz	1.34.54	7.15		
		Julie Hardin	1.47.34	8.13	3	
	8/9/2015	Doron Tisser	1.50.09	8.25	2	
<b><u>Arroyo Creek 5K</u></b>		Kristin Morales	25.17	8.09	2	
	8/6/2015	Rosa Ramirez	38.21	12.22		
<b><u>COC x/c Series #5 3M</u></b>		Adam Talan	17.00	5.40		
		Rene Canizales	18.40	6.13	2	
		Amir Medovoi	21.03	7.01	3	
		Paul Schuster	21.47	7.16	2	
		Joe Ogata	22.56	7.39	1	
		Duane McDowell	23.13.3	7.44		
		Heather Hettinger	23.13.5	7.45	2	
		Michelle Krok	24.20	8.07	1	
		Brian Spangenberg	26.28	8.49		
		Marlon Duarte	28.54	9.38		
	8/2/2015	Arlene Lewis	34.45	11.35	1	
<b><u>La Luz Trail Run 14.4841K</u></b>	8/1/2015	Caitlin Jacobsen	2.09.15	14.22	5	
<b><u>Pride of the Valley 5K</u></b>		Josue Diaz	19.54	6.25	4	
		Joe Ogata	23.41	7.38	1	
<b><u>JULY</u></b>						
	7/30/2015					
<b><u>COC x/c Series #4 3M</u></b>		Alexis Escobar	19.13	6.14		
		Amir Medovoi	21.47	7.16	2	



		Luis Moreira	23.13	7.44	4	
		Joe Ogata	23.35	7.52	1	
		Heather Hettick	23.39	7.53	1	
		Michelle Krok	24.46	8.15	2	
		Marlon Duarte	26.35	8.32	2	
	7/29/2015	Arlene Lewis	36.07	12.02	1	
<b>Simi Valley Pioneer 5K x/c</b>		Polo Islas	17.36	5.40		3
	7/26/2015	Rene Canizales	19.55	6.25		6
<b>San Francisco 1st Half Marathon</b>	7/26/2015	Jennifer Sunahara	1.39.45	7.37		
<b>San Francisco 2nd Half Marathon</b>	7/26/2015	Julie Hardin	1.52.21	8.35	5	
<b>New Mexico State Parks #4 Half</b>	7/25/2014	Dee Dee Urquhart	3.19.00	15.11		220th Half
<b>New Mexico State Parks #3 Half</b>	7/25/2014	Dee Dee Urquhart	3.28.32	15.55		219th Half
<b>Cypress 10K</b>	7/23/2015	Michael Berger	54.46	8.49		
<b>COC x/c Series #3 3M</b>		Polo Islas	16.21	5.28	1	15
		Ryan Drobnick	16.48	5.36	1	
		Rene Canizales	18.25	6.08	3	
		Alexis Escobar	19.34	6.31		
		Caitlin Jacobsen	19.42	6.34	1	
		Amir Medovoi	21.09	7.03		
		Paul Schuster	22.13	7.24	2	
		Luis Moreira	22.40	7.33		
		Duane McDowell	23.44	7.55		
		Joe Ogata	24.09	8.03	1	
		Heather Hettick	24.33	8.11	3	
		Michelle Krok	24.35	8.12	2	
		Stephanie Acre	30.04	10.01	3	
		Arlene Lewis	34.54	11.38	2	
	7/19/2015	Jason Farhanbod	37.48	12.36		
<b>Foothill 5K</b>	7/18/2015	Josue Diaz	24.20	7.50	1	7
<b>Griffith Park Trail Marathon Relay</b>		Francisco Son (leg 1)	32.17	6.09		
	7/18/2015	Joy Castanares (leg 1)	1.04.22	12.17		
<b>Awesome 80's 10K</b>	7/18/2015	Julie Hardin	49.55	8.02	1	
	7/16/2015	Rosa Ramirez	31.48	10.14		
<b>COC x/c Series #2 3M</b>		Mayan Mayer	16.57	5.39	2	12
		Rene Canizales	18.50	6.17	2	
		Naomi Bisagno	19.42	6.34	1	12
		Caitlin Jacobsen	20.00	6.40	2	14
		Amir Medovio	20.54	6.58	1	
		Jen Sunahara	21.03	7.01	2	
		Luis Moreira	22.33	7.31		
		Joe Ogata	25.06	8.22	1	
		Arlene Lewis	35.24	11.48	1	
	7/12/2015	Jason Farhanbod	41.16	13.45		
<b>Shoreline Half Marathon</b>		Julie Hardin	1.50.02	8.24	3	
	7/11/2015	Dee Dee Urquhart	2.52.28	13.10		
<b>Summer Fun Half Marathon</b>	7/11/2015	Dee Dee Urquhart	2.45.00	12.36	1	
<b>Summer Fun 5K</b>	7/9/2015	Phyllis Blazejewski	28.30	9.10	2	

<b>COC x/c Series #1 3M</b>		Mayan Mayer	17.02	5.41	2	
		Rene Canizales	18.48	6.16	2	
		Naomi Bisagno	20.20	6.47	1	9
		Amir Medovio	20.31	6.50	4	
		Joe Ogata	24.43	8.14	1	
		Andrea Drobnick	26.18	8.46	3	
	7/4/2015	Arlene Lewis	34.20	11.27	1	
<b>Independence Day Classic 10K</b>		Josue Diaz	43.30	7.00	2	
		Brian Frank	44.20	7.08	2	
	7/4/2015	Joe Ogata	51.55	8.21	1	
<b>Independence Day Classic 5K</b>		Joe Ogata	25.21	8.09	2	
		Brian Frank	28.08	9.03		
	7/4/2015	Rosa Ramirez	38.56	12.31		
<b>Will Rogers 10K</b>		Julie Hardin	49.55	8.02	4	
	7/4/2015	Michael Berger	55.56	9.01		
<b>Will Rogers 5K</b>		Kristin Morales	26.10	8.26		
		Rachelle Katz	28.01	9.01	2	
	7/4/2015	Sam Wildman	57.17	18.27	3	
<b>Village Runner 5K</b>		Monika Rye	28.17	9.06		
<b>JUNE</b>	6/28/2015					
<b>CA Senior Games 10K</b>	6/28/2015	Michael Berger	56.08	9.02	3	
<b>CA Senior Games 5K</b>	6/21/2015	Michael Berger	26.38	8.34	3	
<b>Father's Day Half Marathon</b>	6/21/2015	Dee Dee Urquhart	3.08.06	14.22		
<b>Father's Day 5K</b>	6/21/2015	Phyllis Blazejewski	28.23	9.08	1	
<b>Mammoth Half Marathon</b>	6/20/2015	Julie Hardin	1.59.17	9.06	5	
<b>Canyon Meadow Trail Run 50K</b>	6/20/2015	Rosa Melendez	5.17.32	10.13	1	2
<b>Descanso Gardens 5K</b>		Rene Canizales	23.20	7.31	1	1
		Abby Canizales	24.22	7.51	1	1
		Raquel Lopez	40.02	12.51		
	6/20/2015	Joan Maxwell	1.03.53	20.34		
<b>Play It Forward 5K</b>		Shayna Ades	57.39	18.33		
		Jason Ades	57.39	18.33		
	6/14/2015	Randy Weiss	\$ 57.40	18.34		
<b>Father's Day 5K</b>		Josue Diaz	20.39	6.40	1	10
		Mike Kukuchka	24.16	7.50	1	
		Kristin Morales	24.46	7.59	4	
		Mario Diaz	24.58	8.03	2	
	6/14/2015	Ellen Reiner	25.12	8.08	1	
<b>Valley Crest Half Marathon</b>		Francisco Son	1.23.30	6.22	1	2
		Ryan Rollins	1.24.45	6.28	2	3
		Evan Talan	1.25.21	6.31	1	4
		Adam Talan	1.27.19	6.40	2	5
		Eman Urbanno	1.35.08	7.19	4	
		Naomi Bisagno	1.37.36	7.27	2	2
		James McGuire	1.39.02	7.34	3	
		Todd Covert	1.40.08	7.39	2	

		Abby Canizales	1.43.09	7.55	1	4
		Caitlin Jacobsen	1.44.23	7.58	3	5
		James Plaxton	1.47.14	8.11		
		Matt Todd	1.47.51	8.14		
		Claude Rossignol	1.53.42	8.41		
		Duane McDowell	1.58.48	9.04		
		Jason Ades	2.10.30	9.58		
	6/14/2015	Barry Freeman	2.18.02	10.32		
<b>LA Frontrunners Pride 5K</b>	6/13/2015	Pat Bates	36.19	11.41	3	
<b>R'nR Seattle Half Marathon</b>	6/7/2015	Dee Dee Urquhart	2.38.19	12.05		
<b>Love Run 10K</b>		Julie Hardin	48.06	7.44	2	
		Chris Opfell	48.42	7.50		
		Joe Ogata	50.42	8.10	1	
	6/7/2015	Susan Keithley	57.36	9.16		
<b>Love Run 5K</b>		Maryam Burcham	30.06	9.41	2	
	6/6/2015	Sam Wildman	46.28	15.57	1	
<b>Shadow of the Giants 50K</b>		Diana Rush	5.46.24	11.09	1	
	6/6/2015	Caroline Shahin	8.37.03	16.38		
<b>Joggin for the Noggin 10K</b>	6/6/2015	Joe Hampton	57.58	9.21	3	
<b>Joggin for the Noggin 5K</b>	6/3/2015	Diana Durfee	36.24	11.45		
<b>Heartland Series- Day 3 Half - IN</b>	6/1/2015	Dee Dee Urquhart	3.01.13	13.50		
<b>Heartland Series- Day 1 Half - Ohio</b>		Dee Dee Urquhart	2.47.20	12.46		
<b>MAY</b>	5/31/2015					
<b>San Diego RnR Marathon</b>		Joe Ogata	3.58.48	9.27	3	
	5/31/2015	Chris Ellis	6.26.56	14.46		
<b>San Diego RnR Half Marathon</b>		Megan Severa	1.43.43	7.55		
	5/31/2015	Paul Weinberger	1.48.08	8.15		
<b>Team Ortho Minneapolis Half</b>	5/30/2015	Dee Dee Urquhart	2.39.56	12.12		
<b>Famous Great Potato Half- Idaho</b>	5/25/2015	Dee Dee Urquhart	2.49.19	12.55		
<b>Laguna Hills Half Marathon</b>		Joe Ogata	1.50.02	8.24	2	
		Julie Hardin	1.55.08	8.47		
		Dee Dee Urquhart	2.57.18	13.32		
	5/25/2015	Linda Pulver	3.30.17	16.03		
<b>Run for Warriors 5K</b>	5/24/2015	Josue Diaz	20.22	6.33	2	9
<b>Mountains 2 Beach Marathon</b>		Caitlin Jacobsen	3.12.49	7.22	1	12
		Julie Hardin	3.40.38	8.25	4	
	5/24/2015	Marie Steinman	4.22.50	10.02		
<b>Mountains 2 Beach Half Marathon</b>	5/16/2015	Dee Dee Urquhart	2.36.41	11.58		
<b>Xterra Malibu Creek 22K</b>		Alexis Escobar	2.02.51	8.50	3	
		Joanne Simsovits	2.47.21	12.14		
	5/16/2015	Caroline Shahin	3.39.01	16.01		
<b>Xterra Malibu Creek 6K</b>	5/16/2015	Hector Mendoza	25.37	6.52	1	1
<b>Born to Run 30M</b>	5/16/2015	Lauren Case	5.26.37	10.53	3	
<b>West Hills Freedom 5K</b>	5/10/2015	Ken Kochakji	35.40	11.29	1	
<b>Mother's Day 5K</b>	5/9/2015	Phyllis Blazjewski	28.22	9.08		
<b>Oxy Invite 1500 Meters</b>	5/9/2015	Matan Mayer	4.05.14	4.23	4	

<b>SB Wine Country Half Marathon</b>	5/3/2015	Brian Frank	1.39.15	7.34	2	
<b>Independence Series</b>	5/2/2015	Dee Dee Urquhart	3.00.33	13.47		
<b>Half Marathons</b>	5/1/2015	Dee Dee Urquhart	3.05.03	14.08		
	4/30/2015	Dee Dee Urquhart	3.46.38	17.18		
	4/29/2015	Dee Dee Urquhart	2.39.56	12.12		
	5/3/2015	Dee Dee Urquhart	2.52.00	13.08		
<b>OC Marathon</b>		Joe Ogata	3.56.42	9.03	2	
	5/3/2015	Michelle Krok	4.05.05	9.22		
<b>OC 5K</b>	5/3/2015	Michael Berger	25.44	8.17		
<b>Verdugo Mountains 10K</b>		Polo Islas	42.57	6.55	1	2
		Hector Mendoza	45.47	7.22	1	4
		Caitlin Jacobsen	52.21	8.25	1	1
		Amir Medovoi	53.00	8.32	4	
		Naomi Bisagno	54.03	8.42	1	3
		Norma Gonzales	1.00.25	9.43	4	
		Josue Diaz	1.00.26	9.44		
		Duane McDowell	1.05.24	10.32	5	
		Nathaniel Marko	1.10.18	11.19	4	
		Jeff Robins	1.25.53	13.49		
<b>April</b>	4/26/2015					
<b>Big Sur Marathon</b>	4/26/2015	Lauren Case	4.05.44	9.23		
<b>Ojai Half Marathon</b>	4/25/2015	Caroline Shahin	2.34.23	11.47		
<b>Hope, Steps &amp; A Cure 5K</b>	4/20/2015	Josue Diaz	20.48	6.42	4	5
<b>Boston Marathon</b>		James McGuire	3.03.22	7.00		
		Lauren Case	3.44.10	8.33		
	4/19/2015	Joe Ogata	3.59.00	9.07		
<b>Sunset Strip Half Marathon</b>		Josue Diaz	1.34.38	7.14	6	
		Julie Hardin	1.54.47	8.46	4	
		Mario Diaz	2.06.56	9.41	3	
		Michael Berger	2.09.37	9.54		
		Rhonda Litt	2.11.30	10.02		
		Dee Dee Urquhart	2.42.39	12.25		
	4/19/2015	Linda Pulver	3.12.41	14.42		
<b>Victory 4 Victims 10K</b>		Michelle Krok	49.17	7.56	2	5
		Jason Ades	52.25	8.26	5	
	4/19/2015	Chris Ellis	1.31.43	14.45	3	
<b>Victory 4 Victims 5K</b>		Polo Islas	16.18	5.11	1	2
		Franky Ortega	17.29	5.38	2	4
		Todd Covert	19.30	6.17	2	
		Naomi Bisagno	19.43	6.21	1	2
		Abby Canizales	19.46	6.22	1	3
		Amir Medovoi	20.45	6.41	2	
		Rene Canizales	23.07	7.26	5	
		Mike Kukuchka	23.57	7.42	5	
		Ellen Reiner	24.50	8.00	1	
		Floyd Meyers	34.12	11.00	2	

		Pat Connelly	36.14	11.40	2	
		Patty Ellis	46.15	14.53		
	4/18/2015	Sam Wildman	46.57	15.04	2	
<b>Leona Divide 50K</b>		Michael Berger	7.56.51	15.22		
	4/18/2015	Saundra Whitehead	8.32.32	16.32	2	
<b>Wickedky Fast Half Marathon</b>	4/17/2015	Dee Dee Urquhart	2.47.03	12.46		
<b>Riverboat Half Marathon -Day 5</b>	4/16/2015	Dee Dee Urquhart	2.51.25	13.05		
<b>Riverboat Half Marathon -Day 4</b>	4/15/2015	Dee Dee Urquhart	2.56.55	13.30		
<b>Riverboat Half Marathon -Day 3 (Dee Dee's 200th Half)</b>	4/14/2015	Dee Dee Urquhart	3.09.00	14.26		
<b>Riverboat Half Marathon -Day 2</b>	4/13/2015	Dee Dee Urquhart	3.12.14	14.40		
<b>Riverboat Half Marathon -Day 1</b>	4/11/2015	Dee Dee Urquhart	3.04.29	14.05		
<b>Hollywood Half Marathon</b>		Brian Frank	1.34.19	7.12		
		Julie Hardin	1.43.00	7.52		
		Rhonda Litt	2.04.10	9.29		
		Raquel Lopez	2.28.06	11.18		
	4/11/2015	Sam Wildman	3.47.24	17.22		
<b>Hollywood 5K</b>	4/4/2015	Linda Lee	50.46	16.2		
<b>American River 50M</b>		Wendy Young	12.08.40	14.34		
<b>MARCH</b>	3/29/2015					
<b>PCRF Half Marathon</b>		Dee Dee Urquhart	2.46.31	12.43		
	3/28/2015	Linda Pulver	2.50.31	13.01		
<b>Griffith Park Trail Half Marathon</b>	3/28/2015	Francisco Son	1.24.21	6.26	1	1
<b>Cheseboro Half Marathon</b>		Paul Weinberger	1.52.27	8.35		
		Joe Ogata	2.02.52	9.22	3	
		Caroline Shahin	2.48.46	12.53		
		Linda Manzer	2.52.07	13.08		
	3/28/2015	Linda Hood	3.06.56	14.16		
<b>Pacific Half Marathon</b>		Julie Hardin	1.55.28	8.48	6	
	3/28/2015	Judith Miller	3.14.01	14.48	1	
<b>Old Agoura 10K</b>		Jesus Freijeiro	42.12	6.48	1	
		Abby Canizales	43.38	7.02	3	
		Jennifer Sunahara	49.43	8.01	6	
		Susan Keithley	58.01	9.21		
	3/28/2015	Eileen Cohen	1.11.21	11.30	2	
<b>Deena Kastor 5K</b>		Sam Wildman	47.42	15.23	2	
		Dick Bublitz	47.45	15.24	2	
	3/22/2015	Elaine Rayman	48.40	15.41	1	
<b>Puerto Rico Half Marathon</b>		Raquel Lopez	2.30.35	11.30		
		Dee Dee Urquhart	3.07.52	14.20		
	3/22/2015	Linda Pulver	3.20.25	15.18		
<b>XTERRA Boney Mountain 21K</b>	3/21/2015	Lon Neumann	3.04.02	14.06	1	
<b>Seal Beach 5K</b>	3/15/2015	Josue Diaz	19.40	6.20	2	
<b>Rockin' Shamrock 5K</b>	3/15/2015	Franky Ortega	18.25	5.56	1	1
<b>LA Marathon</b>		Polo Islas	2.45.19	6.18	2	
		James McGuire	3.17.43	7.33		

		Todd Covert	3.27.55	7.55		
		Philip Steinman	3.28.41	7.57		
		Michael Hajek	3.35.34	8.14		
		Alex Vasquez	3.37.15	8.17		
		Abby Canizales	3.42.09	8.28		
		Paul Schuster	3.52.30	8.52		
		Brian Frank	3.57.00	9.02		
		Michelle Krok	4.01.27	9.12		
		Rene Canizales	4.03.40	9.17		
		Joe Ogata	4.08.16	9.28		
		Duane McDowell	4.15.21	9.44		
		Alexis Escobar	4.23.09	10.03		
		Michael Berger	4.48.36	11.00		
		Michael Kukuchka	4.53.20	11.11		
		Jerry Vicich	5.03.36	11.34		
		Alex Escobedo	5.07.57	11.44		
		Eileen McGuire	5.53.28	13.29		
		Caroline Shahin	6.07.04	13.59		
		Arlene Lewis	6.58.14	15.57		
		Ellen Demsky	6.59.58	16.01		
	3/15/2015	Linda Parrott	8.29.34	19.26		
<b>LA Big 5K</b>		Francisco Son	17.20	5.35	3	6
	3/14/2015	Jennifer Sunahara	21.59	7.05	3	11
<b>Catalina Marathon</b>	3/8/2015	Sandra Whitehead	7.05.21	16.14		
<b>Coaster Run 5K</b>		Sandra Whitehead	33.35	10.48		
		Linda Lee	47.24	15.15		
	3/8/2015	Linda Pulver	59.11	19.02		
<b>True Bruin 5K</b>	3/7/2015	Nancy Riegling	33.22	10.44		
<b>Ahmanson 12K</b>		Polo Islas	45.52	6.09	*	1
		Matan Mayer	47.00	6.18	*	2
		Ivan Mendoza	47.30	6.22		3
		Hector Mendoza	48.03	6.27	*	4
		Adam Talan	49.48	6.41	*	7
*Winning Men's Team		Franky Ortega	50.27	6.46	*	
**Winning Women's Team		Jackson Cabo	51.29	6.54		
		James McGuire	53.34	7.11		
		Todd Covert	54.53	7.22		
		Abby Canizales	56.55	7.38	**	
		Lori Wilson	58.07	7.48	**	
		Naomi Bisagno	58.35	7.54	**	
		Amir Medovoi	59.26	7.58		
		Megan Severa	1.00.28	8.06	**	
		Jennifer Sunahara	1.00.42	8.08	**	
		Jenna Weidig	1.03.14	8.29		
		Paul Weinberger	1.05.56	8.50		
		Bady Salas	1.06.01	8.51		
		Kristin Morales	1.09.30	9.19		

		Barry Freeman	1.12.12	9.41		
		Caroline Shahin	1.35.41	12.50		
	3/1/2015	Linda Pulver	1.57.49	15.48		
<b>Napa Valley Marathon</b>		Joe Ogata	3.52.41	8.46	3	
<b><u>FEBRUARY</u></b>	2/15/2015					
<b>Bandit 30K</b>	2/14/2015	Adam Talan	2.55.29	6.26	1	4
<b>Westlake Village 10K</b>	2/14/2015	Joe Ogata	48.11	7.46	1	
<b>Westlake Village 5K</b>	2/8/2015	Joe Ogata	23.37	7.37	1	
<b>Friendship Run 18M -SRLA</b>		Paul Schuster	2.31.33	8.25	3	
		Joe Ogata	2.36.56	8.43	1	
		Julie Hardin	2.38.14	8.47	1	
	2/7/2015	Duane McDowell	2.40.18	8.54	6	
<b>SOB 50M (Sean O'Brien)</b>		Ken Lewis	13.57.57	16.45		
	2/7/2015	Joy Castanares	13.59.11	16.47		
<b>CSUN All-Comers 1M</b>		Naomi Bisagno	5.52	5.52		1
		Amir Medovoi	5.59	5.59		2
	2/7/2015	Marlon Duarte	7.02	7.02		
<b>CSUN All-Comers 2M</b>		Matan Mayer	9.54	4.57		1
	2/7/2015	Franky Ortega	7.02	5.34		
<b>Groundhog Day 5K</b>	2/1/2015	Ken Kochakji	36.55	11.54	1	
<b>Xterra Mission Gorge 15K</b>	2/1/2015	Lon Neumann	2.02.28	13.09	4	
<b>Surf City Marathon</b>	2/1/2015	Masami Fukuhara	4.07.20	9.25		
<b>Surf City Half Marathon</b>		Joe Ogata	1.46.10	8.05	3	
		Julie Hardin	1.47.05	8.10		
		Doron Tisser	1.55.53	8.48		
		Helga Jessen	2.32.51	11.39	6	
		Robin Cheyne	2.39.05	12.08		
		Will Cheyne	2.39.05	12.08		
		Dee Dee Urquhart	2.40.38	12.15		
		Sandra Whitehead	2.44.43	12.33		
		Linda Lee	3.02.59	13.57		
	2/1/2015	Sheryl Olson	3.13.39	14.46		
<b>Redondo Beach 10K</b>	2/1/2015	Linda Pulver	1.27.29	14.06		
<b>Redondo Beach 5K</b>		Franky Ortega	18.03	5.49	1	8
		Josue Diaz	19.12	6.11	1	14
		Mario Diaz	25.16	8.08	4	
		Linda Pulver	37.22	12.03		
<b><u>JANUARY</u></b>	1/25/2015					
<b>West Hills Half Marathon</b>		Polo Islas	1.18.20	5.59	1	1
		Francisco Son	1.21.14	6.12	1	3
		Rene Canizales	1.23.12	6.23	1	5
		Amir Medovoi	1.30.22	6.54	4	
		Abby Canizales	1.30.29	6.54	2	
		Raquel Lopez	1.40.30	7.40	3	
		Melissa Ireland	1.41.05	7.43	4	
		Julie Hardin	1.42.17	7.48	3	

		Barry Freeman	1.58.22	9.02		
		Lenny Garza	2.00.35	9.12		
		Caroline Shahin	2.18.11	10.33		
		Ellen Demsky	2.20.11	10.42	1	
	1/25/2015	Linda Pulver	2.50.37	13.01		
<b>West Hills 10K</b>		Helga Jessen	1.00.45	9.48	1	
	1/25/2015	Dick Bublitz	1.28.18	14.14	1	
<b>West Hills 5K</b>		Naomi Bisagno	21.50	7.02	2	
		Kirstin Morales	24.00	7.44	2	
		Sam Wildman	38.55	12.33	1	
		Ken Kochakji	41.40	13.26	2	
	1/25/2015	Franky Ortega	41.59	13.33		
<b>Griffith Park Half Marathon</b>	1/25/2015	Josue Diaz	1.23.35	6.23	2	5
<b>Griffith Park 5K</b>	1/18/2015	Mario Diaz	25.00	8.04	1	
<b>Carlsbad Marathon</b>		Michelle Krok	3.50.00	8.47		
	1/18/2015	Joe Ogata	3.53.08	8.54	2	
<b>Carlsbad Half Marathon</b>	1/17/2015	Caroline Shahin	2.30.58	11.31		
<b>CSUN All-Comers 2-Mile</b>		Polo Islas	10.22	5.11		3
	1/17/2015	James McGuire	13.02	6.31		9
<b>CSUN All-Comers 1-Mile</b>		Matan Mayer	4.30	4.30		1
		Polo Islas	4.54	4.54		5
		Rene Canizales	5.09	5.09		7
		Frankie Ortaga	5.10	5.10		8
		James McGuire	5.45	5.45		
		Abby Canizales	5.51	5.51		
		Naomi Bisagno	6.11	6.11		
	1/10/2015	Marlon Duarte	7.23	7.23		
<b>SOCAL Half Marathon</b>	1/10/2015	Joe Ogata	1.48.52	8.19	3	
<b>Simi Valley All-Comers</b>						
<b>1600 meters</b>		Polo Islas	4.51	4.53		3
		Rene Canizales	5.19	5.21		
		Abby Canizales	6.00	6.20		1
	1/3/2015	Marlon Duarte	7.06	7.80		
<b>New Year's Race Half Marathon</b>		Francisco Son	1.31.04	6.57		
		Josue Diaz	1.48.15	8.18		
		Dee Dee Urquhart	2.44.29	12.33		
	1/3/2015	Raquel Lopez	2.50.21	13.00		
<b>New Year's Race 10K</b>	1/3/2015	Chris Ellis	1.24.02	13.33		
<b>New Year's Race 5K</b>		Franky Ortega	17.59	5.48	2	8
		Linda Lee	49.46	16.03		