

RACE RESULTS

(for additions or corrections email Stan at sblock@socal.rr.com)

<u>Race</u>	<u>Date</u>	<u>Name</u>	<u>Time</u>	<u>Pace</u>	<u>Div</u>	<u>O/A</u>
August 2017 - Posted 8/21/17*						
<u>Summer Showdown Half*</u>	8/20/2017	Dee Dee Urquhart	3.33.29	16.18		
<u>AFC Half</u>	8/20/2017	Rene Canizales	1.29.49	6.52	6	
		Abby Canizales	1.34.52	7.15	4	
<u>Summer Breeze Half</u>	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	
July 2017 - Posted 7/23/17*						
<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
Ruben Castro 5K	7/8/2017	Bruce Adams	29.54	9.37	2	
		Daniel Adams	35.42	11.29	4	
		Matt Adams	37.17	12.00		
Will Rogers 10K	7/4/2017	Joe Ogata	53.13	8.24	2	
		Michael Berger	57.16	9.13		
		Helga Jessen	1.12.51	11.44	2	
Will Rogers 5K	7/4/2017	Kristin Morales	26.19	8.28		
		Rachelle Katz	31.23	10.06	1	
Independence Day Classic 10K	7/4/2017	Brian Frank	48.04	7.44		
Independence Day Classic 5K	7/4/2017	Stephanie Acre	25.19	8.08	3	
		Brian Frank	26.28	8.30		
		Rod Acre	41.32	13.21		
Village Runner 5K	7/4/2017	Monika Rye	28.25	9.06		
		Saundra Whitehead	52.10	16.47		
		Loraine Westhafer	1.02.18	20.03		
June 2017 - Posted 6/25/17*						
Pool Party 5K	6/24/2017	Josue Diaz	19.19	6.14	1	
		Norma Gonzales	27.56	9.00	4	
		Diana Durfee	33.04	10.40	6	
Wildwood Trail 10K	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		
Warner Bros Fit Nation 5K	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		
Grandma's Marathon	6/17/2017	Julie Hardin	4.13.04	9.40		
		Dee Dee Urquhart	6.38.56	15.14		
Valley Crest Half	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	
Spring Fever Half	6/10/2017	Dee Dee Urquhart	3.13.42	14.47		
The Big Run 5K	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		
Rock 'n Roll San Diego Marathon	6/4/2017	Joe Ogata	4.02.18	9.15	5	
Love Run Half	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		
Love Run 10K	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		
Love Run 5K	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	
Rock 'n Roll San Diego Half	6/3/2017	Maggie Shearer	1.22.09	6.20	6	
		Dee Dee Urquhart	2.50.35	13.01		
Fontana Days Half	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		
May 2017 - Posted 5/31/17*						
Lake Balboa Half	5/28/2017	Thelma Holzboog	2.17.12	10.28	3	
Lake Balboa 5K	5/28/2017	Floyd Meyers	40.36	13.06	2	
Mountain to Beach Marathon	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		
Mountain to Beach Half	5/28/2017	Stephanie Acre	2.07.14	9.42		
		Saundra Whitehead	3.28.57	15.57		
LA Life 10K	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	
Walk & Run to Heal 10K	5/21/2017	Doron Tisser	58.00	8.21	1	
Walk & Run to Heal 5K	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	
Miles for Melaloma 5K	5/21/2017	Michael Eastburn	17.50	5.44	1	1
Born to Run 60M	5/20/2017	Fred Case	17.19.12	17.19	1	8
Born to Run 30M*	5/20/2017	Ashlee Mayfield	4.58.36	9.57	1	1F
Xterra Malibu Creek 22K	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	
Xterra Malibu Creek 11K	5/20/2017	Steve Ryne	1.48.18	15.51		
Xterra Malibu Creek 6K	5/20/2017	Hector Mendoza	25.52	6.56	1	2
Tinker Bell Half	5/14/2017	Will Cheyne	2.49.30	12.56		
		Robin Cheyne	2.49.34	12.57		
Fifth Third River Bank 25K	5/13/2017	Nancy Riegling	2.44.07	10.34		
Quicksilver 50K	5/13/2017	Polo Islas	5.06.57	9.53	4	
Santa Barbara Wine Country Half	5/13/2014	Julie Hardin	1.54.04	8.42		
		Tynisha King	2.17.44	10.30		
Muir Woods Half	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		
Muir Woods 7 M	5/13/2017	Toby Panec	1.29.52	12.50		
		Caryn Panec	1.34.35	13.31		
The Oaks 5K	5/13/2017	Kristin Morales	25.18	8.08	1	
Tommy Scott LAX Half	5/13/2017	Raul Lopez	2.05.51	9.36		
OC Marathon	5/7/2017	Norma Gonzales	3.49.12	8.45		
		Joe Ogata	3.59.29	9.06	1	
OC Half	5/7/2017	Tynisha King	2.23.50	10.59		
OC 5K	5/7/2017	Josue Diaz	18.41	6.01	3	
Verdugo Mt. 10K	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		
Wings For Life 5K	5/7/2017	Marty Baete	19.32	6.17	2	
Phantom Trail 15M	5/6/2017	Caroline Shahin	4.28.45	17.55		
Phantom Trail 10M	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	
Wild Wild West 50K	5/6/2017	Akiko Crawford	7.06.10	13.42		
Wild Wild West 10M	5/6/2017	Duncan Crawford	2.51.44	17.10		
April 2017 - Posted 5/4/17*						
Gator Run 5K	4/30/2017	Kristin Morales	25.56	8.21	1	
Mt. Charleston Marathon	4/29/2017	Michelle Krok	3.45.40	8.36		
		Michael Berger	3.54.44	8.57		
Mt. Charleston Half	4/29/2017	Bady Salas	1.36.31	7.22		
Western Pacific Half	4/29/2017	Julie Hardin	2.04.32	9.30	1	
Aut 2 Run 10K	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		
Aut 2 Run 5K	4/23/2017	Diana Durfee	32.12	10.22		
		Raquel Lopez	44.31	14.20		
Leona Divide 50K	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		
Leona Divide 30K	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		
C.A.T.S. Victory for Victims 10K	4/22/2017	Masami Fukuhara	55.06	8.52		
C.A.T.S. Victory for Victims 5K	4/22/2017	Todd Covert	20.04	6.28		5
		Floyd Meyers	40.21	12.59		
		Ken Kochakji	47.35	15.19		
El Segundo Run for Educations 10K	4/22/2017	Ellen Reiner	54.23	8.45		
El Segundo Run for Educations 5K	4/22/2017	Francisco Son	17.03	5.29		3
Boston Marathon	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		
Ahmanson 12K	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	
Xterra Black Mountain 15K	4/9/2017	Rene Canizales	1.11.11	7.38	3	
		Abby Canizales	1.19.13	8.30	3	5F
Spring Dash Half	4/9/2017	Dee Dee Urquhart	3.02.33	13.56		
Santa Anita Derby Day 5K	4/8/2017	Mario Diaz	26.34	8.33		
		Linda Parrott	45.08	14.32		
Hollywood Half	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		
Hollywood 10K	4/8/2017	Rosa Ramirez	1.19.33	12.50		
Coaster Run 10K	4/2/2017	Michael Eastburn	35.24	5.42	1	1
Coaster Run 5K	4/2/2017	Joe D'Ambra	33.47	10.53		
		Adalina D'Ambra	39.29	12.42		
Great Race Cheseboro Half	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		
Great Race Pacific Half	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		
Great Race Old Agoura 10K	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		
Great Race Denna Kaster 5K*	4/1/2017	Brian Spangenberg	22.26	7.14		
		Susan Keithley	32.34	10.3		
		Diana Durfee	32.41	10.32		
March 2017 - 3/26/17 Posted*						
PCRF Half*	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		
Spring Equinox 5K*	3/25/2017	Josue Diaz	19.04	6.08	1	2
		Norma Gonzales	22.21	7.12	1	1F/4
LA Marathon	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		
LA Big 5K	3/18/2017	Jennifer Sunahara	19.47	6.22	2	2F
		Mario Diaz	28.07	9.03	4	
Rockin' Shamrock 5K	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		
Run Deo Run 5K	3/12/2017	Diana Durfee	35.09	11.19	1	
San Diego Half	3/12/2017	James McGuire	1.31.08	6.58	4	
Backbone Trail 68M	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		
Run for Success 5K	3/11/2017	Gary Deitsch	29.15	9.25	2	
		Barbara Deitsch	54.12	17.27		
Pasadena 5K	3/11/2017	Josue Diaz	20.35	6.38	3	3
Winter's End Half	3/5/2017	Dee Dee Urquhart	3.26.01	15.44		
The Train Run Half	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	
The Train Run 5K	3/5/2017	Mario Diaz	26.42	8.30	1	
Mug Run #9	3/4/2017	Rosa Melendez	43.10	6.56	2	3F
Griffith Park Marathon	3/4/2017	Jian Springer	5.26.50	12.28		
		Ana Saravia	5.40.05	12.58		
Single Track Stampede 22K	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		
February 2017 -3/1/17 Posted*						
Gasparilla Half	2/26/2017	Dee Dee Urquhart	3.25.54	15.42		
Brea 8K	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	
Orange Curtain 50K	2/25/2017	Michael Berger	5.57.17	11.30	3	13
Orange Curtain 30K	2/25/2017	Diana Rush	3.24.48	10.59	1	2

		Steve Matsuda	5.55.35	19.04	2	7
Palm Desert Half	2/19/2017	Maggie Shearer	1.24.54	6.19	1	5F
Seaside Marathon	2/19/2017	Michelle Krok	3.59.58	9.10	1	1F
Seaside Half	2/19/2017	Caroline Shahin	2.37.34	12.02		
Valentine's Day Half	2/12/2017	Chris Hartley	1.38.15	7.30	1	3
Valentine's Day 5K	2/12/2017	Jeanne Phares	41.34	13.23		
Run to Remember Half	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		
Run to Remember 10K	2/12/2017	Pat Connelly	1.07.54	10.57	1	
Firecracker 10K	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		
Firecracker 5K	2/12/2017	Carlos Magana	37.18	12.00		
		Rosa Ramirez	58.49	18.56		
Surf City Half	2/5/2017	Julie Hardin	1.52.39	8.36		
		Linda Lee	3.12.54	14.43		
Super Bowl Sunday 10K	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		
Super Bowl Sunday 5K	2/5/2017	Joe Ogata	25.23	8.10	2	
Sean O'Brien 50M	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		
Sean O'Brien 50K	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		
Groundhog Day 5K	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	
January 2017 - 1/1/17 Posted*						
Griffith Park Run Half	1/29/2017	Paul Schuster	1.37.52	7.28	1	
		Tynisha King	2.23.04	10.58		
Griffith Park Run 5k	1/29/2017	Josue Diaz	13.12?	5.57	1	2
		Norma Gonzales	15.49?	6.27	1	2F
Xterra Boney Mountain 21K	1/29/2017	Franky Ortega	1.52.14	8.36	3	10
Xterra Boney Mountain 6K	1/29/2017	Steve Ryne	53.52	14.27	2	

		Caroline Shahin	1.01.40	16.32	5	
Pasadena Half	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		
Pasadena 5K	1/22/2017	Jennifer Sunahara	19.43	6.22	2	4F
		Rosa Ramirez	46.13	14.55	6	
LASAA Mug Run #5 - 10K	1/14/2017	Bady Salas	46.35	7.29	2	5F
		Rosa Melendez	47.21	7.37	1	8F
Carlsbad Marathon	1/14/2017	Joe Ogata	4.01.42	9.14	3	
Master's University Winter 5K	1/14/2017	Diana Durfee	33.34	10.48	2	
Cancer Hope 5K	1/14/2017	Missy Andrews	26.27	8.30	2	
New Years Race LA 10K	1/8/2017	Francisco Son	40.51	6.35	1	8
		Tynisha King	1.07.05	10.49		
New Years Race LA 5K	1/8/2017	Francisco Son	20.32	6.37	5	
		Tynisha King	29.32	9.32		
		Chris Ellis	38.53	12.31		
Avalon 50K	1/7/2017	Akiko Crawford	5.53.12	10.36	5	
Southern California Half	1/7/2017	Joe Ogata	1.47.19	8.12	1	
December 2016 - 1/1/17 Posted*						
Aravaipa 72 Hour	12/28/2016	Dee Dee Urquhart	100.61 Miles			
Operation Jack Marathon	12/26/2016	Michelle Krok	3.57.45	9.04	3	
Operation Jack Half	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		
Holly Jolly Half	12/18/2016	Josue Diaz	1.39.26	7.35		10
		Norma Gonzales	1.49.12	8.2	1	20/5F
Reindeer Half	12/18/2016	Dee Dee Urquhart	3.27.44	15.51		
		Linda Pulver	3.27.50	15.52		
San Diego Holiday Half	12/18/2016	Michelle Krok	2.17.26	10.29		
Natasha Watley 10K	12/17/2016	Josue Diaz	38.51	6.15	1	1
		Rosa Melendez	45.13	7.16	1	1F
Natasha Watley 5K	12/17/2016	Norma Gonzales	21.37	6.57	2	5
Paramount Ranch 30K	12/17/2016	Daisy Mendoza	4.31.42	14.36	4	
Paramount Ranch Half	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	
Honolulu Marathon	12/11/2016	Dee Dee Urquhart	7.05.25	16.14		
Miles of Music 5K	12/11/2016	Diana Durfee	28.31	9.11	2	
Santa to the Sea Half	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		
Santa to the Sea 5K	12/11/2016	Brian Spangenberg	22.38	7.18	2	
Holiday Half	12/11/2016	Joe Ogata	1.53.15	8.38	2	
Santa Monica-Venice 10K	12/10/2016	Julie Hardin	49.48	8.01	6	
Santa Monica-Venice 5K	12/10/2016	Susan Keithley	33.13	10.42		
		Robin Cheyne	38.03	12.15		
		Will Cheyne	38.03	12.15		
OTHTC 50K	12/4/2016	Michael Berger	6.29.33	12.33		
Thousand Oaks Jingle Bell 5K	12/4/2016	Phillip Wright	23.09	7.27	1	2
Calif. Int'l Marathon	12/4/2016	Jennifer Sunahara	3.31.37	8.05		
		Joe Ogata	3.53.14	8.55		
		Julie Hardin	4.01.14	9.21		
LaceUP Riverside Half	12/4/2016	Josue Diaz	1.26.00	6.33	2	6
LaceUP Riverside 10K	12/4/2016	Mario Diaz	53.24	8.35	1	
OTHTC High Desert 30K	12/4/2016	Saundra Whitehead	5.34.37	17.57		
Laughlin/Bullhead Half	12/3/2016	Linda Pulver	3.35.60	16.27		
Camarillo YMCA 5K	12/3/2016	Kristin Morales	25.23	8.1	1	
November - 11/28/16 Posted*						
Giving Thanks Half	11/27/2016	Dee Dee Urquhart	3.04.08	14.03		
Turkey Trek Half	11/25/2016	Dee Dee Urquhart	2.49.13	12.55		
Burbank YMCA Turkey Trot 5K	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		
Turkey Trot Half	11/24/2016	Dee Dee Urquhart	3.44.39	17.09		
Conejo Turkey Dash 5K	11/24/2016	Matan Mayer	16.23	5.19	1	4
		Eileen Cohen	35.25	11.24	2	
LA Turkey Trot 5K	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		
Xterra Topanga Canyon 10K	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	
Burbank YMCA Turkey Trot 10K	11/24/2016	Joe Ogata	52.06	8.23	1	
We Run The City 5K	11/20/2016	Linda Pulver	41.26	13.21		
Chino Hills 50K	11/19/2016	Diana Rush	6.31.16	12.36		
Ray Miller 50K	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		
Ray Miller 30K	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		
Southwest Series Day 6 Half	11/19/2016	Dee Dee Urquhart	3.56.38	18.04	#300	
LaceUP PV 5K	11/19/2016	Josue Diaz	19.30	6.16	1	3
		Mario Diaz	27.34	8.52	2	
San Dimas Turkey Trot 10K	11/19/2016	Will Cheyne	1.12.12	11.37		
		Robin Cheyne	1.12.28	11.40		
Spice Coast Marathon	11/13/2016	Ellen Demsky	6.57.24	15.56	1	
RnR Las Vegas Half	11/13/2016	Dee Dee Urquhart	3.19.57	15.16		
Surfers Point Marathon	11/13/2016	Caroline Shahin	6.13.34	14.15	4	
Surfers Point 10K	11/13/2016	Slade Barbosa	59.29	9.35	5	
Bakersfield Marathon	11/13/2016	Michelle Krok	4.24.30	10.06		
Bakersfield Half	11/13/2016	Josue Diaz	1.39.37	7.36	4	
		Mario Diaz	2.10.39	9.58		
Griffith Park Trail Half	11/12/2016	Stephanie Acre	2.33.02	11.46	3	
Griffith Park Trail 10K	11/12/2016	Ken Lewis	50.19	8.06	3	
		Stephanie Acre	1.08.43	11.05	4	
Canyon City Marathon	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		
		Saundra Whitehead	5.37.23	12.52		
Canyon City Half	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		
New York Marathon	11/6/2016	Phillip Wright	4.22.21	10.01		
		Michelle Krok	5.36.45	12.51		
Santa Clarita Marathon	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		
Santa Clarita Half	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		
Santa Clarita 5K		Diana Durfee		10.32		

<u>Dinosaur Dash 10K</u>	11/6/2016	Joe Ogata	50.21	8.06	1	
<u>Dinosaur Dash 5K</u>	11/6/2016	Joe Ogata	24.41	7.57	3	
<u>Golden Gate Half</u>	11/6/2016	Dave Pinnick	1.42.44	7.51	2	
<u>Malibu Half</u>	11/6/2016	Melody Dennert	2.09.51	9.54		
<u>Calabasas Classic 5K</u>	11/6/2016	Ken Kochakji	45.24	14.37	3	
		Sam Wildman	53.34	17.14	1	
<u>Hard Rock Café 5K</u>	11/5/2016	Steve Shearer	26.31	8.33		
		Ethan Shearer	26.32	8.33	1	
October - 11/4/16 Posted*						
<u>LA Cancer Challenge 10K</u>	10/30/2016	Josue Diaz	39.19	6.20	2	5
<u>LA Cancer Challenge 5K</u>	10/30/2016	Josue Diaz	19.17	6.14	2	9
		Sam Wildman	54.35	17.37	4	
<u>Monster Dash Half</u>	10/30/2016	Dee Dee Urquhart	2.58.29	13.37		
<u>R'n'R Half</u>	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		
<u>Twilights Last Gleaming X/C</u>	10/29/2016	http://www.trackinfo.org/twi/TwiRes2016.html				
<u>Women's Cancer Run 10K</u>	10/29/2016	Rosa Melendez	44.15	7.08	1	1
<u>Haunted House 5K</u>	10/29/2016	Michael Berger	24.36	7.55	1	2
<u>Beach Fun Half</u>	10/23/2016	Dee Dee Urquhart	3.10.42	14.33		
<u>Santa Cruz Is. Eco Challenge 14M</u>	10/22/2016	Eileen Cohen	3.09.46	13.33		
<u>Pants Off Racing 10K</u>	10/22/2016	Gloria Perrodin	2.13.29	21.29		
		Jack Perrodin	2.13.31	21.29		
<u>Pants Off Racing 5K</u>	10/22/2016	Teresa Merritt	38.46	12.29		
<u>LaceUp Half</u>	10/22/2016	Josue Diaz	1.26.38	6.36	1	4
		Dee Dee Urquhart	3.03.03	13.57		
<u>LaceUp 10K</u>	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	
<u>Pasadena Trail Half</u>	10/16/2016	Hector Mendoza	1.35.38	7.18	1	3
		Diana Rush	2.29.18	11.24	2	
<u>Pasadena Trail 10K</u>	10/15/2016	Steve Matsuda	1.26.22	13.56		
<u>Tooth Fairy 5K</u>	10/15/2016	Matt Adams	27.21	8.48	4	
		Bruce Adams	27.21	8.48	4	
<u>Long Beach Marathon</u>	10/9/2016	Josue Diaz	3.22.52	7.44		
		Joe Ogata	3.58.50	9.07	3	BQ
		Norma Gonzales	3.59.16	9.08		
<u>Long Beach Half</u>	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		
<u>Ocean Breeze Half</u>	10/8/2016	Dee Dee Urquhart	2.57.58	13.35		
<u>Kenneth Hawn Eco 8K</u>	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	
St. George Marathon	10/1/2016	Joe Ogata	4.00.12	9.09	5	
No Name 5030 50K	10/1/2016	Luis Moreira	8.00.00	15.26		
No Name 5030 30K	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		
Big Bear North Shore Half	10/1/2016	Dee Dee Urquhart	2.48.28	12.51		
Manhattaan Beach 10K	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		
September - 9/28/16 Posted *						
Global Energy 10K	9/25/2016	Josue Diaz	39.21	6.20	2	
		Mario Diaz	53.51	8.14	1	
Justice Jog 5K	9/25/2016	Amir Medovoi	20.50	6.42	1	6
		Jaime Mariscal	21.27	6.54	5	
		Mariella Mariscal	35.04	11.18		
Bell-Jeff X/C Invitational 2.94M:	9/24/2016					
http://www.athletic.net/CrossCountry/Results/Meet.aspx?Meet=117562#/70787						
Be The Light 5K	9/24/2016	Heide Carrens	32.30	10.27		
Harvest Half	9/18/2016	Josue Diaz	1.38.59	7.33	4	
Center of the Nation Series						
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		
Ventura Marathon	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		
Ventura Half	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		
Ventura 5K	9/11/2016	Ethan Shearer	29.43	9.35		
		Diana Durfee	32.29	10.22		
Santa Monica Classic 10K	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		
		Saundra Whitehead	1.18.51	12.41		
Santa Monica Classic 5K	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	
Revel Big Cottonwood Marathon	9/10/2016	Dee Dee Urquhart	6.16.24	14.21		
Summer Breeze 5K	9/10/2016	Phyllis Blazejewski	29.37	9.32	1	
Mt. Baldy Run To The Top	9/5/2016	Ken Lewis	2.05.05	17.22		
Highlands Ranch Half	9/5/2016	Dee Dee Urquhart	3.17.56	15.07		
Disneyland Half	9/4/2016	Brian Frank	1.38.54	7.33	5	
		Julie Hardin	1.54.57	8.46		
HBD LA 5K	9/4/2016	Chris Ellis	47.00	15.08	1	
Lake Michigan Trail Marathon	9/4/2016	Dee Dee Urquhart	6.56.58	15.55	6	
Lexus LaceUp 5K	9/3/2016	Josue Diaz	18.32	5.57	1	6
		Mario Diaz	28.21	9.07	1	
August 9/4/16 Posted *						
Santa Rosa Marathon	8/28/2016	Joe Ogata	4.01.16	9.12	3	
Santa Rosa Half	8/28/2016	Dee Dee Urquhart	2.49.29	12.56		
Jet to Jetty 10K	8/28/2016	Michael Berger	46.56	7.33	3	
		Tynisha King	56.40	9.07	4	
Bulldog 50K	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		
Bulldog 25K	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		
Al Rivera Menuda 5K	8/27/2016	Chuck Foote	22.26	7.14	1	
		Doug Humphries	19.25	6.15	1	
COC x/c #7 3M	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	
Griffith Luau 5K	8/13/2016	Josue Diaz	19.02	6.08	1	8
		Julie Hardin	23.38	7.37	1	
Rockin' Summer Half	8/13/2016	Dee Dee Urquhart	3.04.35	14.05		
COC x/c #6 3M	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	
Summer Dash Half	8/7/2016	Dee Dee Urquhart	2.58.00	13.35		
Angeles Crest 100M	8/6/2016	Matt Todd	32.45.10	19.04		
Arroyo Creek Half	8/6/2016	Julie Hardin	1.52.45	8.36	2	
Arroyo Creek 10K	8/6/2016	Kristin Morales	52.20	8.26	1	
WetNWild 5K	8/6/2016	Josue Diaz	21.07	6.48		
		Mario Diaz	28.52	9.18		
		Diana Durfee	38.48	12.31		
Summer Bliss Half	8/6/2016	Dee Dee Urquhart	3.31.00	16.06		
Semper Triathlon	8/6/2016	Paul Schuster	1.37.05		1	
Semper Duathlon	8/6/2016	Duane McDowell	1.36.47		4	
Pride of the Valley 5K	8/6/2016	Joe Ogata	22.57	7.23	2	
COC x/c #5 3M	8/4/2016	Stephanie Acre	26.50	8.57	1	
		Mario Diaz	27.26	9.09		
		Arlene Lewis	37.14	12.25	3	
July - 8/1/16 Posted *						
San Francisco Marathon	7/31/2016	Jennifer Sunahara	3.43.51	8.33		
		Rosa Melendez	4.02.35	9.16		
		Michael Hardin	5.38.50	12.56		
San Francisco Half	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		
Jack & Jill Downhill Marathon	7/31/2016	Dee Dee Urquhart	5.47.42	13.16		
Simi Valley Summer Series X/C #2	7/27/2016	Marcos Shente	17.38	5.40		1
(5K)		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		
Spring Break Half	7/24/2016	Dee Dee Urquhart	3.29.20	15.59		
Cypress 10K	7/23/2016	Joe Ogata	49.31	7.59	1	
		Michael Berger	53.50	8.40		
Motion By The Ocean 15K	7/23/2016	Josue Diaz	58.37	6.17	1	2
Motion By The Ocean 10K	7/23/2016	Josue Diaz	39.32	6.22	1	2
Motion By The Ocean 5K	7/23/2016	Josue Diaz	19.05	6.08	1	4
		Mario Diaz	26.44	8.36	3	
Awesome 80s 10K	7/23/2016	Julie Hardin	48.43	7.50	1	
Griffith Park Trail Marathon Relay	7/17/2016	Mens Open				
		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		
			2.37.01			
		Womens Open				
		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		
			3.19.25			
		Co-Ed				
		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		
			3.03.44			
		Run Club				
		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		
			4.14.47			
		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		
			4.24.00			
<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		
<u>Mt. Disappointment 25K</u>	7/9/2016	Caitlin Jacobsen	2.39.13	10.15	1	3 O.A.
	7/9/2016	Luis Moreira	3.42.50	14.21		
<u>Red, White & Blue Half</u>	7/4/2016	Dee Dee Urquhart	3.04.28	14.05		
<u>Village Runner 5K</u>	7/4/2016	Steve Stillman	35.34	11.27		
		Stuart Ross	36.31	11.45		
		Chris Ellis	42.08	13.34		
<u>Channel Islands 10K</u>	7/4/2016	Maggie Shearer	39.38	6.22	1	2
		Michael Berger	55.35	8.57		
<u>Will Rogers 5K</u>	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		
<u>Independence Day 10K</u>	7/4/2016	Brian Frank	43.36	7.00	3	
<u>Independence Day 5K</u>	7/4/2016	Stephanie Acre	24.07	7.45	2	
		Brian Frank	25.13	8.06		
		Ana Saravia	25.38	8.15	4	
June - Posted 7/1/16*						
<u>Wildwood 10K</u>	6/25/2016	Luis Moreira	1.04.23	10.21		
		Steve Ryne	1.27.16	14.02		
<u>Summer Time 10K</u>	6/25/2016	Kathy Curley	58.18	9.23		
<u>Mommy & Me 5K</u>	6/25/2016	Josue Diaz	19.53	6.24		3
		Mario Diaz	25.41	7.57		
		Rosa Ramirez	36.53	11.52		
<u>Father's Day 10K</u>	6/19/2016	Julie Hardin	49.18	7.57	1	1
<u>Canyon Meadow 50K</u>	6/18/2016	Rosa Melendez	5.11.49	10.04	1	1
<u>Sugar Daddy Half</u>	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		
<u>Sugar Daddy 10K</u>	6/18/2016	Mario Diaz	54.22	8.45	1	
<u>Sugar Daddy 5K</u>	6/18/2016	Kevin Frank	22.26	7.13	1	
		Annette Frank	28.01	9.01	1	
		Rosa Ramirez	38.21	12.21		
<u>Valley Crest Half</u>	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		
Shadow of the Giants 50K	6/11/2016	Jon Tice	7.22.56	14.15		
		Caroline Shahin	8.08.08	15.43		
Heartland Series Marathon Day 3	6/7/2016	Dee Dee Urquhart	6.32.05	14.58		(IN)
Heartland Series Marathon Day 2	6/6/2016	Dee Dee Urquhart	6.44.40	15.27		(MI)
Heartland Series Marathon Day 1	6/5/2016	Dee Dee Urquhart	7.39.05	17.31		(OH)
World Famous 10K Mud Run	6/5/2016	Stephanie Acre	1.25.09	13.42	2	
Love Run Half	6/5/2016	Vic Cohen	2.27.20	11.15	6	
Love Run 10K	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	
Love Run 5K	6/5/2016	Jennifer Sunahara	20.52	6.43	2	

May - Posted 5/31/16*

Fiesta Days 10K	5/30/2016	Mario Diaz	54.30	8.46	2	
Laguna Hills Half	5/30/2016	Linda Pulver	3.10.27	14.32		
Lake Balboa Half	5/29/2016	Josue Diaz	1.49.43	8.22		
Lake Balboa 5K	5/29/2016	Ken Kochakji	40.26	13.02	3	
		Rosa Ramirez	41.58	13.32		
Mountains 2 Beach Marathon	5/29/2016	Elena Lerner	4.02.16	9.14		
		Heather Hettinger	4.05.00	9.21		
		Michael Berger	4.07.03	9.25		
Mountains 2 Beach Half*	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		
Chicago Spring Half	5/21/2016	Rosa Ramirez	3.01.18	13.50		
Xterra Malibu Creek 22K		Maggie Shearer	1.55.57	8.29	1	1
	5/21/2016	Caroline Shahin	3.39.37	16.04		
Xterra Malibu Creek 6K	5/14/2016	Hector Mendoza	25.30	6.50	1	1
Mission Possible 5K	5/14/2016	Stephanie Acre	29.41	9.33	1	6
Born to Run 10M	5/14/2016	Bady Salas	1.22.52	8.17	3	6
Born to Run 60M	5/14/2016	Joy Castanares	26.58.48	26.58	4	

Born to Run 30M	5/8/2016	Rosa Melendes	4.37.08	9.14	3	
Independence Series Marathon 5	5/7/2016	Dee Dee Urquhart	7.11.09	16.27		
Independence Series Marathon 4	5/5/2016	Dee Dee Urquhart	5.58.47	13.42		
Independence Series Marathon 2	5/4/2016	Dee Dee Urquhart	7.05.38	16.15		
Independence Series Marathon 1	5/8/2016	Dee Dee Urquhart	6.16.58	14.23		
Mother's Day 5K	5/7/2016	Phyllis Blazejewski	47.54	15.25		
REVEL Mt. Charleston Marathon		Lauren Case	3.30.07	8.01	2	
	5/7/2016	Joe Ogata	3.49.06	8.44	1	
REVEL Mt. Charleston Half		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		
Wild Wild West Marathon	5/7/2016	Saundra Whitehead	7.37.55	17.29		
Santa Barbara Wine Country Half	5/1/2016	Julie Hardin	1.46.44	8.08	5	
Verdugo Mountains 10K		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		
OC Marathon		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		
OC Half		Dee Dee Urquhart	2.56.14	13.27		
APRIL - Posted 5/1/16*						
	4/30/2016					
SLO Half	4/24/2015	Linda Pulver	3.14.41	14.51		
Ojai Half		Josue Diaz	1.31.42	7.00	4	6
	4/24/2015	Norma Gonzales	1.39.40	7.36	3	4
Ojai 10K	4/24/2016	Mario Diaz	53.27	8.37	2	
Big Sur Marathon		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		
Gator Run 5K		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		
Riverboat Day 6 - Marathon -MO	4/20/2016	Dee Dee Urquhart	7.38.08	17.29		
Riverboat Day 4 - Marathon -TN	4/19/2016	Dee Dee Urquhart	6.47.48	15.34		
Riverboat Day 3 - Marathon -MS	4/18/2016	Dee Dee Urquhart	7.13.23	16.32		
Boston Marathon		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		
Victory for Victims 10K	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	
Victory for Victims 5K	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		
Leona Divide 50M	4/16/2016	Jaime Mariscal	13.07.01	15.44		
Leona Divide 50K	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		
Leona Divide 30K	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		
Leslie Cohen 5K	4/16/2016	Ellen Reiner	24.09	7.47	1	
	4/10/2016	Michael Berger	25.21	8.10	3	
The Outstanding Half	4/9/2016	Dee Dee Urquhart	3.29.06	15.58		
Play It Forward 5K	4/9/2016	Ken Kochakji	42.26	13.40		
Hollywood Half		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		
Hollywood 10K	4/9/2016	Rosa Ramirez	1.32.59	15.00		

Hollywood 5K		Mike Kukuchka	25.03	8.05	2	
	4/3/2016	Michael Berger	26.56	8.41	6	
Pasadena Trail Challenge 9 Mile	4/3/2016	Diana Rush	1.34.17	10.28	2	7F
Pasadena Trail Challenge 6 Mile	4/2/2016	Steve Matsuda	1.29.46	14.58		
Ahmanson 12K		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 Medvoei	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	
4-miles Hill Challenge		Josue Diaz	31.21	7.50	3	9
		Norma Gonzales	35.53	8.58	2	3F
		Mario Diaz	45.25	11.21	2	
		MARCH - Posted 3/28/16				
	3/27/2016					
Friendship Run 5K		Josue Diaz	19.42	6.20		3
		Norma Gonzales	21.33	6.56		6
		Mario Diaz	26.27	8.31		15
Mainly Marathons	3/23/2016					
Dust Bowl Series - Day 1-Marathon	3/24/2016	Dee Dee Urquhart	8.13.58	18.51		
Dust Bowl Series - Day 2-Marathon	3/25/2016	"	7.44.16	17.43		
Dust Bowl Series - Day 3-Marathon	3/26/2016	"	8.07.18	18.36		
Dust Bowl Series - Day 4-Marathon	3/27/2016	"	7.38.04	17.29		
Dust Bowl Series - Day 5-Marathon	3/20/2015	"	8.12.49	18.48		
Canyon Meadows Trail Marathon*	3/20/2015	Rosa Melendez	4.17.57	9.51	2	4
Valencia Trail Half	3/20/2016	Mariscal Mariela	3.07.15	14.18		
PCRF Half		Michelle Krok	2.58.35	13.37		
	3/20/2016	Linda Pulver	3.10.59	14.34		
Spring Equinox Half	3/19/2016	Juana Arms	1.51.21	8.30	1	9
Chesebro Half		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		
Pacific Half		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		
Old Agoura 10K		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		
Deena Kastor 5K		Elaine Rayman	46.59	15.09	2	
	3/19/2016	Sam Wildman	51.18	16.32	3	
Ocean Breeze Half	3/19/2016	Dee Dee Urquhart	3.04.04	14.03		
Catalina Marathon		Cindy Lawson	7.34.21	17.20		
	3/13/2016	Saundra Whitehead	7.53.57	18.05		
Rockin' Shamrock Half	3/13/2016	Dee Dee Urquhart	3.01.06	13.49		
Rockin' Shamrock 5K	3/12/2016	Phyllis Blazejewski	28.58	9.19		
Beach Dash Half	3/6/2016	Dee Dee Urquhart	3.05.28	14.09		
Napa Valley Marathon	3/6/2016	Joe Ogata	3.43.25	8.32	3	
Little Rock Marathon	3/5/2016	Dee Dee Urquhart	6.27.13	14.46		
Single Track Stampede 22K	3/5/2016	Caroline Shahin	3.29.06	15.18	4	
Griffith Park Marathon	3/5/2016	Michelle Krok	4.59.18	11.25	5	
Griffith Park Half		Josue Diaz	1.36.59	7.24	3	3
<u>FEBRUARY - Posted 3/4/16</u>						
	2/28/2016					
Brea 8K		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	
Firecracker 10K		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		
Firecracker 5K		Kurt Garcia	32.34	10.29		
		Maria Escobedo	32.47	10.33		
		Nidia Montenegro	32.53	10.35		
		Allison Garcia	39.23	13.41		
Gasparella Distance Classic	2/21/2015					
Half Marathon		Dee Dee Urquhart	2.43.12	12.26		
	2/21/2015	Corey Urquhart	2.59.43	13.42		
8K	2/20/2016	Dee Dee Urquhart	1.08.15	13.43		
15K	2/20/2016	Dee Dee Urquhart	2.02.02	13.05		
5K	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		
<u>Missions Half Marathon</u>	2/13/2016	Dee Dee Urquhart	3.09.35	14.28		
<u>LA Big 5K</u>		Josue Diaz	19.29	6.17	4	
	2/13/2016	Mario Diaz	27.14	8.46	1	
<u>Austin Half Marathon</u>	2/7/2016	Dee Dee Urquhart	2.59.22	13.42		
<u>Redondo Beach Super Bowl 10K</u>		Josue Diaz	40.07	6.28	5	
	2/7/2016	Mario Diaz	55.51	9.00		
<u>Surf City Marathon</u>		Jill Clark	4.15.29	9.45		
	2/7/2016	Michelle Krok	4.30.48	10.20		
<u>Surf City Half Marathon</u>	2/6/2016	Dee Dee Urquhart	3.08.43	14.24		
<u>Groundhog Day 5K</u>		Ken Kochakji	39.48	12.50	1	

JANUARY '16						
	1/31/2016					
Highland Y Half	1/30/2016	Dee Dee Urquhart	3.01.02	13.49	2	
Bandit 6K		Caitlin Jacobsen	38.04	10.12	1	3**
**third runner overall	1/30/2016					
Winter Fun Half	1/24/2016	Dee Dee Urquhart	2.54.10	13.18		
Run to Remember Half		Joe Ogata	1.45.23	8.03	1	
	1/24/2016	Dee Dee Urquhart	3.03.59	14.03		
Run to Remember 5K		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	
Winter Wonderland Half	1/23/2016	Dee Dee Urquhart	2.56.52	13.30	1	
Pepperdine Costal 10K	1/23/2016	Josue Diaz	43.56	7.04	1	2
weSpark 5K		Kristin Morales	18.55	7.53	1	1
	1/17/2016	Ken Kochakji	32.01	13.20	2	
Star Wars Half	1/17/2016	Akiko Crawford	1.50.56	8.28		
Xterra Boney Mountain 21K		Franky Ortega	1.55.00	8.49		
	1/9/2016	Abby Canizales	2.08.56	9.53	1	6
Lake Mead Half	1/9/2016	Dave Pinnick	1.48.37	8.17	2	9
Southern California 18M	1/9/2016	Joe Ogata	2.28.11	8.14	1	
Southern California Half	1/9/2016	Michael Berger	1.59.07	9.06		
Foster the Future 5K		Matan Mayer	16.27	5.16	1	1
		Steve Matsuda	37.39	12.03		
	1/9/2016	Ken Kochakji	39.32	12.38	3	
A New Year/You Half	1/3/2016	Dee Dee Urquhart	2.45.40	12.39		
Camarillo Marathon	1/3/2016	Michelle Krok	4.54.21	11.15		
Camarillo Half	1/3/2016	Jill Clark	1.53.15	8.39	2	
New Years Half		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		
New Years 10K		Franky Ortega	38.06	8.02	3	6
	1/3/2016	Diana Durfee	1.13.40	12.50		
New Years 5K		Julie Hardin	24.52	8.02	2	
		Chris Ellis	33.55	10.55	7	
December						
	12/31/2015					
New Year's Eve Half	12/27/2015	Dee Dee Urquhart	2.58.07	13.36		
San Diego Holiday Half	12/26/2015	Brian Frank	1.32.36	7.04	3	
Operation Jack Marathon	12/26/2015	Michelle Krok	4.20.49	9.57	2	
Operation Jack Half		Dee Dee Urquhart	2.47.00	12.45		
	12/25/2015	Sandra Whitehead	2.47.24	12.47	2	
Happy Holiday Half	12/20/2015	Dee Dee Urquhart	2.50.27	13.07		

Holly Jolly Half	12/20/2015	Josue Diaz	1.44.45	8.00	3	
Holly Jolly 10K	12/20/2015	Mario Diaz	55.46	9.00	1	
Reindeer Run 5K	12/19/2015	Phyllis Blazejewski	28.44	9.15	1	
Paramount Marathon	12/19/2015	Michelle Krok	4.51.45	11.08	2	4
Paramount 30K		Caitlin Jacobsen	2.29.39	8.02	2	2
	12/19/2015	Stephanie Acre	3.44.22	12.02	4	
Paramount Half		Alexis Escobar	1.34.34	7.13	2	4
	12/19/2015	Dee Dee Urquhart	3.05.11	14.08		
Natasha Watley 5K	12/13/2015	Norma Gonzales	21.05	6.47	1	1
Holiday Half		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		
Santa to the Sea Half		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	
USATF National Club X/C		Maggie Shearer	23.37	6.20		
Women 6K		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		
Men 10K	12/12/2015	Amir Medovoi	44.20	7.08		
Fiesta 5K		Chris Ellis	32.20	10.20	1	
		Ken Kochakji	41.56	13.25	2	
	12/6/2015	Patty Ellis	46.58	15.01	3	
OTHTC High Desert 50K	12/6/2015	Saundra Whitehead	46.58	14.33	3	
OTHTC High Desert 30K	12/6/2015	Cindy Lawson	4.23.34	14.10		
RnR San Antonio Half	12/6/2015	Linda Pulver	3.55.13	17.57		
LaceUp Riverside Half	12/5/2015	Josue Diaz	1.28.52	6.47	2	9
So. Pasadena Tiger 10K	12/5/2015	Rosa Melendez	48.46	7.52	1	6
Spartan Spring 3+M	12/5/2015	Liz Nieves-Robins	1.58.46			
RnR San Antonio 10K	12/5/2015	Linda Pulver	1.42.54	16.34		
Rock It At Caspers Wilderness 12K	12/5/2015	Eman Urbano	56.11	7.33	2	8
Santa Monica-Venice 10K		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		
November						
	11/29/2015					
Giving Thanks Marathon		Dee Dee Urquhart	6.36.27	15.08		
	11/29/2015	Linda Pulver	6.36.27	15.08		
Giving Thanks 5K	11/28/2015	Phyllis Blazejewski	28.53	9.18		
Pilgrim's Rock 10K	11/28/2015	Barry Freeman	1.03.53	10.18	1	
Turkey Dash Half	11/27/2015	Dee Dee Urquhart	2.56.11	13.27		
Turkey Trek Half	11/26/2015	Dee Dee Urquhart	2.56.52	13.30		

Burbank YMCA Turkey Trot 10K		Rosa Melendez	47.05	7.35	2	
	11/26/2015	Joe Ogata	50.30	8.07	3	
Burbank YMCA Turkey Trot 5K		Stephanie Acre	27.05	8.43	3	
	11/26/2015	Stefanie Elkins	34.32	11.07		
Santa Monica Turkey Trot Half		Dee Dee Urquhart	3.16.36	15.04		
	11/26/2015	Linda Pulver	3.16.36	15.04		
Dana Point Turkey Trot Masters 5K	11/26/2015	Helga Jessen	32.12	10.22	<u>2</u>	
T.O. Turkey Trot 5K	11/26/2015	Matan Mayer	16.00	5.09	1	2
LA Turkey Trot 10K		Josue Diaz	31.21	5.52	3	
		Norma Gonzales	41.15	6.39	3	
	11/26/2015	Alex Vasquez	51.08	8.15		
LA Turkey Trot 5K		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	
Ventura Turkey Trot 5K	11/26/2015	Kristin Morales	25.05	8.05	2	8
Xterra Turkey Trot 10K	11/22/2015	Caroline Shahin	1.32.36	14.54		
Williams Route 66 Half	11/21/2015	Dee Dee Urquhart	3.02.15	13.35		
USA Half*	11/21/2015	Brian Frank	1.35.03	7.16		
Griffith Park Half		Akiko Crawford	2.25.00	11.04		
	11/21/2015	Barry Freeman	2.44.25	12.33		
Griffith Park 10K	11/21/2015	Stephanie Acre	1.09.33	11.13	4	
Catalina Eco Half	11/15/2015	Jenna Weidig	2.33.49	11.44		
SC X/C Championship Womens 8K		Maggie Shearer	32.52	6.37	**	
Open		Caitlin Jacobsen	33.44	6.47	**	
		Yanet Urciaga	34.41	6.59	**	
** 3rd Place Team		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		
SC X/C Championship Mens 10K		Ismael Samano	33.07	5.20		
Open		Matan Mayer	35.24	5.42		
		Hector Mendoza	37.41	6.04		
	11/15/2015	Francisco Son	38.18	6.10		
SC X/C Championship Mens 8K		Polo Islas	28.00	5.38		5
Open		James McGuire	34.13	6.53		
	11/15/2015	Amir Medovoi	35.28	7.08		
Walk of Ages 10K	11/15/2015	Mario Diaz	56.50	9.10		
Walk of Ages 5K		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	

<u>Surfers Point Half</u>	11/15/2015	Marie Steinman	2.13.03	10.11		
<u>Surfers Point 10K</u>	11/15/2015	Slade Barbosa	55.55	9.01	3	
<u>Surfers Point 5K</u>	11/14/2015	Rosa Ramirez	43.10	13.55		
<u>SRLA 15K</u>		Joe D'Ambra	1.39.52	10.43		
	11/8/2015	Adelina D'Ambra	2.05.27	13.28		
<u>Beach Dash Half</u>	11/8/2015	Dee Dee Urquhart	3.01.48	13.53		
<u>Santa Clarita Marathon</u>	11/8/2015	Brian Frank	3.34.47	8.12	4	
<u>Santa Clarita Half</u>		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		
<u>Calabasas Classic 10K</u>		Joesph D'Ambra	1.03.20	10.11		
	11/8/2015	Adelina D'Ambra	1.19.29	12.47		
<u>Calabasas Classic 5K</u>		Maryam Burcham	30.38	9.52	2	
	11/7/2015	Sam Wildman	51.51	16.41	1	
<u>Revel Canyon Marathon</u>		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		
<u>Revel Canyon Half</u>		Lori Wilson	1.28.22	6.44	1	1W
		Dee Dee Urquhart	2.17.52	10.31	PR by 11 min.	
		Linda Pulver	3.02.25	13.55		
	11/7/2015	Francisco Son	3.06.38	14.14		
<u>Ray Miller 30K</u>	11/7/2015	Caitlin Jacobsen	2.53.24	9.19	1	2
<u>Hard Rock Café 5K</u>	11/1/2015	Jake Freeman	36.32	11.47		
<u>NYC Marathon</u>		Phillip Wright	3.47.59	8.42		
		Akiko Crawford	4.08.08	9.28		
<u>October</u>	10/31/2015					
<u>Javelina 100K</u>	10/31/2015	Wendy Young	16.40.47	16.06		
<u>Carrera de los Muertos 5K</u>	10/31/2015	Chris Ellis	31.27	10.07	4	
<u>Spooktacular 5K</u>		Josue Diaz	19.40	6.31	1	
	10/25/2015	Mario Diaz	26.24	8.31	1	
<u>RnR LA Half Marathon</u>		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		
<u>Surf City 10M</u>		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		
LA Cancer Challenge 15K		Josue Diaz	1.06.12	7.06	1	3
	10/25/2015	Joe Ogata	1.11.28	7.4	1	8
LA Cancer Challenge 10K		Josue Diaz	45.52	7.23	2	
	10/25/2015	Joe Ogata	48.06	7.44	1	
LA Cancer Challenge 5K		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	
Xterra Pt. Mugu 18M		Hector Mendoza	1.13.22	6.34	1	5
	10/18/2015	Caroline Shahin	2.29.49	13.24	5	
Nike Women's Half Marathon		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		
Hermosa Beach Tri	10/11/2015	Franky Ortega	55.14		2	11
Owens Peak 10M	10/11/2015	Doug Wilde	2.01.31	12.09	2	
Jet Blue Long Beach Marathon		Joe Ogata	4.05.19	9.22	5	
		Michelle Krok	4.34.16	10.28		
	10/11/2015	Sandra Whitehead	6.47.26	15.33		
Jet Blue Long Beach Half		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		
Aguarium of the Pacific 5K		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		
Loop Da Lu 5K	10/3/2015	Teresa Merritt	38.25	12.22		
Kenneth Hahn Eco 8K		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					
RAD Run 10M		Josue Diaz	1.10.21	7.02	1	9
September	9/26/2015					
Bell-Jeff X/C 3M		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					
Stop Cancer 5K		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	
Santa Monica Classic 10K		Joanne Simsovits	53.18	8.36		

		Robin Cheyne	1.17.55	12.34		
	9/13/2015	Will Cheyne	1.17.56	12.34		
Ventura Marathon		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	
Ventura Half Marathon		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		
Mt. Baldy Run to the Top - 7+M		Ken Lewis	2.13.38			
	9/6/2015	Eileen cohen	2.50.04		1	
Summer Breeze Half Marathon	9/6/2015	Dee Dee Urquhart	3.09.29	14.28		
Disneyland Half Marathon		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		
August						
	8/29/2015					
Mainly (Half) Marathons (RI)	8/28/2015	Dee Dee Urquhart	3.02.41	13.54		
Mainly (Half) Marathons (CT)	8/27/2015	Dee Dee Urquhart	2.38.25	12.06		
Mainly (Half) Marathons (Mass.)	8/26/2015	Dee Dee Urquhart	3.25.12	15.29		
Mainly (Half) Marathons (VT)	8/25/2015	Dee Dee Urquhart	2.42.21	12.22		
Mainly (Half) Marathons (NH)	8/24/2015	Dee Dee Urquhart	3.03.58	13.58		
Mainly (Half) Marathons (Maine)	8/29/2015	Dee Dee Urquhart	2.53.47	13.16		
Jet to Jetty 10K*		Joe Ogata	48.15	4.46	1	
	8/23/2015	Michael Berger	53.20	8.35	5	
Santa Rosa Marathon		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		
Santa Rosa Half Marathon		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		
Santa Rosa 5K		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	
Bulldog 50K		Adam Talan	5.24.47	10.27		
	8/22/2015	Paul Weinberger	7.23.25	14.16		
Bulldog 25K		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		
<u>COC x/c Series #7 3M</u>		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	
<u>Hansen Dam Sprint Triathlon</u>		Franky Ortega	1.04.57		2	10
		Jason Ades	1.28.26			
	8/16/2015	Ellen Demsky	1.48.16		1	
<u>AFC Half Marathon</u>	8/15/2015	Joe Ogata	1.50.14	8.25	2	
<u>Ventura YMCA 5K</u>	8/15/2015	Ken Kochakji	38.24	12.22	6	
<u>Superhero 10K</u>		Naomi Bisagno	47.04	7.34	1	4
	8/13/2015	Julie Hardin	56.22	9.04	4	10
<u>COC x/c Series #6 3M</u>		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	
<u>Simi Valley Summer Series #3 5K</u>		Rene Canizales	19.29	6.16		
	8/9/2015	Amir Medovoi	22.28	7.18		
<u>Summer Time Half Marathon</u>	8/9/2015	Dee Dee Urquhart	2.53.39	13.15		
<u>Arroyo Creek Half Marathon</u>		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	
<u>Arroyo Creek 5K</u>		Kristin Morales	25.17	8.09	2	
	8/6/2015	Rosa Ramirez	38.21	12.22		
<u>COC x/c Series #5 3M</u>		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	
La Luz Trail Run 14.4841K	8/1/2015	Caitlin Jacobsen	2.09.15	14.22	5	
Pride of the Valley 5K		Josue Diaz	19.54	6.25	4	
		Joe Ogata	23.41	7.38	1	
JULY						
	7/30/2015					
COC x/c Series #4 3M		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	
Simi Valley Pioneer 5K x/c		Polo Islas	17.36	5.40		3
	7/26/2015	Rene Canizales	19.55	6.25		6
San Francisco 1st Half Marathon	7/26/2015	Jennifer Sunahara	1.39.45	7.37		
San Francisco 2nd Half Marathon	7/26/2015	Julie Hardin	1.52.21	8.35	5	
New Mexico State Parks #4 Half	7/25/2014	Dee Dee Urquhart	3.19.00	15.11		220th Half
New Mexico State Parks #3 Half	7/25/2014	Dee Dee Urquhart	3.28.32	15.55		219th Half
Cypress 10K	7/23/2015	Michael Berger	54.46	8.49		
COC x/c Series #3 3M		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		
Foothill 5K	7/18/2015	Josue Diaz	24.20	7.50	1	7
Griffith Park Trail Marathon Relay		Francisco Son (leg 1)	32.17	6.09		
	7/18/2015	Joy Castanares (leg 1)	1.04.22	12.17		
Awesome 80's 10K	7/18/2015	Julie Hardin	49.55	8.02	1	
	7/16/2015	Rosa Ramirez	31.48	10.14		
COC x/c Series #2 3M		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		
Shoreline Half Marathon		Julie Hardin	1.50.02	8.24	3	
	7/11/2015	Dee Dee Urquhart	2.52.28	13.10		
Summer Fun Half Marathon	7/11/2015	Dee Dee Urquhart	2.45.00	12.36	1	
Summer Fun 5K	7/9/2015	Phyllis Blazejewski	28.30	9.10	2	
COC x/c Series #1 3M		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	
Independence Day Classic 10K		Josue Diaz	43.30	7.00	2	
		Brian Frank	44.20	7.08	2	
	7/4/2015	Joe Ogata	51.55	8.21	1	
Independence Day Classic 5K		Joe Ogata	25.21	8.09	2	
		Brian Frank	28.08	9.03		
	7/4/2015	Rosa Ramirez	38.56	12.31		
Will Rogers 10K		Julie Hardin	49.55	8.02	4	
	7/4/2015	Michael Berger	55.56	9.01		
Will Rogers 5K		Kristin Morales	26.10	8.26		
		Rachelle Katz	28.01	9.01	2	
	7/4/2015	Sam Wildman	57.17	18.27	3	
Village Runner 5K		Monika Rye	28.17	9.06		
JUNE	6/28/2015					
CA Senior Games 10K	6/28/2015	Michael Berger	56.08	9.02	3	
CA Senior Games 5K	6/21/2015	Michael Berger	26.38	8.34	3	
Father's Day Half Marathon	6/21/2015	Dee Dee Urquhart	3.08.06	14.22		
Father's Day 5K	6/21/2015	Phyllis Blazejewski	28.23	9.08	1	
Mammoth Half Marathon	6/20/2015	Julie Hardin	1.59.17	9.06	5	
Canyon Meadow Trail Run 50K	6/20/2015	Rosa Melendez	5.17.32	10.13	1	2
Descanso Gardens 5K		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		
Play It Forward 5K		Shayna Ades	57.39	18.33		
		Jason Ades	57.39	18.33		
	6/14/2015	Randy Weiss	\$ 57.40	18.34		
Father's Day 5K		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	
Valley Crest Half Marathon		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		
LA Frontrunners Pride 5K	6/13/2015	Pat Bates	36.19	11.41	3	
R'nR Seattle Half Marathon	6/7/2015	Dee Dee Urquhart	2.38.19	12.05		
Love Run 10K		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		
Love Run 5K		Maryam Burcham	30.06	9.41	2	
	6/6/2015	Sam Wildman	46.28	15.57	1	
Shadow of the Giants 50K		Diana Rush	5.46.24	11.09	1	
	6/6/2015	Caroline Shahin	8.37.03	16.38		
Joggin for the Noggin 10K	6/6/2015	Joe Hampton	57.58	9.21	3	
Joggin for the Noggin 5K	6/3/2015	Diana Durfee	36.24	11.45		
Heartland Series- Day 3 Half - IN	6/1/2015	Dee Dee Urquhart	3.01.13	13.50		
Heartland Series- Day 1 Half - Ohio		Dee Dee Urquhart	2.47.20	12.46		
MAY	5/31/2015					
San Diego RnR Marathon		Joe Ogata	3.58.48	9.27	3	
	5/31/2015	Chris Ellis	6.26.56	14.46		
San Diego RnR Half Marathon		Megan Severa	1.43.43	7.55		
	5/31/2015	Paul Weinberger	1.48.08	8.15		
Team Ortho Minneapolis Half	5/30/2015	Dee Dee Urquhart	2.39.56	12.12		
Famous Great Potato Half- Idaho	5/25/2015	Dee Dee Urquhart	2.49.19	12.55		
Laguna Hills Half Marathon		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		
Run for Warriors 5K	5/24/2015	Josue Diaz	20.22	6.33	2	9
Mountains 2 Beach Marathon		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		
Mountains 2 Beach Half Marathon	5/16/2015	Dee Dee Urquhart	2.36.41	11.58		
Xterra Malibu Creek 22K		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		
Xterra Malibu Creek 6K	5/16/2015	Hector Mendoza	25.37	6.52	1	1
Born to Run 30M	5/16/2015	Lauren Case	5.26.37	10.53	3	
West Hills Freedom 5K	5/10/2015	Ken Kochakji	35.40	11.29	1	
Mother's Day 5K	5/9/2015	Phyllis Blazejewski	28.22	9.08		
Oxy Invite 1500 Meters	5/9/2015	Matan Mayer	4.05.14	4.23	4	
SB Wine Country Half Marathon	5/3/2015	Brian Frank	1.39.15	7.34	2	
Independence Series	5/2/2015	Dee Dee Urquhart	3.00.33	13.47		
Half Marathons	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		
OC Marathon		Joe Ogata	3.56.42	9.03	2	
	5/3/2015	Michelle Krok	4.05.05	9.22		
OC 5K	5/3/2015	Michael Berger	25.44	8.17		
Verdugo Mountains 10K		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		
April	4/26/2015					
Big Sur Marathon	4/26/2015	Lauren Case	4.05.44	9.23		
Ojai Half Marathon	4/25/2015	Caroline Shahin	2.34.23	11.47		
Hope, Steps & A Cure 5K	4/20/2015	Josue Diaz	20.48	6.42	4	5
Boston Marathon		James McGuire	3.03.22	7.00		
		Lauren Case	3.44.10	8.33		
	4/19/2015	Joe Ogata	3.59.00	9.07		
Sunset Strip Half Marathon		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		
Victory 4 Victims 10K		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	

Victory 4 Victims 5K		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 Medvoi	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	
Leona Divide 50K		Michael Berger	7.56.51	15.22		
	4/18/2015	Saundra Whitehead	8.32.32	16.32	2	
Wickedky Fast Half Marathon	4/17/2015	Dee Dee Urquhart	2.47.03	12.46		
Riverboat Half Marathon -Day 5	4/16/2015	Dee Dee Urquhart	2.51.25	13.05		
Riverboat Half Marathon -Day 4	4/15/2015	Dee Dee Urquhart	2.56.55	13.30		
Riverboat Half Marathon -Day 3 (Dee Dee's 200th Half)	4/14/2015	Dee Dee Urquhart	3.09.00	14.26		
Riverboat Half Marathon -Day 2	4/13/2015	Dee Dee Urquhart	3.12.14	14.40		
Riverboat Half Marathon -Day 1	4/11/2015	Dee Dee Urquhart	3.04.29	14.05		
Hollywood Half Marathon		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		
Hollywood 5K	4/4/2015	Linda Lee	50.46	16.2		
American River 50M		Wendy Young	12.08.40	14.34		
<u>MARCH</u>	3/29/2015					
PCRF Half Marathon		Dee Dee Urquhart	2.46.31	12.43		
	3/28/2015	Linda Pulver	2.50.31	13.01		
Griffith Park Trail Half Marathon	3/28/2015	Francisco Son	1.24.21	6.26	1	1
Cheseboro Half Marathon		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		
Pacific Half Marathon		Julie Hardin	1.55.28	8.48	6	
	3/28/2015	Judith Miller	3.14.01	14.48	1	
Old Agoura 10K		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	
Deena Kastor 5K		Sam Wildman	47.42	15.23	2	

		Dick Bublitz	47.45	15.24	2	
	3/22/2015	Elaine Rayman	48.40	15.41	1	
Puerto Rico Half Marathon		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		
XTERRA Boney Mountain 21K	3/21/2015	Lon Neumann	3.04.02	14.06	1	
Seal Beach 5K	3/15/2015	Josue Diaz	19.40	6.20	2	
Rockin' Shamrock 5K	3/15/2015	Franky Ortega	18.25	5.56	1	1
LA Marathon		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		
LA Big 5K		Francisco Son	17.20	5.35	3	6
	3/14/2015	Jennifer Sunahara	21.59	7.05	3	11
Catalina Marathon	3/8/2015	Saundra Whitehead	7.05.21	16.14		
Coaster Run 5K		Saundra Whitehead	33.35	10.48		
		Linda Lee	47.24	15.15		
	3/8/2015	Linda Pulver	59.11	19.02		
True Bruin 5K	3/7/2015	Nancy Riegling	33.22	10.44		
Ahmanson 12K		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		
Napa Valley Marathon		Joe Ogata	3.52.41	8.46	3	
<u>FEBRUARY</u>	2/15/2015					
<u>Bandit 30K</u>	2/14/2015	Adam Talan	2.55.29	6.26	1	4
<u>Westlake Village 10K</u>	2/14/2015	Joe Ogata	48.11	7.46	1	
<u>Westlake Village 5K</u>	2/8/2015	Joe Ogata	23.37	7.37	1	
<u>Friendship Run 18M -SRLA</u>		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	
<u>SOB 50M (Sean O'Brien)</u>		Ken Lewis	13.57.57	16.45		
	2/7/2015	Joy Castanares	13.59.11	16.47		
<u>CSUN All-Comers 1M</u>		Naomi Bisagno	5.52	5.52		1
		Amir Medovoi	5.59	5.59		2
	2/7/2015	Marlon Duarte	7.02	7.02		
<u>CSUN All-Comers 2M</u>		Matan Mayer	9.54	4.57		1
	2/7/2015	Franky Ortega	7.02	5.34		
<u>Groundhog Day 5K</u>	2/1/2015	Ken Kochakji	36.55	11.54	1	
<u>Xterra Mission Gorge 15K</u>	2/1/2015	Lon Neumann	2.02.28	13.09	4	
<u>Surf City Marathon</u>	2/1/2015	Masami Fukuhara	4.07.20	9.25		
<u>Surf City Half Marathon</u>		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		
<u>Redondo Beach 10K</u>	2/1/2015	Linda Pulver	1.27.29	14.06		
<u>Redondo Beach 5K</u>		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		
JANUARY	1/25/2015					
West Hills Half Marathon		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		
West Hills 10K		Helga Jessen	1.00.45	9.48	1	
	1/25/2015	Dick Bublitz	1.28.18	14.14	1	
West Hills 5K		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		
Griffith Park Half Marathon	1/25/2015	Josue Diaz	1.23.35	6.23	2	5
Griffith Park 5K	1/18/2015	Mario Diaz	25.00	8.04	1	
Carlsbad Marathon		Michelle Krok	3.50.00	8.47		
	1/18/2015	Joe Ogata	3.53.08	8.54	2	
Carlsbad Half Marathon	1/17/2015	Caroline Shahin	2.30.58	11.31		
CSUN All-Comers 2-Mile		Polo Islas	10.22	5.11		3
	1/17/2015	James McGuire	13.02	6.31		9
CSUN All-Comers 1-Mile		Matan Mayer	4.30	4.30		1
		Polo Islas	4.54	4.54		5
		Rene Canizales	5.09	5.09		7
		Frankie Ortega	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		
SOCAL Half Marathon	1/10/2015	Joe Ogata	1.48.52	8.19	3	
Simi Valley All-Comers						
1600 meters		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		
New Year's Race Half Marathon		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		
<u>New Year's Race 10K</u>	1/3/2015	Chris Ellis	1.24.02	13.33		
<u>New Year's Race 5K</u>		Franky Ortega	17.59	5.48	2	8
		Linda Lee	49.46	16.03		