

Bonita Road Runner of the Year - Totals

Totals

Men

Wilson, Greg	119
Melchor, Tony	101
Rios, Javier	76
Demers, Gary	56
Duenas, Isaiah	36
Adams, Roy	33
Rangel, Jose	27
Ramirez, Manuel	19
Williams, Richard	18
Ortiz, Carlos	15
Avila, Norberto	7

Women

Aitchison, Jane	125
Breen, Tina	118
Doyle, Heather	44
Perez, Isabel	40
Field, Marina	37
Nagal, Joy	27
Smithey, Rachael	26
Melchor, Jackie	18
Retonel, Susan	16
Runnells, Cindy	9
Gamboa, Ruth	9

Bonita Road Runner of the Year - Totals

Men

Name	Carlsbad 5000					
	Div	Time	Rank	Place	Score	Total
Melchor, Tony	45-49	21:06	66	2	10	10
Rios, Javier	45-49	21:40	82	3	9	9
Williams, Richard					0	0
Wilson, Greg					0	0
Adams, Roy					0	0
Avila, Norberto					0	0
Demers, Gary	55-59	26:21	75	4	8	8
Rangel, Jose	45-49	19:31	40	1	11	11
Ortiz, Carlos					0	0
Duenas, Isaiah					0	0
Ramirez, Manuel					0	0
					0	0
					0	0
					0	0
					0	0
					0	0
					0	0
					0	0

Bonita Road Runner of the Year - Totals

Men

Name	San Diego River Run					
	Div	Time	Rank	Place	Score	Total
Melchor, Tony	40-49	20:57	5	4	13	23
Rios, Javier	50-59	21:21	5	5	12	21
Williams, Richard					0	0
Wilson, Greg	50-59	17:24	1	1	20	20
Adams, Roy					0	0
Avila, Norberto					0	0
Demers, Gary	60-69	25:18	3	6	13	21
Rangel, Jose					0	11
Ortiz, Carlos					0	0
Duenas, Isaiah	10-19	20:36	1	3	18	18
Ramirez, Manuel	40-49	18:18	1	2	19	19
					0	0
					0	0
					0	0
					0	0
					0	0
					0	0
					0	0

Bonita Road Runner of the Year - Totals

Men

<u>Name</u>	<u>Coyote 10K</u>					
	<u>Div</u>	<u>Time</u>	<u>Rank</u>	<u>Place</u>	<u>Score</u>	<u>Total</u>
Melchor, Tony	40-49	57:35	4	2	16	39
Rios, Javier					0	21
Williams, Richard					0	0
Wilson, Greg	50-59	44:09	2	1	19	39
Adams, Roy					0	0
Avila, Norberto					0	0
Demers, Gary	60-69	65:52	1	3	18	39
Rangel, Jose					0	11
Ortiz, Carlos					0	0
Duenas, Isaiah					0	18
Ramirez, Manuel					0	19
					0	0
					0	0
					0	0
					0	0
					0	0
					0	0
					0	0

Bonita Road Runner of the Year - Totals

Men

<u>Name</u>	<u>Scripps Ranch 10K</u>					
	<u>Div</u>	<u>Time</u>	<u>Rank</u>	<u>Place</u>	<u>Score</u>	<u>Total</u>
Melchor, Tony	50-54	47:02	17	4	8	47
Rios, Javier	50-54	49:15	27	5	7	28
Williams, Richard					0	0
Wilson, Greg	55-59	36:12	1	1	20	59
Adams, Roy	60-64	46:32	2	3	17	17
Avila, Norberto					0	0
Demers, Gary	60-64	55:35	14	6	6	45
Rangel, Jose					0	11
Ortiz, Carlos					0	0
Duenas, Isaiah	1-13	43:18	2	2	18	36
Ramirez, Manuel					0	19
					0	0
					0	0
					0	0
					0	0
					0	0
					0	0
					0	0

Bonita Road Runner of the Year - Totals

Men

<u>Name</u>	<u>AFC Half Marathon</u>					
	<u>Div</u>	<u>Time</u>	<u>Rank</u>	<u>Place</u>	<u>Score</u>	<u>Total</u>
Melchor, Tony					0	47
Rios, Javier	50-54	1:50:42	70	1	11	39
Williams, Richard					0	0
Wilson, Greg					0	59
Adams, Roy					0	17
Avila, Norberto					0	0
Demers, Gary					0	45
Rangel, Jose					0	11
Ortiz, Carlos					0	0
Duenas, Isaiah					0	36
Ramirez, Manuel					0	19
					0	0
					0	0
					0	0
					0	0
					0	0
					0	0
					0	0

Bonita Road Runner of the Year - Totals

Men

<u>Name</u>	<u>AFC 5K</u>					
	<u>Div</u>	<u>Time</u>	<u>Rank</u>	<u>Place</u>	<u>Score</u>	<u>Total</u>
Melchor, Tony	50-55	20:51	3	3	16	63
Rios, Javier					0	39
Williams, Richard					0	0
Wilson, Greg	55-59	17:56	1	1	20	79
Adams, Roy					0	17
Avila, Norberto					0	0
Demers, Gary					0	45
Rangel, Jose	45-49	20:27	4	2	16	27
Ortiz, Carlos	40-44	22:56	3	4	15	15
Duenas, Isaiah					0	36
Ramirez, Manuel					0	19
					0	0
					0	0
					0	0
					0	0
					0	0
					0	0
					0	0

Bonita Road Runner of the Year - Totals

Men

<u>Name</u>	<u>Balboa 4-Miler</u>					
	<u>Div</u>	<u>Time</u>	<u>Rank</u>	<u>Place</u>	<u>Score</u>	<u>Total</u>
Melchor, Tony	50-54	30:22	11	2	10	73
Rios, Javier	50-54	32:27	12	3	9	48
Williams, Richard					0	0
Wilson, Greg	55-59	24:35	1	1	20	99
Adams, Roy	60-64	33:14	2	4	16	33
Avila, Norberto	50-54	34:42	14	5	7	7
Demers, Gary	60-64	36:44	5	6	11	56
Rangel, Jose					0	27
Ortiz, Carlos					0	15
Duenas, Isaiah					0	36
Ramirez, Manuel					0	19
					0	0
					0	0
					0	0
					0	0
					0	0
					0	0
					0	0

Bonita Road Runner of the Year - Totals

Men

Name	Raptor Ridge Half Marathon					
	Div	Time	Rank	Place	Score	Total
Melchor, Tony	50-59	2:15:36	13	3	9	82
Rios, Javier	50-59	2:02:23	7	2	13	61
Williams, Richard					0	0
Wilson, Greg	50-59	1:30:12	1	1	20	119
Adams, Roy					0	33
Avila, Norberto					0	7
Demers, Gary					0	56
Rangel, Jose					0	27
Ortiz, Carlos					0	15
Duenas, Isaiah					0	36
Ramirez, Manuel					0	19
					0	0
					0	0
					0	0
					0	0
					0	0
					0	0
					0	0

Bonita Road Runner of the Year - Totals

Men

Name	Shelter Island 5K					
	Div	Time	Rank	Place	Score	Total
Melchor, Tony	50-54	20:57	2	1	19	101
Rios, Javier	50-54	21:54	5	2	15	76
Williams, Richard	75+	26:52	1	3	18	18
Wilson, Greg					0	119
Adams, Roy					0	33
Avila, Norberto					0	7
Demers, Gary					0	56
Rangel, Jose					0	27
Ortiz, Carlos					0	15
Duenas, Isaiah					0	36
Ramirez, Manuel					0	19
					0	0
					0	0
					0	0
					0	0
					0	0
					0	0

Bonita Road Runner of the Year - Totals

Women

Name	Carlsbad 5000					
	Div	Time	Rank	Place	Score	Total
Aitchison, Jane	45-49	19:58	9	1	12	12
Doyle, Heather					0	0
Breen, Tina	55-59	25:07	13	4	8	8
Field, Marina	40-44	24:19	49	3	9	9
Smithy, Rachael					0	0
Retonel, Susan					0	0
Perez, Isabel	25-29	20:17	58	2	10	10
Nagal, Joy	40-44	27:38	106	5	7	7
Gamboa, Ruth					0	0
Runnells, Cindy					0	0
Melchor, Jackie					0	0
					0	0
					0	0
					0	0
					0	0
					0	0

Bonita Road Runner of the Year - Totals

Women

Name	San Diego River Run					
	Div	Time	Rank	Place	Score	Total
Aitchison, Jane	40-49	19:28	1	1	20	32
Doyle, Heather	20-29	23:04	4	2	16	16
Breen, Tina	50-59	23:05	3	3	16	24
Field, Marina					0	9
Smithy, Rachael					0	0
Retonel, Susan					0	0
Perez, Isabel					0	10
Nagal, Joy	40-49	28:03	7	4	11	18
Gamboa, Ruth	50-59	29:21	7	6	9	9
Runnells, Cindy	40-49	28:03	8	5	9	9
Melchor, Jackie					0	0
					0	0
					0	0
					0	0
					0	0
					0	0

Bonita Road Runner of the Year - Totals

Women

Name	Coyote 10K					
	Div	Time	Rank	Place	Score	Total
Aitchison, Jane	40-49	52:24	2	1	19	51
Doyle, Heather					0	0
Breen, Tina	50-59	67:39	2	2	18	42
Field, Marina					0	9
Smithy, Rachael					0	0
Retonel, Susan					0	0
Perez, Isabel					0	10
Nagal, Joy					0	0
Gamboa, Ruth					0	0
Runnells, Cindy					0	0
Melchor, Jackie					0	0
					0	0
					0	0
					0	0
					0	0
					0	0

Bonita Road Runner of the Year - Totals

Women

<u>Name</u>	<u>Scripps Ranch 10K</u>					
	<u>Div</u>	<u>Time</u>	<u>Rank</u>	<u>Place</u>	<u>Score</u>	<u>Total</u>
Aitchison, Jane	45-49	41:53	2	2	18	69
Doyle, Heather					0	16
Breen, Tina	55-59	52:49	1	4	17	59
Field, Marina	40-44	48:52	7	3	12	21
Smithy, Rachael					0	0
Retonel, Susan					0	0
Perez, Isabel	30-34	41:32	1	1	20	30
Nagal, Joy					0	18
Gamboa, Ruth					0	9
Runnells, Cindy					0	9
Melchor, Jackie					0	0
					0	0
					0	0
					0	0
					0	0
					0	0

Bonita Road Runner of the Year - Totals

Women

<u>Name</u>	<u>AFC Half Marathon</u>					
	<u>Div</u>	<u>Time</u>	<u>Rank</u>	<u>Place</u>	<u>Score</u>	<u>Total</u>
Aitchison, Jane	45-49	1:34:45	4	1	17	86
Doyle, Heather					0	16
Breen, Tina					0	59
Field, Marina					0	21
Smithey, Rachael					0	0
Retonel, Susan	40-44	2:11:26	191	4	8	8
Perez, Isabel	30-34	1:36:44	17	2	10	40
Nagal, Joy	40-44	2:05:51	150	3	9	27
Gamboa, Ruth					0	9
Runnells, Cindy					0	9
Melchor, Jackie					0	0
					0	0
					0	0
					0	0
					0	0
					0	0
					0	0

Bonita Road Runner of the Year - Totals

Women

Name	AFC 5K					
	Div	Time	Rank	Place	Score	Total
Aitchison, Jane					0	86
Doyle, Heather	18-24	23:23	6	1	15	31
Breen, Tina	55-59	25:04	1	3	18	77
Field, Marina					0	21
Smithy, Rachael					0	0
Retonel, Susan					0	8
Perez, Isabel					0	40
Nagal, Joy					0	27
Gamboa, Ruth					0	9
Runnells, Cindy					0	9
Melchor, Jackie	35-39	23:47	2	2	18	18
					0	0
					0	0
					0	0
					0	0
					0	0

Bonita Road Runner of the Year - Totals

Women

Name	Balboa 4-Miler					
	Div	Time	Rank	Place	Score	Total
Aitchison, Jane	45-49	29:39	2	1	19	105
Doyle, Heather					0	31
Breen, Tina	55-59	36:57	6	3	13	90
Field, Marina					0	21
Smithy, Rachael	45-49	32:14	6	2	14	14
Retonel, Susan					0	8
Perez, Isabel					0	40
Nagal, Joy					0	27
Gamboa, Ruth					0	9
Runnells, Cindy					0	9
Melchor, Jackie					0	18
					0	0
					0	0
					0	0
					0	0
					0	0

Bonita Road Runner of the Year - Totals

Women

Name	Raptor Ridge Half Marathon					
	Div	Time	Rank	Place	Score	Total
Aitchison, Jane					0	105
Doyle, Heather					0	31
Breen, Tina	50-59	2:26:18	8	3	11	101
Field, Marina	40-49	2:02:24	5	1	16	37
Smithy, Rachael	40-49	2:13:10	8	2	12	26
Retonel, Susan	40-49	2:29:10	19	4	8	16
Perez, Isabel					0	40
Nagal, Joy					0	27
Gamboa, Ruth					0	9
Runnells, Cindy					0	9
Melchor, Jackie					0	18
					0	0
					0	0
					0	0
					0	0
					0	0
					0	0

Bonita Road Runner of the Year - Totals

Women

Name	Athleta Iron Girl 10K					
	Div	Time	Rank	Place	Score	Total
Aitchison, Jane	45-49	43:33	1	1	20	125
Doyle, Heather	20-24	50:49	7	2	13	44
Breen, Tina	55-59	53:21	2	3	17	118
Field, Marina					0	37
Smithy, Rachael					0	26
Retonel, Susan					0	16
Perez, Isabel					0	40
Nagal, Joy					0	27
Gamboa, Ruth					0	9
Runnells, Cindy					0	9
Melchor, Jackie					0	18
					0	0
					0	0
					0	0
					0	0
					0	0
					0	0