

Lake Caroline 15K

Masters Awards Running-15K



| Place | Bib No. | Name | Age | Gender | Age Group | Team | Pace | ChipTime |
|-------|---------|------|-----|--------|-----------|------|------|----------|
|-------|---------|------|-----|--------|-----------|------|------|----------|

Running-15K

Masters

Male

| | | | | | | | | |
|---|-----|--------------|----|---|------------|--|------|----------|
| 1 | 485 | Mike Pomfret | 57 | M | Male 50-59 | | 6:49 | 01:03:37 |
|---|-----|--------------|----|---|------------|--|------|----------|

Female

| | | | | | | | | |
|---|-----|----------------|----|---|--------------|--|------|----------|
| 1 | 512 | Shannon Steele | 51 | F | Female 50-59 | | 8:07 | 01:15:42 |
|---|-----|----------------|----|---|--------------|--|------|----------|

Grand Masters

Male

| | | | | | | | | |
|---|-----|----------------|----|---|------------|--|------|----------|
| 1 | 743 | David Simmonds | 55 | M | Male 50-59 | | 7:06 | 01:06:18 |
|---|-----|----------------|----|---|------------|--|------|----------|

Female

| | | | | | | | | |
|---|-----|---------------|----|---|------------|--|------|----------|
| 1 | 723 | Miriam Allred | 58 | F | Male 50-59 | | 9:02 | 01:24:13 |
|---|-----|---------------|----|---|------------|--|------|----------|

Senior Grand Masters

Male

| | | | | | | | | |
|---|-----|-----------------|----|---|------------|--|------|----------|
| 1 | 452 | Michael Nowicki | 61 | M | Male 60-69 | | 7:19 | 01:08:17 |
|---|-----|-----------------|----|---|------------|--|------|----------|

Female

| | | | | | | | | |
|---|-----|----------------|----|---|------------|--|-------|----------|
| 1 | 950 | Beth Shoemaker | 70 | F | Female 70+ | | 11:58 | 01:51:33 |
|---|-----|----------------|----|---|------------|--|-------|----------|