

# Poor Man's Run 5K

Feb. 28, 2026

Monroe, LA

ULM School of Pharmacy

<i>MALE</i>				<i>FEMALE</i>			
Overall:				Overall:			
1	Seth Criceol	18:44		1	Carley LaBorde	23:05	
13 & under:				13 & under:			
1	Cheston Gullede	22:55		1	Layla Brumley	56:29	
14 - 19:				20 - 29:			
1	David Bennett	18:45		1	Laura Longino	24:54	
20 - 29:				30 - 49:			
1	Avery Folse	20:19		1	Courtney Walker	27:05	
30 - 49:				50 & over:			
1	Jason Bennett	19:51		1	Adrienne Johnson	30:21	
50 & over:							
1	Tim Spencer	22:26					