

# Gallop & Gorge 8K Course Records 2014

Category	Name	Age	Time	Year
<i>Overall Male</i>	Wacker, Andy	26	23:52.1	2014 *
<i>Overall Female</i>	Flanagan, Shalane	27	26:20.0	2008
<i>Masters Male</i>	Hinton, John	44	25:31.0	2006
<i>Masters Female</i>	Nesbit-Mabe, Joan	40	28:54.8	2002
<i>1-9 Male</i>	Hawley, Benjamin	8	36:08.8	2011
<i>1-9 Female</i>	Daley, Nora	9	37:26.3	2014 *
<i>10-14 Male</i>	Hoge, Duncan	14	28:55.2	2002
<i>10-14 Female</i>	Speizer, Simone	14	35:19.5	2012
<i>15-19 Male</i>	Keyserling, Kaleb	19	27:27.0	2006
<i>15-19 Female</i>	Superak, Hillary	18	33:38.0	2005
<i>20-24 Male</i>	Jabaut, Jason	24	24:49.0	2006
<i>20-24 Female</i>	Roetter, Natasha	22	29:35.0	2005
<i>25-29 Male</i>	Wacker, Andy	26	23:52.1	2014 *
<i>25-29 Female</i>	Flanagan, Shalane	27	26:20.0	2008
<i>30-34 Male</i>	Roho, Elly	32	25:16.1	2002
<i>30-34 Female</i>	Certain, Kim	34	28:51.3	2002
<i>35-39 Male</i>	Hinton, John	39	25:12.7	2001
<i>35-39 Female</i>	O'Grady, Mimi	37	30:15.8	2002
<i>40-44 Male</i>	Hinton, John	44	25:31.0	2006
<i>40-44 Female</i>	Nesbit-Mabe, Joan	40	28:54.8	2002
<i>45-49 Male</i>	Hinton, John	46	26:18.1	2008

<i>45-49 Female</i>	Nesbit-Mabe, Joan	45	30:07.0	2007
<i>50-54 Male</i>	Slade, Gary	50	28:37.9	2009
<i>50-54 Female</i>	Mabe, Joan	52	31:26.5	2014 *
<i>55-59 Male</i>	Nickodem, Kevin	58	29:39.8	2014 *
<i>55-59 Female</i>	Alexander, Doris	57	36:11.5	2012
<i>60-64 Male</i>	Moss, Gary	62	32:10.5	2012
<i>60-64 Female</i>	Swasey, Judith	61	41:53.3	2008
<i>65-69 Male</i>	Collini, Stefan	65	36:27.2	2012
<i>65-69 Female</i>	Harold, Judy	69	43:20.2	2011
<i>70 and Above Male</i>	Noyes, Lawson	70	35:27.7	2012
<i>70 and Above Female</i>	Roggenbuck, Sharon	71	51:00.4	2009

\* Course change: NC14121DF (previous: NC11111PH )