

Gallop & Gorge 8K Course Records 2016

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>	Hawley, Ben	13	28:25.7	2016 *
<i>10-14 Female</i>	Speizer, Simone	14	35:19.5	2012
<i>15-19 Male</i>	Ready, Ethan	18	26:22.5	2016 *
<i>15-19 Female</i>	Speizer, Simone	17	33:16.8	2015 *
<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>	Bechard, Barton	52	27:54.0	2016 *
<i>50-54 Female</i>	Mabe, Joan	53	31:23.6	2015 *
<i>55-59 Male</i>	Nickodem, Kevin	58	29:39.8	2014 *
<i>55-59 Female</i>	Allyne, Kristin	57	34:54.6	2015 *
<i>60-64 Male</i>	Moss, Gary	62	32:10.5	2012
<i>60-64 Female</i>	Merritt, Kathy	62	38:12.5	2016 *
<i>65-69 Male</i>	Mitchell, Roger	66	35:39.5	2016 *
<i>65-69 Female</i>	McNeilly, Kevin	65	41:04.7	2016 *
<i>70-74 Male</i>	Noyes, Lawson	70	35:27.70	2012
<i>70-74 Female</i>	Roggenbuck, Sharon	71	51:00.5	2009
<i>75 and Above Male</i>	Surh, Jerry	76	46:11.5	2015 *
<i>75 and Above Female</i>	Roggenbuck, Sharon	77	01:07:07.82	2015 *

* Course change: NC14121DF (previous: NC11111PH)