

Hellbender 10K Overall Results 2023

2023 High Knob Hellbender 10K Results (Oct. 7, 2023)								
Place		Time	first	last	age	gender	City	State
	1	50:38	Jeremy	Donahue	41	M	Knoxville	TN
	2	51:10	Daniel	Kolasa	45	M	Christiansburg	VA
	3	53:55	Ike	Anderson	35	M	Johnson City	TN
	4	54:37	Joe	McMahon	30	M	Johnson City	TN
	5	55:05	Andrew	Shelton	44	M	Gate City	TN
	6	57:32	Brad	Reed	47	M	Jonesborough	TN
	7	58:04	Parker	Cowden	20	M	Kingsport	TN
	8	58:58	Shawn	Becker	46	M	Weber City	VA
	9	1:00:15	Matthew	Hamilton	17	M	Kingsport	TN
	10	1:00:22	Ray	Mullins	40	M	Nickelsville	VA
	11	1:00:38	William	Harper	53	M	Kingsport	TN
	12	1:01:30	Haley	Sykes	22	F	Cumberland Gap	TN
	13	1:01:41	Keith	Adams	55	M	Whitesburg	KY
	14	1:02:20	Allen	Day	30	M	Premium	KY
	15	1:03:58	Rebecca	Hicks	52	F	Floyd	VA
	16	1:04:40	Chris	Basham	51	M	Wise	VA
	17	1:05:02	Kaley	Sykes	22	F	Cumberland Gap	TN
	18	1:05:08	Nathan	Shreve	41	M	Gate City	VA
	19	1:05:21	Mike	Harding	57	M	Wise	VA
	20	1:05:40	Tim	Bowen	39	M	Kingsport	TN
	21	1:08:26	Robert	Chambers	25	M	Kingsport	TN
	22	1:09:06	Alan	Sanders	63	M	Pikeville	KY
	23	1:09:38	Mitchell	Bray	43	M	Kingsport	TN
	24	1:09:50	Wally	Smith	39	M	Wise	VA
	25	1:10:46	Justin	Barnes	43	M	Big Stone Gap	VA
	26	1:10:49	Meiwah	Cheng	50	F	Harlan	KY
	27	1:11:24	Dan	Montgomery	41	M	Lebanon	VA
	28	1:11:36	Matt	Lowder	35	M	Johnson City	TN
	29	1:12:07	Samantha	Stanley	26	F	Clintwood	VA
	30	1:13:39	Joshua	Ross	48	M	Greeneville	TN
	31	1:14:05	Amanda	Tipton	46	F	Kingsport	TN
	32	1:15:47	Robert	Hopkins	43	M	Pearisburg	VA
	33	1:18:10	Chelsea	Barnes	38	F	Big Stone Gap	VA
	34	1:18:37	Don	Keen	42	M	Kingsport	TN
	35	1:19:43	Keith	Stidham	55	M	Wise	VA
	36	1:19:46	Audrey	Cloyd	32	F	Jonesborough	TN
	37	1:20:21	Misty	Myers	44	F	Appalachia	VA
	38	1:20:27	Brad	Cowden	51	M	Kingsport	TN
	39	1:20:32	Huffy	Sturgill	68	M	Wise	VA
	40	1:21:24	Kelly	Baker	44	F	North Olmstead	OH
	41	1:22:58	Cody	Boyd	32	M	Appalachia	VA
	42	1:25:31	Charles	Raffensperger	65	M	Black Mountain	NC
	43	1:25:43	Patsy	Cantor	53	F	Jonesborough	TN
	44	1:26:51	Steve	Maddox	68	M	Big Stone Gap	VA
	45	1:27:45	Ansley	Reed	17	F	Jonesborough	TN
	46	1:27:58	Yvette	Bush	42	F	Castlewood	VA

	47	1:28:29	Garrison	Sheppard	19	M	Wise	VA	
	48	1:28:38	Angie	Cowden	50	F	Kingsport	TN	
	49	1:29:18	Jack	Starnes	79	M	Wise	VA	
	50	1:30:10	Lindsay	Heaton	42	F	Montclair	VA	
	51	1:30:50	Sue	Kennedy	54	F	Wise	VA	
	52	1:31:42	Samantha	Keen	38	F	Kingsprot	TN	
	53	1:31:45	Bruce	Cahoon	54	M	Wise	VA	
	54	1:33:35	Laura	Davis	56	F	Powell	TN	
	55	1:33:58	Kari	Bowen	39	F	Kingsport	TN	
	56	1:34:30	Michael	Blalock	58	M	Mount Carmel	TN	
	57	1:35:24	Rob	Cantor	54	M	Jonesborough	TN	
	58	1:35:40	Timothy	Zawisza	56	M	Oak Ridge	TN	
	59	1:36:07	Katrina	Smith	39	F	Grays Knob	KY	
	60	1:36:48	Aimee	Jones	45	F	Big Stone Gap	VA	
	61	1:36:48	Christy	Swinney	46	F	Big Stone Gap	VA	
	62	1:37:15	Elizabeth	Dunn	35	F	Minneapolis	MN	
	63	1:37:18	Debbie	Malone	50	F	Knoxville	TN	
	64	1:38:39	Gigi	Boyd	54	F	Appalachia	VA	
	65	1:42:35	Misty	Lee	47	F	St. Paul	VA	
	66	1:44:12	Jackie	Mitchell	49	F	Dryden	VA	
	67	1:46:11	Donna	Dingus	47	F	St. Paul	VA	
	68	1:46:30	David	Sheppard	48	M	Wise	VA	
	69	1:46:54	Jennifer	Dawson	51	F	Norton	VA	
	70	1:49:11	Angie	Mann	49	F	Mount Carmel	TN	
	71	1:52:32	Andy	Mullins	44	M	Big Stone Gap	VA	
	72	1:52:32	Abby	O'Hare	49	F	Big Stone Gap	VA	
	73	1:54:43	Mark	Dunn	70	M	Flowery Branch	GA	
	74	1:58:56	Sarah	Keith	42	F	Knoxville	TN	
	75	1:59:19	Joanie	Stallard Stewart	45	F	Rogersville	TN	