

High Knob Hellbender 10K 2023 Overall & Age Group Awards

	Overall Awards	Participant Name	Time			
	Overall Male	Jeremy Donahue	50:38			
	2nd Place Male	Daniel Kolasa	51:10			
	3rd Place Male	Ike Anderson	53:55			
	Overall Female	Haley Sykes	1:01:30			
	2nd Place Female	Rebecca Hicks	1:03:58			
	3rd Place Female	Kaley Sykes	1:05:02			
	Masters Female	Meiwhah Cheng	1:10:49			
	Masters Male	Andrew Shelton	55:05			
	Age Group Awards					
1	Female 29 & Under	Samantha Stanley	1:12:07			
2	Female 29 & Under	Ansley Reed	1:27:45			
1	Male 29 & Under	Parker Cowden	58:04			
2	Male 29 & Under	Matthew Hamilton	1:00:15			
3	Male 29 & Under	Robert Chambers	1:08:26			
4	Male 29 & Under	Garrison Sheppard	1:28:29			
1	Female 30-39	Chelsea Barnes	1:18:10			
2	Female 30-39	Audrey Cloyd	1:19:46			
3	Female 30-39	Samantha Keen	1:			
4	Female 30-39	Kari Bowen	1:33:58			
5	Female 30-39	Katrina Smith	1:36:07			
6	Female 30-39	Elizabeth Dunn	1:37:15			
1	Male 30-39	Joe McMahon	54:37			
2	Male 30-39	Allen Day	1:02:20			
3	Male 30-39	Tim Bowen	1:05:40			
4	Male 30-39	Wally Smith	1:09:50			
5	Male 30-39	Matt Lowder	1:11:36			
6	Male 30-39	Cody Boyd	1:22:58			
1	Female 40-49	Amanda Tipton	1:14:05			
2	Female 40-49	Misty Myers	1:20:21			
3	Female 40-49	Kelly Baker	1:21:24			
4	Female 40-49	Yvette Bush	1:27:58			
5	Female 40-49	Lindsay Heaton	1:30:10			
6	Female 40-49	Aimee Jones	1:36:48			
7	Female 40-49	Christy Swinney	1:36:48			

	Overall Awards	Participant Name	Time			
8	Female 40-49	Misty Lee	1:42:35			
9	Female 40-49	Jackie Mitchell	1:44:12			
10	Female 40-49	Donna Dingus	1:46:11			
11	Female 40-49	Angie Mann	1:49:11			
12	Female 40-49	Abby O'Hare	1:52:32			
13	Female 40-49	Sarah Keith	1:58:56			
1	Male 40-49	Brad Reed	57m 32s			
2	Male 40-49	Shawn Becker	58m 58s			
3	Male 40-49	Ray Mullins	1:00:22			
4	Male 40-49	Nathan Shreve	1:05:08			
5	Male 40-49	Mitchell Bray	1:09:38			
6	Male 40-49	Justin Barnes	1:10:46			
7	Male 40-49	Dan Montgomery	1:11:24			
8	Male 40-49	Joshua Ross	1:13:39			
9	Male 40-49	Rob Hopkins	1:15:47			
10	Male 40-49	Don Keen	1:18:37			
11	Male 40-49	David Sheppard	1:46:30			
12	Male 40-49	Andy Mullins	1:52:32			
1	Female 50-59	Patsy Cantor	1:25:43			
2	Female 50-59	Angie Cowden	1:28:38			
3	Female 50-59	Sue Kennedy	1:30:50			
4	Female 50-59	Laura Davis	1:33:35			
5	Female 50-59	Debbie Malone	1:37:18			
6	Female 50-59	Gigi Boyd	1:38:39			
7	Female 50-59	Jennifer Dawson	1:46:54			
1	Male 50-59	William Harper	1:00:38			
2	Male 50-59	Keith Adams	1:01:41			
3	Male 50-59	Chris Basham	1:04:40			
4	Male 50-59	Mike Harding	1:05:21			
5	Male 50-59	Keith Stidham	1:19:43			
6	Male 50-59	Brad Cowden	1:20:27			
7	Male 50-59	Bruce Cahoon	1:31:45			
8	Male 50-59	Michael Blalock	1:34:30			
9	Male 50-59	Rob Cantor	1:35:24			
10	Male 50-59	Timothy Zawisza	1:35:40			
1	Male 60-69	Alan Sanders	1:09:06			
2	Male 60-69	Huffy Sturgill	1:20:32			

	Overall Awards	Participant Name	Time			
3	Male 60-69	Charles Raffensperger	1:25:31			
4	Male 60-69	Steve Maddox	1:26:51			
1	Male 70 and over	Jack Starnes	1:29:18			
2	Male 70 and over	Mark Dunn	1:54:43			