

ALL TIME INDIVIDUAL BEST PERFORMANCES BY FEMALE OKLAHOMANS

Based on WMA age-graded Scoring - Actual time is converted to Open time.

(WORLD MASTERS ASSOCIATION)

Place	Name	Town	Date	Age	Place/race	AGE		
						ACTUAL Time	GRADED Time	PERF. PERCENTAGE
1	Terri Cassel	Tulsa	10-22	61	Tulsa/Parkside Run	19:47	15:06	98.06
2	Paula Leach	Tulsa	06-87	8	Tulsa/Daybreak Run	19:21	15:49	93.63
3	Emily Rusley	Tulsa	03-88	10	Tulsa/Run for Tulips	18:26	16:00	92.59
4	Sheila Nixon	Collinsville	10-22	65	Nowata Run	22:30	16:12	91.48
5	Kay Gooch	Norman	08-95	23	Tulsa/Night Light	16:14	16:14	91.17
6	Sabrina Dornhoefer	Stillwater	03-89	25	Tulsa/Golden Palace	16:16	16:16	90.98
7	Raegan Crawford	Norman	08-14	10	Norman/Brookhaven	18:48	16:19	90.78
8	Sonja Barry	Stillwater	03-89	19	Tulsa/Golden Palace	16:31	16:28	89.91
9	Erin Rusley	Tulsa	11-88	12	Tulsa/Night Light	18:08	16:30	89.80
10	Tia Martinez	Oklahoma City	09-17	29	Norman/Brookhaven	16:31	16:31	89.61
11	Christine McMiken	Stillwater	11-88	25	Tulsa/Night Light	16:33	16:33	89.43
12	Andrea Bowman	Norman	06-95	29	Tulsa/Break Barriers	16:34	16:34	89.34
13	Aminat Olowora	Oklahoma City	09-16	22	Norman/Brookhaven	16:34	16:34	89.34
14	Jackie Goodman	Stillwater	12-89	21	Tulsa/Jingle Bell	16:38	16:38	88.98
15	Vicki Patton	Ada	07-21	62	Ada/Fireball Classic	22:08	16:39	88.93
16	M. A. Howard	Broken Arrow	10-19	12	Tulsa Run	18:22	16:42	88.66
17	Pat Hill	Oklahoma City	09-99	71	OKC/Race for Cure	25:32	16:42	88.64
18	Mary Myles	Norman	09-06	50	Norman/Race Judicata	18:55	16:42	88.63
19	Donna Levy	Stillwater	10-92	24	Stillwater/Juke Joint	16:43	16:43	88.53
20	Amanda Goetschius	Norman	08-15	26	Tulsa/Riverside 5000	16:47	16:47	88.18
21	Ashley Carreon	Oklahoma City	09-17	28	Norman/Brookhaven	16:47	16:47	88.18
22	Kambree Reynolds	Tishomingo	06-17	8	Ardmore/Turtle Run	20:34	16:49	88.09
23	Cara Wyndham	Bartlesville	09-77	11	Tulsa/Mohawk/TRC	18:53	16:48	88.08
24	Judy Bomer	Tulsa	09-23	80	Tulsa/Tailgate Run	30:19	16:50	87.91
25	McKale Montgomery	Stillwater	08-19	34	Norman/Brookhaven	17:01	16:55	87.56
26	Gale Mason	Broken Arrow	09-08	60	Tulsa/Race for Cure	21:53	16:56	87.43
27	Katalin Racz	Oklahoma City	04-96	31	Tulsa/Grace Race	16:58	16:57	87.33
28	Ashley Miller	Oklahoma City	08-15	27	Tulsa/Riverside 5000	16:57	16:57	87.32
29	Hillary Kelly	Edmond	07-89	9	Stillwater/Freedom	20:06	16:58	87.31
30	Natalie Duggan	Oklahoma City	04-23	15	OKC/Memorial 5 km	17:47	16:59	87.16
31	Yazmine Wright	Norman	09-23	24	Norman/Brookhaven	16:59	16:59	87.14
32	Karen Cramond	Edmond	06-85	27	OKC/Hefner/OKCRC	17:00	17:00	87.06

33	Hanna Smedstad	Stillwater	10-98	22	OKC/Trolley Track	17:01	17:01	86.97
34	Camille Holt	Oklahoma City	09-11	29	Norman/Brookhaven	17:01	17:01	86.97
35	Laney Haney	Stilwell	05-15	10	Stilwell/Berries	19:38	17:02	86.93
36	Hannah Helker	Edmond	11-13	20	Edmond/Turkey Trot	17:03	17:03	86.80
37	Shannon Compton	Oklahoma City	04-98	28	Tulsa/Grace Race	17:03	17:03	86.80
38	Maddy Brown	Tulsa	09-09	13	Tulsa/Race for Cure	18:24	17:03	86.78
39	Amanda Goetschius	Norman	08-13	24	Tulsa/Riverside 5000	17:04	17:04	86.72
40	Alex Becker	Tulsa	05-08	20	Tulsa/Full Moon	17:05	17:05	86.63
41	Randie Thompson	Poteau	07-86	11	Tulsa/Mohawk/TRC	19:13	17:06	86.56
42	Michelle Scholtz	Tulsa	12-84	16	Tulsa/Mohawk/TRC	17:41	17:06	86.52
43	Tone Hjalmarssen	Stillwater	09-10	25	Norman/Brookhaven	17:10	17:10	86.21
44	Jaime German	Claremore	09-96	12	Tulsa/Night Tracks	18:54	17:11	86.16
45	Andrea Alonso	Tulsa	10-99	8	Tulsa Zoo Run	21:04	17:13	86.00
46	Fride Vullum	Tulsa	04-05	29	Broken Arrow/Grace	17:13	17:13	85.96
47	Jessica Meyers	Tulsa	03-14	35	Tulsa/St. Patricks	17:24	17:14	85.92
48	Brianna McLeod	Jenks	09-01	16	Tulsa/Race for Cure	17:49	17:14	85.88
49	Carrie McFall	Tulsa	12-91	8	Tulsa/Jingle Bell	21:06	17:15	85.86
50	Cambree McCoy	Checotah	03-13	6	Tahalequah/Found. Day	22:46	17:16	85.80

