

FEMALE MASTERS 5 km TOP INDIVIDUAL "BEST PERFORMANCES"

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

(World Masters Athletics)

Place	Name	Town	St	Ag	Time	AGE		Date	Place/race
						ACTUAL	GRADED %		
1	Terri Cassel	Tulsa	OK	61	19:47	15:06	98.06	10-22	Tulsa/Parkside Run
2	Ann Halligan	Charlotte	NC	86	32:58	15:12	97.37	04-23	Stillwater/Remember
3	Sheila Nixon	Collinsville	OK	65	22:30	16:12	91.48	10-22	Nowata Run
4	Jane Hutchison	Webb City	MO	63	22:02	16:20	90.62	03-09	Tulsa/St. Patricks
5	Vicki Patton	Ada	OK	62	22:08	16:39	88.93	07-21	Ada/Fireball Classic
6	Deb Torneden	Wichita	KS	48	18:27	16:41	88.71	09-09	Norman/Brookhaven
7	Pat Hill	Oklahoma City	OK	71	25:32	16:42	88.64	09-99	OKC/Race for Cure
8	Mary Myles	Norman	OK	50	18:55	16:42	88.63	09-06	Norman/Race Judicata
9	Judy Bomer	Tulsa	OK	80	30:19	16:50	87.91	09-23	Tulsa/Tailgate Run
10	Joan Ben. Samuelson	Freeport	ME	64	23:04	16:51	87.86	04-22	OKC/Memorial 5 km
11	Barbara Luciano	Arlington	TX	60	21:51	16:55	87.57	10-10	OKC/Race for Cure
12	Melody Fairchild	Boulder	CO	40	17:29	16:56	87.51	11-13	Tulsa/Black Friday
13	Gale Mason	Broken Arrow	OK	60	21:53	16:56	87.43	09-08	Tulsa/Race for Cure
14	Liz Kyger	Oldfield	MO	62	22:52	17:12	86.08	12-21	Tulsa/Race New Year
15	Pauline Marks	Wagoner	OK	50	19:36	17:19	85.54	12-16	Tulsa/Falalala
16	Brenda Stuey	Broken Arrow	OK	40	17:55	17:21	85.39	09-99	Tulsa/Rhythm Run
17	Janet Myers	Bethany	OK	59	22:06	17:21	85.37	03-96	Tulsa/Schlotzkys
18	Julie Donelson	Tulsa	OK	57	21:30	17:21	85.35	03-22	Tulsa/St. Patricks
19	Pam Sneed	Cleveland	OK	49	19:25	17:22	85.32	09-05	Tulsa/Race for Cure
20	Carolyn Buckner	El Dorado	KS	61	22:45	17:22	85.28	09-98	Tulsa/Okla. Sen. Oly.
21	Cindy Woods	Bluejacket	OK	52	20:13	17:25	85.00	08-15	Vinita/Fire Up Lions
22	Ginny Syring	Jay	OK	59	22:12	17:26	84.98	04-16	Tahlequah/Red Fern
23	Julie Kelly	Stillwater	OK	55	21:03	17:27	84.88	09-08	Perkins/Pistol Pete
24	Lisa Todd	Ardmore	OK	50	19:49	17:30	84.61	06-17	Ardmore/Turtle Run
25	Barbara Roper	Sherman	TX	54	20:53	17:32	84.44	10-18	Madill/Reuel Little
26	Martha O'Rourke	Tulsa	OK	52	20:27	17:37	84.03	06-03	Tulsa/Race for Educ.
27	Jessica Meyers	Tulsa	OK	40	18:14	17:39	83.91	03-19	Tulsa/St. Patricks
28	Lydia Borges	Tulsa	OK	57	21:53	17:39	83.85	04-99	Tulsa/Field of Dreams
29	Kirsten Chapman	Edmond	OK	46	19:08	17:40	83.80	09-09	Norman/Brookhaven
30	Maureen Bixby	Norman	OK	44	18:49	17:42	83.61	07-86	Tulsa/Mohawk/TRC
31	Jan Haddad	Norman	OK	55	21:23	17:43	83.55	09-16	Norman/Brookhaven
32	Faith Walkwitz	Bensenville	IL	65	24:39	17:44	83.50	04-99	Muskogee/Azalea

33	Kathleen Williams	Springfield	IL 68	25:56	17:49	83.10	11-17	Tulsa/Route 66
34	Maggie Chan-Roper	Provo	UT 40	18:25	17:50	83.08	11-15	Prague/Streets Gold
35	Julie Donelson	Tulsa	OK 52	20:42	17:50	83.01	04-17	Stillwater/Remember
36	Keith Frates	Oklahoma City	OK 51	20:28	17:51	82.90	12-11	MWC/Night Light
37	Debra Carlson	Edmond	OK 53	21:01	17:52	82.87	11-17	OKC/Turkey Tracks
38	Donna Spencer	Tulsa	OK 45	19:10	17:52	82.87	05-97	Tulsa/Woody's
39	Mary Mikkelson	Oklahoma City	OK 55	21:38	17:56	82.59	09-16	OKC/Heels for Hope
40	Roxanne Meyer	Shawnee	OK 41	18:38	17:56	82.56	04-99	Tulsa/Field of Dreams
41	Susan Gallemore	Colleyville	TX 58	22:32	17:56	82.54	12-09	Bartlesville/Basal
42	Debra Carlson	Edmond	OK 56	21:58	17:58	82.40	01-21	Tulsa/Go Short
43	Mary Mikkelson	Oklahoma City	OK 61	23:33	17:58	82.38	11-11	OKC/Joltin Joe
44	Leslie Cens-McDowell	Johnstown	PA 42	18:51	18:01	82.23	12-88	Tulsa/New Year Run
45	Liz Kyger	Oldfield	MO 56	22:01	18:00	82.21	01-16	Tulsa/Race New Year
46	Donna Munkelwitz	Tulsa	OK 52	20:55	18:01	82.15	03-18	Tulsa/St. Patricks
47	Dorothy Debolt	Claremore	OK 73	28:31	18:02	82.12	09-09	Tulsa/Race for Cure
48	Lisa Mills	Rogers	AR 48	19:56	18:02	82.11	05-05	Bristow/Wildflower
49	Tammy Jenkins	Tulsa	OK 52	20:57	18:03	82.02	08-16	Tulsa/Riverside 5000
50	Julie Donelson	Tulsa	OK 42	18:54	18:04	82.01	09-07	Tulsa/Race for Cure

