

FEMALE SINGLE AGE 5 km RECORDS

| Name | Town | St | Time | Age | Date | Place/race |
|-------------------|----------------|----|-------|-------|-------|-----------------------|
| ===== | ===== | == | ===== | ===== | ===== | ===== |
| Breanna Yodao | Midwest City | OK | 23:01 | 6 | 10-07 | OKC/Race for Cure |
| Paige Lenard | Tahlequah | OK | 23:01 | 6 | 08-14 | Fort Gibson Run |
| Paula Leach | Tulsa | OK | 20:45 | 7 | 03-86 | Tulsa/Amer. Airlines |
| Paula Leach | Tulsa | OK | 19:21 | 8 | 06-87 | Tulsa/Daybreak Run |
| Hillary Kelly | Edmond | OK | 20:06 | 9 | 07-89 | Stillwater/Freedom |
| Emily Rusley | Tulsa | OK | 18:26 | 10 | 03-88 | Tulsa/Run for Tulips |
| Emily Rusley | Tulsa | OK | 18:04 | 11 | 11-89 | Tulsa/Night Light |
| Erin Rusley | Tulsa | OK | 18:08 | 12 | 11-88 | Tulsa/Night Light |
| Emily Rusley | Tulsa | OK | 18:32 | 13 | 11-91 | Tulsa/Night Light |
| Karla Hopkins | Bartlesville | OK | 18:20 | 14 | 08-94 | Tulsa/Night Light |
| Allyson Osban | Norman | OK | 18:30 | 15 | 09-16 | Norman/Brookhaven |
| Michelle Scholtz | Tulsa | OK | 17:41 | 16 | 12-84 | Tulsa/Mohawk/TRC |
| Katy Merkle | Norman | OK | 18:30 | 17 | 09-16 | Norman/Brookhaven |
| Karen Bridges | Stillwater | OK | 17:18 | 18 | 03-77 | Tulsa/Mohawk/TRC |
| Sonja Barry | Stillwater | OK | 16:31 | 19 | 03-89 | Tulsa/Golden Palace |
| Genie McDonnell | Edmond | OK | 17:25 | 20 | 11-92 | Tulsa/M. Houghton |
| Jackie Goodman | Stillwater | OK | 16:38 | 21 | 12-89 | Tulsa/Jingle Bell |
| Kay Gooch | Norman | OK | 16:28 | 22 | 12-96 | Tulsa/Jingle Bell |
| Diana Chemtai | Kigumu | KN | 15:25 | 23 | 09-17 | Norman/Brookhaven |
| Dominique Scott | Fayetteville | AR | 15:36 | 24 | 09-16 | Norman/Brookhaven |
| Dominique Scott | Fayetteville | AR | 15:47 | 25 | 09-17 | Norman/Brookhaven |
| Kathryn Evans | Wichita | KS | 17:02 | 26 | 09-89 | Tulsa/Night Tracks |
| Kellie Cathey | Grand Junction | CO | 16:21 | 27 | 03-89 | Tulsa/Golden Palace |
| Belainesh Gebre | Flagstaff | AZ | 16:33 | 28 | 09-16 | Norman/Brookhaven |
| Tia Martinez | Oklahoma City | OK | 16:31 | 29 | 09-17 | Norman/Brookhaven |
| Sarah Kiptoo | Santa Fe | NM | 16:31 | 30 | 08-19 | Norman/Brookhaven |
| Andrea Bowman | Norman | OK | 16:56 | 30 | 08-96 | Tulsa/Night Light |
| Katalin Racz | Oklahoma City | OK | 16:58 | 31 | 04-96 | Tulsa/Grace Race |
| Suzanne McGlynn | Littleton | CO | 17:55 | 32 | 02-92 | Glenpool/Spaulding |
| Amy Manson | Superior | CO | 16:54 | 34 | 04-04 | Tulsa/Race on River |
| Jessica Meyers | Tulsa | OK | 17:24 | 35 | 03-14 | Tulsa/St. Patricks |
| Debbie James | Allen | TX | 17:47 | 36 | 09-10 | Norman/Brookhaven |
| Kellie Archuletta | Las Vegas | NV | 17:08 | 37 | 07-97 | Catoosa/Glory Run |
| Martha O'Rourke | Tulsa | OK | 17:55 | 38 | 11-88 | Tulsa/Night Light |
| Priscilla Godi | Tulsa | OK | 17:55 | 39 | 10-00 | Broken Arrow/Missions |

| | | | | | | |
|-----------------|---------------|----|-------|----|-------|-----------------------|
| Deb Torneden | Wichita | KS | 17:31 | 40 | 04-01 | Broken Arrow/Grace |
| Martha O'Rourke | Tulsa | OK | 18:18 | 41 | 11-91 | Tulsa/M. Houghton |
| Deb Torneden | Wichita | KS | 18:18 | 42 | 04-03 | Broken Arrow/Grace |
| Jane Hutchison | Webb City | MO | 17:35 | 43 | 09-89 | Tulsa/Night Tracks |
| Jane Hutchison | Webb City | MO | 18:07 | 44 | 09-90 | Tulsa/Night Tracks |
| Jane Hutchison | Webb City | MO | 17:37 | 45 | 04-91 | Tulsa/Oklahoma Cup |
| Jane Hutchison | Webb City | MO | 18:40 | 46 | 09-92 | Tulsa/Night Tracks |
| Jane Hutchison | Webb City | MO | 18:26 | 47 | 05-93 | Tulsa/Field of Dreams |
| Deb Torneden | Wichita | KS | 18:27 | 48 | 09-09 | Norman/Brookhaven |
| Jane Hutchison | Webb City | MO | 18:37 | 49 | 06-95 | Tulsa/Break Barriers |
| Terri Cassel | Tulsa | OK | 19:35 | 50 | 12-11 | Tulsa/Jingle Bell |
| Barbara Luciano | Arlington | TX | 19:37 | 51 | 10-01 | Duncan/Stampede |
| Terri Cassel | Tulsa | OK | 19:55 | 52 | 08-13 | Tulsa/Riverside 5000 |
| Terri Cassel | Tulsa | OK | 20:32 | 53 | 07-15 | Broken Arrow/Donut |
| Terri Cassel | Tulsa | OK | 19:51 | 54 | 08-16 | Tulsa/Riverside 5000 |
| Barbara Luciano | Arlington | TX | 20:29 | 55 | 03-06 | Tulsa/St. Patricks |
| Terri Cassel | Tulsa | OK | 20:29 | 55 | 08-17 | Tulsa/Riverside 5000 |
| Terri Cassel | Tulsa | OK | 20:05 | 56 | 08-18 | Tulsa/Riverside 5000 |
| Lydia Borges | Tulsa | OK | 22:14 | 56 | 01-98 | Tulsa/Resolution Run |
| Lydia Borges | Tulsa | OK | 21:53 | 57 | 04-99 | Tulsa/Field of Dreams |
| Terri Cassel | Tulsa | OK | 20:29 | 58 | 03-20 | Tulsa/St. Patricks |
| Gale Mason | Broken Arrow | OK | 21:36 | 59 | 09-07 | Tulsa/Race for Cure |
| Terri Cassel | Tulsa | OK | 19:53 | 60 | 09-21 | Tulsa/Parkside |
| Terri Cassel | Tulsa | OK | 19:47 | 61 | 10-22 | Tulsa/Parkside |
| Terri Cassel | Tulsa | OK | 20:23 | 62 | 10-23 | Tulsa/Parkside |
| Jane Hutchison | Webb City | MO | 22:02 | 63 | 03-09 | Tulsa/St. Patricks |
| Gale Mason | Broken Arrow | OK | 24:04 | 64 | 09-12 | Tulsa/Race for Cure |
| Gale Mason | Broken Arrow | OK | 24:03 | 65 | 08-13 | Tulsa/Riverside 5000 |
| Pat Hill | Oklahoma City | OK | 25:32 | 66 | 03-95 | OKC/Coats for Kids |
| Faith Walkwitz | Tahlequah | OK | 25:54 | 67 | 03-02 | Tulsa/St. Patricks |
| Judy Bomer | Tulsa | OK | 27:03 | 68 | 07-11 | Tulsa/Firecracker |
| Faith Walkwitz | Tahlequah | OK | 27:09 | 69 | 11-03 | Brkn. Arr./Stroke Run |
| Pat Hill | Oklahoma City | OK | 26:03 | 70 | 05-99 | OKC/Gusher Gallop |
| Pat Hill | Oklahoma City | OK | 25:32 | 71 | 09-99 | OKC/Race for Cure |
| Pat Hill | Oklahoma City | OK | 27:45 | 72 | 05-01 | OKC/Gusher Gallop |
| Dorothy Debolt | Claremore | OK | 28:31 | 73 | 09-09 | Tulsa/Race for Cure |
| Pat Hill | Oklahoma City | OK | 29:49 | 74 | 03-03 | OKC/Beacon on Bay |
| Pat Hill | Oklahoma City | OK | 30:50 | 75 | 07-04 | Jay/Huckleberry |

| | | | | | | |
|--------------|---------------|----|-------|----|-------|---------------------|
| Marilyn Best | Oklahoma City | OK | 32:29 | 76 | 04-23 | OKC/Redbud Classic |
| Judy Bomer | Tulsa | OK | 32:28 | 77 | 01-21 | Tulsa/Go Short |
| Pat Hill | Oklahoma City | OK | 31:43 | 78 | 05-07 | OKC/Gusher Gallop |
| Judy Bomer | Tulsa | OK | 34:36 | 79 | 02-23 | Tulsa/Sweetheart |
| Judy Bomer | Tulsa | OK | 30:19 | 80 | 09-23 | Tulsa/Tailgate Run |
| Pat Hill | Oklahoma City | OK | 44:51 | 83 | 07-12 | OKC/Stars & Stripes |

