

FEMALE 8 km BEST TIMES

AIDED COURSE - POINT TO POINT (weather or terrain aided)

Times are listed ONLY if runner has run a faster aided course time than an unaided time OR if runner has not recorded an unaided time. RUNNER MAY BE LISTED MORE THAN ONCE FOR OPEN AND AGE GROUPS. AGE GROUPS NOT DESIGNATED.

Place	Name	Town	St	Age	Time	Pace	Date	Place/race
1	Charlotte Sanderson	Tulsa	OK	22	28:15	3:32	05-01	Tulsa/Riverside 5
2	Fride Vullum	Tulsa	OK	25	29:16	3:40	05-01	Tulsa/Riverside 5
3	Charlotte Sanderson	Tulsa	OK	26	30:07	3:46	05-05	Tulsa/Riverside 5
4	Karen Chance	Tulsa	OK	22	30:08	3:46	06-83	Tulsa/Riverside 5
5	Tarja Nurmisto	Tulsa	OK	20	30:23	3:48	04-84	Tulsa/Riverside 5
6	Debbie King	Tulsa	OK	26	30:27	3:49	05-07	Tulsa/Riverside 5
7	Priscilla Godi	Broken Arrow	OK	40	30:49	3:52	05-01	Tulsa/Riverside 5
8	Joanna Fedick	Stillwater	OK	25	30:52	3:52	05-07	Tulsa/Riverside 5
9	Mary Ann Basore	Tulsa	OK	33	31:25	3:56	04-84	Tulsa/Riverside 5
10	Sandra Redfern	Tulsa	OK	25	31:52	3:59	04-84	Tulsa/Riverside 5
11	Mary Ryser	Owasso	OK	18	32:01	4:01	05-99	Tulsa/Riverside 5
12	Kim Doeksen	Stillwater	OK	17	32:15	4:02	06-87	Tulsa/Riverside 5
13	Karen Griffen	Tulsa	OK	25	32:16	4:02	06-83	Tulsa/Riverside 5
14	Sara Vaughn	Tulsa	OK	20	32:18	4:03	06-10	Ketchum/Run Children
15	Martha Heinsius	Tulsa	OK	40	32:21	4:03	06-91	Tulsa/Riverside 5
16	Tonya George	Tulsa	OK	22	32:22	4:03	08-85	Ketchum/S. Grand Lake
17	Marlene Martindale	Tulsa	OK	35	32:25	4:04	05-99	Tulsa/Riverside 5
18	Jenna Rae Downs	Stillwater	OK	25	32:28	4:04	05-07	Tulsa/Riverside 5
19	Pam Sneed	Cleveland	OK	49	32:33	4:05	05-05	Tulsa/Riverside 5
20	Donna Wright	Bartlesville	OK	48	33:12	4:09	04-84	Tulsa/Riverside 5
21	Ann Crawley	Tulsa	OK	37	33:17	4:10	06-83	Tulsa/Riverside 5
22	Donna Kating	Pryor	OK	15	34:00	4:15	08-83	Ketchum/S. Grand Lake
23	Martha O'Rourke	Tulsa	OK	50	34:34	4:20	05-01	Tulsa/Riverside 5
24	Marlene Martindale	Tulsa	OK	41	34:43	4:21	05-05	Tulsa/Riverside 5
25	Irene Harvell	Vian	OK	40	34:51	4:22	06-88	Tulsa/Riverside 5
26	Janice Podpechan	Tulsa	OK	44	35:23	4:26	05-07	Tulsa/Riverside 5
27	Nancy Wallace	Tulsa	OK	46	35:28	4:26	05-92	Tulsa/Riverside 5
28	Chris Whitekiller	Claremore	OK	43	35:46	4:29	05-07	Tulsa/Riverside 5
29	Carolyn Westervelt	Tulsa	OK	43	35:47	4:29	05-04	Tulsa/Riverside 5
30	Donna Smith	Tulsa	OK	45	35:50	4:29	05-05	Tulsa/Riverside 5
31	Tricia Cadenhead	Tulsa	OK	45	35:58	4:30	05-07	Tulsa/Riverside 5

32	Claudia Patrick	Tulsa	OK	52	36:31	4:34	05-00	Tulsa/Riverside	5
33	Susie Willard	Tulsa	OK	51	36:36	4:35	05-04	Tulsa/Riverside	5
34	Judy Bomer	Tulsa	OK	60	41:27	5:11	05-04	Tulsa/Riverside	5
35	Pat Reed	Tulsa	OK	50	41:30	5:12	06-88	Tulsa/Riverside	5
36	Sue Neil	Tulsa	OK	53	41:36	5:12	06-88	Tulsa/Riverside	5
37	Diane Lay	Tulsa	OK	53	41:39	5:13	05-04	Tulsa/Riverside	5
38	Grace McCoy	Tulsa	OK	60	42:56	5:22	05-07	Tulsa/Riverside	5
39	Suzanne Campbell	Tulsa	OK	55	43:11	5:24	06-89	Tulsa/Riverside	5
40	Donna Krutka	Tulsa	OK	58	43:21	5:26	05-05	Tulsa/Riverside	5
41	Judy Bomer	Tulsa	OK	61	45:00	5:38	05-05	Tulsa/Riverside	5
42	Margaret Speer	Yuma	AZ	62	45:03	5:38	05-99	Tulsa/Riverside	5
43	Sharon Sowell	Jenks	OK	66	45:12	5:39	05-05	Tulsa/Riverside	5
44	Faith Walkwitz	Tahlequah	OK	70	48:46	6:06	05-04	Tulsa/Riverside	5

