

ALL TIME INDIVIDUAL BEST PERFORMANCES BY FEMALE OKLAHOMANS

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

(WORLD MASTERS ASSOCIATION)

WMA						AGE	PERF.	
Place	Name	Town	Date	Age	Place/race	ACTUAL Time	GRADED Time	PERCENTAGE Time
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1	Paula Leach	Tulsa	09-86	08	Tulsa/Mohawk/TRC	50:22	40:53	89.68
2	Maureen Bixby	Norman	09-87	45	Tulsa/Constitution200	46:45	43:34	84.17
3	McKale Davis	Stillwater	11-08	24	Tulsa/Glen's Run	43:56	43:56	83.46
4	Lydia Borges	Tulsa	12-96	55	Tulsa/Festival	53:21	44:12	82.97
5	Karen Cramond	Edmond	02-86	27	OKC/Overholser/OKCRC	44:23	44:23	82.61
6	Terri Cassel	Tulsa	11-08	47	Tulsa/Glen's Run	48:46	44:35	82.26
7	Pam Sneed	Cleveland	11-05	49	OKC/Race for Rainbow	50:16	44:56	81.63
8	Becky Redding	Norman	09-97	33	Pawnee/Warriors Chall	45:24	45:13	81.13
9	Julie Kelly	Stillwater	11-07	54	OKC/Race for Rainbow	54:08	45:26	80.73
10	Therese Swanstrom	Grand Prairie	09-91	23	Pawnee/Warriors Chall	45:27	45:27	80.67
11	Pam Sneed	Cleveland	11-07	52	OKC/Race for Rainbow	53:02	45:40	80.30
12	Pat Hill	Oklahoma City	05-99	70	Edmond Classic	1:08:44	45:42	80.24
13	Barbara Luciano	Oklahoma City	05-00	49	Edmond Classic	51:15	45:49	80.06
14	Donna Spencer	Tulsa	05-99	47	Edmond Classic	50:12	45:53	79.91
15	Janet Myers	Bethany	12-96	60	Tulsa/Festival	59:29	46:02	79.66
16	Kirsten Chapman	Edmond	11-09	46	OKC/Race for Hope	50:07	46:17	79.25
17	Martha O'Rourke	Tulsa	12-84	33	Tulsa/Mohawk/TRC	46:30	46:18	79.21
18	Karen Chance	Tulsa	12-84	22	Tulsa/Mohawk/TRC	46:26	46:26	78.97
19	Sandie Brandenburg	Ponca City	09-97	40	Pawnee/Warriors Chall	48:05	46:33	78.79
20	Susie Meltzer	Tulsa	09-88	24	Tulsa/Mohawk/TRC	46:50	46:50	78.29
21	Debbie Heaton	Midwest City	02-87	38	OKC/Overholser/OKCRC	47:56	46:55	78.16
22	Becky Redding	Norman	05-99	35	Edmond Classic	47:24	46:57	78.09
23	Carol Madison	Tulsa	10-83	32	Tulsa/Mohawk/TRC	47:13	47:07	77.83
24	Vicky Fegaly	Catoosa	12-90	42	Tulsa/Mohawk/TRC	49:20	47:08	77.80
25	Mary Kates	Tulsa	09-89	37	Tulsa/Bill of Rights	48:12	47:23	77.39
26	Wendy Morford	Arkansas City	09-93	34	Tulsa/Joe Blackman	47:52	47:34	77.12
27	Ellen Hale	Tulsa	12-92	31	Tulsa/Joe Blackman	47:47	47:44	76.81
28	Carole Call	Edmond	11-08	59	OKC/Race for Hope	1:00:52	47:46	76.78
29	Trudy Calloway	Wichita	08-95	47	Helena/Country Road	52:15	47:46	76.78
30	Johnnie Hamilton	Inola	09-87	21	Tulsa/Constitution200	47:59	47:59	76.42
31	Linda Brown	Tulsa	12-90	49	Tulsa/Mohawk/TRC	53:50	48:07	76.22

32	Suzy Flagler	Norman	02-84	27	OKC/Overholser/OKCRC	48:14	48:14	76.02
33	Rebecca Gibson	Tulsa	12-93	38	Tulsa/Mohawk/TRC	49:27	48:24	75.77
34	Joy Austin	Jenks	09-87	50	Tulsa/Constitution200	54:57	48:31	75.58
35	Amanda Stevens	Oklahoma City	11-05	28	OKC/Race for Rainbow	48:37	48:37	75.42
36	Penny O'Brien	Oklahoma City	02-87	24	OKC/Overholser/OKCRC	48:45	48:45	75.21
37	Kathy Moffitt	Oklahoma City	11-05	68	OKC/Race for Rainbow	1:11:05	48:49	75.12
38	Vera Burton	Atlanta	08-95	49	Helena/Country Road	54:44	48:55	74.97
39	Ann Crawley	Tulsa	09-86	40	Tulsa/Mohawk/TRC	50:34	48:57	74.92
40	Keith Frates	Boulder	11-97	37	OKC/Run for Success	49:55	49:05	74.72
41	Suzanne Short	Stillwater	11-87	28	Pawnee/Warriors Chall	49:07	49:07	74.65
42	Martha Heinsius	Tulsa	12-92	42	Tulsa/Joe Blackman	51:32	49:14	74.48
43	Sharon Cooper	Claremore	10-83	43	Tulsa/Mohawk/TRC	51:57	49:15	74.46
44	Linda Foster	Oklahoma City	11-04	65	OKC/Race for Rainbow	1:08:29	49:16	74.45
45	Phyllis Downe	Tulsa	09-88	32	Tulsa/Mohawk/TRC	49:30	49:23	74.24
46	Diane Perry	Oklahoma City	09-89	39	Pawnee/Warriors Chall	50:46	49:25	74.20
47	Keith Frates	Crested Butte	11-01	41	OKC/Bareback Run	51:34	49:36	73.95
48	Julie Thomas	Tulsa	12-92	29	Tulsa/Joe Blackman	49:37	49:37	73.90
49	Tiffany Cone	Oklahoma City	11-08	29	OKC/Race for Hope	49:37	49:37	73.90
50	Dorothy Akin	Sallisaw	10-83	52	Tulsa/Mohawk/TRC	57:46	49:45	73.72

