

## USA Honor Roll -- Women's 3000m Steeplechase

USA athletes with times under 10 minutes as of 31 December 2014

Pos = Finish place    h=heat    r = race when more than 1 in same meet    sf = semifinal

	Time	Athlete	Birthdate	Pos	Venue	Race Date
01	9:11.42	Emma Coburn	19 Oct 1990	2	Glasgow	12 Jul 2014
02	9:12.50	Jennifer Simpson	23 Aug 1986	5	Berlin	17 Aug 2009
03	9:22.76	Anna Pierce	31 Mar 1984	2	Heusden-Zolder	20 Jul 2008
04	9:24.28	Stephanie Garcia	03 May 1988	5	Glasgow	12 Jul 2014
05	9:24.59	Nicole Bush	04 Apr 1986	1	Heusden-Zolder	19 Jul 2014
06	9:24.84	Lisa Aguilera	30 Nov 1979	5	Bruxelles	27 Aug 2010
07	9:27.59	Ashley Higginson	17 Mar 1989	2	Sacramento	28 Jun 2014
08	9:29.13	Jamie Cheever	28 Feb 1987	2r1	Palo Alto	28 Apr 2013
09	9:29.32	Briana Shook	06 Jan 1981	1	Heusden-Zolder	31 Jul 2004
10	9:29.53	Bridget Franek	08 Nov 1987	4	London	14 Jul 2012
11	9:30.75	Lindsey Anderson	23 May 1985	2	Eugene	03 Jul 2008
12	9:34.69	Aisha Praught	14 Dec 1989	4	Sacramento	28 Jun 2014
13	9:35.73	Shalaya Kipp	19 Aug 1990	3	Eugene	29 Jun 2012
14	9:36.43	Leah O'Connor	30 Aug 1992	1	Eugene	13 Jun 2014
15	9:38.23	Colleen Quigley	20 Nov 1992	2	Eugene	08 Jun 2013
16	9:39.35	Ann Gaffigan	05 Oct 1981	1	Sacramento	15 Jul 2004
17	9:39.48	Sara Hall	15 Apr 1983	7	Rome	26 May 2011
18	9:39.68	Carrie Messner	07 Jun 1977	3h2	Helsinki	06 Aug 2005
19	9:39.78	Elizabeth Jackson	27 Oct 1977	1	Carson	26 Jun 2005
20	9:40.63	Delilah Di Crescenzo	09 Feb 1983	5	Birmingham	10 Jul 2011
21	9:40.83	Lindsay Allen	30 Jun 1986	3r1	Palo Alto	02 May 2009
22	9:40.98	Marie Lawrence	29 Aug 1989	3	Fayetteville	12 Jun 2009
23	9:41.55	Sara Vaughn	16 Mar 1986	5h1	Sacramento	26 Jun 2014
24	9:41.56	Rachel Johnson	30 Apr 1993	5	Sacramento	28 Jun 2014
25	9:42.13	Nicol Traynor	06 May 1989	2r1	Princeton	18 Apr 2014
26	9:43.07	Courtney Frerichs	18 Jan 1993	4h2	Sacramento	26 Jun 2014
27	9:43.39	Amber Schultz	27 Dec 1990	3	Eugene	08 Jun 2013
28	9:43.48	Rachel Sorna	15 Apr 1992	3r1	Princeton	18 Apr 2014
29	9:43.82	Marisa Howard	10 Aug 1992	2	Eugene	13 Jun 2014
30	9:44.68	Kathryn Andersen	25 Jun 1983	2	Northridge	29 May 2004
31	9:45.01	Carrie Dimoff	31 May 1983	6	Eugene	29 Jun 2012
32	9:45.38	Emily Brown	06 Jul 1984	1	Des Moines	26 Apr 2008
33	9:46.73	Alexi Pappas	28 Mar 1990	1r1	Palo Alto	29 Mar 2013
34	9:47.24	Desiraye Osburn	05 Aug 1984	5	Indianapolis	23 Jun 2007
35	9:47.28	Carmen Graves	27 Jan 1992	6h1	Sacramento	26 Jun 2014
36	9:47.32	Mason Cathey	29 Apr 1982	3h1	Eugene	25 Jun 2012
37	9:47.68	Kelly Strong	27 Sep 1978	1	Palo Alto	31 Mar 2007
38	9:48.04	Rebecca Wade	09 Feb 1989	1	Houston	16 Jun 2012
39	9:48.10	Grace Heymsfield	24 Mar 1992	9	Sacramento	28 Jun 2014
40	9:48.91	Alicia Nelson	20 Oct 1990	6h2	Sacramento	26 Jun 2014

	<b>Time</b>	<b>Athlete</b>	<b>Birthdate</b>	<b>Pos</b>	<b>Venue</b>	<b>Race Date</b>
41	9:48.94	Sarah Pease	09 Nov 1987	7h2	Sacramento	26 Jun 2014
42	9:49.14	Lisa Nye	17 Nov 1968	3	Palo Alto	21 Jun 2003
43	9:49.25	Jessica Kamilos	03 Aug 1993	7	Eugene	13 Jun 2014
44	9:49.56	Kara June	10 Aug 1982	6	Eugene	03 Jul 2008
45	9:49.74	Amanda Lorenzen	04 Apr 1984	7	Eugene	03 Jul 2008
46	9:51.26	Shayla Houlihan	26 Feb 1985	5	Gent	30 Jul 2011
47	9:51.29	Kimber Mattox	27 Nov 1988	9h2	Sacramento	26 Jun 2014
48	9:51.33	Mary Ballinger	05 May 1988	4	Los Angeles	17 May 2013
49	9:51.76	Liz Wort	23 Sep 1983	4	Sacramento	08 Jun 2007
50	9:52.82	Rebeka Stowe	09 Mar 1990	5r1	Palo Alto	29 Apr 2012
51	9:52.90	Alyssa Kulik	02 Feb 1990	1	Charlottesville	20 Apr 2012
52	9:53.24	Lauren Fleshman	26 Sep 1981	1	London	11 Aug 2007
53	9:53.60	Addie Bracy	04 Aug 1986	1r2	Palo Alto	04 May 2014
54	9:53.79	Collier Lawrence	04 Oct 1986	2r2	Palo Alto	29 Apr 2012
55	9:53.85	Elizabeth Graney	23 Oct 1989	3r2	Palo Alto	29 Apr 2012
56	9:53.95	Kristin Anderson	16 Jun 1983	7	Indianapolis	23 Jun 2007
57	9:54.00	Michelle Finn	16 Nov 1989	1	Nashville	01 Jun 2013
58	9:54.27	Alexa Aragon	01 Jun 1992	8	Eugene	13 Jun 2014
59	9:54.84	Rachel Bennion	16 Sep 1980	2	Eugene	01 Jun 2001
60	9:54.90	Mary Goldkamp	04 Oct 1988	2	Murfreesboro	02 Jun 2012
61	9:55.36	Julia Webb	14 Feb 1983	3	Portland	08 Jun 2013
62	9:55.75	Cassie Hunt	03 Jun 1985	2	Sacramento	09 Jun 2006
63	9:56.07	Molly De Francesco	17 Feb 1980	4	Baton Rouge	01 Jun 2002
64	9:56.19	Erin Bedell	22 May 1987	4h2	Fayetteville	10 Jun 2009
65	9:56.50	Shannon Wommack	09 Apr 1983	3	Sacramento	09 Jun 2006
66	9:56.66	Lois Keller Ricardi	29 Sep 1984	2	Portland	09 Jun 2012
67	9:56.72	Sariah Long	07 Dec 1985	6sf1	Eugene	30 Jun 2008
68	9:56.82	Stephanie Pezzullo	29 May 1982	8r2	Los Angeles	21 May 2011
69	9:56.98	Megan Rolland	30 Apr 1988	5	Portland	15 Jun 2014
70	9:57.12	Allix Potratz-Lee	03 May 1986	4	Portland	08 Jun 2013
71	9:57.75	Amber Henry	27 Dec 1990	1-h3	Austin	24 May 2013
72	9:58.13	Elizabeth Wort	24 Sep 1983	2-h1	Indianapolis	21 Jun 2007
73	9:58.41	Megan Rolland	30 Aug 1988	4-r3	Palo Alto	04 Apr 2014
74	9:58.45	Marisa Howard	10 Aug 1992	4-h1	Eugene	11 Jun 2014
75	9:58.63	Lesley Higgins	08 Oct 1980	1	Hillsdale	07 Jun 2008
76	9:58.65	Jordan Hamric	04 Oct 1989	11-sf2	Sacramento	26 Jun 2014
77	9:59.28	Courtney Meldrum	31 Jan 1977	4	Eugene	01 Jun 2001
78	9:59.29	Bethany Nickless	04 Oct 1985	3	Portland	09 Jun 2012
79	9:59.30	Dawn Cromer	24 Nov 1979	5	Palo Alto	21 Jun 2003

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