

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

USA athletes with times under 10 minutes as of 11 March 2017

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

Rank	Time	Athlete	Birthdate	Pos	Venue	Race Date
001	9:07.63	Emma Coburn	19 Oct 1990	3	Rio de Janeiro	15 Aug 2016
002	9:12.50	Jennifer Barringer	23 Aug 1986	5	Berlin	17 Aug 2009
003	9:18.85	Leah O'Connor	30 Aug 1992	6	Eugene	28 May 2016
004	9:19.48	Stephanie Garcia	3 May 1988	8	Paris	27 Aug 2016
005	9:20.00	Colleen Quigley	20 Nov 1992	9	Paris	27 Aug 2016
006	9:20.92	Courtney Frerichs	18 Jan 1993	2	Eugene	7 Jul 2016
007	9:22.76	Anna Willard	31 Mar 1984	2	Heusden-Zolder	20 Jul 2008
008	9:24.59	Nicole Bush	4 Apr 1986	1	Heusden-Zolder	19 Jul 2014
009	9:24.84	Lisa Galaviz	30 Nov 1979	5	Bruxelles	27 Aug 2010
010	9:27.59	Ashley Higginson	17 Mar 1989	2	Sacramento	28 Jun 2014
011	9:28.72	Shalaya Kipp	19 Aug 1990	4	Eugene	7 Jul 2016
012	9:29.13	Jamie Cheever	28 Feb 1977	2r1	Palo Alto	28 Apr 2013
013	9:29.32	Briana Shook	6 Jan 1981	1	Heusden-Zolder	31 Jul 2004
014	9:29.53	Bridget Franek	8 Nov 1987	4	London	14 Jul 2012
015	9:30.75	Lindsey Anderson	23 May 1985	2	Eugene	3 Jul 2008
016	9:34.69	Aisha Praught	14 Dec 1989	4	Sacramento	28 Jun 2014
017	9:35.31	Megan Rolland	30 Aug 1988	7	Eugene	7 Jul 2016
018	9:36.35	Marie Lawrence	29 Aug 1989	8	Eugene	7 Jul 2016
019	9:37.84	Marisa Howard	10 Aug 1982	4	Eugene	13 Jun 2015
020	9:39.35	Ann Gaffigan	5 Oct 1981	1	Sacramento	15 Jul 2004
021	9:39.48	Sara Hall	15 Apr 1983	7	Rome	26 May 2011
022	9:39.68	Carrie Messner	7 Jun 1977	3h2	Helsinki	6 Aug 2005
023	9:39.78	Elizabeth Jackson	27 Oct 1977	1	Carson	26 Jun 2005
024	9:40.49	Rena Chesser	17 May 1983	10	Eugene	7 Jul 2016
025	9:40.63	Delilah DiCrescenzo	9 Feb 1983	5	Birmingham	10 Jul 2011
026	9:40.83	Lindsay Allen	30 Jun 1986	3r1	Palo Alto	2 May 2009
027	9:40.94	Sarah Pease	9 Nov 1987	5r1	Portland	12 Jun 2016
028	9:41.22	Katie Landwehr	23 Jan 1993	11	Eugene	7 Jul 2016
029	9:41.26	Alicia Butterworth	12 Jun 2016	6s1	Portland	12 Jun 2016
030	9:41.28	Jessica Kamilos	3 Aug 1993	4h2	Eugene	11 Jun 2016
031	9:41.55	Sara Vaughn	16 Mar 1986	5h1	Sacramento	26 Jun 2014
032	9:41.56	Rachel Johnson	30 Apr 1993	5	Sacramento	28 Jun 2014
033	9:42.13	Nicol Traynor	6 May 1989	2r1	Princeton	18 Apr 2014
034	9:43.37	Megan Patricelli	22 Jun 1992	1	Gresham	23 Jun 2016
035	9:43.39	Amber Henry	27 Dec 1990	3	Eugene	8 Jun 2013
036	9:43.48	Rachel Sorna	15 Apr 1992	3r1	Princeton	18 Apr 2014
037	9:44.68	Kassi Anderson	23 Jun 1983	2r2	Northridge	29 May 2004
038	9:45.01	Carrie Dimoff	31 May 1983	6	Eugene	29 Jun 2012
039	9:45.38	Emily Brown	6 Jul 1984	1	Des Moines	26 Apr 2008
040	9:46.73	Alexi Pappas	28 Mar 1990	1r1	Palo Alto	29 Mar 2013
041	9:47.17	Elinor Purrier	20 Feb 1995	1	Providence	16 Apr 2016
042	9:47.24	Desiraye Osburn	5 Aug 1984	5	Indianapolis	23 Jun 2007
043	9:47.28	Carmen Graves	27 Jan 1992	6h1	Sacramento	26 Jun 2014
044	9:47.32	Mason Cathey	29 Apr 1982	3h1	Eugene	25 Jun 2012
045	9:47.68	Kelly Strong	27 Sep 1978	1	Palo Alto	31 Mar 2007
046	9:47.74	Maddie Van Beek	20 Sep 1991	8r1	Portland	12 Jun 2016
047	9:48.04	Rebecca Wade	9 Feb 1989	1	Houston	16 Jun 2012
048	9:48.10	Grace Heymsfield	24 Mar 1992	9	Sacramento	28 Jun 2014
049	9:48.29	Emily Ritter	28 Dec 1992	7r1	Los Angeles	20 May 2016
050	9:48.72	Erin Clark	28 Nov 1994	1	Seattle	14 May 2016
051	9:48.81	Danielle Winslow	2 Sep 1993	2	Providence	16 Apr 2016
052	9:48.91	Alicia Nelson	20 Oct 1990	6h2	Sacramento	26 Jun 2014

Rank	Time	Athlete	Birthdate	Pos	Venue	Race Date
053	9:49.14	Lisa Nye	17 Nov 1968	3	Palo Alto	21 Jun 2003
054	9:49.25	Devin Clark	10 Jun 1997	5	Eugene	11 Jun 2016
055	9:49.56	Kara June	6 Jul 2008	6	Eugene	3 Jul 2008
056	9:49.74	Amanda Lorenzen	16 Nov 1983	7	Eugene	3 Jul 2008
057	9:50.07	Alexina Wilson	1990	1s1	Los Angeles	20 May 2016
058	9:50.08	Elizabeth Graney	23 Oct 1989	6h2	Eugene	4 Jul 2016
059	9:50.21	Paige Kouba	8 Jan 1994	1r1	Palo Alto	1 Apr 2016
060	9:50.47	Collier Lawrence	4 Oct 1986	1r2	Palo Alto	2 May 2015
061	9:50.54	Emily Oren	20 Sep 1993	1	Big Rapids	6 May 2016
062	9:50.57	Madelin Talbert	23 Apr 1994	2h1	Jacksonville	29 May 2015
063	9:50.57	Sarah Boyle	27 May 1986	2	Princeton	18 Jun 2016
064	9:50.90	Brianna Nerud	16 Sep 1994	3	Gresham	23 Jun 2016
065	9:51.29	Kimber Mattox	27 Nov 1988	9h2	Sacramento	26 Jun 2014
066	9:51.33	Mary Ballinger	5 May 1988	4	Los Angeles	17 May 2013
067	9:51.48	Erica Richardson	23 May 1989	2	Burnaby	17 Jun 2016
068	9:51.76	Elizabeth Wort	22 Sep 1983	4	Sacramento	8 June 2007
069	9:52.57	Laura Donegan	1 Jul 1993	6	Eugene	11 Jun 2016
070	9:53.43	Carrie Strickland	31 May 1983	3s2	Eugene	30 Jun 2008
071	9:53.45	Mary Goldkamp	4 Oct 1988	7	Los Angeles	14 May 2015
072	9:53.60	Addie Bracy	4 Aug 1986	1rB	Palo Alto	4 May 2015
073	9:53.72	Rebekah Stowe	9 Mar 1990	8	Los Angeles	14 May 2015
074	9:53.95	Kristen Anderson	16 Jun 1983	7	Indianapolis	23 Jun 2007
075	9:53.98	Tori Gerlach	2 Jun 1994	3h3	Jacksonville	29 May 2015
076	9:53.99	Kelly MacDonald	27 Sep 1978	3	Eugene	23 Jun 2001
077	9:54.27	Alexa Aragon	1 Jun 1992	8	Eugene	13 Jun 2014
078	9:54.84	Rebecca Bennion	16 Sep 1980	2	Eugene	01 Jun 2001
079	9:55.00	Emily Myers	23 May 1994	1s2	Portland	12 June 2016
080	9:55.61	Amber Schulz	27 Dec 1990	4	Gresham	23 Jun 2016
081	9:55.75	Cassie Hunt	3 Jun 1985	2	Sacramento	9 Jun 2006
082	9:55.62	Allix Potratz-Lee	3 May 1986	2r2	Los Angeles	20 May 2015
083	9:56.01	Kathelyn Steen		3s1	Los Angeles	20 May 2016
084	9:56.07	Mollie DeFrancesco	17 Feb 1980	4	Baton Rouge	1 Jun 2002
085	9:56.17	Shelby Mills		1	Salem	12 May 2016
086	9:56.19	Erin Bedell	22 May 1987	4h2	Fayetteville	10 Jun 2009
087	9:56.42	Mara Olson	8 Mar 1993	3	Murfreesboro	4 Jun 2016
088	9:56.50	Shannon Womack	9 Apr 1983	3	Sacramento	9 Jun 2006
089	9:56.66	Lois Keller Ricardi	29 Sep 1984	2	Portland	9 June 2012
090	9:58.63	Lesley Higgins	4 Oct 1989	1	Hillsdale	7 June 2008
091	9:58.65	Jordan Hamric	28 Jun 2014	11h2	Sacramento	28 Jun 2014
092	9:58.97	Katie Fry	9 Mar 1993	2h1	Austin	24 May 2013
093	9:59.28	Courtney Meldrum	31 Jan 1977	4	Eugene	1 Jun 2001
094	9:59.29	Bethany Nickless	4 Oct 1985	3	Portland	9 Jun 2012
095	9:59.30	Dawn Cromer	24 Nov 1979	5	Palo Alto	21 Jun 2003
096	9:59.42	Jennifer Agnew		4r5	Walnut	17 Apr 2015
097	9:59.49	Juliane Gowell	10 Jun 1984	2	Walnut	6 Jun 2010
098	9:59.50	Nanette Evans	18 Aug 1981	5	Eugene	01 Jun 2001
099	9:59.73	Liz Weiler USA	22 Feb 1983	4h3	Jacksonville	28 May 2016

Please send additions and/or corrections to list compiler: James Fields <Steeplers@Earthlink.net>