

Top 50 Performances (All-time): McAlpine Park/Footlocker South 5k Course

**Girls 5000m Run - McAlpine Park/Footlocker 5k Course**

|    |          |                     |            |                           |
|----|----------|---------------------|------------|---------------------------|
| 1  | 18:56.00 | Ashley El Rady      | 11/28/2009 | Footlocker South Regional |
| 2  | 19:13.00 | Caroline McCaslin   | 11/28/2009 | Footlocker South Regional |
| 3  | 19:23.00 | Allison Riedling    | 11/28/2009 | Footlocker South Regional |
| 4  | 19:27.00 | Ellen Daly          | 11/25/2006 | Footlocker South Regional |
| 5  | 19:33.00 | Kathryn Long        | 11/26/2005 | Footlocker South Regional |
| 6  | 19:35.00 | Sara Davis          | 11/28/2009 | Footlocker South Regional |
| 7  | 19:39.00 | Katherine Receveur  | 11/27/2010 | Footlocker South Regional |
| 8  | 19:46.00 | Allison Riedling    | 11/25/2006 | Footlocker South Regional |
| 8  | 19:46.00 | Emily Bean          | 11/27/2010 | Footlocker South Regional |
| 10 | 19:49.00 | Laura Hamilton      | 11/29/2003 | Footlocker South Regional |
| 11 | 19:50.00 | Kate Crawford       | 11/27/2010 | Footlocker South Regional |
| 11 | 19:50.00 | Laura Armstrong     | 11/26/2005 | Footlocker South Regional |
| 13 | 19:51.00 | Adrienne Curtis     | 11/26/2005 | Footlocker South Regional |
| 14 | 19:56.00 | Nicole Haworth      | 11/27/2004 | Footlocker South Regional |
| 15 | 20:03.00 | Colleen McKiernan   | 11/27/2010 | Footlocker South Regional |
| 16 | 20:07.00 | Nicole Haworth      | 11/29/2003 | Footlocker South Regional |
| 17 | 20:19.00 | Jessica Byrd        | 11/27/2010 | Footlocker South Regional |
| 18 | 20:29.00 | Kathryn Long        | 11/29/2003 | Footlocker South Regional |
| 19 | 20:30.00 | Kathryn Long        | 11/27/2004 | Footlocker South Regional |
| 20 | 20:33.00 | Laura Armstrong     | 11/27/2004 | Footlocker South Regional |
| 21 | 20:34.00 | Olivia Harlow       | 11/28/2009 | Footlocker South Regional |
| 22 | 20:35.00 | Brittany Lay        | 11/27/2004 | Footlocker South Regional |
| 23 | 20:46.00 | Morgan Burke        | 11/29/2003 | Footlocker South Regional |
| 24 | 20:52.00 | Colleen McKiernan   | 11/28/2009 | Footlocker South Regional |
| 25 | 20:58.00 | Olivia Boughey      | 11/27/2010 | Footlocker South Regional |
| 26 | 21:02.00 | Lindsay Marko       | 11/27/2010 | Footlocker South Regional |
| 27 | 21:02.91 | Nicole Haworth      | 11/30/2002 | Footlocker South Regional |
| 28 | 21:03.00 | Olivia Harlow       | 11/25/2006 | Footlocker South Regional |
| 29 | 21:13.00 | Delanie Parker      | 11/27/2010 | Footlocker South Regional |
| 30 | 21:21.00 | Ellen Marko         | 11/27/2010 | Footlocker South Regional |
| 31 | 21:23.00 | Katie Beavin        | 11/26/2005 | Footlocker South Regional |
| 32 | 21:24.96 | Kathryn Long        | 11/30/2002 | Footlocker South Regional |
| 33 | 21:26.74 | Laura Hamilton      | 11/24/2001 | Footlocker South Regional |
| 34 | 21:39.22 | Samantha Mahaffey   | 11/24/2001 | Footlocker South Regional |
| 35 | 22:02.00 | Bethany Lega        | 11/26/2005 | Footlocker South Regional |
| 36 | 22:08.40 | Maggie Corrigan     | 11/30/2002 | Footlocker South Regional |
| 37 | 22:23.00 | Amanda Perkins      | 11/25/2006 | Footlocker South Regional |
| 38 | 22:29.00 | Adrienne Curtis     | 11/27/2004 | Footlocker South Regional |
| 39 | 22:33.00 | Bethany Lega        | 11/27/2004 | Footlocker South Regional |
| 40 | 22:39.00 | Emily Riedling      | 11/27/2010 | Footlocker South Regional |
| 41 | 22:45.00 | Kyndel Guyton       | 11/27/2010 | Footlocker South Regional |
| 42 | 23:08.00 | Brittany Lay        | 11/26/2005 | Footlocker South Regional |
| 43 | 23:18.00 | Nichole Silverstein | 11/28/2009 | Footlocker South Regional |

|    |          |            |            |                           |
|----|----------|------------|------------|---------------------------|
| 44 | 23:33.00 | Laura Lay  | 11/29/2003 | Footlocker South Regional |
| 44 | 23:33.00 | Laura Lay  | 11/27/2004 | Footlocker South Regional |
| 46 | 24:31.00 | Katia Vela | 11/27/2010 | Footlocker South Regional |
| 47 | 25:26.53 | Laura Lay  | 11/30/2002 | Footlocker South Regional |
| 48 | 26:16.00 | Laura Lay  | 11/26/2005 | Footlocker South Regional |