

Pending Meet Records by US athletes at US National Outdoor Championship (thru 2025) as of Sept 29, 2025

W25	19:54.62	5000m	Sarah Kittle	USA	2023	Greensboro, NC on Jul 20 - Jul 23
W30	17:30.62	5000m	Stefanie Slekis	USA	2021	Ames, IA on Jul 22 - Jul 25
W30	15:56.99	5000m	Cathie Twomey Bellamy	USA	1987	Eugene, Oregon August 14-16, 1987
W35	16:57.42	5000m	Breeda Willis	USA	2009	Oshkosh, WI on Jul 08 - Jul 12
W35	16:18.54	5000m	Kim Jones	USA	1996	August 15-18, 1996, Spokane, WA
W40	16:57.4h	5000m	Judy Fox Eddy	USA	1981	Los Gatos, CA on Aug 15 - Aug 16
W40	17:04.12	5000m	Laurie Binder	USA	1987	Eugene, OR on Aug 14 - Aug 16
W45	24:17.0h	5000m	Isabel McConnell	USA	1977	Naperville, IL on Jul 01 - Jul 03
W45	17:56.80	5000m	Sharon Downing	USA	2003	Eugene, OR on Aug 07 - Aug 10
W50	17:49.83	5000m	Kathryn Martin	USA	2002	Orono, ME on Aug 08 - Aug 11
W55	18:33.83	5000m	Michelle Rohl	USA	2022	Lexington, KY on Jul 28 - Jul 31
W60	19:30.09	5000m	Sabra Harvey	USA	2010	Sacramento, CA on Jul 22 - Jul 25
W65	20:25.64	5000m	Sabra Harvey	USA	2014	Winston-Salem, NC on Jul 17 - Jul 20
W70	23:57.51	5000m	Sharon Gerl	USA	2018	Cheney, WA on Jul 26 - Jul 29
W75	22:41.46	5000m	Jeannie Rice	USA	2023	Greensboro, NC on Jul 20 - Jul 23
W80	30:21.85	5000m	Mavis Lindgren	USA	1987	Eugene, OR on Aug 14 - Aug 16
W85	46:00.64	5000m	Tami Graf	USA	2021	Ames, IA on Jul 22 - Jul 25
W90	54:33.60	5000m	Kiki David	USA	1995	East Lansing, MI on Jul 05 - Jul 09