



THREE MILE SPRING FLING HANDICAP RACEWALK
Sunday, April 27, 2025
Chesterfield Central Park Lake Trail
racewalkstl.org

Name	Best 5k Time 2024	Start Time	Lap 1	Lap time	Lap 2	Lap time	Lap 3	Lap time	Lap 4	Lap time	Actual time	Place
	1h											
Lorraine Ramonczuk	50m	10:00	20:52	10:52	30:55	10:03	40:59	10:04	51:24	10:25	41:24	1
Gina Bufe	52m 41s	07:19	19:00	11:41	30:52	11:52	42:35	11:43	53:41	11:06	46:22	2
Mark Halfmann	39m 55s	20:05	29:11	09:06	38:26	09:15	47:30	09:04	56:23	08:53	36:18	3
Nancy Sido	39m 52s	20:08	29:16	09:08	38:27	09:11	47:36	09:09	56:36	09:00	36:28	4
Frances Young	43m 44s	16:16	27:16	11:00	37:20	10:04	47:15	09:55	56:47	09:32	40:31	5
Maureen Midgley	39m 51s	20:09	29:09	09:00	38:16	09:07	47:40	09:24	56:50	09:10	36:41	6
Dave Coutts	28m 18s	31:42	38:34	06:52	45:41	07:07	52:49	07:08	59:41	06:52	27:59	7
Sue Truner	1h	00:00	14:56	14:56	29:38	14:42	45:15	15:37	62:15	17:00	62:15	8



2025 SPRING SERIES – Monday, May 5 - 1600 M

Holman Middle School Track • 11055 St. Charles Rock Road • St. Ann, MO 63074

racewalkstl.org

NAME	AGE	4	3	2	1	Finish	Place	Age Place
Bob Nichols	M86	1:41	2:29	7:23	10:18	13:03	4	1
Jerry Young	M67	1:12	3:26	5:45	8:04	10:26	1	1
Nancy Sido	W73	1:30	4:10	6:50	9:29	12:04	2	1
Maureen Midgley	W65	1:32	4:13	6:54	9:33	12:09	3	1
Peggy Guggina	W63	1:45	4:51	7:55	11:01	14:01	6	1
Lorraine Ramonczuk	W72	1:45	4:46	7:44	10:40	13:32	5	2



2025 SPRING SERIES – Monday, May 12 - 1600 M

Holman Middle School Track • 11055 St. Charles Rock Road • St. Ann, MO 63074

racewalkstl.org

NAME	AGE	4	3	2	1	Finish	Place	Age Place
Jerry Young	M67	1:42	4:35	7:31	10:28	13:23	2 - Tie	1
Nancy Sido	W73	1:34	4:16	6:58	9:41	12:19	1	1
Lorraine Ramonczuk	W72	1:42	4:35	7:31	10:28	13:23	2 - Tie	2



2025 SPRING SERIES – Wednesday, May 14 - 1600 M

Holman Middle School Track • 11055 St. Charles Rock Road • St. Ann, MO 63074

racewalkstl.org

NAME	AGE	4	3	2	1	Finish	Place	Age Place
Jerry Young	M67	1:09	3:27	5:48	8:13	10:36	1	1
Lorraine Ramonczuk	W72	1:36	4:19	7:03	9:51	12:36	3	1
Sue Turner	W84	2:21	6:20	10:11	13:58	17:45	4	1
Anna Moylan	W34	1:13	3:41	6:05	8:32	10:57	2	1



2025 Summer Series – Monday, June 2 - 1500 M

Parkway North High School Track, 12860 Fee Fee Rd, St. Louis, MO 63141

racewalkstl.org

NAME	AGE	3	2	1	FINAL	Place	Age Place
Bob Nichols	M86	2:59	6:52	10:46	14:41	5	1
Lorraine Ramonczuk	W72	-	-	-	11:58	3	2
Nancy Sido	W73	2:08	5:11	8:12	11:13	2	1
Maureen Midgley	W65	2:07	5:11	8:11	11:11	1	1
Gina Bufe	W59	2:43	6:23	9:57	13:27	4	1



2025 Summer Series – Monday, June 9 - 3000 M

Parkway North High School Track, 12860 Fee Fee Rd, St. Louis, MO 63141

racewalkstl.org

NAME	AGE	7	6	5	4	3	2	1	FINISH	Place	Age Place
Jerry Young	M67	1:08	3:36	6:16	8:55	11:37	14:22	17:09	19:55	1	1
Brad Gore	M71	1:03	3:37	6:17	8:58	11:45	14:32	17:21	20:13	2	1
Maureen Midgley	W65	1:27	4:34	7:39	10:43	13:53	17:01	20:03	23:09	5	1
Lorraine Ramonczuk	W72	1:34	4:45	7:57	11:07	14:16	17:28	20:44	23:54	7	1
Leann Kulp	W36	1:28	3:48	6:25	9:13	11:57	14:44	-	20:23	3	1
Meissa Kelly	W41	-	4:35	7:47	11:02	14:09	17:18	20:24	23:35	6	1
Sue Turner	W84	2:15	6:46	11:18	15:56	20:36	25:19	30:03	34:44	9	1
Anna Moylan	W36	1:10	-	6:30	9:16	11:59	14:53	17:48	20:46	4	1
Gina Bufe	W59	1:35	5:21	9:12	13:01	16:50	20:36	24:26	28:05	8	1

Timers: Peggy Rowold (013916) & Ed Rowold (011949)



2024 Summer Series – Monday, June 17 - 5000 M

Parkway North High School Track, 12860 Fee Fee Rd, St. Louis, MO 63141

racewalkstl.org

NAME	AGE	200M	600M	1000M	1400M	1800M	2200M	2600M	3000M	3400M	3800M	4200M	4600M	5000M	Place	Age Place
Jerry Young	M67	1:14	4:01	6:40	9:25	12:10	14:56	17:47	20:33	23:18	26:04	29:02	31:49	34:43	1	1
Mark Halfmann	M64	1:20	4:24	7:34	10:47	13:54	17:05	20:12	23:18	26:11	29:12	32:18	35:26	38:24	3	1
Nancy Sido	W73	1:31	4:42	7:52	11:04	14:16	17:28	20:36	23:48	27:01	30:08	33:19	36:27	39:32	4	1
Leann Kulp	W36	1:15	4:02	7:01	9:56	12:53	15:54	18:52	21:48	24:47	27:41	30:36	33:31	36:21	2	1
Gina Bufe	W59	1:56	5:51	9:46	13:42	17:45	21:47	25:49	29:54	34:01	38:00	42:06	46:07	49:52	6	1
Sue Turner	W84	2:31	7:18	12:02	16:44	21:31	26:11	31:00	35:39	40:19	45:02	49:24	54:04	58:37	7	1
Lorraine Ramonczuk	W72	-	-	-	-	-	-	-	-	-	-	-	-	40:01	5	2

Timers: Peggy Rowold (013916) & Ed Rowold (011949)



2025 Summer Series – Monday, June 23 - 1600 M

Parkway North High School Track, 12860 Fee Fee Rd, St. Louis, MO 63141

racewalkstl.org

NAME	AGE	400m	800m	1200m	1600m	Place	Age Place
Jerry Young	M67	2:37	5:30	8:31	11:27	2	1
Anna Moylan	W34	2:34	5:18	8:05	10:49	1	1
Nancy Sido	W73	3:05	6:12	9:17	12:21	3	1
Lorraine Ramonczuk	W72	3:19	6:34	9:48	12:59	4	2
Gina Bufe	W59	3:41	7:18	10:52	14:22	6	1
Bob Nichols	M86	3:33	7:03	10:34	14:03	5	1

Timers: Ed Rowold (011949) & Lee Hoffman



2025 Summer Series – Monday, July 7 1600 M

Parkway North High School Track, 12860 Fee Fee Rd, St. Louis, MO 63141

racewalkstl.org

NAME	AGE	400m	800m	1200m	1600m	Place	Age Place
Jerry Young	M67	2:31	5:26	8:15	11:04	2	1
Bob Nichols	M86	3:26	6:51	10:20	13:51	6	1
Leann Kulp	W36	2:32	5:26	8:16	11:05	3	1
Anna Moylan	W34	2:25	5:04	7:48	10:21	1	1
Gina Bufe	W59	3:57	7:50	11:35	15:03	7	1
Sue Turner	W84	4:55	9:38	14:04	18:30	8	1
Nancy Sido	W73	3:02	6:08	9:14	12:18	4	1
Lorraine Ramonczuk	W72	3:18	6:33	9:46	12:58	5	2

Timers: Peggy Rowold (013916) & Ed Rowold (011949)



2025 Summer Series – Monday, July 14 - 3000 M

Parkway North High School Track, 12860 Fee Fee Rd, St. Louis, MO 63141

racewalkstl.org

NAME	AGE	7	6	5	4	3	2	1	FIN-ISH	Place	Age Place
Bob Nichols	M86	1:52	5:22	8:50	12:18	15:48	19:19	22:48	26:09	5	1
Jerry Young	M67	1:16	3:53	6:34	9:17	12:03	14:45	17:32	20:11	1	1
Nancy Sido	W74	1:28	4:34	7:40	10:48	13:55	-	-	DNF	-	-
Lorraine Ramonczuk	W72	1:33	4:48	8:08	11:24	14:45	18:04	21:25	24:37	4	1
Maureen Midgley	W65	1:20	4:21	7:19	10:20	13:23	16:28	19:38	22:44	2	1
Gena Bufe	W59	1:52	5:44	9:39	13:24	17:08	20:52	24:28	27:59	6	1
Sue Turner	W84	2:23	7:23	12:20	17:24	22:34	27:36	32:37	DNF	-	-
Melissa Kelly	W41	1:30	4:44	7:58	11:10	14:22	17:32	20:39	23:46	3	1

Timers: Peggy Rowold (013916) & Ed Rowold (011949)



2025 Summer Duet - 5 K

Frontier Park, Katy Trail, 500 S. Riverside Dr., St. Charles, MO 63301

racewalkstl.org

Saturday, August 9					
NAME	AGE	2500 M	5000 M Finish Time	Place	Age Place
Dave Coutts	M70	19:52	35:56	1	1
Nancy Sido	W74	20:28	40:38	3	1
Lorraine Ramonczuk	W72	20:28	41:46	4	2
Sue Turner	W84	30:1	1:01:46	6	1
Maureen Midgley	W65	19:52	40:31	2	1
Bob Nichols	M86	24:50	49:52	5	1



**2025 Summer Duet
Saturday, August 16
10K and 5K**

Frontier Park, Katy Trail, 500 S. Riverside Dr., St. Charles, MO 63301

racewalkstl.org

10K							
NAME	AGE	2500 M	5000 M	7500 M	FINISH 10,000 M	PLACE	AGE PLACE
Nancy Sido	W74	20:46	41:27	1:02:10	1:22:40	1	1

5K						
NAME	AGE	2500 M	5000 M Finish Time	Place	Age Place	
Dave Coutts	M70	15:32	31:30	1	1	
Lorraine Ramonczuk	W72	21:05	42:22	4	1	
Scott Decker	M75	23:45	49:04	6	1	
Bob Nichols	M86	22:17	44:21	5	1	
Sue Turner	W84	30:35	61:08	7	1	
Mark Halfmann	M64	20:44	41:01	3	1	
Maureen Midgley	W65	19:47	40:16	2	1	



racewalkstl.org

2025 Fall Grand Prix Series – Sunday, October 5, 5000 M
Ozark Association Virginia R. Mulanax
Open/Masters Championship

Hixson Middle School Track, 630 S. Elm Avenue, Webster Groves, MO 63119

NAME	AGE	200M	600M	1000M	1400M	1800M	2200M	2600M	3000M	3400M	3800M	4200M	4600M	5000M	Place	Age Place
Nancy Sido	W74	1:35	4:51	8:07	11:23	13:38	17:52	21:06	24:17	27:30	30:41	33:54	37:07	40:15	1	1
Lorraine Ramonczuk	W73	1:40	5:00	8:16	11:34	14:55	18:14	21:36	24:58	28:21	31:46	35:14	38:43	42:10	2	2
Sue Turner	W84	2:23	7:06	11:45	16:31	21:26	26:21	31:19	36:19	41:22	46:30	51:25	56:14	1:00:55	3	1



2025 Fall Grand Prix Series – Sunday, Oct. 12 - 3000 M

Hixson Middle School Track, 630 S. Elm Avenue, Webster Groves, MO 63119

racewalkstl.org

NAME	AGE	7	6	5	4	3	2	1	FINISH	Place	Age Place
Nancy Sido	W74	1:29	4:33	7:38	10:43	13:48	16:52	19:56	22:58	2	1
Jerry Young	M67	1:19	3:54	6:35	9:40	12:06	14:54	17:42	20:30	1	1
Leann Kulp	W36	1:57	5:51	9:45	13:38	17:27	21:12	24:55	28:39	4	1
Francis Young	M66	1:57	5:51	9:45	13:38	17:27	21:12	24:55	28:39	4 tie	1
Sue Turner	W84	2:17	6:44	11:01	15:26	19:57	24:30	29:06	33:45	6	1
Lorraine Ramonczuk	W73	1:44	5:03	8:17	11:31	14:42	17:54	21:05	24:15	3	2



2025 Fall Grand Prix Series – Sunday, October 26, 1500 M
 Hixson Middle School Track, 630 S. Elm Avenue, Webster Groves, MO 63119

NAME	AGE	3	2	1	FINAL	Place	Age Place
Nancy Sido	W74	2:12	5:14	8:12	11:07	1	1
Lorraine Ramonczuk	W73	2:29	5:33	8:56	12:07	2	2
Sue Turner	W84	3:34	8:10	12:51	DNF	-	-