



## 2024 SPRING SERIES – Monday, May 6 - 1600 M

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

[racewalkstl.org](http://racewalkstl.org)

NAME	AGE	4	3	2	1	Finish	Place	Age Place
Jerry Young	M66	1:16	3:32	5:53	8:13	10:36	1	1
Nancy Sido	W72	1:34	4:24	7:15	10:07	12:57	2	1
Gail Saxton	W76	1:45	4:48	7:52	11:01	14:06	4	1
Bob Nichols	M85	1:42	4:37	7:36	10:34	13:30	3	1
Stephanie Sewell	W53	1:44	5:03	8:38	12:20	15:55	5	1
Sue Turner	W83	2:32	6:46	11:00	15:20	19:36	6	1





## 2024 SPRING SERIES – Monday, May 13 - 1600 M

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

[racewalkstl.org](http://racewalkstl.org)

NAME	AGE	4	3	2	1	Finish	Place	Age Place
Jerry Young	M66	1:12	3:22	5:39	7:58	10:17	1	1
Nancy Sido	W72	1:34	4:22	7:12	10:02	12:50	3	1
Maureen Midgley	W64	1:38	4:24	7:02	9:42	12:27	2	1
Bob Nichols	M85	1:47	4:39	7:27	10:14	12:58	5	1
Francis Young	W65	1:45	4:36	7:23	10:09	12:54	4	1
Gina Bufe	W58	1:52	5:13	8:27	11:28	14:33	6	1
Sue Turner	W83	2:30	6:38	10:41	14:39	18:41	7	1



**2024 SPRING SERIES – Monday, May 15 - 1600 M**

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

[racewalkstl.org](http://racewalkstl.org)

NAME	AGE	4	3	2	1	Finish	Place	Age Place
Jerry Young	M66	1:14	3:28	5:45	8:05	10:28	1	1
Nancy Sido	W72	1:33	4:20	7:07	9:56	12:38	2	1
Bob Nichols	M85	1:47	4:36	7:25	10:12	12:58	4	1
Francis Young	W65	1:43	4:34	7:21	10:08	12:51	3	1
Gail Saxton	W76	1:41	4:38	7:37	10:37	13:36	5	1
Gina Bufe	W58	1:51	5:02	8:08	11:18	14:18	6	1
Sue Turner	W83	2:28	6:28	10:24	14:19	18:13	7	1





## 2024 Summer Series – Monday, June 10 - 3000 M

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

[racewalkstl.org](http://racewalkstl.org)

NAME	AGE	7	6	5	4	3	2	1	FINISH	Place	Age Place
Jerry Young	M66	1:16	3:45	6:18	8:57	11:33	14:12	16:51	19:31	1	1
Maureen Midgley	W64	1:24	4:21	7:20	10:21	13:26	16:29	19:28	22:29	2	1
Nancy Sido	W72	1:34	4:51	8:08	11:26	14:43	18:00	21:15	24:28	3	1
Bob Nichols	M85	1:41	5:04	8:22	11:42	15:01	18:40	22:09	25:26	5	1
Francis Young	W65	1:45	5:12	8:33	11:55	15:18	18:37	21:59	25:16	4	1
Gail Saxton	W76	1:40	5:10	8:39	12:10	15:44	19:20	22:51	26:21	6	1
Gina Bufe	W58	2:05	6:21	10:37	14:54	19:09	23:27	27:42	31:51	7	1
Sue Turner	W83	2:38	7:38	12:22	17:04	21:44	26:17	30:47	35:13	8	1



## 2024 Summer Series – Monday, June 17 - 5000 M

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

[racewalkstl.org](http://racewalkstl.org)

NAME	AGE	200M	600M	1000M	1400M	1800M	2200M	2600M	3000M	3400M	3800M	4200M	4600M	5000M	Place	Age Place
Dave Couts	M68	1:14	3:47	6:20	8:56	11:37	14:18	17:02	19:47	22:28	25:05	27:45	30:28	33:14	1 Tie	1 Tie
Jerry Young	M66	1:14	3:46	6:20	8:55	11:37	14:18	17:02	19:47	22:28	25:05	27:45	30:28	33:14	1 Tie	1 Tie
Leann Kulp	W35	1:14	3:46	6:20	8:55	11:36	14:17	17:02	19:47	22:28	25:15	-	30:58	33:49	3	1
Maureen Midgley	W64	1:30	4:31	7:33	10:42	13:52	17:05	20:14	23:31	26:46	30:03	34:08	-	DNF	-	-
Nancy Sido	W72	1:37	4:56	8:16	11:34	14:52	18:11	21:28	24:45	28:04	31:19	34:37	37:53	41:04	6	1
Bob Nichols	M85	1:47	5:06	8:22	11:40	14:59	18:16	21:32	24:50	28:07	31:24	34:39	37:55	41:02	5	1
Melissa Kelly	W40	1:40	5:02	8:20	11:38	14:58	18:12	21:30	24:48	28:01	31:11	34:37	37:37	40:42	4	1
Gina Bufe	W58	2:08	6:23	10:38	14:54	19:12	23:28	27:45	32:03	36:26	40:35	44:45	49:22	53:21	7	1
Sue Turner	W83	2:15	6:45	11:20	15:51	20:16	24:52	29:24	33:54	38:19	42:54	47:18	51:45	56:17	8	1



## 2024 Summer Series – Monday, June 24 - 1600 M

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

[racewalkstl.org](http://racewalkstl.org)

NAME	AGE	400m	800m	1200m	1600m	Place	Age Place
Jerry Young	M66	2:27	5:07	7:52	10:39	2	1
Leann Kulp	W35	2:25	4:54	7:32	10:02	1	1
Maureen Midgley	W64	2:56	5:53	8:53	11:51	3	1
Melissa Kelly	W40	3:04	6:10	9:16	12:23	4	1
Bob Nichols	M85	3:24	6:41	9:56	13:05	6	1
Nancy Sido	W72	3:14	6:30	9:42	12:49	5	1
Gina Bufe	W57	4:04	8:06	12:01	15:27	7	1
Sue Turner	W82	4:43	9:05	13:22	17:36	9	1
Gail Saxton	W76	3:45	7:39	11:36	15:32	8	1







**2024 Summer Series – Monday, July 15 - 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	M66	1:09	3:42	6:22	9:04	11:48	14:30	17:15	20:03	1	1
Melissa Kelly	W40	1:33	4:45	8:01	11:11	14:28	17:38	20:51	24:01	3	1
Maureen Midgley	W64	1:31	4:40	7:47	10:59	14:11	17:22	20:36	23:44	2	1
Nancy Sido	W73	1:36	4:51	8:08	11:22	14:37	17:53	21:07	24:17	4	1
Bob Nichols	M85	1:47	5:10	8:31	11:53	15:15	18:39	22:05	25:32	5	1
Gena Bufe	W57	2:02	6:08	10:22	14:39	19:03	23:28	27:52	31:44	6	1
Sue Turner	W82	2:15	6:38	10:59	14:17	19:41	24:01	28:46	33:20	7	1



## 2024 Summer Duet - 5 K

Tower Grove Park - Turkish Pavilion

*racewalkstl.org*

Saturday, August 10					
NAME	AGE	2500 M	5000 M Finish Time	Place	Age Place
Jerry Young	M66	16:31	34:10	2	2
Nancy Sido	W73	20:37	41:07	7	1
Mark Halfmann	M63	19:31	40:07	4	1
Dave Coutts	M69	13:59	28:18	1	1
Maureen Midgley	W64	20:12	39:51	3	1
Sue Turner	W82	27:57	57:03	10	1
Leann Kulp	W35	20:34	41:00	5 tie	1
Melissa Kelly	W40	20:34	41:00	5 tie	1
Francis Young	W65	21:53	43:44	8 tie	1
Connie Young	W30	21:53	43:44	8 tie	1



**2024 Summer Duet**  
**Sunday, August 18**  
**10K and 5K**  
 Tower Grove Park - Turkish Pavilion

*racewalkstl.org*

<b>10K</b>
No Participants

<b>5K</b>					
NAME	AGE	2500 M	5000 M Finish Time	Place	Age Place
Maureen Midgley	W65	19:42	40:28	2	1
Mark Halfmann	M63	20:18	39:45	1	1
Nancy Sido	W73	20:33	41:02	3	1
Gina Bufe	W58	32:38	61:54	4 tie	1
Sue Turner	W83	32:38	61:54	4 tie	1



## 2024 Fall Grand Prix Series – Sunday, Oct. 6 - 3000 M

Maplewood Richmond Heights High School Track, 7601 Manchester Road, MO 63143

*racewalkstl.org*

NAME	AGE	7	6	5	4	3	2	1	FINISH	Place	Age Place
Jerry Young	M67	1:35	4:47	8:05	11:25	14:46	18:05	21:25	24:48	4	1
Maureen Midgley	W65	1:34	4:40	7:48	10:58	14:09	17:23	20:41	23:56	3	1
Mark Halfmann	M64	1:23	4:24	7:25	10:31	13:31	16:37	19:45	22:31	1	1
Nancy Sido	W73	1:31	4:33	7:37	10:42	13:46	16:51	19:57	22:59	2	1
Bob Nichols	M85	1:51	5:12	8:31	11:52	15:12	18:33	21:52	25:07	5	1
Gina Bufe	W59	1:59	6:11	10:22	14:32	18:45	22:54	27:05	30:58	6	1
Sue Turner	W83	2:28	6:56	11:18	15:37	19:54	24:12	28:31	32:46	7	1



racewalkstl.org

**2024 Fall Grand Prix Series – Sunday, October 13, 5000 M**  
**Ozark Association Virginia R. Mulanax**  
**Open/Masters Championship**

NAME	AGE	200M	600M	1000M	1400M	1800M	2200M	2600M	3000M	3400M	3800M	4200M	4600M	5000M	Place	Age Place
Mark Halfmann	M64	1:20	4:11	7:17	10:31	13:45	17:00	20:11	23:26	26:44	30:01	33:19	36:38	39:49	2	1
Jerry Young	M67	1:12	3:37	6:16	8:58	11:42	14:24	17:06	19:48	22:30	25:10	27:54	30:38	33:21	1	1
Nancy Sido	W73	1:31	4:41	7:52	11:04	14:16	17:29	20:42	23:56	27:09	30:21	33:32	36:46	39:52	3	1
Gail Saxton	W76	1:43	5:19	9:00	12:48	16:34	20:18	24:10	28:00	31:51	35:40	39:25	43:11	47:01	5	1
Gina Bufe	W59	2:03	6:08	10:18	14:33	18:46	23:01	27:15	31:33	35:45	40:03	44:22	48:42	52:41	6	1
Sue Turner	W83	2:23	7:03	11:40	16:27	21:16	26:09	31:10	36:16	41:21	46:29	51:33	56:34	1:01:39	7	1
Frances Young	W65	1:52	5:31	9:08	12:42	16:22	20:01	23:40	27:14	30:47	34:23	38:00	41:38	45:09	4	1

**Judges:** Robert Nichols (030656), Brian Sheble (041263), & Nick Damaso (033011)

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



## 2024 Grande Prix Fall Series Sunday, October 20 - 1 Hour Postal

Maplewood Richmond Heights High School Track, 7601 Manchester Rd, MO 63143  
racewalkstl.org

NAME	AGE	400	800	1200	1600	2000	2400	2800	3200	3600	4000	4400	4800	Grand Total (Meters)	Grand Total (Miles)
Jerry Young	M67	2:49	5:51	8:57	12:10	15:16	18:20	21:26	24:33	27:38	30:44	33:51	36:59	7,747	4.81
		5200	5600	6000	6400	6800	7200	7600							
		40:05	43:14	46:18	49:27	52:31	55:43	58:50	+147						

NAME	AGE	400	800	1200	1600	2000	2400	2800	3200	3600	4000	4400	4800	Grand Total (Meters)	Grand Total (Miles)
Frances Young	W65	3:55	7:46	11:37	15:19	19:01	22:42	26:21	29:59	33:30	37:05	40:43	44:21	6,589	4.09
		5200	5600	6000	6400										
		47:58	51:28	54:56	58:25	+189									

NAME	AGE	400	800	1200	1600	2000	2400	2800	3200	3600	4000	4400	4800	Grand Total (Meters)	Grand Total (Miles)
Gina Bufe	W59	4:10	8:25	12:40	16:56	21:16	25:38	30:01	34:21	38:45	43:09	47:35	51:55	5,570	3.46
		5200													
		56:18	+370												

NAME	AGE	400	800	1200	1600	2000	2400	2800	3200	3600	4000	4400	4800	Grand Total (Meters)	Grand Total (Miles)
Nancy Sido	W73	3:10	6:22	9:32	12:42	15:51	18:59	22:07	25:16	28:26	31:36	34:46	37:57	7,543	4.68
		5200	5600	6000	6400	6800	7200								
		41:09	44:19	47:31	50:43	53:53	57:16	+343							

**Judges:** Robert Nichols (030656) & Mereth Zalba (041090)

**Lap Scorers:** Ed Rowold (011949) & Eileen Morris (032221)



**2024 Fall Grand Prix Series – Sunday, October 27**

Maplewood Richmond Heights High School Track, 7601 Manchester Road, MO 63143

NAME	AGE	3	2	1	FINAL	Place	Age Place
Mark Halfmann	M64	2:05	5:06	8:05	10:56	1	1
Nancy Sido	W73	2:11	5:17	8:20	11:18	3	1
Maureen Midgley	W65	2:07	5:09	8:11	11:02	2	1
Bob Nichols	M85	2:36	5:56	9:16	12:36	4	1
Gina Bufe	W59	2:46	6:31	10:10	13:40	5	1
Sue Turner	W83	3:20	7:44	12:04	16:24	6	1