RaceWalkers' Club of St. Louis
February 24, 2017
Open 3000 Ozark Association Championship
Results

All races hand-timed

Open Men's 3000M Race

1.	Nick Christie	unattached	11:42
2.	Doug Hucherson	Central Methodist U	14:36
3.	3. Pat Stroupe	unattached	14:38
4.	Jake Portock	unattached	23:27

Open Women's 3000m Race

1.	Katie Burnett	unattached	13:38
2.	Emily Angell	Central Methodist U	20:24
3.	Quinci Cox	Central Methodist U.	21:55

Timers: Nancy Sido, Ed Rowold, Lee Hoffman
Judges: Dave Couts, Ruth Eberle, Ginger Mulanax, Bob Nichols, Tish Hanna

Racewalkers' Club of St. Louis

2017 Spring Series – April 23 5000m

Pattonville High School Track, Maryland Heights, MO 63043

28:00	30:48	33:30	11	10	9	8	7	6	5	4	3	2	1	Finish	Place	Age Place
Molly Joseph	W Open	.52	2:49	4:45	6:41	8:46	10:54	12:59	15:04	17:13	19:20	21:27	23:34	**25:39**	1	1
Leanne Young	W Open	1:17	4:01	6:41	9:23	12:00	14:36	17:10	19:45	22:21	25:02	27:46	30:29	**33:08**	2	2
Jerry Young	M55	1:11	3:41	6:13	8:50	11:31	14:11	16:54	19:39	22:23	25:11	28:00	30:48	**33:30**	3	1
Mark Young	M55	1:18	4:03	6:47	9:32	12:21	15:07	17:58	20:48	23:41	26:34	29:27	32:22	**35:14**	4	2
Ruth Eberle	W85	1:29	4:35	7:40	10:43	13:45	16:48	19:48	22:49	25:51	28:58	32:00	35:06	**38:09**	6	1
Lorraine Ramonczuk	W60	1:24	4:17	7:08	9:56	12:50	15:43	18:36	21:29	24:22	27:14	30:12	33:09	**36:00**	5	1
Gina Bufe	W50	1:30	4:39	7:50	11:07	14:22	17:40	20:57	24:15	27:35	30:53	34:10	37:22	**40:28**	7	1
Sue Turner	W75	1:59	6:02	10:02	14:01	18:00	21:57	25:53	29:54	33:55	37:52	41:51	45:45	**49:31**	8	1

Racewalkers' Club of St. Louis

2017 Spring Series
Tuesday, May 9 1600M

Pattonville High School Track, Maryland Heights, MO 63043

Name	Age	400m	800m	1200m	1600m	Place	Age Place
Leanne Young	W-Open	2:18	4:45	7:10	9:33	1	1
Jerry Young	M 55	2:23	4:53	7:18	9:50	2	1
Gene Hall	M55	2:22	4:53	7:37	10:22	3	2
Bob Nichols	M75	2:54	5:48	8:43	11:33	5	1
Ruth Eberle	W85	2:55	5:50	8:46	11:44	6	1
Melanie Hampton	W60	3:14	6:37	9:49	12:57	9	1
Cecil Hampton	M65	3:15	6:32	9:59	13:09	10	2
Gina Bufe	W50	2:55	5:59	9:05	12:09	7	1
Sue Turner	W75	4:14	8:17	12:05	15:49	11	1
Patrick Gadell	M65	2:51	6:14	9:29	12:47	8	1
Nancy Sido	W65	2:33	5:17	8:02	10:46	4	1

2017 Spring Series
Tuesday, May 16 1600M

Pattonville High School Track, Maryland Heights, MO 63043

Name	Age	400m	800m	1200m	1600m	Place	Age Place
Nancy Sido	W65	2:44	5:31	8:18	11:04	2	1
Gene Hall	M55	2:30	5:11	7:56	10:37	1	1
Bob Nichols	M75	2:54	5:47	8:41	11:31	3	1
Ruth Eberle	W85	2:56	5:52	8:50	11:51	4	1
Patrick Gadell	M65	2:57	6:12	9:22	12:33	6	1
Gina Bufe	W50	2:55	5:59	9:04	12:05	5	1
Melanie Hampton	W60	3:16	6:30	9:46	12:56	7	1
Cecil Hampton	M65	2:44	-	-	-	-	-
Sue Turner	W75	4:01	7:50	11:39	15:27	8	1

Racewalkers' Club of St. Louis

2017 Spring Series
Tuesday, May 18 1600M

Pattonville High School Track, Maryland Heights, MO 63043

Name	Age	400m	800m	1200m	1600m	Place	Age Place
Gene Hall	M55	2:23	4:54	7:25	9:57	1	1
Bob Nichols	M75	2:46	5:39	8:34	11:20	2	1
Ruth Eberle	W85	2:56	5:54	8:52	11:49	3	1
Gina Bufe	W50	2:54	5:53	8:59	12:00	4	1
Melanie Hampton	W60	3:14	6:24	9:40	12:44	5	1
Sue Turner	W75	3:45	7:29	11:14	14:59	6	1

Racewalkers' Club of St. Louis

2017 Spring Series
Thursday, May 11 1600M

Pattonville High School Track, Maryland Heights, MO 63043

Name	Age	1600	Place	Age Place
Mark Young	M55	10:07	2	2
Gene Hall	M55	9:44	1	1
Bob Nichols	M75	11:11	3	1
Gina Bufe	W50	11:28	4	1
Sue Turner	W75	13:45	5	1

Racewalkers' Club of St. Louis

2017 Summer Series

Tuesday, June 6 1500 M

Pattonville High School Track, Maryland Heights, MO 63043

Name	Age	300m	700m	1100m	1500m FINISH	Place	Age Place
Nancy Sido	W65	1:55	4:41	7:24	10:04	1	1
Bob Nichols	M75	1:59	4:54	7:43	10:29	3	1
Lorraine Ramnczuk	W60	2:02	4:53	7:40	10:26	2	1
Ruth Eberle	W85	2:05	5:02	7:57	10:52	4	1
Melanie Hampton	W60	2:13	5:19	8:30	11:29	5	2
Cecil Hampton	M65	2:06	5:21	8:32	11:31	6	1
Sue Turner	W75	2:42	6:30	10:16	13:57	7	1

Racewalkers' Club of St. Louis

2017 Summer Series Series
June 12 - 3000 M

Pattonville High School Track
Maryland Heights, MO 63043

Name	Age	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m Finish Time	Place	Age Place
Dave Couts	M60	1:04	3:21	5:42	8:04	10:23	12:51	15:07	17:17	1	1
Lorraine Ramonczuk	W60	1:25	4:18	7:11	10:01	12:54	15:49	18:45	21:39	3	1
Bob Nichols	M75	1:26	4:22	7:19	10:16	13:13	16:12	19:09	21:56	4	1
Gina Bufe	W50	1:28	4:38	7:59	11:23	14:46	18:07	21:22	24:36	5	1
Melanie Hampton	W60	1:39	5:05	8:32	11:58	15:21	18:50	22:19	25:33	6	2
Sue Turner	W75	1:56	5:46	9:34	13:21	17:06	20:53	24:35	28:17	7	1
Nancy Sido	W65	1:25	4:17	7:06	9:54	12:40	15:28	18:19	21:05	2	1

2017 Summer Series
Thursday, June 22 1600 M
Ozark Association Championship
Pattonville High School Track, Maryland Heights, MO 63043

Name	Age	400m	800m	1200m	1600m	Place	Age Place
Nancy Sido	W65	2:39	5:28	8:15	10:55	1	1
Ruth Eberle	W85	2:53	5:48	8:42	11:38	2	1
Gina Bufe	W50	3:09	6:26	9:46	13:02	3	1
Melanie Hampton	W60	3:49	7:29	11:00	14:29	4	1
Sue Turner	W75	3:55	7:52	11:49	15:34	5	1

Judges: Roy Eberle, Ed Rolwold and Robert Nichols

Racewalkers' Club of St. Louis

2017 Summer Series Series
June 19 - 5000 M

Pattonville High School Track
Maryland Heights, MO 63043

Name	Age	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m	3400m	3800m	4200m	4600m	5000m	Place	Age Place
Gene Hall	M55	1:19	4:06	6:53	9:41	12:30	15:17	18:09	21:03	24:01	26:59	29:58	32:56	35:50	2	1
Lorraine Ramonczuk	W60	1:27	4:21	7:12	10:03	12:54	15:47	18:39	21:34	24:34	27:32	30:30	33:31	36:24	3	1
Bob Nichols	M75	1:31	4:29	7:28	10:24	13:21	16:18	19:17	22:14	25:13	28:12	31:10	34:08	37:01	4	1
Ruth Eberle	W85	1:30	4:31	7:34	10:35	13:38	16:44	19:50	22:55	26:00	29:06	32:13	35:19	38:24	5	1
Gina Bufe	W50	1:41	5:04	8:32	11:59	15:26	18:55	22:39	26:24	30:05	33:46	37:29	41:07	44:26	6	1
Melanie Hampton	W60	1:48	5:25	8:52	12:15	15:38	19:02	22:27	25:59	29:29	33:00	36:29	40:05	43:45	7	2
Sue Turner	W75	1:56	5:53	9:45	13:36	17:25	21:18	25:09	28:57	32:49	36:45	40:32	44:17	48:01	8	1
Nancy Sido	W65	1:26	4:17	7:07	9:57	12:46	15:33	18:22	21:12	24:04	26:55	29:45	32:38	35:24	1	1

Racewalkers' Club of St. Louis

2017 Summer Series
July 10 - 3200 M

Pattonville High School Track
Maryland Heights, MO 63043

Name	Age	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m Finish Time	Place	Age Place
Nancy Sido	W65	2:42	5:32	8:22	11:11	13:58	16:47	19:37	22:21	1	1
Lorraine Ramonczuk	W60	2:46	5:37	8:29	11:23	14:18	17:16	20:15	23:14	2	1
Ruth Eberle	M75	2:56	5:52	8:48	11:45	14:45	17:48	20:52	24:01	3	1
Melanie Hampton	W60	3:25	6:50	10:17	13:56	17:27	21:04	24:44	28:09	4	2
Gina Bufe	W50	3:28	7:04	10:42	14:22	17:59	21:34	25:07	28:11	5	1
Sue Turner	W75	4:01	7:57	11:52	15:54	19:46	23:38	27:31	31:22	6	1

Racewalkers' Club of St. Louis

2017 Summer Series

Monday, July 24 1500 M

Pattonville High School Track, Maryland Heights, MO 63043

Name	Age	300m	700m	1100m	1500m FINISH	Place	Age Place
Nancy Sido	W65	1:38	4:26	7:13	9:52	2	1
Lorraine Ramonczuk	W60	1:53	4:41	7:30	10:18	3	1
Gina Bufe	W50	2:06	5:17	8:27	11:32	6	1
Ruth Eberle	W85	1:57	4:47	7:40	10:35	4	1
Melanie Hampton	W60	2:10	5:23	8:43	11:54	7	2
Tom Allen	M50	2:04	5:00	7:59	10:54	5	1
Sue Turner	W75	2:44	6:29	10:12	13:50	8	1
Calib Nesbitt	Boys 11	1:33	4:17	7:06	9:37	1	1

Racewalkers' Club of St. Louis

2017 Summer Duet
August 12 – 5000 M
Tower Grove Park

Name	Age	2500m	5000m Finish Time	Place	Age Place
Dave Couts	M60	14:42	28:10	1	1
Nancy Sido	W65	17:29	34:46	2	1
Lorraine Ramonczuk	W60	18:33	36:42	3	1
Melanie Hampton	W60	21:43	44:00	4	2
Sue Turner	W75	24:42	48:52	5	1

Racewalkers' Club of St. Louis

2017 Summer Duet
August 20 – 10K
Tower Grove Park

Name	Age	2500m	5000m	7500m	1000m	Place	Age Place
Nancy Sido	W65	17:54	35:52	53:54	1:12:06	1	1
Jim McFadden	M75	18:22	37:28	57:11	1:17:23	3	1
Lorraine Ramonczuk	W60	18:42	37:09	56:31	1:16:16	2	1
Gina Bufe	W50	22:14	43:59	1:05:32	1:27:32	4	1
Melanie Hampton	W60	22:45	45:25	1:08:55	1:33:18	5	2
Sue Turner	W75	26:37	53:21	1:21:47	1:47:59	6	1

Racewalkers' Club of St. Louis

2017 Fall Series
October 8 - 3000 M
Ozark Championship

Pattonville High School Track
Maryland Heights, MO 63043

Name	Age	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m Finish Time	Place	Age Place
Nancy Sido	W65	1:22	4:13	7:03	9:51	12:39	15:27	18:17	21:00	2	1
Jerry Young	M60	1:27	4:21	7:14	9:53	12:30	15:12	17:58	20:52	1	1
Mark Young	M55	1:25	4:21	7:15	10:08	13:04	15:56	18:48	21:41	4	2
Gene Hall	M55	1:26	4:21	7:15	10:08	12:56	15:46	18:38	21:27	3	1
Lorraine Ramonczuk	W65	1:29	4:22	7:15	10:09	12:58	15:54	18:48	21:42	5	2
Ruth Eberle	W85	1:30	4:25	7:22	10:21	13:22	16:25	19:28	22:28	6	1
Melanie Hampton	W60	1:39	5:10	8:49	12:29	16:07	19:47	23:25	26:51	8	1
Gina Bufe	W50	1:35	4:54	8:20	11:46	15:10	18:31	21:50	25:04	7	1
Sue Turner	W75	1:59	5:53	9:42	13:32	17:21	21:08	24:51	28:36	9	1

Racewalkers' Club of St. Louis

2017 Fall Series
October 15 – 1 Hour

Pattonville High School Track
Maryland Heights, MO 63043

Name	Age	Final Distance	Place Overall	Age Category
Nirvana Zalba	Open	10,665 M	1	1
Jerry Young	M60	8,820 M	2	1
Nancy Sido	W65	8,352 M	3	1
Mark Young	M55	7,924 M	4	1
Gina Bufe	W50	7,006 M	5	1
Melanie Hampton	W60	6,127 M	6	1
Sue Turner	W75	5,493 M	7	1

NOTE: If a summary sheet detailing lap times and officials is needed, please contact Robert Nichols
ranich@charter.net

Racewalkers' Club of St. Louis

2017 Fall Series
October 22 - 5000 M

Pattonville High School Track
Maryland Heights, MO 63043

Name	Age	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m	3400m	3800m	4200m	4600m	5000m	Place	Age Place
Nancy Sido	W65	1:25	4:22	7:18	10:10	12:59	15:50	18:41	21:30	24:17	27:05	29:54	32:41	35:24	1	1
Lorraine Ramonczuk	W65	1:25	4:24	7:19	10:12	13:05	16:03	18:56	21:51	24:48	27:43	30:39	33:32	36:29	2	2
Ruth Eberle	W85	1:28	4:31	7:34	10:35	13:35	16:33	19:34	22:37	25:32	28:43	31:45	34:52	37:59	3	1
Gina Bufe	W50	1:30	4:47	8:05	11:24	14:45	18:04	21:20	24:34	27:46	30:58	34:09	37:18	40:27	4	1
Melanie Hampton	W60	1:34	5:07	8:34	12:02	15:33	18:58	22:42	26:05	29:36	33:02	36:28	39:56	43:25	6	1
Sue Turner	W75	1:58	6:01	10:02	14:04	18:15	22:22	26:33	30:47	35:04	39:16	43:33	47:37	51:34	7	1
Maurine Lia	W80	1:33	4:55	8:26	11:53	15:16	18:43	22:09	25:30	29:02	32:27	35:51	39:14	42:33	5	1

Time Keepers and Judges:
Bob Nichols
Edwin Rowold
Peggy Rowold

Racewalkers' Club of St. Louis

2017 Fall Series
October 29 - 1500 M

Pattonville High School Track
Maryland Heights, MO 63043

Name	Age	300m	700m	1100m	1500m	Place	Age Place
Nancy Sido	W65	1:49	4:38	7:24	10:06	1	1
Lorraine Ramonczuk	W65	1:51	4:42	7:33	10:18	2	2
Ruth Eberle	W85	1:56	4:50	7:44	10:37	4	1
Gina Bufe	W50	2:01	5:03	8:06	11:04	5	1
Maurine Lia	W80	2:16	5:34	8:46	11:52	6	1
Sue Turner	W75	2:49	6:51	10:45	14:33	7	1
Jim Hager	M70	1:56	4:50	7:44	10:36	3	1