



2018 Spring Series – April 29 5000m
 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
Nirvana Zalba	W24	.55	2:52	4:49	6:49	8:50	10:53	12:57	14:48	17:03	19:07	21:10	23:13	25:14	1	1
Gene Hall	M59	1:19	4:07	6:53	9:43	12:34	15:26	18:24	21:19	24:16	27:14	30:09	33:02	35:49	2	1
Ruth Eberle	W86	1:30	4:32	7:33	10:35	13:37	16:41	19:46	22:53	26:00	29:07	32:16	35:24	38:32	5	1
Lorraine Ramonczuk	W65	1:27	4:24	7:18	10:08	13:01	15:53	18:45	21:37	24:29	27:21	30:11	33:04	35:54	3	2
Jim Hager	M71	1:24	4:18	7:15	10:14	13:14	16:17	19:21	22:22	25:22	28:24	31:24	34:25	37:17	4	1
Gina Bufe	W52	1:40	5:10	8:40	12:13	15:44	19:20	22:57	26:31	30:05	33:41	37:04	40:37	44:00	6	1
Sue Turner	W77	2:10	6:36	10:56	15:14	19:28	23:43	27:58	32:11	36:27	40:38	44:40	48:39	52:35	7	1



2018 Spring Series – May 7 1600 M
 Pattonville High School Track, Maryland Heights, MO 63043

NAME	AGE	400M	800M	1200M	1600M	PLACE	AGE PLACE
Jerry Young	M60	2:22	4:53	7:28	10:07	1	1
Nancy Sido	W66	2:45	5:35	8:24	11:11	2	1
Jim Hager	M71	2:48	5:42	8:43	11:41	4	1
Maurine Lia	W85	3:15	6:36	9:51	13:00	6	1
Ruth Eberie	W86	4:03	8:03	11:58	15:34	12 tie	2
Gina Bufe	W52	3:14	6:36	10:18	13:51	9 tie	1
Caleb Nesbit	B11	2:41	5:36	8:43	11:40	3	1
Kamryn Langford	G9	3:13	6:31	9:50	13:14	8	1
Raven Moore	G9	3:30	7:18	11:06	14:41	11	4
Diamond Norwood	G9	3:05	6:26	9:49	13:01	7	1
Molly McCormick	W55	4:04	8:03	11:58	15:34	12 tie	1
Stephanie Adams	W42	4:04	8:03	11:58	15:34	12 tie	1
Earsene Andrews	W66	3:34	7:15	11:04	14:37	10	2
Sue Turner	W77	4:12	8:08	11:53	15:34	13	1
Akeelah Cole	G9	3:06	6:36	10:18	13:51	9 tie	1
Bob Nichols	M79	3:10	6:22	9:33	12:37	5	1



2018 Spring Series – May 10 1600 M
 Pattonville High School Track, Maryland Heights, MO 63043

NAME	AGE	400M	800M	1200M	1600M	PLACE	AGE PLACE
Jerry Young	M60	2:17	5:01	7:41	10:30	2	1
Gene Hall	M59	2:21	4:46	7:18	9:53	1	1
Mark Young	M58	2:36	5:24	8:15	11:07	3	2
Maurine Lia	W85	3:07	6:18	9:30	12:41	6	1
Jim Hager	M71	2:44	5:37	8:33	11:30	4	1
Bob Nichols	M79	2:58	6:00	9:03	11:59	5	1
Gina Bufe	W52	3:26	6:57	10:22	13:55	7	1
Ruth Eberie	W86	3:56	7:57	11:52	15:40	8 tie	1
Laurie Benach	W57	3:56	7:57	11:52	15:40	8 tie	1
Sue Turner	W77	4:13	8:07	11:57	15:33	9	1



2018 Spring Series – May 17 1600 M
 Pattonville High School Track, Maryland Heights, MO 63043

NAME	AGE	400M	800M	1200M	1600M	PLACE	AGE PLACE
Jerry Young	M60	2:46	5:20	7:53	10:23	3	1
Nancy Sado	W66	2:43	5:33	8:23	11:08	4	1
Gene Hall	M59	2:38	5:17	7:53	10:22	2	1
Mark Young	M58	2:45	5:50	9:16	12:54	9	2
Jim Hager	M72	2:52	5:52	9:01	12:01	6	1
Bob Nichols	M79	3:00	5:02	9:04	12:00	5	1
Maurine Lia	W85	3:09	6:18	9:27	12:36	8	1
Ruth Eberie	W86	3:01	6:02	9:04	12:04	7 tie	1
Stephanie Adams	W42	3:02	6:02	9:14	12:04	7 tie	1
Sue Turner	W77	4:16	8:12	12:03	15:45	10	1
Leanne Young	W29	2:33	5:15	7:45	10:07	1	1



2018 Summer Series – Sunday, June 3 1500 M
Pattonville High School Track, Maryland Heights, MO 63043

NAME	AGE	1500M	PLACE	AGE PLACE
Leann Young	F20	8: 50	1	1
Gene Hall	M59	9:56	2	1
Nancy Sido	W66	10:14	3	1
Jim Hager	M71	10:22	4	1
Lorraine Ramonczuk	W65	10:36	5	2
Maurine Lia	W85	11:57	6	1
Gina Buff	W52	14:36	7	1
Sue Turner	W77	14:51	8	1



2018 Summer Series – Monday, June 11 3000 M
 Pattonville High School Track, Maryland Heights, MO 63043

NAME	AGE	200M	600M	1000M	1400M	1800M	2200M	2600M	3000M	Place	Age Place
Leann Young	W29	1:13	3:39	6:13	8:50	11:28	14:09	16:46	19:17	1	1
Nancy Sido	W66	1:24	4:11	7:01	9:52	12:43	15:34	18:26	21:11	2	1
Lorraine Ramonczuk	W65	1:26	4:18	7:14	10:09	13:06	16:05	19:04	22:03	4	2
Jim Hager	M72	1:20	4:13	7:08	10:11	13:16	16:22	19:30	22:28	5	1
Jim Veenstra	M80	1:25	4:13	7:02	9:53	12:45	15:32	18:33	21:40	3	1
Gina Bufe	W52	1:46	5:23	9:05	12:50	16:34	20:22	24:04	27:32	7	1
Ruth Eberie	W86	1:40	4:27	7:24	10:27	13:29	16:33	19:37	22:43	6	1
Maurine Lia	W85	1:51	4:55	8:17	11:45	-	-	-	-	-	-
Sue Turner	W77	1:56	5:47	9:35	13:20	17:08	20:53	24:39	28:18	9	1



2018 Summer Series – Monday, June 18 1600 M

Pattonville High School Track, Maryland Heights, MO 63043

NOTE: Due to high temperatures & heat index, it was decided to have a 1600M race instead of the scheduled 5000M race.

	NAME	AGE	400M	800M	1200M	1600M	Place	Age Place
1	Nick Christie	M26	1:28	3:20	5:03	6:41	1	1
2	Leann Young	W29	2:34	5:07	7:42	10:07	2	1
3	Jerry Young	M60	2:35	5:15	7:59	10:54	3	1
4	Gene Hall	M59	2:42	5:25	8:15	11:08	4	1
5	Nancy Sido	W66	2:45	5:34	8:23	11:10	5	1
6	Jim Hager	M72	2:45	5:35	8:29	11:21	7	1
7	Maurine Lia	W85	3:18	3:37	9:54	-	-	-
8	Lorraine Ramonczuk	W65	2:48	5:39	8:35	11:18	6	2
9	Ruth Eberie	W87	2:54	5:53	8:50	11:47	8	1
10	Gina Bufe	W52	3:46	7:33	11:26	15:19	9	1
11	Sue Turner	W77	4:05	8:03	11:55	15:38	10	1



2018 Summer Series – Sunday, June 24 | 1600 M & 10,000 M Ozark Association Open/Masters Championships

Pattonville High School Track, Maryland Heights, MO 63043

10,00 M RACE RESULTS														
NAME	AGE	400M	800M	1200M	1600M	2000M	2400M	2800M	3200M	3600M	4000M	4400M	4800M	5200M
Leann Young	W29	2:32	5:16	8:06	10:54	13:44	16:30	19:15	22:05	24:53	27:34	30:21	33:06	35:54
Jerry Young	M60	2:32	5:16	8:06	10:54	13:44	16:32	19:25	22:17	25:09	28:04	31:01	33:57	36:54
Gene Hall	M59	2:48	5:38	8:28	11:25	14:25	17:27	20:34	23:44	26:56	30:05	33:17	36:29	39:40
Lorraine Ramonczuk	W65	2:57	5:58	9:01	12:08	15:12	18:16	21:19	24:26	27:34	30:43	33:54	37:04	40:15
Jim Hager	M72	2:56	5:55	9:00	12:07	15:14	18:21	21:29	24:42	27:49	30:57	34:06	37:15	40:26
Gina Bufe	W52	3:36	7:23	11:13	15:06	18:57	22:49	26:37	30:30	34:21	38:14	42:04	45:58	49:36
Sue Turner	W77	3:52	7:44	12:10	16:14	20:15	24:19	28:14	32:15	36:18	40:12	44:04	48:01	51:56
Nancy Sido	W66	2:53	5:49	8:46	11:42	14:39	17:35	20:31	23:26	26:22	29:19	32:16	35:12	38:10

NAME	5600M	6000M	6400M	6800M	7200M	7600M	8000M	8400M	8800M	9200M	9600M	10000M FINISH	PLACE	AGE PLACE
Leann Young	38:42	41:30	44:19	47:09	49:55	52:40	55:26	58:10	1:00:52	1:03:36	1:06:20	1:08:57	1	1
Jerry Young	39:51	42:50	45:55	48:59	52:03	55:08	58:01	1:00:53	1:03:54	1:06:55	1:09:54	1:13:02	2	1
Gene Hall	42:52	45:56	49:00	52:04	55:13	58:39		1:05:31	1:08:46	1:12:09	1:15:22	1:18:26	4	1
Lorraine Ramonczuk	43:30	46:45	50:04	53:28	56:56	1:00:31		1:07:39	1:11:18	1:14:59	1:18:39	1:22:20	5	2
Jim Hager	43:34	-	-	-	-	-	-	-	-	-	-	-	-	-
Gina Bufe	53:43	57:34	1:01:22	1:05:10	1:09:00	1:12:55		1:20:40	1:24:36	1:28:35	1:32:30	1:36:14	6	1
Sue Turner	55:50	59:47	1:03:37	1:07:30	1:11:25	1:15:20		1:23:22	1:27:30	1:31:32	1:35:30	1:39:15	7	1
Nancy Sido	41:06	44:02	47:00	49:57	52:53	55:50	58:48	1:01:45	1:04:41	1:07:39	1:10:37	1:13:30	3	1



**2018 Summer Series – Sunday, June 24 | 1600 M & 10,000 M
Ozark Association Open/Masters Championships**

Pattonville High School Track, Maryland Heights, MO 63043

1600 M RACE RESULTS							
NAME	AGE	400M	800M	1200M	1600M	Place	Age Place
Joann Coppola	W57	2:36	5:34	8:37	11:32	1	1



2018 Summer Series – Sunday, July 8 3200 M

Pattonville High School Track, Maryland Heights, MO 63043

NAME	AGE	400M	800M	1200M	1600M	2000M	2400M	2800M	3200M	Place	Age Place
Gene Hall	M59	2:42	5:27	8:15	11:09	14:12	17:26	20:39	23:34	3	1
Nancy Sido	W66	2:45	5:36	8:28	11:20	14:11	17:02	19:53	22:41	1	1
Lorraine Ramonczuk	W65	2:53	5:45	8:35	11:29	14:24	17:20	20:19	23:18	2	2
Joann Coppola	W57	2:51	5:49	8:47	11:50	14:55	18:01	21:09	24:06	4	1
Jim Hager	M72	2:48	5:41	8:32	11:36	14:38	17:42	20:45	24:42	5	1
Gina Bufe	W52	3:37	7:18	10:55	14:28	17:58	21:37	25:00	28:00	6	1
Sue Turner	W77	4:18	8:36	12:57	17:11	21:35	25:50	30:10	34:23	7	1



2018 Summer Series – Monday, July 16 - 1500 M

Pattonville High School Track, Maryland Heights, MO 63043

	NAME	AGE	300M	700M	1100M	1500M	Place	Age Place
1	Nancy Sido	W66	1:54	4:40	7:29	10:13	5	1
2	Gina Bufe	W52	2:15	5:33	8:48	11:55	11	1
3	Kamryn Langford	Girl 9	2:04	5:06	8:24	11:21	8	1
4	Caleb Nesbitt	Boy 11	1:38	4:20	7:04	9:39	2	1
5	Diamond Norwood	Girl 8	2:04	5:06	8:18	11:24	9	2
6	David Coutts	M62	1:27	3:42	5:57	8:08	1	1
7	Jerry Young	M60	1:48	4:30	7:15	10:03	3	2
8	Lorraine Ramonczuk	W65	1:53	4:40	7:30	10:18	6	2
9	Ruth Eberie	W87	2:02	5:00	7:55	10:53	7	1
10	Joann Coppola	W57	1:52	4:32	7:16	10:04	4	1
11	Maurine Lia	W85	2:14	5:29	8:42	11:49	10	2
12	Sue Turner	W77	2:49	6:46	10:39	14:25	14	1
13	Earsene Andrews	W67	2:23	6:03	9:49	13:21	12	3
14	Josie McCoy	Girl 9	2:49	6:17	10:01	13:52	13	3



2018 Summer Duet – Saturday, August 11 5 K
Tower Grove Park - Turkish Pavilion

NAME	AGE	2500m	5000m Finish Time	PLACE	AGE PLACE
Jim Scott	M60	14:16	28:15	1	1
Lorraine Ramonczuk	W65	18:50	37:26	2	1
Jim Hager	M72	18:51	37:28	3	1
Maurine Lia	W85	21:14	43:00	4	1
Sue Turner	W77	26:20	52:32	5	1



2018 Summer Duet – Sunday, August 19 5K & 10K

Tower Grove Park - Turkish Pavilion

5 K RESULTS					
NAME	AGE	2500m	5000m	PLACE	AGE PLACE
Joann Coppola	W57	17:45	35:27	1	1
Jim Hager	M72	17:59	36:10	2	1
Maurine Lia	W85	20:41	DNF	-	-

10 K RESULTS							
NAME	AGE	2500m	5000m	7500m	10000m	PLACE	AGE PLACE
Jim Scott	M60	-	-	-	58:21	1	1
Lorraine Ramonczuk	W65	18:31	37:26	57:20	1:17:40	2	1
Gina Bufe	W52	24:14	47:38	1:10:55	1:34:13	4	1
Jim McFadden	M76	18:46	38:32	59:27	1:21:00	3	1
Sue Turner	W77	27:25	53:58	1:21:23	1:46:00	5	1



2018 Fall Series – Sunday, October 7 3000 M
 Pattonville High School Track, Maryland Heights, MO 63043

NAME	AGE	200M	600M	1000M	1400M	1800M	2200M	2600M	3000M	Place	Age Place
Bob Nichols	M79	1:30	4:29	7:30	10:32	13:34	16:37	19:38	22:38	4	1
Joann Coppola	W66	1:11	3:54	6:44	9:37	12:29	15:23	18:15	20:59	1	1
Lorraine Ramonczuk	W66	1:21	4:09	6:57	9:44	12:35	15:24	18:16	21:06	2	1
Jim Hager	M72	1:13	3:57	6:45	9:38	12:31	15:26	18:25	21:18	3	1
Gina Bufe	W52	1:39	5:08	8:39	12:12	15:45	19:18	22:52	26:17	5	1
Sue Turner	W77	2:33	7:36	-	-	-	-	-	-	-	-
Jerry Young	M60	1:45	5:22	9:04	12:45	16:26	20:09	23:58	27:51	6	1



2018 Fall Series – Sunday, October 14
5000M Racewalk Ozark Association Open/Masters

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
Joann Coppola	W57	1:15	4:14	7:05	10:02	12:55	15:53	18:50	21:45	24:44	27:35	30:32	33:28	36:13	3	1
Lorraine Ramonczuk	W66	1:22	4:14	7:08	10:01	12:53	15:51	18:48	21:44	24:45	27:37	30:33	33:29	36:18	5	1
Gina Bufe	W52	1:34	4:59	8:25	11:51	15:20	18:47	22:17	25:52	29:24	32:54	36:20	39:56	43:16	6	1
Jim Hager	M72	1:21	4:15	7:06	10:03	12:58	15:54	18:51	21:48	24:45	27:39	30:35	33:31	36:15	4	1
Jerry Young	M60	1:11	3:44	6:15	8:46	11:19	13:54	16:31	19:04	21:40	24:18	26:57	29:34	32:08	1	1
Mark Young	M58	1:16	3:50	6:53	9:41	12:31	15:19	18:08	20:58	23:49	26:40	29:29	32:17	35:41	2	1



2018 Fall Series – Sunday, October 21 - 1 Hour Postal
 Pattonville High School Track, Maryland Heights, MO 63043

First Name	Last Name	Age Group	Age	Laps Completed (400m)	Distance (Meters)	Partial Lap (Meters)	Grand Total (Meters)	Grand Total (Miles)
Jerry	Young	M60	61	22	8,800	327	9,127	5.67
Leann	Young	Open	30	21	8,400	294	8,694	5.40
Mark	Young	M55	58	20	8,000	294	8,294	5.15
Lorraine	Ramonczuk	W65	66	20	8,000	195	8,195	5.09
Gina	Bufe	W50	52	17	6,800	314	7,114	4.42



2018 Fall Series – Sunday, October 28 1500 M
 Pattonville High School Track, Maryland Heights, MO 63043

NAME	AGE	300M	700M	1100M	1500M	Place	Age Place
Jerry Young	M61	1:53	4:31	7:17	10:02	2	1
Jim Hager	M72	1:54	4:32	7:18	10:00	1	1
Mark Young	M58	1:55	4:35	7:19	10:01	3	1
Lorraine Ramonczuk	W66	1:55	4:42	7:34	10:22	4	1
Bob Nichols	M79	2:04	5:03	8:05	11:06	5 (tie)	1
Ruth Eberie	W87	2:04	5:03	8:05	11:06	5 (tie)	1
Gina Bufe	W53	2:11	5:29	8:41	11:56	6	1
Sue Turner	W77	3:00	7:06	11:14	15:09	7	1