



3 MILE SPRING FLING HANDICAP RACE

Sunday, April 14, 2019

Chesterfield Central Park Lake Trail

Name	Division	5km Time	Start Time	Lap 1	Lap time (1.18K)	Lap 2	Lap time (1.18K)	Lap 3	Lap time (1.18K)	Finish	Lap time (1.18K)	3 mile Time
Gina Bufe	F 53	43m 16s	9m 16s	19m 14s	9m 58s	29m 5s	9m 51s	38m 58s	9m 53s	48m 37s	9m 39s	39m 21s
Sue Turner	F 77	52m 32s		13m	13m	25m 19s	12m 19s	37m 48s	12m 29s	49m 52s	12m 4s	49m 52s
Nancy Sido	F 66	35m 12s	17m 20s	26m 15s	8m 55s	34m 57s	8m 42s	43m 39s	8m 42s	52m 10s	8m 31s	34m 50s
Lorraine Ramonczuk	F 66	35m 54s	16m 38s	25m 57s	9m 19s	34m 57s	9m	44m	9m 3s	52m 57s	8m 57s	36m 19s
Dave Coutts	M 62	28m 30s	24m 2s	30m 52s	6m 50s	38m 10s	7m 18s	46m	7m 50s	52m 59s	6m 59s	28m 57s
Leann Young	F 30	30m 24s	22m 8s	30m 19s	8m 11s	38m 10s	7m 51s	46m	7m 50s	54m 5s	8m 5s	31m 57s
Bob Nichols	M 79		17m 45s	27m 36s	9m 51s	37m 11s	9m 35s	46m 38s	9m 27s	55m 58s	9m 20s	38m 13s
Maurine Lia	F 86		19m	29m 51s	10m 51s	39m 51s	10m	49m 52s	10m 1s	1h 0m 1s	10m 9s	41m 1s



2019 MAY SPRING SERIES RESULTS

Pattonville High School Track, Maryland Heights, MO 63043

Monday, May 6 – 1600 M

NAME	AGE	400M	800M	1200M	1600M	PLACE	AGE PLACE
Jerry Young	M62	2:24	5:00	7:44	10:37	2	1
Mark Young	M59	2:38	5:30	8:22	11:13	3	1
Leanne Young	W30	2:20	4:47	7:19	9:48	1	1
Jim Hager	M72	2:45	5:41	8:42	11:36	4	1
Patrick Gadell	M67	3:00	6:09	9:15	12:18	6	1
Ruth Eberie	W87	3:01	6:05	9:05	12:02	5	1
Sue Turner	W78	4:02	7:53	11:37	15:17	7	1

Thursday, May 16 – 1600 M

NAME	AGE	400M	800M	1200M	1600M	PLACE	AGE PLACE
Gene Hall	M60	2:31	5:14	8:01	10:44	1	1
Nancy Sado	W67	2:42	5:33	8:23	11:09	3	1
Jim Hager	M73	2:43	5:33	8:24	11:06	2	1
Gina Bufe	W53	3:04	6:10	9:19	12:26	5	1
Sue Turner	W78	3:55	7:40	11:20	14:53	6	1
Bob Nichols	M80	3:02	6:06	9:12	12:15	4	1



2019 Summer Series – Monday, June 3 - 1500 M
 Pattonville High School Track, Maryland Heights, MO 63043

NAME	AGE	3	2	1	FINAL	PLACE	AGE PLACE
Nancy Sido	W67	1:55	4:45	7:34	10:21	2	1
Jim Hager	M73	1:51	4:37	7:29	10:19	1	1
Lorraine Ramonczuk	W66	1:56	4:51	7:44	10:23	3	2
Maurine Lia	W86	2:11	-	-	-	-	-
Gina Bufe	W53	2:08	5:17	8:27	11:33	4	1
Sue Turner	W78	2:44	6:34	10:17	13:56	6	1
Julie Bloomquist	W59	2:32	6:20	10:14	13:52	5	1



2019 Summer Series – Monday, June 10 3000 M
 Pattonville High School Track, Maryland Heights, MO 63043

NAME	AGE	200M	600M	1000M	1400M	1800M	2200M	2600M	3000M	Place	Age Place
Nancy Sido	W67	1:19	4:14	7:07	10:00	12:54	15:47	18:39	21:25	2	1
Jerry Young	M62	1:18	3:50	6:57	9:32	12:36	15:19	18:25	21:16	1	1
Mark Young	M59	1:21	4:10	7:02	9:54	12:51	15:45	18:45	21:45	3	1
Lorraine Ramonczuk	W66	1:21	4:20	7:14	10:08	13:03	16:00	18:57	21:50	4	2
Maurine Lia	W86	1:30	4:45	7:59	-	14:15	17:31	20:45	24:02	6	1
Sue Turner	W78	1:59	5:58	9:52	13:51	17:46	21:40	25:30	29:11	9	1
Julie Bloomquist	W59	1:47	5:34	9:20	13:02	16:50	20:39	24:40	28:05	7	1
Annette Stowers	W58	1:51	5:39	9:28	13:15	16:56	20:41	24:45	28:17	8	2
Gina Bufe	W53	1:20	4:34	7:45	10:58	14:14	17:35	20:52	23:56	5	1



2019 Summer Series – Monday, June 24 - 1600 M
 Pattonville High School Track, Maryland Heights, MO 63043

NAME	AGE	400 M	800 M	1200 M	1600 M FINISH	PLACE	AGE PLACE
Bob Nichols	M80	3:00	6:01	9:04	12:04	8	1
Jim Hager	M73	2:44	5:36	8:32	11:17	7	1
Nancy Sido	W67	2:41	5:31	8:21	11:11	5	1
Lorraine Ramonczuk	W66	2:43	5:35	8:27	11:15	6	2
Gina Bufe	W53	3:03	6:13	9:21	12:24	9	1
Sue Turner	W78	3:54	7:41	11:22	15:00	12	1
Julie Bloomquist	W59	3:30	7:15	9:59	14:38	11	1
Gene Hall	M60	2:32	5:09	7:51	10:38	3	2
Maurine Lia	W86	3:14	6:41	10:05	13:27	10	1
Jerry Young	M61	2:20	5:03	7:41	10:25	2	1
Mark Young	M59	2:36	5:23	8:09	10:56	4	1
Leann Young	W30	2:26	4:58	7:25	9:53	1	1



2019 Summer Series – Monday, 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
Lorraine Ramonczuk	W66	2:48	5:39	8:31	11:22	14:15	17:11	20:05	23:02	3	2
Jim Hager	M73	2:44	5:29	8:19	11:14	14:10	17:09	20:07	22:52	1	1
Bob Nichols	M80	3:07	6:12	9:15	12:18	15:22	18:27	21:31	24:32	4	1
Maurine Lia	W86	3:10	6:23	start 11:14 14:34	17:51	-	-	-	-	-	-
Gina Bufe	W53	3:28	7:05	10:42	14:21	18:06	21:48	25:24	28:21	5	1
Sue Turner	W77	3:56	7:42	11:25	15:08	18:49	22:32	26:14	29:56	6	1
Nancy Sido	W67	2:44	5:36	8:28	11:22	14:16	17:11	20:07	22:58	2	1



2019 Summer Series – Monday, July 15 - 1500 M

Pattonville High School Track, Maryland Heights, MO 63043

NAME	AGE	300	700	1100	1500 FINAL	PLACE	AGE PLACE
Jim Hager	M73	1:47	4:35	7:26	10:13	2	1
Gene Hall	M60	1:49	4:26	7:10	9:51	1	1
Nancy Sido	W68	1:53	4:42	7:31	10:14	3	1
Lorraine Ramonczuk	W66	1:54	4:45	7:36	10:25	4	2
Gina Bufe	W53	2:06	5:14	8:21	11:26	5	1
Sue Turner	W78	2:38	6:24	10:07	13:43	6	1



2019 Summer Duet –
Tower Grove Park - Turkish Pavilion

Saturday, August 10 5 K					
NAME	AGE	2500m	5000m Finish Time	PLACE	AGE PLACE
Jim Hager	M73	18:56	36:49	1	1
Lorraine Ramonczuk	W66	18:56	36:54	2	1
Sue Turner	W78	25:18	49:43	3	1

Sunday, August 18 10 K							
NAME	AGE	2500m	5000m	7500m	10000m	PLACE	AGE PLACE
Jerry Young	M61	18:43	37:13	55:51	1:14:07	2	1
Lorraine Ramonczuk	W66	18:46	37:28	56:53	1:16:52	3	1
Jim Hager	M73	18:50	38:58	58:56	1:17:52	4	1
Gina Bufe	W53	23:27	47:48	1:10:51	1:34:16	5	1
Sue Turner	W78	25:14	59:03	1:15:48	1:41:03	6	1
Leann Young	W30	18:43	37:13	55:45	1:13:07	1	1



2019 Fall Series – Sunday, October 6 3000 M
 Pattonville High School Track, Maryland Heights, MO 63043

NAME	AGE	200M	600M	1000M	1400M	1800M	2200M	2600M	3000M	Place	Age Place
Jim Hager	M73	1:18	4:00	6:44	9:30	12:18	15:08	17:59	20:42	1	1
Ruth Eberle	W86	1:34	4:43	7:52	10:58	14:04	17:10	20:15	23:19	4	1
Gina Bufe	W54	1:42	5:13	8:42	12:07	15:29	18:50	22:07	25:12	6	1
Sue Turner	W78	1:57	5:52	9:40	13:27	17:14	20:59	24:42	28:18	8	1
Maurine Lia	W86	1:37	4:57	8:15	11:33	14:49	18:05	21:20	24:34	5	1
Gail Saxton	W71	1:47	5:28	9:07	12:42	16:17	19:55	23:30	27:04	7	1
Bob Nichols	M80	1:28	4:37	7:43	10:51	14:00	17:07	20:14	23:15	3	1
Lorraine Ramonczuk	W67	-	-	-	-	-	-	-	21:35	2	1



2019 Fall Series – Sunday, October 13 5000 M
 Pattonville High School Track, Maryland Heights, MO 63043

NAME	AGE	12	11	10	9	8	7	6	5	4	3	2	1	FINISH	Place	Age Place
Bob Nichols	M80	1:38	4:49	8:03	11:17	14:33	17:47	21:03	24:18	27:34	30:51	34:13	37:32	40:43	6	1
Jim Hager	M73	1:17	4:05	6:53	9:43	12:37	15:32	18:28	21:24	24:22	27:16	30:10	33:03	35:48	2	1
Nancy Sido	W68	1:25	4:21	7:18	10:13	13:08	16:03	18:58	21:52	24:46	27:39	30:52	33:25	36:12	3	1
Jerry Young	M61	1:18	3:58	6:39	9:23	12:08	14:54	17:41	20:28	23:17	26:08	28:58	31:50	34:44	1	1
Mark Young	W59	1:27	4:28	7:33	10:39	13:47	16:55	20:00	23:17	26:29	29:42	32:16	36:08	39:26	5	1
Ruth Eberle	W86	1:32	4:39	7:43	10:47	13:55	17:03	20:13	23:22	26:33	29:44	32:57	36:09	39:24	4	1
Maurine Lia	W86	1:42	5:00	8:16	11:35	14:55	18:14	21:33	24:53	DNF -	-	-	-	-		
Gail Saxton	W71	1:41	5:03	8:26	11:51	15:16	18:42	22:10	25:42	29:12	32:45	-	39:45	43:13	8	1
Gina Bufe	W54	1:43	5:13	8:45	12:19	15:52	19:24	22:53	26:26	29:58	33:19	36:44	40:04	43:07	7	1
Sue Turner	W78	2:05	6:05	10:04	14:01	17:53	21:45	25:38	29:28	33:18	37:06	40:54	44:38	48:13	9	1



2019 Fall Series – Sunday, October 27 1500 M

Pattonville High School Track, Maryland Heights, MO 63043

NAME	AGE	Lap 1	Lap 1	Lap 1	1500M	Place	Age Place
Leann Young	W30	1:39	4:12	6:44	9:03	1	1
Jim Hager	M73	1:43	4:27	7:11	9:50	2	1
Nancy Sido	W68	1:51	4:38	7:27	10:10	3	1
Lorraine Ramonczuk	W67	1:52	4:41	7:30	10:17	4	2
Ruth Eberle	W86	2:40	5:03	8:02	11:02	5	1
Bob Nichols	M80	2:07	5:07	8:10	11:06	6	1
Maurine Lia	W86	2:04	5:11	8:19	11:27:04	7	1
Gail Saxton	W71	2:17	5:41	9:05	12:26	8	1
Gina Bufe	W54	2:19	5:55	9:29	13:18	9	1