



### 3 MILE APRIL SPRING FLING HANDICAP RACE

Sunday, April 18, 2021

Chesterfield Central Park Lake Trail

*racewalkstl.org*

Name	Place	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
		47m 16s										
<b>Gina buffe</b>	1	47m 16s	0m 0s	10m 1s	10m 1s	20m 49s	10m 48s	31m 21s	10m 32s	41m 40s	10m 19s	41m 40s
<b>Lorraine ramnozcik</b>	2	37m 22s	9m 54s	18m 33s	8m 39s	27m 16s	8m 43s	36m 10s	8m 54s	44m 55s	8m 45s	35m 1s
<b>Nancy Sido</b>	3	36m 5s	11m 11s	19m 42s	8m 31s	28m 14s	8m 32s	36m 44s	8m 30s	45m 8s	8m 24s	33m 57s
<b>Dave Couts</b>	4	30m 34s	16m 42s	23m 38s	6m 56s	30m 57s	7m 19s	38m 5s	7m 8s	45m 12s	7m 7s	28m 30s



## 2021 SPRING SERIES – Monday, May 10 - 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	M63	1:21	3:33	5:46	8:01	10:15	1	1
Nancy Sido	W69	1:22	3:51	6:21	8:52	11:18	2	1
Lorraine Ramonczuk	W68	1:23	3:54	6:25	8:57	11:26	3	2
Gail Saxton	W73	1:31	4:18	7:08	10:01	12:51	4	1
Gina Bufe	W55	1:34	4:25	7:22	10:30	13:08	5	1
Sue Turner	W80	2:12	6:11	10:30	13:57	17:41	6	1
Marcia Leise	W61	2:08	5:59	9:57	13:51	18:04	7	1
Julie Leise	W30	2:09	5:59	9:55	13:51	18:06	8	1



## 2021 SPRING SERIES – Thursday, 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	M63	1:15	3:27	5:45	8:02	10:20	1	1
Mark Young	M61	1:24	3:53	6:24	8:58	11:35	4	2
Nancy Sido	W69	1:22	3:51	6:21	8:45	11:11	2	1
Lorraine Ramonczuk	W68	1:27	3:56	6:26	8:59	11:26	3	2
Bob Nichols	M82	1:35	4:18	6:59	9:42	12:19	5	1
Gina Bufe	W55	1:35	4:29	7:25	10:16	13:03	6	1
Sue Turner	W80	2:20	6:08	9:51	13:35	17:11	7	1

*Temperature and wind condition: 66 deg; Wind SE 5*



## 2021 SPRING SERIES – Monday, May 17 - 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	M63	1:12	3:21	5:33	7:45	9:58	1	1
Nancy Sido	W69	1:26	3:55	6:22	8:48	11:08	2	1
Lorraine Ramonczuk	W68	1:31	3:58	6:24	8:54	11:22	3	2
Mark Young	M61	1:23	3:54	6:27	9:01	11:34	4	2
Gail Saxton	W73	1:34	4:15	6:57	9:39	12:21	6	1
Gina Bufe	W55	1:39	4:36	7:36	10:33	13:41	7	1
Sue Turner	W80	2:09	5:48	9:22	13:02	16:39	8	1
Bob Nichols	M82	1:37	4:17	6:55	9:37	12:14	5	1

*Temperature and wind condition: 70 deg; Wind SE 13*



## 2021 SPRING SERIES – Thursday, May 20 - 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
Mark Young	M61	1:27	4:00	6:35	9:13	11:48	3 (tie)	1
Leann Young	W32	1:25	4:00	6:35	9:13	11:48	3 (tie)	1
Nancy Sido	W69	1:25	3:54	6:23	8:52	11:15	1	1
Lorraine Ramonczuk	W68	1:29	3:59	6:30	9:04	11:33	2	2
Jerry Young	M63	1:29	4:18	7:21	10:17	13:11	7	2
Bob Nichols	M82	1:37	4:17	6:58	9:40	12:15	4	1
Gail Saxton	W73	1:34	4:18	7:03	9:48	12:29	5	1
Gina Bufe	W55	1:35	4:19	7:21	10:18	13:10	6	1
Sue Turner	W80	2:13	5:57	9:25	13:06	16:28	8	1

*Temperature and wind condition: 84 deg; Wind SE 17 Gusts 28*



**2021 Summer Series – Monday, June 7 - 1600 M**

Pattonville High School Track, Maryland Heights, MO 63043

*racewalkstl.org*

<b>NAME</b>	<b>AGE</b>	<b>400m</b>	<b>800m</b>	<b>1200m</b>	<b>1600m</b>	<b>Place</b>	<b>Age Place</b>
Mark Young	M61	2:45	5:41	8:35	11:31	2	1
Lorraine Ramonczuk	W68	2:53	5:43	8:34	11:23	1	1
Gina Bufe	W55	3:19	6:42	10:09	13:15	3	1
Melissa Young	W37	3:14	6:39	10:04	13:19	4	1
Sue Turner	W80	4:07	8:05	11:59	15:50	6	1
Jerry Young	M63	3:14	6:39	10:04	13:21	5	2



**2021 Summer Series – Monday, June 14 3000 M**  
 Pattonville High School Track, Maryland Heights, MO 63043

*racewalkstl.org*

NAME	AGE	200M	600M	1000M	1400M	1800M	2200M	2600M	3000M	Place	Age Place
Jerry Young	M63	1:08	3:33	6:03	8:35	11:07	13:49	16:25	18:59	1	1
Lorraine Ramonczuk	W68	1:24	4:18	7:17	10:12	13:09	16:08	19:01	21:57	2	1
Gail Saxton	W73	1:29	4:44	7:59	11:18	14:36	17:51	21:09	24:25	3	1
Gina Bufe	W55	1:35	5:03	8:30	12:08	15:41	19:17	22:47	26:04	4	1
Sue Turner	W80	2:03	6:23	11:18	15:56	20:19	24:32	28:35	32:35	6	1
Melissa Young	W37	1:37	5:07	8:41	12:17	16:00	19:33	23:03	26:28	5	1



**2021 Summer Series – Monday, June 21 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
Dave Coutts	M66	1:06	3:27	5:49	8:11	10:35	13:03	15:32	17:59	20:27	22:56	25:25	27:57	30:17	1	1
Jerry Young	W63	1:08	3:31	5:58	8:26	10:58	13:28	16:02	18:37	21:11	23:44	26:18	28:52	31:23	2	1
Lorraine Ramonczuk	W68	1:29	4:30	7:25	10:23	13:15	16:09	19:07	22:01	24:57	27:55	30:53	33:47	36:40	3	1
Gail Saxton	W73	1:32	4:42	7:54	11:12	14:26	17:43	20:59	24:13	27:36	30:42	33:52	37:05	40:10	5	1
Melissa Kelly	W37	1:34	5:28	9:02	12:48	16:27	20:15	23:54	27:34	31:11	34:48	38:19	41:45	45:10	7	1
Mark Young	M61	1:28	4:32	7:38	10:48	13:55	17:04	20:13	23:21	26:26	29:32	32:40	35:47	38:52	4	2
Sue Turner	W80	2:08	6:17	10:25	14:31	18:37	22:43	27:01	31:13	35:21	39:31	43:30	47:30	51:30	8	1
Gina Buffe	W55	1:32	4:53	8:15	11:40	15:06	18:27	21:53	25:21	28:44	32:09	35:27	38:53	42:11	6	1





**2021 Summer Series – Monday, June 28 - 1600 M  
Ozark Association Open/Masters Championship**

Pattonville High School Track, Maryland Heights, MO 63043

*racewalkstl.org*

NAME	AGE	400m	800m	1200m	1600m	Place	Age Place
Jerry Young	M63	2:15	4:40	7:08	9:33	1	1
Lorraine Ramonczuk	W68	2:46	5:38	8:36	11:29	2	1
Mark Young	M61	2:48	5:40	8:37	11:32	3	2
Gina Bufe	W55	3:10	6:22	9:39	12:47	4	1
Melissa Kelly	W37	3:21	6:55	10:45	14:27	5	1
Sue Turner	W80	3:58	7:53	11:50	15:43	6	1

*Judges: Nicholas Damaso, Brian Sheble, Nirvana Zalba*



racewalkstl.org

## 2021 Summer Series – Monday, July 12 3200 M

Pattonville High School Track, Maryland Heights, MO 63043

NAME	AGE	400M	800M	1200M	1600M	2000M	2400M	2800M	3200M	Place	Age Place
Jerry Young	M63	2:21	4:47	7:20	9:53	12:34	15:20	18:03	20:20	1	1
Nancy Sido	W70	2:46	5:36	8:26	11:15	14:04	16:52	19:40	22:25	2	1
Lorraine Ramonczuk	W68	2:49	5:41	8:32	11:27	14:24	17:24	20:24	23:23	3	1
Mark Young	M61	2:54	6:00	9:06	12:14	16:25	19:44	23:05	26:29	5	2
Gail Saxton	W73	3:08	6:20	9:38	12:59	16:17	19:34	22:25	25:54	4	2
Gina Bufe	W55	3:18	6:46	10:15	13:48	17:15	25:41	24:03	27:13	6	1
Melissa Kelly	W37	3:38	7:21	11:04	14:45	18:29	22:13	25:56	29:38	7	1
Sue Turner	W80	4:21	8:24	12:28	16:20	20:24	24:23	28:21	32:14	8	1



**2021 Summer Series – Monday, July 19 - 1500 M  
Ozark Association Open/Masters Championship**

Pattonville High School Track, Maryland Heights, MO 63043

*racewalkstl.org*

<b>NAME</b>	<b>AGE</b>	<b>300m</b>	<b>700m</b>	<b>1100m</b>	<b>1500m</b>	<b>Place</b>	<b>Age Place</b>
Nancy Sido	W70	1:52	4:39	7:28	10:16	1	1
Lorraine Ramonczuk	W68	1:56	4:52	7:51	10:53	2	1
Gail Saxton	W73	2:12	5:27	8:46	12:06	4	2
Gina Bufe	W55	2:04	5:16	8:28	11:37	3	1
Sue Turner	W80	3:02	7:06	11:05	14:58	5	1

*Judges: Nicholas Damaso, Nirvana Zalba & Robert Nichols*



**2021 Summer Duet**  
**5K Ozark Open/Masters Championship**  
Tower Grove Park - Turkish Pavilion

*racewalkstl.org*

<b>Saturday, August 14</b>					
<b>NAME</b>	<b>AGE</b>	<b>2500 M</b>	<b>5000 M Finish Time</b>	<b>Place</b>	<b>Age Place</b>
Dave Coutts	M66	14:31	29:03	1	1
Jerry Young	M63	15:23	31:22	2	1
Nancy Sido	W70	18:01	35:33	3	1
Mark Young	M61	17:53	35:57	4	2
Lorraine Ramonczuk	W67	19:08	38:13	5	1
Sue Turner	W80	29:19	-	-	-
Melissa Kelly	W37	25:15	48:04	6	1



**2021 Summer Duet**  
**Sunday, August 22 10K and 5K**

Tower Grove Park - Turkish Pavilion

*racewalkstl.org*

<b>10 K</b>							
<b>NAME</b>	<b>AGE</b>	<b>2500 M</b>	<b>5000 M</b>	<b>7500 M</b>	<b>10,000 M</b>	<b>Place</b>	<b>Age Place</b>
Dave Coutts	M66	15:03	29:51	44:46	59:36	1	1
Nancy Sido	W70	18:21	36:37	54:47	1:12:43	2	1
Lorraine Ramonczuk	W68	19:06	37:58	58:18	1:18:30	3	1
Gina Bufe	W55	24:10	49:04	1:14:22	1:39:09	4	1
<b>5 K</b>							
Jim Veenstra	M83	19:23	38:08	-	-	1	1
Maureen Midgley	W62	26:02	47:58	-	-	2	1
Shannon Midgley	W28	26:02	47:58	-	-	2	1
Sue Turner	W80	27:57	55:56	-	-	4	1



**2021 Fall Grand Prix Series – Sunday, October 3, 3000 M**  
Pattonville High School Track, Maryland Heights, MO 63043

NAME	AGE	200M	600M	1000M	1400M	1800M	2200M	2600M	3000M	Place	Age Place
Jerry Young	M64	1:24	4:07	6:50	9:36	12:28	15:19	18:12	21:01	2	1
Leann Young	W32	1:19	3:50	6:26	9:04	11:42	14:23	15:58	19:30	1	1
Nancy Sido	W70	1:25	4:15	7:06	9:57	12:49	15:42	18:34	21:20	3	1
Lorraine Ramonczuk	W69	1:27	4:23	7:22	10:24	13:24	16:26	19:31	22:34	5	1
Gail Saxton	W73	1:43	5:12	8:41	12:10	15:39	19:02	22:38	26:01	6	2
Bob Nichols	M82	1:31	4:28	7:26	10:26	13:27	16:28	19:31	22:24	4	1
Sue Turner	W80	2:39	8:11	12:58	17:34	22:07	26:34	30:00	35:02	7	1



**2021 Fall Grand Prix Series – Sunday, October 10, 5000 M**  
**Ozark Association Open/Masters Championship**  
 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
Jerry Young	M64	1:05	3:29	5:58	8:29	11:02	13:36	16:15	18:56	21:36	24:20	27:07	29:52	32:44	1	1
Nancy Sido	W70	1:22	4:17	7:13	10:11	13:08	16:08	19:07	22:04	25:03	28:02	31:00	33:55	36:48	3	1
Lorraine Ramonczuk	W69	1:29	4:31	7:34	10:39	13:44	16:52	20:04	23:19	26:35	29:53	33:14	36:36	39:58	4	1
Gail Saxton	W73	1:38	5:01	8:25	11:50	15:14	18:45	22:10	25:41	29:11	32:46	36:18	39:51	43:20	5	2
Gina Buffe	W55	1:43	5:27	9:14	13:05	17:04	21:08	25:17	29:26	33:36	37:49	42:03	46:11	49:59	6	1
Sue Turner	W80	2:15	6:35	11:24	15:47	20:02	24:15	28:29	32:38	36:47	40:54	45:04	49:17	53:29	7	1
Mark Young	M61	1:21	4:13	7:04	9:57	12:50	15:45	18:40	21:37	24:34	27:32	30:31	33:30	36:26	2	2

*Judges: Nicholas Damaso, Nirvana Zalba & Earsene Andrews*



**2021 Fall Series – Sunday, October 17, 1 Hour Postal**  
 Pattonville High School Track, Maryland Heights, MO 63043

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

NAME	AGE	400	800	1200	1600	2000	2400	2800	3200	3600	4000	4400	4800	Grand Total (Meters)	Grand Total (Miles)
Nancy Sido	W70	2:55	5:54	8:52	11:49	14:46	17:43	20:39	23:36	26:33	29:29	32:25	35:20	8,199	5.09
		5200	5600	6000	6400	6800	7200	7600	8000						
		38:15	41:09	44:04	46:59	49:53	52:49	55:44	58:37	+199					

NAME	AGE	400	800	1200	1600	2000	2400	2800	3200	3600	4000	4400	4800	Grand Total (Meters)	Grand Total (Miles)
Lorraine Ramonczuk	W69	2:59	6:00	9:02	12:04	15:04	18:06	21:10	24:14	27:22	30:28	33:37	36:47	7,667	4.76
		5200	5600	6000	6400	6800	7200	7600							
		39:59	43:12	46:29	49:47	52:58	56:15	59:29	+67						

NAME	AGE	400	800	1200	1600	2000	2400	2800	3200	3600	4000	4400	4800	Grand Total (Meters)	Grand Total (Miles)
Gina Bufo	W56	3:30	7:07	10:43	14:18	17:55	21:36	25:17	28:58	32:41	36:23	40:10	44:03	6,490	4.03
		5200	5600	6000	6400										
		47:53	51:43	55:32	59:17	+90									

Judges: Robert Nichols, Earsene Andrews and Nick Damaso





**2021 Fall Grand Prix Series – Sunday, October 24, 1500 M**

Pattonville High School Track, Maryland Heights, MO 63043

NAME	AGE	300M	700M	1100M	FINISH 1500M	Place	Age Place
Jerry Young	M64	1:33	3:55	6:22	8:47	1	1
Nancy Sido	W70	1:57	4:45	7:31	10:15	2	1
Lorraine Ramonczuk	W69	2:04	4:55	7:48	10:38	3	1
Bob Nichols	M82	2:02	5:01	7:59	10:51	4	1
Frances Young	W62	2:23	5:44	8:59	12:11	5	1
Sue Turner	W80	3:01	7:10	11:12	15:01	6	1