



3 MILE APRIL SPRING FLING HANDICAP RACE
Sunday, April 24, 2022
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
		57m 10s										
Gail Saxton	1	43m 20s	13m 50s	23m 54s	10m 4s	34m 2s	10m 8s	44m 9s	10m 7s	53m 56s	9m 47s	40m 6s
Gina Buffe	2	42m 11s	14m 59s	24m 27s	9m 28s	34m 27s	10m	44m 32s	10m 5s	54m 18s	9m 46s	39m 19s
Nancy Sido	3	36m 48s	20m 22s	29m 12s	8m 50s	38m 5s	8m 53s	46m 55s	8m 50s	55m 35s	8m 40s	35m 13s
Dave Coutts	4	30m 17s	26m 53s	33m 32s	6m 39s	40m 30s	6m 58s	47m 52s	7m 22s	55m 38s	7m 46s	28m 45s
Jerry Young	5	31m 22s	25m 48s	33m 11s	7m 23s	40m 53s	7m 42s	48m 45s	7m 52s	56m 42s	7m 57s	30m 54s
Sue Turner	6	57m 10s	0d	18m 35s	18m 35s	32m 23s	13m 48s	45m 57s	13m 34s	59m 20s	13m 23s	59m 20s



2022 SPRING SERIES – Monday, May 9 - 1600 M

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

racewalkstl.org

NAME	AGE	4	3	2	1	Finish	Place	Age Place
Jerry Young	M64	1:04	3:11	5:23	7:36	9:52	2	1
Mark Young	M62	1:23	3:55	6:31	9:06	11:39	3	2
Nancy Sido	W70	1:26	3:59	6:34	9:09	11:40	4	1
Bob Nichols	M83	1:44	4:47	7:49	10:53	14:01	7 tie	1
Maureen Midgley	W62	1:26	4:07	6:51	9:38	12:25	5	1
Sherilyn Dieckhaus	W63	1:44	4:47	7:49	10:53	14:01	7 tie	2
Sue Turner	W81	2:21	6:20	10:09	13:54	17:45	9	1
Patrick Gadell	M70	1:33	4:28	7:17	10:18	13:12	6	1
Leann Young	W31	1:04	3:17	5:31	7:44	9:51	1	1



2022 SPRING SERIES – Wednesday, May 11 - 1600 M

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

racewalkstl.org

NAME	AGE	4	3	2	1	Finish	Place	Age Place
Jerry Young	M64	1:33	4:12	6:52	9:31	12:07	1 tie	1
Bob Nichols	M83	1:33	4:12	6:52	9:31	12:07	1 tie	1
Lorraine Ramonczuk	W69	1:47	4:47	7:51	10:53	13:52	2 tie	1
Sherilyn Dieckhaus	W63	1:47	4:47	7:51	10:53	13:52	2 tie	1
Sue Turner	W81	2:22	6:20	10:08	13:49	17:28	5	1



2022 SPRING SERIES – Monday, May 16 - 1600 M

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

racewalkstl.org

NAME	AGE	4	3	2	1	Finish	Place	Age Place
Bob Nichols	M83	1:28	4:01	6:38	9:16	11:53	5	1
Jerry Young	M64	1:12	3:21	5:32	7:40	9:48	1	1
Leann Young	W31	1:25	3:55	6:27	8:58	11:30	2 tie	1
Mark Young	M62	1:25	3:55	6:27	8:55	11:30	2 tie	2
Nancy Sido	W70	1:26	3:58	6:33	9:09	11:41	4	1
Gail Saxton	W74	1:37	4:30	7:19	10:09	12:57	7	2
Maureen Midgley	W62	1:33	4:14	6:54	9:38	12:19	6	1
Sue Turner	W81	2:17	6:02	9:44	13:24	16:57	10	1
Lorraine Ramonczuk	M69	1:36	4:30	7:26	10:23	13:20	8 tie	1
Sherilyn Dieckhaus	W63	1:36	4:30	7:26	10:23	13:20	8 tie	2



2022 SPRING SERIES – Wednesday, May 18 - 1600 M

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

racewalkstl.org

NAME	AGE	4	3	2	1	Finish	Place	Age Place
Bob Nichols	M83	1:17	3:49	6:25	9:00	11:32	3	1
Jerry Young	M64	1:12	3:14	5:21	7:31	9:45	2	1
Leann Young	W31	1:12	3:16	5:23	7:31	9:34	1	1
Nancy Sido	W70	1:27	4:02	6:37	9:12	11:41	4	1
Frances Young	W63	1:42	4:37	7:30	10:20	13:02	7	2
Gail Saxton	W74	1:39	4:31	7:20	10:10	12:55	6	2
Lorraine Ramonczuk	M69	1:31	4:09	6:44	9:19	11:54	5	1
Sue Turner	W81	2:09	5:49	9:26	12:59	16:25	8	1



2022 Summer Series – Monday, June 6 - 1600 M

Pattonville High School Track, Maryland Heights, MO 63043

racewalkstl.org

NAME	AGE	400m	800m	1200m	1600m	Place	Age Place
Dave Coutts	M66	1:19	3:33	5:49	8:01	1	1
Lorraine Ramonczuk	W69	2:31	5:37	9:07	12:22	4 (tie)	1
Maureen Midgley	W62	2:09	5:04	8:02	11:01	2	1
Gina Bufe	W56	2:26	5:37	8:44	11:43	3	1
Sue Turner	W81	2:33	7:47	11:52	15:50	6	1
Sherilyn Dieckhaus	W63	2:31	5:37	9:07	12:22	4 (tie)	2
Joan Reed	W73	2:33	7:47	11:52	15:58	7	1



2022 Summer Series – Monday, June 13 1600 M
 Pattonville High School Track, Maryland Heights, MO 63043

racewalkstl.org

NAME	AGE	400m	800m	1200m	1600m	Place	Age Place
Nancy Sido	W70	-	-	-	12:16	5	1
Jerry Young	M64	2:21	4:48	7:23	10:07	2	1
Leann Young	W31	2:24	4:52	7:25	9:51	1	1
Mark Young	M62	2:49	5:47	8:45	11:46	3	2
Maureen Midgley	W62	2:53	5:51	8:53	11:54	5	1
Gina Bufe	W56	3:18	6:46	10:18	13:42	6	1
Lorraine Ramonczuk	W69	2:57	5:55	8:55	11:53	4	1
Sue Turner	W81	4:30	8:55	13:08	17:16	7	1



racewalkstl.org

2022 Summer Series – Monday, June 20 4600 M
 Pattonville High School Track, Maryland Heights, MO 63043

NAME	AGE	200M	600M	1000M	1400M	1800M	2200M	2600M	3000M	3400M	3800M	4200M	4600M	Place	Age Place
Dave Coutts	M66	1:09	3:39	6:07	8:37	11:09	13:36	16:02	18:23	20:45	23:07	25:27	27:31	1	1
Jerry Young	W64	1:09	3:36	6:07	8:37	11:13	13:52	16:32	19:15	21:59	24:49	27:35	30:28	3	1
Melissa Kelly	W38	-	5:09	8:45	12:06	15:38	18:52	22:23	25:48	29:12	32:31	35:58	39:09	6	1
Lorraine Ramonczuk	W69	1:33	4:53	8:15	11:35	14:51	18:09	21:30	24:40	28:06	31:31	34:54	38:16	4 (tie)	1
Gina Buffe	W56	1:49	5:32	9:20	13:11	17:06	20:48	24:35	28:28	32:22	36:20	40:18	44:02	7	1
Sue Turner	W81	2:20	6:52	11:20	15:45	20:10	24:33	28:56	33:19	37:45	42:08	46:10	50:45	8	1
Sherilyn Dieckhaus	W63	1:34	4:53	8:15	11:35	14:51	18:09	21:30	24:40	28:09	31:32	34:54	38:16	4 (tie)	1
Leann Young	W33	1:10	3:47	6:22	8:56	11:29	14:05	16:43	19:24	22:04	24:42	27:27	30:03	2	1



2022 Summer Series – Monday, June 27 - 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
Leann Young	W33	2:15	4:44	7:14	9:36	1	1
Jerry Young	M64	2:19	4:55	7:32	10:17	2	1
Lorraine Ramonczuk	W69	2:54	5:55	8:56	11:56	3	1
Bob Nichols	M83	2:54	5:59	9:03	12:05	4	1
Melissa Kelly	W38	3:05	6:15	9:28	12:44	5	1
Gina Bufe	W56	3:26	6:56	10:14	13:23	6	1
Donna Kelly	W66	4:15	8:35	13:00	17:25	7	2
Sue Turner	W81	4:54	9:30	14:01	18:31	8	1

Judges: Nicholas Damaso, Nirvana Zalba & Earsene Andrews



2022 Summer Series – Monday, July 11 3200 M

Pattonville High School Track, Maryland Heights, MO 63043

NAME	AGE	400M	800M	1200M	1600M	2000M	2400M	2800M	3200M	Place	Age Place
Dave Coutts	M66	2:11	4:25	6:41	8:59	11:24	23:42	16:01	18:05	1	1
Jerry Young	M64	3:16	6:32	9:45	12:56	16:09	19:23	22:35	24:49	3 (tie)	2
Mark Young	M62	2:53	5:52	8:53	11:55	15:01	18:12	21:27	24:41	2	1
Melissa Kelly	W38	3:16	6:32	9:45	12:56	16:09	19:23	22:35	24:49	3 (tie)	1
Bob Nichols	M83	3:05	6:10	9:19	12:28	15:40	18:52	22:06	25:16	4	1



2022 Summer Series – Monday, July 18 - 1500 M
Ozark Association Open/Masters Championship

Pattonville High School Track, Maryland Heights, MO 63043

racewalkstl.org

NAME	AGE	300m	700m	1100m	1500m	Place	Age Place
Dave Coutts	M66	1:25	3:37	5:57	8:18	1	1
Jerry Young	M64	1:33	4:06	6:45	9:23	3	1
Leann Young	W31	1:29	3:52	6:19	8:45	2	1
Mark Young	M62	1:53	4:48	7:46	10:46	4	2
Lorraine Ramonczuk	W69	1:59	4:57	8:01	10:57	5	1
Gina Bufe	W56	2:16	5:36	8:53	12:01	8	1
Maureen Midgley	W62	1:58	5:04	8:10	11:19	6	1
Melissa Kelly	W38	2:12	5:25	8:45	11:57	7	1

Judges: Earsene Andrews, Brian Sheble & Robert Nichols



2022 Summer Duet
5K Ozark Open/Masters Championship
Tower Grove Park - Turkish Pavilion

racewalkstl.org

Saturday, August 13					
NAME	AGE	2500 M	5000 M Finish Time	Place	Age Place
Dave Coutts	M67	13:06	26:04	1	1
Lorraine Ramonczuk	W69	20:26	40:07	2	1
Sue Turner	W81	26:56	53:46	3	1



2022 Summer Duet
Sunday, August 21
10K and 5K

Tower Grove Park - Turkish Pavilion

racewalkstl.org

10 K							
NAME	AGE	2500 M	5000 M	7500 M	10,000 M	Place	Age Place
Dave Coutts	M67	13:38	27:30	42:28	57:17	1	1
Alice Harrington	W76	22:43	45:27	1:08:18	1:30:54	2	1
Gina Bufe	W56	23:54	48:10	1:12:46	1:36:26	4	1
Lorraine Ramonczuk	W69	22:43	45:27	1:08:18	1:30:55	3	1
5 K							
Sue Turner	W81	28:59	58:53	-	-	1	1



2022 Fall Grand Prix Series – Sunday, October 2, 3000 M
Pattonville High School Track, Maryland Heights, MO 63043

NAME	AGE	200M	600M	1000M	1400M	1800M	2200M	2600M	FINISH 3000M	Place	Age Place
Dave Coutts	M67	1:07	3:22	5:40	8:01	10:23	12:47	15:08	17:22	1	1
Jerry Young	M64	1:26	4:08	7:02	9:51	12:45	15:43	18:37	21:29	2	1
Mark Young	M62	1:26	4:23	7:24	10:24	13:21	16:21	19:20	22:19	3	2
Nancy Sido	W71	1:33	4:38	7:46	10:55	14:04	17:11	20:20	23:26	6	2
Gail Saxton	W74	-	4:58	8:22	11:45	15:12	18:35	21:58	25:21	7	3
Gina Bufe	W57	1:42	5:26	9:22	13:18	17:12	21:07	24:48	28:27	8	2
Maureen Midgley	W62	1:32	4:33	7:36	10:39	13:44	16:47	19:53	22:58	5	1
Lorraine Ramonczuk	W70	1:31	4:30	7:30	10:28	13:29	16:30	19:33	22:31	4	1



2022 Grande Prix Fall Series – Sunday, October 16 Ozark Association 1 Hour Postal Walk Championship

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

NAME	AGE	349	698	1,047	1,396	1,745	2,094	2,443	2,792	3,141	3,490	3,839	4,188	4,537	4,886	Grand Total (Meters)	Grand Total (Miles)
Dave Couts	M67	2:06	4:17	6:27	8:37	10:46	12:56	15:07	17:18	19:29	21:39	23:51	26:06	28:22	30:37	9,324	5.79
		5,235	5,584	5,933	6,282	6,631	6,980	7,329	7,678	8,027	8,376	8,725	9,074	9,423	9,772		
		33:10	35:25	37:41	39:53	42:10	44:25	46:41	48:58	51:19	53:33	55:55	58:27	+250			

NAME	AGE	349	698	1,047	1,396	1,745	2,094	2,443	2,792	3,141	3,490	3,839	4,188	4,537	4,886	Grand Total (Meters)	Grand Total (Miles)
Mark Young	M62	2:31	5:07	7:47	10:29	13:14	16:00	18:47	21:33	24:17	26:58	29:40	32:20	35:01	37:41	7,769	4.82
		5,235	5,584	5,933	6,282	6,631	6,980	7,329	7,678	8,027	8,376	8,725	9,074	9,423	9,772		
		40:21	43:04	45:46	48:27	51:11	53:52	56:34	59:18	+91							

NAME	AGE	349	698	1,047	1,396	1,745	2,094	2,443	2,792	3,141	3,490	3,839	4,188	4,537	4,886	Grand Total (Meters)	Grand Total (Miles)
Nancy Sido	W71	2:40	5:24	8:11	10:58	13:46	16:34	19:23	22:12	25:02	27:50	30:44	33:35	36:26	39:19	7,392	4.59
		5,235	5,584	5,933	6,282	6,631	6,980	7,329	7,678	8,027	8,376	8,725	9,074	9,423	9,772		
		42:13	45:07	48:01	50:54	53:50	56:46	59:34	+63								

NAME	AGE	349	698	1,047	1,396	1,745	2,094	2,443	2,792	3,141	3,490	3,839	4,188	4,537	4,886	Grand Total (Meters)	Grand Total (Miles)
Lorraine Ramonczuk	W70	2:33	5:09	7:48	10:29	13:14	16:00	18:47	21:33	24:17	26:58	29:40	32:21	35:02	37:44	7,746	4.81
		5,235	5,584	5,933	6,282	6,631	6,980	7,329	7,678	8,027	8,376	8,725	9,074	9,423	9,772		
		40:28	43:11	45:54	48:38	51:22	54:05	56:47	59:28	+68							

NAME	AGE	349	698	1,047	1,396	1,745	2,094	2,443	2,792	3,141	3,490	3,839	4,188	4,537	4,886	Grand Total (Meters)	Grand Total (Miles)
Alice Harrington	W76	2:54	5:52	8:49	11:46	14:44	17:47	20:54	24:03	27:11	30:19	33:25	36:30	39:37	42:41	6,843	4.25
		5,235	5,584	5,933	6,282	6,631	6,980	7,329	7,678	8,027	8,376	8,725	9,074	9,423	9,772		
		45:45	48:50	51:57	55:06	58:14	+212										

NAME	AGE	349	698	1,047	1,396	1,745	2,094	2,443	2,792	3,141	3,490	3,839	4,188	4,537	4,886	Grand Total (Meters)	Grand Total (Miles)
Maureen Midgley	W62	2:36	5:13	7:51	10:32	13:16	16:03	18:51	21:40	24:29	27:24	30:22	33:16	36:15	39:13	7,371	4.58
		5,235	5,584	5,933	6,282	6,631	6,980	7,329	7,678	8,027	8,376	8,725	9,074	9,423	9,772		
		42:09	45:06	47:55	50:52	53:47	56:44	59:40	+42								

NAME	AGE	349	698	1,047	1,396	1,745	2,094	2,443	2,792	3,141	3,490	3,839	4,188	4,537	4,886	Grand Total (Meters)	Grand Total (Miles)
Gina Bufe	W57	3:16	6:36	9:54	13:16	16:37	19:57	23:12	26:29	29:47	33:04	36:19	39:32	42:41	45:53	6,454	4.01
		5,235	5,584	5,933	6,282	6,631	6,980	7,329	7,678	8,027	8,376	8,725	9,074	9,423	9,772		
		49:05	52:16	55:27	58:37	+172											

NAME	AGE	349	698	1,047	1,396	1,745	2,094	2,443	2,792	3,141	3,490	3,839	4,188	4,537	4,886	Grand Total (Meters)	Grand Total (Miles)
Sue Turner	W81	4:04	7:59	11:51	15:50	19:45	23:41	27:40	31:34	35:22	39:14	43:06	47:02	51:01	54:50	5,385	3.34
		5,235	5,584	5,933	6,282	6,631	6,980	7,329	7,678	8,027	8,376	8,725	9,074	9,423	9,772		
		58:34	+150														



2022 Fall Grand Prix Series – Sunday, October 23, 1500 M

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

NAME	AGE	104M	453M	802M	1151M	FINISH 1500M	Place	Age Place
Jerry Young	M64	:36	2:42	4:58	7:14	9:35	1	1
Mark Young	M62	:39	3:06	5:36	8:07	10:39	2	2
Lorraine Ramonczuk	W70	.40	3:09	5:41	8:16	10:47	3	1
Bob Nichols	M83	.50	3:30	6:12	8:56	11:36	5	1
Nancy Sido	W71	.45	3:22	6:01	8:40	11:14	4	2
Gina Bufe	W57	.50	3:41	6:23	9:04	11:50	6	1

Time keepers: Peggy Rowold & Edwin Rowold