



THREE MILE SPRING FLING HANDICAP RACEWALK
 Sunday, April 30, 2023
 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
		1h 5m										
Sue Truner	1	1h 5m	0d	14m 20s	14m 20s	29m 9s	14m 49s	44m 2s	14m 53s	59m 53s	15m 51s	59m 53s
Lorraine Ramonczuk	2	40m 7s	24m 53s	33m 57s	9m 4s	43m	9m 3s	52m	9m	1h 0m 53s	8m 53s	36m
Bob Nichols	3	41m 19s	23m 41s	33m 16s	9m 35s	42m 38s	9m 22s	51m 53s	9m 15s	1h 0m 56s	9m 3s	37m 15s
Nancy Sido	4	39m 19s	25m 41s	34m 59s	9m 18s	44m 12s	9m 13s	53m 26s	9m 14s	1h 2m 32s	9m 6s	36m 51s
Dave Coutts	5	29m 30s	35m 30s	42m 14s	6m 44s	49m 12s	6m 58s	56m 30s	7m 18s	1h 3m 9s	6m 39s	27m 39s
Gail Saxton	6	40m 6s	24m 54s	35m 4s	10m 10s	45m 23s	10m 19s	55m 38s	10m 15s	1h 5m 57s	10m 19s	41m 3s



2023 SPRING SERIES – Monday, May 8 - 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	M84	1:35	4:15	6:57	9:41	12:24	4	1
Jerry Young	M65	1:12	3:22	5:38	7:59	10:20	1	1
Mark Young	M63	1:25	4:00	6:34	9:09	11:46	2	1
Gail Saxton	W75	1:39	4:32	7:26	10:22	13:15	5	1
Sue Turner	W82	2:11	5:50	9:32	13:11	16:42	6	1
Lorraine Ramonczuk	W70	1:29	4:07	6:43	9:19	11:50	3	1



2023 SPRING SERIES – Wednesday, May 10 - 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
Nancy Sido	W71	1:32	4:16	7:01	9:45	12:26	5	2
Jerry Young	M65	1:09	3:20	5:33	7:48	10:02	1	1
Mark Young	M63	1:22	3:55	6:28	9:02	11:36	2	1
Lorraine Ramonczuk	W70	1:28	4:04	6:37	9:11	11:40	3	1
Maureen Midgley	W63	1:26	4:00	6:36	9:17	11:53	4	1
Sue Turner	W82	2:11	5:52	9:27	13:00	16:28	6	1



2023 SPRING SERIES – Monday, May 15 - 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
Nancy Sido	W71	1:29	-	7:06	9:49	12:29	5	2
Jerry Young	M65	1:08	3:17	5:29	7:42	9:55	1	1
Lorraine Ramonczuk	W70	1:33	4:10	6:46	9:20	11:53	2	1
Bob Nichols	M84	1:34	4:14	6:52	9:30	12:02	3	1
Maureen Midgley	W63	1:33	4:15	6:55	9:33	12:06	4	1
Sue Turner	W82	2:16	6:05	9:47	13:22	16:50	6	1



2023 Summer Series – Monday, June 5 - 1500 M

Parkway North High School Track, 12860 Fee Fee Rd, St. Louis, MO 63141

racewalkstl.org

NAME	AGE	3	2	1	FINAL	Place	Age Place
Jerry Young	M65	2:05	5:03	7:56	10:25	2	1
Leann Young	W34	2:03	5:01	7:46	10:15	1	1
Mark Young	M63	2:04	5:06	8:06	11:11	4	1
Lorraine Ramonczuk	W70	2:06	5:05	8:00	11:00	3	1
Nancy Sido	W71	2:08	5:14	8:20	11:22	5	2
Gina Bufe	W57	2:12	5:43	8:55	11:54	6	1
Sue Turner	W82	2:56	6:56	10:52	14:44	7	1



2023 Summer Series – Monday, June 12 - 3000 M

Parkway North High School Track, 12860 Fee Fee Rd, St. Louis, MO 63141

racewalkstl.org

NAME	AGE	7	6	5	4	3	2	1	FINISH	Place	Age Place
Leann Young	W34	1:11	3:39	6:12	8:49	11:27	14:06	16:41	19:07	1	1
Jerry Young	M65	1:11	3:41	6:19	8:57	11:36	14:14	16:53	19:29	2	1
Lorraine Ramonczuk	W70	1:27	4:30	7:28	10:30	13:18	16:31	19:20	22:28	3	1
Nancy Sido	W71	1:30	4:38	7:46	10:55	14:01	17:08	20:12	23:12	4	2
Francis Young	M64	1:40	5:03	8:23	11:43	15:05	18:20	21:36	24:40	6	1
Gail Saxton	W75	1:35	4:55	8:14	11:37	14:54	18:16	21:32	24:39	5	1
Gina Bufe	W57	1:37	5:06	8:37	12:07	15:40	19:03	21:29	25:18	7	1
Sue Turner	W82	2:11	6:20	10:26	14:31	18:34	22:30	26:43	30:39	8	1



2023 Summer Series – Monday, June 19 - 5000 M

Parkway North High School Track, 12860 Fee Fee Rd, St. Louis, MO 63141

racewalkstl.org

NAME	AGE	200M	600M	1000M	1400M	1800M	2200M	2600M	3000M	3400M	3800M	4200M	4600M	5000M	Place	Age Place
Leann Young	W34	1:16	4:00	6:48	9:35	12:26	15:12	17:58	20:48	23:42	26:37	29:14	32:06	34:50	2	1
Jerry Young	M65	1:16	4:00	6:48	9:36	12:27	15:12	18:01	20:48	23:44	26:35	29:26	32:19	35:18	3	2
Dave Coutts	M66	1:19	4:01	6:49	9:37	12:26	15:13	17:59	20:48	23:42	26:14	29:14	32:05	34:42	1	1
Mark Young	M63	1:29	4:35	7:45	10:59	14:14	17:29	20:30	24:06	27:28	30:49	34:13	37:37	41:03	6	1
Lorraine Ramonczuk	W70	1:32	4:37	7:45	10:53	13:55	16:59	20:03	23:08	26:13	29:17	32:25	35:32	38:36	4	1
Maureen Midgley	W63	1:32	4:38	7:47	10:51	13:57	17:03	20:07	23:14	26:26	-	33:45	36:03	39:46	5	1
Gina Bufe	W57	1:48	5:27	9:06	12:45	16:23	19:58	23:37	27:45	-	34:30	38:08	41:46	45:13	8	1
Peggy Guggina	W61	1:42	5:08	8:35	12:02	15:18	18:45	22:15	25:44	29:11	32:40	36:07	39:39	43:10	7	2
Sue Turner	W82	2:08	6:14	10:27	14:36	18:40	22:44	26:48	30:48	34:55	38:57	42:58	46:58	50:56	9	1



2023 Summer Series – Monday, June 26 - 1600 M

Parkway North High School Track, 12860 Fee Fee Rd, St. Louis, MO 63141

racewalkstl.org

NAME	AGE	400m	800m	1200m	1600m	Place	Age Place
Jerry Young	M65	2:35	5:11	7:51	10:35	1	1
Mark Young	M63	2:52	5:47	8:42	11:36	2	1
Lorraine Ramonczuk	W70	3:01	5:56	8:52	11:48	3	1
Nancy Sido	W71	3:07	6:16	9:24	12:27	4	2
Melissa Kelly	W39	3:10	6:22	9:31	12:32	5	1
Gina Bufe	W57	3:13	6:28	9:38	12:37	6	1
Sue Turner	W82	4:14	8:18	12:17	16:15	7	1



2023 Summer Series – Monday, July 10 1600 M

Parkway North High School Track, 12860 Fee Fee Rd, St. Louis, MO 63141

racewalkstl.org

NAME	AGE	400m	800m	1200m	1600m	Place	Age Place
Jerry Young	M65	3:07	6:04	9:05	12:00	1	1
Lorraine Ramonczuk	W70	3:06	6:04	9:05	12:01	2	1
Nathan Ravi	M71	4:04	7:45	11:35	15:29	3	1



2023 Summer Series – Monday, July 17 - 3000 M

Parkway North High School Track, 12860 Fee Fee Rd, St. Louis, MO 63141

Ozark Association Open/Masters Championship

racewalkstl.org

NAME	AGE	7	6	5	4	3	2	1	FINISH	Place	Age Place
Leann Young	W34	1:14	3:46	6:23	9:02	11:40	14:17	16:57	19:26	1	1
Jerry Young	M65	1:16	3:51	6:31	9:11	11:51	14:39	17:23	20:08	2	1
Mark Young	M63	1:25	4:20	7:15	10:13	13:12	16:13	19:16	22:19	3	1
Lorraine Ramonczuk	W70	1:26	4:23	7:21	10:19	13:19	16:21	19:20	22:29	4	1
Nancy Sido	W71	1:32	4:45	8:00	11:15	14:31	17:47	2:1:03	24:14	6	2
Maureen Midgley	W63	1:30	4:34	7:38	10:46	13:56	17:20	20:08	23:15	5	1
Gail Saxton	W75	1:53	5:38	9:23	13:09	17:03	20:52	24:48	28:39	7	1
Sue Turner	W82	2:28	-	-	-	-	-	-	-	-	-
Melissa Kelly	W39	1:41	5:08	8:39	12:08	15:41	19:03	22:48	26:15	6	1

Judges: Earsene Andrews, Nicholas Damaso & Edwin Rowold



2023 Summer Duet - 5 K

Tower Grove Park - Turkish Pavilion

racewalkstl.org

Saturday, August 12					
NAME	AGE	2500 M	5000 M Finish Time	Place	Age Place
Nancy Sido	W72	20:10	40:27	6	2
Dave Coutts	M67	16:07	31:08	1	1
Jerry Young	M65	16:07	33:11	2	2
Lorraine Ramonczuk	W70	19:13	38:25	5	1
Mark Young	M63	18:56	38:02	4	1
Steve Arendt	M54	18:56	37:56	3	1



**2023 Summer Duet
Sunday, August 20
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
Nancy Sido	W72	20:37	41:20	1:00:02	1:23:10	1	1
Jerry Young	M65	20:50	42:49	1:05:30	1:28:37	4	1
Mark Young	M63	20:50	42:49	1:05:30	1:28:35	2 tie	1
Lorraine Ramonczuk	W69	20:50	42:50	1:05:30	1:28:35	2 tie	2
Gina Bufe	W57	26:24	53:56	1:19:46	1:44:48	5	1
5K							
No Participants							



2023 Fall Grand Prix Series – Sunday, October 8, 5000 M

Maplewood Richmond Heights High School Track, 7601 Manchester Road, MO 63143

NAME	AGE	200M	600M	1000M	1400M	1800M	2200M	2600M	3000M	3400M	3800M	4200M	4600M	5000M	Place	Age Place
Nancy Sido	W72	1:34	4:46	7:59	11:11	14:25	17:39	20:53	24:07	27:21	30:35	33:49	37:02	40:11	6	2
Jerry Young	M66	1:12	3:43	6:23	9:03	11:46	14:29	17:14	20:01	22:47	25:31	28:15	31:02	33:45	1	2
Lorraine Ramonczuk	W71	1:29	4:29	7:25	10:21	13:15	16:13	19:11	22:13	25:14	28:15	31:18	34:20	37:18	2	1
Mark Young	M64	1:26	4:29	7:36	10:45	13:53	17:03	20:13	23:24	26:38	29:53	33:05	36:15	39:26	4	1
Maureen Midgley	W64	1:22	4:19	7:15	10:17	13:22	16:29	19:35	22:42	25:43	28:48	31:53	34:57	37:55	3	1
Bob Nichols	M84	1:41	4:57	8:10	11:25	14:35	17:48	20:58	24:11	27:21	30:32	33:44	36:52	39:53	5	1
Frances Young	W64	1:47	5:21	8:52	12:18	15:47	19:13	22:40	26:04	29:31	32:55	36:17	39:35	42:48	7	2
Gina Bufe	W58	1:57	5:56	9:56	13:54	17:50	21:47	25:43	29:44	33:39	37:33	41:21	45:02	48:32	8	1



2023 Grande Prix Fall Series Sunday, October 15 - 1 Hour Postal

Maplewood Richmond Heights High School Track, 7601 Manchester Rd, MO 63143
racewalkstl.org

NAME	AGE	400	800	1200	1600	2000	2400	2800	3200	3600	4000	4400	4800	Grand Total (Meters)	Grand Total (Miles)
Mark Young	W72	3:07	6:25	9:37	12:51	15:60	18:74	21:92	25:05	28:22	31:42	34:61	37:70		
		5200	5600	6000	6400	6800	7200	7600	8000						
		DNF													

NAME	AGE	400	800	1200	1600	2000	2400	2800	3200	3600	4000	4400	4800	Grand Total (Meters)	Grand Total (Miles)
Maureen Midgley	W64	3:11	6:23	9:28	12:37	15:43	18:53	21:57	24:64	27:64	30:84	33:87	37:03	7,740	4.80
		5200	5600	6000	6400	6800	7200	7600							
		40:14	43:31	46:35	49:43	52:40	55:52	58:61	+140						

NAME	AGE	400	800	1200	1600	2000	2400	2800	3200	3600	4000	4400	4800	Grand Total (Meters)	Grand Total (Miles)
Gina Bufe	W58	3:85	7:81	11:76	15:66	19:65	23:64	27:63	31:80	35:92	40:03	44:18	48:30	6,293	3.91
		5200	5600												
		50:40	56:64	+293											

NAME	AGE	400	800	1200	1600	2000	2400	2800	3200	3600	4000	4400	4800	Grand Total (Meters)	Grand Total (Miles)
Nancy Sido	W72	3:21	6:49	9:75	13:02	16:24	19:51	22:70	26:03	29:22	32:43	35:77	39:08	7,296	4.53
		5200	5600	6000	6400	6800	7200								
		42:41	45:70	49:02	52:33	55:56	58:90	+96							

NAME	AGE	400	800	1200	1600	2000	2400	2800	3200	3600	4000	4400	4800	Grand Total (Meters)	Grand Total (Miles)
Lorraine Ramonczuk	W71	3:07	6:24	9:34	12:51	15:60	18:72	21:90	25:03	28:22	31:45	34:83	38:11	7,381	4.58
		5200	5600	6000	6400	6800	7200								
		41:33	44:59	48:04	51:37	54:71	58:04	+181							

Judges: Robert Nichols (030656), Mereth Zalba (041090), & Brian Sheble (041263).

Timer: Peggy Rowold (011949)

Lap Scorers: Ed Rowold (011949) & Eileen Morris (032221)



2023 Fall Grand Prix Series – Sunday, October 22
1500 M - Ozark Association Open/Masters Championship

Maplewood Richmond Heights High School Track, 7601 Manchester Road, MO 63143

NAME	AGE	3	2	1	FINAL	Place	Age Place
Carson Johnson	M23	1:10	2:52	4:37	6:22	1	1
Jerry Young	M66	1:44	4:22	6:58	9:39	2	1
Nancy Sido	W72	2:15	5:23	8:31	11:36	4	2
Lorraine Ramonczuk	W71	2:12	5:09	8:15	11:19	3	1
Gina Bufe	W58	2:46	6:30	10:12	13:43	5	1
Mark Young	M64	2:10	5:08	8:30	DNF	-	-

Judges: Robert Nichols (030656), Mereth Zalba (041090), & Nick Damaso (033011)

Timers: Peggy Rowold (011949) & Ed Rowold (011949)