



# Spring Fling - Predict Your Time 5000M

## April 17, 2011

### Pattonville High School Track

NAME	AGE	12	11	10	9	8	7	6	5	4	3	2	1	FINISH	PREDICTED TIME	PLACE
Jessica Ching	Open	:53	2:52	4:43	6:40	8:40	10:33	12:38	14:40	16:39	18:43	20:48	22:51	24:48	24:00	5th
David Coutz																
Jamie Kootz	Open	:54	3:01	5:07	7:29	9:52	12:21	14:49	17:17	19:44	22:10	24:39	27:09	29:33	28:30	6th
Alexis Gutterman	Open	:55	3:02	5:07	7:17	9:34	11:54	14:22	16:46	19:13	21:44	24:12	26:31	28:45	27:59	4th
Carissa Eichmeyer	Open	1:10	3:38	6:09	8:49	11:43	14:30	17:18	20:09	23:01	25:42	28:48	31:36	34:25	29:45	10th
Allie Rother	Open	1:11	3:38	6:08	8:45	11:25	14:12	16:50	19:29	22:11	24:44	27:22	29:55	32:20	32:30	2nd
Renee Brown	W60	1:16	3:52	6:29	9:04	11:41	14:19	16:56	19:35	22:13	24:49	27:29	29:58	32:39	32:30	1st
Auriann Schizadeh	Miget	1:36	5:16	9:21	13:40	17:55	22:10	26:39	31:12	36:01	40:30	-	-	-	24:48	DNF
Ruth Eberle	W75	1:36	5:16	9:21	13:40	17:54	20:48	23:37	26:27	29:16	32:09	35:02	37:55	40:50	42:00	7th
Lorraine Ramonczuk	W55	1:24	4:13	7:05	9:55	12:54	15:52	18:54	21:58	25:03	28:07	31:11	34:14	37:16	36:40	3rd
Andy Bourey	M70	1:12	4:10	7:25	10:45	14:08	17:20	20:31	24:12	27:31	31:06	34:40	-	-	42:00	DNF
Alison Bourey	W60	1:30	4:45	8:09	11:31	14:58	18:23	21:47	25:09	28:28	31:46	35:02	38:13	41:11	39:00	8th
Sue Turner	W70	1:42	5:09	8:34	12:02	15:33	19:03	22:31	25:59	29:27	33:01	36:33	40:04	43:31	46:00	9th

Judges: Lee Hoffman (N)  
 Nancy Sodo (N)  
 Bob Nichols A

Timers: Ginger Mulanax  
 Erin Mulanax

Apprentice Judge: Mike Mulvaney



**2011 May Spring Tune Up - Monday, May 9th - 1500 M  
Pattonville Track**

<b>NAME</b>	<b>AGE</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>FINISH</b>	<b>PLACE</b>
Nancy Sido	W55	1:45	4:27	7:15	9:59	1st
Jon Ripke	Open	1:11	3:08	5:13	7:21	1st
Dave Coutts	M50	1:13	3:17	5:25	7:19	1st
Alison Bourey	W60	2:12	5:30	8:41	11:54	1st
Bob Nichols	M70	1:50	4:23	6:56	9:28	1st
Andy Bourey	M70	1:34	4:36	7:45	10:55	2nd
Maurine Lia	W75	1:54	4:47	7:37	10:25	1st
Lee Hoffman	M75	2:29	6:00	9:30	13:00	1st
Ruth Eberle	W75	3:38	-	-	-	-
Nina Terelmes	W35	3:38	-	-	-	-
Sue Turner	W70	2:34	6:03	9:23	12:47	1st
Brianna	Midget	3:38	-	-	-	-



**2011 May Spring Tune Up - Wednesday, May 11th - 1600 M  
Pattonville Track**

<b>NAME</b>	<b>AGE</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>FINISH</b>	<b>PLACE</b>
Jon Ripke	Open	1:56	3:53	5:54	7:55.03	1
Maurine Lia	W75	2:44	5:36	8:26	11:12.07	3
Sue Turner	W70	3:41	7:14	10:41	13:59.81	6
Andy Bourey	M70	2:36	5:34	8:32	11:34.17	5
Lorraine Ramonczuk	W55	2:42	5:34	8:25	11:14.31	4
Ruth Eberle	W75	2:43	5:32	8:21	11:10.31	2



**2011 May Spring Tune Up - Thursday, May 19th - 1500 M  
Pattonville Track**

NAME	AGE	4	3	2	FINISH	PLACE
Bob Nichols	M70	-	4:20	6:51	9:17	1st
Ruth Eberle	W75	2:04	4:55	7:47	10:38	5 <sup>th</sup> (tie)
Maurine Lia	W75	1:50	4:39	7:26	10:04	4th
Patrick Gadell	M55	1:47	4:36	7:25	10:03	3rd
Alison Bourey	W60	2:06	5:14	8:24	11:24	6th
Nancy Sido	W55	1:44	4:23	7:12	9:57	2nd
Lee Hoffman	M75	2:23	5:51	9:17	12:46	7th
Travis Menghini	Youth (16 yrs old)	2:04	4:55	7:47	10:38	5 <sup>th</sup> (tie)



**2011 May Spring Tune Up - Tuesday, May 17th - 1600 M  
Pattonville Track**

<b>NAME</b>	<b>AGE</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>FINISH</b>	<b>PLACE</b>
Jamie Kootz	Open	1:55	3:58	6:04	8:13	1
Patrick Gadell	M55	2:39	5:32	8:25	11:12	3
Jim Yount	M40	3:13	6:29	9:45	13:00	6
Andy Bourey	M70	2:25	5:20	8:25	11:18	4
Alison Bourey	W60	3:08	6:21	9:34	12:38	5
Lorraine Ramonczuk	W55	2:38	5:27	8:17	11:03	2



**Summer Series - June 6, 2011 1500 M**  
**CBC Track**

<b>NAME</b>	<b>AGE</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>FINISH</b>	<b>PLACE</b>
Jamie Kootz	Open	1:20	3:25	5:39	7:51	1st
Jonathon Ripke	Open	1:17	3:12	5:15	7:21	1st
Nancy Sido	W55	1:50	4:35	7:19	9:56	1st
Renee Brown	W60	1:49	4:22	6:54	9:21	1st
Patrick Gadell	M55	1:43	4:29	7:18	9:56	1st
Andy Bourey	M70	1:31	4:23	7:19	10:12	2nd
Ruth Eberle	W75	2:22	5:38	8:52	12:10	1st
Alison Bourey	W60	2:18	5:25	8:30	11:34	2nd
Bria Savoy	Midget	1:47	4:36	7:42	10:33	1st
Lee Hoffman	M75	2:39	6:07	9:39	13:11	1st
Sue Turner	W65	2:36	6:02	9:25	12:45	1st
Sparkle Bergin-Childers	W35	2:22	5:38	8:53	12:11	1st
Bob Nichols	M70	-	5:04	-	9:38	1st



Summer Series  
 June 13, 2011 - 3000 M  
 CBC Track

NAME	AGE	7	6	5	4	3	2	1	Finish	Place
Andy Bourey	M70	:57	3:48	6:43	9:37	12:59	DNF	-	-	-
Renee Brown	W60	1:15	3:52	6:28	9:03	11:38	14:13	16:45	19:14	1 <sup>st</sup>
Nancy Sido	W55	1:15	3:56	6:46	9:35	12:23	15:09	17:53	20:31	1 <sup>st</sup>
Maurine Lia	W75	1:19	4:08	7:00	9:50	12:48	15:37	18:32	21:21	2 <sup>nd</sup>
Bob Nichols	M70	1:19	3:55	6:35	9:15	11:55	14:35	17:11	19:39	1 <sup>st</sup>
Lorraine Ramonczuk	W55	1:24	4:13	7:00	9:45	12:33	15:24	18:14	21:06	2 <sup>nd</sup>
Ruth Eberle	W75	1:19	4:03	6:48	9:36	12:23	15:10	17:56	20:42	1 <sup>st</sup>
Alison Bourey	W60	1:31	4:49	8:07	11:25	14:40	17:52	21:05	24:07	2 <sup>nd</sup>
Sue Turner	W70	-	5:21	8:54	12:24	15:54	19:23	22:50	26:18	1 <sup>st</sup>
Lee Hoffman	W75	1:41	5:14	8:52	12:25	15:58	19:27	22:55	26:17	1 <sup>st</sup>
Sparkle	W35	1:36	5:00	8:21	11:47	15:04	18:16	21:33	24:51	1 <sup>st</sup>
Bria Savoy	midget	2:38	5:58	8:23	11:27	14:32	17:35	20:40	23:36	1st
Yolanda Savoy	W30?	3:29	7:15	10:57	14:43	18:13	21:39	25:00	28:29	1st



## Summer Series June 21, 2011 - 5000 M

### CBC Track

NAME	AGE	12	11	10	9	8	7	6	5	4	3	2	1	FINISH	PLACE
Jamie Kootz	Open	.59	3:05	5:13	7:25	9:44	12:07	14:31	16:56	19:21	21:45	24:09	26:33	28:50	1st
Jonathan Ripke	Open	1:02	3:09	5:17	7:32	9:52	12:15	14:38	17:09	19:42	22:17	24:46	27:13	29:37	1st
Andy Bourey	M70	1:06	3:58	6:55	9:55	13:03	15:58	19:00	22:04	25:09	28:17	31:22	34:31	37:37	1st
Nancy Sido	W55	1:09	3:51	6:36	9:23	12:10	14:58	17:46	20:33	23:20	26:08	28:55	31:43	34:25	1st
Bob Nichols	M70	1:18	3:56	6:35	9:14	11:53	14:33	17:10	19:47	22:27	25:04	27:44	30:22	32:55	1st
Maurine Lia	W75	1:21	4:19	7:15	10:11	13:11	16:11	19:14	22:17	25:25	28:32	31:41	34:52	38:04	2nd
Ashley Rainey	Bantam	1:25	4:35	7:53	11:29	15:10	18:47								1st
Ruth Eberle	W75	1:26	4:21	7:14	10:05	12:57	15:50	18:43	21:38	24:33	27:29	30:25	33:22	36:17	1st
Lorraine Ramonczuk	W55	1:29	4:24	7:17	10:07	12:59	15:53	18:48	21:51	24:49	27:51	30:55	33:57	36:55	2nd
Kyndel Wilson	Midget	x	5:00	8:43	12:36	16:30	19:50								1st
Alison Bourey	W60	x	4:55	8:11	11:26	14:38	17:54	21:11	24:28	27:47	31:05	34:24	37:50	40:52	1st
Sparkle Berginod-Childers	W35	1:35	4:59	8:16	11:40	14:57	18:16	21:40	25:00	28:18	31:39	34:54	38:05	41:14	1st
Lee Hoffman	M75	1:47	5:28	9:08	12:46	16:20	19:56	23:30	27:06	30:41	34:13	37:47	41:19	44:49	1st
Sue Turner	W70	1:51	5:31	9:10	12:45	16:13	19:45	23:11	26:40	30:10	33:43	37:17	40:48	44:13	1st





**Summer Series**  
**June 27, 2011 - 3200 M**  
 Hixson Middle School Track

NAME	AGE	7	6	5	4	3	2	1	Finish	Place
Dave Coutts	M55	1:58	4:09	6:20	8:39	11:15	13:29	15:44	17:49	1st
Maurine Lia	W75	2:47	5:41	8:37	11:30	14:29	17:30	20:30	23:21	1st
Andy Bourey	M70	2:26	5:16	8:08	10:58	13:54	16:45	19:41	22:32	1st
Sparkle Bergin-Childers	W35	3:18	6:33	9:56	13:22	16:40	20:00	23:21	26:42	1st
Bria Savoy	midget	2:29	5:31	8:36	11:40	14:59	18:15	21:34	24:33	1st
Sue Turner	W70	3:29	6:57	10:24	13:50	17:18	20:44	24:08	27:32	1 <sup>st</sup>
Yolanda Savoy	W30	3:15	6:48	10:22	13:56	17:44	21:30	25:02	28:30	1st



**Summer Series - July 11, 2011 1600 M\***  
**Hixon Middle School Track**

<b>NAME</b>	<b>AGE</b>	<b>FINISH</b>	<b>PLACE</b>	<b>Overall Place</b>
Jamie Kootz	Open	8:15	1st	1st
Patrick Gadell	M55	10:17	1st	4th
Bob Nichols	M70	10:08	1st	2nd
Andy Bourey	M70	10:39	2nd	5th
Nancy Sido	W55	10:11	1st	3rd
Maurine Lia	W75	11:41	1st	7th
Lorraine Ramonczuk	W55	11:21	2nd	6th
Alison Bourey	W60	12:22	1st	8th
Lee Hoffman	M75	13:42	1st	10th
Sue Turner	W65	13:34	1st	9th

*\*Due to technical difficulties, split times were not available for this race.*



**Summer Series – July 18, 2011 1500 M**  
**Hixon Middle School Track**

<b>NAME</b>	<b>AGE</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>FINISH</b>	<b>PLACE</b>
Dave Coutts	M55	1:20	3:27	5:35	7:31	1st
Nancy Sido	W55	1:34	4:07	6:43	9:19	1st
Andy Bourey	M70	1:33	4:12	7:11	9:57	1st
Patrick Gadell	M55	1:40	4:21	6:45	9:17	2nd
Maurine Lia	W75	1:57	5:54	7:49	10:37	1st
Dick	M70	2:13	5:07	8:07	10:41	2nd
Alison Bourey	W60	2:10	5:04	7:57	10:38	1st
Sue Turner	W65	2:41	6:09	9:32	12:52	1st
Lee Hoffman	M75	2:34	6:04	9:38	13:12	1st
Bria Savoy	Midget	1:41	4:28	7:31	10:35	1st



**Fall Series – October 2, 2011 5000M**  
**Hixson Middle School Track**

NAME	AGE	12	11	10	9	8	7	6	5	4	3	2	1	FINISH	PLACE	Overall Place
Mark Young	M50	1:14	3:47	6:20	8:56	11:43	14:34	17:22	20:10	22:58	25:43	28:28	31:13	33:57	1st	1st
Lorraine Ramonczuk	W55	1:22	4:08	6:55	9:43	12:33	15:23	18:17	21:14	24:13	27:11	30:13	33:14	36:16	1st	2 <sup>nd</sup> (tie)
Ruth Eberle	W80	1:24	4:11	6:59	9:45	12:34	15:24	18:16	21:13	24:12	27:09	30:10	33:11	36:16	1st	2 <sup>nd</sup> (tie)
Alison Bourey	W60	1:42	5:15	8:46	12:16	15:48	19:15	22:44	26:11	29:38	32:57	36:11	39:31	42:49	1st	3rd
Sue Turner	W70	1:42	5:15	8:46	12:16	15:48	19:15	22:44	26:11	29:40	33:06	36:33	39:59	43:27	1st	4th



**Fall Series – October 9, 2011  
One Hour Postal**

**Hixson Middle School Track**

Name	Age Group	# of 400m laps	= distance	+ extra	Final Distance
Bob Nichols	M70	22	8800m	100m	8900m
Patrick Gadell	M55	19	7600m	175m	7775m
Lorraine Ramonczuk	W55	19	7600m	220m	7820m
Ruth Eberle	W80	20	8000m	100m	8100m
Sue Turner	W70	11	4400m	-	4400m

*Judges:* Ginger Mulanax, Patricia Hanna & Roy Eberle

*Weather:* warm & sunny. 82° with a 32% humidity and an average wind of 8.5 mph from the east southeast.



**Fall Series – October 16, 2011  
Ozark 3000M Championship  
Hixson Middle School Track**

NAME	AGE	7	6	5	4	3	2	1	Finish	Place
David Coutts	M55	1:02	3:18	5:31	7:46	9:55	12:09	14:18	16:20	1 <sup>st</sup>
Steve Lipe	M55	-	3:21	5:32	7:48	10:04	12:27	14:56	17:07	2 <sup>nd</sup>
Bob Nichols	M70	-	3:57	6:31	9:08	11:44	14:20	16:56	19:29	1 <sup>st</sup>
Patrick Gadel	M60	-	4:03	6:50	9:39	12:30	15:20	18:09	20:52	1 <sup>st</sup>
Lorraine Ramonczuk	W55	1:23	4:09	6:57	9:46	12:39	15:32	18:29	21:24	1 <sup>st</sup>
Sue Turner	W70	1:42	5:17	8:43	12:11	15:40	19:11	22:38	25:59	1 <sup>st</sup>
Lee Hoffman	W75	1:48	5:24	9:10	12:51	16:33	20:15	23:58	27:42	1 <sup>st</sup>

*Officials: Ginger Mulanax & Nancy Sido*

*Weather: warm & sunny. 83° with a 46% humidity and an average wind of 8 mph from the north.*



**Fall Series – October 23, 2011 1500M**

**Hixson Middle School Track**

<b>NAME</b>	<b>AGE</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>FINISH</b>	<b>PLACE</b>	<b>OVERALL PLACE</b>
Alex Chavez	Open	1:27.15	3:23.44	5:18.79	7:14.89	1st	1st
Steve Lipe	M55	-	3:45.83	6:02.18	8:06.25	1st	2nd
Patrick Gadell	M60	1:47.45	4:06.27	6:48.19	9:20.28	1st	3rd
Nancy Sido	W60	1:37.56	4:05.51	6:45.48	9:21.91	1st	4th
Ruth Eberle	W80	1:57.10	4:44.89	7:30.74	10:15.59	1st	5th
Maurine Lia	W75	-	4:57.07	8:00.25	10:57.69	1st	6th
Lee Hoffman	M75	2:28.13	6:00.02	9:29.19	12:56.94	1st	7th

**Fall Series – October 30, 2011 1600M**

**Best Costume Award**

**Hixson Middle School Track**

<b>NAME</b>	<b>AGE</b>	<b>FINISH</b>	<b>PLACE</b>	<b>OVERALL PLACE</b>
David Coutts	M55	8:12	1st	1st
Bob Nichols	M70	10:12.09	1st	3rd
Nancy Sido	W60	10:03	1st	2nd
Lorraine Ramonczuk	W55	11:36	1st	4th
Maurine Lia	W75	11:37	1st	5th
Sue Turner	W70	13:48	1st	6th
Lee Hoffman	M75	14:14	1st	7th



## Snowflake 5K – December 11, 2011

Tilles Park

NAME	AGE	5K	PLACE	Overall Place
Dave Coutts	M55	27:28	1st	1st
Nancy Sido	W60	33:45	1st	3rd
Lorraine Ramonczuk	W55	37:16	1st	6th
Ruth Eberle	W80	36:16	1st	5th
Alison Bourey	W60	45:02	1st	7th
Laurie Brown	W50	36:04	1st	4th
Lee Hoffman	M75	45:52	1st	8th
Bob Nichols	M70	32:58	1st	2nd