



Spring Fling - Predict Your Time 5000M

April 22, 2011

CBC Track

NAME	AGE	12	11	10	9	8	7	6	5	4	3	2	1	FINISH	PREDICTED TIME	PLACE
Alex	Open		3:26	5:50	8:09	10:28	12:43	15:02	17:20	19:40	21:55	24:11	26:29	28:50	-	
Allie	Open	-	3:27	5:59	8:43	11:28	14:18	17:00	19:50	22:39	25:26	28:07	30:55	33:30	-	
Lorraine Ramonczuk	W55	-	4:17	7:15	10:10	13:07	16:00	18:55	21:55	24:55	27:55	30:48	33:49	36:45	37:40	2 nd tie
Maurine Lia	W75	-	4:13	7:10	10:05	13:07	16:00	18:55	24:46	27:46	30:30	33:35	36:36	39:35	38:40	2 nd tie
Sue Turner	W70	1:45	5:20	8:56	12:32	16:05	19:30	23:09	26:44	30:15	33:53	37:29	41:04	44:37	45:00	1st

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

Timers: Ginger Mulanax



2012 May Spring Tune Up Racewalk

May 7 - 1600 Meters
Hazelwood West High School

NAME	AGE	3	2	1	FINISH	OVERALL FINISH	PLACE
Bob Nichols	M70	2:44	5:25	8:08	10:48	2nd	1st
Laurie Brown	W50	2:43	5:25	8:17	11:07	3rd	1st
Maurine Lia	W75	2:56	5:48	8:37	11:22	4th	1st
Leann Young	Open	2:22	4:41	7:08	9:27	1st	1st
Alison Bourey	W60	3:33	7:03	10:31	13:54	7th	1st
Sue Turner	W70	3:34	7:09	10:44	14:11	8th	1st
Ruth Eberle	W80	2:55	5:48	8:38	11:23	5th	1st
Bria Savoy	13	2:35	5:47	9:08	12:07	6th	1st
Zahria Wilkes	10	3:25	7:33	11:35	15:30	9th	1st



2012 May Spring Tune Up Racewalk

May 9 - 1600 Meters

Hazelwood West High School

NAME	AGE	3	2	1	FINISH	OVERALL FINISH	PLACE
Bob Nichols	M70	2:39	5:18	7:58	10:35	1st	1st
Andy Bourey	M70	2:33	5:38	8:19	11:19	4th	2nd
Patrick Gadell	M60	2:34	5:24	8:09	10:50	2nd	1st
Maurine Lia	W75	2:44	5:33	8:19	11:03	3rd	1st
Bria Savoy	13	2:35	5:31	8:41	11:53	5th	1st
Kyndal Buggs	11	3:06	6:29	10:04	13:36	6th	1st
Zahria Wilkes	10	3:07	6:35	10:15	13:51	8th	1st
Alison Bourey	W60	3:06	6:15	9:28	12:37	7th	1st
Ruth Eberle	W80	3:08	6:34	10:13	13:51	9th	1st



2012 May Spring Tune Up Racewalk

May 15 - 1600 Meters

Hazelwood West High School

NAME	AGE	3	2	1	FINISH	OVERALL PLACE	PLACE
Leann Young	Open	2:04	4:23	7:43	8:58	1st	1st
Jerry Young	M50	2:10	4:32	6:58	9:31	2nd	1st
Bob Nichols	M70	2:39	5:15	7:53	10:30	3rd	1st
Patrick Gadell	M60	2:40	5:20	8:07	10:47	5th	1st
Nancy Sido	W60	2:23	5:11	7:59	10:44	4th	1st
Laurie Brown	W50	2:37	5:30	8:26	11:14	7th	1st
Maurine Lia	W75	2:46	5:41	8:30	11:19	8th	1st
Bria Savoy	Youth	2:43	5:36	8:36	11:28	9th	1st
Kyndal Buggs	Midget	3:20	6:54	10:37	14:06	14th	1st
Andy Bourey	M70	2:21	5:10	8:00	10:50	6th	2nd
Alison Bourey	W60	3:01	6:08	9:09	12:06	10th	1st
Ruth Eberle	W80	3:20	6:51	10:34	14:05	13 th (tie)	1st
Sue Turner	W70	3:33	6:58	10:24	13:49	12th	1st
Zahria Wilkes	Bantam	3:20	6:54	10:37	14:05	13 th (tie)	1st
Lee Hoffman	M70	3:27	6:55	10:23	13:45	11th	3rd



2012 May Spring Tune Up Racewalk

May 17 – 3200 M Relay & 1600 M Races

Hazelwood West High School

3200 M RELAY							
TEAM	AGE	3	2	1	FINISH	Team Time	PLACE
Sue Turner	W70	3:22	8:40	14:02	19:40	21:52	4th
Leann Young	Open	5:20	10:45	16:19	21:52		
Zahria Wilkes	Bantam	3:14	14:16	20:02		22:35	5th
Jerry Young	M50	5:15	10:46	16:37	22:35		
Bria Savoy	Youth	2:18	7:22	12:40	17:52	20:55	3rd
Maurine Lia	W75	4:58	10:03	15:21	20:55		
Patrick Gadell	M60	2:13	7:33	12:46	17:55	20:45	2nd
Frances Young	W50	5:08	10:21	15:35	20:45		
Alexis	Youth	2:16	7:09	17:18		19:50	1st
Mark Young	M50	4:43	9:38	12:18	19:50		
Kyndal Buggs	Midget	3:06	8:37	14:45	20:29	23:19	6th
Lorraine Ramonczuk	W55	5:49	11:48	17:27	23:19		
1600 M							
NAME	AGE	3	2	1	FINISH		
Bob Nichols	M70	2:31	5:09.7	7:47.8	10:27.4		



Summer Series - June 4, 2012 1500 M
Parkway North Track

NAME	AGE	3	2	1	FINISH	PLACE	OVERALL PLACE
Bria Savoy	Youth	1:48	4:36	7:30	10:16.5	1st	4th
Nancy Sido	W60	1:34	4:09	6:54	9:36.6	1st	1st
Lorraine Ramonczuk	W55	2:05	4:55	7:43	10:29.5	1st	6th
Patrick Gadell	M60	1:38	4:19	7:08	9:50	1st	2nd
Ruth Eberle	W80	1:57	4:45	7:32	10:18.9	1st	5th
Andy Bourey	M70	1:30	4:17	7:06	9:56.9	1st	3rd
Alison Bourey	W60	2:12	5:22	8:32	11:40.7	2nd	7th
Lee Hoffman	M75	2:43	6:40	10:40	14:40.1	1st	9th
Sue Turner	W70	2:32	6:07	9:38	13:06	1st	8th

88°, medium humidity warm, sunny – light haze



Summer Series - June 11, 2012 3000 M Parkway North Track

NAME	AGE	7	6	5	4	3	2	1	Finish	Place
Alexis Wagner	Youth	-	-	-	-	-	-	-	28:41	2nd
Leann Young	Open	1:24	-	6:42	-	12:04	14:53	17:18	19:30	1 st
Jerry Young	M50	1:24	-	6:48	-	12:11	15:01	17:19	20:00	1 st
Lorraine Ramonczuk	W55	1:29	4:29	7:26	10:20	13:11	16:05	18:56	21:46	1 st
Bob Nichols	M70	1:24	4:12	6:57	9:42	12:27	15:12	17:54	20:40	1 st
Bria Savoy	Youth	-	-	7:12	10:16	13:22	16:32	19:44	22:43	1 st
Andy Bourey	M70	1:21	3:50	6:42	9:25	12:20	15:25	18:20	21:13	2 nd
Ruth Eberle	W80	1:24	4:16	7:12	10:15	13:20	16:31	19:44	22:43	1 st
Mark Young	M50	1:22	4:06	6:48	-	12:14	15:01	17:54	20:31	2 nd
Nancy Sido	W60	1:08	3:48	6:36	9:26	-	15:01	17:45	20:18	1 st
Patrick Gadell	M60	1:15	4:09	7:04	9:54	12:50	15:51	18:39	21:15	2 nd
Alison Bourey	W60	-	4:48	8:04	11:24	14:40	17:54	21:05	24:09	2 nd
Laurie Brown	W50	1:20	4:06	6:52	9:42	12:20	15:18	18:07	20:48	1 st
Lee Hoffman	W75	1:50	5:36	9:22	13:05	16:48	20:24	24:11	27:48	1 st
Sue Turner	W70	1:36	5:20	8:55	12:24	15:55	19:24	22:55	26:23	1 st
Teaia Jackson	midget	1:35	5:39	8:55	12:35					1st
Jalen Prince	Bantam Boy	1:36	5:41	9:35	13:25					2 nd
Kalen Prince	Bantam Boy	1:40	5:00	8:53	13:50					1st
Taylor Prince	midget	1:47	5:19	9:26	13:26					2 nd
Brian Soule	Open	1:10	3:49	6:55	9:26	12:14	14:57	17:40	20:15	1st

**USATF Ozark Association 5000m Race Walk Championship
June 18, 2012 Parkway North High School, St. Louis, MO**

Name	Age	200	600	1000	1400	1800	2200	2600	3000	3400	3800	4200	4600	5000	Overall Finish	Age Group Finish
Jerry Young	M50	1:08	3:26	5:54	8:23	10:54	13:41	16:17	18:53	21:33	24:13	26:52	29:35	32:09	2	1
Dave Coutts	M55	0:57	3:06	5:23	7:39	9:59	12:20	14:38	16:56	19:14	21:30	23:49	26:04	28:16	1	1
Patrick Gadell	M60	1:17	4:10	7:08	10:06	13:01	15:58	18:55	21:50	24:45	27:39	30:38	33:32	36:23	6	1
Bob Nichols	M70	1:24	4:11	6:59	9:48	12:34	15:21	18:08	20:52	23:40	26:30	29:19	32:04	34:49	3	1
Andy	M70	1:04	3:51	6:41	9:42	12:48	15:48	18:42	21:57	24:51	28:03	31:04	34:15	37:21	7	2
Leanne Young	Open	1:24	4:18	7:22	10:30	13:36	16:40	19:50	23:03	26:11	29:23	32:34	35:40	38:31	T9	1
Laurie	W50	--	4:18	7:03	9:55	12:51	15:47	18:41	21:37	24:29	27:26	30:28	33:25	36:15	5	1
Nancy Sido	W60	1:15	4:02	6:51	9:39	12:31	15:19	18:07	20:55	23:46	26:37	29:26	32:16	34:56	4	1
Alison	W60	1:30	4:55	8:19	11:38	14:53	18:10	21:24	24:40	27:55	31:10	34:35	37:41	40:57	10	2
Sue Turner	W70	1:54	5:31	9:07	12:44	16:24	19:59	23:43	27:20	30:58	34:37	38:00	42:07	45:43	11	1
Maurine	W75	1:21	4:18	7:16	10:18	13:22	16:20	19:23	23:21	25:32*	28:36*	31:42*	34:49*	37:51*	8	1
Bria	Youth	1:24	4:18	7:22	10:30	13:36	16:40	19:50	23:03	26:11	29:23	32:34	35:40	38:31	T9	1

* Adjusted times

Name	Age	300	700	1100	1500
Kalen	B	2:21	6:01	9:59	13:22
Jalen	B	2:20	6:04	9:48	13:52
Taylor	MG	2:20	6:23	10:45	14:58





**Summer Series - June 25, 2012 3200 M
Parkway North Track**

NAME	AGE	7	6	5	4	3	2	1	Finish	Place	Overall Place
Leann Young	Open	2:41	5:38	8:35	11:47	14:46	18:10	21:24	24:26	1 st	7 th (tie)
Bob Nichols	M70	2:42	5:31	8:14	10:54	13:37	16:20	19:03	21:43	1 st	2 nd
Nancy Sido	W60	2:16	4:53	7:38	10:22	13:08	15:52	18:36	21:17	1 st	1 st
Andy Bourey	M70	2:18	5:09	8:01	10:54	13:55	16:54	19:59	22:54	2 nd	4 th
Laurie Brown	W50	2:41	5:27	8:13	10:54	13:43	16:33	19:26	22:10	1 st	3 rd
Bria Savoy	Youth	2:45	5:39	8:36	11:47	14:47	18:11	21:25	24:26	1 st	7 th (tie)
Maurine Lia	W75	2:48	5:35	8:32	11:28	14:25	17:24	20:25	23:19	1 st	6 th
Alison Bourey	W60	3:12	6:18	9:22	12:27	15:30	18:36	21:38	24:38	2 nd	8 th
Sue Turner	W70	3:35	7:02	10:28	13:54	17:24	20:48	24:12	27:35	1 st	9 th
Lee Hoffman	W75	3:30	7:20	11:01	14:43	18:25	22:07	25:11	29:27	1 st	10 th
Lorraine Ramonczuk	W55	2:51	5:45	8:36	11:29	14:20	17:17	20:14	23:08	1 st	5 th



Summer Series – July 2, 2012 1600 M
Parkway North Track

NAME	AGE	3	2	1	FINISH	PLACE	OVERALL PLACE
Leann Young	Open	2:43	5:31	8:14	10:51.3	1st	7th
Bria Savoy	Youth	2:43	5:31	8:15	10:51.4	1st	8th
Lorraine Ramonczuk	W55	2:43	5:31	8:16	11:07.1	1st	10th
Nancy Sido	W60	2:22	5:03	7:45	10:22.4	1st	3rd
Ruth Eberle	W80	2:47	5:33	8:17	11:02.5	1st	9th
Laurie Brown	W50	2:32	5:10	7:53	10:32.9	1st	4th
Alison Bourey	W60	3:00	6:06	9:05	12:00.4	2nd	12th
Maurine Lia	W75	2:53	5:53	8:49	11:38.3	1st	11th
Bob Nichols	M70	2:43	5:24	8:03	10:39.2	1st	5th
Lee Hoffman	M75	3:30	7:03	-	14:04.8	1st	14th
Sue Turner	W70	3:32	6:58	10:27	13:48.4	1st	13th
Andy Bourey	M70	2:21	5:10	7:57	10:41.4	2nd	6th
Jerry Young	M50	2:34	5:03	7:36	10:14.2	1st	1st
Mark Young	M50	2:35	5:05	7:38	10:16.2	2nd	2nd



Summer Series - July 9, 2012 1500 M
Parkwood North Track

NAME	AGE	3	2	1	FINISH	PLACE	OVERALL PLACE
Nancy Sido	W60	-	3:57	6:41	9:24.2	1st	4th
Bria Savoy	Youth	-	4:22	7:10	10:09.1	1st	9th
Laurie Brown	W50	-	4:21	7:02	9:39	1st	5th
Andy Bourey	M70	-	4:14	7:04	9:53.8	2nd	7th
Dave Coutts	M55	-	3:25	5:38	7:45.6	1st	1st
Gene Hall	M50	-	4:02	6:40	9:18.1	2nd	3rd
Bob Nichols	M70	-	4:29	7:05	9:39.8	1st	6th
Mark Young	M50	-	3:59	6:24	9:07.4	1st	2nd
Sue Turner	W70	-	5:55	9:22	12:45.9	1st	12th
Lee Hoffman	M75	-	6:38	10:32	14:24.6	1st	13th
Ruth Eberle	W80	-	4:35	7:19	10:08.8	1st	8th
Lorraine Ramonczuk	W55	-	4:47	7:39	10:28.5	1st	10th
Alison Bourey	W60	-	5:15	8:20	11:21.6	2nd	11th



Summer Racewalk Duet 5K - August 12, 2012

Tower Grove Park

NAME	AGE	5K	PLACE	Overall Place
Gene Hall	M50	31:46	1st	2nd
Gayle Johnson	W60	30:49	1st	1st
Nancy Sido	W60	33:36	2nd	3rd
Lorraine Ramonczuk	W55	35:21	1st	4th(tie)
Sue Turner	W70	44:42	1st	5 th
Lee Hoffman	M75	47:30	1st	6 th
Andy Bourey	M70	35:21	1st	4th(tie)



Summer Racewalk Duet 10K - August 18, 2012

Tower Grove Park

NAME	AGE	5K	10K	PLACE	Overall Place
Gayle Johnson	W60	29:43	59:48	1st	1st
Nancy Sido	W60	34:40	1:09:50	2nd	3rd
Lee Hoffman	M75	46:10	1:35:00	1st	5 th
Lorraine Ramonczuk	W55	35:46	1:13:18	1st	4th
Gene Hall	M50	31:15	59:43	1st	2nd



Fall Racewalk Series 3000M - October 7, 2012

Pattonville High School Track

NAME	AGE	3000M	PLACE	Overall Place
Leann Young	Open	17:49	1st	1st
Nancy Sido	W60	20:55	1 st	2nd
Lorraine Ramonczuk	W60	21:36	2nd	3rd
Mark Young	M50	21:58	1 st	4th
Dave Leap	Open	23:12	1 st	5th
Sue Turner	W70	26:26	1st	6th
Lee Hoffman	M75	27:13	1st	7 th



Fall Racewalk Series 1500M - October 21, 2012
Pattonville High School Track

Name	Age	Finish time	300 meters	700 meters	1100 meters	1500 meters
Leann young	Open	8m 44s	1m 32s	3m 59s	6m 27s	8m 44s
				2m 27s	2m 28s	2m 17s
Nancy Sido	W60	9m 46s	1m 44s	4m 26s	7m 9s	9m 46s
				2m 42s	2m 43s	2m 37s
Ruth Ebrle	W80	9m 57s	1m 49s	4m 31s	7m 15s	9m 57s
				2m 42s	2m 44s	2m 42s
Alexis kelley	15	10m 4s	1m 48s	4m 38s	7m 27s	10m 4s
				2m 50s	2m 49s	2m 37s
Maurine lau	W70	10m 57s	2m 1s	5m 3s	8m 0s	10m 57s
				3m 2s	2m 57s	2m 57s
Lee Hoffman	M75	13m 59s	2m 35s	6m 28s	10m 15s	13m 59s
				3m 53s	3m 47s	3m 44s



Fall Racewalk Series 5000M - October 28, 2012
 Pattonville High School Track

Name	Age	Finish time	200 meters	600 meters	1000 meters	1400 meters	1800 meters	2200 meters	2600 meters	3000 meters	3400 meters	3800 meters	4200 meters	4600 meters	5000 meters
Leann young	Open	30m 42s	1m 12s	3m 47s	6m 17s	8m 45s	11m 18s	13m 48s	16m 15s	18m 41s	21m 12s	23m 38s	26m 3s	28m 27s	30m 42s
Nancy Sido	W60	35m 0s	1m 14s	4m 4s	6m 54s	9m 45s	12m 35s	15m 26s	18m 14s	21m 3s	23m 51s	26m 39s	29m 28s	32m 15s	35m 0s
Laurie brown	W50	36m 53s	1m 22s	4m 18s	7m 16s	10m 12s	13m 4s	16m 1s	19m 0s	21m 59s	24m 59s	27m 58s	30m 59s	34m 0s	36m 53s
Alexis	Open	37m 37s	1m 12s	4m 7s	7m 6s	10m 11s	13m 6s	16m 7s	19m 8s	22m 13s	25m 20s	28m 27s	31m 32s	34m 37s	37m 37s
Sue Turner	W70	45m 53s	1m 44s	5m 24s	9m 2s	12m 40s	16m 20s	20m 5s	23m 44s	27m 25s	31m 10s	35m 6s	38m 47s	42m 22s	45m 53s
Lee Hoffman	M75	47m 41s	1m 52s	5m 41s	9m 28s	13m 17s	17m 5s	20m 52s	24m 41s	28m 32s	32m 21s	36m 10s	40m 1s	43m 55s	47m 41s



Snowflake 5K – December 9, 2012

CBC Cadet Park

NAME	AGE	4 Km	3Km	2 Km	1 Km	Finish	PLACE	Overall Place
Dave Couts	M55	5:12	10:42	16:09	21:36	26:48	1st	1st
Nancy Sido	W60	7:03	14:15	21:22	28:30	35:29	1st	3rd
Lorraine Ramonczuk	W55	7:42	15:14	22:33	29:55	37:24	1st	6th
Laurie Brown	W50	7:43	15:12	22:30	29:49	37:08	1st	4th
Gene Hall	M50	6:41	13:42	20:37	27:02	34:21	1st	2nd
Ruth Eberle	W80	7:41	15:13	22:31	29:54	37:22	1st	5th
Alison Bourey	W60	7:44	15:16	22:52	30:48	38:52	1st	7th

Timer:

Sue Turner

Judges:

Ginger Mulanax

Bob Nichols

Patricia Hannah