



Spring Fling April 21, 2013 - 5000 M

Pattonville H.S. Track

NAME	AGE	12	11	10	9	8	7	6	5	4	3	2	1	Finish	Place
David Coutts	M55	:57	3:03	5:15	7:33	9:55	12:15	14:35	16:57	19:20	21:40	24:02	26:20	28:29	1st
Jerry Young	M55	1:10	3:36	5:05	8:37	11:11	13:44	16:20	18:57	21:35	24:14	26:55	29:37	32:24	2nd
Gene Hall	M50	1:10	3:42	6:17	8:54	11:34	14:16	16:57	19:41	22:28	25:11	27:57	30:40	33:17	1st
Andy Bourey	M70	1:06	3:58	6:54	9:48	12:44	15:42	18:48	21:48	25:45	_____	_____	_____	_____	
Bob Nichols	M70	1:24	4:08	6:50	9:33	12:16	14:57	17:39	20:21	23:03	25:45	28:27	30:07	33:45	1st
Leann Young	Open	:57	3:03	5:15	7:34	9:56	12:15	14:36	16:57	19:20	21:40	24:02	26:20	28:29	1st
Lorraine Ramonczuk	W60	1:26	4:15	7:03	9:43	12:41	15:33	18:26	21:22	24:17	27:15	30:11	33:07	36:04	1st
Alison Bourey	W65	1:35	4:52	8:06	11:25	14:38	17:53	21:12	24:32	27:54	31:20	34:41	38:05	41:28	1st
Sue Turner	W70	2:03	6:06	9:58	13:55	17:50	21:40	25:29	29:18	33:24	36:54	40:36	44:20	47:53	1st
Maurine Lia	W80	1:31	4:35	7:45	10:58	14:11	17:19	20:28	23:35	26:45	29:48	32:46	35:48	38:47	1st

Judges: Lee Hoffman (N)
Nancy Sodo (N)

Timers: Ginger Mulanax
Patricia Hanna



2013 May Spring Tune Up Racewalk

May 7 - 1600 Meters

Pattonville High School Track

NAME	AGE	3	2	1	FINISH	PLACE	OVERALL PLACE
Bob Nichols	M70	2:35	5:12	7:49	10:25	1st	1st
Andy Bourey	M70	2:19	5:12	8:07	11:00	2nd	3rd
Patrick Gadell	M60	2:28	5:23	8:12	10:52	1st	2nd
Ruth Eberle	W80	2:41	5:30	8:21	11:10	1st	6th
Leann Young	Open	2:13	4:59	8:01	11:01	1st	5th
Bria Savoy	13-14	2:14	5:00	8:01	11:01	1st	4th
Sue Turner	W70	3:39	7:20	10:53	14:24	1st	7th



2013 May Spring Tune Up Racewalk

May 9 - 1600 Meters
Pattonville High School Track

NAME	AGE	3	2	1	FINISH	PLACE	OVERALL PLACE
Leann Young	Open	2:03	4:11	6:17	8:20	1st	1st
Bria Savoy	13-14	2:30	5:05	7:52	10:39	1st	2nd
Ruth Eberle	W80	2:42	5:29	8:17	11:08	1st	3rd
Alison Bourey	W65	3:10	6:25	9:42	12:55	1st	4th
Sue Turner	W70	3:42	7:17	10:50	14:22	1st	5th



2013 May Spring Tune Up Racewalk

May 16 – 1600M, 3000M & 5000M
Pattonville High School Track

NAME	AGE	200	600	1000	1400	1800	2200	2600	3000	3400	3800	4200	4600	FINSH 5000	Place
Leann Young	Open	:54	3:02	5:15	7:26	9:43	12:02	14:19	16:38	18:57	21:14	23:30	25:50	27:57	1st
Alex Chavez	Open	:58	3:05	5:13	7:25	9:42	12:00	14:18	16:38	18:57	21:12	23:28	--DNF	-----	-----
Nick Christe	Open	:53	3:01	5:12	7:23	9:40	12:00	14:04	16:10	18:07	20:19	22:21	24:24	26:23	1st
Mark Young	M50	1:06	3:54	6:32	9:13	11:57	14:44	17:30	20:18	23:07	26:00	28:50	31:38	34:30	2nd
Jerry Young	M55	.58	3:33	6:03	8:34	11:08	13:42	16:18	19:02	21:42	24:26	27:08	29:38	32:10	1st
Gene Hall	M50	1:05	3:37	5:53	8:20	10:48	13:22	15:58	18:35	21:42	23:54	26:40	29:29	32:03	1st
Andy Bourey	M70	1:40	4:28	7:52	11:33	14:30	-	17:35	21:17						1st
David Coutts	M55	:58	3:05	5:14	7:25	9:42	11:58	14:18	16:38	18:57	21:12	23:29	25:49	27:57	1st
Ruth Eberle	W80	1:23	4:14	7:02	9:48	12:41	15:37	18:30	21:17						1st
Maurine Lia	W80	1:23	4:15	7:03	9:52	11:00									1st
Alison Bourey	W65	1:40	5:02	8:24	11:45	15:01									1st
Sue Turner	W70	1:55	5:47	9:29	13:10	16:52	20:32	24:07	27:34						1st
Lee Hoffman	M70	1:40	5:32	9:17	13:03	14:45									1st
						1600			3000						

Judges:

Nancy Sodo (National)
 Bob Nichols (Master)
 Earsene L. Andrews (Apprentice)
 Latrece Norwood (Apprentice)
 Patricia Hanna (IAAF)

Timers:

Ginger Mulanax
 Lorraine Ramonczuk



Summer Series - June 3, 2013 1500 M
Pattonville HS Track

NAME	AGE	3	2	1	FINISH	PLACE	OVERALL PLACE
Ruth Eberle	W80	1:57	4:42	7:30	10:14	1st	11th
Nancy Sido	W60	1:44	4:25	7:13	9:51	1st	6th
Lorraine Ramonczuk	W60	1:55	4:41	7:28	10:12	2nd	10th
Patrick Gadell	M60	1:45	4:29	7:14	9:52	1st	7th
Maurine Lia	W80	1:57	4:51	7:47	10:40	2nd	12th
Bria Savoy	Youth	1:35	4:14	7:12	9:58	1st	8th
Lee Hoffman	M75	2:28	6:06	9:40	13:12	1st	15th
Sparkle Bergin	W40	2:18	5:51	9:14	12:41	1st	14th
Sue Turner	W70	2:35	6:19	10:00	13:40	1st	16th
Andy Bourey	M70	1:31	4:22	7:13	10:01	2nd	9th
Bob Nichols	M70	1:51	4:26	6:03	9:40	1st	5th
Leann Young	Open	1:21	3:35	5:51	8:03	1st	1st
Mark Young	M50	1:40	4:12	6:46	9:21	1st	4 th
Jerry Young	M55	1:34	3:57	6:26	8:53	1st	2nd
Alison Bourey	W60	2:26	5:08	8:03	10:56	2nd	13h
Alexis Kelly	Int.	1:27	4:05	6:45	9:18	1st	3rd



**Summer Series - June 10, 2013 3000 M
Pattonville HS Track**

NAME	AGE	7	6	5	4	3	2	1	Finish	Place	Overall Place
David Coutts	M55	:53	2:56	5:02	7:10	9:18	11:28	13:38	15:37	1st	1 st
Mark Young	M50	1:11	3:41	6:11	8:48	11:30	14:15	17:00	19:42	2 nd	3 rd
Nancy Sido	W60	1:14	3:59	6:46	9:34	12:20	15:08	17:53	20:33	1 st	5 th
Bob Nichols	M70	1:19	3:59	6:38	9:18	11:59	14:40	17:22	19:56	1 st	4 th
Ruth Eberle	W80	1:19	4:08	6:54	9:41	12:30	15:19	18:10	20:56	1 st	7 th
Lorraine Ramonczuk	W60	1:20	4:07	6:53	9:39	12:28	15:18	18:08	20:55	2 nd	6 th
Andy Bourey	M70	-	3:53	6:45	10:22	13:27	18:32	19:35	22:32	2 nd	8 th
Maurine Lia	W80	1:18	4:13	7:16	13:46	19:09					
Bria Savoy	Youth	1:26	4:26	7:22	10:22	13:27	16:32	19:35	22:31	1 st	7 th
Sparkle Bergin	W40	1:46	5:17	8:50	12:05	15:15	19:27	21:45	25:11	1 st	10 th
Sue Turner	W70	1:46	5:20	8:55	12:28	16:03	19:36	23:09	26:43	1 st	11 th
Lee Hoffman	W75	1:45	5:27	9:13	12:59	16:41	20:30	24:17	27:56	1 st	12 th
Gene Hall	M50	1:01	3:23	5:46	8:15	10:47	13:19	15:46	18:03	1st	2 nd
Alison Bourey	W65	1:27	4:26	7:22	12:22	13:33	16:44	19:55	22:52	1 st	9 th



**Summer Series – July 1, 2013 1600 M
Pattonville HS Track**

NAME	AGE	3	2	1	FINISH	PLACE	OVERALL PLACE
Leann Young	Open	2:34	5:10	7:45	10:19	1 st	2 nd
Nancy Sido	W60	2:36	5:21	8:07	10:48	1 st	5 th
Bob Nichols	M70	2:44	5:20	8:00	10:36	1 st	4 th
Jerry Young	M50	2:19	4:42	7:05	9:33	1 st	1 st
Mark Young	M50	2:34	5:10	7:45	10:20	1 st	3 rd
Ruth Eberle	W80	3:40	7:15	10:36	13:44	1 st	9 th
Patrick Gadell	M60	2:37	5:24	8:13	10:56	1 st	6 th
Bria Savoy	Youth	2:51	5:42	8:44	11:36	1 st	8 th
Sparkle Bergin	W40	3:36	7:14	10:29	13:48	1 st	10 th
Lee Hoffman	M75	3:38	7:18	10:54	14:29	1 st	12 th
Lorraine Ramonczuk	W60	2:49	5:40	8:30	11:18	2 nd	7 th
Sue Turner	W70	3:44	7:15	18:45	14:12	1 st	11 th
Nandi	-	3:40	7:15	10:36	13:44	-	9 th



**Summer Series - June 24, 2013 3200 M
Pattonville HS Track**

NAME	AGE	7	6	5	4	3	2	1	Finish	Place	Overall Place
Nancy Sido	W60	2:38	5:27	8:19	11:12	14:05	16:58	19:48	22:32	1 st	4 th
Leann Young	Open	2:16	4:35	6:58	9:21	11:45	14:06	16:32	18:45	1 st	1 st
Mark Young	M50	2:29	5:03	7:43	10:27	13:16	16:07	18:56	21:45	2 nd	3 rd
Kate Helms	11	3:15	6:44	10:30	14:25	17:59	21:52	25:48	29:50	1 st	10 th
Alexis Kelly	14	3:15	6:44	10:30	14:25	17:59	21:40	25:27	29:23	1 st	9 th
Bill Reley	M55	2:26	5:01	7:46	10:30	13:23	16:23	DNF			
Genesis Dancer	13	2:46	5:55	9:22	13:00	16:25	19:58	23:40	26:51	1 st	7 th
Andy Bourey	M70	2:45	5:38	9:24	12:32	17:51	20:47	23:52	26:47	1 st	6 th
Alison Bourey	W65	3:02	6:13	9:22	12:34	15:48	18:55	21:58	24:58	1 st	5 th
Sparkle Bergin	W40	3:34	7:06	10:28	14:00	17:27	20:57	24:28	28:03	1 st	8 th
Gene Hall	M50	2:19	4:41	7:04	9:29	11:55	14:20	16:52	19:28	1 st	2 nd
Lee Hoffman	W75								30:58	1 st	12 th
Sue Turner	W70	3:49	7:58	11:20	15:02	18:44	22:26	26:03	29:41	1 st	11 th



Summer Series – July 8, 2013 1500 M
Pattonville HS Track

NAME	AGE	3	2	1	FINISH	PLACE	OVERALL PLACE
Leann Young	Open	1:30	3:43	5:57	8:02	1st	1st
Dave Coutts	M55	1:23	3:54	6:27	8:52	2 nd (tied)	3 rd (tied)
Jerry Young	M55	1:31	3:50	6:12	8:42	1st	2 nd
Bill Riley	M55	1:23	3:54	6:27	8:52	2 nd (tied)	3 rd (tied)
Bob Nichols	M70	1:52	4:29	7:04	9:38	1st	6 th
Alexis Kelly	Int.	1:31	4:10	6:51	9:32	1st	4 th
Bria Savoy	Youth	1:34	4:14	6:57	9:37	1st	5 th
Patrick Gadell	M60	1:40	4:28	7:17	10:03	1st	8 th
Lorraine Ramonczuk	W60	1:48	4:30	7:28	10:17	2nd	9 th
Nancy Sido	W60	1:43	4:24	7:06	9:44	1st	7 th
Sparkle Bergin	W40	2:29	6:12	9:33	13:09	1st	11 th
Ruth Eberle	W80	1:59	4:51	7:40	10:30	1st	10 th
Sue Turner (tied)	W70	2:38	6:18	9:52	13:21	1st	12 th



Summer Racewalk Duet 5K - August 03, 2013

Tower Grove Park

NAME	AGE	5K	PLACE	Overall Place
Dave Coutts	M55	24:53	1 st	1 st
Mark Young	M50	32:01	2 nd	3rd
Gene Hall	M50	26:44	1 st	2nd
Ruth Eberle	W80	36:35	1 st	5th
Lorraine Ramonczuk	W60	36:29	1 st	4th
Sue Turner	W70	46:44	1st	6th



Summer Duet 5k & 10k
 August 11, 2013
 Tower Grove Park

NAME	AGE	5K	10K	PLACE	Overall Pace
LeAnn Young	OPEN	29:32	59:06	1 st	1 st
Jerry Young	M55	29:50	59:55	1 st	2 nd
Mark Young	M50	32:00	1:04:20	1 st	3 rd
Nancy Sido	W60	34:03	1:08:35	1 st	4 th
Lorraine Ramonczuk	W60	35:58	1:14:16	2 nd	5 th
Sue Turner	W70	46:58	1:34:42	1 st	7 th
Lee Hoffman	M75	48:20	1:36:40	1 st	8 th
Sparkle Bergin	W40	39:00	1:18:52	1 st	6 th
Erin Mulanax	W40	35:40			



**October Series – Oct. 6, 2013 3000 M
Pattonville HS Track**

NAME	AGE	7	6	5	4	3	2	1	Finish	Place	Overall Place
Nancy Sido	W60	1:16	3:59	6:41	9:25	12:08	14:49	17:30	20:06	1 st	1 st
Lorraine Ramonczuk	W60	1:20	4:13	7:05	9:58	12:51	15:44	18:38	21:32	2 nd	3 rd
Ruth Eberle	W80	1:21	4:17	7:03	9:51	12:41	15:29	18:16	21:04	1 st	2 nd
Lee Hoffman	W75	1:45	5:34	9:34	13:26	17:15	21:01	24:50	28:31	1 st	4 th



October Series – Oct. 13, 2013 - 5000 M
 Pattonville H.S. Track

NAME	AGE	12	11	10	9	8	7	6	5	4	3	2	1	Finish	Place
Jerry Young	M55	1:14	3:39	6:05	8:31	10:52	13:16	15:42	18:15	20:45	23:19	25:54	28:29	31:01	1 st
Mark	M50	1:14	3:38	6:08	8:41	11:15	13:50	16:29	19:12	21:57	24:35	27:14	29:56	32:34	2 nd
Gene Hall	M50	1:14	3:38	6:04	8:32	11:23	14:17	17:10	20:06	23:02	25:56	28:56	31:48	34:19	3 rd
Ruth Eberle	W80	1:31	4:34	7:28	10:21	13:12	15:59	18:48	21:39	24:31	27:19	30:12	33:15	36:33	5 ^h
Lorraine Ramonczuk	W60	1:31	4:34	7:29	10:22	13:12	15:59	18:52	21:45	24:42	27:38	30:40	33:37	36:34	6 th
Bob Nichols	M70	1:27	4:12	6:56	9:41	12:29	15:16	18:04	20:49	23:36	26:22	29:09	31:52	34:26	4 th



Hour Walk October 20, 2013 Pattonville Track

Name	Age	Full Laps	Last meters	Final Distance
Nick Christie	Open	27	+267	11,067m
Alex Chavez	Open	27	+267	11,067m
Molly Joseph	Jr	26	+267	10,667m
(FN) Nirvana	Jr	27	+252	11.052m
Dave Coutts	M55	26	+200	10, 600m
LeannYoung	Open	24	+205	9,805m
Jerry Young	M55	23	+288	9088m
Mark Young	M50	22	+128	8528m
Nancy Sido	W60	22	+77	8477m
Lorraine Ramonczuk	W 60	20	+20	8020m
(FN) Nandi	Jr.	18	+44	7244m
Sue Turner	W70	14	+287	5887m
Gene Hall	M 50	21	+296	8296m

Judges: Ruth Eberle (N), Lee Hoffman (N), Roy Eberle (ME), Ginger Mulanax(M), Patricia Hanna (IAAF 2)

Timers: Ed Rowold, Peggy Rowold

Ozark Invitational 10km//20km Sunday, October 27, 2013
Park 370 Road, St. Louis Outlet Mall, Hazelwood, MO 63042

7:00 a.m.
MO-13002-JW

20km Men

Place	Name	Age	Affiliation	Time
1	Patrick Stroupe	Open	KC Storm	1:28.19
2	Nick Christie	Open	MO Baptist University	1:28.36
3	Alex Chavez	Open	MO Baptist University	1:30.08
4	Joel Pfahler	Open	Miami Valley TC	1:45.56

10km Men

Place	Name	Age	Affiliation	Time
1	Cameron Haught	Junior	Miami Valley TC	53:34
2	Vince Peters	M55 1 st Master Male	Miami Valley TC	1:02.15
	Dave Eidhl	M70	Unattached	DQ

20km Women

Place	Name	Age	Affiliation	Time
1	Mereth Nirvana Zalba	Open (Mex)	MO Baptist University	1:45.33
2	Molly Josephs	JR 1 st Jr Woman	MO Baptist University	1:54.18

10km Women

Place	Name	Age	Affiliation	Time
1	Jessica Ching	Open	RWCSL	49:43
2.	Natalia Alfonzo	Jr. (Venez) 1 st Jr Woman	MO Baptist University	53:44
3	Ioulia Barakou	Jr. (Greece) 2 nd Jr Woman	MO Baptist University	57:28
4	Barb Hensley	W65 1 st Master Woman	Miami Valley TC	1:21.26
	Courtney Kiernan	JR 18	MO Baptist University	DNF

Judges: Bob Nichols, M chief; Wayne Armbrust, M; Gayle Johnson, M; Lee Hoffman, N; Nancy Sido, N; Sue Turner, A

Temperature at start 38 degrees. Clear.

Ozark Invitational 10km//20km Sunday, October 27, 2013 7:00 a.m. Park 370 Road, St. Louis Outlet Mall, Hazelwood, MO 63042 MO-13002-JW

Name	Age	Laps To Go 19 1km	To Go 18 2km	To Go 17 3km	To Go 16 4km	To Go 15 5km	To Go 14 6km	To Go 13 7km	To Go 12 8km	To Go 11 9km	To Go 10 10km	To Go 9 11km	To Go 8 12km	To Go 7 13km	To Go 6 14km	To Go 5 15km	To Go 4 16km	To Go 3 17km	To Go 2 18km	To Go 1 19km	F i n i s h 20km	P L A C E
Patrick Stroupe KC Storm	Open Men	4:28	9:02	13:40	18:03	22:14	27:08	31:38	36:08	40:39	45:04	49:18	53:37	57:53	1:02:14	1:06:35	1:10:11	1:15:15	1:19:36	1:23:57	1:28:20	1 st 20km Open Men
Nick Christie MO Baptist Un.	Open Men	4:33	9:24	13:45	18:26	22:55	28:03	32:45	36:12	40:39	45:01	49:17	53:37	57:56	1:02:24	1:06:44	1:10:54	1:15:18	1:19:50	1:24:19	1:28:36	2 nd 20km Open Male
Alex Chavez MO Baptist Un	Open Men	4:31	9:24	13:45	18:43	23:24	27:19	32:43	37:20	41:54	46:24	50:52	55:20	59:50	1:04:18	1:08:42	1:13:06	1:17:24	1:21:41	1:25:57	1:30:07	3 rd 20km Open Male
Joel Pfahler Miami Valley TC	Open Men	4:48	9:50	14:51	19:44	24:02	29:39	34:50	39:50	45:04	52:12	56:04	1:02:08	1:07:54	1:13:31	1:19:03	1:24:23	1:29:44	1:35:05	1:40:32	1:45:56	4 th 20km Open Male
Mereth-Nirvana Zalba MO Baptist Un	JOpen Woman	5:10	10:28	15:47	21:01	26:22	31:44	36:55	42:13	47:28	52:45	57:58	1:03:19	1:08:39	1:13:51	1:19:05	1:24:25	1:29:44	1:34:59	1:40:11	1:45:32	5 th Overall 1 st Female
Molly Josephs MO Baptist Un	Junior Woman	6:28	12:42	18:53	25:04	31:11	37:15	43:10	49:10	54:55	1:00:43	1:06:21	1:12:11	1:17:51	1:23:20	1:28:20	1:34:06	1:39:15	1:44:15	1:49:21	1:54:18	6 th Overall 1 st Female JR
Jessica Ching RWCSL	Open Woman (Hong Kong)	4:56	9:52	X	19:44	24:42	29:36	34:37	39:40	44:41	49:43	56:04	1:02:18	1:08:19	1:19:17							10km 1 st Female Open
Cameron Haught Miami Valley TC	JR Male	4:54	10:11	15:46	21:15	26:43	32:04	37:37	43:15	48:42	53:34											10km 1 st Male JR
Vince Peters Miami Valley TC	M55	6:24	12:34	18:35	24:39	30:49	37:01	43:12	49:27	55:46	1:02:15	1:12:08	1:19:03									10km 2 nd Male 1 st Master Male



October Series – October 27, 2013 1600 M
Pattonville HS Track

NAME	AGE	3	2	1	FINISH	PLACE	OVERALL PLACE
Bob Nichols	M70	2:41	5:23	8:04	10:42	1 st	2 nd
Nancy Sido	W60	2:30	5:20	8:01	10:35	1 st	1 st
Jim Veenstra	M75	2:51	5:42	8:27	11:06	1 st	3 rd
Lorraine Ramonczuk	W60	2:45	5:36	8:25	11:11	2 nd	4 th
Lee Hoffman	M75	3:35	7:14	10:55	14:29	2 nd	5 th
Sue Turner	W70	3:56	7:45	11:29	15:04	1st	6 th