

Racewalk Club of St. Louis Spring Fling 3K @ Pattonville

Name	Age	7	6	5	4	3	2	1	Final
Andy B.	M65	X	4:01	6:56	10:02	13:04	16:11	19:17	22:25
Jerry	W55	1:46	5:39	9:02	12:47	16:36	20:26	24:15	28:04
Alison B.	W60	1:43	5:18	9:48	12:23	15:55	19:24	22:55	26:25
Jessica	Open	1:04	3:15	5:25	7:37	9:53	12:12	14:32	16:44
Don T.	M35	1:46	5:39	9:22	13:06	16:57	20:41	24:32	28:20
Ruth E.	W75	1:46	5:39	9:02	12:46	16:36	20:20	24:15	28:00
Kristen S.	Open	X	3:39	6:14	8:55	11:33	14:08	16:41	19:11

Racewalk Club of St. Louis; Spring Fling-Open/Collegiate 5K@Pattonville

Name	Age	12	11	10	9	8	7	6	5	4	3	2	1	Final
Jamie	Open	.59	3:06	5:25	7:52	10:18	12:47	15:17	17:45	20:12	22:46	25:20	27:52	30:12
Anna	Open	1:33	4:47	8:05	11:19	14:35	17:58	21:08	24:22	27:40	30:57	34:05	36:57	39:53
Alex	Open	1:04	3:18	5:37	7:53	10:18	12:33	14:58	17:22	19:47	22:37	24:26	26:47	28:58
Bob N.	M65	1;18	4:00	6:41	9:23	12:07	14:48	17:28	20:08	22:47	25:27	28:05	30:43	33:15
David L.	Open	1:04	3:28	5:37	7:54	10:10	12:35	14:56	17:22	19:53	22:31	24:56	27:28	29:52
Sue T.	W65	1:46	5:19	8:52	12;28	16:00	19:30	23:01	26:34	30:10	33:34	37:16	40:48	44:09
Lorraine	W55	1:15	4:05	6:53	9:45	15;34	18:32	21:31	24:26	27:26	X	30:24	33:19	36:10
John D.	Open	.59	3;06	5:21	7:42	10:13	12:33	14:01	17:34	20:06	22:29	24:51	27:15	29:41

May 5, 1500 m Race walk, Pattonville Track

Name	age	split 1	split 2	split 3	final
Sido, Nancy	57	1:34	4:08	6:46	9:17
Nichols, Bob	70	1:51	4:31	7:08	9:47
Bourey, Andy	68	1:41	4:26	7:18	10:03
Lia, Maurine	76	2:02	4:56	7:49	10:32
Bourey, Allison	62	2:21	5:33	8:43	11:49
Hoffmann, Lee	74	2:21	5:37	8:52	12:08
Turner, Sue	68	2:32	6:01	9:27	12:46
Starr, John	64	2:33	5:54	9:22	12:48

Racewalk Club of St. Louis - May 7th 2009 Walk 1600 m @ Pattonville HS

Name	Age	Lap 1	Lap 2	Lap 3	Lap 4
Bob N.	M70	2:42	5:21	7:59	10:32
Maurine L.	W75	3:01	6:02	9:01	12:20
Alison B.	W60	3:17	6:33	9:44	12:50
Sue T.	W65	3:40	7:08	10:30	13:51
Jon S.	M60	3:24	6:57	10:39	14:21
Jonathan R.	M20	1:56	4:01	6:17	8:38
Andy B.	M65	2:14	5:00	7:49	10:36

May Walks - 5/11/2009**1500 m**

Name	age	lap 1	lap 2	lap 3	final
Bourey, Andy	68	1:29	4:14	6:58	9:38
Nichols, Bob	70	1:53	4:33	7:09	9:46
Ramonczuk, Lorraine	56	1:52	4:37	7:19	10:03
Lia, Maurine	76	1:59	4:49	7:35	10:19
Bourey, Allison	62	2:15	5:24	8:37	11:48
Hoffmann, Lee	74	2:19	5:38	8:54	12:08
Starr, John	64	2:17	5:37	9:08	12:28
Turner, Sue	68	2:36	6:08	9:34	13:02

May Walks - 5/13/2009**1600 m**

Ripke, Jon	24	1:57	4:00	6:14	08:29.2
Sido, Nancy	57	2:15	4:50	7:29	10:05.3
Bourey, Andy	68	2:17	5:04	7:53	10:36.2
Nichols, Bob	70	2:45	5:27	8:10	10:48.5
Ramonczuk, Lorraine	56	2:39	5:24	8:13	10:54.6
Eberle, Ruth	77	2:45	5:28	8:13	10:56.1
Hoffmann, Lee	74	3:15	6:33	9:45	12:58.0
Starr, John	64	3:22	6:52	10:29	14:10.4

RWCSL 2009 - June 1st

1500 m

<i>Name</i>	<i>age</i>	<i>300m 3 laps to go</i>	<i>700m 2 laps to go</i>	<i>1100m 1 laps to go</i>	<i>Finish 1500</i>	<i>Place</i>
Dave Couts	53	1:14	3:12	5:15	7:13	1st
Maurine Lia	76	1:55	4:47	7:40	10:26	1st
Jerry Young	52	1:31	3:51	6:22	8:58	2nd
LeAnn Young	20	1:32	4:02	6:41	9:13	1st
Nancy Sido	57	1:36	4:11	6:50	9:24	1st
Lorraine Ramonczuk	56	1:51	4:39	7:25	10:08	2nd
Andy Bourey	68	1:26	4:07	6:52	9:34	1st
Jaye Shyker	54	2:02	4:52	7:39	10:11	1st
Alison Bourey	61	2:10	5:19	8:30	11:37	1st
Lee Hoffman	74	2:14	5:30	8:44	11:56	2nd
John Starr	64	2:23	5:58	9:34	13:05	1st
Bob Nicholls	70	1:48	4:27	7:07	9:47	1st
Ruth Eberle	76	2:04				2nd
Alexis Kelly	11	1:43	4:22	7:04	9:50	1st
Tyler Duncan	11	1:41	4:28	7:23	10:09	3rd
Sierra Anders	11	1:41	4:28	7:20	10:03	2nd
Bria Savoy	10	1:41	4:42	7:55	11:02	1st
Taylor Duncan	11	1:41	5:02	8:28	11:35	4th
Chelsea Binder	12	1:50	5:12	8:53	12:23	5th
Ashley Mayfield	8	2:04	5:35	9:02	12:28	1st

RWCSL 2009 - June 8th**3000 m**

Name	age	7	6	5	4	3	2	1	FINISH	PLACE
Dave Coutts	M50	0:56	2:58	5:04	7:11	9:16	11:24	13:30	15:31	1st
Nancy Sido	W55	1:10	3:49	6:30	9:11	11:51	14:33	17:13	19:49	1st
Andy Bourey	M65	0:57	3:37	6:22	9:13	12:03	15:09	18:02	20:57	1st
LeAnn Young	OPEN	1:07	3:36	6:16	8:57	11:39	14:22	17:04	19:34	1st
Jerry Young	M50	1:07	3:36	6:07	8:45	11:24	14:07	16:49	19:31	1st
Lorraine Ramonczuk	W55	1:17	4:02	6:49	9:33	12:25	15:20	18:16	21:03	2nd
Bob Nicholls	M70	1:19	4:02	6:48	9:34	12:19	15:03	17:45	20:23	1st
Maurine Lia	W75	1:19	2:12	6:05	9:58	12:51	15:44	18:38	21:22	1st
John Henry	M55	1:20	4:13	6:06	10	12:53	15:47	18:42	21:35	1st
Alison Bourey	W60	1:36	4:49	8:03	11:18	14:29	17:40	20:52	24:02	1st
Lee Hoffman	M70	1:37	4:56	8:12	11:28	14:41	17:57	21:11	24:22	2nd
Jon Starr	M60	1:47	5:23	9:00	12:38	16:18	19:57	23:34	27:07	1st

RWCSL 2009 - June 15th**1600 m**

Name	age	3	2	1	Finish	Place
Jamie Kootz	Open	2:01	4:27	6:50	9:20	1st
Dave Coutts	M50	1:49	3:47	5:52	7:51	1st
Maurine Lia	W75	2:44	5:35	8:02	10:08	1st
Nancy Sido	W55	2:18	4:56	7:32	10:04	1st
Lorraine Ramonczuk	W55	2:35	5:18	8:05	10:45	2nd
Bob Nicholls	M70	2:40	5:15	7:51	10:28	1st
Andy Bourey	M65	2:08	4:47	7:33	10:13	1st
John Henry	M54	2:36	5:20	8:06	10:46	1st
Ruth Eberle	W75	2:40	5:20	7:56	10:37	2nd
Lee Hoffman	M70	3:11	6:27	9:40	12:47	2nd
Jon Starr	M60	3:26	7:05	10:32	13:55	1st
Sue Turner	W65	3:44	7:30	11:10	14:39	1st
Brianna	Midget	2:54	6:16	9:35	12:35	1st
Jayla	Bantam	3:09	6:50	10:40	14:17	1st

RWCSL 2009 - June 22nd**1600 m**

Name	age	3	2	1	Finish	Place
Dave Coutts	M50	1:54	3:55	5:58	7:55	1st
Nancy Sido	W55	2:09	4:46	7:23	9:57	1st
Andy Bourey	M65	2:12	4:50	7:32	10:14	1st
Bob Nicholls	M70	2:36	5:17	7:59	10:38	1st
Maurine Lia	W75	2:44	5:35	8:29	11:17	1st
Lorraine Ramonczuk	W55	2:37	5:21	8:07	10:55	2nd
John Henry	M54	2:38	5:22	8:11	11:02	1st
Jon Starr	M60	3:22	6:52	10:27	13:59	1st
Sue Turner	W65	3:40	7:18	10:45	14:03	1st
Alison Bourey	W60	3:08	6:20	9:32	12:45	1st
Lee Hoffman	M70	3:15	6:33	9:50	13:00	2nd
Brianna Farrell	Midget	2:52	6:03	9:21	12:32	1st
Jayla S	Bantam	3:04	6:41	10:40	14:21	1st
Brandis Whitfield	15-16 Int.	2:55	6:17	9:24	12:08	1st
Daria	Youth	3:01	6:28	10:20	13:22	1st

RWCSL 2009 - June 29th 5K

NAME	AGE	200m	11	10	9	8	7	6	5	4	3	2	1	Finish	Place
Nancy Sido	W55	1:05	3:41	6:21	9:03	11:44	14:26	17:08	19:50	22:34	25:20	28:05	30:51	33:29	1 st
Jamie Kootz	Open	.55	3:15	5:43	8:18	10:59	13:30	16:04	18:41	21:18	23:56	26:33	29:08	31:35	1 st
Andy Bourey	M65	.56	3:33	6:17	9:06	12:05	15:06	18:01	20:54	23:56	26:56	29:52	32:48	35:44	1 st
Bob Nicholls	M70	1:20	4:01	6:43	9:27	12:12	14:56	17:41	20:25	23:12	25:57	28:42	31:26	34:03	1 st
Lorraine Ramonczuk	W55	1:15	4:05	6:51	9:40	12:28	15:21	18:17	21:14	24:15	27:20	30:21	33:24	36:27	2 nd
Maurine Lia	W75	1:?	4:16	7:07	10:01	12:57	15:51	18:50	21:47	24:48	27:49	?	33:56	36:51	1 st
John Henry	M55	1:22	4:48	7:15	10:18	13:22	16:23	19:24	22:31	25:35	28:41	30:51	31:56	34:46	1 st
Donna Singer	W60	1:40	5:03	8:30	11:57	15:23	18:53	22:25	25:54	29:21	32:50	36:17	39:40	43:04	2 nd
Alison Bourey	W60	1:34	4:48	8:08	11:26	14:50	18:29	21:31	24:52	28:10	31:33	34:56	38:20	41:35	1 st
Sue Turner	W65	1:52	5:36	9:15	12:52	16:28	19:57	21:56	23:36	27:14	30:41	34: 19	37:54	45:04	1 st
Lee Hoffman	M70	X	5:09	8:31	11:02	15:14	18:34	X	25:17	28:37	31:54	34:14	38:53	40:46	1st

RWCSL 2009 - June 29th 3K

NAME	AGE	11	10	9	8	7	6	5	Finish	Place
Brandis G.	INT	1:11	4:16	7:09	10:18	13:30	16:59	20:12	23:02	1 st
Jayla O.	Bantum	1:23	4:54	8:27	12:18	16:14	20:18	24:20	28:10	2 nd
Alxis C.	Midget	1:15	X	7:04	10:06	13:12	16:16	19:17	22:10	1 st
Bria Green	Bantum	X	4:09	7:09	10:17	13:31	16:58	20:12	22:07	1 st
Jon Starr	M60	1:48	5:25	9:08	12:49	16:27	20:10	24:07	28:05	1 st
Jaclynn	Midget	1:50	5:30	9:50	13:56	18:12	22:35	27:26	31:16	2 nd

RWCSL 2009 - July 6th

1500 m

Name	age	3	2	1	Finish 1500	Place
Dave Coutts	M50	1:15	3:10	5:11	7:08	1st
Nancy Sido	W55	1:32	4:02	6:36	9:06	1st
Andy Bourey	M65	1:19	3:56	6:38	9:17	1st
Bob Nicholls	M70	1:52	4:31	7:10	9:46	1st
Lorraine Ramonczuk	W55	1:44	4:32	7:23	10:06	2nd
John Henry	M55	1:44	4:33	7:24	10:06	1st
Maurine Lia	W75	1:53	4:40	7:26	10:03	1st
Lee Hoffman	M70	2:13	5:28	8:43	11:58	2nd
Tyler Duncan	Midget	1:36		7:17	10:05	2nd
Taylor Duncan	Midget			8:31	11:09	4th
Alexis	Midget	1:34	4:11	6:54	9:27	1st
Cierra Anders	Midget		4:26	7:22	10:09	3rd
Jacelynn	Midget	2:22	6:09	9:56	13:43	5th
Brianna Farrell	Midget	1:48	4:25	8:02	10:59	4th
Jala	Batam	2:10	5:44	9:23	12:51	3rd
Bria Savoy	Batam		4:32	7:30	10:12	1st
Ashley Mayfield	Batam		5:11	9:06	12:34	3rd
Ayansa	Batam			8:06	11:12	2nd
Brandis	Int			7:17	9:53	1st
Tom R	M50	2:03	5:02	8:06	10:57	2nd
Alison Bourey	W60	2:09	5:16	8:23	11:28	1st
Sue Turner	W65	2:34	6:07	9:35	12:54	1st
Jon Starr	M60	2:25	5:59	9:35	12:51	1st

Summer Duet 2009 (Tower Grove Park)

August 8 - 5K

NAME	AGE	TIME	PLACE
Nancy Sido	W55	32:11	1 st
Lorraine Ramonczuk	W55	35:27	2 nd
Maurine Lia	W75	38:09	1 st
Jo Belt	W55	38:49	3 rd
Kara Moyer	W25	45:38	1 st
Cathy Moyer	W50	45:52	1 st
Ruth Eberle	W75	43:05	2 nd
Sue Turner	W65	43:05	1 st

August 23 - 5K & 10K

NAME	AGE	5K TIME	5K PLACE	10K TIME	10K PLACE
Dave Couts	M50	31:11	-	56:50	1 st
Paul Higgins	M45	31:08	-	1:00:34	1 st
Nancy Sido	W55	32:17	-	1:05:23	1 st
Jaye Shyken	W50	34:32	-	1:08:35	1 st
Lorraine Ramonczuk	W55	35:23	-	1:14:16	2 nd
Sue Turner	W65	47:03	-	1:33:38	1 st
Lee Hoffman	M70	41:59	1 st	-	-
Maureen Lia	W75	35:57	1 st	-	-
Jim Yount	M35	41:59	-	1:23:02	1 st
Betsy Kanyuck	W35	48:22	-	1:43:20	1 st
Collin Kanyuck	M13	48:22	-	1:40:23	1 st

RWCSL 2009 – October 4th 5K

NAME	AGE	12	11	10	9	8	7	6	5	4	3	2	1	Finish
Dave	50	.56	2:59	4:59	7:14	9:21	11:28	13:36	15:44	17:54	20:03	22:13	24:20	26:23
Alex	25	.59	3:20	5:05	8:01	10:28	12:54	15:25	17:58	20:26	22:55	25:18	27:38	29:50
Jamie	25	.59	3:13	5:35	8:00	10:28	13:02	15:37	18:07	20:40	23:14	25:43	28:09	30:27
Anna	20	1:03	3:37	6:20	9:04	11:52	14:47	17:41	20:33	23:26	26:24	29:23	32:17	34:50
Brent	59	-	3:48	6:24	9:03	11:40	14:14	16:48	19:22	21:56	24:30	27:02	29:40	32:09
Lin	57	1:25	4:32	7:33	10:35	13:41	16:47	19:55	23:02	26:06	29:08	32:18	35:25	38:29
Maurine	76	-	4:07	10:10	12:57	15:47	18:39	21:31	24:24	27:19	30:14	33:12	-	36:00
Lorraine	57	-	3:59	6:46	9:36	12:26	15:19	18:13	21:12	24:08	27:11	30:09	33:05	35:56
Sue	65	1:49	5:26	9:00	12:32	16:02	19:33	23:03	26:30	29:58	33:25	36:53	40:22	43:42

RWCSL 2009 - October 11th 3000m

NAME	AGE	7	6	5	4	3	2	1	Finish	Place
Dave	M50	.55	3:00	5:05	7:12	9:19	11:31	13:38	15:40	1 st
Andy	M65	.59	3:38	6:18	9:11	11:58	14:55	17:48	20:33	1 st
Nancy	W55	1:04	3:41	6:22	8:58	11:39	14:20	17:00	19:33	1 st
Anna	Open	1:08	3:45	6:24	9:08	11:54	14:44	17:32	19:57	1 st
Lorraine	W55	1:13	3:59	6:44	9:30	12:17	15:07	17:57	20:42	2 nd
Bob	M70	1:16	3:57	6:41	9:24	12:08	14:50	17:32	20:02	1 st
Ruth	W75	1:18	4:02	6:45	9:29	12:13	14:57	17:41	20:23	1 st
Lori	W50	1:19	4:02	6:51	9:46	12:42	15:38	18:38	21:26	1 st
Alison	W60	1:33	4:47	7:59	11:13	14:30	17:42	20:48	23:51	1 st
Chakita	W45	1:34	4:58	8:24	11:52	15:12	18:34	21:59	25:17	1 st
Dan	M40	1:42	5:17	8:48	12:19	15:56	19:32	23:04	26:41	1 st
Sue	W65	1:46	5:23	8:54	12:28	16:01	19:33	22:58	26:21	1 st

RWCSL 2009 - October 17th Hour Walk

Dave Coutts	10792m
Andy Bourey	6699m
Bob Nichols	8784m
Jamie Burmeister	10047m
Lorraine Ramonczuk	8270m
Nancy Sido	8774m
Sue Turner	6465m

RWCSL 2009 - October 24th 3000m

NAME	AGE	7	6	5	4	3	2	1	Finish	Place
Alex	Open	.55	3:05	5:17	7:27	9:36	11:44	13:56	16:05	1 st
Jamie	Open	.50	3:04	5:20	7:44	10:08	12:31	14:55	17:00	2 nd
Maurine	W75	1:23	4:22	7:21	10:24	13:33	-	-	-	-
Anna	Open	1:07	3:46	6:30	9:13	11:54	14:38	17:25	19:59	1 st
Lorraine	W55	1:18	4:01	6:50	9:37	12:26	15:17	18:10	21:01	2 nd
Bob	M70	1:15	3:52	6:33	9:12	11:54	14:33	17:11	19:44	1 st
Nancy	W55	1:05	3:35	6:18	8:57	11:36	14:13	16:52	19:24	1 st
Sue	W65	1:52	5:29	9:04	12:31	16:01	19:28	22:56	26:17	1 st
Linda B	W55	1:54	6:07	9:52	13:50	17:56	21:54	25:58	30:26	3 rd
Pam M	W55	1:31	4:42	9:55	11:06	14:17	17:29	20:45	23:45	3 rd
Jim	M35	1:35	4:43	7:56	11:06	14:17	17:29	20:45	23:42	1 st
Vicky T	W45	1:52	5:29	9:04	12:31	16:01	19:30	23:01	26:27	1 st

12/13/09 SNOWFLAKE 5K RESULTS

NAME	AGE	LAP 1	LAP 2	LAP 3	FINISH
DAVE COUTS	M54	7:32	14:28	21:11	27:18:00
JAMIE KOOTZ	F27	7:33	14:28	21:13	27:52:00
ROBERT NICHOLS	M70	9:36	17:34	25:33:00	33:15:00
NANCY SIDO	F58	9:34	17:40	25:47:00	33:45:00
STEPHANIE KOCH	F38	10:01	18:14	26:22:00	33:55:00
LORRAINE RAMONCZUK	F57	9:45	17:59	26:22:00	34:53:00
RUDY RYBACK	M28	9:56	18:00	26:29:00	35:24:00
MAURINE LIA	F77	9:59	18:32	27:19:00	36:14:00
MICHELLE KEENER	F34	11:54	21:40	31:39:00	41:39:00
RUTH EBERLE	F77	8:53	21:42	31:38:00	41:40:00
SAMANTHA STRAND	F12	8:50	18:54	31:39:00	41:40:00
ALEX ELDREDGE	F28	11:37	21:26	31:40:00	41:40:00
DUNCAN MC HARDY	M24	11:47	21:48	31:40:00	41:40:00
BRAD ELDREDGE	M60	11:31	21:23	31:40:00	41:44:00
JON STARR	M65	13:40	0:52	36:25:00	48:30:00
LEE HOFFMAN	M75	11:54	21:38	32:25:00	DNF
TATYANA TURLEY	F9	8:05			DNF
LISA KLEIN (Runner)	F34	8:44	16:08	23:38	30:56:00

JUDGES: Roy Eberle,
Ginger Mulanax
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