

Sri Chinmoy 24-Hour International Race (Ottawa)

Les Michalak and Aimee Runge win Canadian 24-hour titles

Ottawa (UW) - Les Michalak of Burlington, Ont., and Aimee Runge of Toronto won the men's and women's titles at the 17th annual Sri Chinmoy International 24-Hour Race over the weekend.

The event is recognized by the Association of Canadian Ultramarathoners as the Canadian championship. An ultramarathon is a open-ended term used to describe any running event longer than the standard marathon of 42.195 kilometres.

Michalak, 47, ran 188.457 kilometres and Runge, 31, covered 147.237 kilometres to top a field of 45 long distance specialists from across Canada and the United States.

The event was held on a certified 400-metre track at the Terry Fox Athletic Facility in Ottawa. It started at 8 a.m. Saturday and ended at 8 a.m. Sunday. Runners are scored on the basis of the total distance they are able to cover in the full 24-hour period.

Michalak and Runge are both experienced ultra runners. However, it was the first 24-hour race for each. As a result, they were awarded the Michel Careau Trophies as the male and female 24-hour rookies of 1997.

The winners shared the spotlight with Odino Soligo, an amazing 76-year-old runner from Thornhill, Ont., who ran a new North American record for his age group of 152.825 kilometres.

En route, Soligo also set several other North American records at shorter intervals and established 11 new Canadian 75-79 age group records. Age group records are recorded for every five year age group starting at age 40 for men and 35 for women.

Sri Chinmoy 24-Hour International Race (*ACU Canadian 24-Hour Championships*) Ottawa, Ontario - 13-14 September 1997 (*Certified 400-metre track*) (*6hr, 12hr, 50km, 50mi, 100km, 150km 100mi splits*)

(distances in kilometres)

1. Les Michalak, 47, ON	60.000	113.600	188.457
(4:59:46, 8:10:24, 10:18:46, 16:28:47, 17:53:58)			
2. John Cookson, 51 ON	52.800	95.200	170.425
(5:24:06, 9:26:46, 12:34:18, 20:53:08, 22:36:44)			
3. Scott Walsh, 19 ON	61.200	107.600	165.345
(4:48:48, 8:05:50, 10:20:06, 20:12:45, 22:32:02)			
4. Paul Raymond, 43 ON	56.800	100.800	164.647
(5:12:19, 8:54:43, 11:44:15, 19:58:21, 22:10:43)			
5. Jacques Caplette, 51, PQ	42.000	83.600	162.592
(7:07:51, 11:32:11, 14:27:06, 22:17:57, 23:45:56)			

6. Tom Restoule, 47, ON	48.000	86.000	161.642
(6:16:58, 10:22:47, 13:50:18, 22:35:22, 23:52:05)			
7. Bill Dickey, 58, CA	45.600	84.800	159.692
(6:37:09, 11:10:52, 14:14:10, 22:23:49)			
8. Odino Soligo, 76, ON	50.800	86.800	152.825
(5:49:02, 10:08:31, 13:55:29, 23:21:48)			
<i>(Canadian 75-79 records: 24hrs/152.825km, 12hrs/86.800Km, 6hrs/50.800km, 30mi/5:36:58, 50km/5:49:02, 60km/7:38:37, 40mi/7:44:09, 80km/10:05:25, 50mi/10:08:31, 100km/13:55:29, 150km/23:21:48. Also North American records 80km up to 24hrs)</i>			
9. Richard Urbanski, 50, ON	63.600	106.800	150.000
(4:25:35, 8:12:13, 11:00:33, 21:58:13)			
10. Greg Bohuslawsky, 45, ON	50.400	93.600	149.511
(6:15:58, 10:14:08, 14:14:46)			
11. Marcel Ratthe, 33, PQ	53.200	89.200	148.082
(5:34:21, 10:36:40, 13:59:30)			
12. (F) Aimee Runge, 31 ON	49.200	89.600	147.237
(6:05:26, 10:24:13, 13:58:26)			
13. Simon Laporte, 46, PQ	49.600	84.800	143.608
(6:02:21, 11:08:47, 15:18:26)			
14. Terry Martin, 51, ON	66.00	120.000	142.403
(4:25:42, 7:21:18, 9:36:57)			
15. (F) Diane Melanson, 56, CA	44.000	81.200	139.822
(6:56:29, 11:51:47, 15:26:45)			
16. Ronald Gehl, 50, ON	60.000	102.000	136.113
(4:51:23, 8:56:12, 11:36:34)			
17. Mike Gillespie, 47, ON	50.400	99.200	132.900
(5:55:20, 9:33:51, 12:03:02)			
18. Gord Harthun, 43, ON	50.000	86.800	131.945
(5:56:09, 10:30:06, 14:37:47)			
19. Joe Cleary, 57, ON	44.400	83.600	130.730
(6:45:30, 11:18:44, 14:58:47)			
20. Neree St.-Amand, 52, PQ	45.600	76.800	130.637
(6:46:30, 12:38:04, 16:38:43)			
21. Egor Egan, 43 NS	57.200	82.000	125.930
(5:04:35, 9:10:57, 14:25:57)			
22. Paul Smith, 52, PQ	44.000	82.800	118.424
(7:01:24, 11:30:29, 15:19:29)			
23. Jim Glen, 30, ON	48.800	78.800	117.164
(6:06:35, 12:14:36, 16:35:49)			
24. Howard Parker, 48, ON	46.000	80.800	116.938
6:43:04, 11:47:05, 16:43:21)			
25. (F) Sherry McLean, 48, ON	42.400	82.000	116.900
(6:58:57, 11:31:37, 15:11:37)			
26. Grant Campbell, 38, ON	48.800	69.600	115.439
(6:06:29, 13:39:40, 17:24:49)			
27. Michel Gouin, 37, PQ	49.600	80.800	115.409
(6:00:33, 11:53:37, 18:52:57)			
28. Michael Gehl, 20, ON	46.400	80.400	113.534
(6:30:08, 11:58:30, 19:31:27)			
29. (F) Linda Hodkin, 49, ON	42.400	82.000	110.899
(6:58:57, 11:31:37, 21:55:13)			
30. (F) Kim Campbell, 41, ON	43.600	72.000	110.731
(7:08:00, 13:32:03, 19:19:08)			
31. Tony Martin, 33, ON	58.000	98.800	107.600
(5:02:59, 9:24:24, 12:12:18)			
32. Irving Silver, 63, ON	34.00	63.600	103.790
(9:20:59, 17:33:15, 22:28:59)			
33. Peter Suomela, 48, ON	52.800	91.600	100.000
(5:27:59, 9:57:16, 13:46:19)			

34. Doug Barber, 51, ON (4:20:18, 7:45:54)	65.600	84.400	96.075
35. Ron Kempel, 54, ON (5:54:09, 11:27:07)	50.000	81.200	81.200
36. Ian Hill, 47, ON (5:31:33, 10:30:21)	53.200	80.800	80.800
37. Ross Millson, 44, ON 5:55:22, 11:55:36)	50.400	80.800	80.800
38. (F) Helen Malmberg, 51, ON (6:26:31, 13:13:52)	47.200	70.400	80.467
39. Alfred Koehn, 56 ON (8:11:26)	39.200	66.400	66.400
40. Elliot Aronoff, 43, ON (5:56:02)	50.000	50.400	53.529
41. Mitch Miller, 30, ON (11:03:35)	35.200	50.000	51.200
42. Edwin Alexander, 52, ON (7:54:00)	40.000	50.000	50.000
43. Howard Gossack, 30, ON	30.400	47.200	47.200
44. Jess Heroux, 51, ON	38.000	42.000	42.000
45. (F) Lisa Dworkin, 24, ON	00.000	9.200	30.000

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