



The Sri Chinmoy 19th Annual International 24 HOUR RACE

Ottawa-Hull, Canada

18-19 September 1999 (Certified 400-metre track)

[Distance Splits](#) [Michael Careau & Sy Mah Awards](#)

Time Splits (distances in kms)

6 and 12 hour distances are nearest full lap completed

Name					24 hrs	6 hrs	12 hrs
1	Richard Urbanski	52	M Coldwater	ON	192.000	58.4	110.8
2	Steve Govier	35	M Kitchener	ON	181.389	54.4	100.4
3	Michael Gillespie	49	M Toronto	ON	178.206	51.2	98.8
4	Hans Maier	60	M Markham	ON	172.795	53.2	90.8
5	Laurier Quesnel	45	M St-Hubert	QC	163.245	57.6	94.4
6	Karin Westfahl	27	F Waterloo	ON	158.002	52.8	97.6
7	Aimee Runge	33	F Toronto	ON	154.245	53.2	93.6
8	Greg Bohuslawsky	47	M Toronto	ON	145.076	46.4	81.6
9	Suzanne Farla	46	F Woodville	ON	143.200	50.0	80.8
10	Monica Scholz	32	F Jerseyville	ON	139.701	50.4	87.2
11	Gord England	46	M Scarborough	ON	138.000	57.2	96.4
12	Ed Ciesielski	60	M Hamilton	ON	133.177	45.2	80.0
13	Ronald Gehl	52	M Kitchener	ON	132.800	56.0	98.8
14	Ron Kempel	56	M Elmira	ON	130.000	49.2	84.4
15	Paul Smith	54	M Brossard	QC	129.344	42.0	78.8
16	Deirdre Morison	53	F Ottawa	ON	128.805	45.2	81.6
17	Rob Udell	45	M Toronto	ON	128.800	48.8	88.8
18	Simon Laporte	48	M Joliette	QC	126.519	46.4	78.4
19	Colin Kingsford	56	M Ottawa	ON	122.800	60.4	102.0
20	Victor Bhatt	48	M Houston	TX	118.795	42.0	72.0
21	Linda Hodkin	51	F Toronto	ON	117.806	42.4	77.6
22	Sam Livingston	38	M Weatherford	TX	115.709	38.4	67.2
23	Joe Cleary	59	M Georgetown	ON	113.989	38.8	68.4
24	Peter Suomela	51	M Nepean	ON	112.800	56.8	97.6
25	Virginia Govier	32	F Kitchener	ON	110.245	46.4	76.4
26	Glen Monken	39	M Brampton	ON	109.428	46.4	78.8
27	Sheldon Skirten	50	M Pensacola	FL	108.000	54.4	87.6
28	Ryne Melcher	20	M Kitchener	ON	104.812	56.8	86.4
29	Heather Monken	38	F Brampton	ON	104.620	39.2	65.2
30	Carl J. Andersen	63	M Montreal	QC	103.990	44.0	69.2
31	Howard Parker	49	M Scarborough	ON	102.800	52.0	81.2
32	Bill LaDieu	49	M Harrisburg	PA	102.400	50.4	84.8
33	Charlie Upshall	54	M Schomberg	ON	100.000	49.2	87.2
34	François Philippe	32	M Sudbury	ON	100.000	53.2	91.6
35	Mike McCulley	37	M Pensacola	FL	100.000	52.8	81.6
36	Milena Kerecki	50	F Zurich	SUI	92.314	39.6	71.2
37	Helen Malmberg	53	F Toronto	ON	82.400	38.0	60.8
38	Sherry McLean	50	F Don Mills	ON	61.408	0.0	33.6
39	Dian Pleet	53	F Ottawa	ON	60.000	36.4	60.0
40	Håkan Engqvist	27	M Uppsala	SWE	42.400	42.4	42.4
41	Jess Heroux	53	M Burlington	ON	42.000	25.6	42.0

Intermediate Distance Splits

	50 km	50 mi	100 km	150 km	100 mi
1 Richard Urbanski	4:57:50	8:17:32	10:41:13	17:07:28	18:35:55
2 Steve Govier	5:19:20	9:17:10	11:53:26	19:38:31	21:12:19

3	Michael Gillespie	5:50:50	9:35:03	12:10:46	18:29:20	19:53:43
4	Hans Maier	5:33:56	9:50:03	13:06:34	20:24:07	22:08:12
5	Laurier Quesnel	5:03:50	9:06:25	12:53:58	21:33:50	23:31:15
6	Karin Westfahl	5:29:51	9:28:55	12:22:11	22:46:24	
7	Aimee Runge	5:31:59	9:40:05	12:56:14	23:14:24	
8	Greg Bohuslawsky	6:27:14	10:51:54	14:31:31		
9	Suzanne Farla	5:48:11	10:52:43	15:42:11		
10	Monica Scholz	5:54:21	9:57:08	15:03:50		
11	Gord England	5:08:51	9:30:17	12:26:25		
12	Ed Ciesielski	6:47:58	12:02:50	16:45:37		
13	Ronald Gehl	5:13:18	9:16:25	12:12:21		
14	Ron Kempel	6:05:10	10:22:20	14:51:36		
15	Paul Smith	7:15:51	12:12:20	16:07:22		
16	Deirdre Morison	6:42:03	11:39:42	15:11:44		
17	Rob Udell	6:05:00	10:28:47	14:33:49		
18	Simon Laporte	6:27:43	12:22:19	18:45:10		
19	Colin Kingsford	4:41:12	8:23:02	11:37:39		
20	Victor Bhatt	7:30:55	13:32:15	18:17:41		
21	Linda Hodkin	7:22:13	12:27:25	17:32:05		
22	Sam Livingston	8:17:42	15:22:24	19:30:04		
23	Joe Cleary	7:45:36	14:20:42	17:47:18		
24	Peter Suomela	5:06:45	9:03:05	12:11:28		
25	Virginia Govier	6:52:36	12:34:23	19:22:08		
26	Glen Monken	6:34:40	12:18:20	17:29:51		
27	Sheldon Skirten	5:19:20	10:11:07	14:16:26		
28	Ryne Melcher	4:31:02	10:30:33	16:00:25		
29	Heather Monken	8:03:21	17:35:35	22:50:38		
30	Carl J. Andersen	7:35:08	17:10:47	23:01:52		
31	Howard Parker	5:35:22	11:40:32	17:00:06		
32	Bill LaDieu	5:53:57	11:20:00	15:19:39		
33	Charlie Upshall	6:04:50	10:49:59	15:15:20		
34	François Philippe	5:25:37	10:06:10	13:14:44		
35	Mike McCulley	5:35:00	11:40:47	15:49:50		
36	Milena Kerecki	7:59:42	13:36:57			
37	Helen Malmberg	8:58:44	17:05:17			
38	Sherry McLean	16:59:05				
39	Dian Pleet	8:16:23				
40	Håkan Engqvist	-				
41	Jess Heroux	-				

Michel Careau Award (top rookie)

Male: Steve Govier

Female: Suzanne Farla

Sy Mah Award (most even 50 mile splits in first 100 miles)

Michael Gillespie

(Results: Sri Chinmoy Marathon Team, Alan Ferguson RD)

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[Race Photos](#)