



The Sri Chinmoy International 24 HOUR RACE

Ottawa, Canada
8-9 September 2001 (Certified 400-metre track)
Canadian 24-hour championships

race report by [Jim Morrison](#)

race report by [Alan Ferguson](#), RD

(split times in kms for 6hrs and 12hrs)

Overall Results

Name	24Hr (Km)	Mi/yd
1 Michel Voyer, 53, Jonquiere QC (53.600, 94.800)	182.528	113m734y
2 Ron Gehl, 54, Kichener ON (56.800, 98.800)	169.370	105m424y
3 Rolly Portelance, 58, Chelmsford ON (49.600, 91.200)	168.528	104m1264y
4 Les Michalak, 50, Burlington ON (54.000, 98.000)	154.796	96m327y
5 Jim Morrison, 43, Thornhill ON (54.000, 86.000)	152.800	94m1663y
6 Jim Martin, 52, Lindsay ON (46.000, 81.200)	139.133	86m797y
7 Hans Maier, 61, Markham ON (48.800, 85.200)	135.200	84m16y
8 Randy Davies, 40, Winnipeg MB (43.200, 75.600)	128.879	80m143y
9 (f) Pat Sommers, 48, Kitchener ON (49.600, 85.600)	123.600	76m1410y
10 Marcel Tremblay, 36, Montreal QC (46.800, 72.800)	122.010	75m1431y
11 John Turner, 42, Burlington ON (44.400, 76.000)	118.904	73m1554y
12 Michel Gouin, 41, Drummondville QC (44.000, 73.200)	118.577	73m1196y
13 Fred Jepson, 51, Burlington ON (45.600, 76.800)	115.133	71m950y
14 Nadeem Khan, 22, Scarborough ON (46.000, 68.800)	114.110	70m1591y
15 (f) Cynthia Black, 27 Petersburg ON (46.400, 83.200)	113.600	70m1034y
16 Simon Laporte, 50 Joliette QC (44.000, 62.000)	108.075	67m271y
17 Paul Smith, 55, Montreal QC (44.000, 74.800)	105.821	65m1327y
18 Bill Howell, 45, Ottawa ON (42.800, 69.600)	102.668	63m1398y
19 Steve Timmings, 41, Brampton ON (42.400, 71.600)	100.635	62m935y
20 Michael Gillespie, 50, Toronto ON (47.600, 82.400)	100.000	62m241y
21 Terry Gehl, 32, St. Charles QC (26.800, 62.000)	100.000	62m241y
22 Bill Monken, 50, Brampton ON (36.400, 60.000)	92.000	57m292y
23 Gary O'Connor, 43, Fergus ON (40.000, 57.600)	91.200	56m1177y
24 (f) Heather Monken, 40, Brampton ON (26.000, 49.200)	90.000	55m1624y
25 Harry Lepp, 44, Danielson CT (58.800, 88.000)	88.000	54m1197y
26 Sam Livingston, 39, Weatherford TX (32.400, 56.000)	80.800	50m363y

27	Odino Soligo, 80, Thornhill ON (36.400, 53.600)	74.000	45m1727y
28	Charlie Upshall, 56, Schomberg ON (49.200, 71.600)	71.600	44m862y
29	(f) Linda Hodkin, 53, Toronto ON (34.400, 57.200)	67.600	42m8y
30	Howard Parker, 51, Toronto ON (40.000, 59.600)	67.200	41m1330y
31	Gord England, 48, Toronto ON (43.200, 57.600)	66.800	41m893y
32	(f) Diane Pleet, 54, Ottawa ON (37.200, 46.800)	55.600	34m964y
33	Tony Martin, 37, Kitchener ON (42.400, 55.200)	55.200	34m527y
34	(f) Helen Malmberg, 55, Toronto ON (32.800, 52.400)	52.400	32m985y
35	(f) Sarah Gilmore, 22 Scarborough ON (33.600, 43.200)	43.200	26m1483y
36	Wally Herman, 75, Ottawa ON (38.000, 42.400)	42.400	26m609y
37	(f) Suzanne Farla, 47, Woodville ON (30.400, 30.400)	30.400	18m1565

Splits by Distance

50Km 50Mi 100Km 150Km 100Mi

1	Michel Voyer, 53, Jonquiere QC 5:28:02 9:43:54 12:44:07 19:23:35 20:50:51
2	Ron Gehl, 54, Kichener ON 5:11:08 9:34:34 12:09:10 20:52:42 22:41:48
3	Rolly Portelance, 58, Chelmsford ON 36:00:33 10:21:24 13:15:32 21:02:02 22:45:43
4	Les Michalak, 50, Burlington ON 5:26:54 9:25:15 12:17:19 23:34:09
5	Jim Morrison, 43, Thornhill ON 5:19:43 10:52:01 14:23:11 23:42:45
6	Jim Martin, 52, Lindsay ON 6:38:56 11:49:57 12:13:51
7	Hans Maier, 61, Markham ON 6:07:51 11:13:36 14:42:46
8	Randy Davies, 40, Winnipeg MB 7:09:39 12:46:04 17:26:52
9	(f) Pat Sommers, 48, Kitchener ON 6:00:45 11:19:22 14:08:51
10	Marcel Tremblay, 36, Montreal QC 6:43:31 13:29:57 17:41:20
11	John Turner, 42, Burlington ON 6:57:23 12:30:33 15:47:18
12	Michel Gouin, 41, Drummondville QC 7:03:38 13:49:19 20:09:45
13	Fred Jepson, 51, Burlington ON 16:37:42 12:36:49 17:23:23
14	Nadeem Khan, 22, Scarborough ON 6:46:24 15:03:10 19:39:42
15	(f) Cynthia Black, 27 Petersburg ON 6:33:39 11:18:15 15:03:20
16	Simon Laporte, 50 Joliette QC 8:03:31 17:54:03 23:04:39
17	Paul Smith, 55, Montreal QC 6:57:49 13:15:08 19:29:06
18	Bill Howell, 45, Ottawa ON 7:44:23 14:32:49 23:07:07
19	Steve Timmings, 41, Brampton ON 7:40:11 13:51:47 23:51:33
20	Michael Gillespie, 50, Toronto ON 6:22:33 11:32:00 15:27:50
21	Terry Gehl, 32, St. Charles QC 10:21:48 16:01:20 20:23:20

- 22 Bill Monken, 50, Brampton ON
9:23:58 17:15:50
- 23 Gary O'Connor, 43, Fergus ON
9:58:20 18:42:04
- 24 (f) Heather Monken, 40, Brampton ON
12:06:15 21:03:04
- 25 Harry Lepp, 44, Danielson CT
4:50:19 8:32:07
- 26 Sam Livingston, 39, Weatherford TX
8:10:42 19:16:21
- 27 Odino Soligo, 80, Thornhill ON
9:38:24
- 28 Charlie Upshall, 56, Schomberg ON
6:05:02
- 29 (f) Linda Hodkin, 53, Toronto ON
9:24:07
- 30 Howard Parker, 51, Toronto ON
10:41:45
- 31 Gord England, 48, Toronto ON
10:43:30
- 32 (f) Diane Pleet, 54, Ottawa ON
12:29:29
- 33 Tony Martin, 37, Kitchener ON
9:40:49
- 34 (f) Helen Malmberg, 55, Toronto ON
11:06:34
- 35 (f) Sarah Gilmore, 22 Scarborough ON
- 36 Wally Herman, 75, Ottawa ON
- 37 (f) Suzanne Farla, 47, Woodville ON

Michel Careau Award (top rookie)

Female: Pat Sommers

Male: Jim Morrison

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

Michel Voyer

*from (Ultramarathon World: <http://fox.nstn.ca/~dblaike>)
(Sri Chinmoy Marathon Team) Updated 11 Sep 2001*

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