



The Sri Chinmoy International 24 HOUR RACE

Ottawa, Canada

14-15 September 2002 (Certified 400-metre track)

Canadian 24-hour championships

[article on Charlie Upshall's
age group record](#)

| | | | | | kms |
|----|---------------------|-----|---------------|-----|------------|
| 1 | Harry Lepp | 45 | Danielson | CT | 200.65 |
| 2 | Robert Lebrun | 49 | Callandar | | 182.40 |
| 3 | Charlie Upshall | 57 | Schomberg | | 180.229* |
| 4 | Bjorn Grass | 41 | Bach Driberg | Ger | 170.00 |
| 5 | Hans Maier | 62 | Markham | | 159.21 |
| 6 | Michel Gouin | 42 | Drummondville | QC | 143.20 |
| 7 | Pat Sommers | 49F | Kitchener | | 132.00 |
| 8 | Henry VanGemert | 41 | Oakville | | 131.20 |
| 9 | Mark Bomhower | 45 | Kitchener | | 128.80 |
| 10 | John Turner | 43 | Burlington | | 124.40 |
| 11 | Bill Monken | 42 | Brampton | | 123.60 |
| 12 | Nicki Lauzon | 27F | London | | 120.00 |
| 13 | Heather Monken | 41F | Brampton | | 112.40 |
| 14 | Maggie Hopewell | 48F | Pembroke | | 104.91 |
| 15 | Paul Smith | 56 | Brossard | QC | 104.00 |
| 16 | Joe Cleary | 62 | Georgetown | | 103.20 |
| 17 | Marjorie Adam | 58F | Deep River | | 103.20 |
| 18 | Ronald Gehl | 55 | Kitchener | | 103.20 |
| 19 | Steve Timmings | 42 | Brampton | | 103.20 |
| 20 | Jim Glen | 35 | Hamilton | | 102.30 |
| 21 | William Neil Howell | 46 | Ottawa | | 101.05 |
| 22 | Ryne Melcher | 23 | Waterloo | | 90.80 |
| 23 | Ian Hill | 52 | Osgoode | | 90.40 |
| 24 | Chris Kantomer | 50 | Naughton | | 90.00 |
| 25 | Tony Dumas | 45 | Sudbury | | 90.00 |
| 26 | Peter Suomela | 53 | Nepean | | 89.20 |
| 27 | Andre April | 40 | Aylmer | QC | 85.20 |
| 28 | Jim Newin | 49 | Chambly | QC | 83.60 |
| 29 | Jim Martin | 53 | Lindsay | | 80.80 |
| 30 | Ron Kempel | 59 | Elmira | | 80.80 |
| 31 | Dian Pleet | 55F | Ottawa | | 80.40 |

* Canadian male 55-59 record, old record by Wally Herman 1984

| Distance Splits | 50 km | 50 mi | 100 km | 150 km | 100 mi | 200 km |
|------------------------|--------------|--------------|---------------|---------------|---------------|---------------|
| 1 Harry Lepp | 5:02:26 | 8:16:32 | 10:19:36 | 16:51:35 | 18:23:29 | 23:55:06 |
| 2 Robert Lebrun | 5:21:10 | 8:54:06 | 11:36:37 | 18:52:09 | 20:41:59 | |
| 3 Charlie Upshall | 5:51:09 | 10:01:30 | 12:49:00 | 19:55:39 | 21:32:15 | |
| 4 Bjorn Grass | 4:39:35 | 7:59:08 | 10:20:09 | 18:45:16 | 21:23:27 | |
| 5 Hans Maier | 5:41:22 | 10:26:23 | 13:34:42 | 22:33:29 | | |
| 6 Michel Gouin | 5:31:10 | 10:07:13 | 14:53:16 | | | |
| 7 Pat Sommers | 5:29:52 | 10:01:24 | 13:05:54 | | | |
| 8 Henry Van Gemert | 5:32:27 | 9:40:43 | 14:22:29 | | | |
| 9 Mark Bomhower | 4:32:34 | 8:22:57 | 11:58:09 | | | |
| 10 John Turner | 6:16:50 | 10:39:56 | 14:31:16 | | | |
| 11 Bill Monken | 6:13:37 | 11:29:48 | 15:49:26 | | | |
| 12 Nicki Lauzon | 6:45:24 | 11:23:56 | 15:25:54 | | | |
| 13 Heather Monken | 8:08:44 | 14:38:29 | n/a | | | |
| 14 Maggie Hopewell | 9:19:41 | 15:09:12 | 23:10:57 | | | |
| 15 Paul Smith | 6:38:30 | 11:48:20 | 16:52:42 | | | |
| 16 Joe Cleary | 7:55:40 | 15:22:46 | 23:12:22 | | | |

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|----|----------------------|---------|----------|----------|
| 17 | Marjorie Adam | 6:45:48 | 13:15:47 | n/a |
| 18 | Ronald Gehl | 5:14:54 | 10:15:08 | 14:21:49 |
| 19 | Steve Timmings | 6:28:35 | 11:41:18 | 17:05:30 |
| 20 | Jim Glen | 6:36:15 | 12:22:26 | 23:37:54 |
| 21 | William Neil Howell | 7:23:10 | 13:31:02 | 23:42:06 |
| 22 | Ryne Melcher | 4:49:44 | 9:26:16 | |
| 23 | Ian Hill | 5:44:45 | 10:23:39 | |
| 24 | Christopher Kantomer | 8:20:28 | 17:19:57 | |
| 25 | Tony Dumas | 7:42:20 | 17:27:58 | |
| 26 | Peter Suomela | 6:25:25 | 11:21:01 | |
| 27 | Andre April | 5:12:57 | 10:00:16 | |
| 28 | Jim Newin | 5:43:20 | 10:14:47 | |
| 29 | Jim Martin | 7:54:22 | 15:29:40 | |
| 30 | Ron Kempel | 8:01:10 | 15:50:29 | |
| 31 | Dian Pleet | 9:38:30 | 16:24:43 | |

Michel Careau Award (top rookie)

Female: Nicki Lauzon

Male: Robert Lebrun

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

Charlie Upshall

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

Race Photos - none yet

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the OUSer