



**THE 23rd ANNUAL
INTERNATIONAL 24 HOUR
SELF-TRANSCENDENCE RACE**

Ottawa, Canada

11-12 September 2004 (Certified 400-metre track)

Place	Name	Age			kms (24 hr)	(12 hr)
1	Bryan Mason	59M	Toronto		193.207	111.200
2	Keith Peters	35M	St. Catherines		181.227	96.000
3	Jim Newin	51M	St. Hilaire	QC	180.116	103.600
4	Ray Zirblis	50M	Northfield	VT	177.501	93.200
5	Rolly Portelance	61M	Chelmsford		169.200	95.600
6	Nadeem Khan	25M	Toronto		165.855	92.000
7	Sue Armstrong	44F	Dunrobin		162.657	93.200
8	Jeff Sine	39M	Erin		162.654	80.000
9	Hans Maier	65M	Markham		162.112	89.600
10	Paul Smith	58M	Dieppe	NB	148.105	88.000
11	Ron Gehl	57M	Kitchener		147.731	97.600
12	Matthew Gibb	27M	St. Paul d'Abbotsford	QC	143.902	96.000
13	Laurie McGrath	36F	Kitchener		143.731	114.800
14	Jim Morrison	45M	Thornhill		133.516	90.000
15	Cynthia Black	20F	RR # 2 Petersburg		133.380	86.000
16	Jim Martin	55M	Lindsay		132.058	76.000
17	Andre April	42M	Gatineau	QC	130.000	76.800
18	Bill Monken	44M	Brampton		125.600	85.200
19	Mark Coates	24M	Ottawa		120.794	74.000
20	Paul de Biasi	69M	Washago		117.768	64.000
21	Wendy Coates	25F	Ottawa		116.102	65.600
22	Marjorie Adam	60F	Deep River		111.297	71.600
23	Heather Monken	43F	Brampton		110.810	60.400
24	Adrienne Kinsella	34F	Kingston		103.772	67.600
25	Richard Bonebrake	62M	Asquith	SK	101.032	60.000
26	Peter Suomela	55M	Nepean		100.400	90.800
27	Tony Dumas	47M	Sudbury		100.000	67.200
28	Maggie Wakeling	50F	Pembroke		84.400	62.000
29	John Remington	40M	Richmond Hill		76.000	76.000
30	Gaetan Portelance	36M	Ottawa		67.200	54.800
31	Leslie Nigh	39F	Richmond Hill		60.000	60.000
32	Jane Hughes	31F	Brampton		59.795	43.200
33	Janet Culig	30F	Brampton		57.396	42.800
34	Angela Kannenberg	27F	Bolton		42.400	42.400
35	Michelle Schultz	29F	Bolton		42.400	42.400
36	Jim Glen	37M	Hamilton		34.411	14.800

Time Splits by distance

		50 km	50 mi	100 km	150 km	100 mi
1	Bryan Mason	5:04:14	8:17:06	10:33:40	17:17:22	18:54:13
2	Keith Peters	6:11:22	9:56:28	12:23:57	19:28:47	21:00:44
3	Jim Newin	5:04:36	8:48:44	11:31:35	19:57:27	21:29:03
4	Ray Zirblis	5:56:01	10:09:37	12:52:49	19:52:07	21:22:43
5	Rolly Portelance	5:44:52	9:47:09	12:36:19	20:26:30	22:33:34
6	Nadeem Khan	6:04:23	10:22:17	13:17:06	21:11:55	23:05:01
7	Sue Armstrong	5:36:25	10:08:30	12:51:24	21:42:49	23:05:01
8	Jeff Sine	6:06:45	12:01:10	14:55:10	22:11:52	23:39:40
9	Hans Maier	5:59:28	10:37:55	13:35:50	21:57:04	23:51:10
10	Paul Smith	6:00:14	10:40:06	14:05:42		
11	Ron Gehl	4:50:58	9:05:43	12:30:40		
12	Matthew Gibb	5:36:18	9:29:56	12:36:01		

13	Laurie McGrath	4:32:35	7:49:41	10:03:28
14	Jim Morrison	5:06:09	9:10:14	13:48:56
15	Cynthia Black	5:49:44	10:38:55	13:57:18
16	Jim Martin	7:05:23	12:47:41	16:33:42
17	Andre April	7:15:36	12:37:04	15:50:08
18	Bill Monken	5:56:34	10:38:31	15:08:00
19	Mark Coates	7:08:42	13:27:44	18:18:01
20	Paul de Biasi	8:24:36	15:43:23	20:18:25
21	Wendy Coates	8:16:54	15:14:10	19:45:34
22	Marjorie Adam	7:36:11	14:39:19	22:22:25
23	Heather Monken	10:00:38	16:02:56	21:48:46
24	Adrienne Kinsella	8:14:40	15:29:33	23:01:51
25	Richard Bonebrake	9:39:24	16:10:19	23:48:18
26	Peter Suomela	5:17:39	9:34:50	13:56:06
27	Tony Dumas	7:51:19	14:54:25	19:37:09
28	Maggie Wakeling	8:58:16	18:28:42	
29	John Remington	4:31:41		
30	Gaetan Portelance	11:06:13		
31	Leslie Nigh	6:27:02		
32	Jane Hughes	14:52:40		
33	Janet Culig	15:05:17		
34	Angela Kannenberg			
35	Michelle Schultz			
36	Jim Glen			

Michel Careau Award (top rookie)

Female: Laurie McGrath

Male: Bryan Mason

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

Jeff Sine

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

Race Photos

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