



**THE 24th ANNUAL
INTERNATIONAL 24 HOUR
SELF-TRANSCENDENCE RACE**

Ottawa, Canada

10-11 September 2005 (Certified 400-metre track)

Place	Name	Age			kms
1	Jim Newin	52 M	Mont-Saint-Hilaire	QC	192.358
2	Ray Zirblis	51 M	Northfield	VT	186.423
3	Robert Lebrun	52 M	Callander		183.243
4	Sue Armstrong	45 F	Dunrobin		178.025
5	Laurie McGrath	37 F	Baden		176.005
6	Nadeem Khan	26 M	Toronto		174.610
7	P. Frank Reddon	43 M	Fort Erie		168.800
8	Albert Miclette	69 M	St- Jean-Sur-Richelieu	QC	164.839
9	Cherie Harthun	28 F	Hamilton		164.784
10	Sylvain Bernier	40 M	Kingsey-Falls	QC	152.400
11	Paul Smith	59 M	Dieppe	NB	151.686
12	Cynthia Laforty	44 F	Brockville		150.000
13	Charles Smith	45 M	Waterloo		147.326
14	Christina Laflamme	30 F	Toronto		144.380
15	Michel Gouin	45 M	Drummondville	QC	144.239
16	Ronald Gehl	58 M	Kitchener		141.600
17	David Agar	43 M	Orleans		140.290
18	Gautumi Sykorova	25 F	Ottawa		138.660
19	Andre Coulombe	49 M	Montmagny	QC	138.400
20	Jim Martin	56 M	Lindsay		135.977
21	Hans Maier	66 M	Markham		134.405
22	Andre April	43 M	Gatineau	QC	132.800
23	Cameron Lutley	28 M	Scarborough		130.504
24	Heather Monken	44 F	Brampton		119.485
25	Eric Dugal	31 M	St-amable	QC	116.000
26	Marjorie Adam	61 F	Deep River		113.485
27	Wendy Coates	26 F	Ottawa		112.428
28	Jim Glen	38 M	Hamilton		108.787
29	Charlie Upshall	60 M	Simcoe		108.400
30	Newton Baker	63 M	Montpelier	VT	104.000
31	John Remington	41 M	Richmond Hill		102.400
32	Peter Suomela	56 M	Kanata		100.400
33	Jane Hughes	32 F	Brampton		86.000
34	Trevor Harthun	14 M	Hamilton		84.017
35	Gord Harthun	50 M	Hamilton		83.983
36	Steve Timmings	45 M	Brampton		83.043
37	Colin Kingsford	62 M	Ottawa		80.400
38	Richard Bonebrake	63 M	Asquith	SK	80.400
39	Tony Dumas	48 M	Sudbury		67.600
40	Jessica Timmings	18 F	Brampton		64.400
41	Carlene Paquette	36 F	Carp		64.000
42	Justin Nigh	18 M	Richmond Hill		63.695
43	Christopher Kantomer	53 M	Avonmore		60.800
44	Angela Kannenberg	28 F	Toronto		50.000
45	Margaret Li	24 F	London		42.800

12 Hour and Time Splits to follow

Michel Careau Award (top rookie)

Female: Cherie Harthun

Male: P. Frank Reddon

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

Cherie Harthun

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

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