



The 8<sup>th</sup> Annual  
Sri Chinmoy  
6 Hour Run  
Kingston, Ontario, Canada  
June 10, 2000

Race Report  
*by John Remington*

Kingston had great weather with the 14C at the start feeling like 22C with the humidity. Luckily it soon warmed up to 23C which felt like 30C. Over 50 people lined up to run the measured one kilometre course around the beautiful grounds of the Royal Military College.

Ryne Melcher surprised everyone by uncharacteristically starting with 3 minute 30 second kilometres. Unfortunately Ryne then had to sit out most of the race as he had flu on the Thursday! Thanks to him for crewing for us and supporting Jennifer Dick. Monica Scholz came and did a few laps in a very relaxed way only a week after a second place at Old Dominion 100 mile. She was to do the Mohican 100 Mile the following weekend. Thanks to Monica for then crewing for us over the last few hours, it really helped.

Scott Turner ran great to nail second in 74km and hold on to his lead in the OUS points race. Doug Barber looked great for the whole race to get 4th and win the 50+ division. Way to go Doug and thanks for making me work. Doug and Ron Gehl now have won 2 races each in the 50+ division, with Ron holding a slight edge in points. Paul Chenery made his ultra debut with a fine 68+ km to take 5th place.

Diane Cizek looked great as she won comfortably in 66km for her 3rd win in 3 OUS races this year. More impressive was her speech at the awards. Truly inspirational! Patricia Sommers took second with 60.174 earning enough points to hang onto the lead in the women's points standings. Tied for third were Suzanne Farla and Karin Westfahl with 59½. Just 358 metres behind this duo was Paula Burchat. Sixth woman and first in the women's 50+ was Marion Landry with 51.217. Leslie Nigh finished her first OUS race this year in just over 50k and without major knee pain - look out if I can get her legs fixed!

John Culhane ran mostly solo to nail his first of many ultra victories in 77k. Hopefully he will get to go to the 100 km Worlds this year. I think I trained him too well!!!

I ran 72km for a personal worse but had a blast and I am itching for Niagara! Thanks to John Culhane for giving me a beer (Molson Export) after 4 hours. It helped me increase my pace to put me briefly into second ahead of Scott and to keep me ahead of Doug. I recommend a swift beer when you are hydrated but tired.

The most impressive sunburn award went to Daniel Boon and the most inspiring runner award went to Gord England who also had a pb race. Way to go mates!

The race is as nice a way as I know of to spend 6 hours with friends in this sport - let's make it 75 entries next year.

[download](#) *Excel file of results with marathon, 50km, 60km & 40 mile splits*

				<u>kms</u>	
1	Culhane	John	Toronto	77.106	
2	Turner	Scott	London	74.440	
3	Remington	John	Etobicoke	72.326	
4	Barber	Doug	Owen Sound	70.174	M50+
5	Chenery	Paul	Toronto	68.227	
6	Gehl	Ronald	Kitchener	66.752	M50+
7	Cizek	Diane	Burlington	66.574	F<50
8	England	Gord	Scarborough	66.500	
9	Govier	Steve	Kitchener	65.500	
10	Myers	Scott	Burlington	65.342	
11	Sousa	Michael	Ottawa	63.470	
12	Inglis	Ross	St.Catharines	62.711	
13	Gillespie	Michael	Toronto	62.704	M50+
14	Maier	Hans	Markham	62.141	M50+
15	Khan	Nadeem	Scarborough	61.640	
16	Sommers	Patricia	Kitchener	60.174	F<50
17	Urbanski	Richard	Coldwater	60.000	M50+
18	Farla	Suzanne	Woodville	59.480	F<50
19	Westfahl	Karin	Kitchener	59.480	F<50
20	Ciesielski	Ed	Hamilton	59.195	M50+
21	Burchat	Paula	Ottawa	59.122	F<50
22	Martin	Tony	Kitchener	56.597	
23	Martin	Jim	Lindsay	56.250	M50+
24	Landry	Donald	Montreal QC	55.217	M50+
25	Quesnel	Laurier	St-Hubert QC	55.000	
26	Lance	Bob	Kemptville	54.472	
27	Magee	Brian	Kanata	53.472	M50+
28	Glen	Jim	Hamilton	52.000	
29	Parker	Howard	Scarborough	52.000	M50+
30	Smith	Paul	Brossard QC	51.308	M50+
31	Landry	Marion	Montreal QC	51.217	F50+
32	Cleary	Joe	Georgetown	51.148	M50+
33	Philippe	Frank	Sudbury	50.664	
34	Boon	Daniel	Orillia	50.502	
35	Nigh	Leslie	Etobicoke	50.230	F<50
36	Kingsford	Colin	Ile Bizard QC	50.000	M50+
37	Harthun	Gord	Hamilton	49.513	
38	Mah	Esmond	Toronto	49.277	M50+
39	Dick	Jennifer	Waterloo	48.713	F<50
40	Hodkin	Linda	Toronto	48.621	F50+
41	Malmberg	Helen	Toronto	47.350	F50+
42	Bohuslawsky	Greg	Toronto	46.830	
43	Hendricks	Marla	Waco TX	45.791	F<50
44	Ashford	Keith	Kingston	45.440	M50+
45	McLean	Sherry	Don Mills	45.138	F50+
46	Guigere	Chris	Kingston	44.440	
47	Melcher	Ryne	Waterloo	43.713	
48	Aronoff	Elliot	Toronto	32.000	
49	Lance	Courtney	Kemptville	30.472	F<50
50	Miller-Cushon	Emily	Merrickville	30.472	F<50
51	Scholz	Monica	Ancaster	18.000	F<50

*Results: Hladini Wilson, RD*

## [Race Photos](#)