



The 11th Annual
Sri Chinmoy
6 Hour Run
Kingston, Ontario, Canada
June 7, 2003

Results, updated July 1, 2003

			km			Mar	40-mi
1	Barteaux	Bruce	47	74.554	Bedford	NS	3:13:43 5:05:28
2	Melcher	Ryne	24	73.214	Waterloo		3:09:13 5:07:24
3	England	Gord	50	66.041	Toronto		3:39:59 5:47:17
4	Burchat	Paula	32	F 64.114	Ottawa		3:51:52
5	Newin	Jim	50	63.912	Chambly	QC	3:38:10
6	Paquette	Mitzi	33	F 63.751	Oshawa		3:49:53
7	Sommers	Patricia	50	F 63.443	Kitchener		3:49:12
8	Rutherford	Jane	25	F 62.167	Guelph		3:53:54
9	Hill	Ian	53	61.307	Osgoode		3:57:58
10	Landry	Donald	57	61.094	Montreal	QC	4:00:43
11	Maier	Hans	63	60.888	Markham		4:03:20
12	Martin	Jim	39	57.327	Lindsay		3:56:51
13	Gouin	Michel	35	57.182	Drummondville	QC	n/a
14	Parker	Howard	53	56.327	Scarborough		4:03:50
15	Hawley	Angie	36	F 56.024	Pickering		4:28:54
16	Kennedy	Bernadette	43	F 56.024	Toronto		4:28:54
17	April	André	41	56	Aylmer	QC	4:13:51
18	Power	Tony	40	55.751	St. Catharines		4:12:03
19	Miller-Cushon	Jim	46	55.3	Merrickville		4:16:14
20	Hurdman	Elizabeth	46	F 54.807	Toronto		4:28:19
21	Stiel	Sandi	40	F 54.391	Toronto		4:34:40
22	Nugent	John	43	54.224	Kingston		4:41:05
23	Philippe	Frank	36	53.445	Val Caron		4:19:09
24	Gehl	Ronald	55	53.073	Kitchener		4:30:51
25	Sarson	George	56	53	Waterloo		4:33:51
26	Harvey	Neil	28	52.211	Guelph		4:49:37
27	Hanna	Sylvia	25	F 52.209	Puslinch		4:39:36
28	Cowie	Alex	65	52	Oshawa		4:33:00
29	Myers	Scott	30	52	Burlington		3:55:54
30	Magee	Brian	59	51.372	Kanata		4:36:45
31	Monken	Bill	43	51	Brampton		4:38:55
32	Samarelli	Mike	48	48.72	Pickering		4:55:10
33	Cleary	Joe	63	48.588	Georgetown		5:16:29
34	Vavasour	Cynthia	47	F 47.371	Waterloo		4:48:47
35	Landry	Marion	58	F 47.125	Montreal	QC	5:18:04
36	Hopewell	Maggie	48	F 45.141	Pembroke		5:37:48
37	Remington	John	38	45	Richmond Hill		4:26:01
38	Malmberg	Helen	56	F 44.559	Toronto		5:40:14
39	Soligo	Odino	82	44.101	Thornhill		5:44:52
40	Miller-Cushon	Liam	13	43.301	Merrickville		5:48:15
41	Aronoff	Elliot	48	43	Toronto		4:50:49
42	Monken	Heather	42	F 42.596	Brampton		5:56:23
43	Davies	Cliff	68	42.586	Brampton		5:56:23
44	Shannette	Anna	49	F 42.548	Ottawa		5:56:23
45	Martelle	Michael	28	40.02	Montreal	QC	
46	Nigh	Leslie Ann	38	F 35	Richmond Hill		
47	Bermon	Cathy	30	F 31	Oakville		
48	Myers	Laurie	28	F 30	Burlington		
49	Berard	Lucette-Helene	55	F 30	Hull	QC	
50	Sarson	Peggy	49	F 25	Waterloo		
51	Nigh	Dorothy	67	F 21	Richmond Hill		
52	Nigh	John	69	21	Richmond Hill		

Race Report
by Scott Myers

Thanks to everyone who organized, volunteered and participated in Kingston's great Sri Chimnoy 6 Hour Run. There were about 55 runners in total. Nobody could have asked for better weather- overcast, but no rain. It was very buggy to start (I wasn't sure if we were running along Lake. Ontario or the infamous West Nile at times), but a light breeze picked up later in the day, eradicating the bugs.

For those unfamiliar with the format of this run, it is a "run-as-you-please" run along a 1 km loop. There is a very small "speed bump" which helps use slightly different muscle groups, and is otherwise pancake flat. There is roughly one lap counter for every four or five runners, who tracks who many loops each runner completes.

Some of my favourites about this race is that a/ you get to run with runners of all abilities, so you get to know your fellow ultra runners who you may not otherwise get to run with b/ you are not just another number- bibs have your name written on it instead of a number and c/ everyone "finishes" at the same time. In fixed distance races, the top finishers can be well on their way home before the last warrior completes the course. Definitely one of the most social races in the series.

Concerning the 2003 edition, it was, as always, excellently organized. The race was preceded with the traditional group photo in front of the Fort Frederick Martello tower. The volunteers were cheerful and encouraging. Our webmaster, Esmond Mah, snapped shots and our other official photog, Peggy Sarson, walked 25 kms! Tony Martin also made the trek up to capture the event on video.

The women's race was especially exciting as in the waning hours of the race, there was only 100 meters separating the top 3 females.

Every participant completed a ballot for "Most Inspiring Runner." Odino Soligo took the title for running 44 km- as an added bonus, my wife Laurie donated her fold-up seat to Odino. Odino had envied the seat on each loop and "hoped to be able to afford one like that some day." Everyone enjoyed the great home-cooked vegetarian post-race feast served just before the awards ceremony. Besides recognising the top finishers, every participant was awarded a personal "Certificate of Completion" with their final distance, and women received a rose.

Something you don't see at every race is a marriage proposal. TUR RD John Remington awarded a few remaining awards from his race a month earlier, and then called up a surprised Leslie Nigh. John took one knee and presented the ring. No one ever really heard Leslie accept his proposal, and rumour has it that she is waiting for a vote by the OUS board of directors. Congratulations to Leslie and John!

Thanks again to all volunteers and runners. Make sure to spread the word about this gem of a race!

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