

Athletics Yukon's Annual Canada Day 1-miler Run & Walk
Thursday, July 1, 2010

Some say that the mile is the classic test in running. It combines speed and stamina. It has a legendary history. On May 6, 1954, at Oxford University a British medical student, the now famous Sir Roger Bannister, became the first human in history to break the 4 minute barrier in a time of 3:59:4. Until then, many experts believed that such a feat was physiologically impossible. Since that time, over a 1,000 runners have completed the mile in under four minutes. The world record is 3:43. There is at least one Yukoner who has come close to breaking 4 minutes in a 1-miler with a time of 4:03.

There were 12 participants in Athletics Yukon's Canada Day 1 Miler (1.6 km). It was held on the "riverwall" portion of the Millennium Trail starting near the Robert Service Campground and finishing near the SS Klondike. The theme of this year's event was youth as 6 of the 12 runners were under 20 years old including four who were pre-teens. The youngest participants seemed to relish running a mile as fast as their feet would let them. Leading the group of young runners was 10 year old Dylan Cozens (6:56) who has run in the 1-Miler several times. Dylan was followed by his younger brother Connor (8:08) who was followed by Thomas Moore (8:27). Rounding out the youthful runners was Tessa Moore (9:12).

Among the adult competitors, running foes Brittany Pearson, a member of Yukon's running squad at the 2009 CSG in PEI, and Tom Ulliyett crossed the line at the same time (5:32) in first place after being neck-in-neck throughout the race. Brock University student Coralie Ulliyett placed third and set a personal best in the 1 mile (6:39). Hockey player Bryan Craven burst across the finish line just 7 seconds later (6:46) at the same time as Sue Bogle. Finishing next at 7:10 was running stalwart Brenda Dion, who parlayed local soccer stardom into an international running career. Running with her daughter Tessa, Jackie Moore was the last of the adults (9:12).

Finally, walking at a pace that would cause many people's hearts to tremble, noted masters race walker Arlene Ogden crossed the line with a time of 10:36.

Tom Ulliyett for Athletics Yukon

Here are the Results:

Runners - Male

Tom Ulliyett 5:32

Bryan Craven 6:46

Dylan Cozens 6:56

Connor Cozens 8:08

Thomas Moore 8:27

Runners - Female

Brittany Smith 5:32

Coralie Ulliyett 6:39

Sue Bogle 6:56

Brenda Dion 7:10

Jackie Moore 9:12

Tessa Moore 9:12

Walkers

Arlene Ogden 10:36