



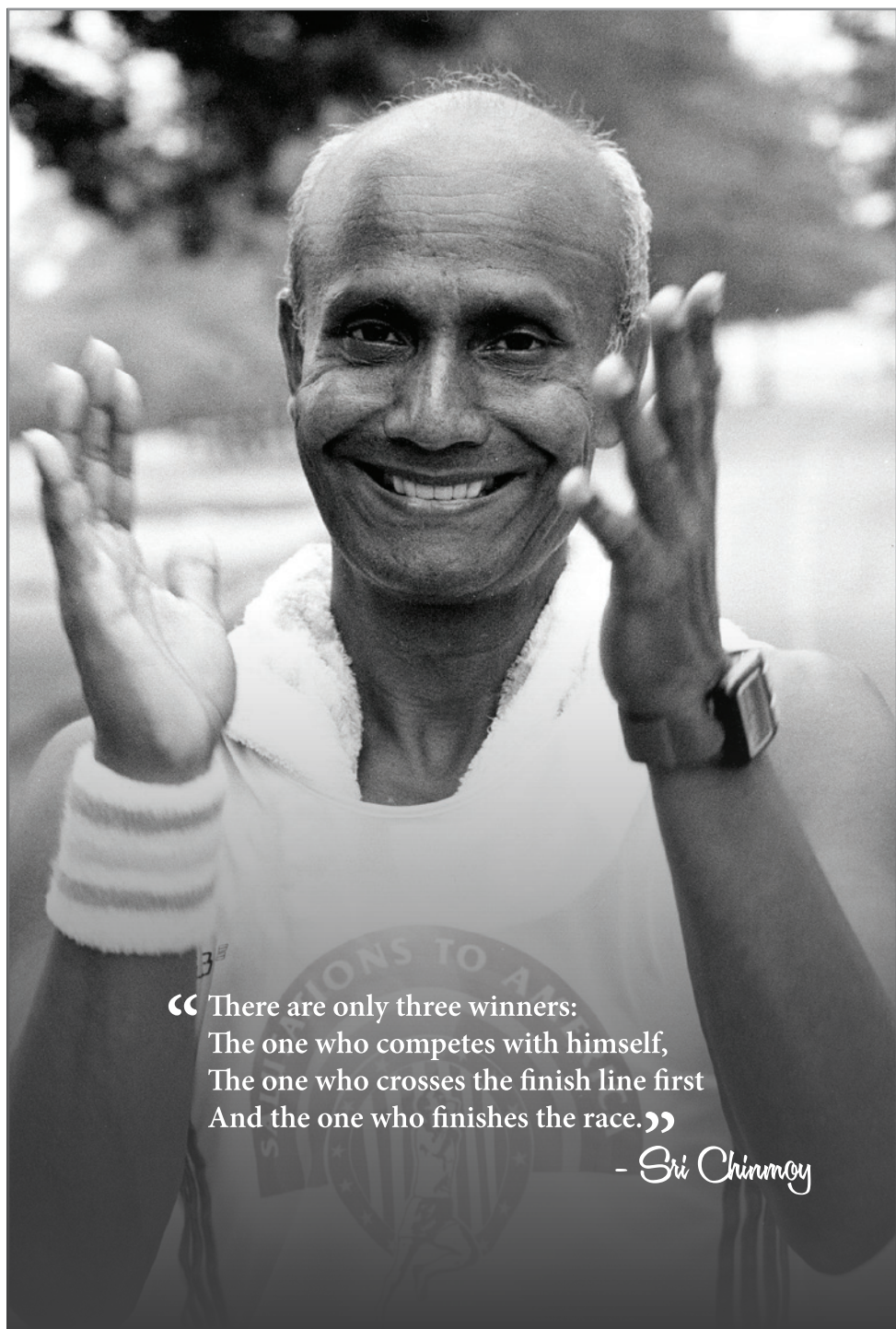
**SRI CHINMOY
MARATHON TEAM**



Self-Transcendence

24 Hour Track Race

Tooting Bec, London
21st - 22nd September 2019



“ There are only three winners:
The one who competes with himself,
The one who crosses the finish line first
And the one who finishes the race.”

- Sri Chinmoy

Welcome!

We welcome you to the 30th annual Sri Chinmoy Self -Transcendence 24 Hour Track Race, at Tooting Bec Athletics Track.

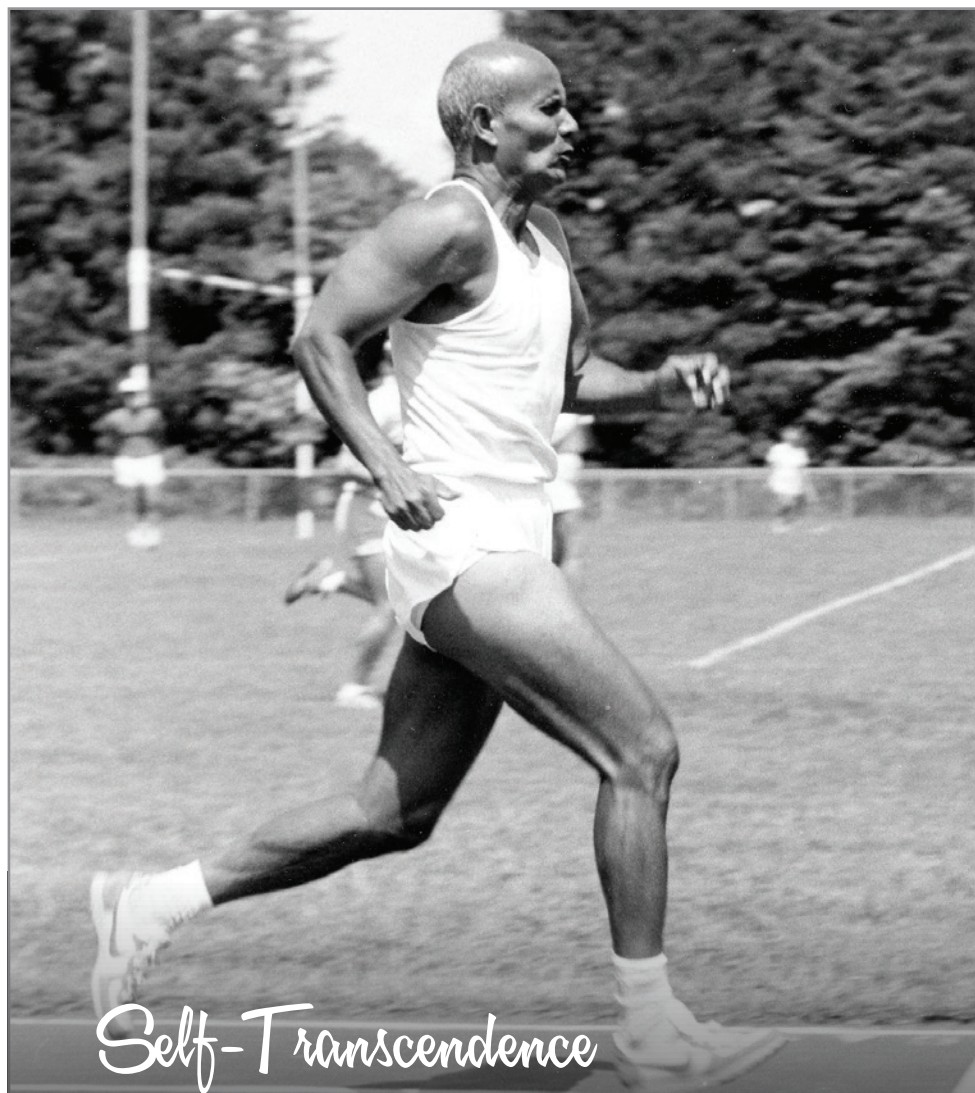
Each year we are inspired and awed by the courageous runners who challenge themselves to 24 hours of running. It is our honour to serve, encourage and support you as best we can. So if there's anything you need please do let us know.

We have a fine field of runners this year, and brief details of each competitor are given on the following pages.

We will have a race briefing at 11.15am, followed by the introduction of your lap counter. Once the race is underway the first hot meal will be served, followed by supper at 7pm and breakfast at 6am. After the race, there will be a meal followed by an awards ceremony at 1pm.

On behalf of the organising committee, we wish all the runners the best of luck and extend our gratitude to the officials and volunteers who have so readily offered to help this weekend. May everyone have a very enjoyable event!

Shankara & Devashishu
Race Directors



Self-Transcendence

“Self-transcendence gives us joy in boundless measure. When we transcend ourselves, we do not compete with others. We do not compete with the rest of the world, but at every moment we compete with ourselves. We compete only with our previous achievements. And each time we surpass our previous achievements, we get joy.”

- Sri Chinmoy



The Sri Chinmoy Marathon Team

Each year the Sri Chinmoy Marathon Team organises over 500 races world wide. These include the popular 5 & 10K series in London's Battersea Park and other UK cities, the 6-Day, 10-Day and world's longest race the 3,100 mile that take place in New York. 24 hour races are organised annually in North America, Europe, New Zealand and Australia. In addition there are Triathlons, Trail races and lots more, all over the world.

The Sri Chinmoy Marathon Team was founded in 1977 by Sri Chinmoy to offer public races as a service to the running community.

Sri Chinmoy's love of running began in his youth. At the Sri Aurobindo Ashram in South India he would train at the track for a long time each day in addition to the many hours he spent in meditation and other activities. He was the 100 metre sprint champion for ten years in his community and decathlon champion in 1958 and 1959.

Sri Chinmoy participated in sports in the spirit of Self-Transcendence – competing 'with' fellow athletes and not 'against' them in order to reach personal goals and then surpass those goals.

After coming to the West in 1964, Sri Chinmoy became a spiritual teacher to a small but dedicated group of students. His following grew to many hundreds through the early seventies, and the Sri Chinmoy Centre began to expand internationally. In his forties Sri Chinmoy entered the world of long distance running. Since that time many athletes from a wide range of sports have been inspired by his philosophy of Self-Transcendence and his extraordinary application of it in his own life.

Sri Chinmoy passed away on October 11, 2007 at his home in New York, aged 76.



The Ongkar Tony Smith Memorial Trophy

The London Self-Transcendence 24 Hour Track Race was initiated by Ongkar Tony Smith in 1989. He put this race on annually from that date, at different venues over the years. When he first secured Tooting Bec Track in 1993, he felt he had found the perfect location for the race, and so it continues to be the home of our event.

Ongkar was an active member of the RRC and staged many other races under the banner of the Sri Chinmoy Marathon Team. He was also the UK co-ordinator of the Peace Run. Along with founding the Run and Become, Become and Run running shops, Ongkar worked hard to encourage people of all abilities to participate in what he believed was the best of sports/exercise: running. His big beaming smile, hearty laugh and constant encouragement inspired many runners of all abilities to believe in themselves and reach for their goals.

Ongkar passed away in February 2006, and in recognition of his contribution to running, the RRC created the Ongkar Tony Smith Memorial Trophy which will be awarded at the medal ceremony on Sunday.

The Sri Chinmoy Oneness-Home Peace Run

The Sri Chinmoy Oneness-Home Peace Run is a global torch relay that symbolises humanity's universal aspiration for a more peaceful world. Now in it's third decade, the Peace Run is humanity's largest and longest grassroots effort for peace. The Peace Run does not seek to raise money or highlight any political cause, but simply strives to create goodwill among peoples of all nations.

Since its inception in 1987 the torch has visited more than 150 nations, covering over 395,000 miles (632,000 Km). Along the way people in thousands of communities – from children to senior citizens, from everyday folks to world leaders – have joined the Peace Run by carrying the torch a few steps or a few miles. Each person adds their hopes and dreams in a global wave of friendship and goodwill. Through participation and media coverage, the Peace Run has touched the lives of millions.

www.peacerun.org





Race Officials

Race Directors:

Timekeeper:

Race Referee:

Lap Recorders:

Medical:

Physiotherapists:

Refreshments:

Shankara Smith, Devashishu Torpy

Tarit Adrian Stott

Ian Champion

Suswara Martin Payne, Garga Chamberlain (Chiefs)
and members of Sri Chinmoy Marathon Team

Dr Kiess

Simon Nicole, Sue Gaastra & Team Medic.

Members of Sri Chinmoy Marathon Team

This Bronze Label event is organised according to UK Athletics rules, and to RRC and IAU standards regarding measurement of circuit, lap counting and ratification of records.

A UKA Ultra Distance Licensed Race.
OUT 19/583



Run and Become

www.runandbecome.com





8 Adriana Anghel (28), Romania

This will be Adriana's first 24 hr race. She recorded 115K at the 12 Heures D'Atletisme de Corredors in Barcelona last year.

2 6 Ann Bath (71), Britain | Club: 26.2 RRC

Since starting ultra running at the age of 60 she has set 10 UK records for V60 and V65 age groups, all at Tooting. This is her 8th time competing here. Her 24 hr PB is 115.9 miles recorded in 2016. Ann has completed the Centurion Grand Slam 100 mile races and is also an avid cyclist.

5 1 Emma Bird (45), Britain | Club: Portsmouth Joggers

This is Emma's first 24 hr race but she has three 100 Mile races under her belt, her best time recorded at the Thames Path 100 last year, 22:25.

5 2 Emily Foy (37), Britain

Emily has conquered many of the iconic ultra races including: GUCR, completing in 34:34; UTMB, Race to the Stones, Marathon des Sables and Ring O'Fire. At the Autumn 100 she finished in 21:29. This is her first 24 hr race.

5 3 Roz Glover (47), Britain | Club: Great Western R

This will be Roz's 5th time at Tooting and her PB is 176K. Roz's ultra race experience includes: Grand Union Canal in 39:17; Thames Path 100 in 21:56; and 24 Hores en Pista Barcelona.

5 4 Helle Manvik (43), Sweden | Club: Roherike Ultraloperklubb

Helle won the ATR 100 Mile in Sweden this year, recording 23:08, and the Great Dane Backyard Ultra, also 100 Miles long. Amongst other Ultras, she has completed the TDS UTMB (25:19) and Tjornardaren 100 M winning in 22:10. This will be Helle's first 24 hr.

5 5 Jo Newens (49), Britain | Club: RRC

Jo holds a 24 hr PB of 172K set at the Glenmore 24 last year. She ran the Self-Transcendence 100K in Perth this year, completing in 8:55. She is a veteran of West Highland Way, Highland Fling and other iconic Scottish Ultras. Jo won the World Masters Marathon Champs in 2015.

5 6 Sophie Power (37), Britain

This year, Sophie ran The Spine completing the 268M in 119 hrs. She has completed Spartathlon, finishing in 35:20, and UTMB. Sophie has recorded 22:08 at the SDW100. This will be her first 24 hr race; hopefully she won't miss the hills!



5 7 Patricia Seabrook (79), Britain | Club: Finch Coasters

Pat has completed here 15 times, setting her 108 miles PB in 1996. She completed her 500th Marathon in June this year. Add to these 20 LDWA 100 mile challenges and 12 Across Wales walks, plus too many others to mention. Pat is the living embodiment of age is no barrier!

5 8 Kathleen Short (43), Canada | Club: Brentwood RC

This is Kathleen's first 24 hr race. She has completed SDW100, and TP100 this summer in 22:28. Other Ultra's include Chiltern Wonderland and Eiger Ultra.

5 9 Kerry Sutton (50), Britain

Kerry set her 24 hr PB this year at Crawley, recording 188K. Other Ultra experiences include: placing 1st Woman at Lost Island Ultra Fiji, 1st Woman at the Thunder Run, TP 100, Everest Trail Race and Jungle Ultra.

6 0 Laura Swanton (39), Britain | Club: Mudcrew

Laura placed 1st Woman at Arc of Attrition this year, finishing in 26:48. She also placed 1st Woman at the Jurassic Coast 100K (12:55) and A100 where she recorded her fastest 100M time of 18:27. Last year she completed the Centurion Grand Slam 100M.

6 1 Melissa Venables (44), Britain | Club: Spa Striders

Melissa was 1st Woman at the Crawley 12 hr this year, recording 125K. In 2016 she was British 100K Champion, finishing in 8:15. She holds the women's course record for Brecon to Cardiff, 6:11. In 2015 she completed MDS, placing 7th Woman.

6 2 Alison Walker (35), Malaysia | Club: Portsmouth

This will be Alison's first 24 hr race and her goal is to break the Malaysian record of 150K. Her ultra experience includes Samphire 100 where she placed 2nd Woman in 21:36, Brecon to Cardiff, and Rat Race the Wall.

6 3 Steph Wilson (40), Britain | Club: Pudsey & Bramley

Steph set her 24 hr PB at Endure 24 this year, 176K. Steph has completed Highland Fling, Eiger Ultra, Calderdale Way and Ultra Tour Monte Rosa.

6 4 James Bennett (28), Britain | Club: 100 Marathon Club

James's 24 hr PB, set at Crawley, is 100 Miles. His ultra experience includes several 100M races, his best time recorded at SDW100 with 17:53; Kennet and Avon Canal completed in 31:58, and Leeds to Liverpool Canal.



6 5 Radu Budan (38), Moldova | Club: Sri Chinmoy MT

Radu holds a 24 hr PB of 136K, set at the Self-Transcendence 24 Hr in Basel. He has also competed in the 12 hr at the same race – though in a different year!

6 6 Darren Chalk (47), Britain | Club: South West RR

Darren's ran his first 24 hr here last year, recording 107M. Among other ultras, he has completed: Trans Gran Canaria 125K in 29:17; A100 in 22:35; and Race to the Stones 100K in 13:15.

6 7 Alex Copping (53), Britain | Club: Teambath AC

Alex set his 24 hr PB at Endure 24 Reading with 110M. He has completed The Spine in 137 hrs and Cotswold Way. In all, Alex has done seven 100M plus races but all on trail, so today will be a new experience for him.

6 8 Paul Corderoy (53), Britain | Club: Gloucester AC

Paul holds a 24 hr PB of 202K set at Athens 24 in 2015. Paul competed here in 2016, recording 172K, and again last year but was forced to withdraw at 134K. Other ultra races include the Autumn 100 in 21.29, Belfast 24, and Preston 24.

6 9 Ben Cuttle (43), Britain

Ben completed this year's TP100 in 20:59. Other ultras include SDW50 in 8:47, Cami de Cavalls and Pilgrim Challenge. This is Ben's first 24 hr.

7 0 Ettienne De Beer (39), South Africa

This will be Ettienne's first 24 hr race. He has completed Cumbria Way placing 6th in 14:45, and Hardwolds 80, placing 8th in 15:10. Etienne has also run and cycled, duathlon style, the entire coastline of the UK covering a distance of 4200 Miles in a staggering 49 days.

7 1 Paul Fernandez (45), Britain | Club: Abingdon AC

Paul set his 24 Hr PB here in 2010 with 204K. Recently he competed in the Self-Transcendence 50K in Perth, finishing in 3:19, Ridgeway, Brecon to Cardiff which he won in both 2019 and 2017. Paul was the British Trail Ultra Champion in 2016 and 2017.

7 2 Nate Filer (36), Britain | Club: Colchester H

Nate set his 24 hr PB at Harwich Runners 24 with 185K. Other Ultras include Spitfire Scramble and London to Brighton which he completed in 10:28.

7 3 Adam Firth (38), Britain

Adam ran 107M in 24 hrs at Escape from Meriden in 2017. He completed Hardmoors 110 in 27:43, Hardmoors 50 in 9:21 and Lavaredo Ultra, amongst others.



7 4 Ollie Garrod (26), Britain | Club: South London H

This is Ollie's first 24 hr race. He competed at the Self-Transcendence 100K in Perth this year, finishing in 7:09 and placing 5th. Other ultras include Gloucester 50K in 3:09 and Changan Ford Ultra in China which he finished in 3:17.

7 5 Francis Graham-Dixon (64), Britain | Club: Fulham RC

Francis completed the Centurion Grand Slam of 100M races last year and his best time was at A100 which he finished in 23:23.

7 6 Reima Hartikainen (56), Sweden | Club: Team Ultra Sweden

This will be Reima's sixth visit to Tooting, which he won in 2010. Reima's PB was set at Espoo in 2007, 241K and he has a total of twenty-seven 24 hr races under his belt.

7 7 Jamie Hauxwell (34), Britain

Jamie set his 24 hr PB here in 2017 recording an impressive 138 miles at his first ever 24 hr. He has won the Trail Attack 24 hr with 136 miles. Other ultras include placing 3rd at Hardmoors 200. Jamie has also won Lyke Wake 44M, White Rose Ultra and Hardwick Park 6 hr.

7 8 Per Audun Heskestad (64), Norway | Club: FIL AKS

Per Audun holds a 24 hr PB of 237K, set at Bislett in 2013. Last year he recorded 9:57 at the World 100K Champs in Croatia. Other ultras include the Bislett 48 hr.

7 9 Neil Kapoor (51), Britain

This is Neil's fifth time here and he holds a PB of 110 miles set in 2004, which he narrowly missed bettering in 2017. He was one of the few to survive last year's deluge and still be on the track at the end. Other ultras include GUCR, Badwater, Deca Ironman, Spartathlon and Thames Ring 250. Then there's Ultra Arch 2 Arc: run to Dover, swim the Channel, cycle to Paris, completed in 2014.

8 0 Phillip Kynaston (31), Britain | Club: London City AC

Phillip's ultra experience includes TP 100, completed in 22:43, TP 100K, finishing in 11:33 and Thames Trot. This is his first 24 hr race.

8 1 Luke Latimer (42), Britain

Luke set his PB here in 2014, recording 107 miles. His crammed Ultra CV includes GUC, The Spine, Crawley 12 Hour (79 Miles), Lakeland 100 and SDW50. Last year he completed the Centurion Grand Slam, recording his best time at A100, 21:36.



8 2 George Lloyd (31), Britain | Club: Run Fast

George did the MDS in 2014, and more recently the SDW 100 which he finished in 20:43. Other Ultras include Ultra Trail Mount Rosa 3 day stage race and SDW50.

8 3 Ray McCurdy (64), Britain | Club: 100 Marathon Club

A veteran ultra runner, Ray has run every Sri Chinmoy Self-Transcendence Tooting Bec race since 1998. His PB of 86 miles was set at Perth in 2008. Ray has completed over 150 Ultras. Races include Cesar's Camp, West Highland Way, Highland Fling, Catevan Trails, and D33.

8 4 Dave More (44), Britain | Club: Metro Aberdeen RC

Dave ran his first 24 hr here in 2017, recording 186K, he followed up the next year at Crawley, bettering his distance to 193K. Other Ultras include Great Glen Ultra 71 Miles with 2000m assents in 13.55, Highland Fling and West Highland Way completed in 19:51.

8 5 Geoff Oliver (86), Britain | Club: Hinckley RC

Geoffrey is a running legend! Over the years he has set many UK Records and World Age Bests. Currently, he holds the WB for 24 hrs in the Vet 75, 80 and 85 age categories, 100M in Vet 75 and 80, 12 hrs in Vet 80 & 85, and 100K in Vet 85, plus many UK age bests. We are proud and honoured that all these records have been set at our Sri Chinmoy Self-Transcendence 24 hr races. To put it into perspective his V80 100 mile record is 24:01, second on the list is 32:09 by Bill Dodson and ultra legend Ted Corbitt stands 7th with 43 hrs.

8 6 Robert Payne (30), Britain | Club: Caistor RC

Robert set his 24 hr PB at Equinox 24 last year with 210K, a race which he won and set the course record in the process. He placed 2nd at Hardwolds Ultra, completing in 13:07. Other Ultras include Highland Fling and Country to Capital.

8 7 Benjamin Pierre (37), France

Benjamin ran here in 2016, completing 104M in his first 24 hr. Since then he has completed the Isle of Wight 106K, Thames Path 50K and Belle Ile en Trail 50M.

8 8 Richard Quennell (51), Britain | Club: Parkland Jog & Run

We are excited to have Richard return on the 10th anniversary of his impressive win here in 2009, when he recorded 145M. His 24 hr PB was set at the World Champs in 2010, 152.9M. After a break, he returned to Ultra running in 2017 and recorded 208K at Crawley 24 hr this year.s



8 9 Brian Robb (35), Britain | Club: Bitton RR

Brian set his 24 hr PB here last year, recording 194K, on his 4th 24 hr race. This sounds reasonable until you consider that it rained most of the 24 hours last year, the track flooded despite our best efforts and nearly half the field failed to finish. Brian is made of strong stuff! He has won the Green Man Midnight Express 45 miler three years on the trot, and completed the Thames Path 100 in 18.52.

9 0 David Shaw (35), Britain | Club: Dumbarton AC

David set his 24 hr PB at Glenmore 24 in 2016 with 131 miles. He has completed the West Highland Way in 19:25, placing 13th. Other ultras include Great Glen Ultra, placing 2nd in 12:30, and Devil O'the Highlands. David ran here last year but didn't survive the appalling weather, so he's determined to see it through this year.

9 1 Allen Smalls (51), Britain | Club: Colchester H

This is Allen's first 24 hr but he has completed LDWA 106M in 23:50, and Escape from Meriden 97M in 22 hrs so he is well prepared. This year he ran Madeira Ultra Trail of 115K with 7400m ascent in 23:50.

9 2 Andrew Smith (41), Britain

Andrew has a number of 100M races under his belt and he recorded his best time at TP100 this year, completing in 17:21 and placing 6th. Andrew has also run the OMAN by UTMB, completing the gruelling 137K in 40:16.

9 3 Alexander Steer (37), Germany

Alexander recorded his 24 hr PB at Cirencester last year with 198K. He has won the Isle of Wight Challenge and placed 2nd the year before, completing the 106K in 10:45. He pulled off the same feat in consecutive years at South Coast Challenge 100K. A longer race, the Elfsteden Ultraloop, saw him place 7th and complete 230K in 28 hrs.

9 4 Tamas Szikszay (42), Hungary

Tamas recorded his 24 hr PB at Endure 24 Helsinki in 2015 with 182K. At Crawley 12 hr he ran 120K. Tamas has also done the Barry 40 and Ultra Tisza-To 111K in Hungary.

9 5 Russell Tullett (57), Britain | Club: Portsmouth Joggers

Russell recorded his 24hr PB here in 2017 with 106M. This year he has completed the TP100 in 21:45. Other Ultras include the Self-Transcendence 100K in Paris, and GUCR which he completed in 39:55.



Runners

9 6 John Turner (69), Britain | Club: Blackheath & Bromley

Today will be John's 13th time at Tooting and he holds a PB of 116 miles. John has run too many ultras to mention but a highlight was his John O'Groats to Lands End in 2012. This year he's completed 554K at the Balatonfured 6 day race in Hungary.

9 7 Michael Wiggins (42), Britain | Club: Clapham Pioneers

Michael chose our wettest race in 19 years for his first 24 hr race last year, he not only managed to stay the course but recorded 99M, agonisingly close to the prized 100M, which he is determined to surpass this year. Other ultras include TP100 completed in 22:28, KACR and London to Brighton.

9 8 Peter Windross (48), Britain

At Crawley 24 hr this year, Peter recorded 227K. In 2018 he completed the Centurion Grand Slam, his fastest time being 15:35 at the A100.