



 Great Britain



Self-Transcendence

24 Hour Track Race

—
Tooting Bec, London
17th - 18th September 2016



Welcome!

We welcome you all to the Self-Transcendence Sri Chinmoy 24 Hour Track Race 2016, 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!

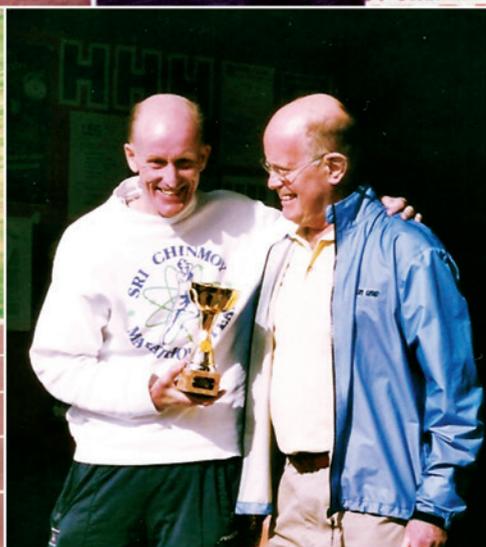
Shankara & Devashishu
Race Directors

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.





Self-Transcendence

“Running offers us the message of transcendence. In our running, every day we are aiming at a new goal ... every day we are running towards a goal, but when we reach that goal, we want to go still farther. Either we want to improve our timing or increase our distance. There is no end. Running means continual transcendence, and that is also the message of our inner life. ”

- Sri Chinmoy



The Sri Chinmoy AC

Each year the Sri Chinmoy Marathon Team organises over 500 races world wide. These include the popular series of races in London's Battersea Park and the 6-Day, 10-Day and 3,100 mile races that take place in New York during the summer months. In addition, 24 hour races are organised annually in North America, Europe, New Zealand and Australia.

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 years.



Race Officials

Race Directors:	Shankara Smith, Devashishu Torpy
Timekeeper:	Ian Champion
Race Referee:	Tarit Adrian Stott
Lap Recorders:	Suswara Martin Payne, Garga Chamberlain (Chiefs) and members of Sri Chinmoy Marathon Team
Medical:	Carol Waugh and team
Refreshments:	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. 112/16



Run and Become

www.runandbecome.com





Runners

2 Gary Allen (31), Britain

This will be Gary's first 24 hour race. Previous ultra races include Race to the Stones 100K which Gary completed in 13 ½ hours.

3 Israel Archuletta (37), USA

Israel holds a 24 hour PB of 100.9 Miles, set at Dawn till Dusk last year. Israel has many Ultras under his belt, recent races include: Across the Years 6 Day recording 249 Miles; Pickled Feet (great name for an Ultra!) 48 Hour; North Coast 24 Hour, Dome Alaska 6 Day race; and a 24 Hour at Bunbury in Western Australia this summer.

4 Victoria Barnes (30), Britain | Club: Surrey Walking Club

Victoria holds a 24 Hour PB of 77.5 Miles set at Schiedam in May this year. This is Victoria's first time competing at this race but she was a familiar sight a few decades ago when she would accompany her parents Richard and Sandra Brown. Indeed, she quotes this race as her first 24 hour; she clocked up 37 miles one year, as an 11 year old, whilst supporting her Mother.

5 Ann Bath (68), Britain | Club: 26.2 RRC

In Ann's first visit to Tooting – and first 24 hour – she won the ladies' race just outside the UK age best, a year later put that right, recording 176K. In 2013 Ann moved up an age group and recorded 164K. This year she competed at the Basel Self Transcendence 24 Hour completing a remarkable 173K. She has competed at various other ultras, including Thames Path 100, South and North Downs 100.

6 Simon Billson (40), Britain | Club: Brussels Blue Moon H3

Although this is Simon's first 24 hour race he comes well prepared, a veteran of many Ultras. Simon has completed the Comrades twice, Coventry Way, Lake Balaton 4 day race, Ecotrail 50M, South Tyne 47M and La Grande Journee de la Course a Pied.

7 Mark Bissell (29), Britain

Mark recorded his 24 Hour PB here in 2012 with 124 Miles. This will be Mark's fourth time at Tooting. Recently he has had success in 6 hour races but at the grand old age of 29 has decided it's time to return to 24 hours. 140 mile is his target today and he's got his lucky top with him, so fingers crossed it will live up to its name.

8 Barrington Bradley (66), Britain | Club: RRC

Barrington is something of a late bloomer in running, setting his Marathon PB of 3.45 at age 60, and competing in his first Ultra at 62. Last year he recorded 91 Miles at this race, he holds a 24 Hour PB of 92 Miles, recorded at Challenge Marshside Kent. Other Challenge events include the 52 Miler where his best time is 10.51.



9 Julie Calkins (35), USA

This will be Julie's first 24 hour race although she has competed over a similar length of time when completing the Rocky Raccoon 100 Mile race in 2011, in 25 hours. Julie's Ultra running experience extends to the Keswick Mountain 55K fell race, XNRG Druid Challenge, Pilgrim Challenge, OMM Lite where she was the overall winner in 2014 and Boston District AC 12 Hour where she was also the winner in both 2010 and 2012.

10 Diana Celeiro (60), Argentina | Club:AAFC Max

Diana will have travelled from Buenos Aires to compete here today. She first competed at Tooting in 2014, recording 178K. Diana holds the National Record for 12 hours with 96K, she has a 6 hour PB of 56K, a Marathon PB of 3.49, and has run a number of 50K trail races.

11 Adam Chapman (36), Britain

Adam has completed the famous Bob Graham Round in 23.35, Marathon Des Sables, Black Mountains Ultra (46M) in 8.55, Fellsman and Race to the Stones 100K in 10.53. This will be Adam's first 24 Hour race and his biggest challenge today could be the lack of hills!

12 Andy Cook (32), Britain

This is Andy's third time at Tooting, he set his 24 Hour PB here in 2010 recording 90 Miles. Andy also competed at the Hull 24 Hour a number of times.

13 Paul Corderoy (50), Britain | Club: Gloucester AC

Paul is an experienced Ultra runner and holds a 24 Hour PB of 202K set at Athens 24 in 2015. In 2015, along with the Athens race, Paul completed the Autumn 100M in 21.29, TP100 in 22.49, Crawley 12 Hour with 118K and Spitfire Scramble (120M) in 24.15.

14 Claire Ferguson (34), Britain | Club: Brussels Blue Moon H3

At Endure 24 in 2015 Claire recorded 100 Miles. She has competed at Trail des Trappistes 100K (15.30), Trans Gran Canaria 125K (28.41) CCC of the UTMB series, amongst other Ultras. We look forward to seeing what she can produce here today on the (for Claire) unusually flat surface.



1 5 Jon Fielden (42), Britain | Club: Hastings Runners

Jon competed here for the first time last year and recorded 95 Miles. This in itself was a solid achievement but remembering how he was struggling so much in the middle of the race, barely able to shuffle along, and then seeing a transformation as he came out the other side of this and was able to start running again was what makes us love organising this event. Jon's Ultra experience mainly consists of trails and mountains – South Downs 50 & 100 Eiger Trail - so we are very happy to see him return to the track for a second bash.

1 6 Anders Frank (40), Denmark

Anders has competed in a number of 12 Hour races, including Bislett in 2015 and Viborg in 2013, his 12 Hour PB is 123K set this May. Anders ran the Bramming 100K in 2014 in a time of 9.22.

1 7 Roz Glover (43), Britain | Club: Great Western Runners

Roz competed here for the first time last year and recorded 172K. 2015 was a busy race year for Roz, this year she's focusing on a few key races and has her sights set on improving last year's result. Roz's Ultra race experience includes: Grand Union Canal in 39.17; Thames Path 100 in 21.56 and Liverpool to Leeds (130M) in 33.30.

1 8 Dave Green (72), Britain

Dave has competed at this race four times and set a PB of 108 Miles in 2003. In recent years Dave has run Bridlington to Whitby and back (84M), Leeds to Bridlington (108M) and Lyke Wake Walk.

1 9 Vicky Hart (37), Britain | Club: Dumfries RC

Last year Vicky completed the Highland Fling (53M) in 10.58 and Lakeland 50 in 12.10. Vicky holds a 24 Hour PB of 164K set at Barcelona in 2012. She won the Crawley 12 Hour in 2013 with 105K.

2 0 Maurice Hemingway (61), Britain | Club: Riverside Runners

Maurice has completed 2 Thunder Run 24 Hours solo, each time completing 15 laps to give him 93 Miles. Other Ultras include the 12 Hour Overrun where he completed 65 Miles.

2 1 James Holmes (48), Britain

James set his 24 Hour PB at the 24 Hour Ultra Run in 2014 with 112 Miles. He is also a veteran of the Spartathlon which he completed last year in 35.40. James recorded 9.38 for 100K in 2014 and has also run Thames Path.



Runners

2 2 Nick Holt (41), Britain | Club: Wallasey AC

Nick's ultra experience mainly features a lot of trail ultras, including Ring of Fire (twice) with a best time of 30 hours and Apocalypse 100. So today's terrain offers a new experience.

2 3 Cameron Humphries (25), Britain | Club: Colchester H

Cameron is also more used to inclines than flat in his ultra running. Ultras include Run the Wall and Buffalo Stampede (45M). In 2013 he ran World's Toughest Mudder, enjoyed it so much he returned in 2014 and placed 28th.

2 4 Mahasatya Janczak (41), Poland | Club: Sri Chinmoy MT

This is the third consecutive year Mahasatya has run this race, last year he improved his 24 Hour best to 109 Miles. Mahasatya has embraced multi day races recently; at the Sri Chinmoy 6 day race in New York in 2015 he ran 304 miles, at the Sri Chinmoy 10 day race this year he recorded 574 Miles.

2 5 Grant Jeans (33), Britain

Grant holds a 24 Hour PB of 109 Miles set at Hull in 2009. He has competed at 100K for Great Britain and has a PB of 7.11. Recent years have been hampered by injury, though he managed to win the Barry 40 in 2012 and 2015 (4.25). Grant is now returning to longer Ultras and looking forward to improve on his 109 Miles.

2 6 Per Johansson (45), Sweden

Per holds a 24 Hour PB of 197K set at Skovde Ultra Festival in 2011. Recent ultras include the Toby Extreme Challenge 100 Miles which he completed in 18.54

2 7 Luca Sala (44), Italy

Luca holds an impressive 24 Hour PB of 218K, set at Campionato Italiano 24 Hour in 2008. His 100K PB is 7.46, set in 2014 and recent Ultras include Milano to San Remo (282K in 37 hours) and Nove Colli (202K in 25 hours). Luca is also head coach for the Italian National Team of Ultra running.

2 8 Andy Jordan (53), Britain | Harpenden Arrows

Andy has the course record for Thunder Run 24 Solo, a very impressive 220K, which he set in 2015. Andy competed Ridgeway in 15.54, placing first in his age group; UTMB, completing in 42.33; Centurion Winter 100; The Spine; Barcelona 24 Hour (171K) and UK Ultra Distance Trail Champs where he placed first in his age group.



2 9 Neil Kapoor (48), Britain

Neil last competed here in 2004 when he recorded 110 Miles. More recent Ultras include Beacons Ultra and Thames Ring 250. Arguably Neil's greatest Ultra achievement is the Arch 2 Arc, in 2014, run to Dover, swim the Channel, cycle to Paris! Though this achievement could be trumped soon as Neil is training for the Lineys 6633 – 350 Mile self-supported run to the Arctic.

3 0 Richard Kimmens (30), Britain | Club: R.R.C.

Richard competed his first 24 Hour in 2014 when he cracked the 100 Mile barrier by clocking up 103 miles, last year he was just short of the magic 200K with 196K. This year he will be looking to improve pass the 200K. He has raced the MDS – placing 31st, London to Brighton, Jurassic Coast Challenge and Thunder Run.

3 1 Graham Hoy (44), Britain

Graham is a relative newcomer to Ultra running. In April he completed the Glasgow to Edinburgh race (55M) in 8.40, placing 13th. He is very excited about taking on the new challenge of 24 Hours.

3 2 Neil MacNicol (44), Britain | Club: Beacon Runners

Neil holds an impressive 24 Hour PB, 143 Miles which he recorded at Glenmore 24 last year, coming just after fellow competitor James Stewart. 2015 also saw him complete the West Highland Way, Devil of the Highlands in 5.53 and Highland Fling in 7.57.

3 3 Michal Masnik (32), Slovakia

Michal first competed here in 2014 and stormed into 1st Male place with 205K. Last year, with a win at Crawley 12 Hour under his belt (134K), Michael was determined to improve on the 205K. Until hour 16 he was on course but an injury flare up saw him retire on 178K an hour later. Fingers crossed today will go perfectly.

3 4 Ray McCurdy (62), 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. This will be Ray's 138th Ultra. Races include Cesar's Camp, West Highland Way, Highland Fling, Cateran Trails, London to Brighton and the Gothenburg 48 hour. Ray recently celebrated completing 200 marathons.

3 5 Johan Meintjies (45), Britain

Johan ran 100 Miles at the Belfast 24 Hour last year, his first 24 Hour race. He has competed in the Highland Fling twice with a best of 11.30, Devil of the Highland in 8.17 and Glasgow to Edinburgh, completed in 9.20.



3 6 Sarah Morwood (33), Britain | Club: Mudcrew

Sarah has an impressive Ultras CV: 24 Hour PB of 135 Miles, set at 24 Hr du Ploeren in 2015; SDW100 in 2014, completed in 17.53; UTMB in the same year, 30.15; Race to the Stones, Centurion A100 2015 in 16.13; and SDW50 in 7.19. A bad accident in January means this is Sarah's first Ultra since recovery.

3 7 Benjamin Pierre (34), France

Benjamin is a relative newcomer to Ultra distance running having become inspired at the start of last year. He prepared well for his first Ultra, the London to Cambridge 100K, and completed it in 12.35. This year he ran the race again and brought his time down to 12.05.

3 8 Karen Rushton (49), Britain | Club: Winchester & District

Karen is an experienced and very good 100K runner. In recent years she has completed Belves European 100K in 8.29, Seregno World & European 100K in 8.22, Windschoten World & Euro in 8.34, Perth ACP in 8.16 and Gravesend ACP in 8.31. Along with a sub 3hour marathon last year, various 50K races and the England Trail Champs.

3 9 Steffi Schiffgen (44), Germany | Club: LG Derendingen

Steffi's Ultra race experience includes: Tortour de Ruhr 100K, completed in 11.34; Biel 100K in 12.27; and the Self Transcendence 12 Hour in Basel twice with a best of 104K.

4 0 Patricia Seabrook (75), Britain | Club: Finch Coasters

Pat is such a regular here at Tooting it simply wouldn't be the same without her. She has completed here 12 times, setting her 108 Miles PB in 1996, more recently she set the Women's Vet 70 record for this race with 84 miles. Pat has completed a staggering 460 Marathons, including 25 London Marathons. Add to this 18 LDWA 100 Mile Challenges and 9 Across Wales walks, plus too many others to mention. As inspirational women go, Pat is right up there!

4 1 Tadeusz Sekretarczyk (53), Poland

This will be Tadeusz's first 24 Hour race. His Ultra race experience includes the Steenwerck 100K that he has competed at a couple of times with a best time of 8.32. In recent years his best marathon time is 3.11, set at Berlin 2015.

4 2 Stuart Shipley (58), Britain | Club: Chesapeake R.R.

Stuart has completed an impressive 107 Ultras but never taken on a 24 Hour race. With races like GUCR under his belt - Stuart recorded a PB for GUCR with 34.31 this year - 24 Hours should be well within his capabilities. Stuart is looking to qualify for Spartathlon.



4 3 James Stewart (40), Britain | Club: Victoria Park City of Glasgow

Of all the runners competing in this year's race, James has the highest PB. He clocked up an impressive 144 Miles at Glenmore 24 last year, which broke the course record by 11 miles. 2015 also saw James win the Clydestride 40 and set a new course record. Other Ultra races include John Lucas 55, Glasgow to Edinburgh, Glen Ogle 33 and Deeside Way 33.

4 4 Steve Suttle (58), Britain | Club: Thanet R.R.

Steve set his 24 Hour PB here in 2006 with 113 Miles. This year he placed 5th at Crawley 12 Hour with 69 Miles, passing the RRC 1st Class standard for his age, so is intent of having a crack at that PB again.

4 5 Andrew Tuckey (40), Australia | Club: Bridgend A.C.

Andrew's Ultra race CV makes for impressive reading: 9th in the Western States 100 Mile in 17.19; Comrades in 6.19; winner of Coast 2 Kosei 240K in 24.33; 6th at the UTMB 100M in 22.40. Andrew has also competed three years in a row at TNF 100K where he placed in the top three each time.

4 6 Issac Williams (23), Britain | Club: Herne Hill Harriers

Isaac was a late entry to this race with an unusual reason for wanting to compete: 'I think, 'My First 24 Hour Race' would make for a great feature.' Isaac writes for Men's Running magazine, so we are hoping he won't be cursing his job by midnight. With Race to the King (53M) under his belt this year in 10.57, we reckon he's going to prove more than up to the challenge.



Run and Become is proud to sponsor the
Self-Transcendence 24 Hour race and
wishes all runners the best of luck!



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