



**SRI CHINMOY
MARATHON TEAM**

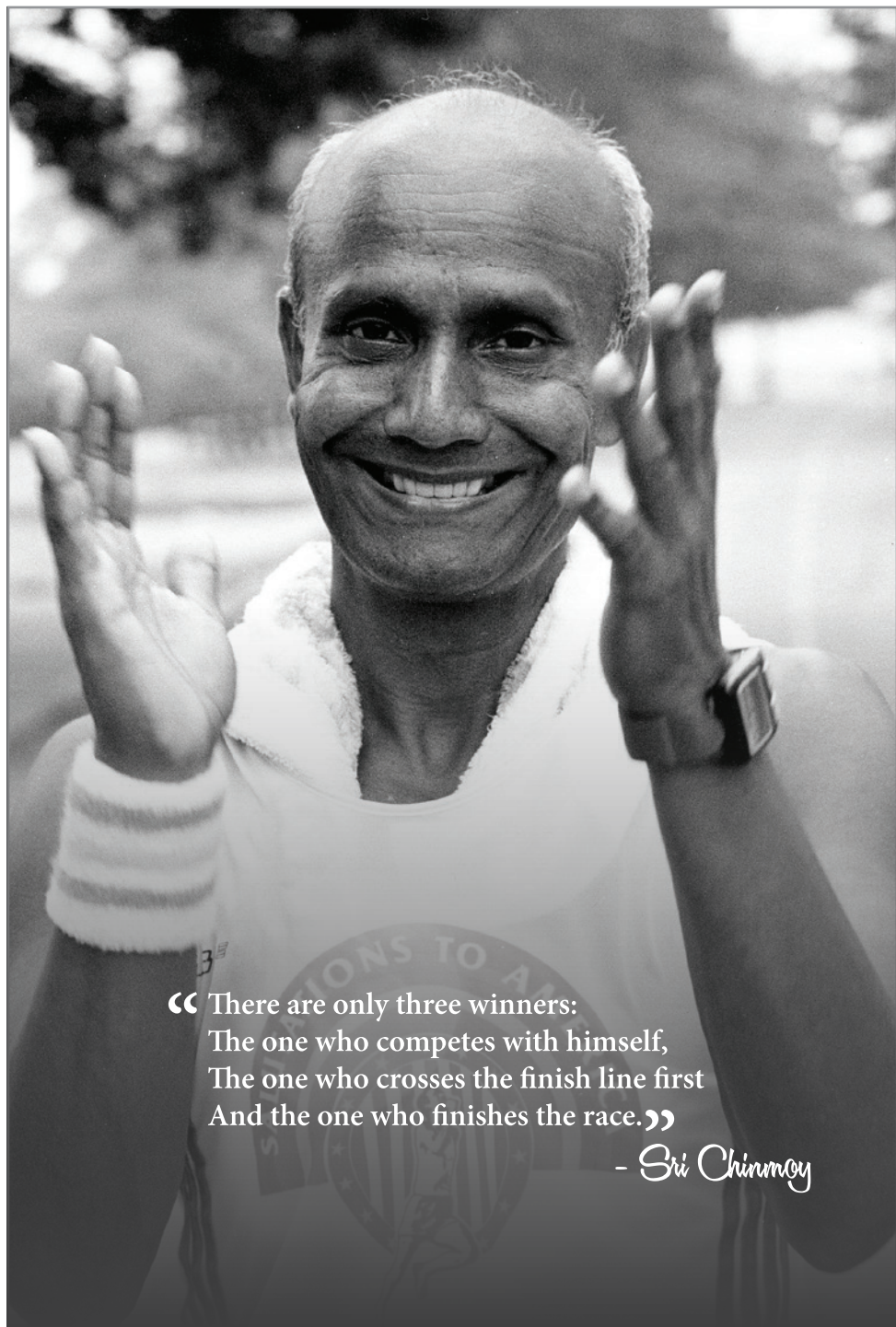
 **Great Britain**



Self-Transcendence

24 Hour Track Race

Tooting Bec, London
22nd - 23rd September 2018



“ 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 29th annual Sri Chinmoy Self -Transcendence 24 Hour Track Race, at Tooting Bec Athletics Track.

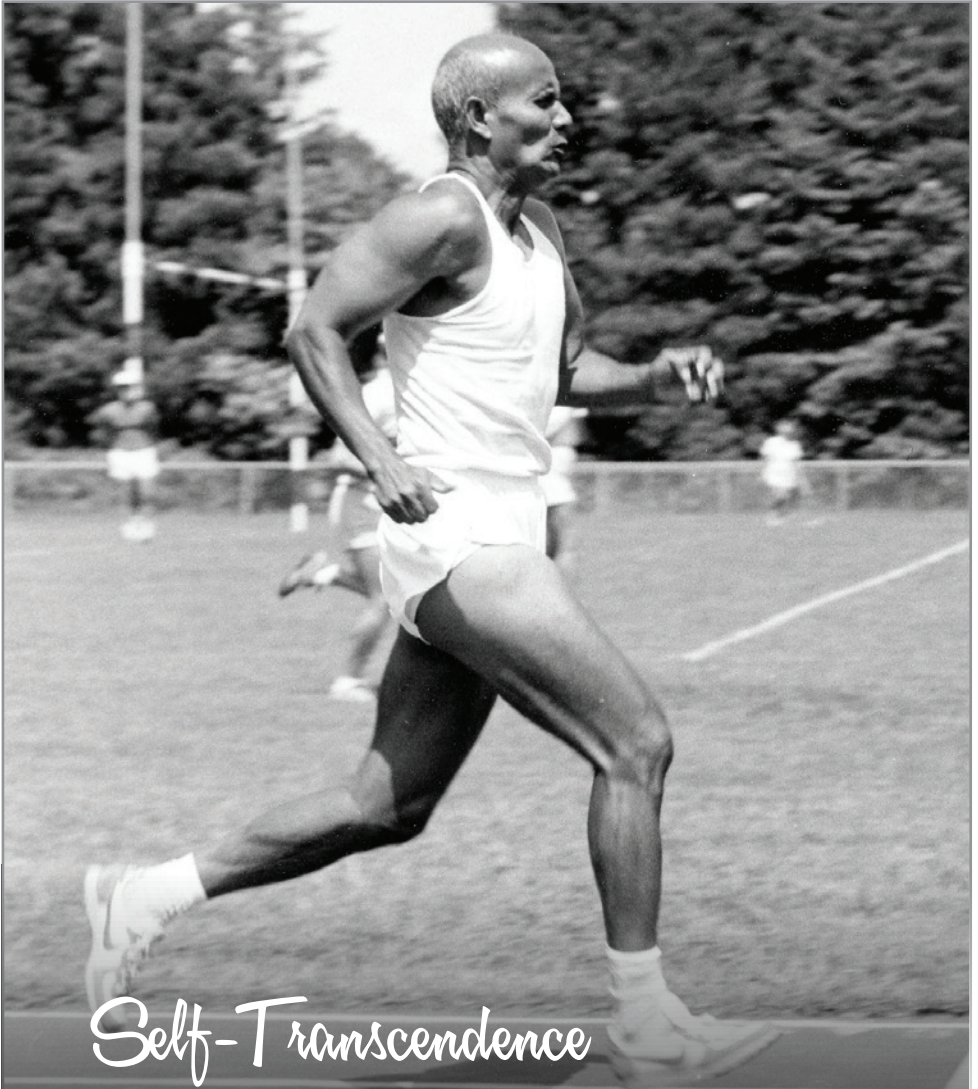
Each year we are inspired and awed by the courageous runners who challenge themselves to 24 hours of running. It is our honour to serve, encourage and support you as best we can. So if there's anything you need please do let us know.

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.

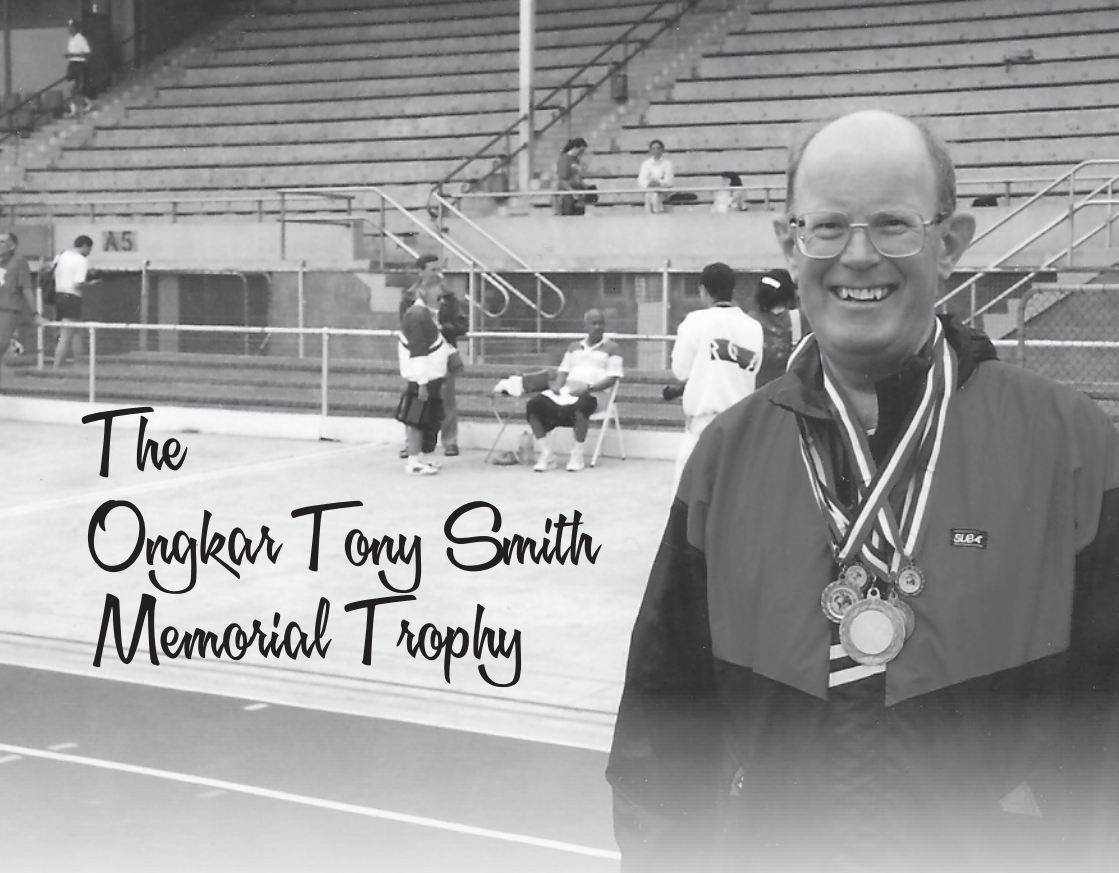
The Sri Chinmoy Marathon Team was founded in 1977 by Sri Chinmoy to offer public races as a service to the running community.

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 its 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:

Shankara Smith, Devashishu Torpy

Timekeeper:

Tarit Adrian Stott

Race Referee:

Ian Champion

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. 111/18



Run and Become

www.runandbecome.com





Runners

2 Ann Bath (70), 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. Her 24 hr PB is 115.9 miles recorded in 2016. This year Ann moves up to the V70 category and has her eye on more records. Ann has completed the Centurion Grand Slam 100-mile races.

1 5 Paul Beechey (43), Britain | Club: Reading Joggers

Paul holds a 24 hr PB of 135 miles, set at Endure 24 in 2016. He has completed Spartathlon twice, with a best of 28:35. Paul has tackled three Canal races: GUC in 26:20; Kennet & Avon 145 miles; and Liverpool to Leeds 130 miles.

1 6 David Bone (46), Britain | Club: Victoria Park & Tower Hamlets

David set his 131-mile 24 hr PB at the Belfast World Champs in 2017. He also completed Spartathlon last year, in 34:56. Competing at the World 100K in Murca, Spain he recorded 9:10.

1 7 Barney Bristow (37), Britain | Club: Lancing Eagles

Barney holds a 24 hr PB of 101 miles set at Crawley last year. He has completed the SDW100 in 25:15 and SDW 50 in 9 hours. We were unable to find Barney a place in last year's race so we're delighted to have him here with us today.

3 Susie Chan (43), Britain | Club: Farnham RC

This will be Susie's first 24 hr race but she has plenty of experience in all-day running. She has completed the TP100 in 24:58 and the A100 in 22:28. One MDS wasn't enough for Susie; she has 3 finishes under her belt. Moving from desert to jungle, she completed the Jungle Ultra 250K in 2016, placing 3rd lady.

1 8 Darren Chalk (46), Britain | Club: South West RR

This may be Darren's first 24 hr but he's an experienced Ultra runner. Among others he has completed: Trans Gran Canaria 125K in 29:17; TP100 in 23:09; and Race to the Stones 100K in 13:15.

1 9 Marco Consani (43), Britain | Club: Garscube H

The last time Marco was here he was competing in his first 24 hr race; he won the race with 248K, setting a course record in the process. That was in 2013. Since then Marco has placed 8th at the Euro 24 hr Champs with 250K, won the Barcelona 24 hr with 256K, won Lakeland 100 in 21:14, and placed 5th at ACP 100K in 7:18. We are delighted to welcome him back to Tooting today.



Runners

20 Paul Corderoy (52), 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. Other Ultra races include the Autumn 100 in 21:29, Crawley 12 hr with 118K, Spitfire Scramble (120 mi) in 24:15 and the Energy 24 hr.

21 Richard Cranswick (47), Britain | Club: Idiots RC

Richard last competed here in 2014, recording 105 miles. Since then he has completed the Buff Joust 24 hr which he won with 199K, Thames Ring in 80:14, TP100 in 23:04 and Fritch Way 100K in 9:44.

22 Neil Dryland (47), Britain | Club: Romerike Ultraloepklubb

Neil holds a 24 hr PB of 214K set at Bislett last year: a race he has competed in over the past four years, steadily increasing his distance. Other Ultras include Trans Gran Canaria this year, 64K in 7:52 and Honindal Rundt 75K over 5700m climbs completed in 18 hrs.

23 Tom Garrod (41), Britain

This is Tom's first 24 hr race but he comes with plenty of Ultra experience. In 2017 he ran Mizen head to Malin head – north to south of Ireland – in 85 hrs, covering 368 miles, taking less than an hour's sleep, so 24 hours shouldn't pose a problem! Tom has also completed the GUC, Caesar's Camp, and T184.

24 Reima Hartikainen (55), Sweden | Club: Team Ultra Sweden

This will be Reima's fifth 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-six 24 hr races under his belt.

25 David Harvey (35), Britain | Club: Portsmouth

This will be David's first 24 hr race. He has a wealth of experience in 100 mile racing and holds a PB of 18:50 from the TP100 last year. Other 100 mile races include Western States in 25:06 and NDW. David holds a 50 mile PB of 7:55 and has completed a number of 100Ks.

26 Jamie Hauxwell (33), Britain

Last year Jamie competed in his first 24 hr race and recorded an impressive 138 miles. He has also won the Trail Attack 24 hr with 136 miles. Other Ultras include placing 3rd at Hardmoors 200, in 49:50; and 3rd at Hardmoors 55, completing in 8:10. Jamie has also won Lyke Wake 44mi.



Runners

5 Hilde Johansen (45), Norway | Club: Romerike Ultralooperklubb

Hilde holds a 24 hr PB of 204K set at the Euro Champs in Albi, 2016. She also competed at the World Champs in Torino, 2015, Bislett 24 hr a couple of times and Iserlohner 24 hr. Hilde holds a 50K PB of 4:22 and 6 hr PB of 64K.

6 Sinead Kane (36), Ireland

Sinead holds a 24 hr PB of 172K set in Finland. She set a Guinness World Record last February for the furthest distance run on a treadmill in 12 hours, 130K. Her 12 hr PB is 112K. Sinead has three guide runners for this race: Philip Bourke, Louis Byrne and John O'Regan who we're delighted to welcome back to Tooting.

2 7 Neil Kapoor (50), Britain

This is Neil's fourth time here and he holds a PB of 110 miles set in 2004 which he narrowly missed bettering last year. Other Ultras include GUCR, Badwater, Deca Ironman, Spartathlon 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.

2 8 Chris Larmour (36), Britain | Club: Run Wednesday

This may be Chris's first 24 hr race but he comes well prepared, with many 100 mile races under his belt in the last two years, plus the GUC which he completed this year in 38:40. Chris recorded his fastest 100 miles at TP100 with 21:07.

2 9 Jens Larsson (43), Sweden | Largot

Jens ran his first 24 hr race in December last year at Tavling and recorded 132K. Other Ultras include Full Moon Challenge 50 miles and South Tyrol Skyrace. Jens is also an Ultra distance cross-country skier.

3 0 Paramanyu Lebedev (42), Russia | Club: Sri Chinmoy MT

Paramanyu joined the recent UK leg of the Sri Chinmoy Oneness-Home Peace Run and decided to stay on a few extra days to compete in this race. He holds a 24 hr PB of 154K set in Smolensk and a 48 hr PB of 232K. Paramanyu has competed in both the 6 and 10 day Self-Transcendence races in New York, completing 458K and 902K respectively.

7 Ingrid Lid (27), Norway | Club: Romerike Ultralooperklubb

Ingrid set her 24 hr PB at the Norwegian 24 hr Champs held at Bislett Indoor in 2017 recording 209K. She won the Bronze medal at the Norwegian Ultra Trail Champs last year: 50 miles in 11:13. Ingrid competed at the 100K Norwegian Champs this year completing in 8:55.



Runners

8 Aoife Lyons (44), Ireland | Club: Gowran

Aoife set her 24 hr PB of 112 miles at Belfast last year. She had to pull out during this year's race at 14 hours with 80 miles already in the bank, so she'll be looking to go all the way today.

3 1 Gines Macia Molina (46), Spain | Club: Los Hachaca Perdras

Gines holds a 24 hr PB of 211K, set at Barcelona last year. He has completed Ultra Trail Mont Blanc in 42:25, competed at Transilicitana 104K multiple times with a best of 10:47, and CSP 115 Castello Penyagolosa, amongst other Ultras.

3 2 John Maclean (50), Britain

John set his 24 hr PB at Glenmore 24 in 2015, recording 110 miles. Further 24 hr races include Bislett and Self-Transcendence Basel. John completed 356 miles at the Hungary 6 day race and has also run the Cateran Trail race. In all these races John had a great running buddy -- his wife Lorna (see next).

9 Lorna Maclean (44), Britain

Lorna also set her 24 hr PB at Glenmore, edging ahead of John to record 113 miles. Along with John she has also competed at Bislett and the Self-Transcendence Basel 24 hrs. Lorna completed 343 miles at the Hungary 6 day race. In addition she has completed the West Highland Way and Bislett 48 hr, recording 165 miles.

3 3 Paul Maskell (40), Britain | Club: St Austell

Paul is a previous winner of the Autumn 100 completed in 14:34. He also holds the course record for Arc of Attrition, set in 2017, with 21:25. Paul was second in NDW100, finishing in 17:53, he has won the Classic Quarter 44 Mile ultra, and placed second in the RAT Plague 100K. This will be Paul's first 24 hr race and we're excited to see what he can do.

3 4 Michal Masnik (34), Slovakia | Club: Thames Valley H

Michal first competed here in 2014 and stormed to 1st Male place with 205K. The following year, with a win at Crawley 12 Hour under his belt (134K), Michael was determined to improve but injury struck in the latter stages of the race, sadly this was the pattern for 2017 too. With a new PB of 144K set at our Sri Chinmoy 12 hr in Nitra this year, we are praying this is the year Michal completes the race with a fabulous distance.

10 Mari Mauland (42), Norway

Mari set her 24 hr PB at Bislett last year with 218K. She has many 100 mile races under her belt including TP100 with 16:55, SDW100 with 19:11 and Autumn 100 with 17:28. Mari is part of an impressive Norwegian contingent today.



Runners

3 5 Myles McCarthy (46), Britain | Club: Striders of Croydon

Myles applied to this race last year but we were unable to find him a place, so he's delighted to have got in this year for his first 24 hr. Previous Ultras include NDW50 and SDW50, plus Country to Capital.

3 6 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 and his ongoing goal is to reach 200 before he turns 70. Races include Cesar's Camp, West Highland Way, Highland Fling, Cateran Trails, and D33.

1 1 Sarah Morwood (35), Britain | Club: Mudcrew

Sarah has an impressive Ultras CV: 24 hr PB of 135 miles, set at 24 hr du Ploeren in 2015; Spartathlon last year, completing in 30:10; SDW100 in 2017, completed in 17.30; UTMB in 30.15; Race to the Stones, Centurion A100 in 16.13; and SDW50 in 7:19.

1 2 Bhauliya Moss (54), Britain | Club: Sri Chinmoy MT

Bhauliya last competed here in 2012 and set her 24 hr PB of 109 miles. Other Ultras include the Sri Chinmoy 47 mile race that she runs each year in New York, plus an annual London to Brighton run. Don't be surprised if you notice her getting extra loud cheers today; she's a very popular member of the Run and Become crew and we're very proud of her.

3 7 Barry Miller (38), Britain | Club: Poole AC

Barry has competed at Spartathlon, finishing in 31:31, GUC 145 miles completed in 27:22 and Viking Way 147 miles completed in 34:10. Other Ultra races include TP100 in 18:44; Country to Capital in 5:30; Autumn 100 in 18:40 and St Peter's Way 45 Miles in 6:22. This will be Barry's first 24 hr.

3 8 Dean Oldfield (42), Britain | Club: Rugby & Northampton

Dean completed UTMB last year in 34:08 and the CCC the previous year in 18:14. He has competed in several 100 mile races, including Lakeland 100 and SDW100 which he finished in 17:05. Dean recorded 73 miles at the Ellenden Farm Frolic 12 hr, so it's time to move up to 24 hrs.



Runners

3 9 Geoff Oliver (85), 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 and 100 Miles in the Vet 75 and 80 age categories, 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. This year Geoff enters the V85 category. Currently IAU do not list a WB for V85 at 24 hrs, so I think we are guaranteed a record today!

4 0 Timothy Rainey (53), Britain | Club: Sale H

Timothy set his 24 hr PB here in 2013 with 110 miles. He has competed six times at Tooting and consistently clocked over 100 miles. Recently Timothy has competed at Barry 40, Lakeland 50 and Keswick 50K.

4 1 John Regler (43), Britain

John may not have competed in a 24 hr race before but he comes well prepared. A finisher of UTMB in 41 hrs; Devon Coast to Coast this year completing the 117 miles in 34 hrs; Costwold Way Century 102 miles in 27 hrs; and Oner Ultra Trail.

4 2 Brian Robb (34), Britain | Club: Bitton RR

Brian recorded 188K at Crawley Ultrafest 24 hr last year, then competed here and very narrowly missed improving his PB, clocking up 186K. He has won the Green Man Midnight Express 45 miler three years on the trot, and completed the Thames Path 100 in 18.52.

4 3 Peter Scull (30), Britain

Peter has competed at two Thunder Runs, recording 200K in 2014 and placing second both times. He came fourth in the Green Man Ultra last year, recording 6:54. Peter has also done self-supported charity runs from Bristol to Weymouth and Plymouth to Ilfracombe.

1 3 Patricia Seabrook (78), 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 14 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 490+ Marathons. Add to these 20 LDWA 100 mile Challenges and 11 Across Wales walks, plus too many others to mention. Pat is the living embodiment of age is no barrier!



Runners

4 4 Tadeusz Sekretarczyk (55), Poland | Club: SST Pszczolki

Tadeusz ran his first 24 hr race here in 2016 and just cleared the magical 200K barrier, smiling all the way. He bettered that to 213K last year. Other Ultra races include Steenwerck 100K that he has competed at a couple of times with a best time of 8:32, Bieg Rzeznika Ultra 115K in Poland and Henley 24 hr this year.

4 5 David Shaw (34), 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 an impressive 19:25, placing 13th. Other Ultras include Great Glen Ultra, placing 2nd in 12:30, Devil O'the Highlands and D33.

4 6 Michael Stocks (49), Britain | Club: London Heathside

Michael represented England in the Anglo Celtic Plate this year, placing 3rd and finished the 100K in 7:16. He has won TP100 in 14:57 and come 2nd in the Gloucester 50K with 3:12. Michael has run Comrades nine times and his PB is 6:47. 24 hrs is quite a step up from 100K but we're excited to see what Michael can do.

4 7 Jonni Suckling (45), Britain | Club: Slinn Allstars

Jonni competed here last year and clocked up 112 miles. Other Ultras include UTMB which he completed in 39:52; Hardmoors 110 completed in 22:07; Cotswold Century in 22:22; Ridgeway in 15:18; Lakeland 50 and Race to the Stones 100K completed in 10:27.

4 8 John Turner (68), Britain | Club: Blackheath & Bromley

Today will be John's 12th 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 535K at the Balatonfured 6 day race in Hungary.

4 9 Michael Wiggins (41), Britain | Club: Clapham Pioneers

This may be Michael's first 24 hr but he has a number of 100 mile races under his belt, including TP100 completed in 22:28 and Autumn 100 completed in 23:42. Other Ultras include Grand Union 100K, Thames Trot 50 and London to Brighton.

5 0 Pawel Zur (43), Poland

Pawel set his 24 hr PB at the Polish Champs last year with 213K. This Spring he recorded 1062K at the Sri Chinmoy Ten day race in New York. He's competed at the Sri Chinmoy Kladno 48 hr a few times and has a PB of 319K. Pawel won the 52K Ultramarathon in Arad, Romania last year. He has also run 712K at the Balatonfured 6 day race in Hungary.



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



Run and **Become**

www.runandbecome.com