



**SRI CHINMOY
MARATHON TEAM**



Self-Transcendence

UK Championships

24 Hour Track Race

Tooting Bec, London

19th-20th September 2026

36th ANNUAL SRI CHINMOY SELF-TRANSCENDENCE 24-HOUR TRACK RACE



Welcome!

We wish all competitors the best of luck. It is our honour to serve and support you; if there's anything you need please let us know. We are super grateful to the officials and volunteers who have so readily offered to help this weekend. May everyone have a very enjoyable event!



Race Officials

- Race Directors:** Shankara Smith, Devashishu Torpy
Race Referee: Matthew Lythell
Timekeepers: Donna Barrington Smith (Chief), Ashley Burrridge
Race Officials: James Terry, Christian Bugar
Medical: Cover provided by First Aid Cover Ltd.
Physiotherapists: Barry Crane, Yevhen Naumov, Nicola Wiszniewska-Lynch

This Bronze Label event is organised according to UK Athletics rules, and to IAU standards regarding measurement of circuit, lap counting and ratification of records.
UKA Distance License OUT26/550



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



Sri Chinmoy Marathon Team

uk.srichinmoyraces.org

Since 1977 our international running club has been putting on races from 2 miles right up to the world's longest race; 3100 miles. Our races are inspired by our founder Sri Chinmoy's philosophy of self-transcendence and finding the best within yourself:

"Never give up! Never give up! Your ultimate goal is just around the corner."

Here in the UK, we hold 5Ks, Relays, Perth 100K, this 24 Hour, and Triathlons.



Sri Chinmoy Oneness-Home Peace Run

www.peacerun.org

The world's largest peace torch relay that spans the globe, symbolising humanity's universal aspiration for a more peaceful world. Since its founding by Sri Chinmoy in 1987, the Run has visited almost every country on earth – over 150 nations and territories – and touched the lives of millions of people. We are all sisters and brothers in a world-family. The goal of the Peace Run is to expedite humanity's efforts to make our world a oneness-home for all people. We run together to create a world founded on peace.





Runners

2 James Alexander (47), New Zealand | Club: Bad Boy RC

James ran Crawley in 2024, recording 100 miles. Last year he ran Escape from Meridian, clocking up 154K. James has also completed SDW50 and Lea Valley 50K in recent years.

3 Dave Andrews (51), Britain | Club: Metro Aberdeen

Dave is an experienced ultra runner and has completed many 24 hour races. Last year he competed at the World 24Hr Championships in Albi, recording 211K. Dave set his 24Hr PB at Belfast in 2022 with 244K, which he came close to at Crawley in 2024. Dave also ran our sister race, Self-Transcendence 100K in Perth in 2024, finishing in 7:51.

4 Jacqueline Bédard (32), Canada

Jacqueline is celebrating 10 years of ultra running races by travelling over from Canada for our race. Her journey started at the Self-Transcendence 6 hour race in Canada in 2016 and then expanded to the 12 hour race two years later. She has completed three 24Hr races and her PB is 122K.

5 Andrew Churchill (50), Britain | Club: Boston & District AC

Andrew is an experienced ultra runner. This year alone, he won the Longbridge BYU with 181K over 27 hours, placed 2nd at NDW100 in August, completing in 18:28 and won the Full Essex Way Ultra this year, completing the 82 Miles in 14:39. He holds the course record for Equinox 24Hr. Other recent races include TP100 in 17:21, Transgrancanaria Classic 126K, and Winter Downs 200.

6 Chris Cope (43), Britain | Club: Boston & District AC

Chris won the Summer Spine in 2024, completing the 268M in 79:10. This year he won the Summer Spine Challenger South 108M in 21:01. Last year he ran Thetford BYU, covering 174K in 37hr. Other recent Ultras included Dragon's Back where he came 6th, and Norfolk 100K which he won in 8:52.

7 Fiona Davies (71), Britain | Club: Pontypridd Roadents AC

Fiona has many ultra races under her belt. Last year, she competed at Crawley recording 164K. Fiona has completed our Self-Transcendence 100K in Perth, finishing in 11:54 in 2024. This year she ran the Barry 40 and Vale of Glamorgan Coastal 32M.

8 Maximillian Dew (41), Britain | Club: Camino Ultra

This is Maximillian's sixth time here, he set his 24Hr PB in 2022 with 109 miles. This year he has completed the London 100K in 13:34. Last year, along with our 24Hr, he ran Lea Valley 50K in 3:55. Other ultras include: Longbridge BYU and The Speed Project France 70K.

9 Oscar Eriksen (33), Britain

This is Oscar's third time at our race and he holds a 24Hr PB of 117M, set in 2024. Other ultras include Goring Gap 50M completed in 9:42, West Highland Way in 26:33; Ben Nevis 52K; and in 2022 he completed a marathon a week for the entire year.

10 Cassie Escott (42), Britain

Cassie is returning to ultra running now that her children are a little older; last year she focused on 50K races, placing 2nd woman at Thunder Race. In 2024 she completed NDW50 in 10:54. Other recent Ultras include Nice UTMB 62K, and Chiltern Wonderland 50M.



Runners

11 Liam Evans (29), Britain | Club: Clapham Chasers

This will be Liam's first 24Hr but he comes well prepared with Arc of Attrition 100M completed last year in 29:39, along with Country to Capital, where he ran the 43M in 6:37. Other recent ultras include Puglia UTMB 141K, Ultra Trail Snowdonia 100K which he completed in 23:42, and Chester 100M completed in 25:08.

12 John Fanshawe (80), Britain

John has his eyes on the Vet80 WB for 100M and 24Hrs this race. He already placed 1st for his age group at London Marathon in a time of 4:07 this year, and he completed SDW50K in 7:09 this June. Recent Ultras include Winter Downs 200 in 2023, Summer Spine, and Crawley 12Hr where he clocked 102K.

13 Natasha Farid Doyle (49), Britain | Club: She Runs Cardiff

Natasha holds a 24Hr PB of 217K set at Barcelona in 2014. Natasha last competed here in 2024, clocking up 171K. This year she completed GUCR in 37:52. Other recent ultras include KACR, Gloucester 100K, and Warwickshire Ring 111M.

14 Tom Fry (46), Britain

This will be Tom's first 24Hr race. Last year he completed SDW100 in 26:12 and Arc of Attrition in 32:24. He has also run Winter on the Downs 55M and The Lap Clockwise.

15 Veronika Gill (40), Britain | Club: Datchet Dashers

Veronika ran her first 24Hr in 2022, clocking up 110M at Endure 24. This year she completed TP100 in 21:15, and Arc Of Attrition 50M in 11:34. Last year she was 1st woman at Wendover Woods 50M and 2nd at Chiltern Wonderland 50M and Serpent Trail 75K. Her goal is to reach the Team GB qualifying distance.

16 Roz Glover (53), Britain | Club: 100 Marathon Club

Roz has competed in our race 7 times, most recently in 2024 when she clocked up 143K despite transport woes before the race that gave her motion sickness! She is a very experienced ultra runner. She set her 24Hr PB in 2016 with 176K. Last year she ran the Barcelona 24HR, recording 150K. Earlier this summer Roz completed The Bridge 100M in 25:42. We love having Roz at our race, always smiling, and so kind.

17 Ivor Hewitt (54), Britain

Ivor holds a 24Hr PB of 191K set at Crawley in 2021. Last year he completed Autumn 100 in 22:56. Other recent Ultras include Spartathlon which he completed in 2023 in 35:14, GUCR the same year in 38:45, and SDW50K this summer in 5:05.

18 William Hilton (41), Britain | Club: St Albans Striders

William ran here in 2022, recording 141K. Since then he's completed both NDW100 and SDW100 which he finished in 22:39; Chiltern Wonderland 50M; and Cockbain Track 100 in 2025 where he placed 3rd in 16:54.



Runners

19 Ian Holmes (57), Britain | Club: Frome RC

Ian holds a 24HR PB of 116M, set here back in 2012. Last year he ran 109M. In 2020 he competed at Gloucester 48 Hour recording 165K. Last year, Ian ran Ham & Lyme 50K.

20 Summer Hsiao (43), China

Summer has already completed our sister race in Auckland, New Zealand this year, clocking up 159K, and the IAU Asia & Oceania 24Hr Championships in Japan. So, for races that traverse the Globe this year, I think she's leading the field! Summer has run many other ultra races in Taiwan, including Taipei 12Hr which she won with 104K.

21 Andy Jones (61), Britain | Club: Thanet Roadrunners AC

Andy last ran here in 2023 where he set his 24HR PB of 195K. Last year he completed the Cockbain Track 100 in 18:29, setting his 100M PB; and Ultra Trail Snowdonia 100M in 45:30, amongst other ultras. Some of his previous ultras include Gloucester 24Hr, Crawley 24Hr, SDW100K, CCC, and Serpent Trail 100K.

22 Christian Lambert (45), Britain

This year Christian has run NDW100, SDW100, and TP100 which he completed in 24:41. Christian has completed multiple 100 mile races each year recently, so he's ready to take on his first 24Hr race.

23 Luke Latimer (49), Britain | Club: Jura AC

This will be Luke's seventh time at our race; he set his 195K PB in 2021, which he came pretty close to last year with 187K. His crammed ultra CV includes GUCR, The Spine, Crawley 12 Hour (79 miles), Lakeland 100 and SDW50. He recently placed 2nd in Arctic Spine Explorer in Northern Sweden: 130K in 30 degrees and even camping on the trail one night. Safe to say our conditions should be easier!

24 Dean Lenihan (49), Britain | Club: Petts Wood Runners

Dean won Endure24 Reading the past two years with a best of 135 miles last year. So he is keen to see how this experience translates to a Track 24Hr.

25 Simon Maughan (49), Britain | Serpentine

This year, Simon was one of only 7 runners to complete the 6 day MTC Cymrun run across Wales. Last year he ran JOGLE Ultra, completing in 7d and 13hr. This is Simon's third time at our race and he holds a PB of 193K set here in 2023.

26 Lynne Maughan (55), Australia | Club: Serpentine

Lynne is an experienced Ultra runner, even though this will be her first 24Hr. Last year she completed three Canal races: LLCR, KACR, and GUCR. Along with West Highland Way which she completed in 30:31. Lynne ran Autumn 100 in 2024, finishing in 27:15. She has many other ultra races under her belt.



Runners

27 Cathal McParland (35), Ireland | Club: Slieve Gullion Runners

Cathal set her 24Hr PB with her win at Uair Trasna Na Blianta in Ireland in 2024, recording 225K. This year she ran Ultra Trail Chianti Castles 120K. Last year she completed Nice Cote d'Azur 111K, Mallory Park 100K in 8:57, and Arc of Attrition 100M in 28:16. Cathal was first woman at the BYU World Team Championships in Ireland in 2024. Cathal also represented Ireland at the ACP in 2025, completing the 100K in 8:57.

28 Doug Monro (51), Britain | Club: Green Runners

This year Doug completed GUCR in 38:35. Last year, he completed Mallorca Camins de pedra en sec 102K, Rasselbock BYU clocking up 160K in 39 hours, SDW100 in 22:43, Arc of Attrition 50M, and Ultra Trail Snowdonia 50K in 9:54. This is Doug's first 24Hr race.

29 Dave More (51), Britain | Club: Insch Trail Running

Dave last competed here in 2019 when he clocked up 202K. He is an experienced 24Hr racer, competing at Crawley, Glenmore and Gloucester, where he also ran the 48Hr with 268K in 2023. Last year, Dave ran Tour de Helvellyn, finishing in 9:47.

30 Tom Newton (27), Britain

Tom has two ultra races under his belt, both Race to the Stones 100K with a best time of 12:15.

31 Rick Nicholls (36), Britain | Club: Bodmin RC

Rick won last year's GUCR in 26:25. He ran Gloucester Track 100K in 2023 in 8:20, so he has track experience. Other recent races include Arc of Attrition 100M, completed in 22:52; KACR where he came 2nd in 2023, completing in 27:27; and Endurancelife North Cornwall which he has won twice.

32 Sara Nunney (44), Britain | Club: Bridgnorth RC

Sara's 24Hr experience comes from the Thunder Run in 2021 when she completed 170K. Since then she has concentrated more on hilly ultras like Ten Mynds where she placed 3rd and Apocalypse Ultra where she placed 5th. Sara has also represented Team GB in Canicross a number of times.

33 Gareth Phillips (39), Britain | Club: Tadworth AC

Gareth ran Endure24 Reading in 2024, completing 160K. This year he ran the London 100K which he completed in 11:12.

34 Dorina Pleş (29), Moldova

Dorina ran the London 100K this summer in 11:56. Followed by NDW100 which she finished in 29:51. She also completed Lea Valley 50K in 4:57.

35 Elliott Preater (33), Britain

Elliott competed here in 2022 and 2023 with a best of 207K. He ran the Comrades Up race in 2024, completing the 87K in 6:57. Last year saw him complete the Great Ocean Road 60K race in Australia, finishing in 4:20.



Runners

36 Kevin Pryde (50), Britain | Club: Seaford Striders RC

Kevin ran here for the first time last year, recording 106M. He also finished GUCR in 39:36, and Brighton to London 100K in 11:14. This year he completed Hibernial Hills 50M in 10:55. Other ultra races include SDW50 and SDW100 which he finished in 25:37, A100, Chiltern Wonderland 50M, Wendover Woods, and NDW50.

37 Jamie Pugh (35), Britain

Jamie came 2nd at NDW100 in 2024, completing in 17:10. He also ran VXO Ultrafest 100K in Sweden that year, placing 5th in 7:20. Other Ultra races include Hochkönigman Endurance Trail in Austria, and Trail des Hauts Forts in France.

38 Will Raybould (56), Britain | Club: Daventry AC

Will ran his first 24Hr race here last year, completing 183K. This year he's won GUCR in 27:05, and completed NDW100 in 21:45. Other recent ultras include SDW100 in 19:35 and Country to Capital in 6:47, Ridgeway Challenge, Warwickshire Ring 111M, TP100, Race to the Stones, and many others.

39 George Rickwood (25), Britain

George ran Arc of Attrition this year, completing in 31:29. Last year he won London BYU with 207K in 31Hrs. George also completed Jurassic Coast 102K in 10:20.

40 Brian Robb (42), Britain | Club: Bitton RR

This will be Brian's sixth time at our race, his most recent race was in 2024 when he clocked up 198K. Brian's 24Hr PB is 202K, set at Barcelona last year. He's also run at Crawley, Gloucester, Winter on the Downs 100, LLCR, and many other ultra races.

41 Zoe Salt (46), Britain

Zoe ran here in 2023, recording 197K and placing 2nd woman. In 2024, Zoe was 1st woman at Longbridge BYU, completing 194K in 29Hrs. Other ultra races include 1st Female at Country to Capital, completing in 5:52, 2nd female at La Montagn'Hard 108K, and 3rd female at Adamello Ultra Trail 170K. She has also completed the 330K Tor des Géants.

42 Chloe Sangster (33), Britain | Metro Aberdeen RC

Chloe ran the ACP 100K this year, placing 8th woman and finishing in 8:37. She won outright the Saltire 6Hr trail race. In recent years, Chloe has completed West Highland Way in 20:58, placed 2nd woman at Highland Fling, Glentanar 55K Trail and Speyside Way 50K, and raced a variety of other ultra races.

43 Sarah Sawyer (50), Britain

Sarah raced here in 2022 but didn't have a good time of it and had to pull out at 102K, she hopes to put that experience to bed at this year's race. In 2023 Sarah placed 2nd woman at Centurion Track 100, finishing in 16:43. Since then she has run Comrades twice (Up and Down), placed 1st woman at Glasgow to Edinburgh Ultra, and Stour Valley Path 100K, completing in 11:33.



Runners

44 Patricia Seabrook (86), Britain | Finch Coasters

The legend that is Pat Seabrook sadly missed last year's race, so we are delighted to see her back for her 19th time. She set her 108 miles PB here in 1996 and holds the age best course record in the Vet 80 category with 121K. Words cannot describe how amazing and inspiring Pat is. She completed her 500th marathon in June 2019. Add to this 20+ LDWA 100 mile challenges and too many others to mention. Pat is the living embodiment of "age is no barrier"!

45 David Shaw (42), Britain | Club: Run Rhaw

David came second last year with 223K, today will be his fourth time at our race. This year he came 7th at West Highland Way, completing in 17:53, and 15th at SCP 100K, finishing in 7:54. Other ultra races include the ACP Mallory Park 100K completed in 8:43, Self-Transcendence 100K which he finished in 7:22, Glasgow to Edinburgh Ultra, and Gloucester 24 Hour.

46 Tom Sheffle (38), Britain | Club: Springfield Striders

This year Tom has completed SDW100 in 20:06, Pennine Barrier 50M in 9:27, and St. Peters Way Ultra. Tom ran Race Across Scotland last year, a 215M epic, in 3d 11:13, along with Winter on the Downs 55M. Other recent ultra races include TP100, and Flitch Way 12HR race where he ran 122K.

47 Lee Trueman (48), Britain | Club: Nathan Flear Running

Lee ran here last year, completing 162K and holds a 24HR PB of 200K, set at Gloucester in 2024. This year he ran Arc of Attrition 100M in 29:34. In recent years he has also completed Serpent Trail 100K and Arc of Attrition 50M.

48 John Turner (76), Britain | Club: Blackheath & Bromley

Today will be John's nineteenth time at our race and he's something of an institution here. Supported by his amazing wife Maz, John will steadily clock up the laps, offer support and encouragement to his fellow competitors, smile through any weather and pain, and impress the socks off all of us! John set his PB of 116 miles here in 1997. He has run too many ultras to mention but a highlight was his John O'Groats to Lands End.

49 Emiel Verkade (30), Holland

This might be Emiel's first 24Hr race but he's a veteran 100 Mile racer, with Autumn 100, SDW100, NDW100 and TP100 under his belt – his best time at TP100 in 2024, finishing in 18:55. This year Emiel has run SDW50 in 8:59 and Country to Capital in 6:53. Last year saw him complete Trail du Saint-Jacques and Tenerife Bluetrail 73K, amongst other ultra races.

50 Guillermo Vilor (52), Germany

Guillermo holds a 24Hr PB of 139K set at Barcelona in 2023. It seems one 24Hr race a year is not enough for Guillermo, he's already done Endurance 24 in Finland this year – 138K – and Borne to Run 48Hr in Germany, covering 200K.



Runners

51 Matt Walker (40), Britain | Club: RUN:EA

Matt ran his first 24Hr race in May, competing in the IAU 24Hr Asia and Oceania Championships, where he will have crossed paths (or lanes) with Summer Hsiao, he recorded 206K. Getting around a bit, Matt also ran Sulphur Springs Trail 100K in Canada. Last year he ran SDW100 in 20:42 and Ultra Trail Chianti Castles in Italy.

52 Kevin Watson (45), Britain | Club: Windrush Triathlon

Kevin placed 2nd at TP100K last year, completing in 9:05. He also won the Northumbrian Ironman in 12:02. Kevin completed the Lanzarote Ironman in 2024 in a time of 11:55. Callum completed Ultra Wales 50M this year, finishing in 18:46. Last year he completed MDS, North Downs Ridge 50K and TP100K in 22:05. Lakeland 100. Other Ultras include Ultra Trail Snowdonia 100K.

53 Laura Watts (49), Britain | Club: 100 Marathon Club

Laura completed Badwater this summer, placing 5th woman and completing the gruelling 135M in 29:09. She also ran Keys100Mile in 21:27, again placing 5th woman. Other recent races include Daytona 100M in 18:45, NDW100, Winter Downs 100, and SDW50. A highly experienced ultra racer, this is Laura's second time at our race.

54 Sam Weeks (32), Britain

Sam completed Ultra Trail Snowdonia 103K last year in 28:13, and Race to the Stones 100K in 2024, completing in 12:34.

55 Michelle White (54), Britain | Club: Amman Valley H

Michelle recorded a GB Age Best record for V50 in 100M and 48Hrs at Festival de UltraFondo Burjassot in Valencia this spring. She also ran SDW100 in 21:35 this summer. Last year saw Michelle complete Spartathlon in 31:34, and GUCR where she was 1st woman, in 31:16. A highly experienced ultra runner, Michelle has competed at Gloucester several times.

56 Lisa Whittaker (43), Britain

Lisa ran the Trails & Tarmac Winter BYU earlier this year, covering 100K over 29Hrs. Last year she ran West Highland Way in 28:51, and Gert Lush Medieval BYU where she placed 2nd woman with 160K over 35Hrs.

57 Peter Windross (55), Britain

A highly experienced Ultra racer, Peter returns here 8 years after coming 2nd with 230K. This year he has completed SDW100 in 21:15. Last year he ran at Crawley, plus SDW100 and NDW100. Other recent ultra races include TP100 in 17:09, Wendover Woods 50, and Centurion Track 100M where he finished in 15:05.

58 Kunal Yadav (44), Britain

Kunal set his 24Hr PB here in 2022 with 163K. In recent years he's completed TP100, Autumn 100, Crawley 24Hr and Gloucester 48Hr, amongst others.



“ I love challenges.
They make my entire being
Stronger than the strongest. ”

– **Sri Chinmoy**

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



Run and Become