

No	First Name	Surname	Running Club	Age
1	Steven	Battle	Worksop Harriers	46
2	Ian	Beattie	Strathearn Harriers	43
3	Samuel	Black	100K Association	64
4	Neil	Bryant	u/a	33
5	Lee	Chamberlain	Surrey Police	31
6	Susan (F)	Clements	Enfield & Haringey	55
7	Mark	Collinson	Sri Chinmoy AC	41
8	Anth	Courtney	u/a	30
9	Kenneth	Fancett	Beckenham RC	60
10	Paul	Fernandez	Abingdon Amblers	35
11	Robin	Gardner	RRC	51
12	Emily (F)	Gelder	Dulwich Runners	34
13	Paul	Hart	Dumfries RC	40
14	Reima	Hartikainen	Team Ultra Sweden	46
15	Per Audun	Heskestad	Uansett Vaer	54
16	Christian	Hottas	100 Marathon Club	53
17	Joar Flynn	Jensen	Ski IL	44
18	Gilbert	John	Les Croupiers	58
19	Elisabeth (F)	Karlsson	Jalles TC	29
20	Stefan	Lindvall	Solvikingarna	43
21	Stefan	Liskowski	Tewkesbury AC	49
22	Matt	Mahoney	u/a	33
23	Karl	Martin	Stainland Lions	39
24	Ian	McCuaig	Newark AC	48
25	Rachel (F)	McCuaig	Newark AC	43

26	Ray	McCurdy	100 Marathon Club	55
27	Kevin	McMillan	RAF AC	30
28	Marion (F)	Meesters	AV Suomi	52
29	Tom	Meldrum	Winchester & District AC	37
30	Smiler	Morrison	100K Association	67
31	Liz (F)	Neville	Epsom Oddballs	58
32	Erik	Nossum	u/a	55
33	John	O'Regan	Le Cheile AC	40
34	Elaine (F)	Oddie	RRC	54
35	Geoff	Oliver	100K Association	76
36	Hugh	Pinner	u/a	33
37	Richard	Quennell	Rugby & Northampton AC	41
38	Jane (F)	Riley	Holme Pierrepont	43
39	Aileen (F)	Scott	Clydesdale Harriers	38
40	Patricia (F)	Seabrook	Finch Coasters	69
41	Carl	Sommer	Huntcote Harriers	29
42	Lindsey (F)	Stewart	u/a	52
43	Raymond	Willett	Riverside Runners St Neots	57
44	Rob	Wood	Avon & Somerset Police	45
45	Nitish	Zuidema	Sri Chinmoy AC	42

(F) Denotes Female

We welcome you all to the **Self Transcendence Sri Chinmoy 24 Hour Track Race 2009**, which is being held at Tooting Bec Athletics Track.

Each year, the **Sri Chinmoy Marathon Team** organises over 500 races world-wide, including the popular series of races in London's Battersea Park. The team also organises 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 the Canada, Europe, NZ and Australia.

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

After the race, there will be a meal followed by an awards ceremony at 1pm. Trophies will be awarded to the first seven male and first seven female finishers. All participants will receive a memento and a race certificate.

On behalf of the organising committee, we wish all the runners – both experienced 24 hour runners and the newcomers to this race - the best of luck, and extend our gratitude to the officials who have so readily offered to help this weekend. May everyone have a very enjoyable event!

Shankara Smith
Race Director

17 Cardigan Road
Barnes, London SW13 0BH

Race Officials:

Referee	Ian Champion
Timekeeper	Tarit Adrian Stott
Race Co-ordinators	Shankara Smith, Devashishu Torpy
Lap Recorders	Suswara Martin Payne (Chief) and members of Sri Chinmoy AC
Medical	Joy Walter MSC MCSP MMACP and team
Refreshments	Hemabha Jang and members of Sri Chinmoy AC

The race is held under permit UD-116 from UK Athletics and has an IAU Bronze Label. It is also organised to RRC and IAU standards regarding measurement of circuit, lap counting and ratification of records.



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 RRC and staged many other races under the banner of **Sri Chinmoy AC**. He was also the UK co-ordinator for the **World Harmony 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, but his inspiration lives on and I am sure his spirit will be present today, as he would not miss seeing all 'his' runners for the world!

In recognition of Ongkar's contribution to running, the RRC have created the **Ongkar Tony Smith Memorial Trophy** which will be awarded at the medal ceremony on Sunday.



Sri Chinmoy's love of sport in general – and running in particular – began in his youth. After the loss of both parents before his twelfth birthday, the young Chinmoy left Bengal and went to live with his elder siblings at a spiritual community in South India. Here at the Sri Aurobindo Ashram, the ashramites practised an integral yoga which included western sports – such as track and field athletics, volleyball and football – in addition to the more typically eastern practices of yoga, meditation and a spiritual creativity encompassing poetry, literature, music and art. Sport was seen as an essential ingredient in to the holistic way of living, developing the optimum health required for a dynamic spiritual life.

Sri Chinmoy soon became the champion decathlete at the ashram, training at the track for a long time each day in addition to the many hours he spent in meditation. Although he competed with all his ability, he always did so in the spirit of *self transcendence* – competing with himself rather than the other athletes, striving to reach personal goals and then go beyond them, setting ever new and challenging targets.

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. Around this time, Sri Chinmoy began to introduce sports as a centre activity. He had resumed his running career, focusing now on road running rather than track work, and training for marathons and later ultra marathons. Again, the philosophy was one of *self transcendence* – each individual seeking to go beyond their own limits and bring forward their inner, spiritual potential. As well as the obvious health benefits that running brings, Sri Chinmoy saw an inspiring spiritual dimension to running.

To quote from his writings:

“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.”

In 1977 the *Sri Chinmoy Marathon Team* was founded, and we began to host public races from one or two miles right up to marathon and ultra marathon distances. These events were held as a service to the running community: to give something back to fellow athletes, to inspire, to provide opportunity for self transcendence. Sri Chinmoy and his students have always seen competition as a positive thing, provided it is undertaken in the right spirit – as a vehicle for achieving one's own full potential.

In Sri Chinmoy's own words:

“Competition is good, provided it is the competition of self-transcendence and not the competition of ego-demonstration.”

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

No	Name	Profile
1	Steven Battle	Steven has completed 100K and 24hr races in the past, and has a 24hr PB of 119m, done in 2006 at Tooting.
2	Ian Beattie	Ian will be joining the field at Tooting this year for the first time, although he is certainly no stranger to ultra running, having completed 24 ultra races over the last 15 years. He has an impressive 8 finishes of the <i>West Highland Way</i> (95m) race under his belt, including a PB of 21hrs, 11mins in 2007. Ian will be looking to better his current 24hr PB of 106.74m during this race.
3	Samuel Black	Samuel has participated in 17 24hr races over the years, and in 1996, completed 99m at Tooting (this was his PB).
4	Neil Bryant	Neil commenced his ultra career in 2007 with the <i>Thames Ultra</i> (50m), and the <i>UK Ironman</i> in 11hrs, 13mins. Following an unlucky year in 2008 with a broken leg, he has also completed the <i>Grand Union Canal</i> (145m) in 40hrs, 3mins, amongst other endeavours. This is Neil's first 24hr race, but he has plans for ever more challenging events in the next few years, as he says: "I want to fit in as many of the bigger ultras as my body will allow me to ..."
5	Lee Chamberlain	This is Lee's first 24hr race. He began his ultra running endeavours in 2003 when he clocked 160m in 48hrs on a treadmill. Since then he has furthered this to a couple of 7-day treadmill events giving him a PB of 468.04m over the week – and a World Record! Lee would like to develop his outdoor ultra running activities over the next few years – having only done a couple of 45m outdoor ultras so far – and hopes for a good push towards that goal with this 24hr race, possibly leading on to a 6-day event in the near future ...
6	Susan Clements (F)	Sue has a PB of 104m, set in Auckland in 2004. She has completed over 24 100m+ events and is a three-time finisher of the 145m <i>Grand Union Canal</i> race.
7	Mark Collinson	This will be Mark's first 24hr race which he is eagerly looking forward to. He is relatively new to ultra running, but completed the <i>Barry 40</i> and the <i>Self-Transcendence 47m</i> race in NY this year.
8	Anth Courtney (Australia)	Anth has completed 3 24hr races and has a PB from Coburg this year of 202K.
9	Kenneth Fancett	Ken has competed at the last 5 24hr races in Tooting, with a PB of 143m. He has also done a number of 100m trail races, and in September he was part of the English team at the <i>Cumbria Commonwealth Championships</i> , placing 13 th with 206K. He says he is not fully recovered yet and will approach this race with caution. We are just happy to have him here again!
10	Paul Fernandez	Paul is a newcomer to the Tooting race, but has a variety of good ultra race accomplishments to his name, including, 2 nd place in the 2009 <i>Barry 40</i> (4hrs 40mins), 2 nd place in the <i>Ridgeway Challenge</i> (86m) in 2006, 2007 and 2009, (PB 14hrs 04mins), winner of the 2002 <i>Lakeland 3000s/4-Peak Challenge</i> (13hrs 12mins), several marathons (PB 2hrs 38mins) and 2009 <i>Guinness World Record</i> for the fastest Marathon dressed as a clown! Paul would like to "... pit myself against the best in the country and see how close I can come to them."

11	Robin Gardner	This will be Robin's first 24hr, but he has prepared well with some fine performances in shorter ultras, including 4 <i>London-to-Brighton</i> races (with a best position of 3 rd), 6 100K races - in 4 of which he represented Great Britain. This year, he came 2 nd in the <i>Crawley 12hr</i> with 75m. Robin feels that he is now in a position to do a 24hr race and we agree!
12	Emily Gelder (F)	Emily is new to the 24 hr race, but has been busy in 2009 with 5 ultra events so far, and a further 4 planned for the rest of the year! In August she ran from London to Brussels – a total of 206m in 5 days. She hopes to run the <i>Grand Union Canal</i> race in 2010, and also to qualify for the <i>Ultra Trail du Mont-Blanc</i> .
13	Paul Hart	Paul has been ultra-running for a few years, and in that time has had the following highlights: 2007, <i>Anglo-Celtic Plate 100K</i> , 5 th (1 st Scot, 8hrs, 14mins) 2008, <i>Perth Ultra-fest 100K</i> , 2 nd (7hrs, 44mins) 2009, <i>West Highland Way</i> (95m), 5 th , (12 th fastest of all time, 17hrs, 12mins).
14	Reima Hartikainen (Born Finland, resides Sweden)	Reima has been ultra running for 5 years, participating in races from 6hrs to 48hrs long. His personal bests are: Marathon – 2hrs 35mins 100K – 7hrs 55mins 6hrs – 84.25K 24hrs – 241.21K 48hrs – 305K Reima also placed 2 nd in Tooting in 2006 with 224K.
15	Per Audun Heskestad (Norway)	Per Audun is new to the Tooting field, but has considerable ultra experience, including 215K for a 24hr race this year, as well as a number of 6hr and 12hr races, and at least one 100K. His goal for this race is to complete 220K.
16	Christian Hottas (Germany)	Christian is certainly an experienced ultra runner. His running CV covers 230 ultras and 1130 marathons! This year, amongst others, he has completed the <i>Aarhus 24hr</i> indoor, the <i>Grand Union Canal</i> race and the <i>Thames Ring 250m</i> , where he placed 9 th , of 12 finishers, (but 35 starters). His 24hr PB is 148K.
17	Joar Flynn Jensen (Norway)	Joar Flynn ran his first marathon last summer, followed immediately by a 6hr where he completed 69K. In December he upped this to a 12hr race, completing 121K. Then in May 2009, further transcended during another 12hr to 124K. His goal this year is to complete a 24hr race in a ' <i>satisfactory manner</i> ' – he would like to run 200K at Tooting.
18	Gilbert John	Gilbert is a regular at Tooting and has a PB of 91m which he hopes to get close to again this year - and with Pam Storey as his helper he will have a good chance! Gilbert completed his 100 th marathon back in 1993, and he aims to complete his 100 th ultra sometime in 2010. Cheekily, he reckons our race " <i>is the only event where I finish heavier than I start, due to the feeding!</i> "
19	Elisabeth Karlsson (F) (Sweden)	Elisabeth's ultra experience includes 3 100Ks, a 100m and 2 24hr races. Her best performance was at <i>Bislett</i> in 2008, where she recorded 161K.
20	Stefan Lindvall (Sweden)	Stefan has completed a number of 24hr races and has a PB of 204K, set at the Oslo <i>Bislett</i> indoor race. In 2008 he completed 669K at the 7-day race in Athens.
21	Stefan Liskowski	Stefan completed his first 24hr race here last year, where he nudged over the 100m to record 101m. His other ultra experience includes the <i>Marathon of Britain</i> , <i>Coastal Ultra 105</i> , the <i>Marathon des Sables</i> and <i>Tring to Town</i> .

22	Matt Mahoney	Matt did his first 24hr race last year at Tooting, completing 101m. His ultra experience includes the <i>50 Mile Challenge</i> in 2007, 13 th place in the <i>Tring to Town</i> in 2008 (5hrs 42mins) and the <i>Night and Day</i> double marathon.
23	Karl Martin	This is Karl's second 24hr race this year - he competed at Hull and recorded 102m.
24	Ian McCuaig	Ian did his first 24hr at Tooting in 2007 and just reached the magic 100m mark! He has also completed 5 <i>West Highland Way</i> races with a PB of 22hrs, 51mins, 16secs. The fact that he had to pull out at Tooting last year after 60m due to an injury is making him all the more determined to pursue a PB this year. His dream is to run 120m, and ultimately 200K ...
25	Rachel McCuaig (F)	Rachel has done the <i>West Highland Way</i> race on two occasions, with a PB of 26hrs, 55mins. She completed the <i>Edinburgh</i> marathon this year (her first) in 3hrs, 15mins. She runs for Newark AC and was Ladies Champion in the <i>Nottinghamshire Road Race</i> league this year. This will be her first 24hr race, and she hopes to complete 100m+.
26	Ray McCurdy	Ray has run over 161 marathons, 63 ultras and 20 24hr races! This year he has completed the <i>West Highland Way</i> in 33.5hrs, <i>Cataran Trail</i> in 14hrs, 31mins, the <i>Highland Fling</i> (53m), <i>Glasgow to Edinburgh</i> (54.5m), <i>River Ayr Race</i> (44m), 100m at the 48hr race in <i>Gothenburg</i> , and then, only 14hrs later, 53m at the 24hr race in <i>Gothenburg</i> !
27	Kevin McMillan	Kevin has completed the following races in the past: <i>London-to-Brighton</i> x2, <i>Thames Meander</i> , <i>Marathon Des Sables</i> , <i>Grand Union Canal</i> and the <i>Hull 24hr</i> . His goal for this race is to cover 125m and be in one piece at the end!
28	Marion Meesters (F) (The Netherlands)	This is Marion's first 24hr race. So far this year she has done a few 6hr races (best distance 67m) and a few 50K races (best time 4hrs, 24mins). Her ultimate goal is to cross the 200K line within the 24hrs.
29	Tom Meldrum	Tom ran a bit for a couple of years as a teenager, but then did nothing for 20 years ... He started again in 2008 with a view to completing a 24hr race. At 15 stone, the first miles were a bit painful! In January 2009, 6 months after starting training, he ran the <i>Thames Path Ultra 50m</i> in 7hrs, 42mins, then the <i>Crowley AIM 12hr</i> track ultra, winning with 75.8m! His goal today is to fundraise for his charity, have fun with 'some lovely people' and to run over 130m!
30	Smiler Sid Morrison	Tony Smith gave Sid the nickname 'Smiler' after watching him smile his way through 24hrs of running. The name stuck and so has the smile! A very experienced ultra runner, with 31 24hr races under his belt, he set his PB of 112m in 1993, but still clocks up very respectable distances, even in his late 60s. Having had to pull out of last year's race, we are very happy to have him back here this year. His proudest ultra moment was at the <i>Crystal Palace 100m Challenge</i> in 2002. The race was held to celebrate Don Ritchie's 100m world record, set 25 years earlier. In his own words, "... for me, time and distance did not matter, it was just a great privilege to be running alongside the greatest ultra distance runner these islands have ever produced. A memory I will never forget."
31	Liz Neville (F)	Liz holds a 24hr PB of 108m, set here in 2005. She has completed 4 <i>London-to-Brighton</i> (the most recent of which was in September when she placed 18 th), 2 <i>Comrade</i> , 2 12hr and 3 40m races. Liz is running for the wounded soldiers at <i>Headley Court (Help the Heroes)</i> , in memory of her father who served 22 years in the army and who passed away last week.
32	Erik Nossun (Norway)	Erik has completed 6, 12 and 24hr races in 2009 already – achieving 150K in September in the 24hr. In 2008, he covered 184K in an indoor 24hr race. He would like to do a PB of 200K/124.3m if possible during this event, and then hopes to complete a 6-day race with over 600K as a lifetime goal!

33	John O'Regan	John has been doing ultras for over 6 years, and has completed races on a total of 7 continents, and in such extreme conditions/altitudes as the North Pole, the Antarctic, the Dead Sea and Everest! He had 1 st place in 2005 in the <i>Yukon Arctic Ultra</i> (100m race across the frozen Yukon wilderness), and also in 2008 in the <i>Inca Trail to Machu Picchu Marathon</i> (2,500m altitude). He also participated in the invitational <i>Empire State Building Run Up</i> in February this year, as well as <i>The North Face 100K</i> , Australia in May. His Marathon PB is 3hrs, 00mins, 30secs, and his 100K PB is 8hrs, 36mins. He hopes to 'stay on his feet' as much as possible during the race in Tooting.
34	Elaine Oddie (F)	This is Elaine's first 24hr race, but she is an experienced runner. Elaine is well known to many for her selfless involvement with the <i>Road Running Club</i> where she is <i>Club Treasurer</i> . Her goal today is to reach 100K.
35	Geoff Oliver	This year Geoff did 3hrs 34mins at the <i>London Marathon</i> (1 st 075), the <i>Presthold 10K</i> in 44mins, 40secs (1 st 075), placed 1 st 070 in a half marathon (1hr, 41mins), broke the British M075 record for 30m, for 50K, and for 40m! He also did a 6hr race, completing 36m, 160yds. Geoff is truly inspirational!
36	Hugh Pinner	Hugh completed the <i>Las 24 Madrid 24hr Race</i> this May, achieving 94m. He would like to run 100m at Tooting.
37	Richard Quennell	Richard started running marathons in 1994, and has completed 28 of them. In 2007, he moved up to ultras, and has now completed 8 of these also. In 2007, he completed 45m in 6hrs at the <i>Tring to Town</i> race. Richard likes the idea of there being no hills on a track, and would like to complete over 100m at Tooting!
38	Jane Riley (F)	Jane has been running ultras since 2005, but suffered a set-back with breast cancer in 2008, from which she has now successfully recovered. She placed 1 st lady in the <i>Boston 6hr Track Race</i> in 2007, covering 33.8m, and 1 st lady also in the <i>Boston 12hr overnight track race</i> , covering 54m in 2006. She also covered 80m at <i>Caesar's Camp</i> in 24hrs in 2006. Most recently, she placed 3 rd lady in the <i>Compton Downlands Challenge</i> (40m).
39	Aileen Scott (F)	Aileen has completed 3 <i>West Highland Way</i> races (PB 22hrs, 23mins), 3 <i>Highland Fling</i> races (PB 10hrs, 50mins), and 2 <i>Devil of the Highlands</i> races (PB 7hrs, 20mins), often placing in the first 3 women.
40	Patricia Seabrook (F)	Patricia has run 350 marathons and hopes to reach 400 in 2012. She completed her <i>11 LDWA 100</i> , numerous <i>London-to-Brighton</i> races, 100Ks and shorter ultra races. Last year she did the <i>Yorkdale 100</i> and <i>Ridgeway</i> . This will be her 7 th visit to Tooting.
41	Carl Sommer	Carl set a 24hr PB last year at <i>Hull</i> of 125m. He has completed the <i>Grand Union Canal</i> race and the <i>Thames Ring 250</i> in which he placed 7 th of 12 finishers, (but 35 starters).
42	Lindsey Stewart (F)	This is Lindsey's fourth 24hr race. She was the 1 st O50 lady at Tooting in 2007, running 104m, and 3 rd lady at <i>Hull 24hr</i> race, running 103m. Lindsey was also 1 st lady in the <i>Grand Union Canal</i> race this year. She has run a range of ultras, mainly off-road, including 3 100 milers.
43	Raymond Willett	Ray has a PB of 102m for 24hrs. He is an experienced ultra runner with 13 <i>South Down</i> , 4 completed <i>Grand Union Canal</i> and 2 <i>London-to-Brighton</i> races, amongst others. Ray's goal today is to stay the course and complete 100m, meet like minded people and have a good time!
44	Rob Wood	Rob came 3 rd in our 2005 race, covering 127m. He also placed 3 rd in the <i>Dartmoor Discovery</i> in 2006 and the <i>UK Trail Running Championships Ridgeway Challenge</i> last year. His goal for this race is 130m+.

45	Nitish Zuidema (The Netherlands)	Nitish is an experienced ultra runner. He has completed 12 24hr races, setting his PB here in 2006 with 132m.
----	-------------------------------------	---

(F) Denotes Female

Run and Become
IS PROUD TO SPONSOR
THE SELF-TRANSCENDENCE 24 HOUR RACE
GOOD LUCK TO ALL THE RUNNERS!



Run and Become
Become and Run

www.runandbecome.com
London's Specialist Running Shop

