



SRI CHINMOY
marathon team

SELF TRANSCENDENCE RACES, BATTERSEA PARK, LONDON **Comments left on Runners World Website 2009**

A nice race, well organised. This was a very nice race to be part of. Well organised, well attended and flat! The only issue was the 8am start which was a bit early, however it did then leave the rest of the weekend free to feel good about yourself

Good race, nice scenery, well organised. The whole shebang

Very well organised, great atmosphere and always a pleasure to run Battersea.

2nd event run by these guys and they have 2 of the best I've experienced as the event organisers really seem to appreciate what runners are looking for in a race.

A race for all abilities...8am start was rather early but my 5am wake-up was amply rewarded. Perfect PB conditions for this race given the lack of wind, it is mentally tough having to do 3 and-a-half laps but the course is nice and flat and I did manage a new PB. Organisers and marshals were very friendly and encouraging, which gave the whole event a relaxed atmosphere. Only slight gripe was a very small number of back markers wearing those wretched I-pods who weren't aware of being overtaken, causing last second avoidance swerves. But I must say the vast, vast majority of lapped runners were fine - and big thanks to those who actually shouted encouragement at me!

Probably *the* friendliest race series in London It's hard to fault the Run and Become shop and their Self Transcendence race series. Small event but very friendly and very good support staff/marshalling. I personally like Battersea Park, although it's fairly small, so 10 miles ended up to be 6 laps. Due to trees a lot of shadows which made it easier in the summer heat though.

10miles round the lovely Battersea Park on a gloriously sunny morning and finished by just after 9am. Well run with a good cross-section of runner. Perfect!

Fantastic race once again. Well organised; encouraging marshals; super-fast course in a nice park. And a PB by 2.5 minutes: a great start to a Saturday morning

Lots of serious runners in training but good for the beginner or slower runner that needs encouragement. I used it as training for a half-marathon, grueling but a jewel. There aren't many places in London to go running where you leave the traffic and noise behind. Well worth it!

Great start to the weekend. Friendly, informal but efficient, suitable for all

Loved it last time and just as good second time around O.K., so with 5.75 laps it's actually more 11.5th time around, but you get the picture. There's a really nice, friendly, relaxed vibe about this race which is hard to beat. It ain't broke (in fact, I'd say it's in pretty much perfect working order), so they don't need to fix it.