



**SRI CHINMOY  
MARATHON TEAM**

 Great Britain

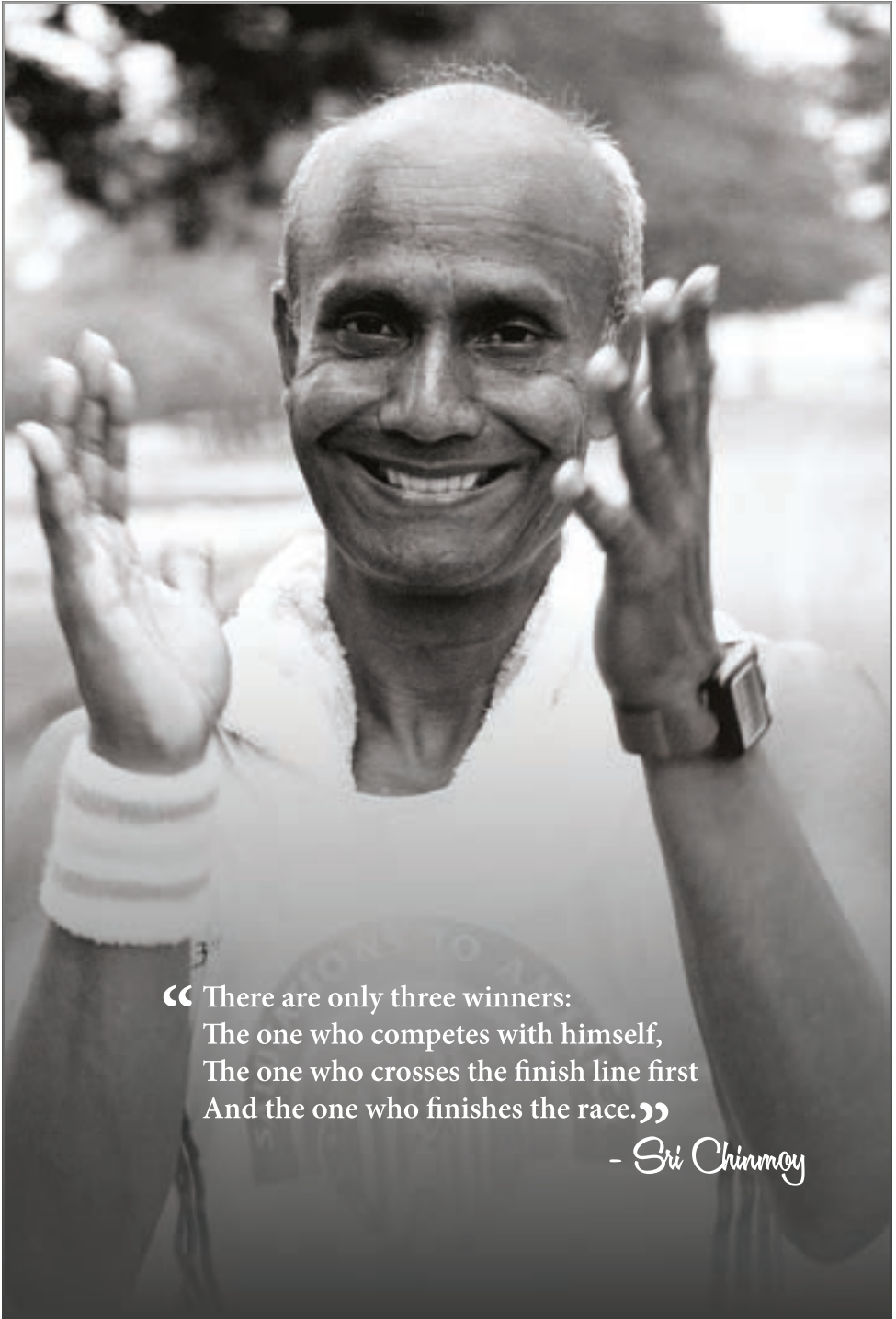


*Self-Transcendence*

# **24 Hour Track Race**

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**Battersea Park, London**  
**30<sup>th</sup> September - 1<sup>st</sup> October 2023**



“ 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 33<sup>rd</sup> annual Sri Chinmoy  
Self-Transcendence 24 Hour Track Race, at Battersea Park.**

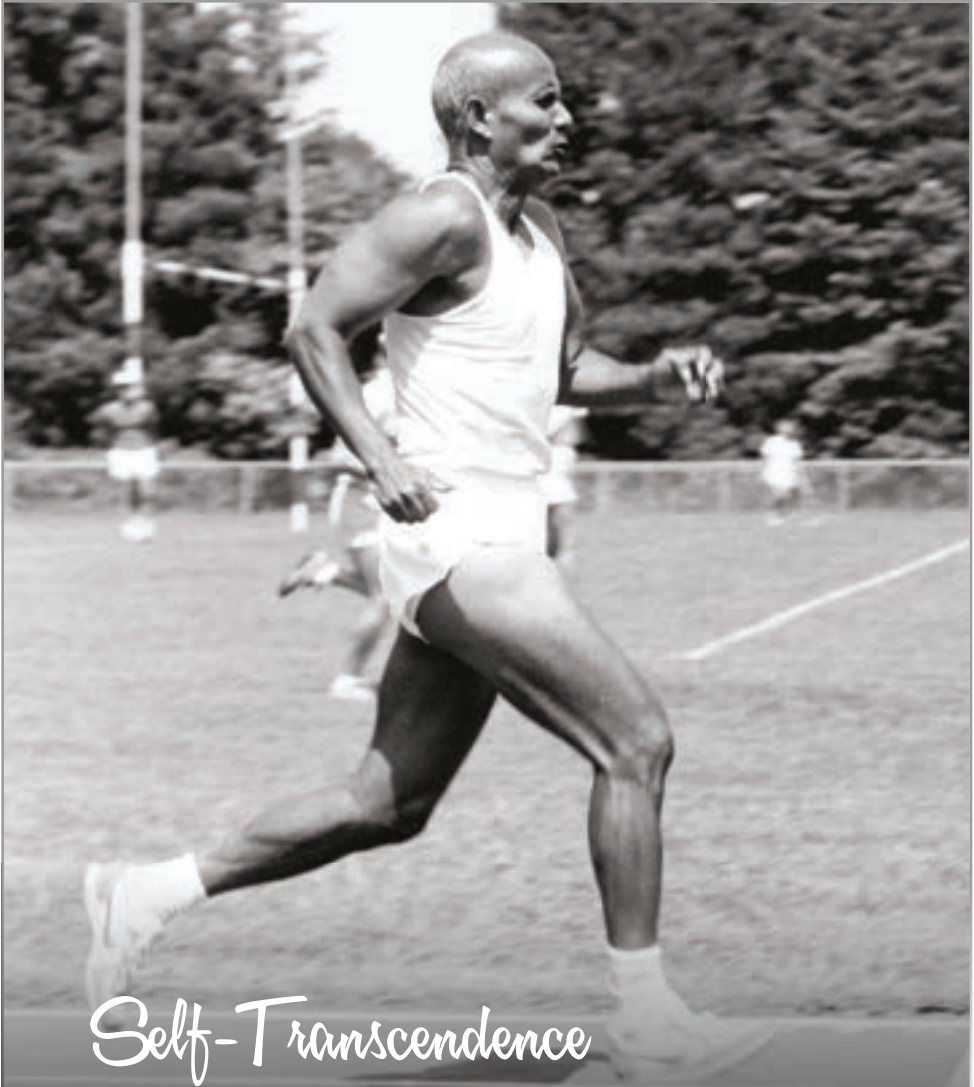
We are thrilled to welcome runners back to the Millennium Stadium for our race. We applaud the enthusiasm, discipline and the dedication that's got you to this starting line. It's going to be a fantastic 24 hours! It is our honour to serve, encourage and support you as best we can. So if there's anything 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.

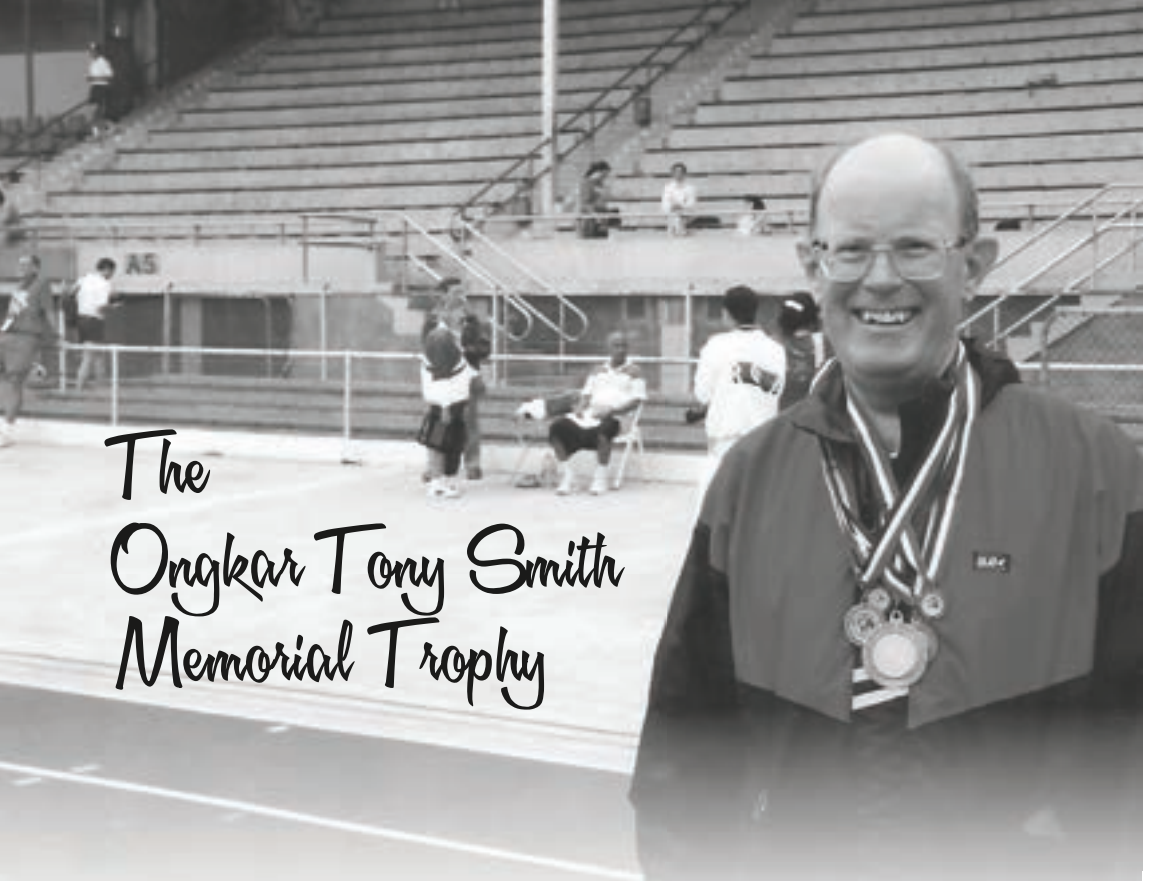
The Sri Chinmoy Marathon Team was founded in 1977 by Sri Chinmoy to offer public races as a service to the running community.

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 organised the race annually from then on until handing over to his daughter, Shankara, in 2005.

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 it's 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](http://www.peacerun.org)





# Race Officials

- Race Directors:** Shankara Smith, Devashishu Torpy  
**Race Referees:** Don Turner, Nicola Fleet, Matthew Lythell  
**Timekeepers:** Paul Corderoy, Ashley Burrige, Christian Bugar  
**Lap Recorders:** Suswara Martin Payne, Garga Chamberlain (Chiefs)  
and members of Sri Chinmoy Marathon Team  
**Medical:** Cover provided by First Aid Cover Ltd.  
**Physiotherapists:** Nicola Wiszniewska-Lynch, Ellie Dorman, Barry Crane  
**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.  
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# Runners

## **1 Nediljko Barac (31), Croatia**

Nediljko placed second at last month's Connemara 100M in 14:46. He has also completed the Polojška 100K (in Croatia) this year, in a time of 8:09. Other Ultra races include Wicklow 80K and 46K, Donadea 50K.

## **2 Stefan Bardega (48), Britain**

Stefan is relatively new to Ultra racing, his previous experience being at Race to the Stones where he completed the 100K in 17:23.

## **3 Robert Benedek (30), Hungary | Sri Chinmoy MT**

Robert's Ultra racing experience includes the Sri Chinmoy 47 Mile race in New York, which he completed in 9:03.

## **4 Sebastien Betouret (30), France**

Sebastien is an experienced Ultra racer who holds a 24Hr PB of 206K, set at Gloucester in 2020. He had to withdraw from this race early on in 2021, so is looking for a better experience today. Recent Ultras include GUCR, completed in 30:54; La PICaPICA, UTMB, Cape Wrath Ultra, Arc of Attrition, Lakeland 100; the list goes on!

## **5 Phil Briley (36), Britain | Trail Running Association**

Phil holds a 24Hr PB of 207K, set at Barcelona last year. This year he has completed Lea Valley 50K in 3:51 and Transgrancanaria Maratón. Other Ultra races include Suffolk Backyard Ultra and 5 Centurion 100s with a PB of 17:30.

## **6 Anna Brown (42), Britain | Bad Boy RC**

Anna completed the Centurion Grand Slam last year, during which she placed 2<sup>nd</sup> female in 21:48. This year she has completed GUCR in 32:59, and MDS where she was 28<sup>th</sup> female. She also placed 1<sup>st</sup> female Lea Valley 50K in 4:23. Anna holds a 24Hr PB of 186K, set at Gloucester in 2020.

## **7 Jen Coleman (49), Britain | Club: Les Croupiers**

Heads up, Jen is only planning to complete the first 6 hours of this race. This is not something we generally allow but we have fond memories of her very impressive race in 2021 and she needs this to prove fitness for the World 24Hr Champs in December. She's aiming for her 'normal' 24hr pace.

## **8 Tristan Daws (41), Britain**

This year, Tristan has completed SDW in 29:42 and Hundred Hills 50K in 6:59. Other Ultra races include The EDDUM 50M and Race to the Stones 100K.



# Runners

## **9 Etienne De Beer (44), South Africa**

Etienne recorded his 24Hr PB here in 2019 with 189K. In 2020 he raced 215 Miles across Scotland. Last year he completed Lakes Traverse 100K in 13:10. Other Ultras include a duathlon covering the entire coastline of the UK: 4200 Miles in 49 days.

## **10 Maximillian Dew (38), Britain | Club: Hercules Wimbledon**

This is Max's third time here; he improved on his 24Hr PB last year with 176K. This year he completed Lea Valley 50K in 3:33. Previous Ultra race experience includes South Coast Challenge 100K and Run to the Sea 50K.

## **11 James Elson (41), Britain | Club: 100 Marathon Club**

James is a previous Team GB 24Hr runner with a PB of 242K. James has run the infamous Barkley; The Spine; Tor des Géants; and Arc of Attrition. Today his goal is the qualifying distance for Team GB selection.

## **12 Oscar Eriksen (30), Britain**

Oscar recently completed the West Highland Way in 26:33. Other Ultra races include Tweed Valley 50K, completed in 6:13; Ben Nevis 52K; and in 2022 he completed a marathon a week for the entire year.

## **13 Jordan Farenden (36), Britain**

Jordan completed Race to the Stones 100K last year in 17:00. As a full-time event director, he's more used to overseeing Ultra races than competing in them, but that calls for endurance too. Who knows, maybe he'll have an easier time running this event than organising his!

## **14 Paul Fenn (39), Britain | Club: Kesgrave Cruisers**

Paul's Ultra race experience includes Suffolk Backyard Ultra where he recorded 100 miles in 18:05, Stour Valley 100K completed in 10:55, and the 50K version.

## **15 Peter Gettings (43), Britain**

Peter did his first 24Hr race last year, HARP24, only he didn't have a chance to try competing for 24 hours as the race had a 6 hour pause due to severe weather. He still completed 75 miles. Hopefully today's race will be quieter on the weather front!

## **16 Ashley Gilbert (49), Britain | Club: Dereham Runners & AC**

Ashley completed Spartathlon last year in 32:13. He recorded 19:43 at TP100 and has completed SDW100 this year. At Fritch 12Hr last year he clocked up 120K. Ashley also competed at Warwickshire Ring 111, finishing in 24:26.



# Runners

## **17 Roz Glover (50), Britain | Club: Great Western Runners**

Roz has run both LLCR and KACR this year, along with The Bridge 100 where she placed 1<sup>st</sup> female. Roz has competed in our race 5 times and set her 24Hr PB in 2016 with 176K.

## **18 Sue Harrison (52), Britain | Club: Leamington Cycling & A.C.**

Sue competed here the last two years and placed 1<sup>st</sup> Woman last year with 197K. Sue is a GB International 100K runner and won a bronze medal at the European 100K Championships in 2013. Her 100K PB is 7:39. Sue was first woman at the Anglo Celtic Plate 100K in 2017. Other Ultras include Comrades and Coventry Way Challenge.

## **19 Per Hedberg (61), Sweden | Club: Scania RR**

Per holds a 24Hr PB of 157K at Personliga Rekordens Tävlning in Sweden. This year he competed at Viadal Ultra 48Hr where he recorded 219K. Other races include Trans Scania 246K, Personliga Rekordens Backyard, and Viadal Ultra 6 Days.

## **20 Andrew Hollebhone (46), Britain | Club: Rudgwick Runners**

This year, Andrew has run the TP100, finishing in 25:06. He completed the CCC last year. Other recent Ultras include Hurtwood 50K, in 6:09; Ultra Trail Snowdonia, SDW in 24:40, Isle of Wight Challenge and Race to the Stones 100K.

## **21 Christopher Howe (36), Britain**

Last year Christopher took on the Lavaredo Ultra. Pre-Pandemic he completed CCC; NDW100; TP100 completed in 19:41; UTMB and many more.

## **22 Will Hudson (29), Britain | Club: Onetrack**

Will has completed a Trailwalker 100K and Country to Capital in 6:20. Will also ran 33K for 31 days, covering 1033K.

## **23 Angus Irvine (42), Britain | Club: Motherwell AC**

Angus holds a 24Hr PB of 239K, set at 24 Heures d'Albi last year. In the same year he completed the West Highland Way in 17:49 and the Sri Chinmoy 100K in Perth in 7:30. Other Ultra races include Belfast 24Hr and Highland Fling.

## **24 Andy Jones (58), Britain | Club: Thanet RR**

Andy ran here in 2021 and recently improved his PB at Gloucester with 194K. This year he has also completed SDW100K in 12:30, Ultra Trail Snowdonia 100K and Spine Sprint. Other Ultras include Festival des Templiers 106K and Ultra Trail Du Périgord.



# Runners

## **25 Colin Jones (58), Britain | Club: Barking RRn**

This will be Colin's ninth time at our race and his PB is 192K set in 2008. He's such a regular here that a year when he didn't run, he volunteered instead!

## **26 Beata Klopowska (42), Poland**

Beata has raced twice on Snowdon this year: first at Ultra Trail Snowdonia, then at Snowdon 24 placing 2<sup>nd</sup> Female with 76K. Beata was 1<sup>st</sup> Female at Ultra X Spring Trail 100K, in 8:05. Other Ultras include Sur les Traces des Ducs de Savoie, Race to the Stones and Henley 24Hr.

## **27 Tom Leeming (23), Britain**

Tom's only Ultra race was the Bondi to Manly Ultra 80K in his native Australia, completed in 9:44. He has also completed 24 hours on a rowing machine, clocking up over 320K.

## **28 Stephen Macintosh (46), Britain | Club: Camino Ultra**

Stephen completed the TP100 in 2021 in a time of 18:13. He has run NDW50 in 8:51 and Country to Capital in 6:30 this year. At the Flitch 12Hr in 2020 he covered 100K.

## **29 Anson Mackay (56), Britain**

Anson has completed two 100M races: SDW completed in 23:32, and Arc of Attrition. They also completed the Ultra Trail Snowdonia 50K this year in 9:59. Other Ultras include Ultra X Spring 100K and North Downs Ridge 50K.

## **30 Simon Maughan (46), Britain | Club: Serpentinael**

This year Simon has completed the Thames Challenge 184 Mile Stage Race, TP100 in 22:11 and Rose of the Shires 54 Miles. Other Ultra races include SDW100, The Devil's Challenge, A100, and Stour Valley Path 100K.

## **31 Phil McKenna (46), Britain**

Phil completed this year's TP100 in 23:11 and ran Race to the Stones last year in 14:35.

## **32 Stephen Miller (45), Britain | Club: Penny Lane Striders**

Stephen has run 101 miles at a Charity 24Hr race. This year he completed LLCR, placing 8<sup>th</sup> in 32:39. Other Ultra races include Ultra Trail Wales, Manchester to Liverpool Ultra, and Pilgrim's Ultra 100 Mile, completed in 26:02.

## **33 Miki Neant (51), Japan | Club: London City Runners**

Miki was 4<sup>th</sup> female at GUCR this year, completing in 30:54. She's also done EcoTrail de Paris. Last year Miki ran the TP100 in 17:54 placing 4<sup>th</sup> female.



**34 Evren Ozkarakasli (32), Britain**

Evren only took up running two years ago and his first race was 100 miles. Last year he completed Run Fire Salt Lake 100 in 23:15 and Salomon Cappadocia. He is currently in training for an attempt at the World Record for fastest run across the UAE.

**35 Hugh Pinner (47), Britain | Club: Road Runners Club**

This will be Hugh's 9<sup>th</sup> time at our race and we are delighted to welcome him back. Hugh set his 24Hr PB at Tooting with 200K in 2011. He came fairly close to that this year at Crawley, recording 191K at his first 24Hr race in 7 years.

**36 Petr Pokorny (43), Czech Republic**

Petr has taken to Ultra running fairly recently, but has already completed SDW100 in 19:59 and SDW100K in 11:11. His other Ultra race was in Slovakia at the Javornicka 50K.

**37 Elliott Preater (30), Britain**

Elliott competed in his first 24Hr race here last year, clocking up 207K. This year he has his sights on breaking 150 Miles! Other Ultra races include Robin Hood 100 in 19:26, Peaks Trails 50M where he was 2<sup>nd</sup>, and Trans NT 57K in Hong Kong.

**38 Rachel Price (41), Britain | Club: Ogmere Wolves**

Rachel ran the South Wales 200 this year, in 3d 12:07. Last year she placed 1<sup>st</sup> female at The Oner Ultra Trail. Other Ultras include SDW100 completed in 25:17, and Brecon to Cardiff.

**39 Gareth Pritchard (44), Britain | Club: Vegan Runners**

Gareth won Crawley 24Hr this year, setting a new Welsh National record with 257.9K. Last year he ran for Team GB at the European Champs, clocking up 247K. He also completed the Sri Chinmoy 100K in Perth, in 7:45. Other Ultra races include the Barry 40, Endure 24, and Hardmoors 160 Ring of Steel which Gareth won.

**40 Kallum Pritchard (30), Britain | Club: Hillingdon AC**

Kallum won the Robin Hood 100 in 2021, in 15:39. This year he ran County to Capital in 5:41. Other Ultra races include Dukeries Ultra 40M where he placed 2nd in 5:19; Lone Wolf 24Hr which he won in 2020; and Camino 50K which he also won.

**41 Gee Rosewarne (35), Britain**

Gee completed the KACR this year in 39:36, improving on her time of last year, and the Rasselbock Backyard Ultra. Other Ultra races include The South Canum Canal Ultra where she placed 1<sup>st</sup> Female; and both Cranborne and Cider Frolic 12Hrs.



# Runners

## **42** Zoe Salt (43), Britain

Zoe holds a 24Hr PB of 168K set at Crawley last year, but she had to retire at 19 hours, so there's more to come! She placed 1<sup>st</sup> Female at Country to Capital, completing in 5:52; 2<sup>nd</sup> Female at La Montagn'Hard 108K; and 3<sup>rd</sup> Female at Adamello Ultra Trail 170K. She has also completed the 330K Tor des Géants.

## **43** Patricia Seabrook (83), Britain | Club: Finch Coasters

Pat has competed here 17 times, setting her 108 miles PB in 1996. 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! She holds the age best course record for us in the Vet 80 category with 121K.

## **44** Andrew Shorthose (50), Britain

Andrew's Ultra race experience extends to Beowulf Ultra 50K and Peddars Way Ultra (47 miles), completed in 10:07. He also covered 102 miles in a solo 24Hr run in June.

## **45** Nicholas Smith (41), Britain

Nicholas completed Spartathlon last year in 31:11 placing 35<sup>th</sup>. He completed NDW50 this year in 7:24. Other Ultra races include Robin Hood 100, which he won in 17:23, and Lakeland 100.

## **46** David Soper (41), Britain

We welcome David back to our race, which he completed last year and recorded 132K.

## **47** John Turner (73), Britain | Club: Blackheath & Bromley

Today will be John's sixteenth time at our race. He set his PB of 116 miles here and in recent years has moved from being a former winner of our Vet 60 category to the winner of our Vet 70 category. John has run too many Ultras to mention, but a highlight was his John O'Groats to Lands End.

## **48** Ashley Varley (50), Britain

Ashley has completed one 24Hr race before, but as that was Snowdon 24, I think we can be confident of him breaking that PB of 105K today! Ashley is an experienced Ultra racer with the likes of SDW100 in 17:07, TP100 in 16:39, and CCC under his belt.

## **49** Ben Wernick (44), Britain | Club: Ogmores Wolves

Ben is current holder of the Mount Snowdon Ultra 100 course record, set last year in 27:44. This year he won the South Wales 200 in 2d 09:44. Ben has also won the Black Beacons Ultra, and the Brecon to Cardiff Ultra. In addition, Ben holds the Guinness World Record for the greatest vertical distance on foot in 24 Hours: 22,676m.

**50 Wendy Whearity (45), Britain**

Wendy is an experienced 24Hr racer and set her PB at Crawley last year with 221K, placing 1<sup>st</sup> Female and qualifying for Team GB. She then competed in the 24Hr European Championships in Verona. She also represented GB at the World Champs in Split, in 2019. Other Ultra races include GUCR, LLCR, KACR, A100, and TP100.

**51 Bryan Wilkins (42), Britain | Club: Wimbledon Windmilers**

Last year, Bryan completed SDW100 in 17:47. He has completed Race to the Stones 100K in 10:30; Round Reading 50K in 3:50; Comrades (up) in 7:55; and NDW100.

**52 Joel Willcocks (26), Britain**

Joel competed here last year, recording an impressive 178K in his first 24Hr and only his second ever Ultra race. This year Joel has run the NDW100, completing in 22:27.

**74 Steve Adams (51), Britain | Club: Exeter H**

Steve recently completed the Gloucester Track 100K, which sets him up nicely for a slightly longer track race! Steve placed second in 7:57. He has also run Arc of Attrition, covering 100 miles in 28 hours.



**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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