

TWO WORLD AND FOUR BRITISH RECORDS FOR OLIVER AT SELF TRANSCENDENCE 24 HOUR RACE

Sri Chinmoy, the inspiration behind the Self Transcendence Races has a saying that “age is not a barrier”. 76 year old Geoff Oliver proved that in exemplary fashion at the weekend by setting world age best performances (track) for 100miles and for his overall distance for the 24 hours in the over 75 age group.

A familiar and very popular figure at running events throughout the country, Oliver from Hinckley in Leicestershire ,a member of the 100km Association club, set off at noon on Saturday along with 45 other runners to circle the 400 metre Tooting Bec track in south London, with the simple aim of seeing how far he could run in the next 24 hours. With a dedicated team of helpers recording every single lap each runner completed. Oliver reached

30 miles in 4 hours 58 min 25 seconds.

50km in 5 hours 11 min 37 secs

40 miles in 7 hours 57 min 25 secs

50 miles in 9 hours 16 min 38 secs

12 hour distance 99.359 kilometres (61 miles 1298 yards)

100miles in 20 hours 43 mins 49 secs **WORLD BEST PERFORMANCE over 75 years track**

24 hour distance 111 miles 285 yards (178.898km) **WORLD BEST PERFORMANCE over 75 years track**

The previous best marks were set by the American Ray Piva in San Diego in 2003 were 100 miles in 21.30.25. 24 hours 109 miles 667 miles 176.030 km. All Oliver’s times and distances from 50 miles upwards are believed to be British age group records also. (All records are of course subject to ratification.)

The race was won by Richard Quennell of Rugby and Northampton A.C. with a distance of 145 miles 1942 yards (234.813 km) from Scot Paul Hart (Dumfries Running club) 140 miles 1862 yards((226.830km) with Norwegian Per Audun Heskestad third with 137 miles 1892 yards (221.978km)

First lady was Aileen Scott from Glasgow’s Clydesdale Harriers with 117 miles 617 yards (188.859km) almost 5 miles ahead of Sweden’s Elizabeth Karlson 112 miles 1642yards (181.749 km) and third Emily Gelder of Dulwich Runners 105 miles 1304 yards (170 .175 km)

A total of 25 runners broke the 100 mile barrier many of them for the first time.