



**SRI CHINMOY
MARATHON TEAM**



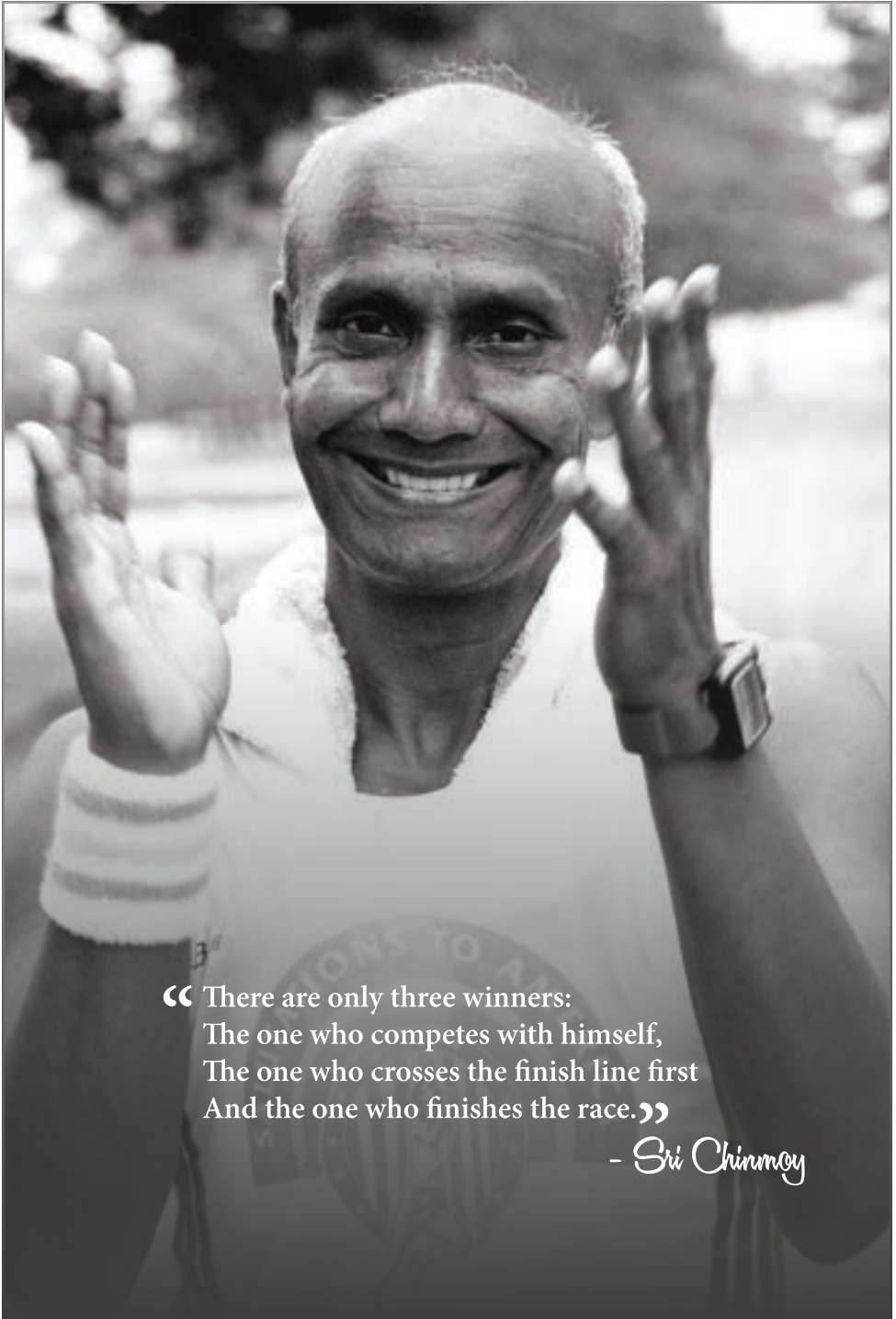
Self-Transcendence

UK Championships

24 Hour Track Race

Battersea Park, London

21st-22nd September 2024



“ 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 34th annual Sri Chinmoy
Self-Transcendence 24 Hour Track Race, at Battersea Park.**

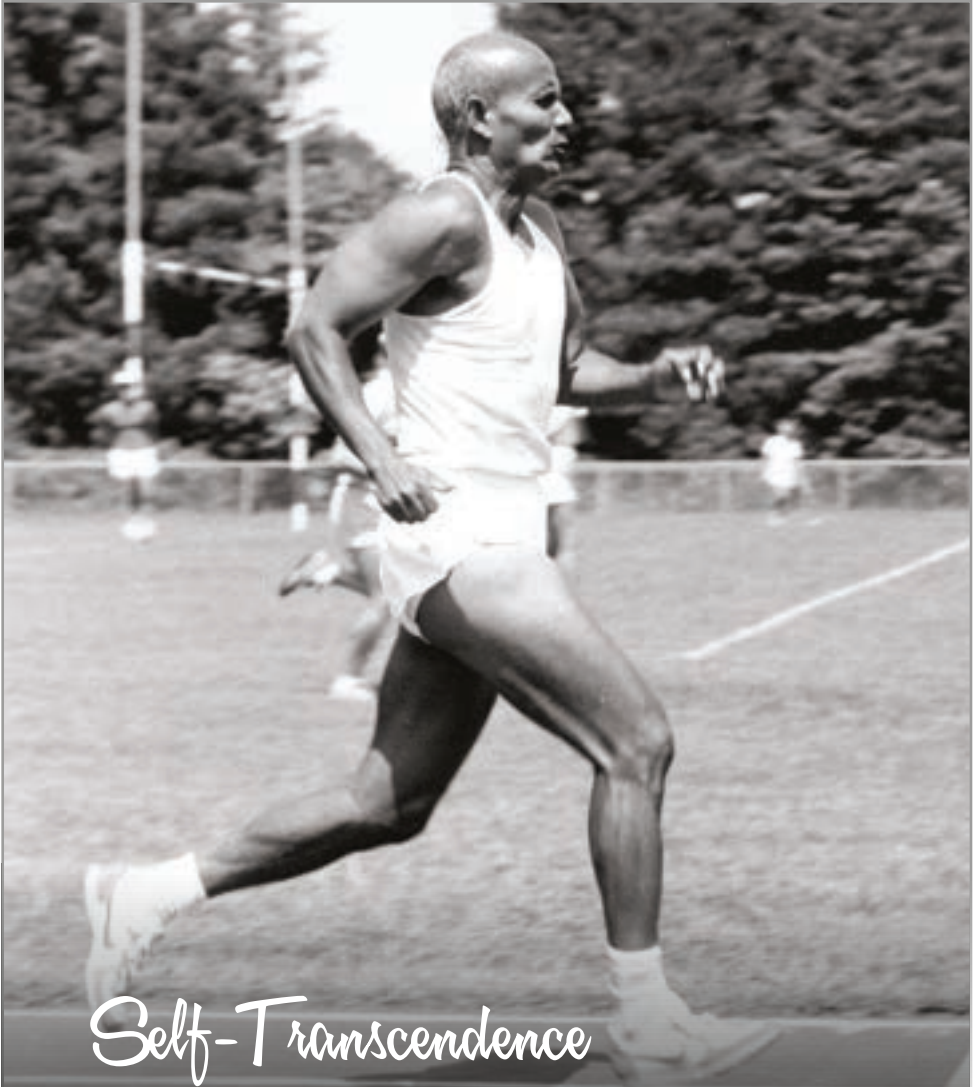
We are thrilled to welcome runners back to the Millennium Stadium for our race, which this year incorporates the UK 24 Hour Championships. We applaud the enthusiasm, discipline and the dedication that's got you to this starting line. It's going to be a fantastic 24 hours! It is our honour to serve, encourage 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



SCMT

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





Race Officials

- Race Directors:** Shankara Smith, Devashishu Torpy
Race Referees: Hilary Walker, Paul Corderoy, Matthew Lythell
Timekeepers: Don Turner, Donna Barrington Smith, 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: Barry Crane, Ellie Dorman, Nicola Wiszniewska-Lynch
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.
OUT 24/394



Run and Become

www.runandbecome.com





Runners

1 Daniel Bautista (49), Spain | Club: Patapalos Huelva

Daniel has completed London to Brighton in 14:49 and North Downs Ridge 50K.

2 Phil Beckett (42), Britain | Club: Bad Boy RC

Phil was the winner of Escape the Meridien 24Hr in 2019. Recent ultras include Winter Downs 200, CCC, ND100 completed in 27:07, and Big Bear Challenge 6Hr. During the pandemic Phil took on virtual races including Centurion Running Climbing Olympus Mons on a treadmill.

3 Simon Bennett (65), Britain | Club: Ackworth RR

Simon competed here in 2022, recording 100 miles. Ultra races completed this year include our Self-Transcendence 100K, completed in 9:45, West Highland Way and Highland Fling. Simon has many races under his belt, including GUC and Winter Downs 200.

4 Bernadette Benson (55), Canada

Bernadette set a new World Age Best for 100 miles at the Australian 24 hour race this year (awaiting ratification). She holds a 24Hr PB of 238K, set in 2014. Other recent ultra races include Dynafit Trans Alpine, Swiss Alps 50K, Sri Chinmoy 12Hr in Australia, and Berlin Bernau 100K completed in 8:32.

5 Darren Chalk (52), Britain | Club: South West RR

Darren competed at our Tooting Bec race in 2018, running 173K. He holds a 24Hr PB of 183K. Last year, Darren competed in the WSER 100 miles, Totally Coastal 50K, Race the Tide, and Dorset Hillford Ultra.

6 Mark Curtis (46) Britain | Club: Ipswich Jaffa

Mark competed here in 2022, placing 4th with 233K. This year Mark has completed the Stour Valley 100K in 11:41. Other ultra race experience includes Crawley and Barcelona 24Hr, Race to the Stones, and Kalahari Augrabies Extreme 250K.

7 Maximillian Dew (39), Britain | Club: Hercules Wimbledon

This is Max's fourth time here, he set his 24Hr PB in 2022 with 176K. Other ultras include: Lea Valley 50K in 3:33; Run to the Sea Brighton 50K and South Coast Challenge 100K.

8 Eric Dol (35), Britain | Club: Herne Hill Harriers

Eric competed here in 2022, recording 132K. He placed fifth in the Country to Capital the same year, completing in 5:28. The last two years he's completed Comrades – Up Run and Down Run.



Runners

9 Eloise Eccles (47), Britain | Club: West Cheshire

Eloise ran here in 2021, recording 214K and placing 2nd Woman, 5th overall. Eloise's 24Hr PB is 222K, set at the IAU 24Hr European Champs, Lupatotissima in 2022. The same year she was 2nd Woman in Centurion Track 100, completing in 15:36. Recent ultras include The Summer Spine Challenger North, placing 1st Woman & Gran Trail Courmayeur 100K.

10 Mylene Elliott (37), Britain | Club: Pinoy Runners London

Mylene's 24Hr PB is 156K set at Crawley last year. This year she has completed the ND100, SD100 and TP100. Last year she competed at Gloucester 48Hr, clocking up 120K. Other ultras include Manchester to Liverpool, Ultra Trail Snowdonia and Copthorne 50 Miles.

11 Oscar Eriksen (31), Britain

Oscar completed his first 24Hr here last year, reaching the coveted 100 Miles. Other ultras include the West Highland Way in 26:33; Tweed Valley 50K, completed in 6:13; Ben Nevis 52K; and in 2022 he completed a marathon a week for the entire year.

12 Natasha Farid (47), Britain | Club: She Runs Cardiff

Natasha holds a 24Hr PB of 217K set at Barcelona in 2014. Natasha last competed at our race in 2015 at Tooting. Recent ultras include The CANUM; Ridgeway Challenge completed in 22:47; KACR completed in 37:14; and Dragon Coastal 100M.

13 Christian Felix (33), Germany

This is Christian's first 24Hr race. He is relatively new to ultra racing, with the Thames Path 100K completed last year in 18:57.

14 Sarah Funderburk (42), Britain | Club: Mornington Chasers

Sarah competed at Crawley last year in the 12Hr, coming 2nd overall and 1st Woman, clocking up 127K. Last year she also ran Suffolk Backyard Ultra, completing 187K in 82Hrs. She has also run the 12Hr Resolution Run USA, completing 116K.

15 Roz Glover (51), Britain | Club: Great Western Runners

Roz has competed in our race 6 times, most recently last year when she clocked up 150K. She set her 24Hr PB in 2016 with 176K. Roz has run The Bridge 100, in 27:12; and Crawley 24Hr, 134K, this year. Other recent ultras include LLCR, KACR, and Gloucester 24Hr.

16 Aude Gribauval (51), France

Although this is Aude's first 24Hr race she has varied ultra experience ranging from London to Brighton (completed in 19:02) to Grand 2 Grand USA, a 275K 6 stage race completed last year. She has completed Ultra Mirage El Djerid 52K in Tunisia, Thames Path 100K in 21:20, and HMDS Fuerteventura.



Runners

17 Olly Hacker (27), Britain

Olly's ultra experience runs to NDW100K, completed in 12:56, and Endurance Life Dorset 70K, completed in 12:49.

18 Richard Hall-Smith (44), Britain | Club: Crystal Palace Fun Runners

Richard has run the London to Brighton the past two years, placing 7th in last year's event, in a time of 11:19. Richard has also completed Ultra London 55K in 5:02, and Lea Valley 50K in 4:21.

19 Damon Hannis (37), Britain

Damon placed 7th at TP100 last year, in a time of 16:40. Damon is relatively new to ultra racing but has also completed Maverick X Series Chilterns 54K in 4:39; Woodpecker Challenge 6Hr with 63K; and Warwickshire Bear Ultra 39M in 5:32.

20 Per Hedberg (61), Sweden | Club: Scania RR

Per holds a 24Hr PB of 157K at Personliga Rekordens Tävling in Sweden. This year he has clocked up 87K at the Personliga Rekordens Backyard over 43Hrs. Last 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.

21 Stephen Hobbs (50), Britain | Club: The Green Runners

This will be Stephen's first 24Hr race but he jumped straight to 48Hrs last year at Gloucester, recording 247K. This year he clocked up 101K at Crawley 12Hr, placing 4th. Other recent ultras include: Ambleside Trail 50K; Wendover Woods 50M completed in 9:59; Arc of Attrition 100M completed in 27:04; and The Track 100M in 2021 which he completed in 16:40. Stephen's ultra race experience is varied and far too long to list here!

22 Samantha Hudson dos Santos Figueira (45), Britain | Club: Belgrave Harriers

Samantha competed here in 2021, recording 174K, a month later she competed at Gloucester and ran 223K. Samantha represented team GB at the IAU World Champs in Taipei last year, running 174K. This year she's run at our sister 24HR in Basel, recording 149K, and our 100K in Perth, finishing in 8hrs.

23 Ian Jack (46), Britain | Club: Herne Hill Harriers

This is Ian's third time at our race, he recorded his PB in 2019 with 186K. This year he has run Epping Forest 50K in 5:27 and TP100 in 21:24. Other recent ultras include NDW100, SDW100, Country to Capital and The Wall Ultra 111K which he completed in 13:47.



Runners

24 Colin Jones (59), Britain | Club: Barking RR

This will be Colin's tenth time at our race and his PB is 192K, set in 2008. Recent ultras (outside of our race) include: 3rd place at Crawley 12Hr this year, with 109K; and Harp 24 last year.

25 Ka Hei Marco Lam (44), Hong Kong | Club: Harmeny AC

Ka Hei's 24Hr PB is 235K set in 2016 at Soochow/Taipei 24Hr. This year he has competed at our Perth 100K, finishing in 8:54, and the Highland Fling. He came 9th at WHW finishing in 19:27, and 5th in Race Across Scotland. Previous to 2021, Ka Hei competed in many ultra races across Hong Kong, Taiwan, Japan and Vietnam, often placing high up the leader board.

26 Luke Latimer (47), Britain | Club: Jura AC

This is Luke's fourth time at our race and he set his 195K PB when he was last here in 2021. We are delighted to see him back this year as health issues stopped him competing for a while. His crammed ultra CV includes GUC, The Spine, Crawley 12 Hour (79 miles), Lakeland 100 and SDW50. In 2018 he completed the Centurion Grand Slam, recording his best time at A100, 21:36.

27 Peter Lewis (53), Britain

Peter ran here in 2021, recording 148K. This year he has completed 3 Ironmans and has a total of 26 under his belt, along with a Double Ironman and the Testway Ultra.

28 Thomas Lønbæk (48), Denmark | Club: LNBK Cannonballs

Thomas holds a 24HR PB of 181K set at 24 timer ved havet Sæby in 2017. Last year he competed at Barcelona 24Hr. Other recent ultras include Ultraløbet Ringkøbing Fjord Rundt 100km completed in 13:48, The Hammer Trail Bornholm 50K and Joensuu Night Run 12Hr where he ran 101K.

29 Jamie Maker (47), Britain

Over the past few years Jamie has run Dragon's Back, Eiger Ultra Trail 101K in 18:56, and MDS. In 2019 he placed 11th at A100 in a time of 19:29. Other ultras include Comrades, Oner Ultra Trail, and Fox Ultra.

30 AJ Marchant (25), Britain | Club: Tadcaster Harriers

This is AJ's first 24Hr race but he competed at Gloucester 48Hr last year with 171K. This year he has run Arc of Attrition 100M in 32:21. Other ultras include God's Won Backyard ultra, Fritch Way 12HR where he clocked up 120K, and the High Life 130K.



Runners

31 Simon Maughan (47), Britain | Club: Serpentine

Simon competed here last year, clocking up 193K. This year he has run NDW100 in 25:28, Centaur 100 in 20:39, TP100 in 22:21 and the first 9 stages of Jogle Ultra. Last year Simon completed the Thames Challenge 184 Mile Stage Race, TP100 in 22:11 and Rose of the Shires 54 Miles.

32 Ray McCurdy (70), Britain

Ray competed at every Tooting race of ours from 1998 to 2018 and we are happy to welcome him to Battersea this year. This year he has run both Belfast and Crawley 24Hr. Last year's races included Glenmore, Gloucester, Hope, Saltire and Crawley 24Hrs.

33 Richard McDowell (45), Britain | Club: Hercules Wimbledon

Relatively new to ultra racing, Richard has some impressive results, in fact his DUV stats list 4 races all of which he won. In 2020 he won SDW100 in 14:49; plus Country to Capital in 4:57. The previous year he won TP100 in 13:43 and SDW50M in 6:02.

34 Kevin Munt (67), Britain | Club: Hart RR

This year Kevin has run Suffolk Backyard clocking up 167K over 88Hrs, plus Hundred Hills 50K in 6:19. Last year he completed Winter Downs 200, King Alfred's Way 200, Northern Traverse 300K, and Beacons Way 100. In 2020, Kevin ran the A100 in 23:40.

35 Jo Newens (54), Britain | Club: Road Runners Club

Jo set her 24Hr PB at our Tooting Bec race in 2019 with 221K, placing 1st Woman and 3rd overall, on a very wet weekend! Last year she competed at Bislett 24HR, recording 172K, she also ran Glasgow to Edinburgh 56M in 8:45. Jo has also competed at Gloucester 24HR; Lupatotissima 24HR; and ran the Anglo Celtic Plate at our Perth 100K in 2022, finishing in 8:49. Jo has many other ultras under her belt.

36 Derren Peters (50), Britain

This is Derren's fourth time with us and he holds a PB of 174K set in 2018. This year Derren has completed St. Peters Way Ultra 45M in 9:45. Other recent ultras include Harp 24Hr.

37 Simon Platts (46), Britain

Simon has run the Glenmore 24Hr five times and holds a PB of 105K. He has also run the Great Glen Ultra 71M in 20:07.



Runners

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

This will be Brian's fifth time at our race. He set his 24Hr PB in 2018 with 194K. This year he competed at Crawley 24HR clocking up 180K. A highly experienced ultra runner, Brian has recently competed at Gloucester 24HR; LLCR in 28:07; Warwickshire Ring 111M in 20:28; and Round Reading 50K.

39 Elliot Sales (33), Britain

Elliot won the Rocket Around the Track 12Hr challenge last year with 305 laps. He also completed the Grim Reaper 70M in 15:18.

40 Patricia Seabrook (84), Britain | Club: Finch Coasters

Words cannot describe how amazing and inspiring Pat is. Her humble, self-deprecating attitude belies a courage and strength that squashes our idea of what an 84-year-old woman is capable of. Pat has competed here 18 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.

41 Jason Skirrow (52), Britain

This is Jason's first 24Hr race, but he comes well prepared with many ultras under his belt. He completed Spartathlon in 2021, finishing in 35:06. The same year he ran KACR in 34:37 and both TP100 and SDW100 in 22:47 and 22:58 respectively. Last year he completed the Serpent Trail 100K in 13:05.

42 Charlotte Smith (50), Britain | Club: Serpentine

Charlotte holds a 24Hr PB of 171K set at our Tooting Bec race in 2017. An experienced ultra runner, her recent races include Stanza Stones 50M; Round Rotherham; both Les 48Hr de Royan and Gloucester 48Hr with 233K and 220K respectively; Lakeland 100; and Crawley 24HR, with 146K.

43 Richard Townsend (63), Britain | Club: Saltwell Striders

Richard holds a 24Hr PB of 126K set at Gloucester in 2021. An experienced ultra runner, Richard has competed at Gloucester 48Hr, recording 202K; Crawley 6Hr and 12Hr; The Spine; Northern Traverse 300K and many others.



Runners

44 John Turner (74), Britain | Club: Blackheath & Bromley

Today will be John's seventeenth time at our race; he will quietly and doggedly clock up the laps whilst offering kindness, encouragement and his warm smile to those less experienced around him. John set his PB of 116 miles here and in recent years has moved from being a former winner of our Vet 60 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.

45 Joel Willcocks (27), Britain

This will be Joel's third straight year at our race. He recorded an impressive 178K in his first 24Hr which was only his second ever ultra race, bettered last year to 189K. Last year Joel ran the NDW100, completing in 22:27.

46 James Williams (37), Britain | Club: The Green Runners

James won our race in 2022 with a very impressive 240K. His missed last year due to injury so we are delighted to have him back now, on his third time here at Battersea. Previously he has won the Autumn 100 and Serpent Trail 100K. Other ultras include TP100, NDW100 and MDS.



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



Run and Become

www.runandbecome.com