



SRI CHINMOY AC
SELF TRANSCENDENCE 24 Hour Track Race
& England Ultra Championship
 Tooting Bec Athletics Track
 September 21st - 22nd 2013

Congratulations to all our competitors, this was a truly amazing race.
 We saw our 20 year Women's Course Record fall to Fionna Cameron who recorded 134 Miles in her first 24 hour race. Marco Consani, also running his first 24 hour, recorded a stunning 154 miles - the second best result we've seen in 24 years of holding this race. The amazing Geoff Oliver broke World Age Group Vet 80 Records for 30M, 50K, 40M, 50M, 6Hrs, 12Hrs and 24Hrs. And 21 runners broke the 100 Mile barrier.

ENGLAND ULTRA CHAMPIONSHIP MEDALS

MEN

Gold	Nick	Thomas	Manchester Tri
Silver	Stephen	Thompson	Birmingham AC & Tri
Bronze	Timothy	Rainey	Sale Harriers

WOMEN

Gold	Helen	James	Barrow Runners
Silver	Vicky	Luffrum	
Bronze	Shona	Bendix	Bungay Black Dog

OVERALL RESULTS

Pos.	Name	Surname	Club	Age	Country	M F	Miles	Kms	Total laps	Part Lap	Race No
1	Marco	Consani	Garscube H	38	Scotland	M	154M 262Y	248.079	620	79	9
2	Fionna	Cameron	Harmeny AC	33	Scotland	F	134M 1072Y	216.624	541	224	6
3	Helen	James	Barrow Runners	41	England	F	128M 466Y	206.423	516	23	20
4	Nick	Thomas	Manchester Tri	42	England	M	127M 109Y	204.487	511	87	42
5	Stephen	Mason	Dundee Hawkhill H	45	Scotland	M	123M 110Y	198.050	495	50	25

6	Stephen	Thompson	Birmingham AC+Tri	49	England	M	122M 1412Y	197.632	494	32	43
7	Richie	Cunningham	Carnegie H	43	Scotland	M	120M 1130Y	194.155	485	155	11
8	Aidan	Blake	Le Cheile AC	33	Ireland	M	119M 53Y	191.561	478	361	5
9	Timothy	Rainey	Sale Harriers	48	England	M	110M 1063Y	178.000	445	0	36
10	Jonathon	Errington	Blacknell Forrest R	49	England	M	109M 1216Y	176.531	441	131	14
11	Rob	Cloete	u/a	32	South Africa	M	107M 473Y	172.633	431	233	8
12	Chris	McCarthy	Clapham Chasers	27	England	M	106M 674Y	171.207	428	7	26
13	Kevin	Doyle	Kimberworth Striders	39	England	M	105M 1208Y	170.086	425	86	1
14	Vicky	Luffrum	u/a	41	England	F	105M 428Y	169.373	423	173	24
15	Jesus	Prieto-Lloret	u/a	37	Spain	M	104M 881Y	168.178	420	178	34
16	Konstantinos	Anagnostou	Nokat, Greece	47	Greece	M	103M 947Y	166.661	416	261	2
17	Richard	Kimmens	u/a	26	England	M	103M 697Y	166.400	416	0	22
18	Ann	Bath	26.2 RRC	65	Scotland	F	102M 739Y	164.829	412	29	4
19	Hugh	Pinner	u/a	37	England	M	101M 1250Y	163.687	409	87	31
20=	Patrick	Quinn	Marathon Club Ireland	34	Ireland	M	100M 290Y	161.200	403	0	35
20=	Alex	Riches	u/a	30	England	M	100M 290Y	161.200	403	0	37
22	Geoffrey	Oliver	100Km Association	80	England	M	94M 1111Y	152.295	380	295	30
23	Stephen	Woodus	Brackley & District RC	42	England	M	92M 448Y	148.470	371	70	45
24	Abichal	Sherrington	Sri Chinmoy AC	52	Wales	M	85M 216Y	136.992	342	192	41
25	Daniel	Sate*	u/a	32	England	M	84M 16Y	135.200	338	0	38
26	Gary	Chalkley	u/a	42	England	M	83M 527Y	134.058	335	58	7
27	Shona	Bendix	Bungay Black Dog	46	England	F	82M 1090Y	132.963	332	163	10
28	John	Turner	Blackheath & Bromley	63	England	M	81M 1700Y	131.912	329	312	44
29	Patricia	Seabrook	Finch Coasters	73	England	F	76M 100Y	122.402	306	2	40
30	Ray	McCurdy	100 Marathon Club	59	Scotland	M	74M 1152Y	120.145	300	145	27
31	Spenser	Lane	Dulwich Park R	43	England	M	72M 238Y	116.256	290	256	23
32	Marcus	Philpott	u/a	50	England	M	70M 679Y	113.275	283	75	29
33	Pise	Prashant*	u/a	42	India	M	68M 1054Y	110.400	276	0	32
34	Don	Hannon*	Running Holidays Ireland	40	Ireland	M	68M 180Y	109.600	274	0	19
35	Colin	Jones*	Barking RR	47	England	M	67M 190Y	108.000	270	0	21
36	Andrew	Saville*	u/a	40	England	M	65M 1523Y	106.000	265	0	39
37	Chris	Dhooge*	u/a	42	Belgium	M	64M 378Y	103.600	259	0	12
38	Giacomino	Barbacetto*	ASD Pianidivas	46	Italy	M	63M 231Y	101.600	254	0	3
39	Francois - Xavier	Faure*	u/a	35	France	M	62M 241Y	100.000	250	0	18
40	James	Gibbons*	u/a	35	England	M	51M 274M	82.400	206	0	28
41	Horst	Preisler	TuS Berne	78	Germany	M	50M 363Y	80.800	202	0	33
42	Sharon	Gayter*	North York Moors AC	49	England	F	37M 496Y	60.000	150	0	17

43 Jenn	Gaskell*	Beeston AC	25 England	F	20M 1647Y	33.600	84	0	16
44 Brian	Emmott*	Blackburn H	62 England	M	10M 1647Y	17.600	44	0	13

* Withdrew before the end of the race

Run and Become. Become and Run. Run to succeed in the outer world. Become to proceed in the inner world.
Sri Chinmoy