

CRAWLEY A.I.M. TRACK 12 HOUR RACE & TRACK MARATHON
10 April 2010

Track 12 Hour

Eighteen athletes, including five females were set off at 7am by Race Director Pam Storey, in perfect conditions for distance running, at the K2 Leisure Centre, Crawley.

These would be joined 3 hours later by twenty four males running a Track Marathon.

George Dyantis, set off at a fast pace, which initially seemed a little too fast, but he never relinquished the lead on route to a clear victory and broke the course record by some eight miles with 88.15 miles (141.87km).

Richard Quennell a winner at last years London Tooting Bec 24 hour race, was runner up with 83.58 miles(134.51km). He will shortly be off to the World 24 Hour Championships in Brive France, to make his debut in a GBR vest.

First woman was Angie Sadler with 72.03 miles (115.92km), who had no real competition after Sharon Gayter pulled out after 5 hours.

Results

Pos	Name	Club	Sex	Age	Miles	Km
1	George Dayantis	Christchurch Runners	M	48	88.15	141.87
2	Richard Quennell	Rugby & Northampton AC	M	41	83.58	134.51
3	Mark Cockbain	100 Marathon Club	M	37	75.83	122.04
4	Angie Sadler	Tewkesbury AC	F	50	72.03	115.92
5	Kostas Anagnostou	Nokat Greece	M	44	64.87	104.40
6	Jeremy Smallwood	Petts Wood Runners	M	44	62.44	100.50
7	Peter Johnston	100 Marathon Club	M	56	61.4	98.82
8	Colin Jones	Barking Road Runners	M	44	57.68	92.84
9	Sue Clements	Enfield & Haringey	F	55	52.56	84.6
10	Iain Thomson	Bank of England AC	M	62	50.45	81.2
11	Philip Howells	Tewkesbury AC	M	62	50.33	81.0
12	Lorraine Fraser	Eastleigh RC	F	54	48.28	77.7
13	James Mann	Unattached	M	38	44.57	71.43
14	David Rutter	Brighton & Hove	M	74	44.38	71.13
15	Elaine Oddie	RRC	F	55	38.09	61.31



George Dayantis



Angie Sadler

Track Marathon

Twenty four athletes joined the 12 hour athletes at 10am, and from the starting gun three athletes, provided a thrilling race right through to the finish, with Tim Rainey just out pacing Luke McDonald and Walter Hill.

Results

Pos	Name	Club	Sex	Age	Time
1	Tim Rainey	Sale Harriers	M	45	3:03:05
2	Luke McDonagh	RRC	M	29	3:06:08
3	Walter Hill	Crawley AC	M	56	3:06:49
4	John Tyler	Havering Joggers	M	47	3:15:10
5	Paul Allen	Royal Navy AC	M	43	3:16:25
6	Tim Palmer	Unattached	M	31	3:42:10
7	Steve Mayfield	Fairlands Valley Spartans	M	44	3:51:43
8	John Turner	Blackheath & Bromley	M	59	3:52:49
9	Roger Briggs	100 Marathon Club	M	61	3:53:43
10	Doug MacTaggart	Burgess Hill Runners	M	42	3:57:26
11	Richard Merry	100Km Association	M	42	4:04:19
12	Andrew Dodd	Orion Harriers	M	45	4:07:29
13	Glen Keegan	Herne Hill Harriers	M	46	4:11:09
14	Jack Brooks	St Albans Striders	M	58	4:15:06
15	Carl Vella	Haverhill RC	M	35	4:15:34
16	Bob Parmenter	Halstead RR	M	58	4:52:31
17	Colin Poole	Blackheath & Bromley	M	72	5:02:32
18	Gil John	100Km Association	M	59	5:13:12
19	Phil Goodwin	100Km Association	M	58	5:27:09
20	Francis Thomason	RRC	M	61	5:38:33
21	Keith Scrivener	100 Marathon Club	M	67	5:41:09
22	Robbie Wilson	100 Marathon Club	M	76	5:42:39
23	Trevor Neal	Fittleworth Flyers	M	50	6:09:59



Tim Rainey

Walter Hill

Luke McDonagh

This was the fifth running of the 12 hour track race with Pam Storey and her team staging a super well run event. Proceeds of the event will go to the Advance International Ministries charity, which is very close to Pam's heart, helping the many needy children in Kiyindi, Uganda.

www.advanceinternational.org