

Mortimer 10k

Report by David Dibben

Photos by John Bailey, Chris Drew and Sev Konieczny

Roadrunners took all three places on the podium in the club's Mortimer 10k race... but the man on the top step was wearing the wrong vest!

Our second-claim member Keith Russell was the clear overall winner, and he was wearing the red and blue livery of Reading Athletic Club.

While there were some grumbles about AC poaching our best runners, Keith's move was a natural progression and no one begrudged his triumph in 34mins 37secs.

He has had many outstanding runs in green, and still holds the club record for the marathon.



First man in green on the day, and second finisher just over a minute behind Keith, was Chris Lucas (35:40), who pulled away from team-mate Mark Apsey in the last kilometre to beat him by eight seconds.

"I was delighted with that win bearing in mind where I am with my training," said Keith. "I've missed a lot of training through moving house."

"My personal best is 33 minutes, so if you allow about another 30 seconds because of the hills here, I am well pleased with my time."

Keith's next target is the Valencia Marathon in November and, but for a delayed passport, he would have been in Berlin rather than Mortimer at the weekend.

The other Roadrunner to feature among the prize-winners was Lesley Whiley, who captured the women's V50 award in 45:35.

Coach Lesley was fifth lady overall, Amber Gascoigne leading the fairer sex home in 38:52, being beaten only by the top five men.





Just behind her in eighth place was the ever-popular Fergal Donnelly, who sandwiched this 10k in between two five-mile runs on the day as he stepped up his training aimed at a pb in next month's Manchester Half Marathon.

Roadrunners' full chip-timed results were:

1 Keith Russell 34:37; 2 Chris Lucas 35:40; 3 Mark Apsey 35:48; 8 Fergal Donnelly 39:36; 13 Tony Walker 40:27; 37 Ivan Harding 44:14; 38 Peter Manning 44:19; 42 Dave Caswell 45:07; 44 Lesley Whiley 45:35; 45 Colin Cottell 45:49; 52 Peter Cook 46:00; 74 Joe Akem-Che 48:42; 89 Andy Atkinson 49:49; 91 Alix Eyles 49:55; 127 Dave Walkley 52:51; 133 Hannah Oatley 53:08; 154 Tim Miller 55:01; 175 Ken Beck 57:30; 196 Linda Wright 59:05; 198 Fiona Ross 59:15; 213 Heather Bowley 1:00:19; 214 Tom Harrison 1:00:29; 258 Janice Thomas 1:05:06; 264 Liz Atkinson 1:05:51; 278 Holly Turner 1:07:13.

Holly was the final finisher in green but she was the only one to claim a pb over a lumpy course on a very warm day. That was yet another brownie point for coach Katie Gumbrell's Wednesday night gang.

And just to prevent the quick guys taking all the glory within the club, Tom Harrison finished second in the V70 section even though he qualifies for the V80. That was for a tough 10k which followed runs in both the mile and 5k events on the track on Friday night and a parkrun on Saturday morning... a pretty substantial body of work for the weekend.

Race director Bob Thomas considered the event another success. "When I count up the late entries and add in the walkers and those taking part in the 3k event I think we had about 100 more than last year, so that must be good.



"The worst thing that happened all day was that we ran out of toilet paper."

Because there are no road closures for the Mortimer race its staging requires a huge number of marshals, and once again our members rose to the challenge to ensure a great day.

