

Summary of LRR members' races over March

05/04/2024

Compiled by E. E. Manuel Nicolaus

In March, 2024, Lowestoft Road Runners members took part in seven different running events (Table 1) ranging in distances from 10km to 200miles. Most members took on the Great Yarmouth half marathon (9 members), while 8 ran the Great Yarmouth 10km. Three members travelled abroad to take on the Lisbon Half Marathon as part of completing the International Half Marathon series. Well done to Kirsty Wheeler and Hayley Coleman taking on and completing their first Half Marathons. And congratulations to Chris Woodcock, Caroline Peek and Manuel Nicolaus for achieving new PBs over the month. Looking forward to what April will bring with the marathon season being in full swing.

Date	First Name	Second Name	Event	Distance	Unit	Time	Comment
01.3.24	Manuel	Nicolaus	The Tunnel	200	miles	54:30:51	dark
03.3.24	Chris	Woodcock	Great Yarmouth	10	km	0:46:31	PB
03.3.24	Grace	Glover	Great Yarmouth	10	km	0:53:35	
03.3.24	Stuart	Dewell	Great Yarmouth	10	km	0:57:35	
03.3.24	Vicki	Grice	Great Yarmouth	10	km	0:58:54	
03.3.24	John	Grice	Great Yarmouth	10	km	0:58:51	
03.3.24	James	Crisp	Great Yarmouth	10	km	0:43:58	
03.3.24	Chris	Meadows	Great Yarmouth	10	km	0:36:08	
03.3.24	Vanessa	Poppy	Great Yarmouth	10	km	0:58:11	
03.3.24	Richard	Daws	Great Yarmouth	21.1	km	01:51:07	
03.3.24	Caroline	Parnis	Great Yarmouth	21.1	km	02:25:26	
03.3.24	Keelan	Pywell	Great Yarmouth	21.1	km	01:28:05	
03.3.24	Holly	Nel	Great Yarmouth	21.1	km	01:58:23	
03.3.24	Debbie	Secret	Great Yarmouth	21.1	km	02:22:38	
03.3.24	Adam	Brown	Great Yarmouth	21.1	km	01:42:33	
03.3.24	Luke	Fitzgerald	Great Yarmouth	21.1	km	01:52:11	PB
03.3.24	Derek	Potter	Great Yarmouth	21.1	km	02:39:07	
03.3.24	Gary	Saggers	Great Yarmouth	21.1	km	01:20:26	
17.3.24	Vicki	Grice	Lisbon	21.1	km	01:47:06	
17.3.24	Jon	Wetherall	Lisbon	21.1	km	01:43:32	
17.3.24	Chris	Meadows	Lisbon	21.1	km	01:21:00	
17.3.24	Hayley	Coleman	Blickling Half	21.1	km	02:29:15	PB
24.3.24	Kirsty	Wheeler	High Lodge Half	21.1	km	01:59:19	PB
24.3.24	Keelan	Pywell	Wymondham AC	20	miles	02:27:38	
24.3.24	Annie	Davison	Wymondham AC	20	miles	02:56:06	
24.3.24	Caroline	Peek	Wymondham AC	20	miles	02:57:50	PB
24.3.24	Vicki	Grice	Wymondham AC	20	miles	03:05:45	