

## Lowestoft Road Runners August 2025 Race Report

By E. E. Manuel Nicolaus

August started off with the Great Yarmouth half marathon on the 10th. The race finished very successfully for John Jervis who finished 3rd in his age category and therefore also placed 3rd in the Norfolk county championship. Fastest for team LRR was Brandon Shulver, who crossed the line in a very impressive 01:18:56, setting a massive 12 minute PB achieving Diamond Standard. Manuel Nicolaus also participated in the event, finishing in 01:57:12. In total 11 LRR members took part, but only 3 reported their race results.



Brandon Shulver flying to a new PB



John Jervis speeding to 3rd in the Norfolk county Championship in his age category



Manuel cruising towards the finish



Also crossing the line were Ross, Lottie, Kirsty, Brandon, Jon and Karen

Over the last weekend of the month, Darryl Ainslie completed the Africa Alive 5km on the 30th in 33:26 in company with his son. A day later, Max Taylor finished the Sydney Marathon in an impressive 03:18:47.





Darryl and son after the Africa alive 5km



Max after his sensational Sydney Marathon

| First Name | Last Name | Race Name / Event            | Date       | Time     | Distance   | Comments                                                                                                                                                                                                                                                                                        |
|------------|-----------|------------------------------|------------|----------|------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| John       | Jervis    | Great Yarmouth Half Marathon | 10/08/2025 | 01:22:36 | 13.1 miles | Everytime I take part in this race, I wonder about the wisdom of doing a half marathon in August! I enjoyed it, though, and managed beat my time from last year's edition of the race by more than a minute. I was third in my age group, so I got a Norfolk country championship bronze medal. |



|         |          |                              |            |                       |             |                                                                        |
|---------|----------|------------------------------|------------|-----------------------|-------------|------------------------------------------------------------------------|
| Brandon | Shulver  | Great Yarmouth Half Marathon | 10/08/2025 | 01:18:56              | 21.2km      | 12 minute PB since March. Achieved Diamond standard for Half Marathon. |
| Manuel  | Nicolaus | Great Yarmouth Half Marathon | 10/08/2025 | 01:57:12              | 21.1km      | Hot race, but what I needed mid holiday time                           |
| Darryl  | Ainslie  | Africa alive 5k              | 30/08/2025 | 33 minutes 26 seconds | 5 kilometre | Was an enjoyable race made better to be able to run it with my son     |
| Max     | Taylor   | Sydney Marathon              | 31/08/2025 | 03:18:37              | 42.2km      | Great experience.                                                      |