

Lowestoft Road Runners July 2025 Race Report

By E. E. Manuel Nicolaus

July kicked off with the Wroxham 5k on the 2nd July. First across the line for team LRR was Simon Cook in a fantastic 17:30, followed by John Jervis in 18:02 and MAX Taylor in 18:05, who achieved an incredible PB, which was 32 seconds quicker than his previous best. Shaun Lark completed the LRR quartet finishing in a very strong time of 20:22. In general everyone liked the flat course, but the temperatures were quite high.

A few days later lots of club members took on the Ekiden relay challenge near Ipswich. Please see below John Jervis' Ekiden Report 😊.

💙💛💙 Ekiden results and report 💛💙💙

One last Ekiden post and that's it! (At least for, ooh, another 8 months or so.)

As those of you who have previously taken part in Ekiden probably know, we traditionally have an internal competition among the LRR teams that take part. This year, we only had two teams for the internal competition (the fastest team is geared towards doing well in the main Ekiden competition and so is excluded from the internal competition), which limited the options a bit. The teams were not so well balanced this year: in a last-minute team reshuffle, I struggled to keep the teams even whilst trying to make one team eligible for the male vets competition.

With hindsight, however, I have thought of a way to resolve this issue. This year's teams were generated with the aid of my patented Ekiden-o-matic (a contraption that combines the abilities of the Hogwarts sorting hat with the prediction power of Paul the octopus, along with a bit of numberwang randomisation).

As the Ekiden-o-matic predicted the times for each team, I have decided that whichever team beat their predicted time by the greatest amount shall be declared the winners of the internal competition. As an added bonus, this means all three of this year's teams can be included. The predictions were a little bit pessimistic, as all three teams beat their predicted time by quite a large margin; maybe conditions were more favourable this year (the ground certainly seemed a bit firmer and easier to run on), but I'm sure that this can be fixed for next year with a minor re-calibration.

And so to the results, which were very close:

In third place were the Breezy Browns, who ran 8 minutes 9 seconds quicker than their predicted time (actual time: 2:46:34, predicted time: 2:54:43).

In second place (and only 1 second ahead of 3rd) were the Ainslie Accelerators who were 8 minutes and 10 seconds quicker than their predicted time (actual: 3:44:48, predicted: 3:49:58, sportsmanship bonus: 0:03:00) – a slight adjustment to the predicted time and a 3-minute sportsmanship bonus were applied to the team's time after Darryl Ainslie slowed down to help a fellow runner in who was struggling. Well done Darryl!

And the winners of the team competition by just 9 seconds were the Kozyrko Kickers, who beat their predicted time by 8 minutes and 19 seconds (actual: 3:18:49, predicted: 3:27:08). Congratulations!

In terms of individuals beating their predicted time, the top three were Caroline Peek (3 minutes 21 seconds faster than predicted), Philip Brand (3 minutes 30 seconds faster), and Claire Hatton (3 minutes 50 seconds faster) – well done all three of you!

The Ekiden-o-matic also predicted placings for each team. The Breezy Browns were forecast to finish 2nd in the mixed team competition, which they duly achieved along with 12th place out of 205 teams overall. It's a good job that they were so much faster than their predicted time, though, as the mixed competition was much stronger this year: the number of teams increased from 69 to 77, a total of 7 mixed teams ran inside 3 hours compared to only 3 last year, and the winning time dropped by nearly 15 minutes from 2:54:21 to 2:40:19. Perhaps most impressive of all is that the Breezy Browns ran faster than last year's Galley Gazelles (2:49:07) by more than 2 minutes and 30 seconds – and the Gazelles were a particularly strong all-male team who finished 8th in the men's open competition.

The Kozyrko Kickers were predicted to finish in 11th place in the men's veteran competition, but finished inside the top ten in 8th place (although only 9 teams took part in this competition this year) and 73rd overall.

The Ainslie Accelerators were forecast to finish around 35th in the mixed competition, and they achieved 50th place and 147th overall.

But it's not all about times, results and statistics. Ekiden is a nice chance for a day out with the club. As a runner, I really appreciated the support coming from the LRR gazebo on cowbell corner, and as it was fun to be part of the crowd as a spectator – even a summer thunderstorm didn't dampen the enthusiasm (or the volume of the cow bells!). We enjoyed cake, cookies and biscuits as well as sinking a pint or two once the running was done. And it was generally a chance to hang out and chat about all things running, LRR, and anything else on people's minds.

And that's it for another year! We've already seen the photos, but I've picked a selection of my favourites to accompany this report.

Roll the credits:

Event organisation: Ipswich Jaffa

LRR team organisation: John Jervis and Katy Oldman

Photography: Linda Jervis and Adam Brown

Cakes and cookies: Caroline Peek, Linda Jervis, Brandon Shulver, and Claire Hatton

Financial management: Rachel Gregory

The Ainslie Accelerators (in order of appearance): Claire Hatton, Darryl Ainslie, Scottie Dec Bruce, Caroline Peek, Lottie Smith, and Ross K.

The Breezy Browns: John Jervis, Katy Oldman, Tom Galley, Kirsty Wheeler, Brandon Shulver, and Adam Brown

The Kozyrko Kickers: Chris Woodcock, Ross K., Philip Brand, David Graham, Jon Meadows, and John Jervis

Special thanks to the club for funding the cost of team entry.

See you next time!



Kiraty, David, Katy, Chris, Phil, Adam, Caroline, Tom, John, Clare, Darryl, Brandon, Lottie and Ros.



Brandon, Katy, John and Kirsty

10 days later on the 16th July, John Jervis and Gary Saggars took part in the 2nd race of the Bungay 10km race series. Gary completed the race in 36:08 placing 4th overall and winning his age category. John used this race to work on his juggling skills and run the race keeping the 3 balls up in the air. He still managed the course in an incredible 44: 37, which was a new juggling 10 k PB for John. Well done both.



Gary racing to 4th place



John juggling his way to a new PB

John Jervis and Brandon Shulver run the Flying 5k on the 20th July. Brandon flew across the line in 17min followed by John in 18:08. Brandon set a new PB and finished 9th overall. Incredible times for both.

On the 25th July, John Jervis and Shaun Lark participated in the Worstead 5 mile race which was attended by over 600 runners. John finished in 3rd place in his age category in a time of 30:11. Shaun crossed the line in a very respectable 34: 04. Well done to both of you.

On the 30th July the Run Snetterton took place. Kirsty Wheeler set a new 5 km PB, crossing the line in 21:17, placing 10th female overall and 7th in her age category.

On the same day Brandon came not just first in the Great Barrow Challenge which is a half trail half trail marathon, he also smashed the course record. He crossed the line in a massive 03:07:11. Well done on this superb performance.

First Name	Last Name	Race Name / Event	Date	Time	Distance	Comments
John	Jervis	Wroxham 5k	02/07/2025	00:18:02	5 km	I was a little bit frustrated not to beat 18 minutes, but I didn't run flat out as I was saving a little bit of energy for Ekiden. (At least that's my excuse!)
Simon	Cook	Wroxham 5k	02/07/2025	00:17:30	5K	
Max	Taylor	Wroxham 5k	02/07/2025	00:18:05	5km	32 sec PB
Shaun	Lark	Wroxham 5k	02/07/2025	00:20:22	5k	It was a very fast course but was very hot by the time the race started.
Chris	Woodcock	Ekiden 7.5k	06/07/2025	00:31:13	7.5km	Same route as last year but always be nice get a best time as PB. Less wind, so warm and doing so hard work
Claire	Hatton	Ekiden relay	06/07/2025	00:35:57	4.46 miles/ 7.2 k	Great day

John	Jervis	Bungay Summer Series - Race 2	16/07/2025	00:44:37	10 km	This was a 10k jogging pb by more than 3 minutes, and I was pleased to beat 45 minutes. I dropped twice.
John	Jervis	Flying 5k	20/07/2025	00:18:08	5 km	A nice flat course, but a little bit windy at times.
Brandon	Shulver	Flying 5k	20/07/2025	00:17	5k	A new PB and 9th place overall.
John	Jervis	Worstead 5	25/07/2025	00:30:11	5 miles	I've not run this race before, and was surprised at how popular it was (>600 runners). I got a coaster for finishing 3rd in my age group, but only by 0.1 seconds.
Shaun	Lark	Worstead	25/07/2025	00:34:04	5 miles	
Kirsty	Wheeler	Run Snetterton	30/07/2025	00:21:17	5km	I got a massive PB. 10th female overall. 7th in my age category.

Brandon	Shulver	The Great Barrow Challenge	30/07/2025	03:07:11	46.2k (Marathon)	This was my first ever marathon that I decided to do on my 23rd birthday. It was half trail half road and smashed my time goal coming 1st overall and setting a course record!
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