

Lowestoft Road Runners June 2025 Race Report

By E. E. Manuel Nicolaus

Manuel started off June on the 7th with the Suffolk Backyard Ultra, where competitors need to run 4.167 miles every hour on the hour. He managed to do this for 31 hours covering 129.16 miles. He checked out with only 8 runners remaining out of roughly 300 starters. So far, for the 2025 season, he ranks 8th within the German Backyard Ultra ranking.



Manuel shaking the check out bell after 31 hours of running

A day later on the 8th June, John Jervis, Becky Langford and Kirsty Wheeler ran the Humpty Dumpty 10k. John finished the race in 37:17 and placed 10th overall and 1st in his age category.



John receiving his age category victory trophy

On the 15th June Stuart Gollands completed the 70 mile the Wall ultra in Scotland



Stuart presenting proudly his The Wall medal

On the same day, Stuart Dewell completed the Sandringham 10km run.



Stuart all geared up for the Sandringham 10km

Only Chris Woodcock submitted his race result for the Bungay 10km on the 18th June. He finished the run in 44:47, setting a new PB. Well done to all the other LRR runners who also participated, but did not submit their results.

John Jervis took on the 10km challenge on the Lotus Test Track finishing in 38:45, on the 20th June. Sadly, John struggled with the heat and could not perform as he wished on this flat course.

On the 29th June, the inaugural Lowestoft 10km run took place. 3 LRR runners submitted their race results. First across the finish line was Gary Saggars in 35:21 winning the race. Brandon Shulver placed 3rd in his first LRR outing in 36:52. He was followed by Simon Cook in 37:43 placing 6th overall. Claire Hatton set a new PB over the 10k course, finishing in 49:04.

Thank you also to all the LRR runners who volunteered as marshalls for the race. Below some pictures of the volunteers and LRR runners.



Gary flying over the Lowestoft 10k course coming first overall



Second Row: Matt, Rachel, Ros, Lottie, Lisa, Becky, Johnny and John; first row: Suzy, Karen, Kevin and Martin



Archie, Harrison, Max, Jamie, Adam, Paul, Becky, Lisa, Darryl and John

First Name	Last Name	Race Name / Event	Date	Time	Distance	Comments
Manuel	Nicolaus	Suffolk Backyard Ultra	07/06/2025	31:00:00	129.167 miles	My first backyard ultra - 4.167miles every hour on the hour - 9th overall

John	Jervis	Humpty Dumpty 10k	08/06/2025	00:37:17	10 km	A nice course that uses a lot of the same roads as the Reedham 10 mile race. 10th overall and 1st in the M40-44 age group.
John	Jervis	Lotus Test Track Running Evening	20/06/2025	00:38:45	10 km	A completely flat course, but I struggled with the heat and felt completely flat myself during this race!
Chris	Woodcock	Bungay 10k	18/06/2025	00:44:47	10k	Was happy with my PB at bungay 10k than last year. But so hot weather
Simon	Cook	Lowestoft 10K	29/06/2025	00:37:43	10K	6th place
Brandon	Shulver	Lowestoft 10k	29/06/2025	36:52:00	10k	First race as part of LRR, a PB and a 3rd place 🏆!
Claire	Hatton	Lowestoft 10k	29/06/2025	49.04	6.2 miles /10k	New PB 😊