

September LRR race summary
by E. E. Manuel Nicolaus

The September club representation started on the 1st September. Gary Saggars took part at "The Big Half" and finished with a great time of 1hr 40min nursing an injury.

On the same day, Debbie Brown-Secret and Susan Chapman participated at the Framlingham 10km race and finished in 1:08:11 and 1:13:53, respectively.

A week later on the 8th September, 25 LRR members competed in the Run Norwich 10km event. First across the line from the LRR contingency was Simon Cook in 35:47 finishing 38th overall and 3rd in his age category. Next across the line was Tom Galley (36:39), Gary Saggars (36:43), Martin Farr (40:32), James Parr (41:17), Adam Brown (41:20), Daniel Paris (45:46), Paul Banks (46:15), Katy Oldman (46:36), Matt Baldry (48:00), Chris Woodcock (48:01), Manuel Nicolaus (49:14), Lee Philips (49:44), Karen Evens (50:41), James Crisp (51:00), Liam Mullen (51:39), Sharon Chatfield (51:44), Charlotte Smith (52:54), Rachel Plant (54:42), Stuart Dewell (55:35), Paul Mirgaux (59:43), Harrison Page (1:00:02), Matthew Reynolds (1:03:20), Caroline Parnis (1:08:49), and Phillip Laurier (01:44:20). Well done to Adam achieving a new PB over the 10km distance. In general, everyone enjoyed the Norwich 10km course although it was more undulating than expected.



Lee, Matt, Paul, Karen, Chris and Manuel after the Run Norwich 10km

On the same day, The Great North Run took place and Jo Pallant represented team LRR. She completed the half marathon distance in an impressive 2:09:57. Jo really enjoyed the run as the support was amazing even in the rainy conditions.

On the 14th September Becky Langford took on the Thames Path 100km Ultra Challenge, which she finished in an incredible 12:33:39 and finished as 10th female overall. While it was super tough, Becky just took the challenge in her stride. Well done.

Closer to home, Grace Glover and Lottie Smith took on the Suffolk Coastal 50km Ultra. It was Grace's first attempt at the marathon distance and she strived at it and going beyond it. Both finished their first ultra in 06:31. Well done to both. They really enjoyed the experience.



Grace and Lottie tackling their first 50km Ultramarathon

Also on the 14th September, Simon Cook, plunged himself in the water and swam the 2 mile Serpentine to complete his London Classics, after having done the 100 mile bike ride in May, and the London Marathon in April.

A day later, on the 15th September, Karen Archbold participated at the Richmond Marathon. She completed the race in 03:40:14. Karen finished in a superb second position for her age group, taking in the sights of Kew Gardens, Hampton Court and finishing in the Deep park. The conditions seemed perfect, firstly in shady conditions and later on in glorious sunshine allowing negative splits. Awesome running Karen as always.



Karen after the Richmond Marathon

On the 21st September Debbie Brown-Secret and Susan Chapman took on the 6 mile East Anglian Ambulance Charity “Only the Brave” obstacle run. They had a great day out.



Debbie and Susan after the “Only the Brave” obstacle race

One day later, Kirsty Wheeler ran the Marriott’s Way 10km, which meant running through different terrains. Kirsty took on the trails superbly running the varying conditions and finishing in 48:05.

Also on the 22nd September, Tom Galley participated in the Waveney Super Sprint Triathlon and finished in an incredible 5th place overall in 52:44.

Adam Brown was also running on this day in Ipswich over the half marathon distance, finishing in a superb time of 1:42:31, setting a new PB by 3 seconds.

A week later, on the 29th September, four club members competed at the Bure Valley 10 mile race. Simon Cook finished 9th overall and 2nd in his age category with a superb time of 00:58:08. Three minutes behind him, John Jarvin finished in an incredible 1:01:23. First LRR female across the line was Katy Oldman in a super 01:14:12, followed by Kirsty Wheeler in an astounding time of 01:19:38, knocking off 6 ½ minutes off her previous PB over the 10 mile distance.



Katy Oldman during the Bure Valley 10 mile race



Simon during the Bure Valley 10 mile race



John during the Bure Valley 10 mile race



Kirsty during the Bure Valley 10 mile race



Bure Valley 10km race - John Katy and Kirsty

Well done to all Lowestoft Road Runners who participated in races over September. Keep it up into the Autumn season and hopefully see you at either club events or other races 😊.

First Name	Last Name	Race Name / Event	Date	Time	Distance	Comments
Gary	Saggers	The big half	01/09/2024	01:40:32	13.1 miles	Steady run managing an injury

Manuel	Nicolaus	Run Norwich 10K	08/09/2024	00:49:14	10km	Lovely race with more elevation than expected
Gary	Saggers	Run Norwich 10K	08/09/2024	36:43:00	10k	
Jo	Pallant	Great North Run	08/09/2024	02:09:57	13.1 miles	It was a fantastic race, the support from the crowd was amazing. A tough course not help by the rain
Ben	Taylor	Run Norwich 10K	08/09/2024	44:24:00	10 km	
simon	Cook	Run Norwich 10K	08/09/2024	35:47:00	10K	Finished 38th overall and 3rd in my age category
Adam	Brown	Run Norwich 10K	08/09/2024	41:20:00	10km	This was a PB
Grace	Glover	Suffolk coastal ultra	14/09/2024	06:31	50km	My first marathon and ultra marathon! Completed in 6hrs 31 minutes over sand, shingle, trail and road. With Lottie Smith, I thoroughly enjoyed this run!
Becky	Langford	Thames Path Ultra Challenge	14/09/2024	12:33:39	100km	Tough Tough Tough 🧑🏃! Did finish 10th female though 👍🏃

Simon	Cook	Swim serpentine 2 mile	14/09/2024	01:11:16	2 mile	<p>I'm not much of a swimmer, but enjoyed the challenge to complete the 2 mile swim,</p> <p>And after completing the London Marathon in April then the Ride London 100 mile cycle in May, this was my last of the London classics event, to gain my London classics medal, it was a fantastic day and definitely recommend it</p>
Karen	Archbold	Richmond marathon	15/09/2024	3.40.14	26.2	<p>Started and first 6m in Kew Gardens then along the river Thames to Hampton court palace and back to finish in the deer park. Shady first half but hotter towards the end. Enjoyed the course and managed to keep an even pace and was pleased with a negative split. Second in my age group</p>
Kirsty	Wheeler	Marriott's Way 10k Multi Terrain	22/09/2024	48.05	10km	<p>Not a pb, but most of the course was like trial, so it was my fastest time for a 10KMT.</p>
Tom	Galley	Waveney Super Sprint Triathlon	22/09/2024	00:52:44		<p>5th overall</p>
Adam	Brown	Ipswich Half	22/09/2024	01:42:31	Half Marathon	<p>A PB by 3 seconds</p>
Kirsty	Wheeler	Bure Valley 10 miles	29/09/2024	79:39:00	10 miles	<p>Really enjoyed this race. I knocked 6 and a half minutes off my previous PB. Going from 86:10 to 79:39. So chuffed to get sub 1hour 20.</p>

Simon	Cook	Bure Valley 10 mile	29/09/2024	58:08:00	10 mile	Finished 9th overall and 2nd in my age category
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John	Jervis	Bure Valley 10 miles	29/09/2024	01:01:24	10 miles	
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