

Lowestoft Road Runners September 2025 Race Report

By E. E. Manuel Nicolaus

September started off with Stuart Gollands running the Scafell Sea to Summit 50km run in 11:07:56. A day later. On the following day was Run Norwich on the 7th September. 6 LRR runners submitted their race results. Quickest for team LRR was Gary Saggars in an incredible 35:39 placing 26th overall and 2nd in his age category. Brandon Shulver followed in a lightning time of 36:21. He was followed by Adam Brown who completed the 10km in 44:02, followed by Chris Woodcock (44:50), Kirsty Wheeler (48:16) and Stuart Dewell (01:03:19) who felt it was a tough day out. Chris achieved a new course PB smashing his previous time by 3min and 20 seconds.



Gary streaming ahead

Also on the 7th, Becky, Caroline, Jo, Suzy, Lisa, Rachel and Katy dressed up as Cruella and the 6 dalmations running the Bacchus half Wine Marathon around the Denbies Vineyard in Dorking. Caroline said: "We expected it to be hilly but it was pretty steep in places ! 6 drink stations with wine, snacks, cheese and biscuits. It wasn't about how fast we could finish the course, but all about having a good time and laugh. A great event with food/drink and after party too".



Caroline, Suzy, Becky, Katy, Lisa, Rachel and Jo



Proud and a bit tipsy medal winners Caroline, Lisa, Katy, Becky, Rachel, Jo and Suzy

On the 20th September, Manuel set off to complete the Brutal Events Extreme double ultra triathlon or for ease, a double Ironman. The triathlon was held in Llanberris in Snowdonia. The 4.6 mile swim in 12-15 degrees water was followed by a scheduled 224 mile bike ride and a 51mile run. Due to the dangerous weather conditions on the cycle route, the cycle ride had to be abandoned after Manuel completed 58miles. This meant, his day run turned into a nightrun under very challenging wet and windy conditions in hilly snowdonia. Manuel completed the 51 mile run and completed the entire race in 29:49:42, finishing 13th out of 20 starters.



Manuel getting ready for the 4.6 mile triathlon swim



Finisher medal and t-shirt after completing the Brutal double extreme Triathlon

On the 21st September, John Jervis took part in the Harling 10k run finishing in 37:12, placing 4th overall and 1st in his age category. Well done John to another awesome age group win.

On the same day, Gary Saggars took on the Berlin marathon finishing in 02:52:06. Another awesome result for Gary under very warm conditions.



Gary racing to another incredible sub 3hr marathon

The last race of the month was the Bure Valley 10 miler. 3 LRR members submitted their race results. First across the line for team LRR was Brandon Shulver in an incredible time of 58:51, finishing 7th overall and 1st male senior getting a free entry to next year's race. It was also a new PB by 20 seconds, and reaching club diamond standard. Well done Brandon. Next across the line for LRR was John Jervis in 01: 00:42 setting a new course PB by 40 s. John says: "Good turn out from LRR, and we got interviewed for Sportlink's youtube channel after the race. (Although I haven't dared look to see whether the video ever got posted!)". The 3rd LRR finisher was Anne-Marie Davison in a very strong 01:23:25. Well done to the 3 and Kirsty Wheeler who took part.



Anne-Marie, Kirsty, Brandon, John and Andrew (Waveny) after the Bure Valley 10miler

First Name	Last Name	Race Name / Event	Date	Time	Distance	Comments
Kirsty	Wheeler	Run Norwich	07/09/2025	48.16	10 km	
Adam	Brown	Run Norwich	07/09/2025	44:02:00	10KM	
Brandon	Shulver	Run Norwich	07/09/2025	36:21:00	10km	33rd Place- 10k PB by 1 second. Hot and hilly- was very tough.
Chris	Woodcock	Run Norwich 10k	07/09/2025	00:44:50	10km	Amazing start with keep going on and doing my best. So make myself course PB by 3 mins 20 sec than last time. Last 2km the hill make it different but keep fight it to finish as spirit

Stuart	Dewell	Run Norwich 10k	07/09/ 2025	01/03/ 1936	10k	Very enjoyable race. I did find it tough today for some reason.
Manuel	Nicolaus	The Brutal Double Triathlon	20/09/ 2025	29:49: 42	281 mile reduces to 113.6	My first double Long distance triathlon. Finished 13th out of 20 starters in the toughest triathlon in the world according to the Triathlon 220 magazine.
John	Jervis	Harling 10k	21/09/ 2025	00:37: 12	10 km	A nice route on quiet country roads with about 3 km through Harling wood. 4th place overall and 1st in my age group.
Brandon	Shulver	Bure Valley 10 Miles	28/09/ 2025	58:51: 00	10 miles	7th place overall. 1st male senior getting a free entry to next years race. PB by 20 seconds and finally hit club diamond standard!
John	Jervis	Bure Valley 10 miles	28/09/ 2025	01:00: 42	10 miles	Course PB by 40 s. Good turn out from LRR, and we got interviewed for Sportlink's youtube channel after the race. (Although I haven't dared look to see whether the video ever got posted!).
Anne-Marie	Davison	Bure Valley	28/09/ 2025	1.23:2 5	10 miles	