

## Lowestoft Road Runners May 2024 races

By Manuel Nicolaus and Caroline Peek

May running started off on the 4th May with the Lowestoft road runners pacing the Lowestoft parkrun. In total 23 club members took part. Thank you all for making yourself available. We are planning another pacing session later in the year.



Rachel, Stuart, Chris, Simon, Dan, Paul, Kerry, Johnny, Matt, Jason, Martin, Jason, Lisa, Karen, Matt R, Jo, John, Katy, Darryl, Lottie.

A day later, on the 5th May Karen Evans and Katy Oldman took on the Heritage coastal path half marathon and completed it in 02:09:12.

While in Aylsham, Kirsty Wheeler completed the 10k in 48:00 and was 2 mins faster than her last

10k and her quickest in 8 years.



Kirsty proudly presenting her medal.

Also on the 5th May, Karen Archbold represented Great Britain at the European middle distance duathlon (10k/60k/10k) championships in Germany, which is an epic achievement in itself and definitely something to be proud of. In Karen's own words, "I prequalified 2 years ago for the European middle distance duathlon for my age group. It was a 10k run, 60k cycle and 10k run in a small town in Germany. All of the athletes are very speedy being age group athletes and the German champs. There was an elite race too. I spent the few days before being very nervous and having imposter syndrome 🤔. There are so many rules to follow and the race briefing brings

that home. The weather had been very stormy over the few days before but luckily on the day it was dry. The runs were 4 laps each and the cycle 3 laps with some faster straights but 3 or 4 turns on the spot each lap. Was breezy on the bike and hot on the second run. I was

pleased with how I ran and pleased to come 9th in my age group and first GB in my age group. That does mean that I prequalify for next year (if I want to put myself through it again!)". Congratulations Karen and we look forward to hearing how it goes in 2025.



Karen proudly presenting her medal.

On the 6th May, Grace Glover ran the Breckland 10k as part of the Thetford AC Anniversary running series. She completed the run in 56:03.



Grace crossing the line.

During the 2nd Great Yarmouth 5 mile race on the 8th May, 19 club members took part. First across the line from our members was Ross Kozyrko in 28:25, followed by Gary Saggars (28:27), John Jervis (30:06), Keelan Pywell (31:36), Adam Brown (33:14), Shaun Lark (34:16), Jonathan Meadows (34:18), Chris Woodcock (36:11), Johnathan Lincoln (37:00),

Kirsty Wheeler (37:45), Rachel Plant (37:54), Lee Phillips (38:42), Charlotte Smith (39:44), Vanessa Poppy (42:31), Grace Glover (43:37), Jo Pallant (44:08), Suzy Grant (44:10), Stuart Dewell (44:37), and John Grice (45:53). Special mention to Gary Saggars who came 2nd in his age category.





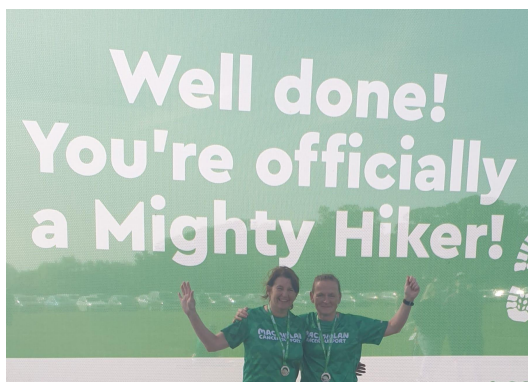
John, Grace, Stuart,  
Lee, Kirsty, Suzy,  
Adam, Shaun, John  
Grice, Jo, Jon,  
Johnny, Charlotte,  
Chris



Charlotte, John, Grace, Adam, Stuart, Lee, Kirsty, Jon, Suzy, Shaun, John Grice, Jo,  
Johnny, Chris

On the 11th May Chris Meadows and James Parr took in the Ipswich Twilight 5k. Chris completed the race in 17:20 and James in 17:02.

Earlier in the day, Jo Pallant and Marie Ayers walked the marathon distance along the Norfolk Coastal path as part of the Macmillan Hike. They started in East Runton and finished at Holkham park. Both completed the distance in 09:05.



Marie and Jo celebrating finishing their marathon hike.

On the 12th May, Kirsty Wheeler and Stuart Dewell took on the Dereham 10 mile race under hot and sunny conditions. They finished the race in 01:24:24 and 01:48:05, respectively.



Stuart and Kirsty presenting their finishers medals.

On the same day (12th May), Matthew Reynolds completed the ZigZag Marathon in 05:41:01.

27 club members travelled to Great Yarmouth on the 22nd May to complete the 3rd and final race in the 5 mile series. First across the line from the club was Gary Saggars in 28:10, followed by Ross Kozyrko (28:36), Tom Galley (28:45), John Jervis (29:19), Martin Farr (32:18), Keelan Pywell (32:49), Shaun Lark (33:24), Adam Brown (33:46), Ben Taylor (33:54),



John, Paul, Jonny, Tom, Jonathan, Ross, Lee, Jo, Stuart, Suzy, Chris, Manuel, Adam, Caroline, Jon, Anne-Marie, Luke, Grace

Jonathan Meadows (35:00), Luke Fitzgerald (35:02), Jonathan Weavers (35:34), Paul Banks (35:48), Anne-Marie Davison (36:28),

Manuel Nicolaus (PB in 36:33), Chris Woodcock (36:51), Kirsty Wheeler (37:33), Johnathan



Lincoln (38:10), Caroline Peek (38:25), Lee Phillips (38:51), Rebecca Longford (39:42), Rachel Plant (41:59), Vanessa Poppy (42:02), Grace Glover (43:03), Jo Pallant (43:16), Stuart Dewell (43:22), and Suzy Grant (44:19).

Congratulations to Ross, John and Gary for winning the 2024 Team award, Ross and Gary for coming first in their age category, and Caroline and John for coming 2nd in their age categories.



Ross, John, Caroline, Gary

This was Manuel's first ever 5 mile race and the final silver club standard he needed to complete his silver club standards for 2024. Well done Manuel!



Manuel, Caroline, Becky and Stuart

A few days later, on the 25th May, Kirsty Wheeler and Manuel Nicolaus travelled to Banham Zoo, to race the inaugural 5k race there under quite muddy and boggy conditions. Manuel crossed the line in 22:46 and Kirsty in 23:30.



Manuel and Kirsty after the Banham Zoo 5k run.

Only one day later, on 26th May, Kirsty was back at the startline for the Holt 10k. She was accompanied by Lottie (Charlotte) Smith, who ran her first 10k. Lottie crossed the line with a PB and a time of 53:28. Kirsty Wheeler completed the run in 48:03. Well done to both of them, and an awesome effort from Kirsty, running 3 races in less than 5 days!



Lottie and Kirsty proudly holding their medals.