

November 2024 LRR race summary  
by E. E. Manuel Nicolaus

November kicked off with the Framlingham Cross country 5 mile race, the Great Yarmouth East Coast 10km run, the Marriott's Way Ultra and chase the Train from Alysham to Wroxham on the 3rd.

18 LRR members took part at the GY 10km run. First across the line for LRR was Gary Saggars in 00:35:20 placing 2nd in his age category and 10th overall. He was followed by Wayne Harrison in 00:36:58 who placed 3rd in his age category and 19th overall. Anne-Marie Davison placed 2nd in her age category and 202nd overall with a time of 00:47:21. Other LRR members completed this race as follows. Adam Brown (00:39:40), Daniel Paris (00:44:30), Jonathan Meadows (00:45:37), Kirsty Wheeler (00:46:33), Liam Mullen (00:47:39), Shaun Lark (00:48:06), Karen Evans (00:48:43), Jo Bisset-Smith (00:49:35), Caroline Peek (00:49:35), David Graham (00:55:47), Jo Pallant (00:55:49), Suzy Grant (00:55:52), Gina Warford (01:04:48), Caroline Parnis (01:04:59), Phillip Laurier (01:41:11). Congratulations to Kirsty, Liam, Suzy and Adam for their new 10km PBs 🍌🍌🍌.



Suzy, Kirsty, Caroline, Caroline, David, Gina, Jo, Karen and Jo during the GY 10km run



David, Suzy, Gary, Jo, Adam, Liam, Caroline, Jo, Karen and Dan at the GY 10km run



Suzy showing full determination during the 10km GY run reaching her new PB 🏃‍♀️

15 LRR members took part in the Framlingham cross country race. Simon Cook was first across the line for the LRR team during the cross country season opener in a time of 00:33:44. He came 2nd in his age category. Simon was tightly followed by John Jervis, who was also 2nd in his age category in a time of 00:34:27. Behind him was Tom Galley in 00:34:51, Steve Carruthers (00:42:22), Katy Oldman (00:43:32), Chris Woodcock (00:45:06), James Crisp (00:45:13), Vicki Grice (00:50:06), Lisa Riley (00:51:29), Harrison Page (00:51:33), Allen Ing (00:51:37), Phil Brand (00:51:43), Lottie Smith (00:52:09), Ross Kozyrko (00:52:09), Stuart Dewell (00:54:25) and Nicole Goffin (01:01:52).



Framlingham XC LRR contingent Simon, Tom, Harrison, Lottie, Ross, John, Chris, Lisa, Steve, Stuart, James, Katy, Allen, Vicky, Nicole and Phil.



Simon leading the way for LRR during the Framlingham XC race 🚀💪👊 placing 2nd in his age category and 13th overall



John powering through to 2nd in his age category 💪



Lisa and Alan in full flow 🙌🙌



Ross and Lottie cruising during the Framlingham XC race

In the meantime, Becky Langford participated in the Mariott's way ultra, where she was the only finisher during this 37 mile race, and Dan and Paul had fun chasing the train in North Norfolk. Well done Becky, Dan and Paul 🙌🙌🙌.



Dan and Paul after chasing the Train 🚂 race 🍷

Paul and Dan also made the way to Sandringham on the 19th to take part in the 5km Run Luminate. Dan and Paul finished the race in 25:54 and 25:56, respectively. Paul came 3rd in his age category.

On the 24th, 18 LRR runners competed in the Larking Gowen Norwich half marathon. First across the line for team LRR was John Jervis in an incredible time of 01:22:49. Not far behind him was Wayne Harrisin in 01:24:26, Chris Meadows in 01:26:16 and Keelan Pywell in 01:27:05. Adam Brown achieved a new personal best with a time of 01:30:31. Behind Adam, finished Dan Ramsbottom in 01:36:22, Jonathan Weavers in 01:37:16, Katy Oldman in 01:40:59, Kirsty Wheeler in 01:48:21, Manuel Nicolaus in 01:49:00, Karen Evans in 01:50:49, Anne-Marie Davison in 01:57:14, Ross Kozyrko in 02:01:39, Lottie Smith in 02:01:40, Sharon Chatfield in 02:03:05, Matthew Reynolds in 02:25:01, Gina Warford in 02:38:47, and Caroline Parnis in 02:38:47.



Katy, Kirsty, Gina, Caroline, Manuel, Karen and Chris before the Norwich half marathon



Adam steaming to a new personal best during the Norwich half



Katy pushing it and placing 5th in her age category in the Norwich half



Gina and Caroline in the pain cave during the Norwich half



Manuel, Kirsty, Karen and Jonathan after the Norwich half marathon

In parallel to the Norwich half, 13 club members participated in the Southwold 10 km race on the 24th. First across the line for the Lowestoft Road Runners was Simon Cook (36:44), followed by Gary Saggars (36:58), Tom Galley (37:58), Chris Woodcock (46:16), Caroline Peek (52:05), Rebecca Langford (53:10), Harrison Page (54:53), James White (54:42), Vanessa May (56:16), Stuart Dewell (56:47), Jo Pallant (58:55) and Suzy Grant (59:20). Congratulations to Simon for placing 2nd in his age category and Gary for placing 3rd in his age category.



Southwold 10km



Becky pushing hard during the Southwold 10k



Rachel powering along the Southwold 10k





Tom, Gary and Simon in the zone during the Southwold 10k

| First Name | Last Name | Race Name / Event | Date       | Time                   | Distance         | Comments  |
|------------|-----------|-------------------|------------|------------------------|------------------|---|
| Caroline   | Peek      | GYRR 10K          | 03/11/2024 | 00:49:35               | 10k              | Pretty pleased with a sub 50 min 10k having come back from Achilles issues since June. Ideal race conditions.         |
| Kirsty     | Wheeler   | East Coast 10k    | 03/11/2024 | 46:33:00               | 10km             | PB  |
| Liam       | Mullen    | East coast 10km   | 03/11/2024 | 00:47:39               | 10km             | 2:41 PB   |
| Chris      | Woodcock  | Framlingham XC    | 03/11/2024 | 00:44:07               | 5.2 mile         | First time xc framingham and I'm happy with result as it very mud, slipped, uphill and small path. But great finished |
| Philip     | Brand     | Framlingham XC    | 03/11/2024 | 51:38.<br>(chip time). | 5.26M /<br>8.47K |   |
| Jo         | Pallant   | East Coast 10k    | 03/11/2024 | 00:55:49               | 10k              | Thoroughly enjoyed the race, perfect running conditions.  |
| Suzy       | Grant     | East Coast 10k    | 03/11/2024 | 00:55:52               | 10km             | An unexpected PB!   |

|            |          |                       |            |          |            |   |
|------------|----------|-----------------------|------------|----------|------------|---|
| Adam       | Brown    | East Coast 10k        | 03/11/2024 | 39:40:00 | 10km       | A massive 1 minute 40 second PB   |
| Regina     | Warford  | East Coast 10km       | 03/11/2024 | 1.04.48  | 10km       | Run better than last year 3 minutes quicker not Pb  |
| Karen      | Evans    | East Coast 10k        | 03/11/2024 | 48:43:00 | 10km       |   |
| Anne-Marie | Davison  | Yarmouth 10k          | 03/11/2024 | 47:20:00 | 10k        |   |
| Jonathan   | Meadows  | East Coast 10k        | 03/11/2024 | 45:37:00 | 10k        |   |
| Becky      | Langford | Marriott's Way Ultra  | 03/11/2024 | 06:19:40 | 37 (ish)   | A low key free event along an old railway track. Small amount of entries and I was the only one who completed the whole course this time round. Another opportunity to fall (gracefully) but mind of matter enabled me to finish....yet again 🙏🏃🏃🏃! |
| John       | Jervis   | Framligham XC         | 03/11/2024 | 00:34:27 | 8 km       | Good conditions at the first Suffolk winter league race of the season.  |
| Chris      | Woodcock | Adnams 10k            | 24/11/2024 | 00:46.1  | 10km       | Very windy but nearly pb by 2 second. But happy day   |
| Manuel     | Nicolaus | Norwich Half Marathon | 24/11/2024 | 01:49:00 | 13.1 miles | Nice course with some hills   |
| John       | Jervis   | Norwich Half marathon | 24/11/2024 | 01:22:49 | 13.1       | The first five miles were quick, but after that it seemed to be mostly hills & headwinds!   |