

## Lowestoft Road Runners May 2025 Race Report

By E. E. Manuel Nicolaus



Front Row: Kirsty, Katy, Suzy, Phil, Lottie, Ross, Karen, John, Becky; Second Row: Anne-Marie, John, Johnny, Harrison, Paul, Chris, Jamie, Garry, Manuel, Claire, Kerry, Liam, Jo, Max, Tom, Matt, Paul, Chris, Scottie, Simon

May started off with many club members pacing the Lowestoft parkrun on the 10th May. Thank you all for coming along and supporting the club and this local event. We received a lot of praise from fellow runners having achieved new PBs due your support 😊.

A day later, Adam Brown took on his first run beyond the marathon distance covering 50km in 6 hours and 27 minutes at the Five Rivers Ultra on the 11th May. Adam did exceptionally well covering this distance under the hot and sunny conditions along the different terrains. The Five River Ultra is a perfect option to try yourself in the ultra distance. The next local option of this type is in September. If you are not sure, you can always volunteer as LRR is supporting the September event. Just contact myself, Caroline or any of the coaches at the next training unit you attend, or digitally.



Adam enjoying his first ultra shuffle in the blazing sun

Also on the 11th, Simon Cook and John Jervis took on the Dereham 10 mile race. Simon covered the distance with supersonic speed in 59:46 claiming his third Platinum distance time for the year. Well done Simon. John covered the distance in an incredible time of

01:03:59. Both claimed 3rd places in their respective age categories. Well done both on your incredible achievements.



John steaming to a Bronze medal



Simon pushing to a Bronze Medal

A few days later, on the 14th May, 19 club members took on the 3rd race of the Great Yarmouth 5 mile series. First across the line for team LRR was Keelan Pywell in 29:37. He was followed by Tom Galley (), Jon Meadows (), Chris Woodcock (34:31), Manuel Nicolaus with a new PB (34:47), Kirsty Wheeler (35:59), John Jervis while joggling (36:13), Katy Oldman (36:24), Anne-Marie Davison (36:48), Stuart Gollands (37:34), Johnny Lincoln (39:23), David Graham (39:57), Mark Elflett (40:15), Allan Ing (41:05), Ross Kozyrko (42:58), Lottie Smith (42:59), Jamie Mordecai (44:33), Vanessa Poppy (48:32), Stuart Dewell (54:13) and Rachel Gregory (54:13)





Vanessa, Rachel, Stuart, Tom, Katy, Johnny, Anne-Marie, Jamie, Kirsty, David, Lottie, Stuart, Ross, Allan, Chris, Jon and Manuel



John practicing his juggling skills during the race



Manuel proudly ringing the PB bell 😊

On the 18th May, Gary Saggars ventured to Woodbridge to run the 10km race. Gary finished 7th overall and 2nd in his age category. Awesome achievement Gary, well done.





Gary pushing hard to 7th place overall and 2nd in his age category

On the 25th May, John Jervis, Lottie Smith and Ross Kozyrko went to North Norfolk to run the NNBR Holt 10km race. John finished in 37:57 and came 3rd in his age category. Congratulations John on this incredible achievement. Lottie and Ross finished in 56:43 and 56:44, respectively and stayed well below the 1 hour mark. Well done :)

It is great to see that LRR members has been running many races across East Anglia. Well done all.

Next month sees the beginning of the Triathlon season.

Please let us know all your achievements, may it be running, cycling, walking, swimming and any other activity you want to shout about :).

| First Name | Last Name | Race Name<br>/ Event | Date | Time | Distance | Comments |
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|            |          |                                                 |            |          |         |                                                                                                                                         |
|------------|----------|-------------------------------------------------|------------|----------|---------|-----------------------------------------------------------------------------------------------------------------------------------------|
| Adam       | Brown    | Five Rivers Ultra                               | 11/05/2025 | 06:27    | 50k     | My first ever 50k and it was a hard run. Had all types of terrain and quite a lot of elevation. The temperature was really warm at 25°. |
| Simon      | Cook     | Dereham 10 mile                                 | 11/05/2025 | 00:59:46 | 10 mile | Hot conditions, managed to get my third platinum distance time                                                                          |
| John       | Jervis   | Great Yarmouth Promenade 5 mile series - race 3 | 14/05/2025 | 00:36:14 | 5 miles | Second ever solo jogging race. One drop this time.                                                                                      |
| Tom        | Galley   | GY 5 Mile Race 3                                | 14/05/2025 | 00:29:38 | 5 mile  |                                                                                                                                         |
| Anne-Marie | Davison  | Great Yarmouth race 3                           | 14/05/2025 | 36.5     | 5 miles |                                                                                                                                         |
| Manuel     | Nicolaus | GY 5 Mile Race 3                                | 14/05/2025 | 00:34:47 | 5 miles | New PB :)                                                                                                                               |
| Gary       | Saggers  | Woodbridge 10k                                  | 18/05/2025 | 35:50:00 | 10k     | 7th place, 2nd in age cat. First time at this event.                                                                                    |
| John       | Jervis   | NNBR Holt 10 km                                 | 25/05/2025 | 37:58:00 | 10 km   | Got a little coaster for 3rd place in age group.                                                                                        |