

October LRR race summary
by E. E. Manuel Nicolaus

October was a lighter running month for the Lowestoft Road Runners. Ellen Blackie kicked off the month with the Endurance Life Suffolk half marathon on the 12th, which she completed in 02:22. One day later, Stuart Dewell completed the Bournemouth Supersonic 10km run in 00:54:54. Stuart enjoyed running along the promenade passing the Boscombe and Bournemouth piers. Also, on the 13th, Debbie Brown-Secret completed the Royal Parks half marathon in 02:24:46.

On the 19th, Jo Pallant, Marie and Phil Ayers completed a 17 mile walk as part of a Hopewalk for Paryrus Suicide Prevention.

On the 20th, Kirsty Wheeler set a new PB over the half marathon distance at the Blickling half. She improved her time by over 5 minutes to 01:47:17.



Kirsty after the Blickling half

On the 26th, around 30 club members paced the Lowestoft parkrun for its birthday event.



LRR members pacing the Lowestoft parkrun

Well done everyone and looking forward to writing about your successes next month when the Cross Country season kicks off 😊.

First Name	Last Name	Race Name / Event	Date	Time	Distance	Comments
Ellen	Blackie	Endurance Life Suffolk Half Marathon	12/10/2024	02:22:05	21.1km	
Stuart	Dewell	Bournemouth Supersonic 10K	13/10/2024	00:54:54	10k	Very enjoyable run along the promenade including Boscombe and Bournemouth piers