

## LRR August race summaries

By E. E. Manuel Nicolaus

The August races kicked off on the 2nd August with the Reepham summer 10km race under hot evening weather conditions making it incredibly tough for all competitors, including the LLR participants John Jervis (39:25) and Kirsty Wheeler (52:26). John finished 3rd in his age category.

During the next weekend 9th and 11th, the inter club 5km competition took place. 20 club members took place. Debbie's Dashers came first, by 2 seconds ahead of Jo's Jetsetters.

Debbie's Dashers	Time	Submitted Time	Diff
Simon Cook	00:17:56	00:17:12	00:00:44
Ben Taylor	00:19:58	00:19:42	00:00:16
Adam Brown	00:20:17	00:20:06	00:00:11
Jason Tillett	00:26:11	00:24:54	00:01:17
Debbie Secret	00:31:58	00:32:00	-00:00:02
<b>Total</b>	<b>01:56:20</b>	<b>01:53:54</b>	<b>00:02:26</b>

Riley's Racers	Time	Submitted Time	Diff
James Parr	00:20:53	00:16:56	00:03:57
Katy Oldman	00:22:00	00:24:00	-00:02:00
Chris Woodcock	00:22:35	00:21:52	00:00:43
Lisa Riley	00:25:38	00:25:00	00:00:38
Hayley Louise	00:29:16	00:28:56	00:00:20
<b>Total</b>	<b>02:00:22</b>	<b>01:56:44</b>	<b>00:03:38</b>

Jo's Jetsetters	Time	Submitted Time	Diff
Keelan Pywell	00:20:00	00:18:59	00:01:01
Manuel Nicolaus	00:22:22	00:20:56	00:01:26
Philip Brand	00:24:54	00:23:21	00:01:33
Lottie Smith	00:25:38	00:24:46	00:00:52
Jo Pallant	00:25:54	00:26:16	-00:00:22
<b>Total</b>	<b>01:58:48</b>	<b>01:54:18</b>	<b>00:04:30</b>

Grace's Gazells	Time	Submitted Time	Diff
Martin Farr	00:20:25	00:19:50	00:00:35
Jonathan Weavers	00:34:19	00:21:49	00:12:30
Kirsty Wheeler	00:24:06	00:22:09	00:01:57
Grace Glover	00:25:29	00:24:47	00:00:42
Stuart Dewell	00:24:48	00:25:04	-00:00:16
<b>Total</b>	<b>02:09:07</b>	<b>01:53:39</b>	<b>00:15:28</b>

After Manuel ran the 5km at the Sandringham parkrun as part of the inter-club championship, he set off at midday for the Sandringham 24-hour race, which started on the 10th. During the 24-hour race he covered 100 miles in 23:26:36 and came 7th overall of 175 starters and joined the Sandringham Hall of Fame, which is reserved to anyone reaching 100 miles over 24 hours.





On the 11th August, eight club members took on the Great Yarmouth half marathon. First over the line for the LRR was Simon Cook in 1:18:50 coming 10th overall and 2nd in his age category. 2nd for the LRR was John Jervis in 1:23:48 claiming 3rd in his age category for the Norfolk half marathon county championships. First LRR lady across the line was Rebecca Langford in 1:50:11. The remaining 5 LRR competitors were Kirsty Wheeler (1:52:32L,

Jonathan Meadows (1:54:03), Charlotte Smith (2:24:52), Grace Glover (2:24:52) and Caroline Parnis (2:42:12).













On the 18th August, Chris Meadows and Philip Brand travelled on to Scotland to take part in the Scottish 10km and Scottish half marathon, respectively. Philip fought the elements including 8 miles of headwind and finished the half marathon in 1:57:36. Chris was flying across the race course and finished the 10km in 36:50.



Also, on the 18th, Kirsty Wheeler took on the Dereham 5km race, which she finished in 22:03.



A week later, on the 24th, John Jervis took part in the Loch Ness 24 hour race as part of a 5 men team. In 24 hours the team covered 267.2 km over 38 laps. Not only did the team cover this impressive distance running on trails, but they were also juggling. John ran 8 laps and

covered 56 km in an impressive 4:53:04. Overall, the team finished 2nd in the small team competition.



In August, the club also drew the club member that got the club's London marathon place. The lucky winner was Darryl Ainslie. Well done to everyone running in races or training for the next big race on your calendars.

First Name	Last Name	Race Name / Event	Date	Time	Distance	Comments
John	Jervis	Reepham summer 10k	02/08/2024	00:39:26	10 km	A very warm evening made this quite a tough race.
Manuel	Nicolaus	Sandringham 24	10/08/2024	24:26:36	100 miles	My first see how far you can run in 24 hour race. It was a super hot weekend.
Grace	Glover	Yarmouth half	11/08/2024	02:24	21.1km	Took it easy as a training run for the ultra. Ran with lottie smith, very enjoyable
Simon	Cook	Great Yarmouth half marathon	11/08/2024	01:18:50	13.1 miles	A bit of a warm one, but finished in 10th place overall, and 2nd in my age category
John	Jervis	Great Yarmouth Half Marathon	11/08/2024	01:23:48	21.1 km	Norfolk half marathon county championship bronze medal in the m40-44 age group.
Philip	Brand	Scottish HM	18/08/2024	1:57:36	13.10.	A few undulations and 8 Miles of headwind had to be conquered, and a lack of Race fitness. Nonetheless, a great event to participate in... well organised.
Chris	Meadows	Scottish 10k	18/08/2024	00:36:50	10k	

John	Jervis	Loch Ness 24	24/08/ 2024	24:03:52	267.2 km	Our team of 5 joggers completed 38 laps (267 km) in just over 24 hrs , out of which I jogged 8 laps (56 km) in 4:53:04 with quite a few drops. We finished 2nd in the small team competition.
------	--------	--------------	----------------	----------	----------	---