

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

December started with the Woodbridge Cross Country race on the 1st. 13 club members participated with Simon Cook first across the line for the club in an impressive 30:21 over the 5 mile distance. He came first 🏆 in his age category. Next across the line for team LRR was James Parr (31:21), Tom Galley (31:21), John Jervis (31:39), Jon Weatherall (36:56), Manuel Nicolaus (38:10), Steve Carruthers (38:46), James Crisp (40:08), Rachel Plant (40:34), Vicki Grice (43:04), Allan Ing (45:45), Philip Brand (46:22) and Kerry Potter in also 46:22. More about the overall placings and age group equivalents can be seen in the below table.



Simon, Kerry, James, Allan, John, Phil, Jon, Vicki, Steve, Tom and Manuel



Simon flying to the finish and placing 1st 🏆 in his age category



James Parr pushing it to the finish line



Tom and John giving it all to secure these previous team points for LRR



Manuel having fun gliding over the water



Kerry and Phil sprinting to the finish

Woodbridge Cross Country placing

O/L	NAME	Time	Age Cat.Pos
8	Simon Cook	00:30:21	1
16	James Parr	00:31:21	8
19	Tom Galley	00:31:38	10
21	John Jervis	00:31:39	5
96	Jon Weatherall	00:36:56	14
123	Manuel Nicolaus	00:38:10	14
139	Steve Carruthers	00:38:46	8
167	James Crisp	00:40:08	49
184	Rachel Plant	00:40:34	5
237	Vicki Grice	00:43:04	8
295	Allan Ing	00:45:45	10
308	Phil Brand	00:46:22	21
309	Kerry Potter	00:46:22	12

On the 7th December Manuel ventured on a 147 mile Viking Way ultra adventure, but had to call it quits 63 km in due to getting caught out by Storm Darragh. Of 20 starters, 1 individual finished within the 40 cut off.

On the 8th December Kirsty Wheeler took part in the 5km Gorleston Santa Dash and placed 1st female, an improvement from 4th in the previous year. Her time was 22:46 under windy conditions.



Kirsty presenting her 1st place trophy for the Santa Dash

On the 15th December, Gary Sagggers travelled to Malaga to participate in the Generali Marathon. Although the last 5 miles were super tough, he still knocked out an impressive time of 02:48:33.



Gary presenting his Malaga marathon medal

On the 19th December, 19 club members took part in the Santa fun run.



Paul, Neil, Caroline, Katy, Adam, Stuart, Rachel, Matt, Olivia, Nicole, Kerry, John, Jo, Vicky, Chris, Allan, Karen, Liam and Lisa

On the 29th December, 11 club members took part in the Pier to Pier fun run.



Johnny, Kirsty, Phil, Simon, Lottie, John, Caroline, Ross, Stuart and Tom

Another incredible running year draws to the end. Well done everyone for achieving your individual goals and helping the club to thrive and being represented across the UK and globally.

I wish you all the best for 2025.

First Name	Last Name	Race Name / Event	Date	Time	Distance	Comments
Manuel	Nicolaus	Woodbridge XC	01/12/2024	00:38:10	5miles	Fun run in the mud
John	Jervis	Woodbridge XC	01/12/2024	00:31:39	~8.2 km	
Manuel	Nicolaus	Viking Way Ultra 147	07/12/2024		147miles	Had to quit after 63 km due to the Weather conditions and getting too cold
Kirsty	Wheeler	Gorleston Santa Dash	08/12/2024	22:46	5km	First female, was a very windy day.