

## Lowestoft Road Runners January 2025 race report

By E. E. Manuel Nicolaus

John Jervis kicked off the 2025 racing year with the New Year's run with the Wymondham 10k race. He crossed the line in 38:08 min under very windy conditions (possibly even worse than the Norwich half marathon).

On the 12th January, 16 LLR members took part in the Stowmarket Cross country race. It was a cold and icy day.

First across the line was John Jervis in 32:11, followed by Simon Cook (32:50), Carl Prewer (32:56), Tom Galley (32:58), James Parr (33:38), Manuel Nicolaus (40:25), Chris Woodcock (40:49), Katy Oldman (42:12), Vicki Grice (45:28), Caroline Peek (46:19), Phil Brand (47:31), Tracey Prewer (48:37), Allan Ing (49:41), Lisa Riley (52:37), Lottie Smith (52:37) and Ross Kozyrko (52:37).



Carl and Tom



John crossing the finish line



Manuel





Katy



Caroline



Lottie, Lisa and Ross

A week later, on the 19th January, Reedham 10km Haverhill Cross Country. Seven club members tackled the cross country course. First across the line was Simon Cook in 30:13, followed by Katy Oldman (39:27), Vicki Grice (42:20), Phil Brand (44:21), Lottie Smith (45:18), Ross Kozyrko (45:18), and Kerry Potter (47:48).



Haverhill Cross Country: Kerry, Katy, Vicky, Phil, Ross, Lottie and Simon

During the Reedham 10 mile race, 11 LRR members took part. Gary Saggars took 4th in his age category and was first across the line for team LRR in 00:58:52, followed by John Jervis (01:00:21), Wayne Harrison (01:01:11), Adam Brown (01:03:09), Max Taylor (01:10:01), Dan Ramsbottom (01:10:34), Ben Taylor with a PB of 01:10:54, Paul Banks (01:14:50), Kirsty Wheeler (01:17:00), Karen Evans (01:18:36), and Rebecca Langford (01:23:31).





Paul fully determined



Gary on the final approach



Wayne on the final approach



Adam on the final approach



Karen on the final approach

During January, Manuel took on a different kind of challenge. It is called the frozen accumulator and organised by Cockbain events. The aim of this running challenge was to run the miles in one consecutive run depending on the calendar day. He started with 1 mile on the 1st of January and finished it with 31 miles on the 31st January. In total, Manuel ran 496 miles over the month. He was the only runner to have completed this challenge this year.

Well done to him and everyone else for getting out during a cold, wet and windy January, 25.



Manuel's daily running record for January, 25

First Name	Last Name	Race Name / Event	Date	Time	Distance	Comments
John	Jervis	Wymondham New Year's Day 10k	01/01/2025	00:38:15	10 km	Very windy conditions (possibly even worse than the Norwich half marathon) meant this was not a quick race.
John	Jervis	Stowmarket Cross Country	12/01/2025	00:32:11	About 7.7 km	SWL 24/25 season race #3.
Chris	Woodcock	Xc Stowmarket	12/01/2025	00:40:49	5.13 mile	Frost, skidding and hard work gone.



Happy with my best  
time than last year

Adam	Brown	Reedham 10	19/01/2025	01:02:58	10 Miles
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Ben	Taylor	Reedham Ten	19/01/2025	01:10:54	10 miles	PB for 10 miles
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Max	Taylor	Reedham 10	19/01/2025	01:10:01	10/16.10
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John	Jervis	Reedham 10	19/01/2025	01:00:22	10 miles
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