

June 2024 Race Reports
By E. E. Manuel Nicolaus

Kirsty and John Jervis kicked off the Lowestoft Road Runners races with the Aylsham 5km on the 7th June. The race was struck by controversy as some teens changed the track signs last minute which made it longer for some runners. More can be read in a related BBC article (<https://www.bbc.co.uk/news/articles/cz55kvxmyddo.amp>). Kirsty still finished in 22:45 and John in 18:23.



Kirsty Wheeler and John Jervis at Aylsham 5km

On the 9th of June 2 LRR club members Mark Elflett and Shaun Lark took part in a triathlon relay for charity.



9th June Triathlon relay team including 2 LRR members Mark Elflett and Shaun Lark

10 days (19th June) later saw a 16 strong LRR contingent of take on the Bungay Black Dog Summer Series - Race 1. First across the line was Simon Cook in a cracking 36:09 and he placed 4th overall, and 1st in his age category. Next LRR runner across the line was John Jervis in 37:15, followed by Adam Brown (42:14), Shaun Lark (42:20), Ben Taylor (42:25), Chris Woodcock (46:23), Anne-Marie Davison (47:27), Jonathan Lincoln (48:22), Kirsty Wheeler with a personal course record in 48:25, Lee Phillips (48:48), Rebecca Langford (50:24), Mark Elflett (52:10), Grace Glover (53:38), Stuart Dewell (53:44), Jo Pallant)54:50 and Suzy Grant 57:19)..



16 (14 pictured) LRR club members at Bungay Black Dog 10km



Simon Cook ahead of John Jervis at Bungay Black Dog 10km

Kirsty Wheeler and Stuart Dewell brought the month to a close with the North Walsham 5km race on the 28th June, which she completed in 22:21 and he in 25:03.



Kirsty Wheeler and Stuart Dewell at North Walsham 5km

First Name	Last Name	Race Name / Event	Date	Time	Distance	Comments
Kirsty	Wheeler	Aylsham 5k	2024-06-07	22:45	5k	The course was longer and made void after teens messed with the signs!
John	Jervis	Aylsham 5k	2024-06-07	00:18:23	5 km	Race ended up being 5.25 km after interference with one of the route direction arrows. See https://www.bbc.co.uk/news/articles/cz55kvxmyddo.amp
Adam	Brown	Bungay Black Dog Summer Series - Race 1	2024-06-19	42:15:00	10k	It was a PB
Kirsty	Wheeler	Bungay 10k	2024-06-19	48:25:00	10k	Course PB
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Grace	Glover	Bungay 10k	2024-06-19	00:53:38	10km	
Ben	Taylor	Bungay Summer Series - race 1	2024-06-19	00:42:25	10k	

Simon	Cook	Bungay black dog 10k Race 1	2024-06-19	00:36:09	10k	I finished 4th overall, and 1st in my age category
John	Jervis	Bungay Black Dog Summer Series 10 km - Race 1	2024-06-19	00:37:15	10 km	
Kirsty	Wheeler	North Walsham 5k	2024-06-28	22:21	5k	