

LRR July Races

By E. E. Manuel Nicolaus

On the 3rd of July 11 LRR members travelled to Wroxham to run the 5km there. First LRR member across the line was Gary Saggars with a personal best of 16:32 placing 2nd in his age category. He was followed by Tom Galley (17:13), John Jervis (17:28), Keelan Pywell (18:28), Dan Ramsbottom (19:35), Ben Taylor (20:35), Matt Baldry 20:46), Paul Banks (21:21), Jonathan Meadows (21:29), Rachel Plant (21:40) and Kirsty Wheeler (22:09).



11 members (9 pictured) at Wroxham 5km



Gary giving it everything to reach a new PB



Grace, Caroline, Chris, Lottie and Kirsty at Humpty Dumpty 10km



Grace and Caroline Parnis at Humpty Dumpty 10k

Four days later on the 7th saw a huge contingent of the LRR heading to Ipswich for the Ekiden Relay. Roughly 30 club members made it to the start across five teams (some run twice for different teams)

<p>Galley Gazelles</p> <p>7.2 Gary Sagers 5 Dan Ramsbottom 10 Tom Galley C 5 John Jervis 10 Ross Kozyrko 5 Jon Wetherell</p>	<p>Lotties Legwarmers</p> <p>7.2 Lee Phillips 5 Suzy Grant 10 Jon Meadows 5 Charlotte Smith C 10 Stuart Dewell 5 Luke Fitzgerald</p>	<p>Amazing Grace</p> <p>7.2 Harrison Page 5 Adam Brown 10 Phil Brand 5 Grace Glover C 10 James Crisp 5 Rachel Gregory</p>
<p>The Fitzgerald Flyers</p> <p>7.2 Paul Banks 5 Luke Fitzgerald C 10 Katy Oldman 5 Darryl Ainslie 10 Kirsty Wheeler 5 Adam Brown</p>	<p>Blue Chrisonics</p> <p>7.2 Chris Woodcock C 5 Rachel Gregory 10 Johnathan Lincoln 5 Jo Pallant 10 Jamie Mordecai 5 James Parr</p>	<p>Team 6</p> <p>7.2 5 10 5 10 5</p>

LRR Ekiden relay teams

On the 10th July was the second race of the Bungay Summer Series, where John Jarvis took the crown in the V40 group and came 2nd overall in an amazing time of 37:14. Congratulations to John for this awesome achievement. Another four club member took part, including Martin Farr (41:35), Rachel Plant (46:36), Luke Fitzgerald (47:08), and Anne-Marie Davies (47:33).



Bungay Summer Series Race 2 - V40 winner and 2nd overall John Jervis

Four days later, on the 14th July, Kirsty Wheeler, Grace Glover, Caroline Parnis, Lottie Smith, Chris Woodcock and Simon Cook took on the Humpty Dumpty 10km race. Kirsty set a 9-year best with a time of 47:03 and Grace and Caroline run it in a respectable time of 55:21 and 01:05:24, respectively. Simon flew over the course coming 1st in his age category and 7th overall in an impressive time of 35:50. Chris helped Lottie reach a new personal best and both finished in 55:14 and 55:13, respectively.

While on holidays in the Lake District, Stuart Dewell run the Keswick parkrun on tired legs in 26:37 on the 20th July.

On the 28th July m Mark Elflett and Shaun Lark were part of a 3 men team who took on the T100 London triathlon.



Mark and Shaun having a nice group picture with Ali Brownle

On the last day of July (31st), Gary Sagers and Kirsty Wheeler made the track all the way to Snetterton to run the 10km and 5km, respectively, races there. Gary came 14th overall in a cracking time of 37:24 over the 10km, and Kirsty set a new personal best over the 5km in a time of 22:02.

First Name	Last Name	Race Name / Event	Date	Time	Distance	Comments
Kirsty	Wheeler	Wroxham 5k	2024-07-03	22:09	5k	
Paul	Banks	Wroxham	2024-07-03	21.21	5K	
Ben	Taylor	Wroxham	2024-07-03	00:20:35	5k	
Gary	Sagers	Wroxham 5k	2024-07-03	00:16:33	5k	Chip time 16:32.9 pb 🥳 2nd in age

						cat.
John	Jervis	Wroxham 5k	2024-07-03	00:17:28	5 km	
Tom	Galley	Wroxham 5k	2024-07-03	00:17:13	5km	
Adam	Brown	Ekiden Relay - Leg 2	2024-07-07	21:16	5k	
Adam	Brown	Eminem Relay - Leg 6	2024-07-07	21:16	5k	
Chris	Woodcock	Ekiden relay	2024-07-07	00:33.57	6.2km	
John	Jervis	Bungay Black Dog Summer Series 10 km - Race 2	2024-07-10	00:37:42	10 km	2nd place overall - but mostly because everyone else was watching England in the Euros football semi-final!
Kirsty	Wheeler	Humpty Dumpty 10k	2024-07-14	47:03:00	10k	Not a PB but quickest time in 9 years for me.
Grace	Glover	Humpty Dumpty 10k	2024-07-14	00:55:21	10km	
Chris	Woodcock	The humpty dumpty 10k	2024-07-14	00:53:13	10k	I have take a easy pace running as be a support running with lottie smith who is now have herself personal best on her 10k
Simon	Cook	Humpty Dumpty 10k	2024-07-14	00:35:50	10k	I finished 7th overall, and 1st in age category
Stuart	Dewell	Keswick Parkrun	2024-07-20	00:26:37	5 K	A lovely Parkrun to do if you are staying in the Lake District. I

						ran it on very tired legs after three days of hiking in the hills, but still really enjoyed it.
Kirsty	Wheeler	Snetterton 5k	2024-07-31	22:02	5k	A 5k PB for me.
Kirsty	Wheeler	Snetterton 5k	2024-07-31	22:02	5k	A 5k PB for me.
Gary	Saggers	Snetterton 10k	2024-07-31	37:27:00	10k	Hot n windy. 14th place.