

## ***TCS London Marathon, Sunday 21<sup>st</sup> April 2024***

**Lauren Reed excelled at Sunday's London marathon to improve her best by six minutes and take over four minutes off the Debbie Appleton's club marathon record dating from 2005 in the process.**

It was a master class in even-paced marathon running by the Uppingham PE teacher in only her second effort at the classic distance, following her debut in Manchester last April, as she went through halfway in 78 minutes 3 seconds, and she hardly slowed on the second half to cross the line in two hours 38 mins and two seconds, to finish as the fifth woman in the mass starters, and the fastest W40 overall, better than any W40 among the elite starters. Lauren's time was the tenth fastest ever by a British women aged 40-44, and came just three weeks after her 40<sup>th</sup> birthday. It marked one of the career highlights for the athlete who has been a club member for almost 30 years which has seen her win Great Britain and England vests.

Five other club members ran well in the iconic event. Jason Crispin (M40) was next home in 3:08.20, just ahead of Robyn Matson (W35) who ran 3:08.31, with Steve Walker 3:29.12 and Clare Davies 3:40.01 also running well and Finn Hutton clocking 4:11.18 on his debut.

