

Lord Mayor's 5k City Centre Classic - 6 July 2013

1	Tewodros	Shiferaw	Birchfield Harriers	30	14:25	M
2	Danny	Russell	Highgate Harriers	29	14:46	M
3	Paul	Richardson	Owls AC Leicester	31	14:47	M
4	Shaun	Dixon	Highgate Harriers	30	14:49	M
5	Darren	Deed	Bedford & County AC	35	14:52	M
6	Ash	Harrell	City of Norwich AC	24	15:16	M
7	Ben	Russell	Norwich Road Runners	23	15:36	M
8	Luke	Betts	Sale Harriers Manchester	19	16:00	M
9	Robert	Wilson	Ealing, Southall & Middlesex AC	26	16:00	M
10	Matthew	Bidwell	City of Norwich AC	41	16:04	M
11	Matthew	Spencer	Ipswich JAFFA RC	29	16:04	M
12	Joe	Skipper	Tri-Anglia Triathlon Club	25	16:11	M
13	Oliver	Maskell	City of Norwich AC	21	16:12	M
14	Gemma	Steel	Charnwood AC	27	16:24	F
15	Kieran	McMorran	Bungay Black Dog RC	17	16:27	M
16	Mark	Grubb	Norfolk Gazelles AC	29	16:37	M
17	Brahma	Pochee	Highgate Harriers	25	16:45	M
18	Roger	Braybrooks	London Heathside Runners AC	44	16:46	M
19	Spencer	Goodall	Wymondham AC	45	16:47	M
20	Bradley	Wattleworth	Ipswich Harriers	17	16:55	M
21	Paul	Faulkner	Hallamshire Harriers Sheffield AC	44	16:57	M
22	Nathan	Risbey	Winchester and District Athletic Club	30	17:01	M
23	Joseph	Hawes	Norfolk Gazelles AC	32	17:05	M
24	Stephen	Gibbs	Norwich Road Runners	33	17:09	M
25	Ted	Oldman	Bungay Black Dog RC	16	17:11	M
26	Lee	Cook		28	17:16	M
27	Will	Law	The Saxons	26	17:17	M
28	Luke	Alden	City of Norwich AC	17	17:18	M
29	Andrew	Terry	Wymondham AC	42	17:21	M
30	Graham	Anderson	Cambridge & Coleridge AC	31	17:23	M
31	Iona	Lake	City of Norwich AC	19	17:26	F
32	Alan	Cooney	The Saxons	25	17:31	M
33	Adam	Bamford	Serpentine RC	24	17:32	M
34	Adam	Craske	Bungay Black Dog RC	26	17:35	M
35	Ryan	Honeyman		35	17:37	M
36	Robert	Cheverton	City of Norwich AC	56	17:38	M
37	Bryony	Proctor	Aldershot, Farnham & District AC	25	17:39	F
38	Matthew	Stone	Coltishall Jaguars RC	42	17:40	M
39	Jonathan	Ling	Ipswich JAFFA RC	21	17:44	M
40	Lawrence	Wade	Coltishall Jaguars RC	39	17:44	M
41	Jody	Cork		29	17:48	M
42	Edward	Foster		16	17:50	M
43	Jim	Last	Framlingham Flyers	36	17:50	M
44	Andy	Mulligan	Coltishall Jaguars RC	22	17:51	M
45	Rob	Thornton	Wymondham AC	29	17:53	M
46	Ellie	Matthews	City of Norwich AC	28	17:54	F
47	Joseph	Kirton	Thetford AC	19	17:56	M
48	Jack	Gillick	Wymondham AC	25	17:56	M
49	Jan	Kaiser		39	17:58	M
50	Richard	Johnson	Norwich Road Runners	37	18:00	M
51	Richard	Ginn	Pocklington Runners	43	18:01	M
52	Marcus	Sladden	Bungay Black Dog RC	18	18:02	M
53	Matthew	Parker	Derwent Runners	31	18:03	M
54	Shane	Draper		46	18:11	M
55	Glen	Richardson	City of Norwich AC	34	18:13	M
56	Darren	Spindler	Vegan Runners	29	18:13	M
57	Mark	Garrett	Norwich Road Runners	50	18:18	M
58	Paul	Preston	Colchester Harriers AC	41	18:19	M
59	Andrew	Fay	Saffron Striders RC	17	18:22	M
60	Christopher	Blake	Stourbridge RC	25	18:25	M
61	Tim	Vials	South West Road Runners	50	18:25	M

62	Richard	Donovan	City of Norwich AC	30	18:26	M
63	Andrew	Preston	Wymondham AC	48	18:27	M
64	Philippa	Taylor	Nene Valley Harriers	46	18:29	F
65	Thomas	Bobbins		32	18:31	M
66	James	Beadle	Reepham Runners	35	18:34	M
67	Paul	Nicholson	West Norfolk AC	40	18:42	M
68	Guzel	Sari	Dereham Runners AC	31	18:44	M
69	Troy	Douglas-Collow	Bungay Black Dog RC	16	18:45	M
70	Matthew	Sutton	Great Yarmouth Road Runners	26	18:46	M
71	Toby	Laver	Rand Athletic Club	37	18:47	M
72	Marc	Evans	Great Yarmouth Road Runners	34	18:48	M
73	Richard	Steer	Norwich Road Runners	38	18:50	M
74	Marie	Shirley	Colchester Harriers AC	34	18:56	F
75	Paul	Martin	Norwich Road Runners	36	19:02	M
76	Daniel	Gardiner	Bungay Black Dog RC	42	19:04	M
77	Tim	Chapman	Fenland AC	48	19:05	M
78	David	Tandy	Norwich Road Runners	43	19:12	M
79	Gary	Penn	City of Norwich AC	36	19:15	M
80	Eddie	Greenland	Wymondham AC	48	19:15	M
81	Andrew	Pond	Tri-Anglia Triathlon Club	48	19:19	M
82	Sam	Evans		36	19:20	M
83	Leigh	Butcher	Lowestoft Road Runners	31	19:23	M
84	Eddie	Alford	Reepham Runners	26	19:27	M
85	Ian	Moore	Norwich Road Runners	46	19:28	M
86	Ben	Snelling		42	19:28	M
87	Daniel	Leers		23	19:30	M
88	Ian	Bray		30	19:31	M
89	Sophie	Alden	City of Norwich AC	15	19:32	F
90	Chris	Ault		27	19:35	M
91	James	Francis		35	19:36	M
92	Stephen	Moseley	Norwich Road Runners	46	19:39	M
93	Steve	Childerhouse	Wymondham AC	42	19:46	M
94	Michael	Armes	Norwich Road Runners	48	19:47	M
95	Vince	Ellis	City of Norwich AC	57	19:48	M
96	Ruth	Ross	Hallamshire Harriers Sheffield AC	29	19:49	F
97	Robert	Thompson	Spa Striders RC	47	19:53	M
98	Lauren	Howe	Bungay Black Dog RC	15	19:53	F
99	Andrew	Goodchild	Tri-Anglia Triathlon Club	46	19:54	M
100	Emma	Patel	Winchester and District Athletic Club	32	19:55	F
101	Benn	Walker	Bungay Black Dog RC	14	19:56	M
102	Philip	Johnson		28	19:59	M
103	Nicky	Sparkes	Bungay Black Dog RC	14	20:01	M
104	Keith	Brighty	Norwich Road Runners	50	20:02	M
105	Chris	Haylock	Lowestoft Road Runners	41	20:03	M
106	Ashley	Bell		14	20:11	M
107	Richard	Morris-Jones	Reepham Runners	43	20:25	M
108	Rowena	Leary	Norfolk Gazelles AC	28	20:33	F
109	Carl	Meen		37	20:41	M