

Norwich Union Lord Mayor's 5k City Centre Classic - 14 July 2007

Place	Time	Name	Team	Race Age Category	Race	Race
1	0:14:34	MILES, Mark	Belgrave Harriers	Senior Men	1	1
2	0:14:43	DAVIES, Chris	Telford AC	Senior Men	9	2
3	0:14:58	JONES, Simon	Belgrave Harriers	Senior Men	49	3
4	0:15:00	FOWLIE, Darren	Notts AC	Senior Men	8	4
5	0:15:04	DEED, Darren	Bedford and County AC	Senior Men	5	5
6	0:15:06	HENNESSY, Andrew	Wells City Harriers	Senior Men	2	6
7	0:15:09	SHONE, Matt	Woodford Green with EL	Senior Men	10	7
8	0:15:10	JONES, Owain	Windsor Slough etc AC	Senior Men	58	8
9	0:15:14	JOY, Rob	Norfolk Gazelles	Senior Men	20	9
10	0:15:18	JOHNSON, Michael	Cardiff AAC	Senior Men	41	10
11	0:15:22	ABYU, Tomas	Salford Harriers	Senior Men	29	11
12	0:15:35	SAQUI, Glenn	Highgate Harriers	Senior Men	53	12
13	0:15:40	MURENBEELD, Steven		Senior Men	7	13
14	0:15:45	AMOS, Guy	City of Norwich AC	Veteran Men	82	14
15	0:15:49	MERCKEL, Dan	Oxford City AC	Senior Men	46	15
16	0:16:00	HOPKINS, Craig	City of Norwich AC	Senior Men	43	16
17	0:16:05	LEWIS, Adam	City of Norwich AC	Senior Men	4	17
18	0:16:07	O'NEILL, James	City of Norwich AC	Senior Men	50	18
19	0:16:09	ALLEN, Luke	City of Norwich AC	Senior Men	37	19
20	0:16:24	HUNTINGTON, Stuart	City of Norwich AC	Senior Men	6	20
21	0:16:26	POWELL, Richard	Bedford and County AC	Veteran Men	87	21
22	0:16:46	EARL, Nick	Reading AC	Senior Men	32	22
23	0:16:47	MILES, Gemma	Kendal AAC	Ladies	397	23
24	0:16:55	GOODAIR, Andrew	Askern and District AC	Senior Men	15	24
25	0:17:02	THOMAS, Glynn	Ipswich Harriers	Veteran Men	96	25
26	0:17:03	BEAMISH, Michael	City of Norwich AC	Senior Men	21	26
27	0:17:07	WALPOLE, Andrew	City of Norwich AC	Senior Men	30	27
28	0:17:07	DAGNE, Birhan	Belgrave Harriers	Ladies	398	28
29	0:17:09	SMITH, Paul	Norwich Road Runners	Senior Men	12	29
30	0:17:20	DAY, Ian	Ely Runners	Senior Men	47	30
31	0:17:21	LIFFEN, Ian	Great Yarmouth Road Runners	Veteran Men	85	31
32	0:17:23	GRINDEY, John	Leicester Coritanian AC	Veteran Men	90	32
33	0:17:23	MURRAY, Shayne	City of Norwich AC	Senior Men	3	33
34	0:17:24	BRYSON, Catherine	Belgrave Harriers	Ladies	396	34
35	0:17:27	BELL, Darcy		Senior Men	48	35
36	0:17:30	MILLETT, Simon	Norwich Road Runners	Senior Men	28	36
37	0:17:37	SCOTTER, Robert	City of Norwich AC	Senior Men	31	37
38	0:17:37	BETTS, Mark	Norwich Road Runners	Senior Men	36	38
39	0:17:45	HOPKIN, Jonathan	City of Norwich AC	Senior Men	52	39
40	0:17:51	NEALON, Nicki	Huncote Harriers	Ladies	393	40
41	0:17:55	HIGHAM, Paul	Norfolk Gazelles	Senior Men	18	41
42	0:17:56	LAMBERT, Nick	Hastings AC	Senior Men	24	42
43	0:17:59	FRANCIS, Thomas	Thetford AC	Senior Men	16	43
44	0:18:00	ELLIS, Mel	Shaftsbury	Ladies	391	44
45	0:18:03	DISS, Ceri	Herne Hill Harriers	Ladies	386	45
46	0:18:06	RICHARDSON, Tom		Senior Men	44	46
47	0:18:12	CHAPMAN, TIM	Fenland Running AC	Veteran Men	92	47
48	0:18:16	STRATTON, Ben	Wyndham AC	Senior Men	33	48
49	0:18:18	COOPER, Phil	Norfolk Gazelles	Veteran Men	86	49
50	0:18:19	GARRETT, Mark	Norwich Road Runners	Veteran Men	98	50
51	0:18:19	LAWRENCE, Ash	Norfolk Gazelles	Senior Men	13	51
52	0:18:25	LAMB, Oliver	Norwich Road Runners	Senior Men	38	52
53	0:18:27	GOODRUM, Paul		Senior Men	45	53
54	0:18:27	PRESCOTT, Phillipa		Ladies	392	54
55	0:18:35	GRAND, Edward		Senior Men	27	55
56	0:18:38	BLAKE, Richard	Great Yarmouth Road Runners	Veteran Men	84	56
57	0:18:47	KRISTIANSEN, Anja		Ladies	387	57
58	0:18:51	SIBLEY, Neil	Great Yarmouth Road Runners	Veteran Men	89	58
59	0:18:56	RICHARDSON, Glen	UEA AC	Senior Men	55	59
60	0:18:57	YEOMANS, Martin	Norwich Road Runners	Veteran Men	76	60
61	0:18:58	KENNEDY, Diana	Woodford Green with EL	Ladies	399	61
62	0:19:03	BIRCH, James	Wyndham AC	Veteran Men	93	62
63	0:19:06	HAYES, Richard		Senior Men	51	63
64	0:19:06	MARTIN, Paul		Senior Men	14	64
65	0:19:12	KENYON, Steve	Waveney Valley AC	Veteran Men	83	65
66	0:19:18	WADEY, Simon	Harwich Runners	Veteran Men	79	66
67	0:19:19	CHAPMAN, Graham	Ely Runners	Veteran Men	75	67
68	0:19:20	DUNGAR, Amy	City of Norwich AC	Ladies	389	68
69	0:19:30	MASON, Shawn	Great Yarmouth District AC	Senior Men	26	69
70	0:19:34	CONWAY, Claire	Bristol and West AC	Ladies	388	70
71	0:19:34	EDRIDGE, Darren	Coltishall Jaguars	Senior Men	34	71
72	0:19:39	ELLIS, Vince	City of Norwich AC	Veteran Men	80	72
73	0:20:08	IRVINE, Adam	Highgate Harriers	Senior Men	11	73
74	0:20:16	VIALLS, Tim		Veteran Men	81	74
75	0:20:28	BEE, Glenn		Veteran Men	94	75