

Lord Mayor's 5k City Centre Classic - 10 July 2010

Place	Time	Name	Team	Race Age Category	Pace min/Km	Race	Race
1	0:14:50	DEED, Darren	Bedford & County AC	Senior Men	02:58.0	2	1
2	0:15:08	HOPKINS, Craig	Swansea Harriers	Senior Men	03:01.6	5	2
3	0:15:09	RENAULT, Neil	Edinburgh AC	Senior Men	03:01.8	3	3
4	0:15:10	HINCH, Phil	Tipton Harriers & AC	Senior Men	03:02.0	4	4
5	0:15:18	BRIDGER, Peter	Luton AC	Senior Men	03:03.6	11	5
6	0:15:46	POCHEE, Ben	Highgate Harriers	Senior Men	03:09.2	10	6
7	0:15:49	THOMAS, Adam	Cornwall AC	Senior Men	03:09.8	6	7
8	0:16:12	SABIN, Ashley	Leicester Coritainians AC	Senior Men	03:14.4	12	8
9	0:16:14	ALLEN, Luke	City of Norwich AC	Senior Men	03:14.8	13	9
10	0:16:16	HERBERT, John	Werrington Joggers	Male 40+	03:15.2	73	10
11	0:16:22	PALMER, Rob	Luton United AC	Male 40+	03:16.4	70	11
12	0:16:25	PIKE, John	Newham & Essex Beagles	Senior Men	03:17.0	15	12
13	0:16:26	WARTNABY, Charles		Male 40+	03:17.2	72	13
14	0:16:30	PREWER, Carl	Lowestoft Road Runners	Male 40+	03:18.0	71	14
15	0:16:31	PURDUE, Charlotte	Aldershot Farnham & District	Women	03:18.2	106	15
16	0:16:33	DEACON, Gareth	Leicester Coritainians AC	Male 40+	03:18.6	85	16
17	0:16:43	CLAYTON, Sam	Colchester and Tendring AC	Senior Men	03:20.6	23	17
18	0:16:44	HUGHES, Thomas	Leicester Coritainians AC	Male 40+	03:20.8	97	18
19	0:16:47	STEEL, Gemma	Charnwood AC	Women	03:21.4	105	19
20	0:16:49	CHENERY, Robert	Ipswich Jaffa	Senior Men	03:21.8	21	20
21	0:16:51	MORRIS, Sophie	Windsor,Slough,Eton and Hounslow AC	Women	03:22.2	104	21
22	0:16:58	MILLETT, Simon	Norwich Road Runners	Senior Men	03:23.6	22	22
23	0:17:02	BETTS, Luke	Chorley AC	Senior Men	03:24.4	29	23
24	0:17:12	GOODHEAD, Kate	Bristol and West AC	Women	03:26.4	102	24
25	0:17:14	GIBBS, Stephen	Norwich Road Runners	Senior Men	03:26.8	53	25
26	0:17:16	BLAKE, Dominic		Senior Men	03:27.2	54	26
27	0:17:27	KRZYWICKI, Tara	Charnwood AC	Women	03:29.4	101	27
28	0:17:30	SABIN, Craig	Leicester Coritainians AC	Male 40+	03:30.0	95	28
29	0:17:33	GILLICK, Jack	Wymondham AC	Senior Men	03:30.6	56	29
30	0:17:37	ARNOLD, Nigel	Norfolk Gazelles RC	Male 40+	03:31.4	66	30
31	0:17:39	ROBINSON, Tony	Tri Anglia	Senior Men	03:31.8	24	31
32	0:17:40	RICHARDSON, Tom	Lowestoft Road Runners	Senior Men	03:32.0	20	32
33	0:17:43	GIBBS, Rachel	Bedford & County AC	Women	03:32.6	110	33
34	0:17:48	SHARMAN, Kevin	Lowestoft Road Runners	Male 40+	03:33.6	78	34
35	0:17:49	MCMORRAN, Kieran	Bungay Black Dog RC	Senior Men	03:33.8	45	35
36	0:17:54	TUFT, Malcolm	Ryston Runners	Male 40+	03:34.8	68	36
37	0:17:59	WAITY, Philip	Wymondham AC	Senior Men	03:35.8	27	37
38	0:18:00	NIMMOCK, Dani	City of Norwich AC	Women	03:36.0	107	38
39	0:18:00	WHALL, Paul		Senior Men	03:36.0	28	39
40	0:18:01	SCOTT, Chris	Lowestoft Road Runners	Senior Men	03:36.2	36	40
41	0:18:02	GARRETT, Mark	Norwich Road Runners	Male 40+	03:36.4	93	41
42	0:18:07	MANNING, Andrew	Great Yarmouth Road Runners	Male 40+	03:37.4	86	42
43	0:18:09	GRINDEY, John	Leicester Coritainians AC	Male 40+	03:37.8	94	43
44	0:18:20	LARK, Shaun	Lowestoft Road Runners	Senior Men	03:40.0	34	44
45	0:18:22	GOSLING, Tom		Senior Men	03:40.4	52	45
46	0:18:23	EVANS, David		Male 40+	03:40.6	75	46
47	0:18:29	KIRTON, Joseph	Thetford AC	Senior Men	03:41.8	42	47
48	0:18:34	TAYLOR, Philippa	Stamford Striders	Female 40+	03:42.8	111	48
49	0:18:42	CLUES, Mark	Tri Anglia	Male 40+	03:44.4	79	49
50	0:18:43	BETTS, Mark	Norwich Road Runners	Senior Men	03:44.6	32	50
51	0:18:45	KINSEY, Justin	Fenland Running AC	Senior Men	03:45.0	55	51
52	0:18:50	BARNES, Adam	Tri Anglia	Senior Men	03:46.0	50	52
53	0:18:52	MERRYWEST, Mark	Norwich Road Runners	Senior Men	03:46.4	57	53
54	0:19:01	MUCHLINSKI, Jack		Senior Men	03:48.2	51	54
55	0:19:03	HIGGINS, Jason	Thetford AC	Senior Men	03:48.6	43	55
56	0:19:10	O'SHEA, John	Highgate Harriers	Male 40+	03:50.0	67	56
57	0:19:12	RICHARDSON, Glen		Senior Men	03:50.4	58	57
58	0:19:13	THOMAS, Ian	Uknetrunner.co.uk	Male 40+	03:50.6	98	58
59	0:19:15	GREENLAND, Eddie	Wymondham AC	Male 40+	03:51.0	89	59
60	0:19:16	HUGHES, David		Male 40+	03:51.2	64	60
61	0:19:16	FAUST, Stuart	Thetford AC	Senior Men	03:51.2	30	61
62	0:19:21	SULLIVAN, Paul	Norwich Road Runners	Male 40+	03:52.2	84	62
63	0:19:25	ELY, Steve	Coltishall Jaguars	Senior Men	03:53.0	31	63
64	0:19:30	MARTIN, Paul		Senior Men	03:54.0	37	64
65	0:19:37	RIJPSTRA, Seb		Senior Men	03:55.4	47	65
66	0:19:38	JONES, Ruth	Nene Valley Harriers	Women	03:55.6	113	66
67	0:19:40	WATERS, Adrian	Norfolk Gazelles RC	Male 40+	03:56.0	82	67
68	0:19:49	TYLER, Rhys		Senior Men	03:57.8	41	68
69	0:19:55	HILL, Mike	Tri Anglia	Male 40+	03:59.0	91	69
70	0:20:03	HUDSON, David	Tri Anglia	Senior Men	04:00.6	46	70
71	0:20:04	GOODCHILD, Andrew	Tri Anglia	Male 40+	04:00.8	83	71
72	0:20:11	MCARDLE, Paul		Male 40+	04:02.2	80	72
73	0:20:14	ARMES, Michael	Norwich Road Runners	Male 40+	04:02.8	88	73
74	0:20:18	SUTTON, Matthew	Great Yarmouth Road Runners	Senior Men	04:03.6	40	74

75	0:20:23	KENYON, Steve		Male 40+	04:04.6	90	75
76	0:20:30	SEARLE, Nick	Thetford AC	Male 40+	04:06.0	96	76
77	0:20:34	DAVIES, Jane	Reading Joggers	Female 40+	04:06.8	116	77
78	0:20:49	SIGSWORTH, Paul		Male 40+	04:09.8	99	78
79	0:20:55	BOYLE-SMITH, Dane		Senior Men	04:11.0	26	79
80	0:20:59	MOORE, Ian	Norwich Road Runners	Male 40+	04:11.8	81	80
81	0:22:00	DOLMAN, Richard	Thetford AC	Male 40+	04:24.0	92	81