

## Lord Mayors 5k City Centre Classic - 9 July 2011

1	Tewodros Shiferaw	Birchfield Harr	M	14:26.4
2	Mark Draper	Bedford & Count	M	14:35.2
3	Neilson Hall	Bedford & Count	M	14:40.0
4	Darren Deed	Bedford & Count	M	14:44.1
5	Kojo Kyereme	Shaftesbury Bar	M	14:56.6
6	Jon Pepper	Enfield & Harin	M	14:58.7
7	Owain Matthews	Bedford & Count	M	15:01.9
8	Ashley Harrell	City of Norwich	M	15:04.6
9	Sam Farah	Newham & Essex	M	15:19.5
10	Paul Miles	Owls AC	M	15:31.8
11	Alex Dunbar	West Suffolk AC	M	15:44.5
12	Rick Ward	City of Norwich	M	15:57.0
13	Gemma Steel	Charnwood AC	F	15:59.2
14	Martyn Bath	City of Norwich	M	16:03.8
15	Justina Heslop	Clapham Chasers	F	16:05.3
16	Jamal Mohamed	Newham & Essex	M	16:06.6
17	James Preston	Wymondham AC	M	16:12.9
18	Damien Rogers	City of Norwich	M	16:14.8
19	Ben Stratton	City of Norwich	M	16:19.1
20	Peter Grime	Newham & Essex	VM	16:20.0
21	John Spence	Hallamshire Har	M	16:20.1
22	John Pike	Newham & Essex	M	16:21.9
23	Natalie Harvey	South London Ha	F	16:26.5
24	Carl Prewer	Lowestoft Road	VM	16:27.1
25	Luke Betts	Chorley AC	M	16:30.1
26	Gavin Davies	Ipswich Jaffa	M	16:34.3
27	Paul Faulkner	Hallamshire Har	VM	16:35.1
28	Frazer Heasman	City of Norwich	M	16:36.5
29	Helen Decker	Ipswich Jaffa	F	16:37.0
30	Danny Hallam	Owls AC	M	16:40.6
31	Peter Newton	Tri-Anglia	M	16:46.5
32	Joe Skipper	Manchester Tri	M	16:50.9
33	Kevin Sharman	Lowestoft Road	VM	16:50.9
34	Getenesh Tamarate		F	16:53.6
35	Nigel Arnold	Norfolk Gazelle	VM	16:54.0
36	Matt Ellis	City of Norwich	M	16:54.8
37	Tony Robinson	Tri-Anglia	M	16:55.1
38	Daniel Middleton	Norwich Road Ru	M	16:55.3
39	Stephen Gibbs	Norwich Road Ru	M	16:57.5
40	Sam Clayton	Colchester & Te	M	17:02.2
41	Paul Whall	Lowestoft Road	M	17:03.6
42	Kieran McMorran	Bungay Black Do	M	17:06.7
43	Ruth Senior	City of Norwich	F	17:08.5
44	Stefan Glaysher	Norwich Road Ru	VM	17:20.9
45	Robert Kett	Norwich Road Ru	M	17:21.1
46	Tom Gosling		M	17:25.0
47	Nolan Wilkens	Beckenham RC	M	17:40.7
48	David Evans	Muddy Mucky Mun	VM	17:44.7

49	Chris Yeates	City of Norwich	M	17:54.9
50	Mark Garrett	Norwich Road Ru	VM	17:59.7
51	Philip Bentley	London Heathsid	M	18:00.9
52	Paul Muffett	North Norfolk B	VM	18:09.1
53	Sean Connolly	Fenland Runners	VM	18:09.4
54	John Hudson	Norwich Road Ru	M	18:10.5
55	Simon Levy	Ryston Runners	M	18:11.0
56	Toby Laver	Reading AC	M	18:12.5
57	Todd Lake	Dereham Runners	VM	18:13.5
58	Jan Kaiser		M	18:15.5
59	Richard Heath		M	18:17.0
60	Kelly Rushton	City of Norwich	F	18:17.2
61	Joe Kirton	Thetford AC	M	18:19.4
62	Simon Brierley	Tri-Anglia	M	18:19.6
63	Chris Scott	Lowestoft Road	M	18:19.6
64	Steve Bates	Coltishall Jagu	M	18:19.9
65	Adam Craske	Bungay Black Do	M	18:25.3
66	Steve Ely	Norwich Road Ru	VM	18:35.8
67	Antony James-Orekogbe	Dereham Runners	M	18:37.9
68	Jonathan Meadows	Lowestoft Road	M	18:39.0
69	Sean Jermy	Great Yarmouth	M	18:44.8
70	Sebastian Hall	Uknetrunners	M	18:46.7
71	Ted Oldman	Bungay Black Do	M	18:47.5
72	John Moore	Norfolk Gazelle	VM	18:49.4
73	Mark Betts	Norwich Road Ru	M	18:54.0
74	Robert Kane		M	18:58.8
75	Paul Lyon	Lowestoft Road	M	19:01.2
76	Ellie Matthews	City of Norwich	F	19:05.8
77	Scott Summers		M	19:06.6
78	Tim Chapman	Fenland Runners	VM	19:09.9
79	David Tandy	Norwich Road Ru	VM	19:13.2
80	Paul Sullivan	Norwich Road Ru	VM	19:15.5
81	Martin Yeomans	Norwich Road Ru	VM	19:20.0
82	Robert James	Bungay Black Do	VM	19:22.7
83	Michael Armes	Norwich Road Ru	VM	19:22.7
84	Michael Belshaw		VM	19:24.8
85	Lewis Flatt	Bungay Black Do	M	19:30.9
86	Mark Philo	Tri-Anglia	VM	19:36.1
87	Alexandra Smith	Norwich Road Ru	F	19:36.8
88	Graham O'Hara		M	19:38.1
89	Andrew Atthowe	Tri-Anglia	M	19:39.1
90	Carl Meen		M	19:56.0
91	Andrew Goodchild	Tri-Anglia	VM	20:02.6
92	Marcus Sladden	Bungay Black Do	M	20:09.0
93	Chris Chorley	Bungay Black Do	VM	20:15.0
94	Becky Schofield	Tri-Anglia	F	20:16.8
95	Harry Wilson	Bungay Black Do	M	20:22.5
96	Keith Brighty	Norwich Road Ru	VM	20:27.0
97	Jonathan Wiles	Bungay Black Do	M	20:28.7
98	Tom Pullinger	Bungay Black Do	VM	20:57.4
99	Trevor Fulcher		VM	21:14.6
100	Henry Horwood		M	21:19.1