

Lord Mayor's 5k City Centre Classic - 7 July 2012

1	Tewodros Shiferaw	Birchfield Harriers	M	31	14:39.5
2	Neilson Hall	Bedford & County AC	M	29	14:43.2
3	Chris Hartley	Thames Valley Harriers	M	30	15:03.3
4	Benjamin Noad	Highgate Harriers	M	36	15:05.2
5	Jack Parslow	Dacorum & Tring AC	M	24	15:09.7
6	Adrian Mussett	Colchester Harriers	M	40	15:14.7
7	Shaun Dixon	Highgate Harriers	M	29	15:17.8
8	Ben Russell	Liverpool Harriers	M	22	15:27.7
9	Ben Pochee	Highgate Harriers	M	41	15:31.9
10	Henry Dodwell	Highgate Harriers	M	36	15:52.2
11	Gemma Steel	Charnwood AC	F	26	15:59.8
12	Tim Topper	Norwich Road Runners	M	40	16:09.6
13	Rick Ward	City of Norwich AC	M	23	16:21.1
14	Damian Rogers	City of Norwich AC	M	20	16:22.7
15	Jonathan Escalante-Phillips	Cambridge & Coleridge AC	M	19	16:24.4
16	Piers Arnold	City of Norwich AC	M	23	16:27.1
17	Paul Faulkner	Hallamshire Harriers	M	43	16:28.7
18	James Senior	City of Norwich AC	M	20	16:38.9
19	James Powley	Ipswich Harriers	M	18	16:43.3
20	Neil Davison	City of Norwich AC	M	43	16:45.5
21	Kieran McMorran	Bungay Black Dog RC	M	16	16:50.9
22	Getenesh Tamerat	Belgrave Harriers	F	34	16:57.7
23	Micah Rogers	City of Norwich AC	M	20	17:03.8
24	John Murray	PACTRAC	M	33	17:08.8
25	Paul Higham	Norwich Road Runners	M	29	17:14.0
26	Colin Ridley	Colchester Harriers	M	50	17:23.6
27	Joseph Kirton	Thetford AC	M	18	17:32.4
28	Sarah Stradling	Colchester Harriers	F	36	17:35.9
29	Graeme Hewitt		M	40	17:37.1
30	Tom Gosling	City of Norwich AC	M	18	17:37.5
31	Will Law	The Saxons	M	25	17:44.7
32	Chris Yeates	City of Norwich AC	M	30	17:45.1
33	Richard Heath		M	38	17:47.2
34	Iona Lake	City of Norwich AC	F	19	17:47.7
35	David Gilbert	Highgate Harriers	M	30	17:48.3
36	Paul Martin	Norwich Road Runners	M	35	17:50.6
37	Chris Scott	Lowestoft Road Runners	M	36	17:52.1
38	Tom Richardson	Lowestoft Road Runners	M	28	17:52.5
39	Lawrence Wade	Coltishall Jaguars	M	38	17:52.8
40	Leigh Lattimore	Harrow AC	F	21	17:56.3
41	Stefan Glaysher	Norwich Road Runners	M	50	17:56.8
42	Ian Day	Hunts AC	M	42	17:58.0
43	Antony James-Orekogbe	Dereham Runners	M	36	18:05.9
44	Richard Johnson	Norwich Road Runners	M	36	18:06.0
45	Luke Spear	City of Norwich AC	M	13	18:08.4
46	Luke Alden	City of Norwich AC	M	16	18:26.7
47	David Evans	Muddy Mucky Monkeys	M	43	18:28.7
48	Philippa Taylor	Nene Valley Harriers	F	45	18:29.3
49	Mark Garrett	Norwich Road Runners	M	49	18:29.4
50	Ricky Peacher	Framlingham Flyers	M	36	18:30.0
51	John O'Shea	Highgate Harriers	M	49	18:30.8
52	Steve Bates	Coltishall Jaguars	M	40	18:33.2
53	Nick Pullen	UEA AC	M	24	18:37.3
54	John Moore	Norfolk Gazelles	M	51	18:44.5
55	Leo Altarelli	Bungay Black Dog RC	M	30	18:48.0
56	Michael Belshaw	Eryri Harriers	M	50	18:49.4

57	Thomas Bobbins		M	31	18:51.7
58	Steven Rix	Dereham Runners	M	30	18:52.9
59	Steve Ely	Norwich Road Runners	M	41	18:54.7
60	Paul Sullivan	Norwich Road Runners	M	45	18:59.2
61	Matthew Sutton	Great Yarmouth Road Runners	M	25	19:01.5
62	Daren Francis		M	37	19:09.5
63	Tim Earl	Waveney Valley AC	M	30	19:10.4
64	Michael Armes	Norwich Road Runners	M	47	19:10.9
65	Colin Browning	Norwich Road Runners	M	47	19:13.8
66	Sian Slade	Birchfield Harriers	F	27	19:15.4
67	Russell De Beer	Norfolk Gazelles	M	32	19:20.0
68	Gareth Walker	Tri-Anglia	M	37	19:22.0
69	Becky Schofield	Tri-Anglia	F	31	19:26.2
70	Daniel Gardiner	Bungay Black Dog RC	M	41	19:26.7
71	Robert Howlett	Fenland RC	M	40	19:31.7
72	Jonathan Meadows	Lowestoft Road Runners	M	35	19:34.4
73	Keith Brighty	Norwich Road Runners	M	48	19:36.8
74	Tim Chapman	Fenland RC	M	47	19:38.6
75	Ian Moore	Norwich Road Runners	M	45	19:39.0
76	Mark Philo	Tri-Anglia	M	44	19:50.5
77	Amy Dungar	Wymondham AC	F	30	19:55.7
78	Alexandra Smith	Norwich Road Runners	F	37	20:08.0
79	Andrew Pond	Norwich Road Runners	M	47	20:32.5
80	Chris Arnold	Tri-Anglia	M	57	20:37.8
81	Stephen Kenyon		M	47	20:40.2
82	John Roberts		M	44	20:42.9
83	Carl Meen	Lowestoft Road Runners	M	36	20:46.8
84	Neil Tarbet		M	36	21:13.6