

Lord Mayor's 5k City Centre Classic - 5 July 2014

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|----|-----------|-------------|---------------------------------------|----|-------|---------|
| 1 | Peter | Emase | Run Fast | 20 | 14:22 | M 13-39 |
| 2 | Boniface | Kongin | Run Fast | 24 | 14:40 | M 13-39 |
| 3 | Shaun | Dixon | Highgate Harriers | 31 | 14:53 | M 13-39 |
| 4 | John | Beattie | Newham & Essex Beagles AC | 28 | 14:58 | M 13-39 |
| 5 | Tom | Hook | City of Norwich AC | 19 | 15:13 | M 13-39 |
| 6 | Robel | Bahelbi | Highgate Harriers | 21 | 15:30 | M 13-39 |
| 7 | Scott | Sterling | Newham & Essex Beagles AC | 35 | 15:34 | M 13-39 |
| 8 | Robert | Wilson | Highgate Harriers | 27 | 15:39 | M 13-39 |
| 9 | Gavin | Smith | Newham & Essex Beagles AC | 29 | 15:46 | M 13-39 |
| 10 | Martainn | Ramsay | City of Norwich AC | 20 | 15:51 | M 13-39 |
| 11 | Kieran | White | Hercules Wimbledon AC | 38 | 15:54 | M 13-39 |
| 12 | Stu | Huntington | City of Norwich AC | 25 | 16:05 | M 13-39 |
| 13 | Steven | Cannell | City of Norwich AC | 25 | 16:08 | M 13-39 |
| 14 | Dominic | Oliver | City of Norwich AC | 18 | 16:13 | M 13-39 |
| 15 | James | Berehowskyj | City of Norwich AC | 22 | 16:14 | M 13-39 |
| 16 | Brahma | Pochee | Highgate Harriers | 26 | 16:15 | M 13-39 |
| 17 | Jonathan | Laybourn | Highgate Harriers | 24 | 16:23 | M 13-39 |
| 18 | James | Senior | City of Norwich AC | 22 | 16:25 | M 13-39 |
| 19 | Chris | Merrylees | North Norfolk Beach Runners | 36 | 16:26 | M 13-39 |
| 20 | Ted | Oldman | Bungay Black Dog RC | 17 | 16:34 | M 13-39 |
| 21 | Bradley | Wattleworth | Ipswich Harriers | 18 | 16:35 | M 13-39 |
| 22 | Darryl | Davison | Highgate Harriers | 31 | 16:36 | M 13-39 |
| 23 | Jonathan | Deane | Highgate Harriers | 29 | 16:39 | M 13-39 |
| 24 | Kyle | Ella | Great Yarmouth & District AC | 18 | 16:42 | M 13-39 |
| 25 | Gladys | Ruto | Run Fast | 31 | 16:46 | F 13-39 |
| 26 | Rob | Skinn | | 39 | 16:50 | M 13-39 |
| 27 | Richard | Bateson | Coltishall Jaguars RC | 33 | 16:55 | M 13-39 |
| 28 | Richard | Heath | Havering '90 Joggers | 40 | 16:55 | M 40 + |
| 29 | Iona | Lake | City of Norwich AC | 21 | 16:56 | F 13-39 |
| 30 | Matt | Ellis | Tri-Anglia Triathlon Club | 36 | 17:06 | M 13-39 |
| 31 | Adam | Craske | City of Norwich AC | 27 | 17:06 | M 13-39 |
| 32 | Natalie | Harvey | South London Harriers | 39 | 17:13 | F 13-39 |
| 33 | Thomas | Hill | | 21 | 17:13 | M 13-39 |
| 34 | Edward | Foster | City of Norwich AC | 17 | 17:15 | M 13-39 |
| 35 | Lawrence | Wade | Coltishall Jaguars RC | 40 | 17:16 | M 40 + |
| 36 | Jim | Last | Framlingham Flyers | 37 | 17:17 | M 13-39 |
| 37 | Alec | Francis | Norwich Road Runners | 23 | 17:19 | M 13-39 |
| 38 | Greg | Proctor | Blackheath & Bromley Harriers AC | 20 | 17:20 | M 13-39 |
| 39 | George | Bowen | Tri-Anglia Triathlon Club | 16 | 17:20 | M 13-39 |
| 40 | Michael | Ussher | Highgate Harriers | 51 | 17:23 | M 40 + |
| 41 | Nathan | Risbey | North Norfolk Beach Runners | 31 | 17:28 | M 13-39 |
| 42 | Justin | Kinsey | Ryston Runners AC | 31 | 17:31 | M 13-39 |
| 43 | Richard | Donovan | Wymondham AC | 31 | 17:33 | M 13-39 |
| 44 | Rick | Ward | | 25 | 17:39 | M 13-39 |
| 45 | James | Bowen | Tri-Anglia Triathlon Club | 16 | 17:39 | M 13-39 |
| 46 | Bryony | Proctor | Aldershot, Farnham & District AC | 26 | 17:40 | F 13-39 |
| 47 | Bruce | Beckett | City of Norwich AC | 17 | 17:47 | M 13-39 |
| 48 | Andrew | Terry | Wymondham AC | 43 | 17:48 | M 40 + |
| 49 | Sean | Beard | Nene Valley Harriers | 48 | 17:49 | M 40 + |
| 50 | Elliot | Parker | University of Leicester Cross Country | 20 | 17:50 | M 13-39 |
| 51 | Will | Law | Ipswich JAFFA RC | 27 | 17:53 | M 13-39 |
| 52 | Jack | Keywood | Tonbridge AC | 20 | 17:59 | M 13-39 |
| 53 | Darren | Spindler | Vegan Runners | 30 | 18:01 | M 13-39 |
| 54 | Chris | Smith | Norfolk Gazelles AC | 36 | 18:02 | M 13-39 |
| 55 | Glen | Richardson | City of Norwich AC | 35 | 18:02 | M 13-39 |
| 56 | Kristin | Barnard | Wymondham AC | 39 | 18:04 | M 13-39 |
| 57 | Jamie | Roberts | | 34 | 18:05 | M 13-39 |
| 58 | Simon | Dobbs | Norwich Road Runners | 49 | 18:10 | M 40 + |
| 59 | Charlotte | Rose | City of Norwich AC | 33 | 18:11 | F 13-39 |
| 60 | Todd | Lake | Dereham Runners AC | 50 | 18:12 | M 40 + |
| 61 | William | Cork | City of Norwich AC | 16 | 18:14 | M 13-39 |
| 62 | Steve | Ely | Norwich Road Runners | 43 | 18:18 | M 40 + |
| 63 | Paul | Martin | Norwich Road Runners | 37 | 18:19 | M 13-39 |
| 64 | Stephen | Walwyn | City of Norwich AC | 25 | 18:21 | M 13-39 |
| 65 | Martin | Jennings | Fenland Running & AC | 43 | 18:23 | M 40 + |

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| 66 | George | Gay | North Norfolk Beach Runners | 19 | 18:25 | M 13-39 |
| 67 | Ian | Jerry | Coltishall Jaguars RC | 38 | 18:30 | M 13-39 |
| 68 | Andrew | Preston | Wymondham AC | 49 | 18:31 | M 40 + |
| 69 | Ashley | Scott | Highgate Harriers | 23 | 18:34 | F 13-39 |
| 70 | James Marc | Smedley | Royal Sutton Coldfield AC | 37 | 18:34 | M 13-39 |
| 71 | Dale | Skoulding | Bungay Black Dog RC | 33 | 18:35 | M 13-39 |
| 72 | Oliver | Porritt | Petts Wood Runners | 33 | 18:36 | M 13-39 |
| 73 | Sophie | Alden | City of Norwich AC | 16 | 18:38 | F 13-39 |
| 74 | Samuel | Cross | | 32 | 18:38 | M 13-39 |
| 75 | Gary | Bligh | Fenland Running & AC | 45 | 18:39 | M 40 + |
| 76 | Thomas | Bobbins | | 33 | 18:40 | M 13-39 |
| 77 | Richard | Hill | Ely Runners | 37 | 18:40 | M 13-39 |
| 78 | Dale | Hurren | Norwich Road Runners | 56 | 18:41 | M 40 + |
| 79 | Sam | Royle | | 25 | 18:43 | M 13-39 |
| 80 | Matthew | Parker | Derwent Runners | 32 | 18:44 | M 13-39 |
| 81 | Michael | Armes | Norwich Road Runners | 49 | 18:45 | M 40 + |
| 82 | Jack | Gillick | Wymondham AC | 26 | 18:50 | M 13-39 |
| 83 | Paul | Preston | Colchester Harriers AC | 42 | 18:51 | M 40 + |
| 84 | Robert | Bakewell | | 35 | 18:55 | M 13-39 |
| 85 | Chris | Ault | Wymondham AC | 28 | 18:57 | M 13-39 |
| 86 | Richard | Lesslie | | 24 | 18:58 | M 13-39 |
| 87 | Karl | Chapman | Wymondham AC | 45 | 18:59 | M 40 + |
| 88 | John | O'Shea | Highgate Harriers | 51 | 19:01 | M 40 + |
| 89 | Ian | Bray | | 31 | 19:02 | M 13-39 |
| 90 | Adrian | Grand | Norwich Road Runners | 49 | 19:03 | M 40 + |
| 91 | Kyle | Bowles | | 24 | 19:06 | M 13-39 |
| 92 | David | Hook | City of Norwich AC | 33 | 19:10 | M 13-39 |
| 93 | David | Tandy | Norwich Road Runners | 44 | 19:11 | M 40 + |
| 94 | Ben | Dennington | Coltishall Jaguars RC | 30 | 19:12 | M 13-39 |
| 95 | Scott | Williams | Stowmarket Striders RC | 27 | 19:14 | M 13-39 |
| 96 | Stephen | Church | City of Norwich AC | 51 | 19:15 | M 40 + |
| 97 | Neil | Gillingham | Ipswich Harriers | 31 | 19:17 | M 13-39 |
| 98 | Paul | Hargrave | Wymondham AC | 40 | 19:17 | M 40 + |
| 99 | Stephen | Moseley | Norwich Road Runners | 47 | 19:18 | M 40 + |
| 100 | Benn | Walker | Beccles and Bungay Harriers | 15 | 19:18 | M 13-39 |
| 101 | Georgiana | Simmons | Vegan Runners | 26 | 19:19 | F 13-39 |
| 102 | Lee | Booty | | 23 | 19:27 | M 13-39 |
| 103 | Iain | Dawson | Tri-Anglia Triathlon Club | 37 | 19:30 | M 13-39 |
| 104 | Peter | Woods | City of Norwich AC | 43 | 19:30 | M 40 + |
| 105 | Josh | Lawrence | | 18 | 19:31 | M 13-39 |
| 106 | Alex | Gray | | 28 | 19:31 | M 13-39 |
| 107 | Robert | Thompson | Spa Striders RC | 48 | 19:32 | M 40 + |
| 108 | Alexandra | Smith | Norwich Road Runners | 39 | 19:32 | F 13-39 |
| 109 | Andrew | Goodchild | Tri-Anglia Triathlon Club | 47 | 19:34 | M 40 + |
| 110 | Tom | Pullinger | Bungay Black Dog RC | 43 | 19:34 | M 40 + |
| 111 | Marie | Shirley | Colchester Harriers AC | 35 | 19:41 | F 13-39 |
| 112 | Mark | Harmer | Coltishall Jaguars RC | 40 | 19:42 | M 40 + |
| 113 | Chris | Barkway | | 56 | 19:43 | M 40 + |
| 114 | John | Grindey | Leicester Coritanian AC | 51 | 19:47 | M 40 + |
| 115 | Elsie | Butler | Charnwood AC | 23 | 19:50 | F 13-39 |
| 116 | Jason | Cole | | 32 | 19:53 | M 13-39 |
| 117 | Andrew | Pond | Tri-Anglia Triathlon Club | 49 | 20:01 | M 40 + |
| 118 | Howard | Duff | | 37 | 20:03 | M 13-39 |
| 119 | Lauren | Howe | City of Norwich AC | 16 | 20:04 | F 13-39 |
| 120 | Mark | Storey | City of Norwich AC | 49 | 20:07 | M 40 + |
| 121 | Jafar | Ojra | University of East Anglia AC | 28 | 20:17 | M 13-39 |
| 122 | Tristan | MacLean | | 38 | 20:18 | M 13-39 |
| 123 | Emma | Patel | City of Norwich AC | 33 | 20:21 | F 13-39 |
| 124 | Dean | Clark | Fenland Running & AC | 18 | 20:22 | M 13-39 |
| 125 | Emma | Burgess | Highgate Harriers | 28 | 20:24 | F 13-39 |
| 126 | Helen | Thurtle | Bungay Black Dog RC | 42 | 20:47 | F 40 + |
| 127 | Jon | Wiles | Bungay Black Dog RC | 42 | 20:47 | M 40 + |
| 128 | Ian | Sadler | | 35 | 20:57 | M 13-39 |
| 129 | Jason | Marsh | | 42 | 21:30 | M 40 + |