

**Doug Anderson 5K****Male Results**

19 July 2023

Results by Bedford Harriers A.C.

All places by Gun to Chip time

**Male Open Winners**

| Place | Name             | Team                        | Time  |
|-------|------------------|-----------------------------|-------|
| 1     | Mohammed Elbayan | Stopsley Striders           | 15:33 |
| 2     | Luke Fisher      | Thames Hare & Hounds        | 15:37 |
| 3     | Liam Busby       | Wycombe Phoenix Harriers AC | 15:48 |

**MU17**

| Place | Name           | Team                 | Time  |
|-------|----------------|----------------------|-------|
| 1     | Cameron Barnes | Bedford & County A C | 17:16 |
| 2     | Luca Devlin    | Bedford & County A C | 17:21 |
| 3     | Isaac Mitchell | Bedford & County A C | 17:28 |

**MJunior**

| Place | Name             | Team              | Time  |
|-------|------------------|-------------------|-------|
| 1     | Connor Hawthorne | Biggleswade A C   | 22:24 |
| 2     | Joe Mayes        | Team Balancise RC | 25:32 |
| 3     |                  |                   |       |

**MV35**

| Place | Name            | Team                             | Time  |
|-------|-----------------|----------------------------------|-------|
| 1     | Nathan Jones    | Higham Harriers A C              | 16:55 |
| 2     | Paul Waller     |                                  | 17:30 |
| 3     | Gabriel Popescu | Dunstable Lions Running Club (Be | 17:58 |

**MV40**

| Place | Name            | Team                       | Time  |
|-------|-----------------|----------------------------|-------|
| 1     | David Haslam    | Bedford Harriers A C       | 18:11 |
| 2     | Andrew Cowdrill | Marshall Milton Keynes A C | 18:13 |
| 3     | Martin Hughes   | Ampthill & Flitwick Flyers | 18:25 |

**MV45**

| Place | Name        | Team                       | Time  |
|-------|-------------|----------------------------|-------|
| 1     | Marcus Cook | Ampthill & Flitwick Flyers | 18:03 |
| 2     | Adam Hills  | Bedford Harriers A C       | 18:18 |
| 3     | James Smith | Ampthill & Flitwick Flyers | 18:24 |

**MV50**

| Place | Name          | Team                             | Time  |
|-------|---------------|----------------------------------|-------|
| 1     | Mark Waive    | Ampthill & Flitwick Flyers       | 17:20 |
| 2     | Vittorio Paci | Bedford Harriers A C             | 18:47 |
| 3     | Russell Mead  | Dunstable Lions Running Club (Be | 20:33 |

**MV55**

| Place | Name          | Team                             | Time  |
|-------|---------------|----------------------------------|-------|
| 1     | Andy Smith    | Dunstable Lions Running Club (Be | 19:42 |
| 2     | Stuart Knight | Bedford Harriers A C             | 20:48 |
| 3     | Rob Herring   | Bedford Harriers A C             | 20:54 |

**MV60**

| Place | Name             | Team                             | Time  |
|-------|------------------|----------------------------------|-------|
| 1     | Mourad Ben Taieb | Bedford Harriers A C             | 21:03 |
| 2     | Richard Reid     | Dunstable Lions Running Club (Be | 21:14 |
| 3     | Andrew Durrant   | Stopsley Striders                | 22:22 |

**MV65**

| Place | Name           | Team                 | Time  |
|-------|----------------|----------------------|-------|
| 1     | Paul Gregory   |                      | 19:00 |
| 2     | John Chapman   | Stopsley Striders    | 20:41 |
| 3     | David Frampton | Bedford Harriers A C | 21:20 |

**MV70**

| Place | Name          | Team                 | Time  |
|-------|---------------|----------------------|-------|
| 1     | Chris Lamont  | Stopsley Striders    | 22:29 |
| 2     | Charles Dicks | Fetch Everyone       | 24:39 |
| 3     | Francis Esaw  | Bedford Harriers A C | 25:14 |

**MV75**

| Place | Name            | Team                 | Time  |
|-------|-----------------|----------------------|-------|
| 1     | Alan Weir       | Stopsley Striders    | 26:24 |
| 2     | Richard Inchley | Leighton Buzzard A C | 33:26 |
| 3     | Larry Corkrey   | Bedford Harriers A C | 34:13 |

**Doug Anderson 5K****Female Results**

19 July 2023

Results by Bedford Harriers A.C.

All places by Gun to Chip time

**Female Open Winners**

| Place | Name           | Team                         | Age | Time  |
|-------|----------------|------------------------------|-----|-------|
| 1     | Nancy Scott    | Aldershot Farnham & District | 24  | 16:41 |
| 2     | Lizzy Janes    | Herts Phoenix A C            | 38  | 17:01 |
| 3     | Lyla Danobrega | Bedford & County A C         | 16  | 17:57 |

**FU17**

| Place | Name               | Team                 | Age | Time  |
|-------|--------------------|----------------------|-----|-------|
| 1     | Juliet Price Lyall |                      | 14  | 20:09 |
| 2     | Eleanor Smith      | Bedford & County A C | 13  | 20:24 |
| 3     | Ellie Harper       | Bedford & County A C | 14  | 20:35 |

**FJunior**

| Place | Name             | Team                 | Age | Time  |
|-------|------------------|----------------------|-----|-------|
| 1     | Penelope Francis |                      | 18  | 22:26 |
| 2     | Emily Parker     | Bedford Harriers A C | 17  | 26:25 |
| 3     | Millie Anderson  |                      | 19  | 31:33 |

**FV35**

| Place | Name            | Team                              | Age | Time  |
|-------|-----------------|-----------------------------------|-----|-------|
| 1     | Ellie Sherriffs | Bedford Harriers A C              | 38  | 20:33 |
| 2     | Ellen Docherty  |                                   | 36  | 21:53 |
| 3     | Becky Sharpe    | Dunstable Lions Running Club (Bec | 35  | 22:08 |

**FV40**

| Place | Name           | Team              | Age | Time  |
|-------|----------------|-------------------|-----|-------|
| 1     | Johanna Oregan | Riverside Runners | 40  | 18:02 |
| 2     | Rachel Barker  |                   | 44  | 21:12 |
| 3     | Heidi Langley  | Team Balancise RC | 41  | 21:28 |

**FV45**

| Place | Name               | Team              | Age | Time  |
|-------|--------------------|-------------------|-----|-------|
| 1     | Christine Lathwell | Stopsley Striders | 47  | 20:13 |
| 2     | Takami Moodie      |                   | 45  | 23:00 |
| 3     | Karen Price Lyall  |                   | 46  | 23:05 |

**FV50**

| Place | Name                | Team                      | Age | Time  |
|-------|---------------------|---------------------------|-----|-------|
| 1     | Kyrstin Fairweather | Amphill & Flitwick Flyers | 50  | 22:34 |
| 2     | Sally Ward          | Team Balancise RC         | 54  | 24:25 |
| 3     | Laura Marsh         | Higham Harriers A C       | 50  | 24:37 |

**FV55**

| Place | Name         | Team                      | Age | Time  |
|-------|--------------|---------------------------|-----|-------|
| 1     | Lisa Wells   | Amphill & Flitwick Flyers | 56  | 22:06 |
| 2     | Autumn Lynch | Amphill & Flitwick Flyers | 57  | 24:17 |
| 3     | Sue Jolly    | Team Balancise RC         | 56  | 24:39 |

**FV60**

| Place | Name                      | Team                 | Age | Time  |
|-------|---------------------------|----------------------|-----|-------|
| 1     | Veronica Singleton-Lawley | Bedford Harriers A C | 63  | 26:12 |
| 2     | Joan Lightning            |                      | 60  | 26:42 |
| 3     | Viv Kilgour               | Bedford Harriers A C | 60  | 26:57 |

**FV65**

| Place | Name           | Team                 | Age | Time  |
|-------|----------------|----------------------|-----|-------|
| 1     | Nora Haggart   | Bedford Harriers A C | 66  | 22:56 |
| 2     | Patricia Dicks | Fetch Everyone       | 68  | 32:38 |
| 3     |                |                      |     |       |

**FV70**

| Place | Name            | Team                 | Age | Time  |
|-------|-----------------|----------------------|-----|-------|
| 1     | Christine Ayers | Leighton Fun Runners | 70  | 26:23 |
| 2     | Liz Conibere    | Olney Runners        | 71  | 33:10 |
| 3     |                 |                      |     |       |

## Doug Anderson 5K

## Male County Championship Results

19 July 2023

Results by Bedford Harriers A.C.

All places by Gun to Chip time

### Male Open Winners

| Place | Name             | Team                        | Time  |
|-------|------------------|-----------------------------|-------|
| 1     | Mohammed Elbayan | Stopsley Striders           | 15:33 |
| 2     | Liam Busby       | Wycombe Phoenix Harriers AC | 15:48 |
| 3     | Michael Harrison | Bedford & County A C        | 15:59 |

### Male Junior

| Place | Name           | Team                 | Time  |
|-------|----------------|----------------------|-------|
| 1     | Cameron Barnes | Bedford & County A C | 17:16 |
| 2     | Luca Devlin    | Bedford & County A C | 17:21 |
| 3     | Isaac Mitchell | Bedford & County A C | 17:28 |

### MV40

| Place | Name            | Team                       | Time  |
|-------|-----------------|----------------------------|-------|
| 1     | David Haslam    | Bedford Harriers A C       | 18:11 |
| 2     | Andrew Cowdrill | Marshall Milton Keynes A C | 18:13 |
| 3     | Martin Hughes   | Amphill & Flitwick Flyers  | 18:25 |

### MV45

| Place | Name        | Team                      | Time  |
|-------|-------------|---------------------------|-------|
| 1     | Marcus Cook | Amphill & Flitwick Flyers | 18:03 |
| 2     | Adam Hills  | Bedford Harriers A C      | 18:18 |
| 3     | James Smith | Amphill & Flitwick Flyers | 18:24 |

### MV50

| Place | Name          | Team                             | Time  |
|-------|---------------|----------------------------------|-------|
| 1     | Vittorio Paci | Bedford Harriers A C             | 18:47 |
| 2     | Russell Mead  | Dunstable Lions Running Club (Be | 20:33 |
| 3     | Gez Fallon    | Stopsley Striders                | 20:49 |

### MV55

| Place | Name          | Team                             | Time  |
|-------|---------------|----------------------------------|-------|
| 1     | Andy Smith    | Dunstable Lions Running Club (Be | 19:42 |
| 2     | Stuart Knight | Bedford Harriers A C             | 20:48 |
| 3     | Rob Herring   | Bedford Harriers A C             | 20:54 |

### MV60

| Place | Name           | Team                      | Time  |
|-------|----------------|---------------------------|-------|
| 1     | Andrew Durrant | Stopsley Striders         | 22:22 |
| 2     | Nick Cross     | Bedford Harriers A C      | 22:43 |
| 3     | Martin Davey   | Amphill & Flitwick Flyers | 23:31 |

### MV65

| Place | Name           | Team                 | Time  |
|-------|----------------|----------------------|-------|
| 1     | John Chapman   | Stopsley Striders    | 20:41 |
| 2     | David Frampton | Bedford Harriers A C | 21:20 |
| 3     | Dave Holt      | Bedford Harriers A C | 21:34 |

### MV70

| Place | Name          | Team                 | Time  |
|-------|---------------|----------------------|-------|
| 1     | Chris Lamont  | Stopsley Striders    | 22:29 |
| 2     | Charles Dicks | Fetch Everyone       | 24:39 |
| 3     | Francis Esaw  | Bedford Harriers A C | 25:14 |

### MV75

| Place | Name           | Team              | Time  |
|-------|----------------|-------------------|-------|
| 1     | Alan Weir      | Stopsley Striders | 26:24 |
| 2     | John Reade     | Dunstable R R     | 39:58 |
| 3     | Geoffrey White |                   | 40:24 |

## Doug Anderson 5K

## Female County Championship Resu

19 July 2023

Results by Bedford Harriers A.C.

All places by Gun to Chip time

### Female Open Winners

| Place | Name           | Team                 | Time  |
|-------|----------------|----------------------|-------|
| 1     | Lyla Danobrega | Bedford & County A C | 17:57 |
| 2     | Alice Burgin   | Bedford & County A C | 18:57 |
| 3     | Emily Varley   | Biggleswade A C      | 19:14 |

### Female Junior

| Place | Name          | Team                 | Time  |
|-------|---------------|----------------------|-------|
| 1     | Eleanor Smith | Bedford & County A C | 20:24 |
| 2     | Ellie Harper  | Bedford & County A C | 20:35 |
| 3     | Isla Lee      |                      | 24:48 |

### FV35

| Place | Name           | Team                             | Time  |
|-------|----------------|----------------------------------|-------|
| 1     | Ellen Docherty |                                  | 21:53 |
| 2     | Becky Sharpe   | Dunstable Lions Running Club (Be | 22:08 |
| 3     | Mandy Rimmer   | Amphill & Flitwick Flyers        | 25:19 |

### FV40

| Place | Name              | Team                 | Time  |
|-------|-------------------|----------------------|-------|
| 1     | Charlotte Snowdon | Stopsley Striders    | 22:00 |
| 2     | Lucy Baldwin      | Bedford Harriers A C | 22:42 |
| 3     | Julia Hallam      | Team Balancise RC    | 23:08 |

### FV45

| Place | Name               | Team                 | Time  |
|-------|--------------------|----------------------|-------|
| 1     | Christine Lathwell | Stopsley Striders    | 20:13 |
| 2     | Fiona Bifield      | Bedford Harriers A C | 29:38 |
| 3     | Joanne Simmons     |                      | 30:40 |

### FV50

| Place | Name                | Team                      | Time  |
|-------|---------------------|---------------------------|-------|
| 1     | Kyrstin Fairweather | Amphill & Flitwick Flyers | 22:34 |
| 2     | Sally Ward          | Team Balancise RC         | 24:25 |
| 3     | Victoria Lucas      | Bedford Harriers A C      | 25:52 |

### FV55

| Place | Name         | Team                      | Time  |
|-------|--------------|---------------------------|-------|
| 1     | Lisa Wells   | Amphill & Flitwick Flyers | 22:06 |
| 2     | Autumn Lynch | Amphill & Flitwick Flyers | 24:17 |
| 3     | Sue Jolly    | Team Balancise RC         | 24:39 |

### FV60

| Place | Name                      | Team                             | Time  |
|-------|---------------------------|----------------------------------|-------|
| 1     | Veronica Singleton-Lawley | Bedford Harriers A C             | 26:12 |
| 2     | Viv Kilgour               | Bedford Harriers A C             | 26:57 |
| 3     | Shelah Surgey             | Dunstable Lions Running Club (Be | 30:01 |

### FV65

| Place | Name           | Team                 | Time  |
|-------|----------------|----------------------|-------|
| 1     | Nora Haggart   | Bedford Harriers A C | 22:56 |
| 2     | Patricia Dicks | Fetch Everyone       | 32:38 |
| 3     |                |                      |       |

### FV70

| Place | Name            | Team                 | Time  |
|-------|-----------------|----------------------|-------|
| 1     | Christine Ayers | Leighton Fun Runners | 26:23 |
| 2     |                 |                      |       |
| 3     |                 |                      |       |

# Doug Anderson 5K

# Team Results

19 July 2023

Results by Bedford Harriers A.C.

## Male Teams

|   |                                      | Positions |
|---|--------------------------------------|-----------|
|   | <b>Bedford &amp; County A C</b>      | <b>15</b> |
| 1 | Michael Harrison                     | 4         |
| 2 | Stan Willis                          | 5         |
| 3 | Alfred Yabsley                       | 6         |
|   | <b>Bedford Harriers A C</b>          | <b>55</b> |
| 1 | Billy Fadden                         | 8         |
| 2 | Luke Ablard                          | 23        |
| 3 | David Haslam                         | 24        |
|   | <b>Amphill &amp; Flitwick Flyers</b> | <b>64</b> |
| 1 | Mark Waine                           | 11        |
| 2 | Marcus Cook                          | 22        |
| 3 | James Smith                          | 31        |

## Female Teams

|   |                                      | Positions |
|---|--------------------------------------|-----------|
|   | <b>Bedford &amp; County A C</b>      | <b>18</b> |
| 1 | Lyla Danobrega                       | 3         |
| 2 | Alice Burgin                         | 5         |
| 3 | Eleanor Smith                        | 10        |
|   | <b>Bedford Harriers A C</b>          | <b>60</b> |
| 1 | Ellie Sherriffs                      | 11        |
| 2 | Lucy Baldwin                         | 24        |
| 3 | Ruth Cookman                         | 25        |
|   | <b>Amphill &amp; Flitwick Flyers</b> | <b>76</b> |
| 1 | Lisa Wells                           | 19        |
| 2 | Kyrstin Fairweather                  | 23        |
| 3 | Kate Ruditis                         | 34        |

## Doug Anderson 5K

19 July 2023

Results by Bedford Harriers A.C.

All places by Gun to Chip time

| Position | Name               | Gender | Gun time | Chip time | Bib Number | Age Group | Position in AG | Club                                |
|----------|--------------------|--------|----------|-----------|------------|-----------|----------------|-------------------------------------|
| 1        | Mohammed Elbayan   | M      | 15:33    | 15:33     | 332        | MSenior   | 1              | Stopsley Striders                   |
| 2        | Luke Fisher        | M      | 15:37    | 15:36     | 376        | MSenior   | 2              | Thames Hare & Hounds                |
| 3        | Liam Busby         | M      | 15:48    | 15:47     | 88         | MSenior   | 3              | Wycombe Phoenix Harriers AC         |
| 4        | Michael Harrison   | M      | 15:59    | 15:58     | 417        | MSenior   | 4              | Bedford & County A C                |
| 5        | Stan Willis        | M      | 16:08    | 16:08     | 353        | MSenior   | 5              | Bedford & County A C                |
| 6        | Alfred Yabsley     | M      | 16:33    | 16:32     | 325        | MSenior   | 6              | Bedford & County A C                |
| 7        | Nancy Scott        | F      | 16:41    | 16:40     | 366        | FSenior   | 1              | Aldershot Farnham & District        |
| 8        | Nathan Jones       | M      | 16:55    | 16:53     | 240        | MV35      | 1              | Higham Harriers A C                 |
| 9        | Billy Fadden       | M      | 16:58    | 16:56     | 253        | MSenior   | 7              | Bedford Harriers A C                |
| 10       | Lizzy Janes        | F      | 17:01    | 16:59     | 374        | FV35      | 1              | Herts Phoenix A C                   |
| 11       | Tom Doble          | M      | 17:06    | 17:05     | 130        | MSenior   | 8              | North Herts R R                     |
| 12       | Cameron Barnes     | M      | 17:16    | 17:16     | 371        | MU17      | 1              | Bedford & County A C                |
| 13       | Mark Waine         | M      | 17:20    | 17:18     | 315        | MV50      | 1              | Amphill & Flitwick Flyers           |
| 14       | Luca Devlin        | M      | 17:21    | 17:20     | 354        | MU17      | 2              | Bedford & County A C                |
| 15       | Isaac Mitchell     | M      | 17:28    | 17:27     | 355        | MU17      | 3              | Bedford & County A C                |
| 16       | Theo Beale         | M      | 17:29    | 17:29     | 342        | MU17      | 4              | Bedford & County A C                |
| 17       | Paul Waller        | M      | 17:30    | 17:29     | 23         | MV35      | 2              |                                     |
| 18       | Matt Clements      | M      | 17:35    | 17:33     | 110        | MSenior   | 9              | Marshall Milton Keynes A C          |
| 19       | Sam Boshier        | M      | 17:48    | 17:47     | 361        | MU17      | 5              | Bedford & County A C                |
| 20       | Oliver Jenkins     | M      | 17:51    | 17:49     | 91         | MSenior   | 10             |                                     |
| 21       | Harry Scott        | M      | 17:53    | 17:52     | 295        | MU17      | 6              | Bedford & County A C                |
| 22       | Lyla Danobrega     | F      | 17:57    | 17:56     | 294        | FU17      | 1              | Bedford & County A C                |
| 23       | Gabriel Popescu    | M      | 17:58    | 17:53     | 339        | MV35      | 3              | Dunstable Lions Running Club (Beds) |
| 24       | Sam Mead           | M      | 17:59    | 17:54     | 438        | MSenior   | 11             | Dunstable Lions Running Club (Beds) |
| 25       | Johanna Oregon     | F      | 18:02    | 18:01     | 396        | FV40      | 1              | Riverside Runners                   |
| 26       | Marcus Cook        | M      | 18:03    | 18:01     | 68         | MV45      | 1              | Amphill & Flitwick Flyers           |
| 27       | Luke Ablard        | M      | 18:05    | 18:02     | 175        | MSenior   | 12             | Bedford Harriers A C                |
| 28       | David Haslam       | M      | 18:11    | 18:08     | 59         | MV40      | 1              | Bedford Harriers A C                |
| 29       | Andrew Cowdrill    | M      | 18:13    | 18:10     | 112        | MV40      | 2              | Marshall Milton Keynes A C          |
| 30       | Graham Pratt       | M      | 18:14    | 18:11     | 347        | MSenior   | 13             | Bedford Harriers A C                |
| 31       | Adam Hills         | M      | 18:18    | 18:14     | 18         | MV45      | 2              | Bedford Harriers A C                |
| 32       | Kallum Wright      | M      | 18:20    | 18:17     | 245        | MSenior   | 14             | Stopsley Striders                   |
| 33       | Oliver Young       | M      | 18:22    | 18:19     | 271        | MV35      | 4              |                                     |
| 34       | Archie Henderson   | M      | 18:23    | 18:22     | 119        | MU17      | 7              | Bedford & County A C                |
| 35       | James Smith        | M      | 18:24    | 18:22     | 322        | MV45      | 3              | Amphill & Flitwick Flyers           |
| 36       | Martin Hughes      | M      | 18:25    | 18:23     | 306        | MV40      | 3              | Amphill & Flitwick Flyers           |
| 37       | Jamie Prior        | M      | 18:30    | 18:28     | 395        | MU17      | 8              | Bedford & County A C                |
| 38       | Dylan Stokes       | M      | 18:35    | 18:34     | 282        | MU17      | 9              | Bedford & County A C                |
| 39       | Mackenzie Kotrys   | M      | 18:36    | 18:35     | 292        | MU17      | 10             | Bedford & County A C                |
| 40       | David Moody        | M      | 18:38    | 18:31     | 231        | MSenior   | 15             |                                     |
| 41       | Jacob Schuricht    | M      | 18:40    | 18:39     | 393        | MU17      | 11             | Bedford & County A C                |
| 42       | Gavin Nicholson    | M      | 18:43    | 18:41     | 305        | MV40      | 4              | Amphill & Flitwick Flyers           |
| 43       | Vittorio Paci      | M      | 18:47    | 18:44     | 87         | MV50      | 2              | Bedford Harriers A C                |
| 44       | Alice Burgin       | F      | 18:57    | 18:55     | 260        | FSenior   | 2              | Bedford & County A C                |
| 45       | Paul Gregory       | M      | 19:00    | 18:57     | 380        | MV65      | 1              |                                     |
| 46       | Nicolae Hogas      | M      | 19:12    | 19:10     | 437        | MV40      | 5              | Bedford Harriers A C                |
| 47       | Richard Moore      | M      | 19:13    | 19:08     | 334        | MV40      | 6              | Dunstable Lions Running Club (Beds) |
| 48       | Emily Varley       | F      | 19:14    | 19:12     | 86         | FSenior   | 3              | Biggleswade A C                     |
| 49       | Zach Danobrega     | M      | 19:17    | 19:16     | 293        | MU17      | 12             | Bedford & County A C                |
| 50       | Aaron Donohoe      | M      | 19:26    | 19:22     | 424        | MSenior   | 16             | Bedford Harriers A C                |
| 51       | Ryan Parsons       | M      | 19:30    | 19:27     | 246        | MSenior   | 17             | Stopsley Striders                   |
| 52       | Michael Donnor     | M      | 19:31    | 19:26     | 331        | MV35      | 5              | Dunstable Lions Running Club (Beds) |
| 53       | Adam Broadbent     | M      | 19:33    | 19:30     | 249        | MV40      | 7              | Bedford Harriers A C                |
| 54       | John Flanagan      | M      | 19:33    | 19:30     | 390        | MV40      | 8              | Redway Runners                      |
| 55       | James Harvey       | M      | 19:34    | 19:30     | 352        | MV35      | 6              | Bedford Harriers A C                |
| 56       | Andy Smith         | M      | 19:42    | 19:36     | 142        | MV55      | 1              | Dunstable Lions Running Club (Beds) |
| 57       | Tim McGlashan      | M      | 19:43    | 19:41     | 373        | MSenior   | 18             | Biggleswade A C                     |
| 58       | Simon Harper       | M      | 19:46    | 19:44     | 207        | MV45      | 4              | Bedford & County A C                |
| 59       | Robert Mace        | M      | 19:46    | 19:46     | 95         | MV35      | 7              |                                     |
| 60       | Robert Boud        | M      | 19:49    | 19:45     | 363        | MSenior   | 19             |                                     |
| 61       | John Coles         | M      | 19:51    | 19:46     | 66         | MV35      | 8              |                                     |
| 62       | Tim Turney         | M      | 20:06    | 20:03     | 187        | MV45      | 5              |                                     |
| 63       | Juliet Price Lyall | F      | 20:09    | 20:08     | 413        | FU17      | 2              |                                     |
| 64       | Phillip Cleverley  | M      | 20:09    | 19:58     | 327        | MV40      | 9              | Higham Harriers A C                 |
| 65       | Jamie Corby        | M      | 20:11    | 20:05     | 37         | MV35      | 9              |                                     |
| 66       | Christine Lathwell | F      | 20:13    | 20:10     | 217        | FV45      | 1              | Stopsley Striders                   |
| 67       | Brock Holcombe     | M      | 20:15    | 20:08     | 215        | MSenior   | 20             | Team Balancise RC                   |
| 68       | Sophia Campbell    | F      | 20:16    | 20:13     | 153        | FSenior   | 4              | Marshall Milton Keynes A C          |
| 69       | Noah Parker        | M      | 20:21    | 20:17     | 169        | MU17      | 13             |                                     |
| 70       | Daniel Turiccki    | M      | 20:23    | 20:16     | 26         | MSenior   | 21             | Team Balancise RC                   |
| 71       | Eleanor Smith      | F      | 20:24    | 20:22     | 275        | FU17      | 3              | Bedford & County A C                |
| 72       | Matthew Gilbert    | M      | 20:27    | 20:21     | 180        | MV45      | 6              | Leighton Fun Runners                |
| 73       | Russell Mead       | M      | 20:33    | 20:27     | 439        | MV50      | 3              | Dunstable Lions Running Club (Beds) |
| 74       | Ellie Sherriffs    | F      | 20:33    | 20:27     | 227        | FV35      | 2              | Bedford Harriers A C                |
| 75       | Ellie Harper       | F      | 20:35    | 20:33     | 208        | FU17      | 4              | Bedford & County A C                |

## Doug Anderson 5K

19 July 2023

Results by Bedford Harriers A.C.

All places by Gun to Chip time

| Position | Name                   | Gender | Gun time | Chip time | Bib Number | Age Group | Position in AG | Club                                |
|----------|------------------------|--------|----------|-----------|------------|-----------|----------------|-------------------------------------|
| 76       | John Chapman           | M      | 20:41    | 20:38     | 335        | MV65      | 2              | Stopsley Striders                   |
| 77       | Eloise Kramer          | F      | 20:43    | 20:39     | 174        | FSenior   | 5              |                                     |
| 78       | Stuart Woodruff        | M      | 20:44    | 20:40     | 172        | MV50      | 4              |                                     |
| 79       | Ross Finlay            | M      | 20:45    | 20:27     | 343        | MV40      | 10             | Boxfit Tri Club                     |
| 80       | Daniel James Forrester | M      | 20:47    | 20:40     | 101        | MV35      | 10             |                                     |
| 81       | David Sheffield        | M      | 20:48    | 20:37     | 148        | MV40      | 11             | Bedford Harriers A C                |
| 82       | Stuart Knight          | M      | 20:48    | 20:43     | 367        | MV55      | 2              | Bedford Harriers A C                |
| 83       | Gez Fallon             | M      | 20:49    | 20:46     | 198        | MV50      | 5              | Stopsley Striders                   |
| 84       | Henry Lynn             | M      | 20:53    | 20:49     | 299        | MV50      | 6              | Amphill & Flitwick Flyers           |
| 85       | Rob Herring            | M      | 20:54    | 20:48     | 150        | MV55      | 3              | Bedford Harriers A C                |
| 86       | Nick Haworth           | M      | 20:54    | 20:47     | 351        | MV45      | 7              | Biggleswade A C                     |
| 87       | Tony Tsang             | M      | 20:57    | 20:46     | 423        | MV45      | 8              | Fetch Everyone                      |
| 88       | Andrew Waller          | M      | 21:00    | 20:54     | 9          | MV40      | 12             |                                     |
| 89       | Mark Finn              | M      | 21:02    | 20:53     | 65         | MV45      | 9              | Bedford Harriers A C                |
| 90       | Mourad Ben Taieb       | M      | 21:03    | 20:56     | 206        | MV60      | 1              | Bedford Harriers A C                |
| 91       | James Watson           | M      | 21:05    | 20:57     | 389        | MV35      | 11             | Biggleswade A C                     |
| 92       | Richard McKee          | M      | 21:11    | 21:08     | 226        | MV50      | 7              |                                     |
| 93       | Rachel Barker          | F      | 21:12    | 21:06     | 397        | FV40      | 2              |                                     |
| 94       | Steve Childerley       | M      | 21:12    | 21:02     | 349        | MV50      | 8              | Riverside Runners                   |
| 95       | Justin Crook           | M      | 21:12    | 21:08     | 163        | MV45      | 10             | Olney Runners                       |
| 96       | Wayne McCulloch        | M      | 21:13    | 21:03     | 404        | MV55      | 4              |                                     |
| 97       | Richard Reid           | M      | 21:14    | 21:08     | 428        | MV60      | 2              | Dunstable Lions Running Club (Beds) |
| 98       | Chris Newnham          | M      | 21:15    | 21:11     | 323        | MV55      | 5              | Amphill & Flitwick Flyers           |
| 99       | Jay Papa               | M      | 21:17    | 21:12     | 96         | MSenior   | 22             | Stevenage Phoenix Running Club      |
| 100      | Giles Hawthorne        | M      | 21:17    | 21:10     | 12         | MV45      | 11             | Biggleswade A C                     |
| 101      | David Frampton         | M      | 21:20    | 21:15     | 183        | MV65      | 3              | Bedford Harriers A C                |
| 102      | Chris Hoare            | M      | 21:21    | 21:13     | 5          | MV40      | 13             | Bedford Harriers A C                |
| 103      | Heidi Langley          | F      | 21:28    | 21:21     | 209        | FV40      | 3              | Team Balancise RC                   |
| 104      | Greg Bradbury          | M      | 21:29    | 21:24     | 7          | MV35      | 12             | Stevenage Phoenix Running Club      |
| 105      | Alexander Smythe       | M      | 21:30    | 21:20     | 244        | MU17      | 14             |                                     |
| 106      | Daniel Deacon          | M      | 21:31    | 21:23     | 79         | MSenior   | 23             |                                     |
| 107      | Dave Holt              | M      | 21:34    | 21:26     | 281        | MV65      | 4              | Bedford Harriers A C                |
| 108      | Alistair Nelson        | M      | 21:34    | 21:26     | 236        | MSenior   | 24             | Biggleswade A C                     |
| 109      | Daniel Hemming         | M      | 21:36    | 21:27     | 162        | MSenior   | 25             |                                     |
| 110      | Nicky Upperton         | F      | 21:38    | 21:31     | 181        | FSenior   | 6              | Biggleswade A C                     |
| 111      | Philip Mead            | M      | 21:39    | 21:34     | 317        | MV35      | 13             | Amphill & Flitwick Flyers           |
| 112      | Peter Fadden           | M      | 21:42    | 21:31     | 267        | MSenior   | 26             | Bedford Harriers A C                |
| 113      | Paul Emery             | M      | 21:45    | 21:35     | 111        | MV45      | 12             | Riverside Runners                   |
| 114      | Paul Britton           | M      | 21:48    | 21:41     | 56         | MV35      | 14             | Bedford Harriers A C                |
| 115      | Ellen Docherty         | F      | 21:53    | 21:43     | 359        | FV35      | 3              |                                     |
| 116      | Bryn Lee               | M      | 21:55    | 21:47     | 400        | MV35      | 15             | Team Balancise RC                   |
| 117      | Charlotte Snowden      | F      | 22:00    | 21:56     | 427        | FV40      | 4              | Stopsley Striders                   |
| 118      | Dean Newman            | M      | 22:03    | 21:52     | 185        | MV50      | 9              |                                     |
| 119      | Lisa Wells             | F      | 22:06    | 22:01     | 301        | FV55      | 1              | Amphill & Flitwick Flyers           |
| 120      | Becky Sharpe           | F      | 22:08    | 21:54     | 338        | FV35      | 4              | Dunstable Lions Running Club (Beds) |
| 121      | David Brewer           | M      | 22:09    | 22:05     | 36         | MV55      | 6              | Bedford Harriers A C                |
| 122      | Gavin Elliott          | M      | 22:14    | 22:11     | 64         | MV45      | 13             | Matlock AC                          |
| 123      | Jerry Pullinger        | M      | 22:15    | 22:10     | 28         | MV65      | 5              | Bedford Harriers A C                |
| 124      | Ian Pitkin             | M      | 22:17    | 22:12     | 214        | MV55      | 7              | Stopsley Striders                   |
| 125      | Shaun Busby            | M      | 22:22    | 22:11     | 324        | MV35      | 16             | Bedford Harriers A C                |
| 126      | Andrew Durrant         | M      | 22:22    | 22:18     | 341        | MV60      | 3              | Stopsley Striders                   |
| 127      | Connor Hawthorne       | M      | 22:24    | 22:15     | 420        | MJunior   | 1              | Biggleswade A C                     |
| 128      | Juan Carlos Augusto    | M      | 22:25    | 22:15     | 42         | MV55      | 8              | Bedford Harriers A C                |
| 129      | Penelope Francis       | F      | 22:26    | 22:17     | 432        | FJunior   | 1              |                                     |
| 130      | Ian Ballard            | M      | 22:28    | 22:19     | 320        | MV55      | 9              | Amphill & Flitwick Flyers           |
| 131      | Chris Lamont           | M      | 22:29    | 22:24     | 258        | MV70      | 1              | Stopsley Striders                   |
| 132      | Sally Green            | F      | 22:30    | 22:24     | 40         | FV40      | 5              | Redway Runners                      |
| 133      | Andy Tuvey             | M      | 22:31    | 22:19     | 47         | MV35      | 17             | Higham Harriers A C                 |
| 134      | Mark Cornell           | M      | 22:33    | 22:27     | 333        | MV55      | 10             | Dunstable Lions Running Club (Beds) |
| 135      | Kyrstin Fairweather    | F      | 22:34    | 22:26     | 319        | FV50      | 1              | Amphill & Flitwick Flyers           |
| 136      | Adam Francis           | M      | 22:35    | 22:26     | 433        | MV45      | 14             |                                     |
| 137      | Lucy Baldwin           | F      | 22:42    | 22:30     | 278        | FV40      | 6              | Bedford Harriers A C                |
| 138      | Nick Cross             | M      | 22:43    | 22:32     | 149        | MV60      | 4              | Bedford Harriers A C                |
| 139      | Jeremy Bell            | M      | 22:43    | 22:39     | 316        | MV55      | 11             | Amphill & Flitwick Flyers           |
| 140      | Richard Hill           | M      | 22:46    | 22:38     | 160        | MV55      | 12             | Biggleswade A C                     |
| 141      | Brian McCrossan        | M      | 22:49    | 22:40     | 218        | MV40      | 14             | Team Balancise RC                   |
| 142      | Ruth Cookman           | F      | 22:51    | 22:39     | 402        | FSenior   | 7              | Bedford Harriers A C                |
| 143      | Mark Billington        | M      | 22:51    | 22:45     | 321        | MV55      | 13             | Amphill & Flitwick Flyers           |
| 144      | Nora Haggart           | F      | 22:56    | 22:48     | 60         | FV65      | 1              | Bedford Harriers A C                |
| 145      | Carla Whitmore         | F      | 22:56    | 22:37     | 22         | FSenior   | 8              | Bedford Harriers A C                |
| 146      | Takami Moodie          | F      | 23:00    | 22:54     | 407        | FV45      | 2              |                                     |
| 147      | Andrew Stocks          | M      | 23:04    | 22:54     | 115        | MV50      | 10             | Leighton Fun Runners                |
| 148      | Karen Price Lyall      | F      | 23:05    | 22:53     | 415        | FV45      | 3              |                                     |
| 149      | Julia Hallam           | F      | 23:08    | 23:00     | 21         | FV40      | 7              | Team Balancise RC                   |
| 150      | Peter Ward             | M      | 23:08    | 23:01     | 141        | MV45      | 15             | Team Balancise RC                   |

## Doug Anderson 5K

19 July 2023

Results by Bedford Harriers A.C.

All places by Gun to Chip time

| Position | Name              | Gender | Gun time | Chip time | Bib Number | Age Group | Position in AG | Club                                |
|----------|-------------------|--------|----------|-----------|------------|-----------|----------------|-------------------------------------|
| 151      | Adrian Reast      | M      | 23:18    | 23:11     | 401        | MV50      | 11             | Team Balancise RC                   |
| 152      | Antony Runnegar   | M      | 23:29    | 23:23     | 328        | MV50      | 12             |                                     |
| 153      | Peter Gallivan    | M      | 23:30    | 23:08     | 418        | MSenior   | 27             | Bedford Harriers A C                |
| 154      | Martin Davey      | M      | 23:31    | 23:18     | 300        | MV60      | 5              | Amphill & Flitwick Flyers           |
| 155      | Martin Addrison   | M      | 23:33    | 23:13     | 100        | MV65      | 6              | Leighton Fun Runners                |
| 156      | Nick Sandle       | M      | 23:34    | 23:23     | 435        | MV55      | 14             | Bedford Harriers A C                |
| 157      | Rob Hemming       | M      | 23:36    | 23:26     | 232        | MV55      | 15             |                                     |
| 158      | Alan Mutch        | M      | 23:37    | 23:31     | 186        | MV60      | 6              | Desborough & Rothwell Running Club  |
| 159      | Brian Day         | M      | 23:42    | 23:27     | 357        | MV40      | 15             | Dunstable Lions Running Club (Beds) |
| 160      | Martin Jarvis     | M      | 23:44    | 23:36     | 412        | MV40      | 16             | Bedford Harriers A C                |
| 161      | Mark Allen        | M      | 23:46    | 23:33     | 280        | MV50      | 13             | UKRunChat Running                   |
| 162      | Jodie Darnell     | F      | 23:47    | 23:35     | 279        | FSenior   | 9              | Bedford Harriers A C                |
| 163      | Tom Webster       | M      | 23:47    | 23:38     | 211        | MV40      | 17             | Leighton Fun Runners                |
| 164      | Richard Adams     | M      | 23:50    | 23:33     | 133        | MV50      | 14             |                                     |
| 165      | Damien Pitts      | M      | 23:52    | 23:34     | 251        | MV40      | 18             | Biggleswade A C                     |
| 166      | Adam Wild         | M      | 23:53    | 23:31     | 406        | MV50      | 15             | Bedford Harriers A C                |
| 167      | Alistair Law      | M      | 23:53    | 23:41     | 288        | MV55      | 16             |                                     |
| 168      | Andrew Robertson  | M      | 23:56    | 23:46     | 372        | MV65      | 7              | Bedford Harriers A C                |
| 169      | Ian Devlin        | M      | 23:57    | 23:51     | 264        | MV40      | 19             |                                     |
| 170      | Peter Huart       | M      | 23:59    | 23:55     | 387        | MV65      | 8              |                                     |
| 171      | Ian Corby         | M      | 24:03    | 23:54     | 30         | MV65      | 9              |                                     |
| 172      | Cameron Blair     | M      | 24:04    | 23:52     | 364        | MSenior   | 28             |                                     |
| 173      | Richard Hill      | M      | 24:08    | 23:55     | 74         | MV60      | 7              | Bedford Harriers A C                |
| 174      | Paul Wilkerson    | M      | 24:08    | 23:55     | 370        | MV65      | 10             |                                     |
| 175      | Sarah Jones       | F      | 24:08    | 23:56     | 242        | FV40      | 8              | Higham Harriers A C                 |
| 176      | Nick Rimmer       | M      | 24:12    | 23:54     | 309        | MV55      | 17             | Amphill & Flitwick Flyers           |
| 177      | Eleanor Adams     | F      | 24:14    | 23:57     | 39         | FSenior   | 10             |                                     |
| 178      | Kate Ruditis      | F      | 24:15    | 23:55     | 318        | FV40      | 9              | Amphill & Flitwick Flyers           |
| 179      | Autumn Lynch      | F      | 24:17    | 24:06     | 312        | FV55      | 2              | Amphill & Flitwick Flyers           |
| 180      | Richard Jones     | M      | 24:23    | 24:10     | 314        | MV55      | 18             | Amphill & Flitwick Flyers           |
| 181      | Sally Ward        | F      | 24:25    | 24:06     | 204        | FV50      | 2              | Team Balancise RC                   |
| 182      | Andy Reeve-Smith  | M      | 24:29    | 24:21     | 381        | MV55      | 19             |                                     |
| 183      | Adam Walsh        | M      | 24:30    | 24:23     | 398        | MSenior   | 29             | Team Balancise RC                   |
| 184      | Laura Marsh       | F      | 24:37    | 24:21     | 392        | FV50      | 3              | Higham Harriers A C                 |
| 185      | Bryan Seago       | M      | 24:37    | 24:23     | 422        | MV50      | 16             |                                     |
| 186      | Michael Munro     | M      | 24:38    | 24:26     | 233        | MV50      | 17             | Bedford Harriers A C                |
| 187      | Charles Dicks     | M      | 24:39    | 24:16     | 377        | MV70      | 2              | Fetch Everyone                      |
| 188      | Sue Jolly         | F      | 24:39    | 24:24     | 213        | FV55      | 3              | Team Balancise RC                   |
| 189      | Cheryl Green      | F      | 24:43    | 24:21     | 70         | FV40      | 10             | Bedford Harriers A C                |
| 190      | Lawrence Ireson   | M      | 24:46    | 24:35     | 118        | MV50      | 18             |                                     |
| 191      | Isla Lee          | F      | 24:48    | 24:32     | 255        | FU17      | 5              |                                     |
| 192      | Daemon Lee        | M      | 24:49    | 24:34     | 256        | MV50      | 19             |                                     |
| 193      | Ray Cooke         | M      | 24:52    | 24:38     | 205        | MV55      | 20             | Bedford Harriers A C                |
| 194      | Wayne Walker      | M      | 24:53    | 24:42     | 431        | MV45      | 16             | Leighton Fun Runners                |
| 195      | Monty Anderson    | M      | 24:59    | 24:34     | 291        | MU17      | 15             |                                     |
| 196      | Matt Tutton       | M      | 25:03    | 24:53     | 145        | MV35      | 18             | Fairlands Valley Spartans           |
| 197      | Tyla Brine        | F      | 25:04    | 24:55     | 156        | FSenior   | 11             |                                     |
| 198      | Graeme Scott      | M      | 25:11    | 24:40     | 434        | MV45      | 17             |                                     |
| 199      | Francis Esaw      | M      | 25:14    | 25:08     | 146        | MV70      | 3              | Bedford Harriers A C                |
| 200      | Ian Grimwood      | M      | 25:14    | 24:59     | 344        | MV70      | 4              | Biggleswade A C                     |
| 201      | Tony Locke        | M      | 25:17    | 24:57     | 113        | MV60      | 8              |                                     |
| 202      | Helene Bolton     | F      | 25:19    | 25:06     | 157        | FV50      | 4              | UKRunChat Running                   |
| 203      | Mandy Rimmer      | F      | 25:19    | 24:59     | 329        | FV35      | 5              | Amphill & Flitwick Flyers           |
| 204      | Neil Truelove     | M      | 25:20    | 25:01     | 128        | MV60      | 9              | Shefford Runners                    |
| 205      | Brandon Trainer   | M      | 25:20    | 25:07     | 193        | MV45      | 18             |                                     |
| 206      | Emma Lee          | F      | 25:21    | 25:01     | 399        | FSenior   | 12             | Team Balancise RC                   |
| 207      | Joanne Green      | F      | 25:28    | 25:15     | 220        | FV40      | 11             | Bedford Harriers A C                |
| 208      | Natacha Ha-Cheng  | F      | 25:32    | 25:16     | 190        | FSenior   | 13             |                                     |
| 209      | Joe Mayes         | M      | 25:32    | 25:12     | 266        | MJunior   | 2              | Team Balancise RC                   |
| 210      | Andy Mitham       | M      | 25:35    | 25:23     | 191        | MV50      | 20             |                                     |
| 211      | Alex Jones        | M      | 25:37    | 25:17     | 224        | MSenior   | 30             | Team Balancise RC                   |
| 212      | James Struthers   | M      | 25:39    | 25:23     | 192        | MV45      | 19             |                                     |
| 213      | Kirsty Jones      | F      | 25:40    | 25:28     | 57         | FV40      | 12             | Bedford Harriers A C                |
| 214      | Tony Ploszajski   | M      | 25:41    | 25:16     | 144        | MV60      | 10             | Achilles Club                       |
| 215      | Emma Mead         | F      | 25:47    | 25:37     | 48         | FV40      | 13             | Stevenage Phoenix Running Club      |
| 216      | Avril Monmont     | F      | 25:47    | 25:33     | 383        | FV55      | 4              |                                     |
| 217      | Szymon Wodecki    | M      | 25:50    | 25:22     | 85         | MV40      | 20             | Bedford Harriers A C                |
| 218      | Lawrence Folley   | M      | 25:50    | 25:23     | 81         | MV60      | 11             | Bedford Harriers A C                |
| 219      | Victoria Lucas    | F      | 25:52    | 25:31     | 102        | FV50      | 5              | Bedford Harriers A C                |
| 220      | Jennifer Branagan | F      | 25:53    | 25:31     | 254        | FV50      | 6              | Bedford Harriers A C                |
| 221      | Trudie Finch      | F      | 25:55    | 25:41     | 73         | FV50      | 7              | Banbury Harriers A C                |
| 222      | Emma Allibon      | F      | 25:59    | 25:51     | 273        | FV45      | 4              |                                     |
| 223      | Peter Waller      | M      | 26:02    | 25:53     | 19         | MV65      | 11             |                                     |
| 224      | Charlotte Dow     | F      | 26:04    | 25:50     | 6          | FV35      | 6              |                                     |
| 225      | Andrew Hedley     | M      | 26:08    | 25:51     | 50         | MV60      | 12             | Biggleswade A C                     |



## Doug Anderson 5K

19 July 2023

Results by Bedford Harriers A.C.

All places by Gun to Chip time

| Position | Name                      | Gender | Gun time | Chip time | Bib Number | Age Group | Position in AG | Club                                |
|----------|---------------------------|--------|----------|-----------|------------|-----------|----------------|-------------------------------------|
| 226      | Phil Bradley              | M      | 26:09    | 25:55     | 197        | MV50      | 21             |                                     |
| 227      | Veronica Singleton-Lawley | F      | 26:12    | 25:55     | 286        | FV60      | 1              | Bedford Harriers A C                |
| 228      | Jon Shaw                  | M      | 26:14    | 25:55     | 143        | MV40      | 21             | Shefford Runners                    |
| 229      | George Woods              | M      | 26:21    | 26:03     | 230        | MU17      | 16             |                                     |
| 230      | Christine Ayers           | F      | 26:23    | 26:06     | 34         | FV70      | 1              | Leighton Fun Runners                |
| 231      | Alan Weir                 | M      | 26:24    | 26:10     | 259        | MV75      | 1              | Stopsley Striders                   |
| 232      | Stuart Bullard            | M      | 26:25    | 26:10     | 263        | MV45      | 20             | Bedford Harriers A C                |
| 233      | Emily Parker              | F      | 26:25    | 26:02     | 426        | FJunior   | 2              | Bedford Harriers A C                |
| 234      | Robert Woods              | M      | 26:26    | 26:06     | 394        | MV55      | 21             |                                     |
| 235      | Sarah-Jane McDonald       | F      | 26:28    | 26:17     | 358        | FV35      | 7              |                                     |
| 236      | Vernon Pedley             | M      | 26:41    | 26:13     | 159        | MV60      | 13             |                                     |
| 237      | Joan Lightning            | F      | 26:42    | 26:31     | 243        | FV60      | 2              |                                     |
| 238      | Abbie Watson              | F      | 26:46    | 26:27     | 419        | FSenior   | 14             |                                     |
| 239      | Mark O'Reilly             | M      | 26:51    | 26:31     | 132        | MV55      | 22             | Redway Runners                      |
| 240      | Viv Kilgour               | F      | 26:57    | 26:45     | 228        | FV60      | 3              | Bedford Harriers A C                |
| 241      | Will Burchell             | M      | 26:57    | 26:41     | 203        | MV40      | 22             |                                     |
| 242      | Ross Dougall              | M      | 26:58    | 26:47     | 336        | MV40      | 23             |                                     |
| 243      | Debbie Walsh              | F      | 26:59    | 26:31     | 109        | FV40      | 14             | Bedford Harriers A C                |
| 244      | James Waller              | M      | 27:01    | 26:53     | 43         | MV40      | 24             |                                     |
| 245      | Peter Pack                | M      | 27:02    | 26:48     | 421        | MV60      | 14             | Bedford Harriers A C                |
| 246      | Joanna Gucwa              | F      | 27:03    | 26:55     | 24         | FV35      | 8              |                                     |
| 247      | Johanna Lee               | F      | 27:07    | 26:34     | 337        | FV40      | 15             | Dunstable R R                       |
| 248      | Katie Fletcher            | F      | 27:08    | 26:52     | 167        | FSenior   | 15             | Bedford Harriers A C                |
| 249      | John Thatcher             | M      | 27:09    | 26:35     | 411        | MV50      | 22             |                                     |
| 250      | Victoria Moreton          | F      | 27:09    | 26:44     | 4          | FV35      | 9              | Team Balancise RC                   |
| 251      | Barbara Drysdale          | F      | 27:10    | 26:46     | 298        | FV55      | 5              | Team Balancise RC                   |
| 252      | Neil Homewood             | M      | 27:19    | 27:05     | 52         | MV60      | 15             | Stevenage Phoenix Running Club      |
| 253      | Kate Long                 | F      | 27:20    | 26:58     | 97         | FSenior   | 16             |                                     |
| 254      | Tim Long                  | M      | 27:20    | 26:58     | 429        | MV55      | 23             |                                     |
| 255      | Saaid Aamir Qureshi       | M      | 27:26    | 27:13     | 196        | MU17      | 17             |                                     |
| 256      | Tim Anderson              | M      | 27:27    | 27:04     | 1          | MV50      | 23             |                                     |
| 257      | Stuart Cowan              | M      | 27:28    | 27:05     | 296        | MV70      | 5              | Marshall Milton Keynes A C          |
| 258      | Stephen Crane             | M      | 27:35    | 27:14     | 405        | MV65      | 12             | Bedford Harriers A C                |
| 259      | David O'Connor            | M      | 27:41    | 27:25     | 61         | MV55      | 24             | Olney Runners                       |
| 260      | Owen Storey               | M      | 27:51    | 27:41     | 49         | MU17      | 18             | Stevenage Phoenix Running Club      |
| 261      | Chris Fadden              | M      | 27:54    | 27:39     | 416        | MV60      | 16             | Bedford Harriers A C                |
| 262      | Rahul Dogra               | M      | 28:09    | 27:46     | 408        | MV50      | 24             |                                     |
| 263      | Jackie Warren             | F      | 28:14    | 27:57     | 248        | FV55      | 6              | Biggleswade A C                     |
| 264      | Wendy Dangerfield         | F      | 28:18    | 27:51     | 25         | FV55      | 7              | Team Balancise RC                   |
| 265      | Keith Phillips            | M      | 28:21    | 28:06     | 326        | MV70      | 6              | Leighton Fun Runners                |
| 266      | Sarah Crawley             | F      | 28:21    | 28:04     | 171        | FV40      | 16             | Bedford Harriers A C                |
| 267      | Maria Merriam             | F      | 28:22    | 28:06     | 212        | FV50      | 8              | Biggleswade A C                     |
| 268      | Tony Barnes               | M      | 28:26    | 28:11     | 103        | MV55      | 25             | Bedford Harriers A C                |
| 269      | Lorraine Sassano          | F      | 28:29    | 28:06     | 348        | FV55      | 8              | Team Balancise RC                   |
| 270      | Emma Waller               | F      | 28:30    | 28:21     | 10         | FV40      | 17             |                                     |
| 271      | Kirsty Tuvey              | F      | 28:32    | 28:09     | 170        | FV35      | 10             | Team Balancise RC                   |
| 272      | Rachel Anderson           | F      | 28:36    | 28:12     | 290        | FV45      | 5              |                                     |
| 273      | Gary Mycock               | M      | 28:47    | 28:23     | 356        | MV65      | 13             | Team Balancise RC                   |
| 274      | Keith Johnson             | M      | 28:48    | 28:19     | 84         | MV60      | 17             | Bedford Harriers A C                |
| 275      | Melissa Tanti             | F      | 28:55    | 28:42     | 285        | FSenior   | 17             | Stevenage Phoenix Running Club      |
| 276      | Ian Sage                  | M      | 29:00    | 28:29     | 184        | MV70      | 7              | Dunstable R R                       |
| 277      | Richard Gallivan          | M      | 29:01    | 28:46     | 345        | MV65      | 14             | Bedford Harriers A C                |
| 278      | Sandy Reeve-Smith         | F      | 29:11    | 28:59     | 365        | FV55      | 9              | Stopsley Striders                   |
| 279      | Harriet McFarlane         | F      | 29:13    | 28:50     | 297        | FSenior   | 18             | Team Balancise RC                   |
| 280      | Emma Pamplin              | F      | 29:17    | 28:52     | 151        | FV45      | 6              | Team Balancise RC                   |
| 281      | Debbie McMillan           | F      | 29:21    | 29:05     | 38         | FV45      | 7              | Leighton Fun Runners                |
| 282      | Gina Gurney               | F      | 29:22    | 29:05     | 32         | FV45      | 8              | Leighton Fun Runners                |
| 283      | Jennifer Garner           | F      | 29:24    | 29:07     | 202        | FV35      | 11             | Leighton Fun Runners                |
| 284      | Sian Collin               | F      | 29:30    | 29:08     | 164        | FV40      | 18             |                                     |
| 285      | Fiona Bifield             | F      | 29:38    | 29:09     | 108        | FV45      | 9              | Bedford Harriers A C                |
| 286      | Colin Clennett            | M      | 29:38    | 29:27     | 311        | MV60      | 18             | Ampthill & Flitwick Flyers          |
| 287      | Valerie Dawson            | F      | 29:47    | 29:24     | 307        | FV55      | 10             | Ampthill & Flitwick Flyers          |
| 288      | Victoria Shaw             | F      | 29:50    | 29:33     | 166        | FV45      | 10             | Bedford Harriers A C                |
| 289      | Tony Welsh                | M      | 29:53    | 29:26     | 54         | MV40      | 25             | Redway Runners                      |
| 290      | Beth Cole                 | F      | 29:55    | 29:32     | 11         | FV35      | 12             |                                     |
| 291      | Rebecca Purton            | F      | 30:00    | 29:29     | 138        | FV35      | 13             | Bedford Harriers A C                |
| 292      | Shelah Surgey             | F      | 30:01    | 29:29     | 62         | FV60      | 4              | Dunstable Lions Running Club (Beds) |
| 293      | Kerry-Lee Smith           | F      | 30:04    | 29:30     | 83         | FV50      | 9              | Bedford Harriers A C                |
| 294      | Gordon Grove              | M      | 30:10    | 29:51     | 129        | MV60      | 19             | Shefford Runners                    |
| 295      | Howard Pile               | M      | 30:11    | 29:38     | 90         | MV60      | 20             |                                     |
| 296      | Jeanette Cheetham         | F      | 30:12    | 29:47     | 425        | FV55      | 11             | Bedford Harriers A C                |
| 297      | Gary McBeth               | M      | 30:21    | 29:44     | 154        | MV60      | 21             |                                     |
| 298      | Jackie Irvine             | F      | 30:31    | 30:13     | 155        | FV50      | 10             | Bedford Harriers A C                |
| 299      | Lydia Jones               | F      | 30:38    | 30:11     | 216        | FSenior   | 19             | Team Balancise RC                   |
| 300      | Joanne Simmons            | F      | 30:40    | 30:19     | 127        | FV45      | 11             |                                     |

## Doug Anderson 5K

19 July 2023

Results by Bedford Harriers A.C.

All places by Gun to Chip time

| Position | Name                 | Gender | Gun time | Chip time | Bib Number | Age Group | Position in AG | Club                           |
|----------|----------------------|--------|----------|-----------|------------|-----------|----------------|--------------------------------|
| 301      | Dave Faulkner        | M      | 30:43    | 30:22     | 274        | MV70      | 8              | Garden City Runners            |
| 302      | Tina Brayford        | F      | 30:43    | 30:16     | 71         | FV55      | 12             | Team Balancise RC              |
| 303      | Julia Swannell       | F      | 30:44    | 30:15     | 436        | FV55      | 13             |                                |
| 304      | Paul Burridge        | M      | 30:48    | 30:12     | 107        | MV60      | 22             | Bedford Harriers A C           |
| 305      | Andy Stevenson       | M      | 30:49    | 30:23     | 123        | MV45      | 21             | Bedford Harriers A C           |
| 306      | Kevin Henderson      | M      | 31:01    | 30:43     | 120        | MV50      | 25             | Bedford Harriers A C           |
| 307      | David McDaid         | M      | 31:05    | 30:30     | 78         | MV50      | 26             | UKNetRunners                   |
| 308      | Sarah Parker         | F      | 31:05    | 30:40     | 168        | FV45      | 12             |                                |
| 309      | Juliet Grimwood      | F      | 31:11    | 30:50     | 346        | FV55      | 14             | Biggleswade A C                |
| 310      | Samantha Pitts       | F      | 31:12    | 30:51     | 252        | FV35      | 14             |                                |
| 311      | Fizzie Heseltine     | F      | 31:15    | 30:41     | 379        | FV45      | 13             |                                |
| 312      | Alan Witt            | M      | 31:16    | 30:41     | 378        | MV50      | 27             |                                |
| 313      | Mike Garner          | M      | 31:18    | 31:02     | 201        | MV40      | 26             | Leighton Fun Runners           |
| 314      | Carole Darnell       | F      | 31:27    | 31:07     | 360        | FV60      | 5              | Bedford Harriers A C           |
| 315      | Deepak Mattu         | M      | 31:28    | 30:53     | 140        | MSenior   | 31             | Bedford Harriers A C           |
| 316      | Gail Ingram          | F      | 31:28    | 31:11     | 179        | FV40      | 19             |                                |
| 317      | Paul Holgate         | M      | 31:32    | 31:16     | 250        | MV65      | 15             | Fairlands Valley Spartans      |
| 318      | Rebecca Rowley       | F      | 31:32    | 31:08     | 276        | FSenior   | 20             | Team Balancise RC              |
| 319      | Millie Anderson      | F      | 31:33    | 31:09     | 384        | FJunior   | 3              |                                |
| 320      | Mark Jones           | M      | 31:35    | 31:15     | 223        | MV55      | 26             |                                |
| 321      | Paul Wilford         | M      | 31:38    | 31:12     | 194        | MV50      | 28             |                                |
| 322      | Richard Joy          | M      | 31:39    | 31:16     | 350        | MV40      | 27             | Bedford Harriers A C           |
| 323      | Stella Toresse       | F      | 31:40    | 31:27     | 221        | FV55      | 15             | Stevenage Phoenix Running Club |
| 324      | Nic Opoka            | F      | 31:48    | 31:35     | 51         | FV60      | 6              |                                |
| 325      | Ann Miller           | F      | 31:49    | 31:23     | 152        | FV50      | 11             | Team Balancise RC              |
| 326      | Victoria Reavey      | F      | 31:49    | 31:23     | 173        | FV35      | 15             | Team Balancise RC              |
| 327      | Luciano Silvestri    | M      | 31:52    | 31:21     | 391        | MV55      | 27             |                                |
| 328      | Leigh Betts          | F      | 31:54    | 31:42     | 178        | FV45      | 14             | Stopsley Striders              |
| 329      | Sasha Butler         | F      | 31:59    | 31:31     | 117        | FSenior   | 21             |                                |
| 330      | Samantha Thorogood   | F      | 32:03    | 31:44     | 46         | FV45      | 15             | Biggleswade A C                |
| 331      | Alexandra Morgan     | F      | 32:10    | 31:48     | 55         | FV55      | 16             | Bedford Harriers A C           |
| 332      | Susannah Quinn       | F      | 32:13    | 31:51     | 403        | FV35      | 16             | Redway Runners                 |
| 333      | Natasha Barnett-Hall | F      | 32:14    | 31:52     | 15         | FV45      | 16             |                                |
| 334      | Rachel Hancock       | F      | 32:17    | 31:54     | 388        | FV50      | 12             |                                |
| 335      | Catherine Woods      | F      | 32:17    | 31:59     | 229        | FV50      | 13             |                                |
| 336      | Lynda Murray         | F      | 32:20    | 32:03     | 430        | FV50      | 14             | Leighton Fun Runners           |
| 337      | Louise Bradley       | F      | 32:24    | 32:01     | 386        | FV55      | 17             |                                |
| 338      | Ian Sturdgess        | M      | 32:29    | 32:04     | 106        | MV60      | 23             | Bedford Harriers A C           |
| 339      | Alex Whiting         | M      | 32:29    | 31:53     | 222        | MSenior   | 32             | Bedford Harriers A C           |
| 340      | Clare Laffin         | F      | 32:30    | 32:02     | 93         | FV45      | 17             | Team Balancise RC              |
| 341      | David Stanley        | M      | 32:31    | 32:11     | 310        | MV70      | 9              | Amphthill & Flitwick Flyers    |
| 342      | Shani Giddings       | F      | 32:32    | 32:15     | 234        | FV60      | 7              | Biggleswade A C                |
| 343      | Patricia Dicks       | F      | 32:38    | 32:14     | 124        | FV65      | 2              | Fetch Everyone                 |
| 344      | Samantha Devereaux   | F      | 32:44    | 32:17     | 14         | FV55      | 18             | Team Balancise RC              |
| 345      | Ian Soaft            | M      | 32:45    | 32:21     | 75         | MV70      | 10             | Bedford Harriers A C           |
| 346      | Helen Whiting        | F      | 32:49    | 32:15     | 182        | FV35      | 17             | Bedford Harriers A C           |
| 347      | Maria McBeth         | F      | 32:49    | 32:15     | 67         | FV60      | 8              | Bedford Harriers A C           |
| 348      | Rebecca Fleckney     | F      | 33:01    | 32:41     | 303        | FV40      | 20             | Amphthill & Flitwick Flyers    |
| 349      | Sophie Arter         | F      | 33:01    | 32:36     | 80         | FSenior   | 22             |                                |
| 350      | Liz Conibere         | F      | 33:10    | 32:52     | 31         | FV70      | 2              | Olney Runners                  |
| 351      | Jill Fardoe          | F      | 33:11    | 32:51     | 200        | FV60      | 9              |                                |
| 352      | Frances Busby        | F      | 33:11    | 32:52     | 53         | FV50      | 15             |                                |
| 353      | Jazmine Clark        | F      | 33:22    | 33:09     | 382        | FSenior   | 23             | Bedford Harriers A C           |
| 354      | Richard Inchley      | M      | 33:26    | 32:57     | 385        | MV75      | 2              | Leighton Buzzard A C           |
| 355      | Aamir Qureshi        | M      | 33:32    | 33:18     | 195        | MV45      | 22             |                                |
| 356      | Kate Neale           | F      | 33:39    | 33:07     | 116        | FV60      | 10             | Stopsley Striders              |
| 357      | Elaine Smith         | F      | 33:42    | 33:15     | 8          | FV45      | 18             | Team Balancise RC              |
| 358      | Bob Bolton           | M      | 34:03    | 33:33     | 158        | MV55      | 28             | UKRunChat Running              |
| 359      | Maria Woods          | F      | 34:08    | 33:38     | 69         | FV40      | 21             | Bedford Harriers A C           |
| 360      | Larry Corkrey        | M      | 34:13    | 33:46     | 76         | MV85      | 1              | Bedford Harriers A C           |
| 361      | Kate Broughton       | F      | 34:15    | 33:55     | 165        | FV35      | 18             |                                |
| 362      | Ellen Coulter        | F      | 34:22    | 33:51     | 45         | FSenior   | 24             |                                |
| 363      | Kamijit Chana        | F      | 34:24    | 33:54     | 414        | FV45      | 19             | Bedford Harriers A C           |
| 364      | Abs Francis          | F      | 34:24    | 33:54     | 188        | FSenior   | 25             |                                |
| 365      | Vanessa Lipski       | F      | 34:26    | 34:04     | 114        | FV55      | 19             | Bedford Harriers A C           |
| 366      | Sophie Mobbs         | F      | 34:30    | 34:00     | 189        | FSenior   | 26             |                                |
| 367      | Peter Lowe           | M      | 34:32    | 34:14     | 270        | MV80      | 1              | Bedford Harriers A C           |
| 368      | Jane Few             | F      | 34:41    | 34:30     | 199        | FV55      | 20             | Stopsley Striders              |
| 369      | Andrea McGrellis     | F      | 34:49    | 34:27     | 126        | FV55      | 21             | Bedford Harriers A C           |
| 370      | David Cornwall       | M      | 34:55    | 34:21     | 27         | MV65      | 16             | Lonely Goat Running Club       |
| 371      | Peter Lawley         | M      | 35:07    | 34:38     | 287        | MV60      | 24             | Bedford Harriers A C           |
| 372      | Wendy Summerbee      | F      | 35:11    | 34:57     | 177        | FV55      | 22             | Stevenage Phoenix Running Club |
| 373      | Penny Hunter         | F      | 35:13    | 34:49     | 139        | FV55      | 23             |                                |
| 374      | Beverley Edwards     | F      | 35:25    | 35:06     | 210        | FV55      | 24             |                                |
| 375      | Gemma Stevenson      | F      | 35:53    | 35:27     | 122        | FV45      | 20             | Bedford Harriers A C           |

## Doug Anderson 5K

19 July 2023

Results by Bedford Harriers A.C.

All places by Gun to Chip time

| Position | Name                | Gender | Gun time | Chip time | Bib Number | Age Group | Position in AG | Club                      |
|----------|---------------------|--------|----------|-----------|------------|-----------|----------------|---------------------------|
| 376      | Nicola Alston       | F      | 35:56    | 35:32     | 82         | FV55      | 25             | Bedford Harriers A C      |
| 377      | Tijen Morgan        | F      | 35:59    | 35:28     | 238        | FV45      | 21             | Bedford Harriers A C      |
| 378      | Ray Evans           | M      | 36:03    | 35:36     | 2          | MV80      | 2              | Bedford Harriers A C      |
| 379      | Caroline Diggle     | F      | 36:42    | 36:07     | 247        | FV50      | 16             | Banbury Harriers A C      |
| 380      | Martin Ball         | M      | 37:01    | 36:39     | 289        | MV65      | 17             | Stopsley Striders         |
| 381      | Lisa Adams          | F      | 37:06    | 36:35     | 134        | FV50      | 17             |                           |
| 382      | Lisa Evans          | F      | 37:13    | 36:37     | 369        | FV50      | 18             | Bedford Harriers A C      |
| 383      | Patrizia Mallen     | F      | 37:24    | 36:54     | 63         | FV50      | 19             | Bedford Harriers A C      |
| 384      | Paolo Basso         | M      | 37:24    | 36:52     | 409        | MV50      | 29             | Bedford Harriers A C      |
| 385      | Karen Basso         | F      | 37:24    | 36:52     | 137        | FV50      | 20             | Bedford Harriers A C      |
| 386      | Colin Harries       | M      | 39:19    | 38:49     | 94         | MV75      | 3              | Biggleswade A C           |
| 387      | Roger Biggs         | M      | 39:22    | 38:49     | 147        | MV75      | 4              | Fairlands Valley Spartans |
| 388      | John Baker          | M      | 39:48    | 39:12     | 272        | MV55      | 29             |                           |
| 389      | John Reade          | M      | 39:58    | 39:28     | 29         | MV75      | 5              | Dunstable R R             |
| 390      | Geoffrey White      | M      | 40:24    | 40:08     | 16         | MV75      | 6              |                           |
| 391      | Neica-Louise Morrow | F      | 42:21    | 41:48     | 41         | FV45      | 22             | Bedford Harriers A C      |