

Doug Anderson 5K 2013

Overall Results

July 31, 2013

Results By [Bedford Harriers Athletic Club](#)

Main Race

Place	Name	Team	Race No.	Gender	Age Category	Chip Time	Gun Time
1	Daniel Bradford	Bedford & County A C	65	M	Senior Males	15:44	15:44
2	Graham Rush		230	M	Senior Males	15:43	15:44
3	Simon Coombes	Leighton Buzzard A C	238	M	MV40	16:01	16:02
4	Liam Smith	Marshall Milton Keynes A C	222	M	Senior Males	16:33	16:33
5	Jonathan Escalante Phillips	Cambridge & Coleridge	295	M	Senior Males	16:35	16:36
6	Istvan Jacso	Cambridge & Coleridge	35	M	Senior Males	16:36	16:38
7	Robert Palmer	Luton A C	276	M	MV40	16:46	16:46
8	Ian Hammett	Bedford Harriers A C	26	M	Senior Males	17:01	17:01
9	Keith Miller	David Lloyd Redway Runners	220	M	MV45	17:03	17:04
10	Steven Horton	Bedford Harriers A C	13	M	Senior Males	17:08	17:08
11	John Manlow	Ely Runners	144	M	MV40	17:18	17:20
12	Adrian Copp	Stopsley Striders	104	M	MV40	17:25	17:27
13	Paul Davies	Biggleswade A C	53	M	MV40	17:37	17:39
14	Gill Fullen	Bedford Harriers A C	10	F	FV45	17:42	17:42
15	John Mitcalf	Ampthill & Flitwick Flyers	34	M	MV35	18:01	18:04
16	Andrew Palombella	Bedford Harriers A C	186	M	Senior Males	18:06	18:06
17	David Lee	Biggleswade A C	146	M	Senior Males	18:08	18:11
18	Paolo Basso	Bedford Harriers A C	147	M	MV40	18:14	18:16
19	Winston Woodward	Dunstable R R	248	M	MV35	18:20	18:20
20	Richard Baldock	Bedford Harriers A C	14	M	MV40	18:19	18:21
21	Paul Tew		166	M	MV50	18:21	18:22
22	Steven Upton	Ampthill & Flitwick Flyers	110	M	MV35	18:30	18:34
23	Tom Renphrey	Purple Patch Runners	46	M	MV45	18:36	18:39
24	Phillip Jamieson	Bedford Harriers A C	116	M	Senior Males	18:37	18:40
25	Martin Beare	Ampthill & Flitwick Flyers	275	M	MV50	18:40	18:42

Place	Name	Team	Race No.	Gender	Age Category	Chip Time	Gun Time
26	Robert Foulkes		284	M	Senior Males	18:44	18:44
27	Malcolm Down	Marshall Milton Keynes A C	267	M	MV50	18:43	18:45
28	Lee Murphy	Stopsley Striders	163	M	Senior Males	18:47	18:47
29	Mark Kleanthous	David Lloyd Redway Runners	55	M	MV50	18:48	18:48

30	Paul Furness	Bedford Harriers A C	152	M	MV45	18:54	18:54
31	Ellie Garraway	Team Balancise	77	F	FV40	18:52	18:54
32	Michael Blunt	Biggleswade A C	36	M	Senior Males	18:55	18:59
33	Peter Sibbett	North Herts R R	189	M	MV50	19:03	19:05
34	Murray Steele		268	M	MV40	19:06	19:06
35	Luke Ablard		211	M	Senior Males	19:08	19:08
36	David Barber	Cambridge & Coleridge	299	M	MV40	19:09	19:09
37	Alastair Fadden	Bedford Harriers A C	235	M	MV45	19:09	19:09
38	Andrew Moore	Bedford Harriers A C	68	M	MV40	19:10	19:10
39	Paul Owen	Ampthill & Flitwick Flyers	59	M	MV45	19:24	19:24
40	Paul Wilkerson	Bedford & County A C	140	M	MV55	19:29	19:29
41	Paul Edwards		171	M	MV35	19:32	19:32
42	Mourad Ben Taieb	Bedford Harriers A C	57	M	MV50	19:27	19:33
43	Robert Jones	Bedford Harriers A C	3	M	MV40	19:36	19:36
44	Gez Fallon	Stopsley Striders	162	M	MV40	19:33	19:37
45	Isobel Everest	Biggleswade A C	264	F	FV40	19:39	19:41
46	Jackie Cooper	Newbury A C	107	F	FV45	19:43	19:48
47	Mark Pryor	Bedford Harriers A C	164	M	MV45	19:54	19:54
48	Israel Archuletta	Bedford Harriers A C	158	M	Senior Males	19:55	19:55
49	Mike Petty	Ampthill & Flitwick Flyers	108	M	MV50	19:59	19:59
50	Adam Hills	Bedford Harriers A C	113	M	MV35	20:06	20:09

Place	Name	Team	Race No.	Gender	Age Category	Chip Time	Gun Time
51	John Chapman	Stopsley Striders	231	M	MV55	20:08	20:12
52	Laurence Abbott	Bedford Harriers A C	138	M	Senior Males	20:10	20:14
53	Stuart Dare	Bedford Harriers A C	191	M	MV35	20:12	20:15
54	Douglas Alcock		151	M	MV45	20:10	20:16
55	Michael Bannister	Ampthill & Flitwick Flyers	265	M	MV35	20:18	20:18
56	Brian Day	Bedford Harriers A C	125	M	Senior Males	20:20	20:20
57	Stuart Knight	Bedford Harriers A C	217	M	MV45	20:19	20:22
58	Michelle Morris	Ampthill & Flitwick Flyers	109	F	Senior Ladies	20:20	20:25
59	Mark Billington	Ampthill & Flitwick Flyers	25	M	MV45	20:36	20:36
60	Oswin Grady		196	M	MV35	20:27	20:38
61	Alison Sugars	Stopsley Striders	207	F	FV40	20:35	20:39
62	Justin Burrell	Bedford Harriers A C	210	M	MV40	20:37	20:41
63	David Coker	Ampthill & Flitwick Flyers	126	M	MV50	20:47	20:47
64	Rob Hemming	Biggleswade A C	111	M	MV45	20:46	20:50
65	Steve Stanley		173	M	MV50	20:52	20:54
66	Mark Finn	Bedford Harriers A C	24	M	MV35	20:47	20:57
67	Kathy Horsman	Bedford Harriers A C	51	F	FV50	20:55	20:57
68	Nicholas Beardow	Bedford Harriers A C	183	M	MV50	21:04	21:04
69	Jack Pooley		205	M	Senior Males	21:05	21:05
70	Tony Barnes	Bedford Harriers A C	5	M	MV45	21:03	21:06
71	Matt Pooley		204	M	Senior Males	21:06	21:06
72	James Wallbank	Bedford Harriers A C	137	M	MV50	21:02	21:07
73	Paul Keech	Stopsley Striders	103	M	MV50	21:09	21:09
74	Fiona Jh Wynde	Biggleswade A C	246	F	FV35	21:09	21:11

75	Jonathan Oakley	Ampthill & Flitwick Flyers	249	M	MV50	21:02	21:12
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Place	Name	Team	Race No.	Gender	Age Category	Chip Time	Gun Time
76	Tobias Richter		206	M	Senior Males	21:08	21:12
77	Ben Woodfine		263	M	Senior Males	21:10	21:16
78	Nigel Cullip		124	M	MV45	21:12	21:19
79	Sally Johnston	Bedford Harriers A C	170	F	FV45	21:17	21:20
80	Matt Bowmer		80	M	MV45	21:21	21:21
81	Gareth Hardman	Bedford Harriers A C	8	M	MV40	21:15	21:24
82	Richard Wild	Bedford Harriers A C	33	M	MV35	21:23	21:26
83	Gary Bolton	Bedford Harriers A C	161	M	MV35	21:27	21:27
84	Duncan Cinnamond		176	M	MV35	21:25	21:28
85	David Elliott	Belgrave Harriers	154	M	MV35	21:20	21:31
86	Marc Duhig		255	M	Senior Males	21:31	21:31
87	Trevor Hufford		17	M	MV55	21:31	21:31
88	Robert Stones	Bedford Harriers A C	280	M	Senior Males	21:31	21:31
89	Damien Pitts	Biggleswade A C	95	M	Senior Males	21:16	21:32
90	Andy Sealey		194	M	Senior Males	21:33	21:33
91	Alan Rickhuss	Bedford Harriers A C	93	M	MV45	21:05	21:34
92	Michael Munro	Bedford Harriers A C	31	M	MV40	21:37	21:37
93	Mark Rouse	Ampthill & Flitwick Flyers	198	M	MV35	21:42	21:42
94	Richard Pooley	Bedford Harriers A C	7	M	MV45	21:47	21:47
95	Iain Stott		41	M	MV45	21:40	21:47
96	Kevin Cutler		6	M	Senior Males	21:48	21:48
97	Colin Ross	Bedford Harriers A C	301	M	MV55	21:59	21:59
98	Theresa Jackson	Ampthill & Flitwick Flyers	153	F	FV40	22:00	22:00
99	Stephen Birchall		261	M	MV45	21:59	22:04
100	Julie Rogers		202	F	Senior Ladies	22:01	22:06

Place	Name	Team	Race No.	Gender	Age Category	Chip Time	Gun Time
101	Helen Sears	Bedford Harriers A C	229	F	Senior Ladies	22:04	22:08
102	Gordon Lland	Bedford Harriers A C	121	M	MV55	22:01	22:10
103	Mark Turner	Bedford Harriers A C	294	M	MV45	22:06	22:11
104	Jo Aatkar	Ampthill & Flitwick Flyers	149	F	FV40	22:16	22:16
105	John Haggerwood	Bedford Harriers A C	274	M	MV45	22:21	22:21
106	Stephanie Dennis	Bedford Harriers A C	185	F	Senior Ladies	22:22	22:22
107	Stuart Bullard	Bedford Harriers A C	156	M	MV35	22:10	22:23
108	Ken Parsons	Bedford Harriers A C	216	M	MV45	22:19	22:23
109	Richard Barker	Biggleswade A C	98	M	MV40	22:17	22:24
110	Katie Gibbons	Dunstable R R	82	F	FV35	22:18	22:25
111	Peter Jarvis		277	M	MV35	22:20	22:29
112	Jane Butcher		209	F	FV40	22:31	22:36
113	Tommy Openshaw		239	M	Senior Males	22:33	22:38
114	Juliet Smith	Bedford Harriers A C	271	F	FV45	22:42	22:42
115	John Aspinall	Bedford Harriers A C	240	M	MV40	22:37	22:45
116	Aaron Donohoe		243	M	Senior Males	22:49	22:49

117	Jason Theobald	Ampthill & Flitwick Flyers	193	M	MV40	22:45	22:52
118	Martin Leach	Bedford Harriers A C	54	M	MV65	22:47	22:54
119	Ian Corby		179	M	MV55	22:55	22:55
120	Gary Moore	Bedford Harriers A C	74	M	MV50	22:58	22:58
121	Chris Johnson		120	M	Senior Males	23:01	23:01
122	Lorraine Daglish	Luton A C	262	F	FV55	23:01	23:01
123	Paul Davis	Bedford Harriers A C	180	M	MV45	22:49	23:02
124	Nigel Bush	Biggleswade A C	181	M	MV65	23:03	23:03
125	Margaret Phillips	Cambridge & Coleridge	297	F	FV55	22:54	23:09

Place	Name	Team	Race No.	Gender	Age Category	Chip Time	Gun Time
126	David Whiteley		208	M	Senior Males	23:10	23:10
127	Mark Oleary	Bedford Harriers A C	73	M	Senior Males	23:11	23:11
128	Matthew Renphrey	Dacorum & Tring A C	47	M	Senior Males	23:11	23:11
129	John Harbour	Bedford Harriers A C	2	M	MV55	23:13	23:13
130	Robert Wallis	Bedford Harriers A C	252	M	MV50	23:05	23:15
131	Clive Prior	Bedford Harriers A C	254	M	MV45	23:17	23:17
132	Estelle Smith	Bedford Harriers A C	159	F	FV40	23:09	23:17
133	Eamon Kennedy	Northampton R R	224	M	MV45	23:17	23:17
134	Nicola Rouse	Ampthill & Flitwick Flyers	187	F	FV40	23:19	23:19
135	Deborah Pedley	Ampthill & Flitwick Flyers	102	F	Senior Ladies	23:21	23:21
136	Andrew Unsworth	Cambridge & Coleridge	148	M	MV50	23:09	23:25
137	Julie Pritchett	Ampthill & Flitwick Flyers	169	F	FV35	23:25	23:25
138	Roger Biggs	Fairlands Valley Spartans	165	M	MV65	23:32	23:32
139	Stewart Read	Stopsley Striders	296	M	MV40	23:29	23:35
140	Larissa Clarke	Bedford Harriers A C	37	F	FV35	23:27	23:39
141	Norman Beckwith	Bedford Harriers A C	131	M	MV70	23:37	23:40
142	Stephen Atkins	Biggleswade A C	56	M	MV55	23:37	23:44
143	Silvia Chiappa	Cambridge & Coleridge	298	F	FV35	23:29	23:45
144	Simon Place		129	M	MV45	23:39	23:47
145	Matt Brown		285	M	MV40	23:48	23:48
146	Ian Soaft	Bedford Harriers A C	32	M	MV60	23:56	24:03
147	Tom Brassington	Bedford Harriers A C	200	M	MV55	23:56	24:04
148	Sarah Wanden	Bedford Harriers A C	16	F	FV45	23:58	24:06
149	Francesca Hardwick		168	F	FV45	23:55	24:07
150	Vincent Foley		269	M	MV45	23:55	24:07

Place	Name	Team	Race No.	Gender	Age Category	Chip Time	Gun Time
151	Colin Dudman		266	M	MV45	24:07	24:09
152	Jeffrey Udoh		286	M	MV35	24:11	24:11
153	Rachel Cameron	Bedford Harriers A C	233	F	Senior Ladies	24:10	24:14
154	Mike Smith	Olney Runners	221	M	MV55	24:16	24:16
155	Bryan Hudson		253	M	Senior Males	24:11	24:17
156	Paul Beard		177	M	MV45	24:19	24:19
157	Keith Morgan	Ampthill & Flitwick Flyers	184	M	MV55	24:20	24:20
158	Mandy Weeks	Ampthill & Flitwick Flyers	127	F	Senior Ladies	24:22	24:22

159	Carmine Silvestri	Bedford Harriers A C	203	M	MV40	24:06	24:22
160	Angela Williamson	Ampthill & Flitwick Flyers	134	F	FV50	24:13	24:23
161	Michael Boland	Bedford Harriers A C	291	M	MV50	24:27	24:27
162	Jeremy Godfrey	Ampthill & Flitwick Flyers	292	M	Senior Males	24:35	24:35
163	Francis Galbraith		288	M	MV45	24:37	24:37
164	Russell Page	Bedford Harriers A C	27	M	MV50	24:29	24:39
165	Steve Ball	Bedford Harriers A C	218	M	MV45	24:30	24:40
166	Mark Tinkler	Bedford Harriers A C	38	M	MV55	24:34	24:42
167	Diane Wallis	Bedford Harriers A C	50	F	FV50	24:37	24:42
168	Georgia Barker	Biggleswade A C	97	F	FV40	24:43	24:43
169	Chaz Fisk	Bedford Harriers A C	226	M	Senior Males	24:28	24:43
170	Kelvin Chadwick		223	M	Senior Males	24:53	24:53
171	Lisa Webster	Bedford Harriers A C	236	F	FV40	24:40	24:58
172	Shaun Kirtley	Ampthill & Flitwick Flyers	228	M	MV40	24:56	25:02
173	Fiona Owen	Ampthill & Flitwick Flyers	60	F	FV45	25:04	25:04
174	Brendan O Mahoney	Ampthill & Flitwick Flyers	250	M	MV50	25:15	25:15
175	Simon Parrott		215	M	MV50	25:05	25:15

Place	Name	Team	Race No.	Gender	Age Category	Chip Time	Gun Time
176	Adam Panter	Bedford Harriers A C	15	M	MV40	25:16	25:16
177	Richard Gallivan	Bedford Harriers A C	213	M	MV55	25:15	25:25
178	Carrie Traill		72	F	Senior Ladies	25:22	25:26
179	Deborah Roberts	Bedford Harriers A C	94	F	FV35	25:16	25:27
180	Amanda Done	Bedford Harriers A C	96	F	FV40	25:15	25:28
181	Simon Wall	Fetch Everyone	195	M	MV40	25:23	25:29
182	Christopher Harper		119	M	MV40	25:36	25:36
183	Russell Lambert	Bedford Harriers A C	30	M	MV60	25:35	25:37
184	Joe Nellis		273	M	MV55	25:27	25:38
185	Karen Dodsworth	North Herts R R	190	F	FV50	25:32	25:44
186	Caroline Diggle	Bedford Harriers A C	9	F	FV40	25:34	25:47
187	John Spinks-Wilson		278	M	MV40	25:29	25:48
188	Lesley Gaunt	Bedford Harriers A C	172	F	FV50	25:41	25:52
189	Amesh Parit	Bedford Harriers A C	303	M	MV40	25:43	25:57
190	David Piegaze	Bedford Harriers A C	132	M	MV45	25:56	26:09
191	Tom Nicholson		115	M	MV65	25:58	26:09
192	Barry Dackombe	Ampthill & Flitwick Flyers	188	M	MV45	26:11	26:11
193	Melanie Brooks	Biggleswade A C	99	F	FV40	26:07	26:15
194	Stephen Bridge	Team Balancise	270	M	MV50	25:59	26:19
195	Steve Gibbons	Bedford Harriers A C	227	M	MV40	26:08	26:23
196	Tim Anderson		1	M	MV40	26:11	26:29
197	Gavin Skipper		182	M	MV40	26:09	26:29
198	Carl Stoner	Bedford Harriers A C	175	M	MV40	26:25	26:36
199	Joanne Carrington		22	F	FV40	26:24	26:36
200	Claire Donovan	Bedford Harriers A C	192	M	MV40	26:21	26:38

Place	Name	Team	Race No.	Gender	Age Category	Chip Time	Gun Time
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201	Peter Howell	Biggleswade A C	86	M	MV65	26:44	26:51
202	Rachel Anderson		123	F	FV35	26:45	27:04
203	Dan Stones		279	M	Senior Males	27:04	27:06
204	Jane Cartwright		234	F	FV45	27:09	27:09
205	Amresh Bangalore		150	M	Senior Males	27:00	27:15
206	Jacky Keenan	Bedford Harriers A C	49	F	FV60	27:15	27:24
207	Paul Walton	Bedford Harriers A C	112	M	MV50	27:25	27:25
208	Ray Evans	Bedford Harriers A C	61	M	MV70	27:34	27:34
209	Martin Cowley	Dunstable R R	84	M	MV40	27:22	27:41
210	Victoria Shaw	Bedford Harriers A C	12	F	FV35	27:39	27:44
211	Colin Harries	Biggleswade A C	28	M	MV65	27:41	27:48
212	Andy Lee	Biggleswade A C	281	M	MV40	27:39	27:49
213	Geoff Hiskett		282	M	MV55	27:40	27:53
214	Steve Kaye		142	M	MV55	27:43	27:57
215	Eva Kovacs	Bedford Harriers A C	214	F	FV40	28:08	28:15
216	Holly Taylor		257	F	FV35	28:30	28:30
217	James Taylor		258	M	MV65	28:30	28:30
218	Anne Barnicoat	Bedford Harriers A C	67	F	FV65	28:27	28:45
219	Liz Upex	Bedford Harriers A C	52	F	FV45	28:39	28:47
220	David Lacy	Shrewsbury R R	63	M	MV70	28:48	28:48
221	Caroline O Mahoney	Ampthill & Flitwick Flyers	251	F	FV45	29:03	29:03
222	Hugh Kennedy		225	M	Senior Males	28:49	29:06
223	Paul Holgate	Fairlands Valley Spartans	85	M	MV55	29:12	29:12
224	Nicola Barlow-Cook		70	F	FV40	29:08	29:13
225	Hannah Boland	Bedford Harriers A C	289	F	Senior Ladies	29:00	29:14

Place	Name	Team	Race No.	Gender	Age Category	Chip Time	Gun Time
226	Carole Darnell	Bedford Harriers A C	89	F	FV50	29:17	29:17
227	Susan Johnston	Bedford Harriers A C	42	F	FV45	29:39	29:45
228	Amanda Pullinger	Bedford Harriers A C	283	F	FV45	29:31	29:45
229	Clare Kleanthous		69	F	FV50	29:52	29:52
230	Martin McBride		212	M	MV40	29:36	29:52
231	Nicola Taggart		114	F	FV40	29:34	29:54
232	Kevin Tellis	Bedford Harriers A C	155	M	MV50	29:49	29:54
233	Steve Clark	Bedford Harriers A C	136	M	MV60	29:42	29:57
234	Lisa Aspinall	Bedford Harriers A C	241	F	FV40	29:55	30:03
235	Liz Turner	Bedford Harriers A C	293	F	FV40	29:57	30:12
236	Helen Boland	Bedford Harriers A C	290	F	FV45	29:58	30:12
237	Gail Henderson	Bedford Harriers A C	300	F	FV45	30:03	30:15
238	Elaine McCulloch	Bedford Harriers A C	160	F	FV60	30:19	30:34
239	Jonathan Cox	Bedford Harriers A C	29	M	Senior Males	30:34	30:39
240	Clare Holmes	Bedford Harriers A C	87	F	FV40	30:23	30:42
241	Diane Hufford		18	F	FV50	30:35	30:48
242	Claire Grady		197	F	FV35	30:40	30:57
243	Clare Steel-Jessop	Bedford Harriers A C	242	F	FV40	31:02	31:02
244	Jane Beard		178	F	FV40	31:08	31:16
245	Tom Hurt		302	M	MV35	31:01	31:21

246	Richard Colson		66	M	MV45	31:12	31:32
247	Gill Clayson	Bedford Harriers A C	100	F	FV55	31:19	31:38
248	Lorena Henderson	Bedford Harriers A C	199	F	FV40	31:41	31:53
249	Valerie Bird	Bedford Harriers A C	23	F	FV60	31:54	31:54
250	Valerie Taylor		256	F	FV65	31:56	31:56

Place	Name	Team	Race No.	Gender	Age Category	Chip Time	Gun Time
251	Helen Deardon	Bedford Harriers A C	237	F	FV45	32:33	32:33
252	Jeannette Eames	Dunstable R R	83	F	FV45	32:28	32:46
253	Pasqualino Notaro		232	M	MV40	33:12	33:12
254	Maria Mc Beth	Bedford Harriers A C	272	F	FV50	33:04	33:17
255	Sally Pugh	Shrewsbury R R	62	F	Senior Ladies	33:32	33:32
256	Silvana Lawton	Bedford Harriers A C	44	F	FV55	33:46	33:55
257	Lynn Short	Bedford Harriers A C	106	F	FV50	33:42	33:56
258	Jude Cottam	Bedford Harriers A C	11	F	FV65	33:48	34:09
259	Kacey Dunkley-Gates		90	F	Senior Ladies	34:21	34:21
260	Kirsten Williams		244	F	FV40	34:31	34:31
261	Elizabethe Udoh		287	F	Senior Ladies	34:56	34:56
262	Pauline Kaye		141	F	FV50	34:51	35:05
263	Peter Bishop	Bedford Harriers A C	19	M	Senior Males	35:11	35:11
264	Simone Policella	Bedford Harriers A C	245	F	Senior Ladies	35:18	35:34
265	Juliet Romain	Bedford Harriers A C	259	F	FV50	35:31	35:47
266	Jim Hendry	Bedford Harriers A C	130	M	MV70	35:49	35:49
267	Judith Robertson	Bedford Harriers A C	157	F	FV55	36:16	36:25
268	Mary Brennan	Stopsley Striders	143	F	FV45	36:27	36:27
269	Hannah Crane	Stopsley Striders	128	F	FV35	36:15	36:27
270	Alison Dobson		133	F	FV40	36:16	36:27
271	Yvonne Young	Bedford Harriers A C	122	F	FV50	37:32	37:51
272	Caroline Medley	Bedford Harriers A C	219	F	FV40	38:13	38:33
273	Rachel Coccozza	Bedford Harriers A C	117	F	FV50	38:21	38:39
274	Rajan Chana	Bedford Harriers A C	118	M	Senior Males	44:27	44:48