

Bedford Harriers Doug Anderson 5K 20th July 2022

20th July 2022

[Age group results male](#) : [Age group results female](#) : [Male team results](#) : [Female team results](#) : [County Championship results](#)

Official results: Results by Bedford Harriers

Position	First name	Last name	Gender	Gun time	Chip time	Number	Age grp	Club
1	Craig	Emmerson	M	15:39	15:38	324	Senior males	Bedford & County A C
2	Mohammed	Elbayan	M	15:57	15:56	336	Senior males	Dunstable Lions Running Club (Beds)
3	Rob	Elmore	M	15:57	15:56	84	MV40	Leighton Buzzard A C
4	Darren	Sunter	M	16:25	16:24	58	MV40	North Herts R R
5	Liam	Busby	M	16:29	16:28	63	Senior males	Wycombe Phoenix Harriers AC
6	Billy	Fadden	M	16:30	16:28	339	Senior males	Colworth Striders
7	Callum	Webb	M	16:48	16:47	332	Senior males	Higham Harriers A C
8	Adam	Bowler	M	16:50	16:49	20	MV35	North Herts R R
9	Adrian	Whitwam	M	16:53	16:51	175	MV45	Morpeth Harriers
10	Simon	Fraser	M	16:53	16:51	39	MV35	Fairlands Valley Spartans
11	Simon	Coombes	M	17:03	17:02	49	MV50	Herne Hill Harriers
12	Alan	Turnbull	M	17:07	17:06	328	MV55	Bedford & County A C
13	Henry	Bambrick	M	17:08	17:06	231	Senior males	Bedford & County A C
14	Edward	Castro	M	17:22	17:20	315	Senior males	Bedford Harriers A C
15	Genci	Pepaj	M	17:27	17:25	236	MV45	Redway Runners
16	Ian	Clark	M	17:36	17:33	65	MV40	Cambridge & Coleridge
17	Ryan	Murphy	M	17:49	17:47	254	Senior males	
18	Lee	Murphy	M	17:56	17:54	124	Senior males	Dunstable Lions Running Club (Beds)
19	Paul	Waller	M	17:57	17:55	8	MV35	
20	Clare	Thurgood	F	18:03	18:00	64	FV35	Cambridge & Coleridge
21	Ian	Payne	M	18:08	18:06	62	MV40	Biggleswade A C
22	Tom	Cochrane	M	18:20	18:18	314	MV35	Harpندن Arrows
23	Rachel	Doherty	F	18:34	18:32	323	Senior Ladies	Higham Harriers A C
24	Luke	Ablard	M	18:46	18:43	66	Senior males	Bedford Harriers A C
25	Nicolae	Hogas	M	18:58	18:56	266	MV35	Bedford Harriers A C
26	Adam	Hills	M	19:15	19:13	5	MV45	Bedford Harriers A C
27	Emily	Varley	F	19:22	19:19	142	Senior Ladies	Biggleswade A C
28	Natasha	Martin	F	19:23	19:20	256	FV35	Kettering Town Harriers
29	Gavin	Nicholson	M	19:24	19:19	252	MV40	Amphill & Flitwick Flyers

30	Simon	Harper	M	19:28	19:26	300	MV45	Bedford & County A C
31	Brock	Holcombe	M	19:38	19:36	147	Senior males	Team Balancise RC
32	Ben	Munns	M	19:49	19:45	299	Senior males	Bedford & County A C
33	Alistair	Nelson	M	19:53	19:50	263	Senior males	Vegan Runners UK
34	Steve	Stanley	M	19:55	19:51	284	MV60	Amphill & Flitwick Flyers
35	Aaron	Donohoe	M	19:56	19:54	246	Senior males	Bedford Harriers A C
36	Stuart	Price	M	19:59	19:54	291	MV45	Amphill & Flitwick Flyers
37	John	Flanagan	M	19:59	19:54	267	MV40	Redway Runners
38	Jon	Clark	M	20:08	20:05	70	MV55	Bedford Harriers A C
39	Simon	Cook	M	20:09	20:05	200	MV50	Olney Runners
40	Gez	Fallon	M	20:17	20:15	85	MV50	Stopsley Striders
41	William	Willmott	M	20:22	20:17	344	MV45	Amphill & Flitwick Flyers
42	Adrian	Copp	M	20:24	20:20	198	MV50	Stopsley Striders
43	Nicola	McBride	F	20:28	20:25	42	FV55	Cambridge & Coleridge
44	David	Sheffield	M	20:29	20:24	247	MV40	Bedford Harriers A C
45	Paula	Downing	F	20:29	20:26	180	FV55	Mablethorpe Running Club
46	David	Brewer	M	20:30	20:27	7	MV55	Bedford Harriers A C
47	John	Chapman	M	20:30	20:27	91	MV60	Stopsley Striders
48	Steve	Childerley	M	20:31	20:27	199	MV45	Riverside Runners
49	Dan	Doherty	M	20:32	20:28	335	MV45	Higham Harriers A C
50	Heidi	Langley	F	20:33	20:30	250	FV40	Team Balancise RC
51	Mark	Finn	M	20:34	20:30	74	MV45	Bedford Harriers A C
52	Ben	Wells-Day	M	20:36	20:26	346	Senior males	
53	Alistair	Fadden	M	20:39	20:35	340	MV55	Bedford Harriers A C
54	Noah	Parker	M	20:40	20:36	219	Senior males	
55	Ellie	Sherriffs	F	20:41	20:38	211	FV35	Bedford Harriers A C
56	Abigail	Turner	F	20:45	20:40	298	FV45	Bedford Harriers A C
57	Shaun	Busby	M	20:46	20:43	248	Senior males	Bedford Harriers A C
58	Nicola	Walton	F	20:48	20:43	292	FV40	Amphill & Flitwick Flyers
59	Nick	Haworth	M	20:54	20:50	243	MV45	Biggleswade A C
60	Mark	Cornell	M	20:56	20:52	234	MV55	Dunstable Lions Running Club (Beds)
61	Gary	Barnes	M	20:56	20:51	184	MV55	Riverside Runners
62	Chris	Newnham	M	21:04	20:58	279	MV55	Amphill & Flitwick Flyers
63	Nicky	Upperton	F	21:05	21:01	37	Senior Ladies	Biggleswade A C
64	Luke	Chambers	M	21:05	20:58	192	MV40	Redway Runners
65	Richard	Hill	M	21:10	21:05	304	MV50	
66	Stuart	Knight	M	21:11	21:08	196	MV55	Bedford Harriers A C
67	Sally	Knight	F	21:12	21:08	195	FV45	Bedford Harriers A C
68	Christian	Bredenkamp	M	21:15	21:09	294	MV55	Amphill & Flitwick Flyers
69	Andrew	Waller	M	21:15	21:10	12	MV40	

70	Charles	Arnold	M	21:15	21:09	75	MV65	Biggleswade A C
71	Giles	Hawthorne	M	21:20	21:14	168	MV45	Biggleswade A C
72	Natalie	Garner	F	21:20	21:15	349	Senior Ladies	Biggleswade A C
73	Paul	Edwards	M	21:22	21:11	61	MV45	
74	Richard	Reid	M	21:22	21:19	307	MV60	Dunstable Lions Running Club (Beds)
75	Gary	Butler	M	21:26	21:23	296	MV55	Bedford Harriers A C
76	Ellie	Harper	F	21:27	21:24	301	Senior Ladies	Bedford & County A C
77	James	Watson	M	21:30	21:24	351	MV35	Biggleswade A C
78	Ian	Early	M	21:36	21:30	319	MV50	Dunstable Lions Running Club (Beds)
79	Pete	Mealing	M	21:42	21:39	251	MV40	Team Balancise RC
80	Mervyn	Harmon	M	21:49	21:45	60	MV60	Bedford Harriers A C
81	Tony	Tsang	M	21:52	21:44	232	MV40	Fetch Everyone
82	Bruce	Hutchinson	M	21:57	21:54	193	MV55	Bedford Harriers A C
83	Carla	Whitmore	F	22:00	21:54	87	Senior Ladies	Bedford & County A C
84	Lisa	Wells	F	22:01	21:53	271	FV55	Amphill & Flitwick Flyers
85	Graham	Hollowell	M	22:06	22:01	239	MV55	Wootton R R
86	Chrissi	Stewart	F	22:07	22:02	244	FV35	Kettering Town Harriers
87	Kellie	Judd	F	22:09	21:56	330	FV35	Riverside Runners
88	Sophia	Bartlett	F	22:15	22:09	305	FV45	Amphill & Flitwick Flyers
89	Heather	Bourne	F	22:24	22:17	31	Senior Ladies	Bedford Harriers A C
90	Emma	Welland	F	22:28	22:09	56	FV35	
91	Brian	McCrossan	M	22:32	22:24	226	MV40	Team Balancise RC
92	Dean	Newman	M	22:34	22:28	225	MV50	
93	Peter	Fadden	M	22:45	22:38	150	Senior males	Bedford Harriers A C
94	Michael	Parks	M	22:46	22:40	140	MV55	Bedford Harriers A C
95	James	Waller	M	22:47	22:41	11	MV35	
96	Colin	Clennett	M	22:48	22:41	275	MV60	Amphill & Flitwick Flyers
97	Sophie	Hallam	F	22:50	22:38	212	Senior Ladies	Redway Runners
98	Laura	Marsh	F	22:56	22:51	270	FV45	Higham Harriers A C
99	Daniel	Deacon	M	22:57	22:48	188	Senior males	
100	Alex	Jefferson	M	22:58	22:53	134	MV45	
101	Dayle	Walker	F	23:00	22:53	290	Senior Ladies	Amphill & Flitwick Flyers
102	Nora	Haggart	F	23:09	23:04	303	FV65	Bedford Harriers A C
103	Steven	Wallace	M	23:16	23:09	325	MV50	Bedford Harriers A C
104	Damien	Pitts	M	23:17	23:00	215	MV35	Biggleswade A C
105	Ian	Corby	M	23:22	23:16	29	MV65	
106	Richard	Hill	M	23:24	23:16	115	MV55	Biggleswade A C
107	Ray	Cooke	M	23:27	23:19	171	MV55	Bedford Harriers A C
108	Mark	Billington	M	23:34	23:27	277	MV55	Amphill & Flitwick Flyers
109	Nick	Cross	M	23:37	23:29	114	MV60	Bedford Harriers A C

110	Paula	Frost	F	23:39	23:30	46	FV40	Biggleswade A C
111	Jose	Ariza	M	23:40	23:37	347	MV50	Bedford Harriers A C
112	Mark	Wood	M	23:42	23:23	341	MV50	Bedford Harriers A C
113	Chris	Bradwell	M	23:46	23:35	151	MV50	
114	Andy	Tuvey	M	23:47	23:41	6	Senior males	
115	Julia	Hallam	F	23:52	23:45	166	FV40	Team Balancise RC
116	Andrew	Robertson	M	24:08	24:00	345	MV60	Bedford Harriers A C
117	Zoey	Didlick	F	24:10	24:03	285	FV45	Amphill & Flitwick Flyers
118	Tony	Barnes	M	24:13	24:07	23	MV55	Bedford Harriers A C
119	Peter	Ward	M	24:16	24:09	146	MV45	Team Balancise RC
120	Tony	Welsh	M	24:19	24:06	311	MV40	Redway Runners
121	Katie	Ruditis	F	24:20	24:11	293	FV40	Amphill & Flitwick Flyers
122	Richard	Hill	M	24:21	24:15	237	MV60	Bedford Harriers A C
123	Samuel	Lloyd	M	24:24	24:11	337	Senior males	Bedford Harriers A C
124	Jon	Walker	M	24:25	24:14	287	MV60	Amphill & Flitwick Flyers
125	Martin	Davey	M	24:31	24:18	278	MV60	Amphill & Flitwick Flyers
126	Sally	Ward	F	24:33	24:19	306	FV50	Team Balancise RC
127	Richard	Adams	M	24:47	24:38	268	MV50	
128	Kirsty	Jones	F	24:49	24:41	165	FV40	Bedford Harriers A C
129	Richard	Jones	M	24:53	24:46	288	MV55	Amphill & Flitwick Flyers
130	Ryan	Scarborough	M	24:58	24:46	190	MV40	
131	Francis	Denny	M	25:01	24:42	57	Senior males	
132	Ed	Stivala	M	25:05	24:56	45	MV50	Redway Runners
133	Charlotte	Roberts	F	25:06	24:55	154	FV35	
134	Jason	Hymus	M	25:09	24:58	286	MV45	Amphill & Flitwick Flyers
135	Simon	Ariza	M	25:09	25:06	348	Senior males	
136	Olivia	Beale	F	25:11	25:04	310	Senior Ladies	Team Balancise RC
137	Adrian	Smith	M	25:25	25:10	342	MV50	
138	Julie	Smith	F	25:29	25:22	52	FV50	Bedford Harriers A C
139	Tony	Ploszajski	M	25:31	25:21	72	MV60	Achilles Club
140	Autumn	Lynch	F	25:32	25:20	276	FV55	Amphill & Flitwick Flyers
141	Scarlett	Pickard	F	25:32	25:12	92	Senior Ladies	
142	Christine	Irvine	F	25:32	25:22	255	FV35	
143	Alan	Mutch	M	25:36	25:23	95	MV55	Desborough & Rothwell Running Club
144	Andrew	Reid	M	25:47	25:38	172	MV65	Stopsley Striders
145	Heledd	Rimmer	F	25:50	25:38	281	Senior Ladies	Amphill & Flitwick Flyers
146	Martin	Lees	M	25:51	25:22	283	MV55	Amphill & Flitwick Flyers
147	Noel	McConville	M	25:55	25:39	240	MV60	
148	Veronica	Singleton-Lawley	F	25:57	25:51	264	FV60	Bedford Harriers A C
149	Mandy	Rimmer	F	26:10	25:58	326	FV35	Amphill & Flitwick Flyers

150	James	Struthers	M	26:12	25:57	107	MV45	
151	Rebecca	Wood	F	26:17	25:59	14	FV45	
152	Lawrence	Ireson	M	26:20	26:15	131	MV45	
153	Brandon	Trainer	M	26:26	26:19	101	MV45	
154	Andy	Hedley	M	26:28	26:11	4	MV55	Biggleswade A C
155	James	Trodd	M	26:31	26:10	253	MV35	Bedford Harriers A C
156	Sue	Cross	F	26:37	26:28	113	FV60	Bedford Harriers A C
157	Teresa	Tranter	F	26:38	26:33	144	FV70	Sudbury Joggers
158	Timothy	Anderson	M	26:40	26:26	295	MV50	
159	Alan	Stockton	M	26:45	26:16	54	MV60	
160	Chris	Fadden	M	26:47	26:39	149	MV55	Bedford Harriers A C
161	Martin	Williams	M	26:49	26:33	249	MV45	Lonely Goat Running Club
162	David	Argent	M	26:52	26:46	217	MV55	Redway Runners
163	Jackie	Irvine	F	27:00	26:52	259	FV50	Bedford Harriers A C
164	Karen	Ashby	F	27:13	27:03	47	FV60	Stopsley Striders
165	Peter	Waller	M	27:16	27:05	21	MV65	
166	Stuart	Bullard	M	27:25	27:16	191	MV45	Bedford Harriers A C
167	Nikki	Horner	F	27:32	27:23	174	FV45	
168	Calista	Strange	F	27:36	27:26	169	FV40	Stopsley Striders
169	Rob	White	M	27:39	27:31	261	MV45	Olney Runners
170	Neil	McKay	M	27:40	27:26	227	MV45	Bedford Harriers A C
171	Molly	White	F	27:41	27:32	262	Senior Ladies	
172	Colin	Tranter	M	27:53	27:48	143	MV75	Sudbury Joggers
173	Vernon	Pedley	M	28:01	27:51	181	MV60	
174	Eva	Kovacs	F	28:04	27:56	44	FV50	Bedford Harriers A C
175	Rachel	Anderson	F	28:07	27:53	122	FV45	
176	Gillian	Melia	F	28:17	28:07	119	FV50	
177	Angela	Barrington	F	28:18	28:05	321	FV35	
178	Henry	Lynn	M	28:20	28:04	274	MV50	Amphill & Flitwick Flyers
179	Lucilla	O'Brien	F	28:23	28:09	194	FV45	Dunstable R R
180	Louise	Haydon	F	28:25	28:15	86	FV35	
181	Richard	Gallivan	M	28:27	28:16	230	MV60	Bedford Harriers A C
182	Ian	Sage	M	28:28	28:19	258	MV70	Dunstable R R
183	Samantha	Pitts	F	28:31	28:15	216	FV35	
184	Phil	Hallam	M	28:36	28:26	137	MV55	Team Balancise RC
185	Vijayindra	Trivedi	M	28:37	28:22	316	Senior males	
186	Alyce	Trude	F	28:37	28:23	218	Senior Ladies	Bedford Harriers A C
187	Caroline	Greig	F	28:38	28:26	343	FV40	Marple Runners
188	Andrew	Arnold	M	28:40	28:19	187	MV45	
189	Kirsty	Tuvey	F	28:43	28:34	320	FV35	Team Balancise RC

190	Natacha	Ha-Cheng	F	28:43	28:30	135	Senior Ladies	
191	Abbie	Watson	F	28:43	28:29	241	Senior Ladies	Bedford Harriers A C
192	Gary	Mycock	M	28:49	28:40	26	MV60	Team Balancise RC
193	Phil	Bradley	M	28:49	28:33	112	MV45	
194	Helene	Bolton	F	28:55	28:43	309	FV50	UKRunChat Running
195	Barbara	Drysdale	F	28:56	28:41	80	FV50	Team Balancise RC
196	Justin	Parker	M	29:05	28:44	220	MV45	Bedford Harriers A C
197	Joanna	Gucwa	F	29:13	29:02	9	FV35	
198	Tina	Brayford	F	29:16	28:58	308	FV50	Team Balancise RC
199	Maria	Merridan	F	29:20	29:06	173	FV50	Biggleswade A C
200	Philip	Broder	M	29:30	29:12	133	MV60	
201	Katie	Fletcher	F	29:40	29:22	238	Senior Ladies	Bedford Harriers A C
202	Lynn	Hill	F	29:47	29:32	116	FV55	Biggleswade A C
203	Natasha	Barnett-Hall	F	29:51	29:38	205	FV40	
204	Jazmine	Clark	F	29:52	29:33	167	Senior Ladies	Bedford Harriers A C
205	Helen	Whiting	F	29:53	29:35	317	FV35	Bedford Harriers A C
206	Jackie	Warren	F	29:57	29:42	79	FV55	Biggleswade A C
207	Ann	Miller	F	29:57	29:46	33	FV45	Team Balancise RC
208	Justin	Schofield	M	30:00	29:41	110	MV50	Olney Runners
209	Fizz	Heseltine	F	30:05	29:51	55	FV40	Fetch Everyone
210	Ginny	Bradwell	F	30:05	29:50	152	FV50	
211	Victoria	Reavey	F	30:07	29:56	313	FV35	Team Balancise RC
212	Howard	Pile	M	30:09	29:48	189	MV55	
213	Samantha	Devereaux	F	30:14	29:56	163	FV55	Team Balancise RC
214	Clive	Dodds	M	30:18	29:54	164	MV45	
215	Sarah	Parker	F	30:23	30:03	221	FV45	Bedford Harriers A C
216	Mary	Kelly	F	30:36	30:22	207	FV60	
217	Mark	Allen	M	30:36	30:23	209	MV50	UKRunChat Running
218	Amesh	Parit	M	30:44	30:27	186	MV50	Bedford Harriers A C
219	Carole	Darnell	F	30:49	30:29	10	FV60	Bedford Harriers A C
220	Martin	Ball	M	30:52	30:38	297	MV65	Stopsley Striders
221	Jenny	Keens	F	31:08	30:56	208	FV70	
222	Samantha	Thorogood	F	31:14	30:56	224	FV45	Biggleswade A C
223	John	Harris	M	31:19	30:55	228	MV55	
224	Stephen	Rolls	M	31:20	30:58	50	MV45	Bedford & County A C
225	Maria	Woods	F	31:32	31:21	157	FV40	Bedford Harriers A C
226	Claire	Jones	F	31:42	31:26	289	FV55	Amphill & Flitwick Flyers
227	Alison	Burrows	F	31:44	31:25	120	FV60	Redway Runners
228	Julie	Baird	F	31:46	31:27	197	FV45	
229	Sarah	Humphreys	F	31:51	31:37	126	FV45	Dunstable R R

230	Clare	Waller	F	31:55	31:45	312	FV50	
231	Emma	Bell	F	32:08	31:52	83	FV50	Biggleswade A C
232	Jacky	Keenan	F	32:19	32:00	138	FV70	Bedford Harriers A C
233	Kim	Meeks	F	32:21	31:58	334	Senior Ladies	
234	Paul	Wilford	M	32:26	32:09	102	MV45	
235	Ian	Sturdgess	M	32:35	32:16	129	MV60	Bedford Harriers A C
236	Kate	Neale	F	32:46	32:26	242	FV55	Stopsley Striders
237	Joanne	Simmons	F	32:51	32:33	78	FV45	Bedford Harriers A C
238	Martine	Moon	F	32:53	32:39	25	FV65	Bedford Harriers A C
239	Andrea	McGrellis	F	32:57	32:39	90	FV55	Bedford Harriers A C
240	David	Cornwall	M	33:10	32:50	111	MV65	Lonely Goat Running Club
241	Larry	Corkrey	M	33:19	33:08	18	MV75	Bedford Harriers A C
242	Patricia	Godfrey	F	33:21	33:07	272	FV70	Amphill & Flitwick Flyers
243	Zoe	Willet	F	33:29	33:06	333	FV55	Bedford Harriers A C
244	Kerry	Batten	F	33:29	33:17	19	FV45	Bedford Harriers A C
245	Alexandra	Morgan	F	33:30	33:18	77	FV55	Bedford Harriers A C
246	Linda	Watson	F	33:32	33:09	302	FV55	Bedford Harriers A C
247	Patricia	Dicks	F	33:32	33:19	158	FV65	Fetch Everyone
248	Patrycja	Wojciechowska	F	33:45	33:29	104	Senior Ladies	
249	Balbir Singh	Khinda	M	33:56	33:34	265	MV70	Bedford Harriers A C
250	Gary	McBeth	M	33:57	33:35	170	MV60	
251	Aamir	Qureshi	M	34:01	33:53	108	MV40	
252	Emma	Waller	F	34:09	33:57	24	FV40	
253	Sarah	Cornell	F	34:24	34:03	233	FV55	Dunstable Lions Running Club (Beds)
254	Tijen	Morgan	F	34:44	34:24	182	FV45	Bedford Harriers A C
255	Peter	Lawley	M	34:45	34:24	329	MV60	Bedford Harriers A C
256	Elaine	Smith	F	34:48	34:23	34	FV45	Team Balancise RC
257	Rachel	Fairhurst	F	34:49	34:32	67	FV40	Biggleswade A C
258	Bev	Strong	F	34:58	34:41	141	FV50	Biggleswade A C
259	John	Morgan	M	34:58	34:38	183	MV55	Bedford Harriers A C
260	Gemma	Stevenson	F	35:04	34:44	27	FV45	Bedford Harriers A C
261	Sally	Robertson	F	35:11	34:53	210	FV50	
262	Shani	Giddings	F	35:23	35:08	177	FV60	Biggleswade A C
263	Sian	Knott	F	35:25	35:06	269	Senior Ladies	
264	David	Crowe	M	35:28	35:05	148	MV65	
265	Brenda	Watson	F	35:35	35:18	201	FV60	
266	Ray	Evans	M	35:38	35:18	1	MV75	Bedford Harriers A C
267	David	McDaid	M	36:27	36:04	88	MV50	UKNetRunners
268	Lorena	Henderson	F	36:36	36:12	338	FV50	Bedford Harriers A C
269	Nicola	Ager	F	36:43	36:18	40	FV40	

270	Kamljit	Chana	F	36:46	36:24	130	FV45	Bedford Harriers A C
271	Victoria	Bastion	F	36:51	36:27	41	FV40	
272	Anna	Rathbone	F	36:52	36:28	32	FV40	
273	Shine	Parmar	F	36:56	36:37	89	FV45	Bedford Harriers A C
274	Maria	McBeth	F	37:20	36:57	160	FV60	Bedford Harriers A C
275	Janet	Simmons	F	37:37	37:15	204	FV50	Bedford Harriers A C
276	John	Reade	M	37:43	37:28	350	MV75	Dunstable R R
277	Siu	Ho	F	38:33	38:25	109	Senior Ladies	
278	Penny	Hunter	F	38:54	38:41	118	FV55	Bedford Harriers A C
279	Lisa	Adams	F	39:30	39:05	38	FV50	
280	Geoffrey	White	M	40:16	40:01	17	MV75	
281	Jaswant	Chana	M	40:42	40:17	156	MV70	Bedford Harriers A C
282	Linda	Morley	F	41:25	41:13	82	FV40	
283	Matthew	Eyre	M	41:25	41:12	81	MV40	
284	Tim	Turney	M	42:28	42:11	96	MV45	
285	Colin	Harries	M	42:40	42:17	73	MV75	Biggleswade A C
286	Lionel	Mann	M	43:06	42:49	2	MV75	Ampthill & Flitwick Flyers
287	Helen	Gardner	F	43:20	43:08	3	FV65	Bedford Harriers A C
288	Jasminder	Lall	F	43:20	43:07	318	FV65	Bedford Harriers A C

Male Open Winners

Place	Name	Club	Time
1	Craig Emmerson	Bedford & County A C	15:39
2	Mohammed Elbayan	Dunstable Lions Running Club (Beds)	15:57
3	Rob Elmore	Leighton Buzzard A C	15:57

MV35

Place	Name	Club	Time
1	Adam Bowler	North Herts R R	16:50
2	Simon Fraser	Fairlands Valley Spartans	16:53
3	Paul Waller		17:57

MV40

Place	Name	Club	Time
1	Darren Sunter	North Herts R R	16:25
2	Ian Clark	Cambridge & Coleridge	17:36
3	Ian Payne	Biggleswade A C	18:08

MV45

Place	Name	Club	Time
1	Adrian Whitwam	Morpeth Harriers	16:53
2	Genci Pepaj	Redway Runners	17:27
3	Adam Hills	Bedford Harriers A C	19:15

MV50

Place	Name	Club	Time
1	Simon Coombes	Herne Hill Harriers	17:03
2	Simon Cook	Olney Runners	20:09
3	Gez Fallon	Stopsley Striders	20:17

MV55

Place	Name	Club	Time
1	Alan Turnbull	Bedford & County A C	17:07
2	Jon Clark	Bedford Harriers A C	20:08

3	David Brewer	Bedford Harriers A C	20:30
MV60			
Place	Name	Club	Time
1	Steve Stanley	Ampthill & Flitwick Flyers	19:55
2	John Chapman	Stopsley Striders	20:30
3	Richard Reid	Dunstable Lions Running Club (Beds)	21:22
MV65			
Place	Name	Club	Time
1	Charles Arnold	Biggleswade A C	21:15
2	Ian Corby		23:22
3	Andrew Reid	Stopsley Striders	25:47
MV70			
Place	Name	Club	Time
1	Ian Sage	Dunstable R R	28:28
2	Balbir Singh Khinda	Bedford Harriers A C	33:56
3	Jaswant Chana	Bedford Harriers A C	40:42
MV75			
Place	Name	Club	Time
1	Colin Tranter	Sudbury Joggers	27:53
2	Larry Corkrey	Bedford Harriers A C	33:19
3	Ray Evans	Bedford Harriers A C	35:38
Female Open Winners			
Place	Name	Club	Time
1	Clare Thurgood	Cambridge & Coleridge	18:03
2	Rachel Doherty	Higham Harriers A C	18:34
3	Emily Varley	Biggleswade A C	19:22
FV35			

Place	Name	Club	Time
1	Natasha Martin	Kettering Town Harriers	19:23
2	Ellie Sherriffs	Bedford Harriers A C	20:41
3	Chrissi Stewart	Kettering Town Harriers	22:07
FV40			
Place	Name	Club	Time
1	Heidi Langley	Club Balancise RC	20:33
2	Nicola Walton	Amphill & Flitwick Flyers	20:48
3	Paula Frost	Biggleswade A C	23:39
FV45			
Place	Name	Club	Time
1	Abigail Turner	Bedford Harriers A C	20:45
2	Sally Knight	Bedford Harriers A C	21:12
3	Sophia Bartlett	Amphill & Flitwick Flyers	22:15
FV50			
Place	Name	Club	Time
1	Sally Ward	Club Balancise RC	24:33
2	Julie Smith	Bedford Harriers A C	25:29
3	Jackie Irvine	Bedford Harriers A C	27:00
FV55			
Place	Name	Club	Time
1	Nicola McBride	Cambridge & Coleridge	20:28
2	Paula Downing	Mablethorpe Running Club	20:29
3	Lisa Wells	Amphill & Flitwick Flyers	22:01
FV60			
Place	Name	Club	Time
1	Veronica Singleton-Lawley	Bedford Harriers A C	25:57
2	Sue Cross	Bedford Harriers A C	26:37
3	Karen Ashby	Stopsley Striders	27:13

FV65			
Place	Name	Club	Time
1	Nora Haggart	Bedford Harriers A C	23:09
2	Martine Moon	Bedford Harriers A C	32:53
3	Patricia Dicks	Fetch Everyone	33:32
FV70			
Place	Name	Club	Time
1	Teresa Tranter	Sudbury Joggers	26:38
2	Jenny Keens		31:08
3	Jacky Keenan	Bedford Harriers A C	32:19

County Championships Results**Male Open Winners**

Place	Name	Club	Time
1	Craig Emmerson	Bedford & County A C	15:39
2	Mohammed Elbayan	Dunstable Lions Running Club (Beds)	15:57
3	Rob Elmore	Leighton Buzzard A C	15:57

Male Junior

Place	Name	Club	Time
1	Noah Parker		20:40
2			
3			

MV40

Place	Name	Club	Time
1	Rob Elmore	Leighton Buzzard A C	15:57
2	Ian Payne	Biggleswade A C	18:08
3	David Sheffield	Bedford Harriers A C	20:29

MV45

Place	Name	Club	Time
1	Adam Hills	Bedford Harriers A C	19:15
2	Simon Harper	Bedford & County A C	19:28
3	Stuart Price	Amphill & Flitwick Flyers	19:59

MV50

Place	Name	Club	Time
1	Simon Coombes	Herne Hill Harriers	17:03
2	Gez Fallon	Stopsley Striders	20:17
3	Adrian Copp	Stopsley Striders	20:24

MV55

Place	Name	Club	Time
-------	------	------	------

1	Jon Clark	Bedford Harriers A C	20:08
2	David Brewer	Bedford Harriers A C	20:30
3	Alistair Fadden	Bedford Harriers A C	20:39
MV60			
Place	Name	Club	Time
1	Steve Stanley	Ampthill & Flitwick Flyers	19:55
2	John Chapman	Stopsley Striders	20:30
3	Mervyn Harmon	Bedford Harriers A C	21:49
MV65			
Place	Name	Club	Time
1	Charles Arnold	Biggleswade A C	21:15
2	Andrew Reid	Stopsley Striders	25:47
3			
MV70			
Place	Name	Club	Time
1	Ian Sage	Dunstable R R	28:28
2			
3			
MV75			
1	John Reade	Dunstable R R	37:43
2	Geoffrey White		40:16
3	Colin Harries	Biggleswade A C	42:40
Female Open Winners			
Place	Name	Club	Time
1	Emily Varley	Biggleswade A C	19:22
2	Nicola McBride	Cambridge & Coleridge	20:28
3	Paula Downing	Mablethorpe Running Club	20:29

Female Junior

Place	Name	Club	Time
1	Ellie Harper	Bedford & County A C	21:27
2			
3			

FV35

Place	Name	Club	Time
1	Ellie Sherriffs	Bedford Harriers A C	20:41
2	Chrissi Stewart	Kettering Town Harriers	22:07
3	Mandy Rimmer	Amphill & Flitwick Flyers	26:10

FV40

Place	Name	Club	Time
1	Nicola Walton	Amphill & Flitwick Flyers	20:48
2	Katie Ruditis	Amphill & Flitwick Flyers	24:20
3	Kirsty Jones	Bedford Harriers A C	24:49

FV45

Place	Name	Club	Time
1	Abigail Turner	Bedford Harriers A C	20:45
2	Sally Knight	Bedford Harriers A C	21:12
3	Zoey Didlick	Amphill & Flitwick Flyers	24:10

FV50

Place	Name	Club	Time
1	Sally Ward	Club Balancise RC	24:33
2	Jackie Irvine	Bedford Harriers A C	27:00
3	Eva Kovacs	Bedford Harriers A C	28:04

FV55

Place	Name	Club	Time
1	Nicola McBride	Cambridge & Coleridge	20:28
2	Paula Downing	Mablethorpe Running Club	20:29

3	Lisa Wells	Ampthill & Flitwick Flyers	22:01
FV60			
Place	Name	Club	Time
1	Veronica Singleton-Lawley	Bedford Harriers A C	25:57
2	Sue Cross	Bedford Harriers A C	26:37
3	Karen Ashby	Stopsley Striders	27:13
FV65			
Place	Name	Club	Time
1	Nora Haggart	Bedford Harriers A C	23:09
2	Martine Moon	Bedford Harriers A C	32:53
3	Patricia Dicks	Fetch Everyone	33:32
FV70			
Place	Name	Club	Time
1	Jacky Keenan	Bedford Harriers A C	32:19
2	Patricia Godfrey	Ampthill & Flitwick Flyers	33:21
3			

Team Results**Male Teams**

		Positions	
1	Bedford & County A C		26
1	Craig Emmerson		1
2	Alan Turnbull		12
3	Henry Bambrick		13
2	Bedford Harriers A C		59
1	Edward Castro		14
2	Luke Ablard		22
3	Nicolae Hogas		23
3	Dunstable Lions Running Club (Beds)		70
1	Mohammed Elbayan		2
2	Lee Murphy		18
3	Mark Cornell		50

Female Teams

		Positions	
1	Biggleswade A C		27
1	Emily Varley		3
2	Nicky Upperton		11
3	Natalie Garner		13
2	Bedford Harriers A C		29
1	Ellie Sherriffs		8
2	Abigail Turner		9
3	Sally Knight		12
3	Ampthill & Flitwick Flyers		45
1	Nicola Walton		10
2	Lisa Wells		16
3	Sophia Bartlett		19

