

Doug Anderson 5K 2026

Hosted by Bedford Harriers AC

Competitor Information



WELCOME



Thank you for joining us at the Doug Anderson 5K. We hope you all have a great event. If you have any questions or suggestions, please do contact us. We are here to help you enjoy the day - douganderson@bedfordharriers.org.uk.

Our website is <https://bedfordharriersac.wildapricot.org/Doug-Anderson-5K>



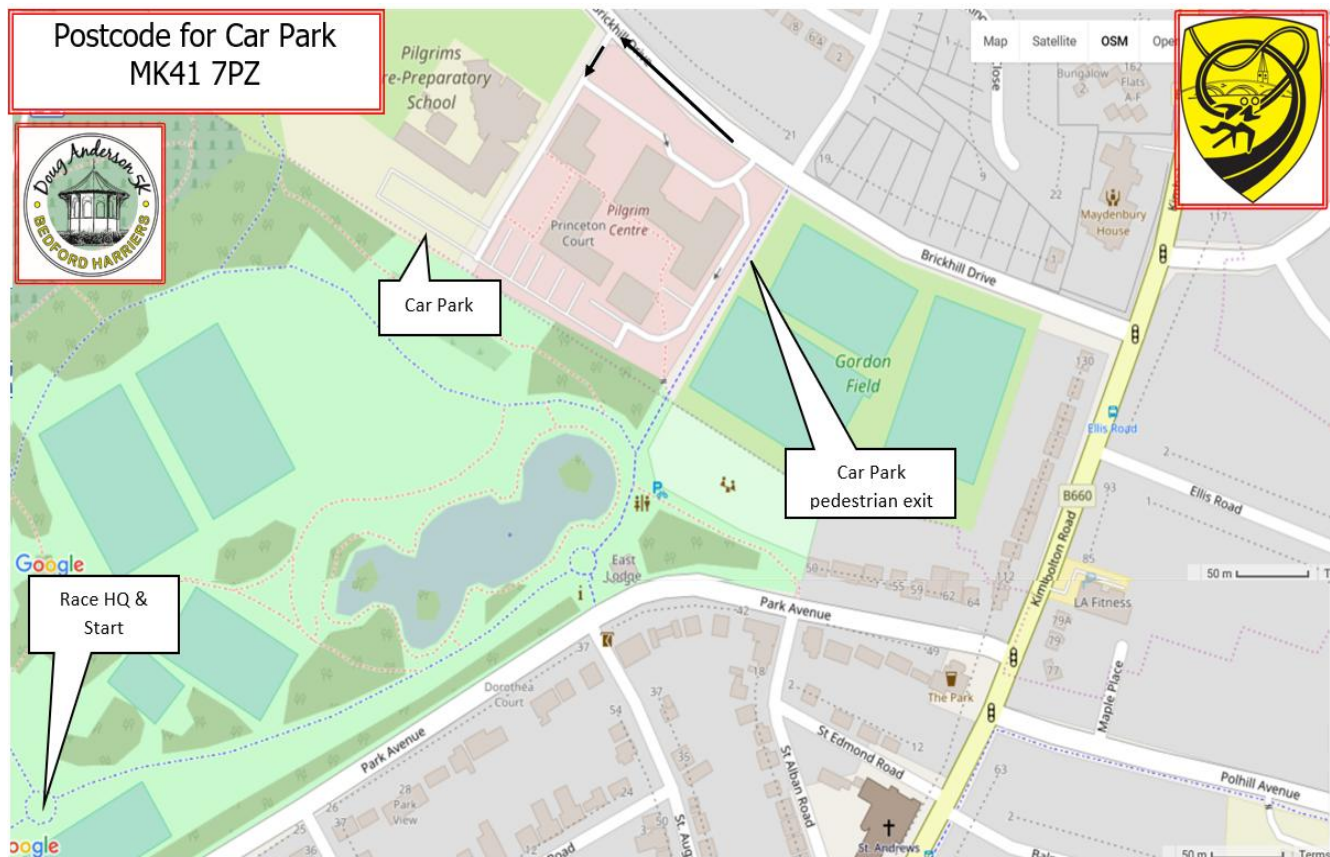
LOCATION & PARKING



Race HQ & transition is at the iconic bandstand in Bedford Park, Park Avenue, Bedford MK40 2JZ. (W3W: ///goat.total.wacky)

The official event parking is at the Pilgrim Centre off Brickhill Drive, MK41 7PZ. There are 250 marked bays – please park within the bays. It is a very short walk to Race HQ along footpaths from the car park and the route to the Race HQ will be signed.

ARRIVE EARLY TO AVOID DELAYS. Where possible, please car share to minimise our carbon footprint and parking space. The car park will be signed and marshalled from 5:30pm. Park as directed by the marshals. Please be advised that vehicles and contents are left at your own risk and that Bedford Harriers and other third parties will not be liable for losses or damages whatsoever.



SAFETY



Headphones

The use of headphones, earphones, open-ear or bone conducting head/earphones or similar equipment is strictly prohibited.

It is important that runners can hear the verbal warnings and instructions issued by race marshals. Bedford Harriers operates a strict policy at all our races. Any runner found to be wearing anything other than a medical or prescription device to aid hearing will be disqualified.

Fitness to Run

It is the participant's responsibility to ensure that they are physically fit to run and have adequately prepared themselves.

Medical

First Aid is being provided by AAMS (Acute Ambulance & Medical Services). If you need assistance, please ask a marshal who will contact them for you. If you feel unwell between marshalling points, please ask another runner to summon help on your behalf. In the event of an emergency please phone 999.

Toilets

Toilets will be available at race HQ.

Environmental Impact

Bedford Harriers is working to reduce our environmental impact and particularly unnecessary plastic waste. Where possible we will recycle all rubbish collected.

Please do not drop litter on the course. We are very lucky to be given permission to use this beautiful park, so we wish to look after it well to continue this. Waste bins will be located at Race HQ.

We welcome any further ideas on reducing our impact on the environment.

Withdrawal

If you need to withdraw after registration, then please do return your timing chip at Race HQ and inform a marshal that you are withdrawing. It is important that we can account for everyone.

Safeguarding

We make every effort for this event to be safe for all competitors and spectators alike. If you see anything of concern, please report it to our Race Director.

COURSE INFORMATION



Race assembly, start and finish

Runners are requested to assemble at the start area, at 7:20pm to ensure a prompt start. The course is not suitable for wheelchair competitors, due to the limited width of the paths. Late starters will not be permitted to start the race.

The Course

The route is 2 and a half counterclockwise laps on wide asphalt paths, within the beautiful grounds of Bedford Park, with redwoods, a lake, bandstand and vintage café.



Running Bibs

When you arrive, please make your way to our registration desk to collect your running bib/ race number. Please attach your bib to your chest or leg where it is clearly visible. At the end of the event, please return your running bib to our finish funnel marshals so that they can be reused (another part of our sustainability efforts).

The registration desk will be open from 5.30pm and closes at 7pm sharp.

Water Stations

Water stations will be located at 2k, 4k and at the finish. This will provide water only. We encourage all participants to bring their own cups to aid our sustainability efforts, but disposable cups will be provided to those who need them.

Race Etiquette

The course will be well marshalled. Please follow any instructions the marshals provide. Keep to the right-hand-side of the path; this will allow faster runners to pass on the left. However, members of the public (and dogs) may be visiting the park, so runners are kindly requested to be aware of their presence.

Race limit: 450 entrants.

Course Marshals

The course will be marshalled by Bedford Harriers volunteers, who are renowned for high energy support to all participants. A lead cyclist will lead the way.

We think that the Bedford Harrier marshals are the best and they will do what they can to make sure that you really enjoy the race regardless of your pace. They get nothing from the event apart from your thanks (and mine). Please be courteous at all times and show your appreciation for the time and effort they have given to make this race and your experience such a success.

Photographs

We do our best to take photographs during the event that are free for you to download for free. They will be available through our Facebook page after the event. Please do be patient as it sometimes takes us a bit of time to upload them all. A copy of our Photography Terms and Conditions is available at [here](#).



RESULTS & AWARDS

Race Memento

A commemorative medal will be available to all finishers. We have tried to source these as sustainably as possible, being produced by a local company with sustainable wood. A slice of cake, lovingly baked by a popular local business, will also be available for all finishers to help you refuel!

Results

Live results will also be available on the [Bedford Harriers website](#) as soon as we are able.

Awards

Presentation of prizes and awards will be immediately after the race at Race HQ. All awards will be based on gun start to chip finish times.

Awards will be presented to:

- 1st, 2nd and 3rd Male
- 1st, 2nd and 3rd Female
- 1st Male and 1st Female Team
- U17M, JM (u20), MV35, MV40, MV45, MV50, MV55, MV60, MV65 & MV70+
- U17F, JF (u20), FV35, FV40, FV45, FV50, FV55, FV60, FV65 & FV70+

Awards limited to one per person except winning team members. Male and Female Team award: three to score. Winning teams calculated on cumulative race position; gender relative.

Bedfordshire County Championships

All qualifying entrants are invited to compete in the Beds AAA County Championship – 5K race. Please check the qualifying conditions and award criteria [here](#). You can enter the Beds County Championship by ticking the appropriate box on the online registration form and selecting the reason for your qualification from the dropdown list.

If you wish to enter on the day, please register at the County Champs Desk in Race HQ. The registration desk closes at 7:00pm sharp.



Race Entry Transfers, Referrals and Refunds

Unfortunately, we cannot offer refunds or deferrals. We do however have a very generous transfer policy. If you wish, you may transfer your place to another runner. The easiest way to do this is by using your "self-service" link in your registration email. If you can't find the email, send us an email at douganderson@bedfordharriers.org.uk and we will help you.

Please note: Transfers must be completed **no later than 30 minutes before the race start.**

Last Minute Information

For last minute information please see our Facebook page 'Doug Anderson 5k'.

You may contact me at douganderson@bedfordharriers.org.uk or, in case of an emergency, on 07860 270548.

Most importantly – have fun, enjoy yourself, thank the marshals and be kind to each other. If you have any questions, please ask a member of the team.

We look forward to seeing you on Wednesday 22nd July 2026. Happy training!

Helen Evans, Race Director