

# HERTFORDSHIRE COUNTY AAA 10000m TRACK CHAMPIONSHIP

Sunday 24 September 2006

Eton

1	Ian Johnston	Shettleston Harriers	33:21.36
2	Richard McCormick M40	Barnet & District	33:48.67
3	Jim Brown M50	Fairlands Valley Spartans	40:51.07
4	Martin Grimsdale M50	Watford Harriers	42:09.41
5	Steve Smithson	Fairlands Valley Spartans	43:24.88
6	Sharon Crowley F45	Fairlands Valley Spartans	48:55.05