

# Eastern Region & Counties' Championships & Open

Bedford International Stadium

Saturday/Sunday, 26th/27th September, 2009

## COUNTIES' 10000M CHAMPIONSHIPS

David Alcock	VPH &TH	Middlesex	33.56.12
Ian Johnstone	Shettlestone	Herts v40	34.29.81
Andrew Rolt	Vale of Aylesbury	Bucks	35.59.78
Jim Brown	Fairlands Valley S	Herts v55	42.48.48