

**Herts County 10000m Championship**  
**Sandy 12 July 2012**

U20 Men	Matt Leach	Bedford & County	32.17.7
Senior Men	1. Edward Black	St Albans Striders	32.31.4
	2. Ollie Saville	Luton AC	33.41.9
Men 40+	Ian Johnstone	Shettlestone H	34.39.8
Men 50+	David Bowker	Fairlands V Spartans	41.37.2
Men 60+	1. John Hope	St Albans Striders	44.46.9
	2. Jim Brown	Fairlands V Spartans	46.19.8