

Herts County 10000m champs, Sandy, 11 July 2013

Senior Men	1. Richard Bate	SNH	33.36.8
	2. Andrew Patterson	FVS	36.17.9
	3. Liam Herbert	FVS	37.15.4
M35	1. Simon Jackson	FVS	34.52.1
M50	1. David Bowler	FVS	41.10.8
M60	1. Richard Bloom	HPx	42.54.6