HERTS COUNTY AAA 10000m CHAMPIONSHIPS Wednesday 25th August 2021

Sandy, Beds

Ross Connor SM Watford H 33:49.6

Stewart Overton M40 N Herts RR 34:59.7

Euan Turner U20M St Albans AC 36:40.4

John Cooper M60 St Albans Striders 39:58.4

Dave Stephens SM Herts Phoenix 41:31.5

Emma Farrant SW Stevenage & NH 45:50.1