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