

Hertfordshire Association of Athletic and Running Clubs

Veterans Cross Country Championships

At Trent Park on 14 March 2010.

Medals:

As is usual in our championships Hertfordshire medals will be awarded as follows:

Individual

Gold, Silver and Bronze in the following age bands:

Women

35-44; 45-54; 55-64 and 65+

Men

35-39; 40-49; 50-59; 60-69 and 70+

Team

Gold, Silver and Bronze in the following age bands:

Women

35-44; 45-54 and 55+ three to score in all age groups

Men

35-49 and 50-59 four to score

60-69 and 70+ three to score