

SUNDAY SEPTEMBER 28 2003 AT WATFORD

HERTFORDSHIRE COUNTY AAA 10000m CHAMPIONSHIP

Senior men

Ian Johnston	Shettlestone H	33:17.03
Andy Holt	HPX	33:31.73
David Brown	FVS	36:41.34

Veteran Men 50+

Jim Brown	FVS	40:05.95
Alun Steadman	HPX	41:25.35