

10000 metres at Watford on 26 September 2004

1	Tim Grose	VPH & TH	Middlesex	33:30.59
2	Ian Johnston	Shettleston	Herts	34:14.47
3	Jacob Howe	London Heathside	Middlesex	36:43.41
4	David Brown	Fairlands Valley Spartans	Herts	37:23.46
5	Colin Taylor (M40)	Dacorum & Tring	Herts	38:10.31
6	Phillip Williams (M40)	Chiltern Harriers	Herts	39:47.83
7	Jim Brown (M50)	Fairlands Valley Spartans	Herts	40:04.05
8	Alun Stedman (M50)	Herts Phoenix	Herts	41:08.11
9	Martin Grimsdale (M50)	Watford Harriers	Herts	42:39.93