

Berkshire, Buckinghamshire, Hertfordshire, Middlesex & Open
 10000 Metre Championships - 30 September 2007 - Milton Keynes
 Race results

1	91 Jverg Stalder	30:59.0	Victoria Park Harriers	SM	Open
2	90 Richard Hope	32:00.7	Victoria Park Harriers	SM	Open
3	110 David Alcock	32:04.4	Victoria Park Harriers	SM	Open
4	85 Andy Whetstone	32:13.4	Marshall Milton Keynes	SM	Bucks
5	88 Ian Johnson	33:04.2	Shettleston Harriers	SM	Herts
6	83 Tom Comerford	34:14.4	Marshall Milton Keynes	SM	Bucks
7	92 Mark Hollands	34:19.7	Maidenhead	V40	Berks
8	109 Simon Bell	34:45.2	Fairlands Valley Spartans	V40	Open
9	82 Frank Rooney	35:46.3	Vale of Aylesbury	U20	Bucks
10	106 Alan Whelan	35:49.0	Tring Running Club	V40	Herts
11	94 Mick Kelly	37:48.9	Marshall Milton Keynes	V40	Bucks
12	97 Steve Rooney	38:57.3	Vale of Aylesbury	V40	Bucks
13	89 David Vannen	39:53.1	Watford Harriers	SM	Herts
14	100 Jim Brown	40:25.7	Fairlands Valley Spartans	V50	Herts
15	104 Graham Mayoh	40:47.2	Watford Harriers	V40	Herts
16	96 Alan Roberts	40:57.3	Vale of Aylesbury	V40	Bucks
17	86 Adrian Weeks	41:27.7	Marshall Milton Keynes	SM	Bucks
18	81 Julie Dalzell	41:37.5	Marshall Milton Keynes	W35	Bucks
19	102 Martin Grimsdale	42:04.1	Watford Harriers	V50	Herts
20	101 Mark Glading	44:27.1	Fairlands Valley Spartans	V40	Herts
21	95 James McKellar	52:04.5	Marshall Milton Keynes	V70	Bucks