**Herts County 10,000m Track championships**

**Sandy, 23 September 2017**

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| Mark Vaughan | NHRR  | Sen/V45 | Gold | 34:02.81 |
| John Auld | NHRR | V35 | Gold | 36:41.15 |
| Grant Ramsay | FVS | Sen/V45 | Silver | 37:10.34 |
| Andy Jay | FVS | V50 | Gold | 44:58.61 |
| Jim Brown | FVS | V65 | Gold | 49:52.71 |