**Hertfordshire County 10000m Championship**

**Welwyn - 16 July 1974**

**10,000m Track**

1 R Davies Verlea 31:51

2 J Steed Verlea 32:00

3 R Ellerton Watford H 32:24

4 H Artiss Verlea 32:36

5 D Woodward Verlea 34:46

6 J Hooper Verlea 34:57

7 M Butler Wycombe P 35:29

8 G Whitney Verlea [nt]

[Source B8.40]