

HERTFORDSHIRE COUNTY AAA

10000m TRACK CHAMPIONSHIP

Thursday 18th July 1996

at Gosling Track, Welwyn Garden City

RESULT

1	Andy Holt	Verlea AC	31:55.2
2	Ian Johnston	Thames Valley Harriers	32:27.9
3	Keith McLellan	Garden City Joggers	33:40.8
4	Dave Lear	Hertford & Ware AC	35:34.5
5	Graham Lock	Hertford & Ware AC	36:10.5
6	Debbie Knott (lady)	Hertford & Ware AC	47:41.4