

HERTS COUNTY AAA 10000m TRACK CHAMPIONSHIPThursday 16th July 1998Ridlins Wood, Stevenage

<u>Result</u>	1	Ian Johnston	Puma TVH	31:44.5
	2	Russell Maddams (guest)	Harlow RC	32:41.9
	3	Mike Dyson	Gade Valley Harriers	35:03.8
	4	Tim Woodthorpe (J)	Stevenage & N Herts	36:27.7
	5	Rob Dewhurst (guest)	Harlow RC	36:38.0
	6	Debbie Knott (SW)	Chiltern Harriers	48:01.4
	7	Seymour Izzard (M65)	Watford Harriers	52:38.2