

County 10000m Track Championship and open 10,000m race
Bedford international Stadium, Barkers Lane, Bedford, MK41 9SA

Position	No	Athlete	Age Group	Club	County	Time	
						Mins	Secs
	1	151 Paul Farmer	SM	Ampthill & Flitwick Flyers	Guest	33	5.87
	2	153 Ian Johnston	V40	Shettleton Harriers	Herts	33	53.60
	3	156 Frank Rooney	U20M	Vale of Aylesbury	Bucks	35	56.61
	4	157 Jim Brown	V50	Fairlands Valley Spartans	Herts	41	21.65
	5	154 Colin Taylor	V50	Watford Joggers	Herts	41	44.48