

Devon 10000m championships & West Country Mile Races

Exeter - 21st June 2023

10000m A Race

1	4 Jamie	Parkinson	Thames Hare & Hounds	SM	32:30.91
2	9 James	Mckibbin	North Devon AC	SM	33:23.69
3	1 Ollie	Thorogood	SWRR	SM	33:52.31
4	3 Oliver	White	Exmouth Harriers AAC	M35	34:40.89
5	8 Simon	Mugglestone	Bideford AAC	M55	36:00.76
6	12 Michael	Whittle	North Devon AC	M35	36:23.22
7	10 Chris	Jones	Harrow AC	M35	37:19.51
8	13 Max	Roberts	Taunton AC	SM	38:29.17

10000m B Race

1	23 Millie	Porter	Exeter University AC	SF	37:51.28
2	21 Katie	Synge-Curtis	Royal Navy	SF	38:19.99
3	25 Alister	Ferguson	SWRR	M35	44:17.70
4	24 Jenny	Reay	Exmouth Harriers	F60	45:56.01
5	30 Carlos	Castillo	Tavistock AC	M50	46:28.86
6	28 Mike	Kay	SWRR	M60	46:31.20
7	29 Nathan	Kitchen	Cornwall AC	M45	48:29.66
8	31 Geoffrey	Hayward	Cranbrook Running Club	M40	48:33.10
9	27 David M	King	South West Vets	M65	49:43.80
10	32 Lewis	Jones	SWRR	M70	50:04.48

1 mile A Race

1	41 Tom	Webb	Wells City Harriers	U17M	4:28.29
2	54 Jamie	Pullinger	SWRR	SM	4:41.22
3	42 Thomas	Slater	Exeter University AC	SM	4:45.00
4	45 Gwylm	Gibson	SWRR	SM	4:48.69
5	49 Ethan	Pavey	SWRR	SM	4:55.53
6	46 Emma	Ryder	Tavistock AC	SF	4:58.21
7	50 Hugh	Lea		M45	4:59.13
8	47 Edward	Pickering	SWRR	M50	5:02.35
9	51 Paige	Quinn	Torbay AAC	U15G	5:04.80

1 mile B Race

1	62 Jaime	Ingleby	City of Plymouth AC	M40	5:20.45
2	59 George	House		U13B	5:23.41
3	57 Ella	Richards	Newton Abbot AC	U15G	5:24.90
4	72 Scarlett	Muscott	Torbay AAC	U15G	5:28.18
5	60 Isaac	Malton	SWRR	U13B	5:28.78
6	58 Jacob	Adams	Exeter Harriers	U13B	5:36.25
7	61 Cathy	Newman	Exmouth Harriers	F60	5:45.90
8	65 John	Shapland	Bideford AAC	M70	5:57.81
9	64 Debbie	Marsden	South West Vets	F45	6:19.79
10	66 Joseph	Balch	SWRR	U11B	6:39.79
11	68 Harrison	Strong	SWRR	U11B	7:02.00
12	70 Oscar	Burley	SWRR	U15B	7:19.10
13	69 Henry	Pope	SWRR	U11B	7:30.28
14	71 Harry	Balch	SWRR	U11B	7:35.37