

**The Monthly Mile November 2022 (provisional)**

<b>Position</b>	<b>No.</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>	<b>Gender</b>
1	967	Sparrow Morley	Tyne Bridge Harriers	00:04:55	M
2	591	Jonny Malley	Gateshead Harriers	00:05:27	M
3	83	Gary Dunmore	Sunderland Strollers	00:05:46	M
4	201	Mark Christie	Sunderland Strollers	00:05:52	M
5	336	Matthew Archer	Elvet Striders	00:05:55	M
6	161	Callum Jennings	RES Run Club	00:06:00	M
7	187	Steven Wilson	Sunderland Strollers	00:06:06	M
8	95	Michelle Houghton	Sunderland Strollers	00:06:15	F
9	53	Daniel Smith	South Shields Harriers	00:06:18	M
10	288	Andrew Davies	Elvet Striders	00:06:19	M
11	935	Gordon Bird	Unattached	00:06:27	M
12	170	John Dobbs	Unattached	00:06:29	M
13	174	Ewan Heron	South Shields Harriers	00:06:31	M
14	619	Jonathan Gledhill	Saltwell Harriers	00:06:32	M
15	944	Jessica Barrett	Gateshead Harriers	00:06:33	F
16	101	Amy Callaghan	Sunderland Harriers	00:06:39	F
17	1	Rachel Dugan	Sunderland Strollers	00:06:40	F
18	268	Raymond Maddison	RES Run Club	00:06:42	M
19	267	Paul Davy	Unattached	00:06:47	M
20	199	Darren Jarrett	Sunderland Strollers	00:06:49	M
21	618	Jess Heyworth	Saltwell Harriers	00:06:50	F
22	11	Chris Grassam	Sunderland Strollers	00:06:51	M
23	929	Jon Murphy	Unattached	00:06:53	M
24	120	Kayleigh Pickersgill	Sunderland Strollers	00:06:53	F
25	126	Chris Pickersgill	Sunderland Strollers	00:06:54	M
26	139	Matt Jackson	RES Run Club	00:06:54	M
27	168	Rachael Pullen	Unattached	00:06:57	F
28	137	Malcolm Cox	Sunderland Strollers	00:06:59	M
29	140	Lauren Herkes	Sunderland Strollers	00:07:02	F
30	98	Jeff Tweedy	Sunderland Strollers	00:07:03	M
31	156	Kirsty Lowery	Sunderland Strollers	00:07:09	F
32	312	Matthew Heron	Unattached	00:07:09	M
33	4	Brian Dugan	Sunderland Strollers	00:07:10	M
34	155	Phil Crowe	Sunderland Strollers	00:07:14	M
35	293	Melanie Riley	Crook & District AC	00:07:18	F
36	73	Emma Curtis	Jesmond Joggers	00:07:21	F
37	16	Judith Grassam	Sunderland Strollers	00:07:27	F
38	20	Les Hill	Dumfries Running Club	00:07:27	M
39	923	Peter Harris	RES Run Club	00:07:29	M
40	327	Sarah Lake	Sunderland Strollers	00:07:29	F
41	96	John Corcoran	Sunderland Strollers	00:07:31	M
42	335	Loyal Dube	Unattached	00:07:34	F
43	763	Sebastian Gregg	Unattached	00:07:35	M
44	713	Daniel Gregg	Unattached	00:07:35	M
45	319	Laura Breheny	Unattached	00:07:37	F
46	936	Robert Clark	Unattached	00:07:40	M
47	150	Marc Stubbs	Sunderland Strollers	00:07:53	M
48	548	Jackie Johnson	RES Run Club	00:08:17	F
49	172	Sarah Thorell	RES Run Club	00:08:22	F
50	167	Paula McIntosh	Sunderland Strollers	00:08:33	F
51	274	Cindy Chevau	RES Run Club	00:08:34	F
52	191	Nicola Hern	Sunderland Strollers	00:08:35	F
53	194	Nicola Maw	Sunderland Strollers	00:08:37	F
54	290	Colin Reay	Aurora	00:08:38	M
55	269	Ross Punton	RES Run Club	00:08:48	M

56	176	Mark Heron	Unattached	00:08:51	M
57	563	Liz Coley	Sunderland Strollers	00:08:58	F
58	677	David Farrell	RES Run Club	00:09:32	M
59	331	Michael Wisely	NEVC	00:10:20	M
60	988	Frances Collier	Unattached	00:10:38	F
61	291	Nicola Davis	RES Run Club	00:11:42	F
62	173	Faye Heron	Unattached	00:14:29	F
63	322	Sue Breheny	Unattached	00:14:55	F