

**The Monthly Mile July 2023 (provisional for 24 hours)**

<b>Position</b>	<b>No.</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>	<b>Gender</b>
1	402	Peter Smallcombe	Morpeth	4.26	M
2	85	Sean Barry	Newcastle University	4.32	M
3	124	Lewis McConnell	Birtley AC	4.39	M
4	425	Sparrow Morley	Tyne Bridge Harriers	4.59	M
5	91	Michael Barker	Sunderland Harriers	5.01	M
6	476	Martin Smith	Unattached	5.24	M
7	973	Karl Maguire	RES Run Club	5.30	M
8	111	Paul Andrews	GoodGym	5.31	M
9	161	Callum Jennings	RES Run Club	5.40	M
10	429	William Keay	Unattached	5.46	M
11	492	Paul Emmerson	Jarrow and Hebburn	5.47	M
12	79	Elliot Burns	Unattached	5.47	M
13	152	Daniel Fenwick	RES Run Club	5.50	M
14	77	Michael Robson	Washington Running Club	5.53	M
15	467	Chris Gowland	Washington Running Club	6.09	M
16	411	Bobby Weightman	Jarrow and Hebburn	6.10	M
17	491	Alexa Reid	Jarrow and Hebburn	6.11	F
18	168	Rachel Pullan	Sunderland Strollers	6.14	F
19	132	Lauren Herkes	Sunderland Strollers	6.15	F
20	170	John Dobbs	Unattached	6.21	M
21	157	Jamie Tiffin	RES Run Club	6.24	M
22	66	Thomas Campbell	RES Run Club	6.24	M
23	88	Lucas Barker	Sunderland Harriers	6.27	M
24	985	Iain England	Unattached	6.28	M
25	452	Jeff Tweedy	Sunderland Strollers	6.40	M
26	281	Alister Robson	Fetch Everyone	6.46	M
27	144	David Larkin	Washington Running Club	6.49	M
28	465	Jon Murphy	Unattached	7.05	M
29	84	Paul Lewins	Low Fell	7.07	M
30	282	Eddie Collier	Unattached	7.10	M
31	403	David Stothard	Aycliffe Running Club	7.11	M
32	125	Peter Harris	RES Run Club	7.21	M
33	474	Anji Andrews	RES Run Club	7.26	F
34	57	Loyal Dube	Unattached	7.41	F
35	445	Steven Keay	Tyne Bridge Harriers	7.43	M
36	993	Paul Haustead	RES Run Club	7.44	M
37	116	Jacqueline Elliot	Aurora	7.48	F
38	548	Jackie Johnson	RES Run Club	7.55	F
39	422	Melanie Riley	Crook & District AC	7.58	F
40	466	Laura Gowland	Washington Running Club	8.30	F
41	269	Ross Punton	RES Run Club	8.38	M
42	151	John New	Sunderland Strollers	8.43	M
43	561	Neil Reay	RES Run Club	8.53	M
44	62	Janice Wilkinson	RES Run Club	9.02	F
45	56	Katie Wilkinson	RES Run Club	9.03	F
46	149	Jo New	Sunderland Strollers	9.08	M
47	136	Sharon Simpson	Washington Running Club	9.14	F
48	142	Janet Morris	Washington Running Club	9.19	F
49	405	Ian Stothard	Aycliffe Running Club	9.28	M
50	495	Tammy Cook	RES Run Club	10.11	F
51	283	Harry Collier	Unattached	11.07	M
52	496	Alexandra Ingram	Unattached	13.23	F