

The Monthly Mile July 2024 (provisional for 24 hours)

| Position | No. | Name | Club | Time | Gender |
|-----------------|------------|------------------------|-------------------------|-------------|---------------|
| 1 | 15 | Sparrow Morley | Tyne Bridge Harriers | 00:05:00 | M |
| 2 | 193 | Steven Mackie | RES Run Club | 00:05:15 | M |
| 3 | 93 | Phil Johnston | Wearside Triathlon | 00:05:28 | M |
| 4 | 123 | Ian McAlpine | Unattached | 00:05:32 | M |
| 5 | 16 | Gregory Penn | North Shields Poly | 00:05:38 | M |
| 6 | 41 | Anthony Tait | Tyne Bridge Harriers | 00:05:40 | M |
| 7 | 168 | Simon Cyhanko | Sunderland Strollers | 00:05:44 | M |
| 8 | 177 | Scott Wilkes | Ashington Hirst | 00:05:48 | M |
| 9 | 138 | Paul Pickford | Unattached | 00:05:50 | M |
| 10 | 172 | Michael Robson | Washington Running Club | 00:05:53 | M |
| 11 | 187 | Richard Barker | Sunderland Strollers | 00:05:55 | M |
| 12 | 167 | Amy Callaghan | Sunderland Harriers | 00:05:57 | F |
| 13 | 166 | Julie Pescod | Sunderland Harriers | 00:05:58 | F |
| 14 | 44 | Chris Elliott | RES Run Club | 00:05:59 | M |
| 15 | 173 | Gillian Ritchie | Sunderland Strollers | 00:06:01 | F |
| 16 | 66 | Adam Yeadon | Unattached | 00:06:02 | M |
| 17 | 25 | Paul Havis | Unattached | 00:06:02 | M |
| 18 | 54 | Kevin Warburton | RES Run Club | 00:06:03 | M |
| 19 | 164 | Hasina Khanom | Sunderland Strollers | 00:06:04 | F |
| 20 | 179 | Tamsin Edey | Kingston Upon Hull AC | 00:06:05 | F |
| 21 | 178 | Matt Edey | Beverley AC | 00:06:06 | M |
| 22 | 114 | Melina Bourgenot-Lewis | Tyne Bridge Harriers | 00:06:09 | F |
| 23 | 139 | Graeme Pullan | Wearside Triathlon | 00:06:12 | M |
| 24 | 99 | Thomas Page | Jarrow and Hebburn | 00:06:14 | M |
| 25 | 24 | Laura Havis | Middlesbrough AC | 00:06:19 | F |
| 26 | 184 | Alex Charlton | Washington Running Club | 00:06:22 | F |
| 27 | 5 | Philip Connor | Elvet Striders | 00:06:23 | M |
| 28 | 175 | Matthew Outhwaite | Unattached | 00:06:25 | M |
| 29 | 92 | Natasha Steel | Sunderland Harriers | 00:06:25 | F |
| 30 | 185 | Kimberly Kerry | Washington Running Club | 00:06:27 | F |
| 31 | 32 | Andrew Davies | Elvet Striders | 00:06:27 | M |
| 32 | 161 | George Harden | Washington Running Club | 00:06:29 | M |
| 33 | 169 | Simon Massey | Washington Running Club | 00:06:32 | M |
| 34 | 189 | Sam Nelthorpe | RES Run Club | 00:06:34 | M |
| 35 | 170 | Chris Brewer | Unattached | 00:06:35 | M |
| 36 | 156 | Jak Smith | RES Run Club | 00:06:38 | M |
| 37 | 162 | Rebecca Swindells | Washington Running Club | 00:06:39 | F |
| 38 | 171 | John Goldsmith | Washington Running Club | 00:06:40 | M |
| 39 | 191 | Gerard Harrison | Sunderland Strollers | 00:06:41 | M |
| 40 | 45 | David Stothard | Aycliffe Running Club | 00:06:42 | M |
| 41 | 174 | Sean Outhwaite | Unattached | 00:06:45 | M |
| 42 | 160 | Thomas Campbell | RES Run Club | 00:06:45 | M |
| 43 | 181 | Andrew McAlpine | RES Run Club | 00:06:46 | M |
| 44 | 194 | Jeff Tweedy | Sunderland Strollers | 00:06:47 | M |
| 45 | 196 | Gary Brown Gale | RES Run Club | 00:06:49 | M |
| 46 | 116 | David Larkin | Washington Running Club | 00:06:50 | M |
| 47 | 73 | Peter Harris | RES Run Club | 00:06:52 | M |
| 48 | 129 | Joe Glancy | Sunderland Strollers | 00:06:57 | M |
| 49 | 163 | Simon Turnbull | Washington Running Club | 00:07:04 | M |
| 50 | 100 | Michael Page | Jarrow and Hebburn | 00:07:14 | M |
| 51 | 6 | Mahathir Chan | Unattached | 00:07:15 | M |
| 52 | 79 | Paul Davy | Tynedale Harriers & AC | 00:07:16 | M |
| 53 | 38 | Jackie Johnson | RES Run Club | 00:07:17 | F |
| 54 | 188 | Rob Bewick | Unattached | 00:07:25 | M |
| 55 | 190 | Jamie Blackwood | RES Run Club | 00:07:27 | M |

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| 56 | 176 | Steven Shaw | Unattached | 00:07:31 | M |
| 57 | 1 | Neil Reay | RES Run Club | 00:07:47 | M |
| 58 | 182 | Michael Forster | Unattached | 00:07:49 | M |
| 59 | 135 | Demi Weston | RES Run Club | 00:07:52 | F |
| 60 | 75 | Lucy Simpson | Washington Running Club | 00:07:54 | F |
| 61 | 183 | Lydia Gibson | Durham City Harriers | 00:08:03 | F |
| 62 | 165 | Anthony Forster | Washington Running Club | 00:08:08 | M |
| 63 | 58 | Leanne Simpson | Washington Running Club | 00:08:11 | F |
| 64 | 186 | Laura Kennedy | Washington Running Club | 00:08:16 | F |
| 65 | 125 | Corrinne Dockwray | Unattached | 00:08:49 | F |
| 66 | 50 | Ross Punton | RES Run Club | 00:08:58 | M |
| 67 | 195 | Ella Blythen | RES Run Club | 00:09:05 | F |
| 68 | 180 | Charlotte Proud | GoodGym | 00:09:44 | F |
| 69 | 192 | Moe Harrison | Sunderland Strollers | 00:09:48 | F |
| 70 | 77 | Michael Wisely | Unattached | 00:10:20 | M |
| 71 | 46 | Ian Stothard | Aycliffe Running Club | 00:10:41 | M |