

Dam Flask Relays

Overall Results

Pos	Bib	Team	AG	Time	Lap 1	Lap 2	Lap 3	Lap 4
Male								
1.	11	Hallamshire Harriers	Senior Men	1:11:20	18:04	18:09	18:00	17:07
2.	10	Hallamshire Harriers	Senior Men	1:12:37	18:32	18:23	18:06	17:36
3.	74	Hillsborough & Rivelin RC	Senior Men	1:15:29	18:36	18:42	19:23	18:48
4.	25	Barnsley AC	Senior Men	1:16:35	18:29	18:23	19:38	20:05
5.	75	Hillsborough & Rivelin RC	Senior Men	1:18:43	19:13	19:09	21:21	19:00
6.	67	Sheffield RC	Mens M40	1:19:33	19:14	21:02	20:08	19:09
7.	7	Doncaster AC	Senior Men	1:19:49	19:05	20:10	20:58	19:36
8.	12	Hallamshire Harriers	Senior Men	1:19:56	19:07	20:05	21:41	19:03
9.	65	Sheffield RC	Senior Men	1:21:02	19:19	20:51	20:51	20:01
10.	80	Hillsborough & Rivelin RC	Mens M40	1:21:21	19:22	20:23	21:21	20:15
11.	34	Dronfield Running Club	Mens M40	1:22:35	19:26	20:38	21:06	21:25
12.	28	Barnsley Harriers	Senior Men	1:23:06	20:02	20:48	20:59	21:17
13.	46	Totley AC	Senior Men	1:24:51	21:55	21:13	20:24	21:19
14.	26	Barnsley AC	Senior Men	1:25:46	19:38	20:34	19:48	25:46
15.	48	Totley AC	Mens M40	1:26:30	19:48	21:51	22:30	22:21
16.	77	Hillsborough & Rivelin RC	Senior Men	1:26:55	21:15	21:59	22:16	21:25
17.	39	Penistone Footpath Runners AC	Senior Men	1:27:48	19:12	21:13	22:48	24:35
18.	45	Hallamshire Harriers	Mens M50	1:27:51	20:15	21:30	22:32	23:34
19.	32	Denby Dale AC	Mens M40	1:28:27	22:17	22:24	22:06	21:40
20.	78	Hillsborough & Rivelin RC	Senior Men	1:28:44	22:27	22:10	20:53	23:14
21.	9	Doncaster AC	Senior Men	1:28:47	21:51	21:18	22:42	22:56
22.	57	Steel City Striders	Mens M40	1:28:59	21:20	23:06	21:41	22:52
23.	13	Kimberworth Striders	Senior Men	1:29:03	23:04	22:39	19:55	23:25
24.	4	Danum Harriers	Mens M40	1:29:07	23:54	21:45	22:10	21:18
25.	58	Steel City Striders	Mens M40	1:29:43	21:46	22:02	22:58	22:57
26.	41	Penistone Footpath Runners AC	Mens M40	1:29:49	21:56	22:43	22:55	22:15
27.	81	Hillsborough & Rivelin RC	Mens M40	1:30:07	22:22	22:19	22:29	22:57
28.	60	Steel City Striders	Mens M50	1:31:22	20:51	23:07	23:34	23:50
29.	69	Ackworth Road Runners	Senior Men	1:31:50	22:06	23:23	21:46	24:35
30.	14	Kimberworth Striders	Mens M40	1:32:53	20:27	24:08	24:16	24:02
31.	42	Penistone Footpath Runners AC	Mens M50	1:33:26	23:57	22:19	21:58	25:12
32.	33	Denby Dale AC	Mens M50	1:33:46	22:38	24:52	22:14	24:02
33.	82	Hillsborough & Rivelin RC	Mens M50	1:34:20	21:59	24:01	23:21	24:59
34.	79	Hillsborough & Rivelin RC	Senior Men	1:34:36	23:17	24:13	23:31	23:35
35.	1	Danum Harriers	Senior Men	1:34:51	24:32	22:55	23:21	24:03
36.	44	Askern & District AC	Senior Men	1:35:42	21:07	25:26	26:46	22:23
37.	63	Steel City Striders	Senior Men	1:35:51	23:50	24:14	23:53	23:54
38.	51	Totley AC	Mens M50	1:36:12	25:42	23:35	21:28	25:27
39.	17	Kimberworth Striders	Senior Men	1:37:40	24:31	23:42	24:02	25:25
40.	29	Barnsley Harriers	Senior Men	1:38:50	24:55	26:51	21:45	25:19
41.	2	Danum Harriers	Senior Men	1:38:56	26:59	23:36	24:54	23:27
42.	61	Steel City Striders	Mens M50	1:39:26	25:01	24:26	25:37	24:22
43.	6	Danum Harriers	Mens M50	1:39:28	25:00	30:16	22:25	21:47
44.	71	Ackworth Road Runners	Mens M50	1:39:31	25:23	23:52	22:38	27:38
45.	35	Dronfield Running Club	Mens M50	1:39:49	23:06	25:02	26:21	25:20
46.	70	Ackworth Road Runners	Senior Men	1:39:50	23:28	28:56	24:05	23:21
47.	40	Penistone Footpath Runners AC	Senior Men	1:39:56	25:25	25:20	24:29	24:42
48.	36	Dronfield Running Club	Senior Men	1:40:11	20:57	26:05	24:27	28:42

Dam Flask Relays

Overall Results

Pos	Bib	Team	AG	Time	Lap 1	Lap 2	Lap 3	Lap 4
49.	54	Handsworth Roadhogs	Senior Men	1:40:17	25:09	25:57	26:49	22:22
50.	47	Totley AC	Senior Men	1:40:26	24:02	26:44	24:16	25:24
51.	84	Hillsborough & Rivelin RC	Senior Men	1:40:27	24:58	28:36	25:16	21:37
52.	37	Kingstone Runners	Mens M50	1:41:16	21:25	25:00	30:12	24:39
53.	19	Rotherham Harriers	Mens M40	1:41:38	24:28	24:54	24:39	27:37
54.	68	Sheffield RC	Mens M40	1:43:11	24:37	25:43	27:05	25:46
55.	21	Rotherham Running Club	Senior Men	1:43:43	26:42	25:41	24:53	26:27
56.	50	Totley AC	Mens M40	1:43:50	25:53	25:32	26:14	26:11
57.	64	Steel City Striders	Mens M40	1:44:58	24:55	26:51	27:39	25:33
58.	8	Doncaster AC	Mens M40	1:45:46	22:50	28:40	29:11	25:05
59.	83	Hillsborough & Rivelin RC	Mens M50	1:45:59	27:00	26:02	26:55	26:02
60.	72	Ackworth Road Runners	Mens M50	1:46:32	28:52	23:25	26:42	27:33
61.	73	Ackworth Road Runners	Mens M40	1:47:12	24:38	27:48	27:00	27:46
62.	5	Danum Harriers	Mens M40	1:47:15	26:45	27:41	26:55	25:54
63.	22	Rotherham Running Club	Mens M50	1:47:23	25:30	24:32	32:44	24:37
64.	52	Totley AC	Mens M50	1:48:15	29:02	28:54	25:29	24:50
65.	38	Kingstone Runners	Senior Men	1:49:36	27:25	25:49	31:03	25:19
66.	24	Valley Hill Runners	Mens M40	1:51:16	24:06	31:59	28:54	26:17
67.	3	Danum Harriers	Senior Men	1:51:50	27:31	31:18	24:57	28:04
68.	15	Kimberworth Striders	Senior Men	1:52:10	26:47	28:39	29:10	27:34
69.	23	Rotherham Running Club	Mens M40	1:55:09	24:27	28:52	30:03	31:47
70.	30	Barnsley Harriers	Mens M40	1:55:56	28:14	29:21	28:00	30:21
71.	62	Steel City Striders	Mens M50	1:56:44	29:09	35:06	28:20	24:09
72.	27	Barnsley AC	Mens M50	1:58:48	26:23	30:05	29:23	32:57
73.	20	Rotherham Harriers	Mens M50	1:59:35	29:04	28:28	34:27	27:36
74.	18	Kimberworth Striders	Senior Men	2:07:55	35:22	31:31	32:09	28:53

Male V60

1.	178	Steel City Striders	Mens M60	1:09:51	24:20	22:46	22:45
2.	135	Barnsley AC	Mens M60	1:13:27	23:01	23:41	26:45
3.	107	Doncaster AC	Mens M60	1:19:07	24:03	26:19	28:45
4.	157	Askern & District AC	Mens M60	1:20:01	26:08	27:08	26:45
5.	166	Totley AC	Mens M60	1:21:04	23:15	27:05	30:44
6.	106	Danum Harriers	Mens M60	1:22:24	22:09	31:29	28:46
7.	127	Rotherham Running Club	Mens M60	1:24:27	23:25	27:41	33:21
8.	118	Kimberworth Striders	Mens M60	1:25:25	32:38	29:22	23:25
9.	148	Kingstone Runners	Mens M60	1:29:52	30:04	29:04	30:44
10.	131	Valley Hill Runners	Mens M60	1:31:53	30:58	29:38	31:17
11.	156	Penistone Footpath Runners AC	Mens M60	1:40:16	31:37	31:01	37:38

Female

1.	168	Hallamshire Harriers	Senior Women	1:00:12	20:55	18:37	20:40
2.	167	Hallamshire Harriers	Senior Women	1:02:02	18:46	20:59	22:17
3.	169	Steel City Striders	Senior Women	1:04:22	21:47	22:09	20:26
4.	132	Barnsley AC	Senior Women	1:08:14	20:50	24:37	22:47
5.	173	Steel City Striders	Womens F35	1:08:15	21:48	24:39	21:48
6.	183	Hillsborough & Rivelin RC	Senior Women	1:08:37	23:08	23:09	22:20
7.	189	Hillsborough & Rivelin RC	Womens F35	1:09:37	22:32	23:05	24:00
8.	159	Totley AC	Womens F35	1:09:52	22:31	24:46	22:35
9.	170	Steel City Striders	Senior Women	1:12:05	24:08	23:00	24:57
10.	146	Dronfield Running Club	Senior Women	1:12:21	25:56	24:50	21:35

Dam Flask Relays

Overall Results

Pos	Bib	Team	AG	Time	Lap 1	Lap 2	Lap 3	Lap 4
11.	161	Totley AC	Womens F45	1:13:29	24:51	24:40	23:58	
12.	155	Penistone Footpath Runners AC	Womens F45	1:13:51	26:44	22:31	24:36	
13.	190	Hillsborough & Rivelin RC	Womens F35	1:15:02	25:44	23:41	25:37	
14.	180	Sheffield RC	Womens F35	1:15:53	27:10	25:57	22:46	
15.	123	Rotherham Running Club	Senior Women	1:16:02	23:27	23:45	28:50	
16.	158	Totley AC	Senior Women	1:17:12	22:55	28:33	25:44	
17.	133	Barnsley AC	Senior Women	1:17:31	25:33	29:56	22:02	
18.	151	Penistone Footpath Runners AC	Senior Women	1:17:38	24:59	26:48	25:51	
19.	174	Steel City Striders	Womens F35	1:17:39	25:27	26:54	25:18	
20.	111	Kimberworth Striders	Senior Women	1:18:02	25:17	26:01	26:44	
21.	186	Hillsborough & Rivelin RC	Senior Women	1:18:20	25:00	26:56	26:24	
22.	185	Hillsborough & Rivelin RC	Senior Women	1:18:48	26:47	26:12	25:49	
23.	162	Totley AC	Womens F45	1:19:03	26:21	26:05	26:37	
24.	120	Rotherham Harriers	Womens F35	1:20:39	26:59	25:37	28:03	
25.	176	Steel City Striders	Womens F45	1:20:43	25:08	26:51	28:44	
26.	192	Hillsborough & Rivelin RC	Womens F35	1:21:21	26:47	27:46	26:48	
27.	191	Hillsborough & Rivelin RC	Womens F35	1:21:24	26:03	26:27	28:54	
28.	105	Danum Harriers	Womens F45	1:21:57	29:03	26:10	26:44	
29.	171	Steel City Striders	Senior Women	1:22:21	28:23	28:10	25:48	
30.	136	Barnsley Harriers	Womens F45	1:23:07	28:48	24:47	29:32	
31.	108	Doncaster AC	Senior Women	1:23:36	29:10	26:06	28:20	
32.	152	Penistone Footpath Runners AC	Senior Women	1:23:41	28:40	26:30	28:31	
33.	103	Danum Harriers	Senior Women	1:23:52	25:36	29:04	29:12	
34.	143	Denby Dale AC	Senior Women	1:24:23	26:26	25:14	32:43	
35.	164	Totley AC	Womens F55	1:24:24	26:03	27:26	30:55	
36.	175	Steel City Striders	Womens F35	1:24:31	28:47	30:55	24:49	
37.	113	Kimberworth Striders	Senior Women	1:24:47	28:50	29:39	26:18	
38.	160	Totley AC	Womens F35	1:25:04	27:25	28:08	29:31	
39.	179	Sheffield RC	Senior Women	1:25:27	29:40	27:22	28:25	
40.	193	Hillsborough & Rivelin RC	Womens F35	1:26:30	25:57	30:06	30:27	
41.	104	Danum Harriers	Womens F35	1:27:55	27:24	30:42	29:49	
42.	177	Steel City Striders	Womens F55	1:27:56	26:44	28:59	32:13	
43.	125	Rotherham Running Club	Womens F35	1:28:17	30:13	27:51	30:13	
44.	163	Totley AC	Womens F45	1:28:31	26:34	29:33	32:24	
45.	145	Denby Dale AC	Womens F45	1:28:46	26:25	28:20	34:01	
46.	182	Ackworth Road Runners	Womens F35	1:30:32	36:29	26:24	27:39	
47.	187	Hillsborough & Rivelin RC	Senior Women	1:30:34	27:00	33:39	29:55	
48.	126	Rotherham Running Club	Womens F45	1:30:36	26:53	29:59	33:44	
49.	112	Kimberworth Striders	Womens F45	1:30:44	29:04	30:36	31:04	
50.	137	Barnsley Harriers	Womens F35	1:31:41	32:26	28:23	30:52	
51.	154	Penistone Footpath Runners AC	Womens F35	1:32:47	28:00	34:43	30:04	
52.	140	Barnsley Harriers	Womens F35	1:33:15	31:40	28:21	33:14	
53.	181	Ackworth Road Runners	Womens F45	1:33:43	34:27	28:30	30:46	
54.	138	Barnsley Harriers	Womens F35	1:34:50	31:46	31:51	31:13	
55.	153	Penistone Footpath Runners AC	Womens F35	1:35:06	31:56	31:54	31:16	
56.	102	Askern & District AC	Senior Women	1:35:14	32:51	33:34	28:49	
57.	144	Denby Dale AC	Womens F35	1:35:28	29:20	33:10	32:58	
58.	129	Valley Hill Runners	Senior Women	1:36:31	29:05	33:32	33:54	
59.	172	Steel City Striders	Senior Women	1:37:00	29:21	32:57	34:42	

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60.	149	Kingstone Runners	Womens F45	1:37:31	35:39	32:28	29:24	
61.	165	Totley AC	Womens F55	1:38:13	30:53	34:27	32:53	
62.	124	Rotherham Running Club	Womens F45	1:38:21	30:15	31:54	36:12	
63.	101	Askern & District AC	Senior Women	1:38:46	34:39	31:34	32:33	
64.	134	Barnsley AC	Womens F35	1:38:53	29:12	32:16	37:25	
65.	141	Barnsley Harriers	Womens F45	1:41:15	30:48	32:19	38:08	
66.	188	Hillsborough & Rivelin RC	Senior Women	1:41:18	34:16	34:03	32:59	
67.	150	Kingstone Runners	Womens F35	1:41:54	37:03	36:42	28:09	
68.	117	Kimberworth Striders	Senior Women	1:42:40	38:01	29:54	34:45	
69.	109	Doncaster AC	Womens F35	1:44:16	34:45	36:15	33:16	
70.	110	Doncaster AC	Womens F55	1:45:20	35:47	33:15	36:18	
71.	115	Kimberworth Striders	Womens F45	1:48:20	40:08	34:07	34:05	
72.	122	Rotherham Harriers	Womens F55	1:48:24	33:41	35:14	39:29	
73.	139	Barnsley Harriers	Womens F45	1:49:27	39:57	34:45	34:45	
74.	116	Kimberworth Striders	Womens F35	1:52:30	44:32	30:26	37:32	
75.	130	Valley Hill Runners	Womens F35	1:55:45	38:29	31:51	45:25	

Number of records: 160