

Dam Flask Relays 2023

Overall Results



Pos	Baton	Club	1	1	2	2	3	3	4	4	Laps	Time	
Male Team													
1.	28	Hallamshire Harriers	Rob Smith	18:19	Tommy Power	17:27	Laurence Griffin	18:01	Toby Antcliff	18:00	4	1:11:48	-
2.	27	Hallamshire Harriers	Matt Craig	18:01	Cameron Bell	18:51	Euan Brown	17:36	Jed Bartlett	17:57	4	1:12:27	+00:39
3.	29	Hallamshire Harriers	Christian Battersby	18:37	Connor Milnes	18:14	Kieron Sexton	18:36	Alex Mason	18:26	4	1:13:55	+02:07
4.	3	Barnsley AC	Gareth Cooke	18:56	Gary Briscoe	19:00	Sean Burke	19:24	Scott Hinchcliffe	18:26	4	1:15:48	+04:00
5.	62	Rotherham Harriers	Ben Burton	18:21	James Mellor	19:04	Aidan Johnson	19:34	Gareth Sampson	20:05	4	1:17:06	+05:18
6.	75	Sheffield RC	David Millns	19:05	Aaron Francis	19:54	Jonathan Shaw	19:30	Daniel Orr	18:50	4	1:17:20	+05:32
7.	21	Dronfield Running Club	Tom Shaw	18:08	Matt Payne	20:52	Stuart Carrack	19:49	Chris Joyce	19:23	4	1:18:13	+06:25
8.	78	Sheffield RC	Steve Canning	19:47	Tom Hall	20:07	Robert Cassy	19:21	Keith Swainson	19:20	4	1:18:36	+06:48
9.	82	Hillsborough & Rivelin RC	Sam Gilliver	19:20	Jimmie Stuart	19:49	Mark Prince	19:54	Daniel Smith	19:37	4	1:18:42	+06:54
10.	38	Steel City Striders	Robert Byers	18:42	Liam Brennan	20:09	Luke Tipping	20:16	Naeem Stevens	19:36	4	1:18:44	+06:56
11.	4	Barnsley AC	Josh Bird	19:05	Michael Grain	20:10	Nathan Doy	19:59	Phil Montgomery	19:39	4	1:18:54	+07:06
12.	90	Hillsborough & Rivelin RC	Alex Day	19:33	Scott Watson	20:33	Jonathan Cooper	20:19	James Biggins	20:04	4	1:20:30	+08:42
13.	50	Totley AC	Charlie Baker	19:40	Steve Franklin	18:45	Ed Goodison	22:31	Joel Paisley	20:50	4	1:21:47	+09:59
14.	84	Hillsborough & Rivelin RC	Tom Clifford	20:10	Ben Burrell	20:56	Paddy Clark	20:33	Joe Delahunty	21:28	4	1:23:08	+11:20
15.	76	Sheffield RC	Matthew Sims	19:54	Rob Addenbrooke	20:01	Shaun Boatwright	22:06	Christopher Moss	21:07	4	1:23:09	+11:21
16.	25	Hallamshire Harriers	Philip Cooper	19:46	James Halse	20:28	Rob Wapshott	22:22	Dave Nolan	21:16	4	1:23:54	+12:06
17.	20	Doncaster AC	Rob Barnes	20:51	Peter Badger	19:49	Mariusz Felczerek	21:22	Martin James	22:10	4	1:24:14	+12:26
18.	79	Sheffield RC	Amir Nanpazi	21:17	James Thompson	22:33	Fred Vellacott	20:18	Bruno Beckett	20:19	4	1:24:28	+12:40
19.	39	Steel City Striders	Luke Mair	20:06	Seth Kirby	19:50	Tim Erskine	23:23	James Wilkins	21:07	4	1:24:28	+12:40
20.	83	Hillsborough & Rivelin RC	John Boden	20:53	Peter Boden	20:49	Matt Noble	21:01	James Weber	22:01	4	1:24:46	+12:58
21.	56	Denby Dale AC	Jonathan Ridge	21:16	Adam Bloomfield	21:44	Pawel Cylich	20:54	Paul Fairburn	21:16	4	1:25:12	+13:24
22.	22	Dronfield Running Club	Mike Robinson	21:14	Tom Baggaley	21:48	Oli Constable	21:35	Joe Howard	20:36	4	1:25:15	+13:27
23.	91	Hillsborough & Rivelin RC	Paul Harrison	22:08	Mark Lawton	21:23	Mark Hoyle	21:10	James Rose	20:37	4	1:25:20	+13:32
24.	8	Clowne Road Runners	Matthew Martin	19:24	Calvin Cook	21:56	Matt Taylor	23:56	Phil Morris	20:04	4	1:25:21	+13:33
25.	68	Barnsley Harriers	Alan Ford	21:39	Rich Spooner	20:36	Simon Newton	22:16	David Hanks	21:13	4	1:25:45	+13:57
26.	26	Hallamshire Harriers	Darren King	20:56	James Hartley	21:14	Jon Slate	22:37	Mike Nolan	21:11	4	1:26:00	+14:12
27.	95	Hillsborough & Rivelin RC	Simon Bennett	21:13	Robin Lawrence	21:11	Richard Tompkins	21:55	Michael Ashworth	22:00	4	1:26:21	+14:33
28.	5	Barnsley AC	Jack Bellamy	20:46	Stuart Wilson	21:32	George Haxby	22:39	Adam Lavelle	21:25	4	1:26:24	+14:36
29.	51	Totley AC	Mark Anderson	20:44	Simon Rutherford	21:37	Alex Carlow	21:44	Matthew Burden	22:34	4	1:26:40	+14:52
30.	64	Penistone Footpath Runners AC	James Fryers	20:08	George Parr	20:55	Sean Pitt	23:07	Oliver Pike	22:51	4	1:27:04	+15:16
31.	65	Penistone Footpath Runners AC	Robert Lees	22:28	James Mumford	20:57	Lee Storey	22:20	Gareth Irvine	21:33	4	1:27:20	+15:32
32.	7	Barnsley AC	Gavin Felton	22:19	Keith Littlewood	21:17	Chris McNicholas	22:46	Richard Price	21:28	4	1:27:52	+16:04
33.	10	Clowne Road Runners	Jordan Street	20:52	Chris Lilleyman	22:09	Graham Worsfold	21:42	James Brailsford	23:29	4	1:28:13	+16:25
34.	92	Hillsborough & Rivelin RC	Paul Griffiths	21:24	Chris Guy	22:02	Michael Greer	22:17	Gareth Hague	22:48	4	1:28:33	+16:45
35.	12	Danum Harriers	Andrew Teasdale	20:50	Ben Chapman	21:59	Andy Coy	21:44	Nathaniel Redcliffe	24:04	4	1:28:38	+16:50
36.	85	Hillsborough & Rivelin RC	Charles Vickers	21:26	Chris Parkes Bowen	23:08	Alex Jenkinson	21:45	Andrew Moore	22:36	4	1:28:57	+17:09
37.	30	Kimberworth Striders	Steve O'Neill	24:14	Kevin Doyle	22:54	Dan Birkinshaw	21:05	Shaun Wright	21:55	4	1:30:09	+18:21
38.	58	Denby Dale AC	Shaun Mollart	22:26	Darren Zemlick	21:24	Andrew Green	23:28	Dunstan Gibson	23:05	4	1:30:25	+18:37
39.	67	Penistone Footpath Runners AC	Jonathan Bentley	20:50	Matthew Robinson	21:34	Andrew Shelbourne	23:29	Robin Clough	24:39	4	1:30:34	+18:46

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Overall Results



Pos	Baton	Club	1	1	2	2	3	3	4	4	Laps	Time
40.	81	Sheffield RC	David Higginbottom	24:22	Dean Furniss	22:02	Bryan Bradwell	23:53	Steve Cox	20:56	4	1:31:14 +19:26
41.	40	Steel City Striders	Malcolm Baggaley	22:36	Danny Bent	22:14	Will Hitchmough	23:43	Adam Brooks	22:54	4	1:31:28 +19:40
42.	1	Askern & District AC	Andrew Moore	22:34	Jody Murray	22:27	Michael Pearson	22:41	Ashley Young	24:16	4	1:32:00 +20:12
43.	19	Doncaster AC	Adam Cotterill	22:24	Andy Constantine	21:52	Stephen Fox	24:34	Mervyn Christison	23:28	4	1:32:20 +20:32
44.	6	Barnsley AC	Ryan Copley	23:43	Mark Wood	23:10	James Musgrave	22:25	Dave Brooksbank	23:03	4	1:32:22 +20:34
45.	31	Kimberworth Striders	Mark Gladwin	22:29	Toby Bellis	22:25	Kieron Cawkwell	23:45	Danny Moore	23:46	4	1:32:27 +20:39
46.	57	Denby Dale AC	Ross McClelland	22:58	Richard Walker	22:46	Josh Ellis	22:17	David Lee	24:32	4	1:32:35 +20:47
47.	86	Hillsborough & Rivelin RC	James Boreman	23:45	Rob Coddington	22:55	Jack Bowman	24:04	Lucas Colledge	21:52	4	1:32:38 +20:50
48.	44	Steel City Striders	Andrew Mansfield	23:30	Ben Baxendale	23:19	Oliver Carlisle	23:18	Joel Kesterton	22:31	4	1:32:39 +20:51
49.	77	Sheffield RC	Toby Meek	24:50	Andrew Pickard	21:06	Richard Ward	23:45	Matt Worthington	23:02	4	1:32:45 +20:57
50.	23	Dronfield Running Club	Will Newton	24:07	Luke Smith	22:42	John Daly	24:01	Ian Sapsford	23:58	4	1:34:49 +23:01
51.	69	Barnsley Harriers	Richard Singleton	23:22	Mike Schofield	23:00	Mark Rawnsley	24:52	Phill Tyas	23:40	4	1:34:56 +23:08
52.	16	Danum Harriers	John Stringer	21:44	Robert Kucharski	24:13	Andy Irvine	22:54	David Mellor	26:18	4	1:35:11 +23:23
53.	47	Steel City Striders	Ian Stinson	23:28	Al Cook	22:52	Paddy Treehowes	23:49	Adam McAuley	25:09	4	1:35:20 +23:32
54.	87	Hillsborough & Rivelin RC	Simon Hope	23:07	Alastair Ronaldson	22:59	David Thompson	24:56	David Chambers	24:27	4	1:35:29 +23:41
55.	41	Steel City Striders	Ben Stittle	24:16	Jim Rangeley	25:07	Robin Nelson	25:23	Michael Cambell	20:52	4	1:35:40 +23:52
56.	52	Totley AC	Colin Alexander	24:33	Alasdair Tatum	24:23	Ian Bates	25:13	Aidan Linskill	21:54	4	1:36:05 +24:17
57.	9	Clowne Road Runners	Chris Amery	23:27	Luke Weaver	26:45	Martin McShane	24:48	Ricki Ocroft	21:46	4	1:36:49 +25:01
58.	96	Hillsborough & Rivelin RC	Steve Smith	23:35	Al Dalton	23:50	Kenny Hunter	26:54	Andrew Davies	23:33	4	1:37:54 +26:06
59.	54	Totley AC	Mick Crookes	23:59	Rob Owen	23:43	Marcus Adams	27:33	Ben Moon	22:52	4	1:38:08 +26:20
60.	42	Steel City Striders	Sam Ainscough	24:18	Joshua Chapman	22:35	Alexander Briggs	26:47	John Egginton	24:56	4	1:38:38 +26:50
61.	32	Kimberworth Striders	Andrew Hedison	23:58	Brian Miranda	26:02	Christopher Keeler	24:36	Liam Swift	24:01	4	1:38:38 +26:50
62.	93	Hillsborough & Rivelin RC	Lee Baggaley	25:40	Nick Hails	23:45	Simon Green	23:36	Steve Clarke	25:50	4	1:38:52 +27:04
63.	45	Steel City Striders	Sergei Shkul	25:04	Justin Synan	23:50	Chris Johnson	24:36	Daniel Abbott	26:23	4	1:39:54 +28:06
64.	73	Rotherham Running Club	Graham Dodd	22:38	Paul Greenwood	22:45	Gavin Edley	22:41	Andy Pidcock	32:01	4	1:40:07 +28:19
65.	35	Sheffield Tri Club	Pete Osborne	25:05	Addam Darnell	24:42	Nick Tripp	22:20	Barry Dunn	28:27	4	1:40:35 +28:47
66.	89	Hillsborough & Rivelin RC	Andy Kinsella	26:30	Andrew Woffindin	20:25	Nigel Holmes	30:46	Oliver Eagle	23:31	4	1:41:14 +29:26
67.	70	Barnsley Harriers	Shaun Swallow	25:23	Jeff Clark	25:29	Neil Armitage	25:24	Josh Jordan-Clough	25:31	4	1:41:48 +30:00
68.	53	Totley AC	Ed Byard	26:13	Chris Heggs	26:11	Jonny Clowes	24:11	Alex Wall	26:42	4	1:43:19 +31:31
69.	37	Handsworth Roadhogs	George Leivers	24:34	Andy Robinson	23:49	Andy Horsfall	30:21	Ben Fieldhouse	25:10	4	1:43:56 +32:08
70.	94	Hillsborough & Rivelin RC	James Mason	29:30	Loz Harvey	29:23	Arif Ali	23:09	James Ellwood	22:57	4	1:45:00 +33:12
71.	59	Denby Dale AC	Philip Ellis	28:13	Richard Brook	26:26	Steve Sharp	24:37	Stephen Skidmore	25:56	4	1:45:14 +33:26
72.	13	Danum Harriers	Stephen Mitchell	29:01	Dan Bowden	28:28	Paul Huby	26:55	Andrew Teasdale	21:10	4	1:45:36 +33:48
73.	18	Doncaster Triathlon Club	Harry Samson	29:25	Alex Warren	26:56	Tom Wilson	26:22	Gary Jones	23:10	4	1:45:55 +34:07
74.	60	Kingstone Runners	Joe Tasker	24:38	Gavin Sanderson	27:19	Gary Tasker	29:13	Gavin Beardshall	24:50	4	1:46:01 +34:13
75.	66	Penistone Footpath Runners AC	Michael Nicholson	25:40	Matthew Coldwell	25:22	Mark Graham	27:39	Dean Allcroft	27:44	4	1:46:28 +34:40
76.	72	Rotherham Running Club	Arron Greenwood	27:39	Nick Brown	25:31	Alan Epton	29:22	Daniel Atkinson	25:00	4	1:47:34 +35:46
77.	14	Danum Harriers	James Holloway	24:39	Chris Moutt	23:58	Michael Plant	30:04	Phil Crowther	29:13	4	1:47:55 +36:07
78.	88	Hillsborough & Rivelin RC	Thomas Lawcock	26:40	Mo Al-Ausi	28:46	Edward Wragg	27:18	Phil Jarvest	25:15	4	1:48:01 +36:13
79.	2	Askern & District AC	Daniel O'Grady	25:51	Paul Collingwood	31:51	Steve Gallagher	25:30	Andy Goodair	24:54	4	1:48:07 +36:19
80.	48	Steel City Striders	Nick Burns	26:27	Roger Walters	24:58	Ian Black	26:03	Neal Pates	30:51	4	1:48:21 +36:33

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Overall Results



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81.	97	Hillsborough & Rivelin RC	Mike Taylor	28:04	Chris Morton	27:41	Dominic Sleath	29:53	Nick O'sullivan	22:51	4	1:48:31 +36:43
82.	33	Kimberworth Striders	Michael Noone	26:58	David Stocks	27:54	Jonathan Griffin	26:50	Joe Croft	27:20	4	1:49:04 +37:16
83.	24	Dronfield Running Club	Dan Atkin	25:39	Phil Howson	25:49	Dave Johnson	30:23	Phil Skelton	27:12	4	1:49:04 +37:16
84.	11	Clowne Road Runners	Paul Taylor	25:02	Andy Portwood	28:36	Ian Rookes	30:27	Mike Brown	25:08	4	1:49:14 +37:26
85.	15	Danum Harriers	Rich Hoggard	25:26	Ben Small	25:58	Andy Finch	29:55	Simon Elliott	28:46	4	1:50:06 +38:18
86.	36	Handsworth Roadhogs	Adam Lenton	24:57	Christian Hopkins	23:48	Andrew Lewis	32:19	Ben Allen	30:36	4	1:51:41 +39:53
87.	80	Sheffield RC	Steven Ross	27:36	Daniel Ryan	26:14	Nick Watson	31:24	Malcolm Taylor	26:28	4	1:51:43 +39:55
88.	63	Rotherham Harriers	Mark Plant	23:10	Andrew Eblet	26:20	Steve Lilley	25:59	Bob Rowland	36:33	4	1:52:05 +40:17
89.	46	Steel City Striders	Steve Blake	25:52	Peter W. McCoy	29:41	Joel Driver	28:28	Philip Swirles	29:20	4	1:53:23 +41:35
90.	61	Kingstone Runners	Doug Scott	25:39	Dean Bradley	25:02	Brian Cooper	29:38	Steven Holt	33:21	4	1:53:41 +41:53
91.	34	Kimberworth Striders	Steve Colton	22:53	Carl Jenkinson	32:10	Michael Jell	32:30	Darren Pryce	31:43	4	1:59:17 +47:29
92.	49	Steel City Striders	Ryan Talley	28:33	Chris Smith	31:25	Brian Michael Jenkins	30:13	Gary Roche	31:44	4	2:01:57 +50:09
93.	74	Rotherham Running Club	Dave Allemby	28:25	Stuart Frith	34:24	Graham Dodd	33:21	Paul Greenwood	25:51	4	2:02:02 +50:14
94.	71	Barnsley Harriers	Jason Shepherd	27:14	Paul Wheatley	42:36	Ryan Senior	29:09	Chris Fall	28:16	4	2:07:17 +55:29
95.	55	Totley AC	Nasser Babazadeh	29:11	John Kerr	35:33	Felipe Del Solar	30:17	Keiran Hickey	32:27	4	2:07:28 +55:40
DNF	43	Steel City Striders	Adrian Fisher	20:47	Michael Cockings	21:04	Ian Hunter	23:30	Paul Johnson		3	1:05:22 LAP

Male V60

1.	129	Steel City Striders	Jed Turner	23:13	Peter Brown	26:19	Chris Ireland	22:01			3	1:11:35 -
2.	154	Totley AC	Mark Buskwood	25:36	Mark Goodison	30:10	Chris Ledger	25:22			3	1:21:09 +09:34
3.	171	Penistone Footpath Runners AC	Richard Docker	26:20	Stuart Woodhead	27:50	Bill Phillips	29:22			3	1:23:32 +11:57
4.	188	Sheffield RC	Robert Pearson	32:50	Gary Podmore	24:44	Les Morton	26:43			3	1:24:19 +12:44
5.	101	Askern & District AC	Stan Williams	34:09	Graham Werrett	29:34	Ken Barber	26:15			3	1:29:59 +18:24
6.	122	Kimberworth Striders	Patrick Rooney	27:13	Graham Platts	32:25	Richard Finney	31:58			3	1:31:37 +20:02
7.	172	Penistone Footpath Runners AC	Kelvin Bowskill	29:05	Stuart Smith	29:43	Steve Dommatt	33:10			3	1:31:59 +20:24
8.	104	Barnsley AC	Tony Richards-Vardy	30:47	Ian Copley	28:11	Ray Archer	33:33			3	1:32:32 +20:57
9.	114	Danum Harriers	Andy Chapman	27:08	Neil Costigan	32:02	Stephen Stewardson	34:23			3	1:33:33 +21:58
DNF	118	Doncaster AC	Paul Bond	25:52	Pete Wade	26:14	Malc Leggett	1:17:21			3	2:09:28 LAP
DNF	130	Steel City Striders	Anthony Bell	28:56	Kevin Haighton	19:54		8:28			3	57:20 LAP

Female Team

1.	173	Hallamshire Harriers	Phillipa Williams	19:45	Eve Pannone	21:09	Lauren McNeil	19:05			3	1:00:00 -
2.	162	Rotherham Harriers	Natasha Hatswell	21:23	Sarah Lowery	21:47	Ellen Mcleod	20:59			3	1:04:09 +04:09
3.	131	Steel City Striders	Frances Roberts	22:20	Gillian Allen	21:54	Caroline Brock	21:38			3	1:05:53 +05:53
4.	144	Totley AC	Jen Applegate	21:43	Claire Biercamp	22:20	Laura Allen	22:45			3	1:06:49 +06:49
5.	132	Steel City Striders	Sian Evans	22:28	Hannah Mainprize	22:13	Simone Young-Alls	23:19			3	1:08:00 +08:00
6.	193	Hillsborough & Rivelin RC	Leanne Lacey	21:49	Jihanna Bonilla-Allard	24:06	Jenny Cartmell	22:37			3	1:08:33 +08:33
7.	148	Totley AC	Caz Kay	23:18	Fiona Kesteven	22:38	Sarah Harrison	23:03			3	1:09:00 +09:00
8.	194	Hillsborough & Rivelin RC	Sarah Imbush	22:38	Hannah Butcher	24:16	Anna Hunt	23:06			3	1:10:01 +10:01
9.	133	Steel City Striders	Yasmine Chaffer	23:00	Emily Green	24:07	Annie Chambers	22:54			3	1:10:03 +10:03
10.	174	Hallamshire Harriers	Chloe Potter	21:35	Alice Gamble	23:30	Lucy Farquhar	25:23			3	1:10:29 +10:29

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11.	163	Rotherham Harriers	Emma Parkinson	22:26	Abbie Smith	23:57	Jennifer Reed	24:19			3	1:10:44 +10:44
12.	105	Barnsley AC	Naomi Drakeford	22:27	Vicky Shaw	22:58	Heidi Quigley	25:40			3	1:11:06 +11:06
13.	145	Totley AC	Amy Wheeler	23:17	Jenny Featherstone	24:14	Clair Taylor	24:06			3	1:11:38 +11:38
14.	198	Hillsborough & Rivelin RC	Carla Gibbons	22:55	Sarah Moore	25:30	Lisa Giampalma	23:57			3	1:12:23 +12:23
15.	119	Dronfield Running Club	Hannah Walker	21:41	Eleanor Rose	25:40	Aimee Carrack	25:13			3	1:12:36 +12:36
16.	189	Sheffield RC	Rachel rose	22:09	Grace Tebbutt	24:35	Mastan ramezani	25:55			3	1:12:41 +12:41
17.	98	Hillsborough & Rivelin RC	Natalie Neville	23:06	Cal Loyd	24:36	Clare Thompson	25:53			3	1:13:36 +13:36
18.	134	Steel City Striders	Ellen Broad	24:01	Bethan Varney	25:34	Sarah Thorne	24:17			3	1:13:53 +13:53
19.	195	Hillsborough & Rivelin RC	Leisha Shiner	24:36	Amy Wilks	25:22	Bridie MacDonald	24:10			3	1:14:08 +14:08
20.	138	Steel City Striders	Claire Wren	25:14	Hannah Holliday	24:42	Jessica Brooks	24:55			3	1:14:52 +14:52
21.	137	Steel City Striders	Claire Grisdale	24:20	Laura Mella	25:16	Kathy Liddiard	25:44			3	1:15:22 +15:22
22.	149	Totley AC	Claire Howard	23:44	Rachel Biggin	25:28	Penny Raybould	26:14			3	1:15:28 +15:28
23.	140	Steel City Striders	Sarah Moss	22:25	Jacqui Herring	26:13	Caroline Greenough	27:16			3	1:15:55 +15:55
24.	170	Penistone Footpath Runners AC	Rachael Mayston	24:52	Suzanne McGill	25:02	Chloe Worth	26:32			3	1:16:27 +16:27
25.	196	Hillsborough & Rivelin RC	Lucy Wood	23:50	Becky Fowler	26:14	Emma Clements	27:17			3	1:17:22 +17:22
26.	141	Steel City Striders	Charlie Narozanska	25:11	Vikki McAuley	28:40	Lindsey Banks	23:32			3	1:17:23 +17:23
27.	107	Barnsley AC	Beth Massey	23:48	Faye Lund	29:16	Gail Colville	24:46			3	1:17:50 +17:50
28.	190	Sheffield RC	Emma raine	29:08	Elizabeth Wood	25:08	Megan Forbes	23:40			3	1:17:57 +17:57
29.	125	Kimberworth Striders	Olivia Taylor	26:12	Frances Coughlan	26:12	Natalie Kaye	25:51			3	1:18:16 +18:16
30.	199	Hillsborough & Rivelin RC	Julia Cobham	26:19	Gillian Burgon	24:53	Emma Beal	28:20			3	1:19:32 +19:32
31.	146	Totley AC	Priya Poppat	24:34	Helen Raynes	28:53	Katharine Hunt	26:13			3	1:19:41 +19:41
32.	108	Clowne Road Runners	Natalie Crofts	24:01	Sally White	25:06	Beccie Kate	30:57			3	1:20:05 +20:05
33.	143	Totley AC	Sophie Middleton	24:27	Emily Kellet	28:08	Amy Conlan	27:35			3	1:20:10 +20:10
34.	110	Danum Harriers	Tara Burkill	28:15	Eleanor Storey	26:18	Becky Philipson	25:47			3	1:20:21 +20:21
35.	155	Denby Dale AC	Sarah Godbehere	26:22	Sally Campbell	29:13	Lucy Fairburn	25:44			3	1:21:19 +21:19
36.	197	Hillsborough & Rivelin RC	Laura Jones	29:13	Sophie Reale	26:40	Tish Prince	25:40			3	1:21:34 +21:34
37.	177	Barnsley Harriers	Katie Roberts	25:11	Emma Moore	25:43	Emma Moorhouse	30:45			3	1:21:40 +21:40
38.	164	Rotherham Harriers	Catherine Eddison	22:49	Anne Homer	28:21	Emma Dutton	30:53			3	1:22:04 +22:04
39.	121	Dronfield Running Club	Emma Watts	23:39	Lucy Taylor	29:29	Sue Atkinson	29:11			3	1:22:21 +22:21
40.	112	Danum Harriers	Eleanor Bull	26:51	Lynn Hutchinson	29:52	Julie Turner-Adams	26:09			3	1:22:53 +22:53
41.	184	Rotherham Running Club	Samantha Cotton	24:23	Sandra Ford	29:50	Louise Siddall	29:31			3	1:23:45 +23:45
42.	200	Hillsborough & Rivelin RC	Karen Stevens	26:23	Jo Taylor	28:16	Kim Farley	29:09			3	1:23:49 +23:49
43.	135	Steel City Striders	Victoria Johnson	28:11	Helen Royles	27:05	Laura Rangeley	29:14			3	1:24:31 +24:31
44.	168	Penistone Footpath Runners AC	Jemma Williams	27:12	Helen Milnes	28:18	Valentina Wright	29:14			3	1:24:46 +24:46
45.	150	Totley AC	Liz Carthy	27:53	Minying Wang	28:27	Helen Cain	28:55			3	1:25:16 +25:16
46.	167	Penistone Footpath Runners AC	Rhianna Banford	26:26	Rachael Winterbottom	28:42	Heather Graham	30:25			3	1:25:33 +25:33
47.	187	Rotherham Running Club	Jess Dodds	30:06	Jemma Johnson	28:40	Honour Hamshaw	27:01			3	1:25:48 +25:48
48.	152	Totley AC	Anne Hegarty	27:26	Pat Goodall	30:36	Liz Dally	28:04			3	1:26:07 +26:07
49.	115	Doncaster AC	Shaz Wood	26:14	Justyna Felczerek23/09/80	31:34	Laura Lewis	29:30			3	1:27:18 +27:18
50.	156	Denby Dale AC	Kelly Reddington	31:11	Anne Middleton	28:43	Clara Ong-Carr	27:34			3	1:27:30 +27:30
51.	139	Steel City Striders	Katrina Gillett	28:39	Colleen Moore	31:30	Hannah Murton	27:32			3	1:27:42 +27:42

Dam Flask Relays 2023

Overall Results



Pos	Baton	Club	1	1	2	2	3	3	4	4	Laps	Time
52.	180	Barnsley Harriers	Paula Mills	29:13	Kelly Ford	29:30	Rachel Jardine	29:01			3	1:27:45 +27:45
53.	126	Kimberworth Striders	Helen Colton	28:48	Joanne Rooney	28:08	Rebecca Larkin	30:51			3	1:27:48 +27:48
54.	147	Totley AC	Sally Kilner	28:20	Lisa Cooper	30:41	Roz Massey	28:50			3	1:27:52 +27:52
55.	142	Steel City Striders	Mandy Taylor	28:04	Carol Beattie	31:45	Karen Clark	28:15			3	1:28:05 +28:05
56.	166	Rotherham Harriers	Angela Lally	26:56	Kelly Ling	35:16	Sasha Gallagher	27:35			3	1:29:48 +29:48
57.	100	Hillsborough & Rivelin RC	Fran Allen	29:27	Carolyn Burke	29:40	Heather Wallis	30:43			3	1:29:52 +29:52
58.	183	Rotherham Running Club	Laura Mann	26:18	Alicia Ledger	25:21	Maria Toumazou	38:37			3	1:30:17 +30:17
59.	136	Steel City Striders	Frances Garretty	35:18	Anne Petit-Jean	30:32	Emily Mackness	24:38			3	1:30:30 +30:30
60.	185	Rotherham Running Club	Adelle Marsden	35:01	Claire Chapman	26:22	Sarah Millns	29:07			3	1:30:31 +30:31
61.	179	Barnsley Harriers	Laura Bennett	31:34	Hayley Johnson	28:07	Ruth Blackburn	31:07			3	1:30:49 +30:49
62.	116	Doncaster AC	Marie-Louise Taylor	25:00	Diane Polwin	31:32	Joanne Breeze	34:39			3	1:31:11 +31:11
63.	191	Sheffield RC	Jessica Horne Roman	27:52	Emma Burton	29:20	Katie porter	35:10			3	1:32:23 +32:23
64.	178	Barnsley Harriers	Helen Andrews	32:04	Julie Riding	30:25	Bev Clark	30:19			3	1:32:48 +32:48
65.	120	Dronfield Running Club	Lindsey Crowson	33:01	Jay Wootton	29:42	Kirsty Denton	30:44			3	1:33:28 +33:28
66.	124	Kimberworth Striders	Louise Hill	31:50	Rebecca Stocks	30:05	Tina Medlock	31:33			3	1:33:30 +33:30
67.	175	Barnsley Harriers	Caroline Batty	30:18	Terri Keadin	34:11	Jo Taylor	29:01			3	1:33:31 +33:31
68.	111	Danum Harriers	Emerald Sharkey	32:02	Laura Clark	27:56	Stacey Powney	33:46			3	1:33:46 +33:46
69.	151	Totley AC	Penny Sadler	32:03	Deberah Lodge	30:37	Helen Young	31:17			3	1:33:57 +33:57
70.	109	Clowne Road Runners	Julie King	26:52	Liz Close	31:37	Rebecca Marshall	35:54			3	1:34:23 +34:23
71.	186	Rotherham Running Club	Luoise Taylor	36:17	Nadine Allott	30:57	Angela Wright	27:21			3	1:34:36 +34:36
72.	117	Doncaster AC	Caroine Wheelhouse	26:29	Tracey Christison	32:13	Bridgett Boutell	35:53			3	1:34:36 +34:36
73.	99	Hillsborough & Rivelin RC	Bernie Edge	30:12	Lorraine Tazzyman	35:32	Rhona Leadbetter	29:09			3	1:34:54 +34:54
74.	102	Askern & District AC	Thalia Milner	34:27	Sophie Bradbury	31:29	Christina Barron	29:46			3	1:35:43 +35:43
75.	153	Totley AC	Yvonne Twelvetree	31:47	Sharon O'Leary	33:53	Gill Donohoe	30:28			3	1:36:09 +36:09
76.	113	Danum Harriers	Kelly Tait-Nicholson	32:00	Jo Derox	33:28	Melissa Massarella	32:18			3	1:37:47 +37:47
77.	157	Denby Dale AC	Abbie Dagg	30:46	Jen Probert	33:21	Jennifer Nutting	34:52			3	1:39:01 +39:01
78.	159	Kingstone Runners	Marie Hemingway	29:27	Carley Sykes	34:09	Angie Slater	35:51			3	1:39:28 +39:28
79.	182	Rotherham Running Club	Natalie Lowe	32:36	Vicki Beckitt	33:28	Ania Omafuyire	33:42			3	1:39:47 +39:47
80.	181	Barnsley Harriers	Anna Gaughan	34:29	Anita Bell	33:40	Rebecca Kenyon	32:16			3	1:40:26 +40:26
81.	123	Kimberworth Striders	Caroline Birkinshaw	31:59	Tina Bell	34:30	Nicola Smith	34:19			3	1:40:49 +40:49
82.	106	Barnsley AC	Claire Edwards	28:43	Sarah Burton	36:38	Sharon Hemms	36:39			3	1:42:01 +42:01
83.	169	Penistone Footpath Runners AC	Kirsty Rogers	31:16	Kim Rogers	36:44	Lorraine Mackie	34:48			3	1:42:48 +42:48
84.	165	Rotherham Harriers	Sian Dickinson	31:01	Rebecca Marsden	33:34	Jo Palmer	38:40			3	1:43:15 +43:15
85.	161	Kingstone Runners	Claire Wilkinson	34:11	Christina Esposito	38:11	Kirstin Evans	31:22			3	1:43:45 +43:45
86.	128	Handsworth Roadhogs	Becky Neild	29:36	Michelle Softley	42:33	Ella Wiseman	35:16			3	1:47:26 +47:26
87.	176	Barnsley Harriers	Vikki Skipper	36:56	Kay Conway	33:19	Christine Leach	38:04			3	1:48:20 +48:20
88.	103	Askern & District AC	Katherine Wordworth	35:40	Amber	41:51	Marie-clare Churchman	31:29			3	1:49:01 +49:01
89.	158	Kingstone Runners	Christina Scott	45:03	Lynn Tasker	35:52	Paula Newton	29:38			3	1:50:34 +50:34
90.	160	Kingstone Runners	Jill Johnson	39:53	Rachel Yarwood-Murray	36:25	Tracy Wright	36:19			3	1:52:38 +52:38
91.	192	Sheffield RC	Rebecca pierce	44:40	Rachel Birch	36:28	Rachel Neill	36:41			3	1:57:49 +57:49

Dam Flask Relays 2023

Overall Results



Pos	Baton	Club	1	1	2	2	3	3	4	4	Laps	Time
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Number of records: 198