



# Damflask Road Relays 28th June 2016 Incorporating the South Yorkshire Road Relay Championships



Sponsored by **UP & RUNNING**

## Womens Results 2016

| Pos | Num | Club                        | Category     | Time  | Leg A                          | Leg B                         | Leg C                           |
|-----|-----|-----------------------------|--------------|-------|--------------------------------|-------------------------------|---------------------------------|
| 1   | 129 | Hallamshire Harriers        | Senior Women | 64:00 | Charlotte Ward 22:10 (2)       | Zanthe Wray 21:15 (1)         | Nicola Squires 20:35 (1)        |
| 2   | 130 | Hallamshire Harriers        | Senior Women | 68:33 | Mary Mccarthy 22:22 (3)        | Hannah Whiteham 23:09 (2)     | Charlotte Slack 23:02 (2)       |
| 3   | 98  | Steel City Striders         | Senior Women | 69:15 | Jennifer Rich 21:38 (1)        | Rio Cooper 24:00 (3)          | Charlotte Spencer 23:37 (3)     |
| 4   | 81  | Rotherham Harriers          | Senior Women | 69:33 | Emma Dutton 24:25 (12)         | Fiona Davies 21:40 (4)        | Lizzie Hutson 23:28 (4)         |
| 5   | 131 | Sheffield RC                | Senior Women | 69:43 | Debbie Platts-Fowler 22:49 (4) | Heather Fisher 24:37 (6)      | Sarah Lowery 22:17 (5)          |
| 6   | 110 | Totley AC                   | Womens F35   | 70:18 | Claire Howard 23:07 (5)        | Caz Kay 24:15 (5)             | Fiona Kesteven 22:56 (6)        |
| 7   | 90  | Barnsley Harriers           | Senior Women | 72:57 | Sarah Gough 23:46 (9)          | Stacy Dyson 25:09 (8)         | Rachel Fox 24:02 (7)            |
| 8   | 143 | Barnsley AC                 | Mens M60     | 73:28 | Dave Allemby 23:58 (10)        | Graham Bateson 24:41 (7)      | Roy Hart 24:49 (8)              |
| 9   | 152 | Kimberworth Striders        | Womens F35   | 74:10 | Adelle Marsden 24:54 (19)      | Jo Bolton 24:27 (10)          | Claire Chapman 24:49 (9)        |
| 10  | 99  | Steel City Striders         | Senior Women | 74:55 | Amy Earnshaw 23:16 (6)         | Gillian Burgon 26:57 (13)     | Nicola Ross 24:42 (10)          |
| 11  | 153 | Kimberworth Striders        | Senior Women | 74:59 | Elly Woodhead 23:42 (8)        | Kerry Archer 25:14 (9)        | Toni Robinson 26:03 (11)        |
| 12  | 132 | Sheffield RC                | Senior Women | 75:18 | Becky Pitcher 24:26 (13)       | Ellen Mcleod 25:42 (12)       | Rachel Miller 25:10 (12)        |
| 13  | 133 | Sheffield RC                | Senior Women | 75:23 | Sophie Bell 25:27 (22)         | Abigail Knight 24:20 (11)     | Becky Pitcher 25:36 (13)        |
| 14  | 111 | Totley AC                   | Womens F35   | 76:41 | Roz Massey 25:54 (26)          | Clare Howarth 25:39 (16)      | Penny Sadler 25:08 (14)         |
| 15  | 137 | Doncaster AC                | Senior Women | 76:42 | Rose James 26:41 (31)          | Jessica Royle 26:25 (23)      | Marie-Louise Taylor 23:36 (15)  |
| 16  | 119 | Penistone Footpath Runners  | Womens F35   | 77:03 | Faye Williams 26:52 (33)       | Julie Moxon 26:11 (22)        | Lesley Latchem 24:00 (16)       |
| 17  | 147 | Clowne Road Runners         | Womens F35   | 77:18 | Karen Shipman 26:24 (29)       | Julie White 28:04 (28)        | Louise Lowe 22:50 (17)          |
| 18  | 107 | City Of Sheffield Dearne AC | Womens F35   | 77:52 | Jenny Doyle 24:24 (11)         | Donna Claridge 25:50 (14)     | Janita Maraanan 27:38 (18)      |
| 19  | 144 | Barnsley AC                 | Womens F45   | 78:23 | Jenny Wakeman 24:44 (16)       | Carol Morrell 27:30 (20)      | Gail Colville 26:09 (19)        |
| 20  | 116 | Sheffield Tri Club          | Senior Women | 78:43 | Hannah Peel 23:18 (7)          | Nancy Skinner 28:12 (15)      | Elly Blackwell 27:13 (20)       |
| 21  | 117 | Penistone Footpath Runners  | Senior Women | 78:55 | Lizzie Deacon 26:18 (28)       | Sam Shaw 25:15 (16)           | Sue Johnstone 27:22 (21)        |
| 22  | 136 | Sheffield RC                | Womens F35   | 79:22 | Michaela Sill 25:14 (20)       | Sian Dickinson 30:26 (37)     | Debbie Platts-Fowler 23:42 (22) |
| 23  | 113 | Totley AC                   | Womens F45   | 79:47 | Jane Harriman 27:28 (37)       | Pat Goodall 26:31 (26)        | Deborah Lodge 25:48 (23)        |
| 24  | 158 | Kimberworth Striders        | Womens F35   | 80:01 | Claire Chapman 27:35 (38)      | H Wade 26:30 (27)             | A Marsden 25:56 (24)            |
| 25  | 100 | Steel City Striders         | Senior Women | 80:08 | Amy Housley 24:49 (17)         | Laura Fletcher 28:01 (21)     | Helen Cain 27:18 (25)           |
| 26  | 150 | Strideout                   | Womens F35   | 80:15 | Wendy Groom 25:50 (25)         | Nina Eliza 27:58 (25)         | Rebecca Burrell 26:27 (26)      |
| 27  | 112 | Totley AC                   | Womens F35   | 80:16 | Ali Iredale 25:48 (23)         | Emma Shepherd 26:16 (19)      | Linda Fitzpatrick 28:12 (27)    |
| 28  | 109 | Totley AC                   | Senior Women | 80:44 | Rachel Steen 26:39 (30)        | Corin Leach 28:32 (33)        | Jo Brown 25:33 (28)             |
| 29  | 120 | Penistone Footpath Runners  | Womens F35   | 80:46 | Lisa Hinchliffe 27:47 (40)     | Jill Carlton 26:46 (30)       | Heather Parkin 26:13 (29)       |
| 30  | 134 | Sheffield RC                | Senior Women | 81:01 | Sarah Gilbert 27:22 (36)       | Caroline Hallam 27:53 (34)    | Samya Armoush 25:46 (30)        |
| 31  | 154 | Kimberworth Striders        | Senior Women | 81:23 | R Hunt 26:09 (27)              | M Edwards 28:21 (29)          | Lisa Gibson 26:53 (31)          |
| 32  | 135 | Sheffield RC                | Senior Women | 81:51 | Emily Ireland 25:25 (21)       | Hannah Freudenberg 30:50 (38) | Laura Inglis 25:36 (32)         |
| 33  | 151 | Strideout                   | Senior Women | 82:33 | Carly Anne Womack 30:06 (57)   | Emma Wells 27:39 (47)         | Susan Gillie 24:48 (33)         |
| 34  | 103 | Kimberworth Striders        | Mens M60     | 82:56 | Pat Rooney 24:27 (14)          | Richard Finney 27:28 (18)     | Rod Rivers 31:01 (34)           |
| 35  | 128 | Penistone Footpath Runners  | Mens M60     | 83:27 | Nick Whittingham 27:50 (43)    | Geoff Dimelow 29:33 (43)      | Kelvin Bowskill 26:04 (35)      |
| 36  | 142 | Barnsley AC                 | Womens F35   | 84:31 | Naomi Biddlestone 25:49 (24)   | Melanie Hammond 29:00 (31)    | Alison Noble 29:42 (36)         |
| 37  | 138 | Doncaster AC                | Womens F35   | 84:43 | Sharon Carson 27:38 (39)       | Andrea Robinson 28:48 (39)    | Karey Miles 28:17 (37)          |
| 38  | 87  | Barnsley Harriers           | Womens F35   | 84:50 | Amanda Fowler 28:58 (47)       | Rachel Jardine 27:51 (40)     | Nicola Garrity 28:01 (38)       |
| 39  | 125 | Penistone Footpath Runners  | Womens F45   | 85:36 | Andrea Henson 27:47 (40)       | Sarah Plummer 29:04 (41)      | Jacqui Armitage 28:45 (39)      |
| 40  | 84  | Valley Hill Runners         | Senior Women | 85:41 | Nicola Wilcocks 26:42 (32)     | Rachel Goacher 28:53 (36)     | Judith Mallon 30:06 (40)        |
| 40  | 92  | Barnsley Harriers           | Senior Women | 85:41 | Claire Boswell 29:23 (51)      | Janine Brown 28:09 (44)       | Emily Dodd 28:09 (40)           |
| 42  | 121 | Penistone Footpath Runners  | Womens F35   | 86:08 | Jude Matthews 29:50 (53)       | Emma Stead 28:48 (50)         | Sarah walch 27:30 (42)          |
| 43  | 159 | Kimberworth Striders        | Senior Women | 86:23 | N Harp 27:19 (35)              | N Lowe 30:20 (45)             | V Beckitt 28:44 (43)            |
| 44  | 108 | City Of Sheffield Dearne AC | Womens F45   | 86:32 | Sonia Lee 27:48 (42)           | Helen Elleker 27:41 (35)      | Caroline Fuller 31:03 (44)      |
| 45  | 148 | Clowne Road Runners         | Senior Women | 86:57 | Gemma Scougal 24:51 (18)       | Helen Worsfeld 30:19 (32)     | Katy Taylor 31:47 (45)          |
| 46  | 102 | Steel City Striders         | Womens F45   | 87:02 | Catherine McKeown 28:28 (44)   | Jill Davies 29:36 (48)        | Victoria Hawkins 28:58 (46)     |
| 47  | 97  | Barnsley Harriers           | Senior Women | 87:03 | Katie Roberts 24:37 (15)       | Kelly Ford 28:51 (24)         | Lincoln Roberts 33:35 (47)      |
| 48  | 160 | Kimberworth Striders        | Senior Women | 87:08 | A Clements 31:25 (66)          | L Race 27:37 (53)             | N Harp 28:06 (48)               |
| 49  | 88  | Barnsley Harriers           | Senior Women | 87:57 | Emma Moorhouse 29:17 (50)      | Janine Kitching 27:52 (42)    | Claire Cordon 30:48 (49)        |
| 50  | 115 | Sheffield Tri Club          | Senior Women | 88:16 | Helen Oscroft 31:32 (67)       | Sally Smith 32:55 (66)        | Hannah Peel 23:49 (50)          |
| 51  | 106 | Danum Harriers              | Womens F35   | 88:59 | Heather Marsh 30:44 (60)       | E.Bull 28:29 (54)             | J.McNally 29:46 (51)            |
| 52  | 104 | Danum Harriers              | Womens F35   | 89:04 | Rachel Gordon 29:06 (49)       | June Drummond 31:12 (57)      | Sharon Dale 28:46 (52)          |
| 53  | 126 | Penistone Footpath Runners  | Womens F45   | 89:16 | Nell Law 29:49 (52)            | Anne Beresford 27:54 (46)     | Sue Beevers 31:33 (53)          |



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Womens Results 2016

|    |     |                            |              |        |                     |       |      |                       |       |      |                  |       |      |
|----|-----|----------------------------|--------------|--------|---------------------|-------|------|-----------------------|-------|------|------------------|-------|------|
| 54 | 145 | Kingstone                  | Senior Women | 89:25  | Katie Sharman       | 28:39 | (45) | Rachel Yarwood-Murray | 30:10 | (52) | Jayne Hallford   | 30:36 | (54) |
| 55 | 156 | Kimberworth Striders       | Womens F45   | 89:27  | L Siddall           | 30:10 | (58) | N Archer              | 28:30 | (51) | J Clarke         | 30:47 | (55) |
| 56 | 122 | Penistone Footpath Runners | Womens F35   | 90:00  | Caryl Skene         | 30:30 | (59) | Joanne Walton         | 30:59 | (59) | Rachel Jarvis    | 28:31 | (56) |
| 57 | 105 | Danum Harriers             | Womens F35   | 90:28  | A.Brooks            | 34:55 | (75) | P.Davies              | 27:14 | (62) | T.Gibbons        | 28:19 | (57) |
| 58 | 149 | Strideout                  | Womens F35   | 90:29  | Laura Godden        | 28:56 | (46) | Marie Burkinshaw      | 30:33 | (55) | Samantha Mills   | 31:00 | (58) |
| 59 | 82  | Rotherham Harriers         | Womens F35   | 90:50  | Sasha Gallagher     | 27:13 | (34) | Janet Dutton          | 31:05 | (49) | Alison Brown     | 32:32 | (59) |
| 60 | 89  | Barnsley Harriers          | Senior Women | 92:33  | Alison Wood         | 31:12 | (64) | Clare Atkinson        | 29:35 | (58) | Lisa Smith       | 31:46 | (60) |
| 61 | 85  | Valley Hill Runners        | Senior Women | 92:45  | Rebecca Dodd        | 29:56 | (55) | Wendy Duggan          | 31:35 | (60) | Eliza Barlow     | 31:14 | (61) |
| 62 | 94  | Barnsley Harriers          | Senior Women | 93:27  | Paula Mills         | 30:54 | (62) | Julie Riding          | 31:23 | (64) | Helen Andrews    | 31:10 | (62) |
| 63 | 139 | Doncaster AC               | Womens F35   | 94:47  | Joanne Breeze       | 32:31 | (71) | Vicky Royle           | 32:28 | (69) | Sharon Maughan   | 29:48 | (63) |
| 64 | 86  | Valley Hill Runners        | Senior Women | 95:54  | Helen Porter        | 29:53 | (54) | Melanie Holland       | 32:04 | (61) | Liza Brothers    | 33:57 | (64) |
| 64 | 114 | Totley AC                  | Womens F45   | 95:54  | Catherine Robertson | 28:58 | (47) | Dorothy Gray          | 30:43 | (56) | Sarah Whitehouse | 36:13 | (64) |
| 66 | 124 | Penistone Footpath Runners | Womens F35   | 96:08  | Jayne Hurst         | 30:00 | (56) | Jane Partridge        | 32:10 | (63) | Tracey Froggatt  | 33:58 | (66) |
| 67 | 93  | Barnsley Harriers          | Senior Women | 96:09  | Gaby Wolferink      | 32:19 | (70) | Claudia Thompson      | 32:16 | (68) | Julie Nugent     | 31:34 | (67) |
| 68 | 101 | Steel City Striders        | Senior Women | 96:19  | Becky Chapman       | 34:33 | (74) | Emma Beer             | 30:31 | (70) | Joanne Graham    | 31:15 | (68) |
| 69 | 96  | Barnsley Harriers          | Senior Women | 100:18 | Christine Capewell  | 30:46 | (61) | Janet Heeley          | 31:56 | (65) | Rachel Roddis    | 37:36 | (69) |
| 70 | 83  | Valley Hill Runners        | Womens F45   | 100:36 | Susan Smith         | 32:05 | (69) | Bernie Harding        | 36:07 | (72) | Clare Devonport  | 32:24 | (70) |
| 71 | 118 | Penistone Footpath Runners | Senior Women | 102:04 | Sophie Billington   | 31:37 | (68) | Teresa Wall           | 32:51 | (67) | Liz Hutchinson   | 37:36 | (71) |
| 72 | 157 | Kimberworth Striders       | Senior Women | 103:31 | L Burley            | 31:18 | (65) | E Lunn                | 35:13 | (71) | H Jacques        | 37:00 | (72) |
| 73 | 127 | Penistone Footpath Runners | Womens F45   | 103:53 | Karen Bowskill      | 35:10 | (76) | Debra Cable           | 33:35 | (73) | Karen Schofield  | 35:08 | (73) |
| 74 | 91  | Barnsley Harriers          | Senior Women | 104:26 | Agnes Szilvasi      | 31:08 | (63) | Alison Hilton         | 39:02 | (75) | Laura Bibby      | 34:16 | (74) |
| 75 | 123 | Penistone Footpath Runners | Womens F35   | 106:28 | Donna Kilpin        | 38:55 | (78) | Liz Turner            | 34:57 | (76) | Annie Lightowler | 32:36 | (75) |
| 76 | 140 | Doncaster AC               | Senior Women | 107:07 | Gemma Tyler         | 32:33 | (72) | Susan Forbes          | 37:29 | (74) | Claire Whiteley  | 37:05 | (76) |
| 77 | 95  | Barnsley Harriers          | Senior Women | 109:09 | Lisa Druce          | 37:27 | (77) | Sara Booth            | 37:31 | (78) | Marie Hemingway  | 34:11 | (77) |
| 78 | 141 | Doncaster AC               | Womens F35   | 109:55 | Rose Fells          | 39:38 | (79) | Sarah Smith           | 35:35 | (79) | Claire Macleod   | 34:42 | (78) |
| 79 | 146 | Kingstone                  | Senior Women | 110:32 | Tracey Love         | 33:41 | (73) | Katie Lee             | 40:45 | (77) | Laura Smith      | 36:06 | (79) |



**Damflask Road Relays 28th June 2016**  
**Incorporating the South Yorkshire Road Relay Championships**



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**Womens Fastest 50**

|    | <b>Num</b> | <b>Name</b>          | <b>Club</b>                 | <b>Category</b> | <b>Leg</b> | <b>Leg</b> | <b>Time</b> | <b>Gain/Loss</b> |
|----|------------|----------------------|-----------------------------|-----------------|------------|------------|-------------|------------------|
| 1  | 129        | Nicola Squires       | Hallamshire Harriers        | Senior Women    | 3          | C          | 20:35       |                  |
| 2  | 129        | Zanthe Wray          | Hallamshire Harriers        | Senior Women    | 2          | B          | 21:15       | 1                |
| 3  | 98         | Jennifer Rich        | Steel City Striders         | Senior Women    | 1          | A          | 21:38       |                  |
| 4  | 81         | Fiona Davies         | Rotherham Harriers          | Senior Women    | 2          | B          | 21:40       | 8                |
| 5  | 129        | Charlotte Ward       | Hallamshire Harriers        | Senior Women    | 1          | A          | 22:10       |                  |
| 6  | 131        | Sarah Lowery         | Sheffield RC                | Senior Women    | 3          | C          | 22:17       | 1                |
| 7  | 130        | Mary Mccarthy        | Hallamshire Harriers        | Senior Women    | 1          | A          | 22:22       |                  |
| 8  | 131        | Debbie Platts-Fowler | Sheffield RC                | Senior Women    | 1          | A          | 22:49       |                  |
| 9  | 147        | Louise Lowe          | Clowne Road Runners         | Womens F35      | 3          | C          | 22:50       | 11               |
| 10 | 110        | Fiona Kesteven       | Totley AC                   | Womens F35      | 3          | C          | 22:56       | -1               |
| 11 | 130        | Charlotte Slack      | Hallamshire Harriers        | Senior Women    | 3          | C          | 23:02       |                  |
| 12 | 110        | Claire Howard        | Totley AC                   | Womens F35      | 1          | A          | 23:07       |                  |
| 13 | 130        | Hannah Whiteham      | Hallamshire Harriers        | Senior Women    | 2          | B          | 23:09       | 1                |
| 14 | 99         | Amy Earnshaw         | Steel City Striders         | Senior Women    | 1          | A          | 23:16       |                  |
| 15 | 116        | Hannah Peel          | Sheffield Tri Club          | Senior Women    | 1          | A          | 23:18       |                  |
| 16 | 81         | Lizzie Hutson        | Rotherham Harriers          | Senior Women    | 3          | C          | 23:28       |                  |
| 17 | 137        | Marie-Louise Taylor  | Doncaster AC                | Senior Women    | 3          | C          | 23:36       | 8                |
| 18 | 98         | Charlotte Spencer    | Steel City Striders         | Senior Women    | 3          | C          | 23:37       |                  |
| 19 | 153        | Elly Woodhead        | Kimberworth Striders        | Senior Women    | 1          | A          | 23:42       |                  |
| 19 | 136        | Debbie Platts-Fowler | Sheffield RC                | Womens F35      | 3          | C          | 23:42       | 15               |
| 21 | 90         | Sarah Gough          | Barnsley Harriers           | Senior Women    | 1          | A          | 23:46       |                  |
| 22 | 115        | Hannah Peel          | Sheffield Tri Club          | Senior Women    | 3          | C          | 23:49       | 16               |
| 23 | 143        | Dave Allembly        | Barnsley AC                 | Mens M60        | 1          | A          | 23:58       |                  |
| 24 | 98         | Rio Cooper           | Steel City Striders         | Senior Women    | 2          | B          | 24:00       | -2               |
| 24 | 119        | Lesley Latchem       | Penistone Footpath Runners  | Womens F35      | 3          | C          | 24:00       | 6                |
| 26 | 90         | Rachel Fox           | Barnsley Harriers           | Senior Women    | 3          | C          | 24:02       | 1                |
| 27 | 110        | Caz Kay              | Totley AC                   | Womens F35      | 2          | B          | 24:15       |                  |
| 28 | 133        | Abigail Knight       | Sheffield RC                | Senior Women    | 2          | B          | 24:20       | 11               |
| 29 | 107        | Jenny Doyle          | City Of Sheffield Dearne AC | Womens F35      | 1          | A          | 24:24       |                  |
| 30 | 81         | Emma Dutton          | Rotherham Harriers          | Senior Women    | 1          | A          | 24:25       |                  |
| 31 | 132        | Becky Pitcher        | Sheffield RC                | Senior Women    | 1          | A          | 24:26       |                  |
| 32 | 103        | Pat Rooney           | Kimberworth Striders        | Mens M60        | 1          | A          | 24:27       |                  |
| 32 | 152        | Jo Bolton            | Kimberworth Striders        | Womens F35      | 2          | B          | 24:27       | 9                |
| 34 | 97         | Katie Roberts        | Barnsley Harriers           | Senior Women    | 1          | A          | 24:37       |                  |
| 34 | 131        | Heather Fisher       | Sheffield RC                | Senior Women    | 2          | B          | 24:37       | -2               |
| 36 | 143        | Graham Bateson       | Barnsley AC                 | Mens M60        | 2          | B          | 24:41       | 3                |
| 37 | 99         | Nicola Ross          | Steel City Striders         | Senior Women    | 3          | C          | 24:42       | 3                |
| 38 | 144        | Jenny Wakeman        | Barnsley AC                 | Womens F45      | 1          | A          | 24:44       |                  |
| 39 | 151        | Susan Gillie         | Strideout                   | Senior Women    | 3          | C          | 24:48       | 14               |
| 40 | 100        | Amy Housley          | Steel City Striders         | Senior Women    | 1          | A          | 24:49       |                  |
| 40 | 143        | Roy Hart             | Barnsley AC                 | Mens M60        | 3          | C          | 24:49       | -1               |
| 40 | 152        | Claire Chapman       | Kimberworth Striders        | Womens F35      | 3          | C          | 24:49       | 1                |
| 43 | 148        | Gemma Scougal        | Clowne Road Runners         | Senior Women    | 1          | A          | 24:51       |                  |
| 44 | 152        | Adelle Marsden       | Kimberworth Striders        | Womens F35      | 1          | A          | 24:54       |                  |
| 45 | 111        | Penny Sadler         | Totley AC                   | Womens F35      | 3          | C          | 25:08       | 2                |
| 46 | 90         | Stacy Dyson          | Barnsley Harriers           | Senior Women    | 2          | B          | 25:09       | 1                |
| 47 | 132        | Rachel Miller        | Sheffield RC                | Senior Women    | 3          | C          | 25:10       |                  |
| 48 | 136        | Michaela Sill        | Sheffield RC                | Womens F35      | 1          | A          | 25:14       |                  |
| 48 | 153        | Kerry Archer         | Kimberworth Striders        | Senior Women    | 2          | B          | 25:14       | -1               |
| 50 | 117        | Sam Shaw             | Penistone Footpath Runners  | Senior Women    | 2          | B          | 25:15       | 12               |



Damflask Road Relays 28th June 2016 Incorporating the South Yorkshire Road Relay Championships



Mens Results 2016

| Pos | Num | Club                        | Category   | Time   | Leg A                       | Leg B                      | Leg C                        | Leg D                         |
|-----|-----|-----------------------------|------------|--------|-----------------------------|----------------------------|------------------------------|-------------------------------|
| 1   | 58  | Hallamshire Harriers        | Senior Men | 75:37  | Andy Heyes 16:58 (1)        | Gavin Keight 18:54 (1)     | Josh Walton 20:04 (2)        | Nic Barber 19:41 (1)          |
| 2   | 1   | Rotherham Harriers          | Senior Men | 76:27  | Aaron Larkin 18:30 (2)      | Chris Adams 19:19 (3)      | Kyle Craib 18:05 (1)         | Ian Whyman 20:33 (2)          |
| 3   | 63  | Clowne Road Runners         | Senior Men | 76:39  | Daniel Page 19:36 (10)      | Lewis Banton 19:18 (5)     | Gareth Lowe 18:24 (3)        | Darren King 19:21 (3)         |
| 4   | 59  | Barnsley AC                 | Senior Men | 78:02  | Dan Kestrel 18:40 (4)       | Brendon Moody 18:48 (2)    | Ethan Godfrige 20:15 (4)     | Stuart Wilson 20:19 (4)       |
| 5   | 66  | Sheffield RC                | Senior Men | 78:23  | Stuart Little 18:44 (5)     | Ben Mahoney 20:31 (7)      | John Doherty 20:33 (7)       | Joe Sweetnam-Powell 18:35 (5) |
| 6   | 48  | Penistone Footpath Runners  | Senior Men | 78:45  | Shaun Dimelow 19:26 (8)     | Scott Hinchliffe 19:32 (6) | Andy Swift 19:11 (5)         | Damian Kilpin 20:36 (6)       |
| 7   | 19  | Steel City Striders         | Senior Men | 80:02  | Kristoff Boynton 19:09 (7)  | Phil Skelton 19:41 (4)     | Robert Foster 19:59 (6)      | Jorge Bronze 21:13 (7)        |
| 8   | 44  | City Of Sheffield Dearne AC | Senior Men | 81:15  | Alfie Manthorpe 18:57 (6)   | Cameron Cass 20:33 (8)     | Nathan Sime 21:18 (8)        | Alfie Manthorpe 20:27 (8)     |
| 9   | 8   | Barnsley Harriers           | Senior Men | 82:01  | Tom White 20:38 (13)        | Paul Johnson 20:23 (11)    | Richard Spooner 20:05 (9)    | Richard Elson 20:55 (9)       |
| 10  | 15  | Totley AC                   | Senior Men | 82:36  | Stephen Pope 19:33 (9)      | Matt Burden 20:56 (9)      | Aidan Linkill 20:51 (10)     | Sam Mellor 21:16 (10)         |
| 11  | 64  | Clowne Road Runners         | Senior Men | 84:16  | Nick Fowler 21:47 (32)      | Jordan Street 20:01 (14)   | peter Twigg 21:02 (12)       | Graham Worsfold 21:26 (11)    |
| 12  | 51  | Penistone Footpath Runners  | Mens M40   | 84:18  | Daren Nockles 20:54 (17)    | Robin Clough 20:53 (13)    | Richard Mackie 21:08 (13)    | John Broom 21:23 (12)         |
| 13  | 56  | Doncaster AC                | Senior Men | 84:27  | Martin James 20:56 (20)     | Simon Wright 19:44 (10)    | Lee Milburn 21:45 (11)       | Chris Lawson 22:02 (13)       |
| 14  | 47  | Penistone Footpath Runners  | Senior Men | 84:51  | Andy Heppenstall 20:30 (12) | Joe Law 20:43 (12)         | Lee Storey 22:01 (14)        | Simon Pike 21:37 (14)         |
| 15  | 23  | Steel City Striders         | Mens M40   | 85:08  | Simon Bennett 21:14 (24)    | Alastair Lawson 21:10 (18) | Michael Greer 21:40 (17)     | Chris Bannister 21:04 (15)    |
| 16  | 69  | Askern & District AC        | Senior Men | 85:26  | Will Stover 21:10 (22)      | Aiden Ball 21:13 (17)      | Dean Winter 21:56 (18)       | Joe Restell 21:07 (16)        |
| 17  | 33  | Kimberworth Striders        | Senior Men | 85:32  | Neil Grocutt 21:15 (25)     | Andrew Lockwood 21:53 (25) | Thomas Hardman 22:00 (22)    | Dan Burkinshaw 20:24 (17)     |
| 18  | 20  | Steel City Striders         | Senior Men | 85:59  | Doug Banks 20:53 (16)       | James Fulcher 22:13 (24)   | Ed Startup 21:50 (21)        | Al Menmuir 21:03 (18)         |
| 19  | 77  | Sheffield RC                | Mens M40   | 86:22  | Rob Cassy 23:04 (43)        | Rob Jones 23:12 (42)       | Joe Fowler 20:26 (30)        | Stuart Little 19:40 (19)      |
| 20  | 9   | Barnsley Harriers           | Senior Men | 86:36  | Scott Briggs 20:46 (14)     | Lee Smith 21:48 (19)       | Richard Singleton 21:52 (19) | Paul Johnson 22:10 (20)       |
| 21  | 50  | Penistone Footpath Runners  | Mens M40   | 87:11  | Phil Hinchliffe 21:22 (27)  | Mat Robinson 21:20 (20)    | Steve Sanders 23:20 (26)     | Martin Ball 21:09 (21)        |
| 22  | 36  | Kimberworth Striders        | Mens M40   | 87:16  | Kevin Doyle 20:55 (18)      | Simon Hopkins 21:52 (21)   | Lee Rawson 20:39 (15)        | Lee Archer 23:50 (22)         |
| 23  | 67  | Sheffield RC                | Mens M50   | 87:22  | Jed Turner 21:40 (30)       | Gary Podmore 22:38 (33)    | Tim Tett 21:26 (25)          | Chris Ireland 21:38 (23)      |
| 24  | 31  | Steel City Striders         | Senior Men | 87:26  | Jonathan Taylor 20:49 (15)  | Kieran Surgeon 22:15 (23)  | Peter Webber 22:19 (23)      | Thomas Meager 22:03 (24)      |
| 25  | 68  | Sheffield RC                | Senior Men | 87:31  | Gareth Irvine 21:17 (26)    | Ben Wilkinson 21:39 (22)   | Adam Follett 21:50 (20)      | Tom Albone 22:45 (25)         |
| 26  | 74  | Sheffield RC                | Mens M40   | 87:51  | Joe Fowler 20:03 (11)       | Gary Brooks 21:54 (15)     | Dave Crossley 21:56 (16)     | Richard Watts 23:58 (26)      |
| 27  | 3   | Rotherham Harriers          | Mens M40   | 88:11  | Steve Marshall 20:57 (21)   | Gary Claxton 21:05 (16)    | Chris Griffiths 24:14 (28)   | Simon Holt 21:55 (27)         |
| 28  | 24  | Steel City Striders         | Mens M40   | 88:19  | Andy Davies 21:32 (29)      | Paul Stuart 22:15 (28)     | Dan Cook 22:23 (27)          | Jason Brannan 22:09 (28)      |
| 29  | 10  | Barnsley Harriers           | Senior Men | 88:27  | Patrick Needham 21:48 (33)  | Mike Schofield 22:02 (29)  | Gus Thompson 21:47 (24)      | Chris Barton 22:50 (29)       |
| 30  | 70  | Askern & District AC        | Senior Men | 89:23  | Michael Pearson 21:31 (28)  | David Pearce 22:33 (31)    | Michael Pearce 23:27 (33)    | Duncan Marlow 21:52 (30)      |
| 31  | 25  | Steel City Striders         | Mens M40   | 89:47  | David Maloney 22:58 (41)    | Mick Wall 22:14 (39)       | David Perkins 22:14 (32)     | Michael Slater 22:21 (31)     |
| 32  | 21  | Steel City Striders         | Senior Men | 89:49  | Christopher Guy 22:12 (36)  | Matt Chappell 21:46 (30)   | Simon Hope 23:34 (34)        | David Whittaker 22:17 (32)    |
| 33  | 45  | Sheffield Tri Club          | Senior Men | 90:02  | Connor Henderson 18:32 (3)  | Cerys Thomas 24:50 (27)    | Stephen Russell 23:12 (29)   | Addam Darnall 23:28 (33)      |
| 34  | 11  | Barnsley Harriers           | Mens M50   | 90:43  | Steve Fowler 21:53 (34)     | Andrew Pearson 21:25 (26)  | Steve Whiteley 23:27 (31)    | Kevin Wood 23:58 (34)         |
| 35  | 16  | Totley AC                   | Senior Men | 91:56  | Chris Carter 21:12 (23)     | Jon Sanderson 22:57 (32)   | Marcus Adams 24:21 (36)      | Colin Lynch 23:26 (35)        |
| 36  | 57  | Doncaster AC                | Senior Men | 92:21  | Phil Whitehead 23:20 (50)   | James Osborne 21:32 (36)   | Martin Hookway 23:28 (35)    | Chris Lawson 24:01 (36)       |
| 37  | 73  | Barnsley AC                 | Mens M40   | 92:49  | Keith Littlewood 22:34 (37) | Robert Davies 22:58 (40)   | Simon Roberts 24:25 (42)     | James Musgrave 22:52 (37)     |
| 38  | 4   | Rotherham Harriers          | Mens M50   | 92:51  | Andrew Roscamp 21:54 (35)   | Nigel Brookes 22:58 (36)   | John Dutton 25:05 (42)       | Howard Darwin 22:54 (38)      |
| 39  | 60  | Killamarsh Kestrels         | Mens M40   | 92:55  | Paul Reaney 20:55 (18)      | James Sylvester 23:55 (35) | Keith Grayson 24:40 (40)     | Brian Devine 23:25 (39)       |
| 40  | 26  | Steel City Striders         | Mens M40   | 94:18  | Phil Howson 22:49 (40)      | Steve Irvine 22:50 (41)    | Al Cook 23:30 (38)           | Nick O'Sullivan 25:09 (40)    |
| 41  | 52  | Penistone Footpath Runners  | Mens M40   | 94:22  | Peter Knight 22:47 (39)     | Martin Cooper 23:34 (44)   | Gary Dean 23:25 (41)         | Chris Charlesworth 24:36 (41) |
| 42  | 17  | Totley AC                   | Mens M40   | 94:29  | Mark Buskwood 23:10 (46)    | Tony Whitehouse 21:43 (38) | Ian Bradbury 24:27 (39)      | Richard Grey 25:09 (42)       |
| 43  | 65  | Clowne Road Runners         | Senior Men | 95:06  | Richard Hind 24:14 (58)     | Simon Gregory 22:58 (45)   | Mat Russell 24:15 (44)       | Paul Sadler 23:39 (43)        |
| 44  | 76  | Barnsley AC                 | Senior Men | 95:11  | Harry Moore 21:41 (31)      | Melvin Wallace 22:57 (34)  | Mark Wood 24:09 (37)         | Jim Chisholm 26:24 (44)       |
| 45  | 2   | Rotherham Harriers          | Senior Men | 96:42  | James Gallacher 23:45 (54)  | Paul Risley 23:45 (47)     | Matt Boucher 27:03 (52)      | Martin Whyman 22:09 (45)      |
| 46  | 61  | Kingstone                   | Senior Men | 96:49  | Daniel Hayward 23:10 (46)   | Gavin Beardsall 25:54 (52) | Lee Wakelin 23:45 (47)       | Gavin Wanderson 24:00 (46)    |
| 47  | 27  | Steel City Striders         | Senior Men | 96:55  | John Rawlinson 23:06 (45)   | Roger Watson 24:35 (48)    | Nick Hails 25:59 (50)        | James Turnbull 23:15 (47)     |
| 48  | 28  | Steel City Striders         | Senior Men | 98:20  | Nick Burns 23:12 (49)       | Richard Clamp 28:39 (63)   | Russ Stevenson 23:50 (55)    | Simon Bennett 22:39 (48)      |
| 49  | 55  | Penistone Footpath Runners  | Mens M50   | 98:24  | Chris Deacon 23:56 (55)     | John Howsham 23:31 (46)    | Martin Booth 24:11 (45)      | Steve Dickinson 26:46 (49)    |
| 50  | 34  | Kimberworth Striders        | Senior Men | 98:27  | Steve Beckitt 23:23 (51)    | Nils Hoffman 25:35 (51)    | Mark Cain 24:04 (48)         | Mark Robinson 25:25 (50)      |
| 51  | 14  | Barnsley Harriers           | Senior Men | 98:28  | Nathan Pallett 27:42 (71)   | Neil Fox 23:17 (60)        | Kieron Brice 25:18 (57)      | Scott Briggs 22:11 (51)       |
| 52  | 6   | Valley Hill Runners         | Senior Men | 98:54  | Jamie Hargreaves 22:36 (38) | Tom Brockwell 23:43 (43)   | Sam Spires 26:44 (49)        | Kevin Randall 25:51 (52)      |
| 53  | 22  | Steel City Striders         | Senior Men | 99:39  | Paul Johnson 23:02 (42)     | Thomas McCart 25:19 (49)   | Sergei Shkul 24:15 (46)      | William Brown 27:03 (53)      |
| 54  | 53  | Penistone Footpath Runners  | Mens M40   | 100:25 | John Lawcock 23:59 (56)     | Dean Allcroft 26:37 (58)   | Dave Cooper 25:14 (56)       | John Tomlinson 24:35 (54)     |



Damflask Road Relays 28th June 2016 Incorporating the South Yorkshire Road Relay Championships



Mens Results 2016

|    |    |                            |            |        |                  |       |      |                   |       |      |                    |       |      |                   |       |      |
|----|----|----------------------------|------------|--------|------------------|-------|------|-------------------|-------|------|--------------------|-------|------|-------------------|-------|------|
| 55 | 13 | Barnsley Harriers          | Mens M40   | 101:41 | Shaun Swallow    | 24:32 | (59) | Jerry Fisher      | 25:05 | (54) | Shaun Clarkson     | 24:26 | (51) | David Needham     | 27:38 | (55) |
| 56 | 30 | Steel City Striders        | Mens M50   | 101:55 | Andy Buck        | 23:04 | (43) | Andy Woffindin    | 26:11 | (53) | Richard Pegg       | 25:23 | (53) | John Maples       | 27:17 | (56) |
| 57 | 41 | Danum Harriers             | Senior Men | 103:57 | Mark Bower       | 23:42 | (53) | I.Gillings        | 30:17 | (70) | Simon Rayner       | 24:02 | (61) | Richard Purcell   | 25:56 | (57) |
| 58 | 29 | Steel City Striders        | Senior Men | 104:12 | Adam McCauley    | 24:02 | (57) | Michael Twigg     | 26:03 | (56) | Chris Heggs        | 27:08 | (60) | Matt Broadhead    | 26:59 | (58) |
| 59 | 39 | Danum Harriers             | Senior Men | 104:26 | Warren O'Brien   | 25:26 | (63) | David Etherington | 26:28 | (65) | J.Worthington      | 26:31 | (63) | S.Coe             | 26:01 | (59) |
| 60 | 38 | Kimberworth Striders       | Mens M50   | 104:41 | Phil Martin      | 23:11 | (48) | Alan France       | 27:45 | (59) | Adrian Holyhead    | 25:48 | (59) | Mike Thomas       | 27:57 | (60) |
| 61 | 5  | Valley Hill Runners        | Mens M50   | 105:01 | Phil Harris      | 26:57 | (68) | Graham Dodd       | 22:46 | (55) | Ian Drury          | 26:39 | (58) | Chris Spires      | 28:39 | (61) |
| 62 | 40 | Danum Harriers             | Senior Men | 105:37 | Martin Botfield  | 27:29 | (70) | D.Scully          | 24:18 | (62) | M.Hudson           | 27:35 | (68) | Greg Clarke       | 26:15 | (62) |
| 63 | 18 | Totley AC                  | Mens M40   | 106:07 | Tim Taylor       | 25:58 | (65) | Kieron Hickey     | 27:01 | (67) | Kevin Megson       | 25:32 | (64) | Scott Liddle      | 27:36 | (63) |
| 63 | 49 | Penistone Footpath Runners | Senior Men | 106:07 | Brent Lindsay    | 26:51 | (67) | Damian Briscoe    | 23:27 | (57) | Brent Lindsay      | 28:15 | (65) | Ashley Carson     | 27:34 | (63) |
| 65 | 43 | Danum Harriers             | Mens M40   | 106:10 | S.Evans          | 25:55 | (64) | Neil Pratt        | 29:10 | (72) | K.Taylor           | 23:19 | (62) | B.Drummond        | 27:46 | (65) |
| 66 | 37 | Kimberworth Striders       | Mens M40   | 106:42 | Ray Hibberd      | 36:14 | (76) | Lee Weatherall    | 25:35 | (76) | Kevin Doyle        | 21:59 | (73) | Simon Hopkins     | 22:54 | (66) |
| 67 | 71 | Askern & District AC       | Mens M40   | 108:09 | Kevin Gutteridge | 25:23 | (62) | Stan Williams     | 26:23 | (61) | Paul Smith         | 31:14 | (72) | Dan O'Grady       | 25:09 | (67) |
| 68 | 62 | Kingstone                  | Mens M40   | 108:18 | Martin Swift     | 27:02 | (69) | Philip Butcher    | 29:15 | (73) | Ian Walton         | 25:40 | (71) | David Lee         | 26:21 | (68) |
| 69 | 46 | Sheffield Tri Club         | Senior Men | 108:30 | Jim Lafferty     | 23:25 | (52) | Roger Wilde       | 25:30 | (50) | Matthew Littlewood | 26:00 | (54) | Gordon Thomas     | 33:35 | (69) |
| 70 | 35 | Kimberworth Striders       | Senior Men | 108:46 | Richard Milns    | 28:38 | (73) | Andy Lightfoot    | 25:01 | (68) | Chris Lilley       | 25:11 | (66) | Lee Barraclough   | 29:56 | (70) |
| 71 | 12 | Barnsley Harriers          | Senior Men | 109:32 | Adrian Gough     | 24:43 | (60) | Steve Wilson      | 27:09 | (64) | Justin Goodyear    | 29:59 | (70) | Trevor Townsend   | 27:41 | (71) |
| 72 | 42 | Danum Harriers             | Senior Men | 110:33 | K.Marsh          | 26:19 | (66) | A.Halliday        | 28:19 | (71) | Paul Wright        | 26:08 | (69) | Mark Cullingworth | 29:47 | (72) |
| 73 | 75 | Barnsley AC                | Mens M40   | 111:02 | Steve Roebuck    | 25:20 | (61) | Daryl Harrison    | 26:40 | (66) | Kevin Manley       | 27:07 | (67) | Ray Archer        | 31:55 | (73) |
| 74 | 72 | Askern & District AC       | Senior Men | 113:22 | Mick Collingwood | 34:59 | (75) | Karen Ball        | 23:41 | (75) | Kevin Gutteridge   | 26:13 | (74) | Stan Williams     | 28:29 | (74) |
| 75 | 7  | Valley Hill Runners        | Mens M40   | 115:37 | Cameron Porter   | 29:27 | (74) | Ian Gall          | 24:29 | (69) | Pete Taylor        | 33:29 | (76) | Rob Leckey        | 28:12 | (75) |
| 76 | 54 | Penistone Footpath Runners | Mens M40   | 116:45 | Paul Fryers      | 28:13 | (72) | Martyn Cartwright | 29:43 | (74) | Paul Fryers        | 27:16 | (75) | Dave Foster       | 31:33 | (76) |



**Damflask Road Relays 28th June 2016**  
**Incorporating the South Yorkshire Road Relay Championships**



Sponsored by **UP & RUNNING**

**Mens Fastest 50**

|    | Num | Name                | Club                        | Category   | Leg | Leg | Time  | Gain/Loss |
|----|-----|---------------------|-----------------------------|------------|-----|-----|-------|-----------|
| 1  | 58  | Andy Heyes          | Hallamshire Harriers        | Senior Men | 1   | A   | 16:58 |           |
| 2  | 1   | Kyle Craib          | Rotherham Harriers          | Senior Men | 3   | C   | 18:05 | 2         |
| 3  | 63  | Gareth Lowe         | Clowne Road Runners         | Senior Men | 3   | C   | 18:24 | 2         |
| 4  | 1   | Aaron Larkin        | Rotherham Harriers          | Senior Men | 1   | A   | 18:30 |           |
| 5  | 45  | Connor Henderson    | Sheffield Tri Club          | Senior Men | 1   | A   | 18:32 |           |
| 6  | 66  | Joe Sweetnam-Powell | Sheffield RC                | Senior Men | 4   | D   | 18:35 | 2         |
| 7  | 59  | Dan Kestrel         | Barnsley AC                 | Senior Men | 1   | A   | 18:40 |           |
| 8  | 66  | Stuart Little       | Sheffield RC                | Senior Men | 1   | A   | 18:44 |           |
| 9  | 59  | Brendon Moody       | Barnsley AC                 | Senior Men | 2   | B   | 18:48 | 2         |
| 10 | 58  | Gavin Keight        | Hallamshire Harriers        | Senior Men | 2   | B   | 18:54 |           |
| 11 | 44  | Alfie Manthorpe     | City Of Sheffield Dearne AC | Senior Men | 1   | A   | 18:57 |           |
| 12 | 19  | Kristoff Boynton    | Steel City Striders         | Senior Men | 1   | A   | 19:09 |           |
| 13 | 48  | Andy Swift          | Penistone Footpath Runners  | Senior Men | 3   | C   | 19:11 | 1         |
| 14 | 63  | Lewis Banton        | Clowne Road Runners         | Senior Men | 2   | B   | 19:18 | 5         |
| 15 | 1   | Chris Adams         | Rotherham Harriers          | Senior Men | 2   | B   | 19:19 | -1        |
| 16 | 63  | Darren King         | Clowne Road Runners         | Senior Men | 4   | D   | 19:21 |           |
| 17 | 48  | Shaun Dimelow       | Penistone Footpath Runners  | Senior Men | 1   | A   | 19:26 |           |
| 18 | 48  | Scott Hinchliffe    | Penistone Footpath Runners  | Senior Men | 2   | B   | 19:32 | 2         |
| 19 | 15  | Stephen Pope        | Totley AC                   | Senior Men | 1   | A   | 19:33 |           |
| 20 | 63  | Daniel Page         | Clowne Road Runners         | Senior Men | 1   | A   | 19:36 |           |
| 21 | 77  | Stuart Little       | Sheffield RC                | Mens M40   | 4   | D   | 19:40 | 11        |
| 22 | 19  | Phil Skelton        | Steel City Striders         | Senior Men | 2   | B   | 19:41 | 3         |
| 22 | 58  | Nic Barber          | Hallamshire Harriers        | Senior Men | 4   | D   | 19:41 | 1         |
| 24 | 56  | Simon Wright        | Doncaster AC                | Senior Men | 2   | B   | 19:44 | 10        |
| 25 | 19  | Robert Foster       | Steel City Striders         | Senior Men | 3   | C   | 19:59 | -2        |
| 26 | 64  | Jordan Street       | Clowne Road Runners         | Senior Men | 2   | B   | 20:01 | 18        |
| 27 | 74  | Joe Fowler          | Sheffield RC                | Mens M40   | 1   | A   | 20:03 |           |
| 28 | 58  | Josh Walton         | Hallamshire Harriers        | Senior Men | 3   | C   | 20:04 | -1        |
| 29 | 8   | Richard Spooner     | Barnsley Harriers           | Senior Men | 3   | C   | 20:05 | 2         |
| 30 | 59  | Ethan Godridge      | Barnsley AC                 | Senior Men | 3   | C   | 20:15 | -2        |
| 31 | 59  | Stuart Wilson       | Barnsley AC                 | Senior Men | 4   | D   | 20:19 |           |
| 32 | 8   | Paul Johnson        | Barnsley Harriers           | Senior Men | 2   | B   | 20:23 | 2         |
| 33 | 33  | Dan Burkinshaw      | Kimberworth Striders        | Senior Men | 4   | D   | 20:24 | 5         |
| 34 | 77  | Joe Fowler          | Sheffield RC                | Mens M40   | 3   | C   | 20:26 | 12        |
| 35 | 44  | Alfie Manthorpe     | City Of Sheffield Dearne AC | Senior Men | 4   | D   | 20:27 |           |
| 36 | 47  | Andy Heppenstall    | Penistone Footpath Runners  | Senior Men | 1   | A   | 20:30 |           |
| 37 | 66  | Ben Mahoney         | Sheffield RC                | Senior Men | 2   | B   | 20:31 | -2        |
| 38 | 44  | Cameron Cass        | City Of Sheffield Dearne AC | Senior Men | 2   | B   | 20:33 | -2        |
| 38 | 66  | John Doherty        | Sheffield RC                | Senior Men | 3   | C   | 20:33 |           |
| 38 | 1   | Ian Whyman          | Rotherham Harriers          | Senior Men | 4   | D   | 20:33 | -1        |
| 41 | 48  | Damian Kilpin       | Penistone Footpath Runners  | Senior Men | 4   | D   | 20:36 | -1        |
| 42 | 8   | Tom White           | Barnsley Harriers           | Senior Men | 1   | A   | 20:38 |           |
| 43 | 36  | Lee Rawson          | Kimberworth Striders        | Mens M40   | 3   | C   | 20:39 | 6         |
| 44 | 47  | Joe Law             | Penistone Footpath Runners  | Senior Men | 2   | B   | 20:43 |           |
| 45 | 9   | Scott Briggs        | Barnsley Harriers           | Senior Men | 1   | A   | 20:46 |           |
| 46 | 31  | Jonathan Taylor     | Steel City Striders         | Senior Men | 1   | A   | 20:49 |           |
| 47 | 15  | Aidan Linkill       | Totley AC                   | Senior Men | 3   | C   | 20:51 | -1        |
| 48 | 20  | Doug Banks          | Steel City Striders         | Senior Men | 1   | A   | 20:53 |           |
| 48 | 51  | Robin Clough        | Penistone Footpath Runners  | Mens M40   | 2   | B   | 20:53 | 4         |
| 50 | 51  | Daren Nockles       | Penistone Footpath Runners  | Mens M40   | 1   | A   | 20:54 |           |



**Damflask Road Relays 28th June 2016**  
Incorporating the South Yorkshire Road Relay Championships

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**Prizes**

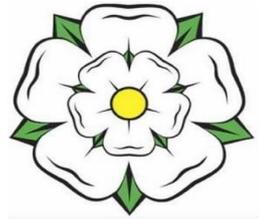


## Mens

|                                   |                               |       |   |                                  |
|-----------------------------------|-------------------------------|-------|---|----------------------------------|
| <b>1st Place Mens Team</b>        | 58 Hallamshire Harriers       | 75:37 | Andy Heyes<br>Gavin Keight<br>Josh Walton<br>Nic Barber       | 16:58<br>18:54<br>20:04<br>19:41 |
| <b>2nd Place Mens Team</b>        | 1 Rotherham Harriers          | 76:27 | Aaron Larkin<br>Chris Adams<br>Kyle Craib<br>Ian Whyman       | 18:30<br>19:19<br>18:05<br>20:33 |
| <b>3rd Place Mens Team</b>        | 63 Clowne Road Runners        | 76:39 | Daniel Page<br>Lewis Banton<br>Gareth Lowe<br>Darren King     | 19:36<br>19:18<br>18:24<br>19:21 |
| <b>1st Place Mens Vet Over 40</b> | 51 Penistone Footpath Runners | 84:18 | Daren Nockles<br>Robin Clough<br>Richard Mackie<br>John Broom | 20:54<br>20:53<br>21:08<br>21:23 |
| <b>1st Place Mens Vet Over 50</b> | 67 Sheffield RC               | 87:22 | Jed Turner<br>Gary Podmore<br>Tim Tett<br>Chris Ireland       | 21:40<br>22:38<br>21:26<br>21:38 |
| <b>1st Place Mens Vet Over 60</b> | 143 Barnsley AC               | 73:28 | Dave Allembly<br>Graham Bateson<br>Roy Hart                   | 23:58<br>24:41<br>24:49          |
| <b>Fastest Male Leg</b>           | 58 Hallamshire Harriers       | Leg A | Andy Heyes  | 16:58                            |

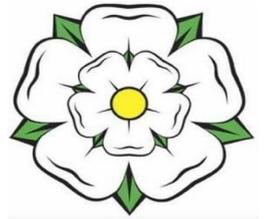
## Womens

|                                     |                          |       |   |                         |
|-------------------------------------|--------------------------|-------|---|-------------------------|
| <b>1st Place Womens Team</b>        | 129 Hallamshire Harriers | 64:00 | Charlotte Ward<br>Zanthe Wray<br>Nicola Squires     | 22:10<br>21:15<br>20:35 |
| <b>2nd Place Womens Team</b>        | 130 Hallamshire Harriers | 68:33 | Mary Mccarthy<br>Hannah Whiteham<br>Charlotte Slack | 22:22<br>23:09<br>23:02 |
| <b>3rd Place Womens Team</b>        | 98 Steel City Striders   | 69:15 | Jennifer Rich<br>Rio Cooper<br>Charlotte Spencer    | 21:38<br>24:00<br>23:37 |
| <b>1st Place Womens Vet Over 35</b> | 110 Tootley AC           | 70:18 | Claire Howard<br>Caz Kay<br>Fiona Kesteven          | 23:07<br>24:15<br>22:56 |
| <b>1st Place Womens Vet Over 45</b> | 144 Barnsley AC          | 78:23 | Jenny Wakeman<br>Carol Morrell<br>Gail Colville     | 24:44<br>27:30<br>26:09 |
| <b>Fastest Female Leg</b>           | 129 Hallamshire Harriers | Leg C | Nicola Squires                                      | 20:35                   |



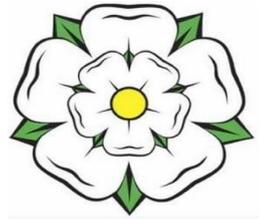
## Leg A Times

|    |     |                      |              |                             |       |
|----|-----|----------------------|--------------|-----------------------------|-------|
| 1  | 58  | Andy Heyes           | Senior Men   | Hallamshire Harriers        | 16:58 |
| 2  | 1   | Aaron Larkin         | Senior Men   | Rotherham Harriers          | 18:30 |
| 3  | 45  | Connor Henderson     | Senior Men   | Sheffield Tri Club          | 18:32 |
| 4  | 59  | Dan Kestrel          | Senior Men   | Barnsley AC                 | 18:40 |
| 5  | 66  | Stuart Little        | Senior Men   | Sheffield RC                | 18:44 |
| 6  | 44  | Alfie Manthorpe      | Senior Men   | City Of Sheffield Dearne AC | 18:57 |
| 7  | 19  | Kristoff Boynton     | Senior Men   | Steel City Striders         | 19:09 |
| 8  | 48  | Shaun Dimelow        | Senior Men   | Penistone Footpath Runners  | 19:26 |
| 9  | 15  | Stephen Pope         | Senior Men   | Totley AC                   | 19:33 |
| 10 | 63  | Daniel Page          | Senior Men   | Clowne Road Runners         | 19:36 |
| 11 | 74  | Joe Fowler           | Mens M40     | Sheffield RC                | 20:03 |
| 12 | 47  | Andy Heppenstall     | Senior Men   | Penistone Footpath Runners  | 20:30 |
| 13 | 8   | Tom White            | Senior Men   | Barnsley Harriers           | 20:38 |
| 14 | 9   | Scott Briggs         | Senior Men   | Barnsley Harriers           | 20:46 |
| 15 | 31  | Jonathan Taylor      | Senior Men   | Steel City Striders         | 20:49 |
| 16 | 20  | Doug Banks           | Senior Men   | Steel City Striders         | 20:53 |
| 17 | 51  | Daren Nockles        | Mens M40     | Penistone Footpath Runners  | 20:54 |
| 18 | 60  | Paul Reaney          | Mens M40     | Killamarsh Kestrels         | 20:55 |
| 18 | 36  | Kevin Doyle          | Mens M40     | Kimberworth Striders        | 20:55 |
| 20 | 56  | Martin James         | Senior Men   | Doncaster AC                | 20:56 |
| 21 | 3   | Steve Marshall       | Mens M40     | Rotherham Harriers          | 20:57 |
| 22 | 69  | Will Stover          | Senior Men   | Askern & District AC        | 21:10 |
| 23 | 16  | Chris Carter         | Senior Men   | Totley AC                   | 21:12 |
| 24 | 23  | Simon Bennett        | Mens M40     | Steel City Striders         | 21:14 |
| 25 | 33  | Neil Grocutt         | Senior Men   | Kimberworth Striders        | 21:15 |
| 26 | 68  | Gareth Irvine        | Senior Men   | Sheffield RC                | 21:17 |
| 27 | 50  | Phil Hinchliffe      | Mens M40     | Penistone Footpath Runners  | 21:22 |
| 28 | 70  | Michael Pearson      | Senior Men   | Askern & District AC        | 21:31 |
| 29 | 24  | Andy Davies          | Mens M40     | Steel City Striders         | 21:32 |
| 30 | 98  | Jennifer Rich        | Senior Women | Steel City Striders         | 21:38 |
| 31 | 67  | Jed Turner           | Mens M50     | Sheffield RC                | 21:40 |
| 32 | 76  | Harry Moore          | Senior Men   | Barnsley AC                 | 21:41 |
| 33 | 64  | Nick Fowler          | Senior Men   | Clowne Road Runners         | 21:47 |
| 34 | 10  | Patrick Needham      | Senior Men   | Barnsley Harriers           | 21:48 |
| 35 | 11  | Steve Fowler         | Mens M50     | Barnsley Harriers           | 21:53 |
| 36 | 4   | Andrew Roscamp       | Mens M50     | Rotherham Harriers          | 21:54 |
| 37 | 129 | Charlotte Ward       | Senior Women | Hallamshire Harriers        | 22:10 |
| 38 | 21  | Christopher Guy      | Senior Men   | Steel City Striders         | 22:12 |
| 39 | 130 | Mary Mccarthy        | Senior Women | Hallamshire Harriers        | 22:22 |
| 40 | 73  | Keith Littlewood     | Mens M40     | Barnsley AC                 | 22:34 |
| 41 | 6   | Jamie Hargreaves     | Senior Men   | Valley Hill Runners         | 22:36 |
| 42 | 52  | Peter Knight         | Mens M40     | Penistone Footpath Runners  | 22:47 |
| 43 | 26  | Phil Howson          | Mens M40     | Steel City Striders         | 22:49 |
| 43 | 131 | Debbie Platts-Fowler | Senior Women | Sheffield RC                | 22:49 |
| 45 | 25  | David Maloney        | Mens M40     | Steel City Striders         | 22:58 |
| 46 | 22  | Paul Johnson         | Senior Men   | Steel City Striders         | 23:02 |
| 47 | 30  | Andy Buck            | Mens M50     | Steel City Striders         | 23:04 |
| 47 | 77  | Rob Cassy            | Mens M40     | Sheffield RC                | 23:04 |
| 49 | 27  | John Rawlinson       | Senior Men   | Steel City Striders         | 23:06 |
| 50 | 110 | Claire Howard        | Womens F35   | Totley AC                   | 23:07 |
| 51 | 61  | Daniel Hayward       | Senior Men   | Kingstone                   | 23:10 |
| 51 | 17  | Mark Buskwood        | Mens M40     | Totley AC                   | 23:10 |
| 53 | 38  | Phil Martin          | Mens M50     | Kimberworth Striders        | 23:11 |
| 54 | 28  | Nick Burns           | Senior Men   | Steel City Striders         | 23:12 |
| 55 | 99  | Amy Earnshaw         | Senior Women | Steel City Striders         | 23:16 |
| 56 | 116 | Hannah Peel          | Senior Women | Sheffield Tri Club          | 23:18 |
| 57 | 57  | Phil Whitehead       | Senior Men   | Doncaster AC                | 23:20 |
| 58 | 34  | Steve Beckitt        | Senior Men   | Kimberworth Striders        | 23:23 |
| 59 | 46  | Jim Lafferty         | Senior Men   | Sheffield Tri Club          | 23:25 |
| 60 | 41  | Mark Bower           | Senior Men   | Danum Harriers              | 23:42 |
| 60 | 153 | Elly Woodhead        | Senior Women | Kimberworth Striders        | 23:42 |
| 62 | 2   | James Gallacher      | Senior Men   | Rotherham Harriers          | 23:45 |
| 63 | 90  | Sarah Gough          | Senior Women | Barnsley Harriers           | 23:46 |
| 64 | 55  | Chris Deacon         | Mens M50     | Penistone Footpath Runners  | 23:56 |
| 65 | 143 | Dave Allemby         | Mens M60     | Barnsley AC                 | 23:58 |
| 66 | 53  | John Lawcock         | Mens M40     | Penistone Footpath Runners  | 23:59 |



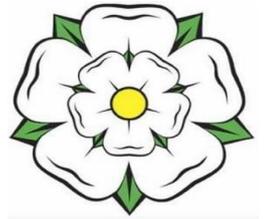
## Leg A Times

|     |     |                     |              |                             |       |
|-----|-----|---------------------|--------------|-----------------------------|-------|
| 67  | 29  | Adam McCauley       | Senior Men   | Steel City Striders         | 24:02 |
| 68  | 65  | Richard Hind        | Senior Men   | Clowne Road Runners         | 24:14 |
| 69  | 107 | Jenny Doyle         | Womens F35   | City Of Sheffield Dearne AC | 24:24 |
| 70  | 81  | Emma Dutton         | Senior Women | Rotherham Harriers          | 24:25 |
| 71  | 132 | Becky Pitcher       | Senior Women | Sheffield RC                | 24:26 |
| 72  | 103 | Pat Rooney          | Mens M60     | Kimberworth Striders        | 24:27 |
| 73  | 13  | Shaun Swallow       | Mens M40     | Barnsley Harriers           | 24:32 |
| 74  | 97  | Katie Roberts       | Senior Women | Barnsley Harriers           | 24:37 |
| 75  | 12  | Adrian Gough        | Senior Men   | Barnsley Harriers           | 24:43 |
| 76  | 144 | Jenny Wakeman       | Womens F45   | Barnsley AC                 | 24:44 |
| 77  | 100 | Amy Housley         | Senior Women | Steel City Striders         | 24:49 |
| 78  | 148 | Gemma Scougal       | Senior Women | Clowne Road Runners         | 24:51 |
| 79  | 152 | Adelle Marsden      | Womens F35   | Kimberworth Striders        | 24:54 |
| 80  | 136 | Michaela Sill       | Womens F35   | Sheffield RC                | 25:14 |
| 81  | 75  | Steve Roebuck       | Mens M40     | Barnsley AC                 | 25:20 |
| 82  | 71  | Kevin Gutteridge    | Mens M40     | Askern & District AC        | 25:23 |
| 83  | 135 | Emily Ireland       | Senior Women | Sheffield RC                | 25:25 |
| 84  | 39  | Warren O'Brien      | Senior Men   | Danum Harriers              | 25:26 |
| 85  | 133 | Sophie Bell         | Senior Women | Sheffield RC                | 25:27 |
| 86  | 112 | Ali Iredale         | Womens F35   | Totley AC                   | 25:48 |
| 87  | 142 | Naomi Biddlestone   | Womens F35   | Barnsley AC                 | 25:49 |
| 88  | 150 | Wendy Groom         | Womens F35   | Strideout                   | 25:50 |
| 89  | 111 | Roz Massey          | Womens F35   | Totley AC                   | 25:54 |
| 90  | 43  | S.Evans             | Mens M40     | Danum Harriers              | 25:55 |
| 91  | 18  | Tim Taylor          | Mens M40     | Totley AC                   | 25:58 |
| 92  | 154 | R Hunt              | Senior Women | Kimberworth Striders        | 26:09 |
| 93  | 117 | Lizzie Deacon       | Senior Women | Penistone Footpath Runners  | 26:18 |
| 94  | 42  | K.Marsh             | Senior Men   | Danum Harriers              | 26:19 |
| 95  | 147 | Karen Shipman       | Womens F35   | Clowne Road Runners         | 26:24 |
| 96  | 109 | Rachel Steen        | Senior Women | Totley AC                   | 26:39 |
| 97  | 137 | Rose James          | Senior Women | Doncaster AC                | 26:41 |
| 98  | 84  | Nicola Wilcocks     | Senior Women | Valley Hill Runners         | 26:42 |
| 99  | 49  | Brent Lindsay       | Senior Men   | Penistone Footpath Runners  | 26:51 |
| 100 | 119 | Faye Williams       | Womens F35   | Penistone Footpath Runners  | 26:52 |
| 101 | 5   | Phil Harris         | Mens M50     | Valley Hill Runners         | 26:57 |
| 102 | 62  | Martin Swift        | Mens M40     | Kingstone                   | 27:02 |
| 103 | 82  | Sasha Gallagher     | Womens F35   | Rotherham Harriers          | 27:13 |
| 104 | 159 | N Harp              | Senior Women | Kimberworth Striders        | 27:19 |
| 105 | 134 | Sarah Gilbert       | Senior Women | Sheffield RC                | 27:22 |
| 106 | 113 | Jane Harriman       | Womens F45   | Totley AC                   | 27:28 |
| 107 | 40  | Martin Botfield     | Senior Men   | Danum Harriers              | 27:29 |
| 108 | 158 | Claire Chapman      | Womens F35   | Kimberworth Striders        | 27:35 |
| 109 | 138 | Sharon Carson       | Womens F35   | Doncaster AC                | 27:38 |
| 110 | 14  | Nathan Pallett      | Senior Men   | Barnsley Harriers           | 27:42 |
| 111 | 120 | Lisa Hinchliffe     | Womens F35   | Penistone Footpath Runners  | 27:47 |
| 111 | 125 | Andrea Henson       | Womens F35   | Penistone Footpath Runners  | 27:47 |
| 113 | 108 | Sonia Lee           | Womens F45   | City Of Sheffield Dearne AC | 27:48 |
| 114 | 128 | Nick Whittingham    | Mens M60     | Penistone Footpath Runners  | 27:50 |
| 115 | 54  | Paul Fryers         | Mens M40     | Penistone Footpath Runners  | 28:13 |
| 116 | 102 | Catherine McKeown   | Womens F45   | Steel City Striders         | 28:28 |
| 117 | 35  | Richard Milns       | Senior Men   | Kimberworth Striders        | 28:38 |
| 118 | 145 | Katie Sharman       | Senior Women | Kingstone                   | 28:39 |
| 119 | 149 | Laura Godden        | Womens F35   | Strideout                   | 28:56 |
| 120 | 87  | Amanda Fowler       | Womens F35   | Barnsley Harriers           | 28:58 |
| 120 | 114 | Catherine Robertson | Womens F45   | Totley AC                   | 28:58 |
| 122 | 104 | Rachel Gordon       | Womens F35   | Danum Harriers              | 29:06 |
| 123 | 88  | Emma Moorhouse      | Senior Women | Barnsley Harriers           | 29:17 |
| 124 | 92  | Claire Boswell      | Senior Women | Barnsley Harriers           | 29:23 |
| 125 | 7   | Cameron Porter      | Mens M40     | Valley Hill Runners         | 29:27 |
| 126 | 126 | Nell Law            | Womens F45   | Penistone Footpath Runners  | 29:49 |
| 127 | 121 | Jude Matthews       | Womens F35   | Penistone Footpath Runners  | 29:50 |
| 128 | 86  | Helen Porter        | Senior Women | Valley Hill Runners         | 29:53 |
| 129 | 85  | Rebecca Dodd        | Senior Women | Valley Hill Runners         | 29:56 |
| 130 | 124 | Jayne Hurst         | Womens F35   | Penistone Footpath Runners  | 30:00 |
| 131 | 151 | Carly Anne Womack   | Senior Women | Strideout                   | 30:06 |
| 132 | 156 | L Siddall           | Womens F45   | Kimberworth Striders        | 30:10 |
| 133 | 122 | Caryl Skene         | Womens F35   | Penistone Footpath Runners  | 30:30 |



## Leg A Times

|     |     |                    |              |                            |       |
|-----|-----|--------------------|--------------|----------------------------|-------|
| 134 | 106 | Heather Marsh      | Womens F35   | Danum Harriers             | 30:44 |
| 135 | 96  | Christine Capewell | Senior Women | Barnsley Harriers          | 30:46 |
| 136 | 94  | Paula Mills        | Senior Women | Barnsley Harriers          | 30:54 |
| 137 | 91  | Agnes Szilvasi     | Senior Women | Barnsley Harriers          | 31:08 |
| 138 | 89  | Alison Wood        | Senior Women | Barnsley Harriers          | 31:12 |
| 139 | 157 | L Burley           | Senior Women | Kimberworth Striders       | 31:18 |
| 140 | 160 | A Clements         | Senior Women | Kimberworth Striders       | 31:25 |
| 141 | 115 | Helen Oscroft      | Senior Women | Sheffield Tri Club         | 31:32 |
| 142 | 118 | Sophie Billington  | Senior Women | Penistone Footpath Runners | 31:37 |
| 143 | 83  | Susan Smith        | Womens F45   | Valley Hill Runners        | 32:05 |
| 144 | 93  | Gaby Wolferink     | Senior Women | Barnsley Harriers          | 32:19 |
| 145 | 139 | Joanne Breeze      | Womens F35   | Doncaster AC               | 32:31 |
| 146 | 140 | Gemma Tyler        | Senior Women | Doncaster AC               | 32:33 |
| 147 | 146 | Tracey Love        | Senior Women | Kingstone                  | 33:41 |
| 148 | 101 | Becky Chapman      | Senior Women | Steel City Striders        | 34:33 |
| 149 | 105 | A.Brooks           | Womens F35   | Danum Harriers             | 34:55 |
| 150 | 72  | Mick Collingwood   | Senior Men   | Askern & District AC       | 34:59 |
| 151 | 127 | Karen Bowskill     | Womens F45   | Penistone Footpath Runners | 35:10 |
| 152 | 37  | Ray Hibberd        | Mens M40     | Kimberworth Striders       | 36:14 |
| 153 | 95  | Lisa Druce         | Senior Women | Barnsley Harriers          | 37:27 |
| 154 | 123 | Donna Kilpin       | Womens F35   | Penistone Footpath Runners | 38:55 |
| 155 | 141 | Rose Fells         | Womens F35   | Doncaster AC               | 39:38 |



## Leg B Times

|    |     |                  |              |                             |       |     |
|----|-----|------------------|--------------|-----------------------------|-------|-----|
| 1  | 59  | Brendon Moody    | Senior Men   | Barnsley AC                 | 18:48 | 2   |
| 2  | 58  | Gavin Keight     | Senior Men   | Hallamshire Harriers        | 18:54 |     |
| 3  | 63  | Lewis Banton     | Senior Men   | Clowne Road Runners         | 19:18 | 5   |
| 4  | 1   | Chris Adams      | Senior Men   | Rotherham Harriers          | 19:19 | -1  |
| 5  | 48  | Scott Hinchliffe | Senior Men   | Penistone Footpath Runners  | 19:32 | 2   |
| 6  | 19  | Phil Skelton     | Senior Men   | Steel City Striders         | 19:41 | 3   |
| 7  | 56  | Simon Wright     | Senior Men   | Doncaster AC                | 19:44 | 10  |
| 8  | 64  | Jordan Street    | Senior Men   | Clowne Road Runners         | 20:01 | 18  |
| 9  | 8   | Paul Johnson     | Senior Men   | Barnsley Harriers           | 20:23 | 2   |
| 10 | 66  | Ben Mahoney      | Senior Men   | Sheffield RC                | 20:31 | -2  |
| 11 | 44  | Cameron Cass     | Senior Men   | City Of Sheffield Dearne AC | 20:33 | -2  |
| 12 | 47  | Joe Law          | Senior Men   | Penistone Footpath Runners  | 20:43 |     |
| 13 | 51  | Robin Clough     | Mens M40     | Penistone Footpath Runners  | 20:53 | 4   |
| 14 | 15  | Matt Burden      | Senior Men   | Totley AC                   | 20:56 |     |
| 15 | 3   | Gary Claxton     | Mens M40     | Rotherham Harriers          | 21:05 | 5   |
| 16 | 23  | Alastair Lawson  | Mens M40     | Steel City Striders         | 21:10 | 6   |
| 17 | 69  | Aiden Ball       | Senior Men   | Askern & District AC        | 21:13 | 5   |
| 18 | 129 | Zanthe Wray      | Senior Women | Hallamshire Harriers        | 21:15 | 1   |
| 19 | 50  | Mat Robinson     | Mens M40     | Penistone Footpath Runners  | 21:20 | 7   |
| 20 | 11  | Andrew Pearson   | Mens M50     | Barnsley Harriers           | 21:25 | 8   |
| 21 | 57  | James Osborne    | Senior Men   | Doncaster AC                | 21:32 | 14  |
| 22 | 68  | Ben Wilkinson    | Senior Men   | Sheffield RC                | 21:39 | 4   |
| 23 | 81  | Fiona Davies     | Senior Women | Rotherham Harriers          | 21:40 | 8   |
| 24 | 17  | Tony Whitehouse  | Mens M40     | Totley AC                   | 21:43 | 8   |
| 25 | 21  | Matt Chappell    | Senior Men   | Steel City Striders         | 21:46 | 6   |
| 26 | 9   | Lee Smith        | Senior Men   | Barnsley Harriers           | 21:48 | -5  |
| 27 | 36  | Simon Hopkins    | Mens M40     | Kimberworth Striders        | 21:52 | -3  |
| 28 | 33  | Andrew Lockwood  | Senior Men   | Kimberworth Striders        | 21:53 |     |
| 29 | 74  | Gary Brooks      | Mens M40     | Sheffield RC                | 21:54 | -4  |
| 30 | 10  | Mike Schofield   | Senior Men   | Barnsley Harriers           | 22:02 | 4   |
| 31 | 20  | James Fulcher    | Senior Men   | Steel City Striders         | 22:13 | -8  |
| 32 | 25  | Mick Wall        | Mens M40     | Steel City Striders         | 22:14 | 2   |
| 33 | 24  | Paul Stuart      | Mens M40     | Steel City Striders         | 22:15 | 1   |
| 33 | 31  | Kieran Surgeon   | Senior Men   | Steel City Striders         | 22:15 | -8  |
| 35 | 70  | David Pearce     | Senior Men   | Askern & District AC        | 22:33 | -3  |
| 36 | 67  | Gary Podmore     | Mens M50     | Sheffield RC                | 22:38 | -3  |
| 37 | 5   | Graham Dodd      | Mens M50     | Valley Hill Runners         | 22:46 | 13  |
| 38 | 26  | Steve Irvine     | Mens M40     | Steel City Striders         | 22:50 | -1  |
| 39 | 16  | Jon Sanderson    | Senior Men   | Totley AC                   | 22:57 | -9  |
| 39 | 76  | Melvin Wallace   | Senior Men   | Barnsley AC                 | 22:57 | -3  |
| 41 | 73  | Robert Davies    | Mens M40     | Barnsley AC                 | 22:58 | -3  |
| 41 | 4   | Nigel Brookes    | Mens M50     | Rotherham Harriers          | 22:58 | -1  |
| 41 | 65  | Simon Gregory    | Senior Men   | Clowne Road Runners         | 22:58 | 13  |
| 44 | 130 | Hannah Whiteham  | Senior Women | Hallamshire Harriers        | 23:09 | 1   |
| 45 | 77  | Rob Jones        | Mens M40     | Sheffield RC                | 23:12 | 1   |
| 46 | 14  | Neil Fox         | Senior Men   | Barnsley Harriers           | 23:17 | 11  |
| 47 | 49  | Damian Briscoe   | Senior Men   | Penistone Footpath Runners  | 23:27 | 10  |
| 48 | 55  | John Howsham     | Mens M50     | Penistone Footpath Runners  | 23:31 | 9   |
| 49 | 52  | Martin Cooper    | Mens M40     | Penistone Footpath Runners  | 23:34 | -5  |
| 50 | 72  | Karen Ball       | Senior Men   | Askern & District AC        | 23:41 |     |
| 51 | 6   | Tom Brockwell    | Senior Men   | Valley Hill Runners         | 23:43 | -5  |
| 52 | 2   | Paul Risley      | Senior Men   | Rotherham Harriers          | 23:45 | 7   |
| 53 | 60  | James Sylvester  | Mens M40     | Killamarsh Kestrels         | 23:55 | -17 |
| 54 | 98  | Rio Cooper       | Senior Women | Steel City Striders         | 24:00 | -2  |
| 55 | 110 | Caz Kay          | Womens F35   | Totley AC                   | 24:15 |     |
| 56 | 40  | D.Scully         | Senior Men   | Danum Harriers              | 24:18 | 8   |
| 57 | 133 | Abigail Knight   | Senior Women | Sheffield RC                | 24:20 | 11  |
| 58 | 152 | Jo Bolton        | Womens F35   | Kimberworth Striders        | 24:27 | 9   |
| 59 | 7   | Ian Gall         | Mens M40     | Valley Hill Runners         | 24:29 | 5   |
| 60 | 27  | Roger Watson     | Senior Men   | Steel City Striders         | 24:35 | -3  |
| 61 | 131 | Heather Fisher   | Senior Women | Sheffield RC                | 24:37 | -2  |
| 62 | 143 | Graham Bateson   | Mens M60     | Barnsley AC                 | 24:41 | 3   |
| 63 | 45  | Cerys Thomas     | Senior Men   | Sheffield Tri Club          | 24:50 | -24 |
| 64 | 35  | Andy Lightfoot   | Senior Men   | Kimberworth Striders        | 25:01 | 5   |
| 65 | 13  | Jerry Fisher     | Mens M40     | Barnsley Harriers           | 25:05 | 5   |
| 66 | 90  | Stacy Dyson      | Senior Women | Barnsley Harriers           | 25:09 | 1   |
| 67 | 153 | Kerry Archer     | Senior Women | Kimberworth Striders        | 25:14 | -1  |



## Leg B Times

|     |     |                       |              |                             |       |     |
|-----|-----|-----------------------|--------------|-----------------------------|-------|-----|
| 68  | 117 | Sam Shaw              | Senior Women | Penistone Footpath Runners  | 25:15 | 12  |
| 69  | 22  | Thomas McCart         | Senior Men   | Steel City Striders         | 25:19 | -7  |
| 70  | 46  | Roger Wilde           | Senior Men   | Sheffield Tri Club          | 25:30 | 2   |
| 71  | 34  | Nils Hoffman          | Senior Men   | Kimberworth Striders        | 25:35 |     |
| 71  | 37  | Lee Weatherall        | Mens M40     | Kimberworth Striders        | 25:35 |     |
| 73  | 111 | Clare Howarth         | Womens F35   | Totley AC                   | 25:39 | 10  |
| 74  | 132 | Ellen Mcleod          | Senior Women | Sheffield RC                | 25:42 | 1   |
| 75  | 107 | Donna Claridge        | Womens F35   | City Of Sheffield Dearne AC | 25:50 | -3  |
| 76  | 61  | Gavin Beardsall       | Senior Men   | Kingstone                   | 25:54 | -6  |
| 77  | 29  | Michael Twigg         | Senior Men   | Steel City Striders         | 26:03 | 1   |
| 78  | 30  | Andy Woffindin        | Mens M50     | Steel City Striders         | 26:11 | -10 |
| 78  | 119 | Julie Moxon           | Womens F35   | Penistone Footpath Runners  | 26:11 | 11  |
| 80  | 112 | Emma Shepherd         | Womens F35   | Totley AC                   | 26:16 | 4   |
| 81  | 71  | Stan Williams         | Mens M40     | Askern & District AC        | 26:23 | 1   |
| 82  | 137 | Jessica Royle         | Senior Women | Doncaster AC                | 26:25 | 8   |
| 83  | 39  | David Etherington     | Senior Men   | Danum Harriers              | 26:28 | -2  |
| 84  | 158 | H Wade                | Womens F35   | Kimberworth Striders        | 26:30 | 11  |
| 85  | 113 | Pat Goodall           | Womens F45   | Totley AC                   | 26:31 | 11  |
| 86  | 53  | Dean Allcroft         | Mens M40     | Penistone Footpath Runners  | 26:37 | -2  |
| 87  | 75  | Daryl Harrison        | Mens M40     | Barnsley AC                 | 26:40 | -5  |
| 88  | 120 | Jill Carlton          | Womens F35   | Penistone Footpath Runners  | 26:46 | 10  |
| 89  | 99  | Gillian Burgon        | Senior Women | Steel City Striders         | 26:57 | -7  |
| 90  | 18  | Kieron Hickey         | Mens M40     | Totley AC                   | 27:01 | -2  |
| 91  | 12  | Steve Wilson          | Senior Men   | Barnsley Harriers           | 27:09 | -4  |
| 92  | 105 | P.Davies              | Womens F35   | Danum Harriers              | 27:14 | 13  |
| 93  | 103 | Richard Finney        | Mens M60     | Kimberworth Striders        | 27:28 | -4  |
| 94  | 144 | Carol Morrell         | Womens F45   | Barnsley AC                 | 27:30 | -4  |
| 95  | 160 | L Race                | Senior Women | Kimberworth Striders        | 27:37 | 13  |
| 96  | 151 | Emma Wells            | Senior Women | Strideout                   | 27:39 | 10  |
| 97  | 108 | Helen Eleker          | Womens F45   | City Of Sheffield Dearne AC | 27:41 | 7   |
| 98  | 38  | Alan France           | Mens M50     | Kimberworth Striders        | 27:45 | -11 |
| 99  | 87  | Rachel Jardine        | Womens F35   | Barnsley Harriers           | 27:51 | 7   |
| 100 | 88  | Janine Kitching       | Senior Women | Barnsley Harriers           | 27:52 | 8   |
| 101 | 134 | Caroline Hallam       | Senior Women | Sheffield RC                | 27:53 | 2   |
| 102 | 126 | Anne Beresford        | Womens F45   | Penistone Footpath Runners  | 27:54 | 6   |
| 103 | 150 | Nina Eliza            | Womens F35   | Strideout                   | 27:58 |     |
| 104 | 100 | Laura Fletcher        | Senior Women | Steel City Striders         | 28:01 | -4  |
| 105 | 147 | Julie White           | Womens F35   | Clowne Road Runners         | 28:04 | 1   |
| 106 | 92  | Janine Brown          | Senior Women | Barnsley Harriers           | 28:09 | 7   |
| 107 | 116 | Nancy Skinner         | Senior Women | Sheffield Tri Club          | 28:12 | -8  |
| 108 | 42  | A.Halliday            | Senior Men   | Danum Harriers              | 28:19 | -5  |
| 109 | 154 | M Edwards             | Senior Women | Kimberworth Striders        | 28:21 | -2  |
| 110 | 106 | E.Bull                | Womens F35   | Danum Harriers              | 28:29 | 6   |
| 111 | 156 | N Archer              | Womens F45   | Kimberworth Striders        | 28:30 | 7   |
| 112 | 109 | Corin Leach           | Senior Women | Totley AC                   | 28:32 | -3  |
| 113 | 28  | Richard Clamp         | Senior Men   | Steel City Striders         | 28:39 | -14 |
| 114 | 138 | Andrea Robinson       | Womens F35   | Doncaster AC                | 28:48 |     |
| 114 | 121 | Emma Stead            | Womens F35   | Penistone Footpath Runners  | 28:48 | 3   |
| 116 | 97  | Kelly Ford            | Senior Women | Barnsley Harriers           | 28:51 | -9  |
| 117 | 84  | Rachel Goacher        | Senior Women | Valley Hill Runners         | 28:53 | -4  |
| 118 | 142 | Melanie Hammond       | Womens F35   | Barnsley AC                 | 29:00 | -7  |
| 119 | 125 | Sarah Plummer         | Womens F35   | Penistone Footpath Runners  | 29:04 | -1  |
| 120 | 43  | Neil Pratt            | Mens M40     | Danum Harriers              | 29:10 | -8  |
| 121 | 62  | Philip Butcher        | Mens M40     | Kingstone                   | 29:15 | -4  |
| 122 | 128 | Geoff Dimelow         | Mens M60     | Penistone Footpath Runners  | 29:33 |     |
| 123 | 89  | Clare Atkinson        | Senior Women | Barnsley Harriers           | 29:35 | 6   |
| 124 | 102 | Jill Davies           | Womens F45   | Steel City Striders         | 29:36 | -4  |
| 125 | 54  | Martyn Cartwright     | Mens M40     | Penistone Footpath Runners  | 29:43 | -2  |
| 126 | 145 | Rachel Yarwood-Murray | Senior Women | Kingstone                   | 30:10 | -7  |
| 127 | 41  | I.Gillings            | Senior Men   | Danum Harriers              | 30:17 | -17 |
| 128 | 148 | Helen Worsfeld        | Senior Women | Clowne Road Runners         | 30:19 | -14 |
| 129 | 159 | N Lowe                | Senior Women | Kimberworth Striders        | 30:20 | -10 |
| 130 | 136 | Sian Dickinson        | Womens F35   | Sheffield RC                | 30:26 | -17 |
| 131 | 101 | Emma Beer             | Senior Women | Steel City Striders         | 30:31 | 4   |
| 132 | 149 | Marie Burkinshaw      | Womens F35   | Strideout                   | 30:33 | -9  |
| 133 | 114 | Dorothy Gray          | Womens F45   | Totley AC                   | 30:43 | -9  |
| 134 | 135 | Hannah Freudenberg    | Senior Women | Sheffield RC                | 30:50 | -17 |

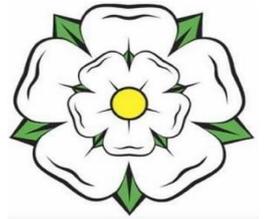


# UP & RUNNING



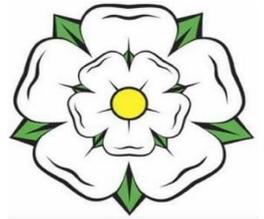
## Leg B Times

|     |     |                  |              |                            |       |     |
|-----|-----|------------------|--------------|----------------------------|-------|-----|
| 135 | 122 | Joanne Walton    | Womens F35   | Penistone Footpath Runners | 30:59 |     |
| 136 | 82  | Janet Dutton     | Womens F35   | Rotherham Harriers         | 31:05 | -15 |
| 137 | 104 | June Drummond    | Womens F35   | Danum Harriers             | 31:12 | -8  |
| 138 | 94  | Julie Riding     | Senior Women | Barnsley Harriers          | 31:23 | -2  |
| 139 | 85  | Wendy Duggan     | Senior Women | Valley Hill Runners        | 31:35 | -5  |
| 140 | 96  | Janet Heeley     | Senior Women | Barnsley Harriers          | 31:56 | -4  |
| 141 | 86  | Melanie Holland  | Senior Women | Valley Hill Runners        | 32:04 | -7  |
| 142 | 124 | Jane Partridge   | Womens F35   | Penistone Footpath Runners | 32:10 | -7  |
| 143 | 93  | Claudia Thompson | Senior Women | Barnsley Harriers          | 32:16 | 2   |
| 144 | 139 | Vicky Royle      | Womens F35   | Doncaster AC               | 32:28 | 2   |
| 145 | 118 | Teresa Wall      | Senior Women | Penistone Footpath Runners | 32:51 | 1   |
| 146 | 115 | Sally Smith      | Senior Women | Sheffield Tri Club         | 32:55 | 1   |
| 147 | 127 | Debra Cable      | Womens F45   | Penistone Footpath Runners | 33:35 | 3   |
| 148 | 123 | Liz Turner       | Womens F35   | Penistone Footpath Runners | 34:57 | 2   |
| 149 | 157 | E Lunn           | Senior Women | Kimberworth Striders       | 35:13 | -6  |
| 150 | 141 | Sarah Smith      | Womens F35   | Doncaster AC               | 35:35 |     |
| 151 | 83  | Bernie Harding   | Womens F45   | Valley Hill Runners        | 36:07 | -3  |
| 152 | 140 | Susan Forbes     | Senior Women | Doncaster AC               | 37:29 | -2  |
| 153 | 95  | Sara Booth       | Senior Women | Barnsley Harriers          | 37:31 | -1  |
| 154 | 91  | Alison Hilton    | Senior Women | Barnsley Harriers          | 39:02 | -12 |
| 155 | 146 | Katie Lee        | Senior Women | Kingstone                  | 40:45 | -4  |



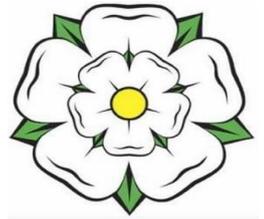
## Leg C Times

|    |     |                      |              |                             |       |     |
|----|-----|----------------------|--------------|-----------------------------|-------|-----|
| 1  | 1   | Kyle Craib           | Senior Men   | Rotherham Harriers          | 18:05 | 2   |
| 2  | 63  | Gareth Lowe          | Senior Men   | Clowne Road Runners         | 18:24 | 2   |
| 3  | 48  | Andy Swift           | Senior Men   | Penistone Footpath Runners  | 19:11 | 1   |
| 4  | 19  | Robert Foster        | Senior Men   | Steel City Striders         | 19:59 | -2  |
| 5  | 58  | Josh Walton          | Senior Men   | Hallamshire Harriers        | 20:04 | -1  |
| 6  | 8   | Richard Spooner      | Senior Men   | Barnsley Harriers           | 20:05 | 2   |
| 7  | 59  | Ethan Godridge       | Senior Men   | Barnsley AC                 | 20:15 | -2  |
| 8  | 77  | Joe Fowler           | Mens M40     | Sheffield RC                | 20:26 | 12  |
| 9  | 66  | John Doherty         | Senior Men   | Sheffield RC                | 20:33 |     |
| 10 | 129 | Nicola Squires       | Senior Women | Hallamshire Harriers        | 20:35 |     |
| 11 | 36  | Lee Rawson           | Mens M40     | Kimberworth Striders        | 20:39 | 6   |
| 12 | 15  | Aidan Linkill        | Senior Men   | Totley AC                   | 20:51 | -1  |
| 13 | 64  | peter Twigg          | Senior Men   | Clowne Road Runners         | 21:02 | 2   |
| 14 | 51  | Richard Mackie       | Mens M40     | Penistone Footpath Runners  | 21:08 |     |
| 15 | 44  | Nathan Sime          | Senior Men   | City Of Sheffield Dearne AC | 21:18 |     |
| 16 | 67  | Tim Tett             | Mens M50     | Sheffield RC                | 21:26 | 8   |
| 17 | 23  | Michael Greer        | Mens M40     | Steel City Striders         | 21:40 | 1   |
| 18 | 56  | Lee Milburn          | Senior Men   | Doncaster AC                | 21:45 | -1  |
| 19 | 10  | Gus Thompson         | Senior Men   | Barnsley Harriers           | 21:47 | 5   |
| 20 | 68  | Adam Follett         | Senior Men   | Sheffield RC                | 21:50 | 2   |
| 20 | 20  | Ed Startup           | Senior Men   | Steel City Striders         | 21:50 | 3   |
| 22 | 9   | Richard Singleton    | Senior Men   | Barnsley Harriers           | 21:52 |     |
| 23 | 69  | Dean Winter          | Senior Men   | Askern & District AC        | 21:56 | -1  |
| 23 | 74  | Dave Crossley        | Mens M40     | Sheffield RC                | 21:56 | -1  |
| 25 | 37  | Kevin Doyle          | Mens M40     | Kimberworth Striders        | 21:59 | 3   |
| 26 | 33  | Thomas Hardman       | Senior Men   | Kimberworth Striders        | 22:00 | 3   |
| 27 | 47  | Lee Storey           | Senior Men   | Penistone Footpath Runners  | 22:01 | -2  |
| 28 | 25  | David Perkins        | Mens M40     | Steel City Striders         | 22:14 | 7   |
| 29 | 131 | Sarah Lowery         | Senior Women | Sheffield RC                | 22:17 | 1   |
| 30 | 31  | Peter Webber         | Senior Men   | Steel City Striders         | 22:19 |     |
| 31 | 24  | Dan Cook             | Mens M40     | Steel City Striders         | 22:23 | 1   |
| 32 | 147 | Louise Lowe          | Womens F35   | Clowne Road Runners         | 22:50 | 11  |
| 33 | 110 | Fiona Kesteven       | Womens F35   | Totley AC                   | 22:56 | -1  |
| 34 | 130 | Charlotte Slack      | Senior Women | Hallamshire Harriers        | 23:02 |     |
| 35 | 45  | Stephen Russell      | Senior Men   | Sheffield Tri Club          | 23:12 | -2  |
| 36 | 43  | K.Taylor             | Mens M40     | Danum Harriers              | 23:19 | 10  |
| 37 | 50  | Steve Sanders        | Mens M40     | Penistone Footpath Runners  | 23:20 | -6  |
| 38 | 52  | Gary Dean            | Mens M40     | Penistone Footpath Runners  | 23:25 | 3   |
| 39 | 70  | Michael Pearce       | Senior Men   | Askern & District AC        | 23:27 | -2  |
| 40 | 11  | Steve Whiteley       | Mens M50     | Barnsley Harriers           | 23:27 | -5  |
| 41 | 57  | Martin Hookway       | Senior Men   | Doncaster AC                | 23:28 | 1   |
| 42 | 81  | Lizzie Hutson        | Senior Women | Rotherham Harriers          | 23:28 |     |
| 43 | 26  | Al Cook              | Mens M40     | Steel City Striders         | 23:30 | 3   |
| 44 | 21  | Simon Hope           | Senior Men   | Steel City Striders         | 23:34 | -4  |
| 45 | 137 | Marie-Louise Taylor  | Senior Women | Doncaster AC                | 23:36 | 8   |
| 46 | 98  | Charlotte Spencer    | Senior Women | Steel City Striders         | 23:37 |     |
| 47 | 136 | Debbie Platts-Fowler | Womens F35   | Sheffield RC                | 23:42 | 15  |
| 48 | 61  | Lee Wakelin          | Senior Men   | Kingstone                   | 23:45 | 5   |
| 49 | 115 | Hannah Peel          | Senior Women | Sheffield Tri Club          | 23:49 | 16  |
| 50 | 28  | Russ Stevenson       | Senior Men   | Steel City Striders         | 23:50 | 8   |
| 51 | 119 | Lesley Latchem       | Womens F35   | Penistone Footpath Runners  | 24:00 | 6   |
| 52 | 90  | Rachel Fox           | Senior Women | Barnsley Harriers           | 24:02 | 1   |
| 52 | 41  | Simon Rayner         | Senior Men   | Danum Harriers              | 24:02 | 9   |
| 54 | 34  | Mark Cain            | Senior Men   | Kimberworth Striders        | 24:04 | 3   |
| 55 | 76  | Mark Wood            | Senior Men   | Barnsley AC                 | 24:09 | -3  |
| 56 | 55  | Martin Booth         | Mens M50     | Penistone Footpath Runners  | 24:11 | 1   |
| 57 | 3   | Chris Griffiths      | Mens M40     | Rotherham Harriers          | 24:14 | -12 |
| 58 | 65  | Mat Russell          | Senior Men   | Clowne Road Runners         | 24:15 | 1   |
| 58 | 22  | Sergei Shkul         | Senior Men   | Steel City Striders         | 24:15 | 3   |
| 60 | 16  | Marcus Adams         | Senior Men   | Totley AC                   | 24:21 | -4  |
| 61 | 73  | Simon Roberts        | Mens M40     | Barnsley AC                 | 24:25 | -2  |
| 62 | 13  | Shaun Clarkson       | Mens M40     | Barnsley Harriers           | 24:26 | 3   |
| 63 | 17  | Ian Bradbury         | Mens M40     | Totley AC                   | 24:27 | -1  |
| 64 | 60  | Keith Grayson        | Mens M40     | Killamarsh Kestrels         | 24:40 | -5  |
| 65 | 99  | Nicola Ross          | Senior Women | Steel City Striders         | 24:42 | 3   |
| 66 | 151 | Susan Gillie         | Senior Women | Strideout                   | 24:48 | 14  |
| 67 | 143 | Roy Hart             | Mens M60     | Barnsley AC                 | 24:49 | -1  |



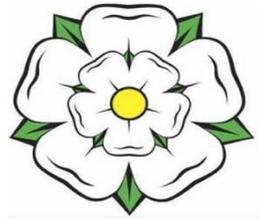
## Leg C Times

|     |     |                    |              |                             |       |     |
|-----|-----|--------------------|--------------|-----------------------------|-------|-----|
| 67  | 152 | Claire Chapman     | Womens F35   | Kimberworth Striders        | 24:49 | 1   |
| 69  | 4   | John Dutton        | Mens M50     | Rotherham Harriers          | 25:05 | -6  |
| 70  | 111 | Penny Sadler       | Womens F35   | Totley AC                   | 25:08 | 2   |
| 71  | 132 | Rachel Miller      | Senior Women | Sheffield RC                | 25:10 |     |
| 72  | 35  | Chris Lilley       | Senior Men   | Kimberworth Striders        | 25:11 | 2   |
| 73  | 53  | Dave Cooper        | Mens M40     | Penistone Footpath Runners  | 25:14 | 2   |
| 74  | 14  | Kieron Brice       | Senior Men   | Barnsley Harriers           | 25:18 | 3   |
| 75  | 30  | Richard Pegg       | Mens M50     | Steel City Striders         | 25:23 |     |
| 76  | 18  | Kevin Megson       | Mens M40     | Totley AC                   | 25:32 | 3   |
| 77  | 109 | Jo Brown           | Senior Women | Totley AC                   | 25:33 | 5   |
| 78  | 135 | Laura Inglis       | Senior Women | Sheffield RC                | 25:36 | 6   |
| 78  | 133 | Becky Pitcher      | Senior Women | Sheffield RC                | 25:36 | -2  |
| 80  | 62  | Ian Walton         | Mens M40     | Kingstone                   | 25:40 | 2   |
| 81  | 134 | Samya Armoush      | Senior Women | Sheffield RC                | 25:46 | 4   |
| 82  | 38  | Adrian Holyhead    | Mens M50     | Kimberworth Striders        | 25:48 |     |
| 82  | 113 | Deborah Lodge      | Womens F45   | Totley AC                   | 25:48 | 3   |
| 84  | 158 | A Marsden          | Womens F35   | Kimberworth Striders        | 25:56 | 3   |
| 85  | 27  | Nick Hails         | Senior Men   | Steel City Striders         | 25:59 | -2  |
| 86  | 46  | Matthew Littlewood | Senior Men   | Sheffield Tri Club          | 26:00 | -4  |
| 87  | 153 | Toni Robinson      | Senior Women | Kimberworth Striders        | 26:03 | -2  |
| 88  | 128 | Kelvin Bowskill    | Mens M60     | Penistone Footpath Runners  | 26:04 | 8   |
| 89  | 42  | Paul Wright        | Senior Men   | Danum Harriers              | 26:08 | 2   |
| 90  | 144 | Gail Colville      | Womens F45   | Barnsley AC                 | 26:09 | 1   |
| 91  | 120 | Heather Parkin     | Womens F35   | Penistone Footpath Runners  | 26:13 | 1   |
| 91  | 72  | Kevin Gutteridge   | Senior Men   | Askern & District AC        | 26:13 | 1   |
| 93  | 150 | Rebecca Burrell    | Womens F35   | Strideout                   | 26:27 | -1  |
| 94  | 39  | J.Worthington      | Senior Men   | Danum Harriers              | 26:31 | 2   |
| 95  | 5   | Ian Drury          | Mens M50     | Valley Hill Runners         | 26:39 | -3  |
| 96  | 6   | Sam Spires         | Senior Men   | Valley Hill Runners         | 26:44 | -6  |
| 97  | 154 | Lisa Gibson        | Senior Women | Kimberworth Striders        | 26:53 | -2  |
| 98  | 2   | Matt Boucher       | Senior Men   | Rotherham Harriers          | 27:03 | -5  |
| 99  | 75  | Kevin Manley       | Mens M40     | Barnsley AC                 | 27:07 | -1  |
| 100 | 29  | Chris Higgs        | Senior Men   | Steel City Striders         | 27:08 | -4  |
| 101 | 116 | Elly Blackwell     | Senior Women | Sheffield Tri Club          | 27:13 | -5  |
| 102 | 54  | Paul Fryers        | Mens M40     | Penistone Footpath Runners  | 27:16 | -1  |
| 103 | 100 | Helen Cain         | Senior Women | Steel City Striders         | 27:18 | -4  |
| 104 | 117 | Sue Johnstone      | Senior Women | Penistone Footpath Runners  | 27:22 | -5  |
| 105 | 121 | Sarah walch        | Womens F35   | Penistone Footpath Runners  | 27:30 | 8   |
| 106 | 40  | M.Hudson           | Senior Men   | Danum Harriers              | 27:35 | -6  |
| 107 | 107 | Janita Maraanan    | Womens F35   | City Of Sheffield Dearne AC | 27:38 | -4  |
| 108 | 87  | Nicola Garrity     | Womens F35   | Barnsley Harriers           | 28:01 | 2   |
| 109 | 160 | N Harp             | Senior Women | Kimberworth Striders        | 28:06 | 5   |
| 110 | 92  | Emily Dodd         | Senior Women | Barnsley Harriers           | 28:09 | 4   |
| 111 | 112 | Linda Fitzpatrick  | Womens F35   | Totley AC                   | 28:12 | -8  |
| 112 | 49  | Brian Hague        | Senior Men   | Penistone Footpath Runners  | 28:15 | -8  |
| 113 | 138 | Karey Miles        | Womens F35   | Doncaster AC                | 28:17 | 2   |
| 114 | 105 | T.Gibbons          | Womens F35   | Danum Harriers              | 28:19 | 5   |
| 115 | 122 | Rachel Jarvis      | Womens F35   | Penistone Footpath Runners  | 28:31 | 3   |
| 116 | 159 | V Beckitt          | Senior Women | Kimberworth Striders        | 28:44 | 2   |
| 117 | 125 | Jacqui Armitage    | Womens F35   | Penistone Footpath Runners  | 28:45 | 2   |
| 118 | 104 | Sharon Dale        | Womens F35   | Danum Harriers              | 28:46 | 5   |
| 119 | 102 | Victoria Hawkins   | Womens F45   | Steel City Striders         | 28:58 | 2   |
| 120 | 142 | Alison Noble       | Womens F35   | Barnsley AC                 | 29:42 | -5  |
| 121 | 106 | J.McNally          | Womens F35   | Danum Harriers              | 29:46 | 3   |
| 122 | 139 | Sharon Maughan     | Womens F35   | Doncaster AC                | 29:48 | 6   |
| 123 | 12  | Justin Goodyear    | Senior Men   | Barnsley Harriers           | 29:59 | -6  |
| 124 | 84  | Judith Mallon      | Senior Women | Valley Hill Runners         | 30:06 | -4  |
| 125 | 145 | Jayne Halford      | Senior Women | Kingstone                   | 30:36 | -2  |
| 126 | 156 | J Clarke           | Womens F45   | Kimberworth Striders        | 30:47 | -4  |
| 127 | 88  | Claire Cordon      | Senior Women | Barnsley Harriers           | 30:48 | -7  |
| 128 | 149 | Samantha Mills     | Womens F35   | Strideout                   | 31:00 | -3  |
| 129 | 103 | Rod Rivers         | Mens M60     | Kimberworth Striders        | 31:01 | -16 |
| 130 | 108 | Caroline Fuller    | Womens F45   | City Of Sheffield Dearne AC | 31:03 | -9  |
| 131 | 94  | Helen Andrews      | Senior Women | Barnsley Harriers           | 31:10 | 2   |
| 132 | 71  | Paul Smith         | Mens M40     | Askern & District AC        | 31:14 | -11 |
| 132 | 85  | Eliza Barlow       | Senior Women | Valley Hill Runners         | 31:14 | -1  |
| 134 | 101 | Joanne Graham      | Senior Women | Steel City Striders         | 31:15 | 2   |



## Leg C Times

|     |     |                  |              |                            |       |     |
|-----|-----|------------------|--------------|----------------------------|-------|-----|
| 135 | 126 | Sue Beevers      | Womens F45   | Penistone Footpath Runners | 31:33 | -7  |
| 136 | 93  | Julie Nugent     | Senior Women | Barnsley Harriers          | 31:34 | 1   |
| 137 | 89  | Lisa Smith       | Senior Women | Barnsley Harriers          | 31:46 | -2  |
| 138 | 148 | Katy Taylor      | Senior Women | Clowne Road Runners        | 31:47 | -13 |
| 139 | 83  | Clare Devonport  | Womens F45   | Valley Hill Runners        | 32:24 | 2   |
| 140 | 82  | Alison Brown     | Womens F35   | Rotherham Harriers         | 32:32 | -10 |
| 141 | 123 | Annie Lightowler | Womens F35   | Penistone Footpath Runners | 32:36 | 1   |
| 142 | 7   | Pete Taylor      | Mens M40     | Valley Hill Runners        | 33:29 | -7  |
| 143 | 97  | Lincoln Roberts  | Senior Women | Barnsley Harriers          | 33:35 | -23 |
| 144 | 86  | Liza Brothers    | Senior Women | Valley Hill Runners        | 33:57 | -3  |
| 145 | 124 | Tracey Froggatt  | Womens F35   | Penistone Footpath Runners | 33:58 | -3  |
| 146 | 95  | Marie Hemingway  | Senior Women | Barnsley Harriers          | 34:11 | 1   |
| 147 | 91  | Laura Bibby      | Senior Women | Barnsley Harriers          | 34:16 | 1   |
| 148 | 141 | Claire Macleod   | Womens F35   | Doncaster AC               | 34:42 | 1   |
| 149 | 127 | Karen Schofield  | Womens F45   | Penistone Footpath Runners | 35:08 |     |
| 150 | 146 | Laura Smith      | Senior Women | Kingstone                  | 36:06 | -2  |
| 151 | 114 | Sarah Whitehouse | Womens F45   | Totley AC                  | 36:13 | -8  |
| 152 | 157 | H Jacques        | Senior Women | Kimberworth Striders       | 37:00 | -1  |
| 153 | 140 | Claire Whiteley  | Senior Women | Doncaster AC               | 37:05 | -2  |
| 154 | 96  | Rachel Roddis    | Senior Women | Barnsley Harriers          | 37:36 | -4  |
| 154 | 118 | Liz Hutchinson   | Senior Women | Penistone Footpath Runners | 37:36 | -4  |

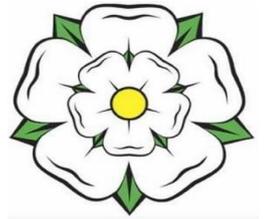


## Leg D Times

|    |    |                     |            |                             |       |     |
|----|----|---------------------|------------|-----------------------------|-------|-----|
| 1  | 66 | Joe Sweetnam-Powell | Senior Men | Sheffield RC                | 18:35 | 2   |
| 2  | 63 | Darren King         | Senior Men | Clowne Road Runners         | 19:21 |     |
| 3  | 77 | Stuart Little       | Mens M40   | Sheffield RC                | 19:40 | 11  |
| 4  | 58 | Nic Barber          | Senior Men | Hallamshire Harriers        | 19:41 | 1   |
| 5  | 59 | Stuart Wilson       | Senior Men | Barnsley AC                 | 20:19 |     |
| 6  | 33 | Dan Burkinshaw      | Senior Men | Kimberworth Striders        | 20:24 | 5   |
| 7  | 44 | Alfie Manthorpe     | Senior Men | City Of Sheffield Dearne AC | 20:27 |     |
| 8  | 1  | Ian Whyman          | Senior Men | Rotherham Harriers          | 20:33 | -1  |
| 9  | 48 | Damian Kilpin       | Senior Men | Penistone Footpath Runners  | 20:36 | -1  |
| 10 | 8  | Richard Elson       | Senior Men | Barnsley Harriers           | 20:55 |     |
| 11 | 20 | Al Menmuir          | Senior Men | Steel City Striders         | 21:03 | 3   |
| 12 | 23 | Chris Bannister     | Mens M40   | Steel City Striders         | 21:04 | 2   |
| 13 | 69 | Joe Restell         | Senior Men | Askern & District AC        | 21:07 | 2   |
| 14 | 50 | Martin Ball         | Mens M40   | Penistone Footpath Runners  | 21:09 | 5   |
| 15 | 19 | Jorge Bronze        | Senior Men | Steel City Striders         | 21:13 | -1  |
| 16 | 15 | Sam Mellor          | Senior Men | Totley AC                   | 21:16 |     |
| 17 | 51 | John Broom          | Mens M40   | Penistone Footpath Runners  | 21:23 | 1   |
| 18 | 64 | Graham Worsfold     | Senior Men | Clowne Road Runners         | 21:26 | 1   |
| 19 | 47 | Simon Pike          | Senior Men | Penistone Footpath Runners  | 21:37 |     |
| 20 | 67 | Chris Ireland       | Mens M50   | Sheffield RC                | 21:38 | 2   |
| 21 | 70 | Duncan Marlow       | Senior Men | Askern & District AC        | 21:52 | 3   |
| 22 | 3  | Simon Holt          | Mens M40   | Rotherham Harriers          | 21:55 | 1   |
| 23 | 56 | Chris Lawson        | Senior Men | Doncaster AC                | 22:02 | -2  |
| 24 | 31 | Thomas Meager       | Senior Men | Steel City Striders         | 22:03 | -1  |
| 25 | 24 | Jason Brannan       | Mens M40   | Steel City Striders         | 22:09 | -1  |
| 26 | 2  | Martin Whyman       | Senior Men | Rotherham Harriers          | 22:09 | 7   |
| 27 | 9  | Paul Johnson        | Senior Men | Barnsley Harriers           | 22:10 | -1  |
| 28 | 14 | Scott Briggs        | Senior Men | Barnsley Harriers           | 22:11 | 6   |
| 29 | 21 | David Whittaker     | Senior Men | Steel City Striders         | 22:17 | 2   |
| 30 | 25 | Michael Slater      | Mens M40   | Steel City Striders         | 22:21 | 1   |
| 31 | 28 | Simon Bennett       | Senior Men | Steel City Striders         | 22:39 | 7   |
| 32 | 68 | Tom Albone          | Senior Men | Sheffield RC                | 22:45 | -5  |
| 33 | 10 | Chris Barton        | Senior Men | Barnsley Harriers           | 22:50 | -5  |
| 34 | 73 | James Musgrave      | Mens M40   | Barnsley AC                 | 22:52 | 5   |
| 35 | 4  | Howard Darwin       | Mens M50   | Rotherham Harriers          | 22:54 | 4   |
| 35 | 37 | Simon Hopkins       | Mens M40   | Kimberworth Striders        | 22:54 | 7   |
| 37 | 27 | James Turnbull      | Senior Men | Steel City Striders         | 23:15 | 3   |
| 38 | 60 | Brian Devine        | Mens M40   | Killamarsh Kestrels         | 23:25 | 1   |
| 39 | 16 | Colin Lynch         | Senior Men | Totley AC                   | 23:26 | 1   |
| 40 | 45 | Addam Darnall       | Senior Men | Sheffield Tri Club          | 23:28 | -4  |
| 41 | 65 | Paul Sadler         | Senior Men | Clowne Road Runners         | 23:39 | 1   |
| 42 | 36 | Lee Archer          | Mens M40   | Kimberworth Striders        | 23:50 | -7  |
| 43 | 74 | Richard Watts       | Mens M40   | Sheffield RC                | 23:58 | -10 |
| 43 | 11 | Kevin Wood          | Mens M50   | Barnsley Harriers           | 23:58 | -3  |
| 45 | 61 | Gavin Sanderson     | Senior Men | Kingstone                   | 24:00 | 1   |
| 46 | 57 | Chris Lawson        | Senior Men | Doncaster AC                | 24:01 | -1  |
| 47 | 53 | John Tomlinson      | Mens M40   | Penistone Footpath Runners  | 24:35 | 2   |
| 48 | 52 | Chris Charlesworth  | Mens M40   | Penistone Footpath Runners  | 24:36 |     |
| 49 | 26 | Nick O'Sullivan     | Mens M40   | Steel City Striders         | 25:09 | -2  |
| 49 | 17 | Richard Grey        | Mens M40   | Totley AC                   | 25:09 | -3  |
| 49 | 71 | Dan O'Grady         | Mens M40   | Askern & District AC        | 25:09 | 5   |
| 52 | 34 | Mark Robinson       | Senior Men | Kimberworth Striders        | 25:25 | -2  |
| 53 | 6  | Kevin Randall       | Senior Men | Valley Hill Runners         | 25:51 | -3  |
| 54 | 41 | Richard Purcell     | Senior Men | Danum Harriers              | 25:56 | 4   |
| 55 | 39 | S.Coe               | Senior Men | Danum Harriers              | 26:01 | 4   |
| 56 | 40 | Greg Clarke         | Senior Men | Danum Harriers              | 26:15 | 6   |
| 57 | 62 | David Lee           | Mens M40   | Kingstone                   | 26:21 | 3   |
| 58 | 76 | Jim Chisholm        | Senior Men | Barnsley AC                 | 26:24 | -7  |
| 59 | 55 | Steve Dickinson     | Mens M50   | Penistone Footpath Runners  | 26:46 | -4  |
| 60 | 29 | Matt Broadhead      | Senior Men | Steel City Striders         | 26:59 | 2   |
| 61 | 22 | William Brown       | Senior Men | Steel City Striders         | 27:03 | -7  |
| 62 | 30 | John Maples         | Mens M50   | Steel City Striders         | 27:17 | -3  |
| 63 | 49 | Ashley Carson       | Senior Men | Penistone Footpath Runners  | 27:34 | 2   |
| 64 | 18 | Scott Liddle        | Mens M40   | Totley AC                   | 27:36 | 1   |
| 65 | 13 | David Needham       | Mens M40   | Barnsley Harriers           | 27:38 | -4  |
| 66 | 12 | Trevor Townsend     | Senior Men | Barnsley Harriers           | 27:41 | -1  |
| 67 | 43 | B.Drummond          | Mens M40   | Danum Harriers              | 27:46 | -3  |



# UP & RUNNING



## Leg D Times

|    |    |                   |            |                            |       |     |
|----|----|-------------------|------------|----------------------------|-------|-----|
| 68 | 38 | Mike Thomas       | Mens M50   | Kimberworth Striders       | 27:57 | -1  |
| 69 | 7  | Rob Leckey        | Mens M40   | Valley Hill Runners        | 28:12 | 1   |
| 70 | 72 | Stan Williams     | Senior Men | Askern & District AC       | 28:29 |     |
| 71 | 5  | Chris Spires      | Mens M50   | Valley Hill Runners        | 28:39 | -3  |
| 72 | 42 | Mark Cullingworth | Senior Men | Danum Harriers             | 29:47 | -3  |
| 73 | 35 | Lee Barraclough   | Senior Men | Kimberworth Striders       | 29:56 | -4  |
| 74 | 54 | Dave Foster       | Mens M40   | Penistone Footpath Runners | 31:33 | -1  |
| 75 | 75 | Ray Archer        | Mens M40   | Barnsley AC                | 31:55 | -6  |
| 76 | 46 | Gordon Thomas     | Senior Men | Sheffield Tri Club         | 33:35 | -15 |