



# Sheffield Running Club

## Loxley Lash

### 30th August 2019

#### Heat 1

Pos	Time	Number	Name	Category	Club
1	00:20:31	839	Ben Stittle	SM	Steel City Striders
2	00:21:03	813	Gary Brooks	M50	Sheffield Running Club
3	00:22:15	838	Russell Dodd	M50	Sheffield Running Club
4	00:22:30	837	David Higginbottom	M50	Sheffield Running Club
5	00:22:59	866	Adrian Holyhead	M55	Kimberworth Striders
6	00:23:10	862	Kiri Langmead	F35	Steel City Striders
7	00:23:21	792	Emily Dodd	SF	Barnsley Harriers
8	00:23:34	841	Helen Cameron	F35	Sheffield Running Club
9	00:24:09	845	Emma Moorhouse	SF	Barnsley Harriers
10	00:24:34	836	David Howes	M35	Barnsley Harriers
11	00:24:51	847	Alexa Dale	F35	Sheffield Running Club

#### Heat 2

Pos	Time	Number	Name	Category	Club
1	00:17:36	864	Steve Marshall	M45	Rotherham Harriers
2	00:18:09	799	Jack Nuttgens	SM	Sheffield Running Club
3	00:18:14	869	Ben Wilkinson	SM	Sheffield Running Club
4	00:18:23	865	Steve Lowndes	M60	Kimberworth Striders
5	00:18:34	843	Tim Fletcher	M35	Sheffield Running Club
6	00:18:39	817	Richard Harrison	M50	Selby Striders
7	00:18:44	798	Keith Littlewood	M50	Barnsley AC
8	00:18:51	791	Richard Singleton	M35	Barnsley Harriers
9	00:19:00	812	David Rutherford	SM	Sheffield Running Club
10	00:19:11	867	Afif El Amrani	M50	Sheffield Running Club
11	00:19:31	835	David Ogle	M35	Unattached
12	00:19:32	868	Ellen McLeod	SF	Sheffield Running Club
13	00:19:41	844	Gareth Irvine	M40	Sheffield Running Club
14	00:19:42	840	Nicola Birch	SF	Steel City Striders
15	00:20:07	834	Mick Thompson	M60	City of Sheffield
16	00:20:52	842	Chris Heggs	M45	Sheffield Running Club
17	00:21:57	846	Jason Shepherd	M45	Barnsley Harriers
18	DNF	814	Chris Ireland	M55	Sheffield Running Club



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#### Heat 3

Pos	Time	Number	Name	Category	Club
1	00:16:42	861	Alan Ford	M40	Barnsley Harriers
2	00:17:09	871	Mark Hampton	M35	Sheffield Running Club
3	00:17:10	825	Adam Dunajko	M35	Unattached
4	00:17:11	870	Rich Spooner	M35	Barnsley Harriers
5	00:17:28	872	Phillipa Williams	SF	Sheffield Running Club
6	00:17:32	873	Bruno Beckett	M40	Sheffield Running Club
7	00:17:41	849	Stephen Davison	SM	Sheffield Running Club
8	00:17:59	863	Hugh Mackie	U17	Penistone Footpath Runners
9	00:18:02	815	Matt Worthington	M35	Sheffield Running Club
10	00:18:43	848	Chris Moss	SM	Sheffield Running Club

#### Series

Pos	Combined	Number	Name	Category	Club
1	00:51:09	825	Adam Dunajko	M35	Unattached
2	00:52:46	816	Mark Hampton	M35	Sheffield Running Club
3	00:56:44	817	Richard Harrison	M50	Selby Striders
4	01:02:33	811	Chris Heggs	M45	Sheffield Running Club
5	01:03:12	813	Gary Brooks	M50	Sheffield Running Club

#### Course Records

##### Male

00:15:52      827 Mohammed Saleh      U23      Sheffield Running Club

##### Female

00:17:28      872 Phillipa Williams      SF      Sheffield Running Club