

DAM FLASK RELAYS

The date is set for the 2019 Dam Flask Relays:

- **Tuesday 25th June**
- **Start time 7:00pm (men) 7:05pm (women)**



This is a terrific club night set in the picturesque village of Low Bradfield , Sheffield. The event incorporates the South Yorkshire Road Relay Championships so the opportunity to reinforce the clubs standing within the region. Last year over 700 runners took part with Rotherham Harriers 1st & 3rd overall in the Ladies category. 3rd & V40 winners in the Mens category

- **MEN: SM, M40, M50 – 4 legs of 3.507 miles***
- **WOMEN: SW, F35, F45, F55, M60 – 3 legs of 3.507 miles***

Please register your interest with Steve Marshall (Text, Facebook, FB messenger) or your coaches.

Further SY RELAYS information click below---



The Dam Flask Relays incorporates the South Yorkshire Road Relay Championships.

This year's Dam Flask Relays are on **Tuesday, 25th June 2019**.

Race starts 7.00pm from Low Bradfield, Sheffield, S6 6LB, with the headquarters in the cricket pavilion on the village green at Low Bradfield.

- MEN: SM, M40, M50 – 4 legs of 3.507 miles*
- WOMEN: SW, F35, F45, F55, M60 – 3 legs of 3.507 miles*

Parking & facilities

Can competitors please arrive early and car share as much as possible. Please do not park anywhere in the village as we need to maintain a bus route and keep the course clear. On arrival, please follow the car parking marshals' directions, and bear in mind, the earlier you arrive, the more likely you will park closer to the start line.

Qualification

All athletes must be UKA registered, registered to a club and be first claim members. The minimum age is 16 years old on race day

Prizes and awards

South Yorkshire Championship medals to the following: 1st, 2nd and 3rd teams for SM, M40, M50, SW, F35, F45 (all 3 legs). 1st team only for M60 and F55.

Up & Running prize vouchers to the following: 1st, 2nd and 3rd teams in the men's and women's races. 1st, 2nd and 3rd fastest individuals in the men's and women's races.

2018 results - [CLICK HERE](#)

2018 South Yorkshire Medals - [CLICK HERE](#)

2017 results - [CLICK HERE](#)

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