



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

This year's Dam Flask Relays are on **Tuesday, 25<sup>th</sup> 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](#)

**2017 South Yorkshire Medals** - [CLICK HERE](#)