

# AIRE Spring Sprint League 2019

Date	Location	Grid Ref	Post Code
<b>Organiser</b> Wed 24 April Jake Lodge <i>Parking:</i>	<b>Beckett Park</b>  <i>On Batcliffe Drive</i>	SE271365	LS6 3QB
Wed 1 May Chris Burden <i>Parking:</i>	<b>Bowling Park</b>  <i>On Burras Road, off Bowling Hall Road BD20</i>	SE175309	BD4 7TE
Wed 8 May Julie Mair <i>Parking:</i>	<b>Cliffe Castle &amp; Devonshire Park</b>  <i>Cliffe Castle Car Park off Spring Gardens Lane</i>	SE057420	BD20 6LQ
Wed 15 May Andy Hobson <i>Parking:</i>	<b>Gilstead Edge &amp; Prince of Wales Park</b>  <i>On Villa Road</i>	SE114396	BD16 4EU
Wed 22 May Will Patterson <i>Parking:</i>	<b>Adel Village</b>  <i>Adel Memorial Hall, Church Lane</i>	SE272399	LS16 8DE
Wed 29 May David Williams <i>Parking:</i>	<b>Gledhow Valley</b>  <i>On Allerton Grange Way</i>	SE309377	LS8 1PU

**Fees** Senior £4.00 Junior £2.00per map Yellow free for Juniors.

**Fees** Senior £4.00;  
Junior and Students £3.00  
Yellow Course Free for Juniors

## Courses

**Sprint** with partial SI - technically hard standard. (2.5k-3.5k)  
*(Top international runners will do this in 12-15 minutes. You'll be slower, but feel free to use the map for a longer non-competitive run after you have completed the sprint.)*

**Orange** – moderate difficulty (2.0k-2.5k)  
*(Suitable for newcomers and juniors with some experience)*

**Yellow** - easy (1.5k-2.0k)  
*(Suitable for juniors with no or limited experience)*

We will attempt to get league results onto the website promptly.  
50 for first place, 49 for second etc.