

AIRE Spring Sprint League 2019

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

Registration 6.15 -7.15 **Starts** 6.30 – 7.30

Fees Senior £4.00;
 Junior and Students £2.00
 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.