

AIRE Spring Sprint League 2020

Date	Location	Grid Ref	Post Code	Organiser
Wed 22 April	King Alfred's Seat	SE299385	LS17 5BU	Andrew Kelly
<i>Parking:</i>	<i>Off Stonegate Road or on the roadside.</i>			
Wed 29 April	Chellow Dean	SE112353	BD15 9LL	Andrew Hobson
<i>Parking:</i>	<i>Car park off B6144</i>			
Wed 6 May	Ireland Wood	SE258386	LS16 6NY	Peter Haines
<i>Parking:</i>	<i>Roadside on Iveson Drive</i>			
Wed 13 May	Colton	SE371330	LS15 9AL	David Bowman
<i>Parking:</i>	<i>tbc</i>			
Wed 20 May	Rothwell Country Park	SE348295	LS26 0JY	Andrew Stemp
<i>Parking:</i>	<i>Bullough Lane</i>			
Wed 27 May	Dawson Wood	SE177394	BD10 0TL	Pete Jones
<i>Parking:</i>	<i>The far end of Ainsbury Avenue</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.