

# AIRE Spring Sprint League 2021

<b>Date</b>	<b>Location</b>	<b>Grid Ref</b>	<b>Post Code</b>	<b>Organiser</b>
Wed 21 April	<b>King Alfred's Seat</b>	SE291382	LS6 4QD	David Williams
<i>Parking:</i>	<i>St Urbans Primary School Car Park, Tongue Lane</i>			
Wed 28 April	<b>Chellow Dean</b>	SE112353	BD15 9LL	Chris Burden
<i>Parking:</i>	<i>Car park off B6144</i>			
Wed 5 May	<b>Ireland Wood</b>	SE258386	LS16 6NY	Peter Haines
<i>Parking:</i>	<i>Roadside on Iveson Drive</i>			
Wed 12 May	<b>Colton</b>	SE371330	LS15 9AL	David Bowman
<i>Parking:</i>	<i>Roadside on Meynell Road, off Colton Lane.</i>			
Wed 19 May	<b>Rothwell Country Park</b>	SE348295	LS26 0JY	Andrew Stemp
<i>Parking:</i>	<i>Bullough Lane</i>			
Wed 26 May	<b>Dawson Wood</b>	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 (3 controls with SI) DO NOT TOUCH THE CONTROLS - 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 –juniors 12 and younger must be accompanied by their parents or guardians)*

**Yellow - Only occasionally provided – please check.** - 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.