AIRE Summer Sprint League 2019

Date	Location	Grid Ref	Post Code	Organiser
Wed 12 June	**Woodhouse Ridge**	SE290362	LS6 2SB	Peter Jones
Parking:	*Woodhouse Cricket Cub, Meanwood Road*			
Wed 19 June	**Peel Park**	SE169344	BD3 0LT	David Bowman
Parking:	*Roadside on Cliffe Road*			
Wed 26 June	**Cottingley**	SE275303	LS11 0JY	Richard Foster
Parking:	*Cottingley Vale car park, off Cotingley Drive*			
Wed 3 July	**Miles Hill**	SE294362	LS7 2SG	Alice Leake
Parking:	*Meanwood Urban Farm*			
Wed 10 July	**Holt Park**	SE261399	LS16 7JW	Angie & Nigel Hulley
Parking:	*Car park at the end of Farrar Lane*			
Wed 17 July	**Weetwood**	SE271382	LS16 5AU	Ian Furlong
Parking:	*Off Weetwood Approach*			

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

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.