

AIRE Spring Sprint League 2022 (Wednesdays 6.30-7.15)

27 April	Danefield	SE217441	LS21 3DD
<i>Parking: Upper car parks on East Chevin Road</i>			
4 May	Cow and Calf	SE132467	LS29 8RF
<i>Parking: Cow and Calf car park</i>			
11 May	Calverley Woods	SE197376	BD10 0NL
<i>Parking: Car park at Rawson Meadows, Apperley Bridge</i>			
18 May	Meanwood Park & Village	SE281374	LS6 4LT
<i>Parking: Meanwood Park car park, Green Road</i>			
25 May	Cragg Hill & Hawksworth Woods	SE242375	LS18 4NX
<i>Parking: Southwest end of Wood Lane</i>			
1 June	Bramley Park	SE242353	LS13 3JZ
<i>Parking: Moorfields</i>			

Registration 6.15 -7.00 Starts 6.30 – 7.15

Fees Senior £4.00; Junior and Students £2.00;

Yellow Course (if provided) Free for Juniors

Courses

Sprint with partial SI (3 controls with SI) technically hard standard. (2.5k-3.5k)

(Top international runners will do this in 12-15 minutes. You'll be slower. 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. 50ps for 1st place; 49 for 2nd place.....