

Aire Club League 2019-20

Events in the League 2019-20

The following events will form the club league for 2019-20. The Best 5 results will count.

20th August: AIRE - Lister Park – Sprint

8th September: AIRE - Leeds City Race - Urban

22nd Sept; CLARO – Hollin Head –Terrain

24th Nov: CLARO - Brimham Rocks (YHOA Middle Champs) Terrain Middle

1st Dec: AIRE - Shipley Glen – Terrain Long

5th Jan: AIRE - Bramley Fall- Terrain Middle

16th Feb: AIRE - Harden Moor- Terrain

15th Mar: EPOC – Ogden (Compass Sport Cup) Terrain Long

29th Mar: CLARO – Guisecliffe Terrain Long

3rd May: CLARO - Hookstone Woods Terrain Middle

17th May: AIRE - Middleton Park Terrain Long

24th May: CLARO – Jennyfields Urban

31st May: EPOC – tba – Terrain Long (YHOA Champs 2020)

Rules

1. Best 5 results will count.
2. Points will be allocated as per the Yorkshire Superleague rules which calculates points based on speed compared to a target speed for your age class. This is calculated from the time taken to complete the course and the adjusted distance (to allow for height gain).
3. Recommended courses for competitors:

Age Class	Classic Distance	Middle Distance	Urban or Sprint
M/W10	Yellow	Yellow	Young Junior Men/Women
M/W12	Orange	Orange	Young Junior Men/Women
M/W14	Light Green	Light Green	Junior Men / Women
M16	Blue	Blue	Junior Men
W16	Green	Green	Junior Women
M18/20	Short Brown	Black	Men's Open
W18/20	Short Blue	Brown	Women's Open
M21	Black	Black	Men's Open
W21	Short Brown	Brown	Women's Open
M35	Brown	Black	Men's Open
W35	Blue	Blue	Women's Open
M40	Brown	Black	Veteran Men
W40	Blue	Blue	Veteran Women
M45/50	Short Brown	Brown	Veteran Men
W45/50	Short Blue	Green	Veteran Women
M55/60	Blue	Blue	Supervet Men
W55/60	Green	Short Green	Supervet Women
M65	Short Blue	Green	Ultravet Men
W65	Short Green	Short Green	Ultravet Women
M70	Green	Green	Ultravet Men
W70	Short Green	Very Short Green	Ultravet Women
M75/80	Short Green	Short Green	Hypervet Men
W75/80	Very Short Green	Very Short Green	Hypervet Women

****These are subject to change if an event does not include a full range of colour coded courses.***

4. Competitors can choose to run up or down a course but where a competitor runs down then the score will be reduced by 25% for running 1 course down, 50% for running 2 courses down and so on. Classes will be based on BOF age categories for the year that the event takes place in.

5. Prizes will be awarded across age categories rather than for every individual age category:

Young Juniors M/W 14-

Older Juniors M/W 16/18/20

Open M/W 21/35

Veterans M/W 40/45/50

Super Vets M/W 55/60

Ultra/Hyper Vets M/W 65+

Best Senior and Junior Newcomer – open to those members who have not competed in the league before.

****These will be based on BOF 2020 age classes.***

6. For Sprint events a scaling for event difficulty will be applied to reflect the shorter distance and faster speeds.