



# East Hull Harriers & AC

Presents

## Summer League 2009

Date	Venue	Distance
21 <sup>st</sup> April	New Ellerby (Railway Inn) HU11 5AP	5 Miles
5 <sup>th</sup> May	Sproatley ( Constable Arms) HU11 4PA	6 Miles
19 <sup>th</sup> May	Coniston (Blacksmiths Arms) HU11 4JR	10 Kilometres
2nd June	Sproatley ( Constable Arms) HU11 4PA	7 Miles
16 <sup>th</sup> June	New Ellerby (Railway Inn) HU11 5AP	10 Kilometres
30 <sup>th</sup> June	Leven (Sports Club) HU17 5NF	10 Kilometres
14 <sup>th</sup> July	East Park , Hull HU8 9AD	4 miles
28 <sup>th</sup> July	Hedon ( Haven Arms) HU12 8HH	4 miles

**Tuesday's -Start time 7:15 pm**

**Substantial Race Prizes.**

### Prize Structure

Each race: Male: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, V40, V45, V50, V55 & V60+  
 Female: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, LV35, LV40, LV45, LV50, LV55+  
 Handicap: 1st, 2<sup>nd</sup> & 3rd  
 Handicap League: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>

Entry Fees: League: UKA= £16:Unattached= £32

Each race:UKA= £3 Unattached= £5

Cheques payable to EHH &AC.

Entries must be received by 14<sup>th</sup> April to be handicapped for the first race.

Entries on the night will not attract handicap points.

*Prizes & Handicaps see overleaf*

*Race Number Sponsor: Cape Verde Travel, www.capeverdetravel.com, 01964-536191*

*Race information available from Paul 0781 367 1434 Email results@easthullharriers.org*

ENTRY FORM PLEASE COMPLETE IN BLOCK CAPITALS

Surname..... Forename.....

D.O.B..... Vet. Category (As at 21/04/09) .....

Address.....

.....Postcode.....

Club..... Reg.No.....

Email .....Tel.No.....

.....Gender (Circle) Male / Female

### DECLARATION

I am medically and physically fit to run and understand I enter at my own risk. The organisers will not be held liable for any injury, loss or illness however occasioned from the event.

Signature.....Name.....Date.....

**Please post entry form to :-**

Entries to: -Race Secretary, East Hull Harriers, 4, Foundry Garth, Burton Pidsea HU12 9DR  
Collect entry numbers at REGISTRATION

## RACE SECRETARY : Pete Dearing

Race results obtainable from Internet. [www.easthullharriers.org](http://www.easthullharriers.org)

Prize order per Race (one individual + one team prize max per athlete.)

1. Male : 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>
2. Female: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>
3. Fastest male & female veterans.(strict category order)  
(male V40, V45, V50, V55 & V60 , female LV35, LV40, LV45, LV50, LV55+)
4. First, second & third on handicap (see also note 5.)
5. Only one individual prize per runner in each race. Any non awarded prizes will therefore be used to supplement the individual handicap prize list (4th-5th etc)
6. Prizes for League - First five on handicap

### Handicap System

- Only entries received for the full or part series will qualify for the handicap element of the races and league.
- Any subsequent later entries for inclusion into the remaining handicap element of the events carry a 7 day clause to allow for handicapping.

### Fees

- The series fee is £16 (Unattached runners £32) and must be received with entry by **Tuesday 14<sup>th</sup> April 2009**
- The series "later entry" fee is £16 (Unattached £32)
- Each Runner must register for each run on the night.
- Runners must follow the instruction of race officials.

### League Structure.

All competitors who pay the "one off" entry fee are eligible  
For the individual race handicap awards and league points.  
(Subject to the 7 day entry clause)

Points awarded; 60 to the winner reducing to a minimum  
10 points for all handicap finishers.

Total final league points to be highest aggregate from  
maximum of 6 races

[www.easthullharriers.org](http://www.easthullharriers.org)

