



East Hull Harriers & AC

Summer League 2010

Date	Permit Number	Venue	Distance
4 th May	'Applied For'	New Ellerby (Railway Inn) HU11 5AP	5 Miles
18 th May	'Applied For'	Sproatley (Constable Arms) HU11 4PA	6 Miles
1 st June	'Applied For'	Coniston (Blacksmiths Arms) HU11 4JR	10 Kilometres
15 th June	'Applied For'	Sproatley (Constable Arms) HU11 4PA	7 Miles
29 th June	'Applied For'	New Ellerby (Railway Inn) HU11 5AP	10 Kilometres
13 th July	'Applied For'	Leven (Sports Club) HU17 5NF	10 Kilometres
27 th July	'Applied For'	East Park , Hull HU8 9AD	4 miles
3 rd August	'Applied For'	Hedon (Haven Arms) HU12 8HH	4 miles

Tuesday's -Start time 7:15 pm Substantial Race Prizes.

Prize Structure

Each race: Male: 1st, 2nd, 3rd, V35, V40, V45, V50, V55 & V60+
 Female: 1st, 2nd, 3rd, LV35, LV40, LV45, LV50, LV55+
 Handicap: 1st, 2nd & 3rd
 Handicap League: 1st, 2nd, 3rd, 4th, 5th

Entry Fees: League: UK Athletics members = £16 - Unattached= £20

Each Race: UK Athletics = £3 Unattached= £3

Cheques payable to East Hull Harriers & A.C.

Entries must be received by 27th 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 Dave Phone 01482 794227 Mob 07717855554

Email Dave@gowans3.karoo.co.uk

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 ENTRY FORM PLEASE COMPLETE IN BLOCK CAPITALS

Surname..... Forename.....
 D.O.B..... Vet. Category (As at 4/05/2010)
 Address.....
Postcode.....
 Club..... Reg.No.....
 EmailTel.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 :-

Dave Gowans 3, Harewood Avenue, Maybury Road. Hull HU9 3LE

Collect Race Numbers at REGISTRATION

RACE SECRETARY : Dave Gowans

Race Results League Points and Up to Date Prize List available to Download
www.easthullharriers.com

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

1. Male : 1st, 2nd, 3rd
2. Female: 1st, 2nd, 3rd
3. Fastest male & female veterans.(strict category order)
(male V35, 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

**ALL PRIZE MONEY TO BE DISTRIBUTED IN THE WAY OF CHEQUES
AT THE END OF THE SERIES.**

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 £20) and must be received with entry by **Tuesday 27th April 2010**
- The series "later entry" fee is £16 (Unattached £20)
- 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.com

