

## 2011-FIXTURES

Sat 24 Sep	Northern AA Road Relays	Warrington
Sun 25 Sep	Beach Run 5.8m (10:00 am)	Hornsea
Sat 01 Oct	Pack Run (J Nicholson)	Leven
Sun 09 Oct	Wawne to Swine 7.5m (10:00 am)	Wawne
Sat 15 Oct	National Road Relays	Birmingham
	Pack Run	Club
Sun 16 Oct	Bridlington ½ Marathon	Bridlington
Sat 22 Oct	Pack Run (G Griffin)	South Cave
Sat 29 Oct	Pack Run	Club
Sun 30 Oct	Scarborough10K	Scarborough
	Haltemprice 10K	Haltemprice
Sat 05 Nov	English CC Relays	Mansfield
Sat 05 Nov	Pack Run	Club
Sun 06 Nov	Guy Fawkes 10	Ripley
	Deepdale Dash 10K	Barton
Sat 12 Nov	Pack Run (J Whitfield)	Beverley
Sun 13 Nov	Dalby Dash	Pickering
Sat 19 Nov	Cross Country 3m (2:10 pm)	Club
Sat 26 Nov	Pack Run (P Nippres)	Sproatley
Sat 03 Dec	Rudolph's Romp	Brantingham
	Pack Run	Club
Sat 10 Dec	Pack Run (round Xmas CC Course)	Club
Sat 17 Dec	Christmas CC 6m (2:10 pm)	Club
Sat 24 Dec	Pack Run	Club
Sun 25 Dec	Xmas morning run (10:00 am)	Club
Mon 26 Dec	Boxing Day 10K	Club
Tue 27 Dec	Pack Run 13 or 20 mile	Gate Inn Millington
	Start times 7.30 am onwards	

## 2012-FIXTURES

Sat 31 Dec	Pack Run	Club
Sat 07 Jan	Pack Run	Club
Sun 08 Jan	Yorkshire & Humberside CC Champs	tbc
Sat 14 Jan	Paull 5.5m (2:10 pm)	Paull
Sat 21 Jan	Pack Run	Club
Sun 22 Jan	Brass Monkey ½ Marathon	York
Sat 28 Jan	Pack Run	Club
Sat 28 Jan	Northern CCChamps	venue tbc
Sun 29 Jan	Ferriby 10	Cottingham
Sat 04 Feb	Pack Run (K/D Barnes)	Market Weighton
Sat 11 Feb	Pack Run (round Club CC course)	Beverley
Sun 19 Feb	Club CC Champs (10:00 am)	Beverley W/wood
Sat 25 Feb	Pack Run	Club
Sat 25 Feb	National CC Champs	Parliament Hill
Sun 26 Feb	Snake Lane 10	Pocklington
Sat 03 Mar	Pack Run (J Baker)	Hornsea
Sat 10 Mar	Pack Run	Club
Sat 17 Mar	Pack Run	Club
Sun 18 Mar	EHH 20 mile	Club
Sat 24 Mar	Pack Run	Club
Sat 31 Mar	Pack Run (K/D Barnes)	Skidby
Fri 06 Apr	Good Friday Hill Race (10:00 am)	Brantingham
Thur 12 Apr	Riverbank Race (6:30 pm)	Ennerdale
Sun 22 Apr	London Marathon	London

## **CLUB TRAINING SESSIONS**

Tuesday – 6pm to 9pm

Thursday – 7pm to 9pm

Saturday – 1:30pm to 4:30pm

Summer Sessions Subject to Summer League Events

All Fixtures, Venues and Dates are Correct at time of Printing – Please Check for Updates

## **SUMMER LEAGUE 2012**

The Club organise a Summer League of races on alternate Tuesday evenings of varying distances and locations around the local area. The League will be scheduled to start on Tuesday 17<sup>th</sup> April 2012. Look out for further details in the Clubhouse or on the website.

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

## **EAST HULL HARRIERS & ATHLETIC CLUB**



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

Founded 1893 Season 2011/2012

### **OFFICERS**

#### **President**

Paul Andrews

#### **Life Vice Presidents**

E.Chambers, D.Gowans

P.G.Taylor, G.Brummitt, R.V.Kemp,  
D.J.Pickering, G.Griffin and P.Dearing

#### **Vice Presidents**

W.Eldridge, Mrs.J.Ferguson, B.Jennison,  
Mrs.J.Dolling, K.Barnes, P.Andrews,  
J.Savage and R.Alsop

**Men's Captain:** Matty Hayes

**Men's Vice Captain:** Joe Kirkup

**Men's Track Captain:** Paul Nippres

**Ladies Captain:** Helen Horrobin

**Ladies Vice Captain:** Penny Darmody

#### **Committee Secretary**

Mrs. Julie Ferguson.

#### **Membership Secretary**

Richard Alsop

#### **Hon. Treasurer**

Neil Gordon

#### **Committee**

Mary Carrick, Debbie Rookes, Bev Jackson, Mike Jackson,  
Mike Vinegrad and Phil Gibson

**Newsletter Editor:** Kelvin Westerman.

**Hon. Auditors:** John Breckon & Geoff Griffin

## HEADQUARTERS

Clubhouse Saltshouse Road, Hull  
(Close to Sutton Park Golf Club)

Members of U.K. Athletics.

Affiliated via England Athletics for Track & Field Athletics,  
Road, Cross Country, Fell & Hill Running.  
Yorkshire & Humberside A.A. and  
The Yorkshire Vets

## ANNUAL SUBSCRIPTIONS

(Includes £5 U.K. Athletics Registration Fee)

Due 1<sup>st</sup> October 2011

(See Special Rules For London Marathon)

17 years & Over	£35.00
Full Time Students 17-21	£10.00
Under 17 years	£10.00
Senior Citizens*	£7.00
(*After One Year Full Membership)	
Non Active Members	£5.00

## COMMITTEE MEETINGS

To be held monthly in accordance with the Clubs  
Constitutional Rules

## DISCONTINUED MEMBERSHIP

If you wish to resign, please send your request in writing to  
the Membership Secretary with any outstanding  
subscriptions/debts.

Note-A special NON-ACTIVE category of membership is  
especially available for long-term absence from training,  
competition, or use of the club facilities.

## CLUB COLOURS & U.K. ATHLETICS

All members should be aware that to qualify for any  
awards/prizes in open team events CLUB COLOURS must  
be worn.

## COLOURS 'RED VEST' or 'TOP'

## NEXT ANNUAL GENERAL MEETING

To be held in the Clubhouse

**Wednesday 5<sup>th</sup> September 2012**

**Commencing 7:30pm**

## CLUB CONSTITUTION

Any proposed changes must be forwarded in writing, with four  
supporting signatures. To the Committee Secretary at least 28  
days prior to the AGM

## UNATTACHED ATHLETES

UK Athletics Adopted Rule 3 Par. (5) After 28 days from ceasing  
to be a member of a club or association, athletes shall not be  
eligible to compete in Open Competition until they have again  
become a member of an affiliated Club or Association.

## LONDON MARATHON

The club have been allocated an additional three  
entries. To be eligible for the draw you must meet  
the following criteria:

- First claim member, (joining date prior to  
01<sup>st</sup> Oct 2010).
- Paid the relative fully active subscription  
since 1<sup>st</sup> October 2010.
- Paid the current season (2011/2012)  
subscription by 31<sup>st</sup> October 2011.

**All rejection documents, including the envelope  
must be retained.** These should be handed to the  
Committee Secretary by 31<sup>st</sup> October 2011.

The 'draw' will take place after the November  
Handicaps (19<sup>th</sup> November) and successful members  
must be aware that the entries are not transferable.

## WINTER LEAGUE 2011/2012

The fixtures, which are incorporated into the winter  
league, are shown "underlined" and separate  
handicaps (sealed or staggered) will be formatted  
within these events. All members wishing to take  
part in these events should ensure that their names  
are entered on the club notices or the respective  
handicapper is informed prior to the relevant event,  
especially for staggered starts. 8 events with max: 6  
for league points. See separate schedules for points  
structure, etc.

## CLUB PACK RUNS

These are held from the first Saturday in October  
through to Saturday 31<sup>st</sup> March except where club or  
local events take priority. Pack run venues are shown  
in the fixture list. Various club members lay paper  
trails.

### Pack Times are as follows.

Early Ladies:	1:45pm
Ultra -Slow:	2:00pm
Slow:	2:10pm
Medium:	2:20pm
Fast:	2:30pm

The slowest member of each individual category  
governs the pace of each pack until the final run for  
home.

Racing should be saved for Championships!

Members should be encouraged to move up a pack,  
not down.

## Members of other clubs are very welcome

### USEFUL "EHH & AC" CONTACTS

**Paul Andrews:** results.ehhbp@tiscali.co.uk  
Mobile: 07813671434

**Julie Ferguson:** andyandjulie@andyandjulie.karoo.co.uk  
Mobile: 07882226214

**Richard Alsop:** rajc@rajc@karoo.co.uk  
Mobile: 07595015841

**Helen Horrobin:** helenhorrobin@yahoo.co.uk

**Matty Hayes:** matty@hayes3.karoo.co.uk

**Pete Dearing:** petedearing@hotmail.co.uk

**Brian Jennison:** pj@bandpjennison.karoo.co.uk

**Kelvin Westerman:** kelvin@yendis.karoo.co.uk

**Neil Gordon:** n\_a\_gordon@hotmail.com

**Bev+Mike Jackson:**  
bevandmike.harriers2@googlemail.com