



EAST HULL HARRIERS & AC

PRESENTS



SUMMER ROAD LEAGUE 2019

Date	Venue		Distance
16 th April	New Ellerby (Railway Inn)	HU11 5AP	5 Miles
30 th April	Sproatley (Constable Arms)	HU11 4PA	6 Miles
*14 th May	East Park, Hull	HU8 9AD	4 Miles
28 th May	Leven (Sports Club)	HU17 5NF	10 KM
11 th June	Sproatley (Constable Arms)	HU11 4PA	7 Miles
25 th June	Coniston (Blacksmith Arms)	HU11 4JR	10 KM
9 th July	Skirlaugh (Village Hall)	HU11 5EA	8 Miles
23 rd July	Hedon (Haven Arms)	HU12 8HH	4 Miles

Under UKA Rules – Permits applied for

Tuesdays – Start time 7:15PM except 16th April – New Ellerby 7:00PM

*Children’s Fun Run – 14th May – East Park, Hull 6:30PM 2.2 KM approx. Entry fee £2

Prize Structure (each race)

Male: 1st £25, 2nd £20, 3rd £15, JM, V40, V45, V50, V55, V60, V65, V70+ £10 EACH

Female: 1st £25, 2nd £20, 3rd £15, JF, LV35, LV40, LV45, LV50, LV55, LV60, LV65+ £10 EACH

NOTE: Junior Male/Female must be Under 20 on day of the race and be old enough under UKA rules to compete at the distance.

Minimum age for races up to 10K is 15 years on date of race

Minimum age for the 7mile and 8mile is 16 years on date of race

If there is no competitor in any of the age categories, the prize will be added to the handicap prize list.

Handicap: 1st £20, 2nd £15, 3rd £10, 4th £10, 5th £10

NOTE: Only one individual prize per athlete per race (highest value). If a veteran wins more than one individual prize, the lowest valued prize will be awarded to the next veteran in the same age group.

Team Prize (each race)

Male: 3 x £10 Female: 3 x £10 (Team result on aggregate times – club vests to be worn)

Handicap League

1st £75, 2nd £50, 3rd £40, 4th £30, 5th £20

Entry Fees

League race series - £30 UKA Athletes, £36 Unattached Athletes, Entries ‘on the night’ will be accepted £6 UKA, £7 UNA and will be allowed to win individual/team prizes but will not count in the Handicap. Entries for the Handicap league must be received by **TUESDAY 9th APRIL** to be included in the handicap for the first race.

Entry form – Please complete in BLOCK CAPITALS

Surname Forename..... D.O.B.....

Address Postcode

ClubUKA No(if app)

Tel. No.....E-Mail 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.....

Date.....

P.T.O

RACE SECRETARY: Peter Dearing. Tel: 01964 563417 Mob: 07533 598267 E-Mail: PeteDearing@hotmail.co.uk

RACE NUMBERS: For competitors who enter the league, their number will be available on the night of the race from the registration desk. The number issued is to be worn for all the races. For competitors entering 'on the night', they will receive a new number for each race they enter.

HANDICAP SYSTEM: Only competitors entering the race series and paying the league fee of £30(UKA) or £36(UNA) will qualify for the handicap element of the races and league. It will be possible to enter the league on the night of the first race but will not be handicapped until the second race.

LEAGUE STRUCTURE: Points will be awarded in each race as follows: Handicap winner 100 points, 2nd 99 points, 3rd 98 points, etc. reducing to a minimum for 10 points for all handicap finishers. Total final league placings to be the highest aggregate points for a maximum of 6 races.

RESULTS: Race results will be available on our website www.EastHullHarriers.com or on the City of Hull website.

COURSES: All races are accurately measured (all on road) and mile markers will be displayed.

PRIZE PRESENTATION: All prizes will be awarded in cash and the presentation will take place at The Haven Arms, Hedon shortly after the completion of the final 4 mile race on Tuesday 23rd July – Free Buffet.

CAR PARKING: To minimise car-parking problems at each race, please 'car share' if possible and park responsibly and LEGALLY.

Entries to be sent to Race Secretary: **Peter Dearing, c/o 15 Mortlake Close, Hull, HU8 0QH** by **Tuesday 10th April** to be handicapped for the first race.

Entry Fees: Club athletes - £30 Unattached athletes - £36
(Covers all 8 races) Please make cheques payable to EHH&AC

Race numbers will be available from the registration desk on the night of the race – please retain your number and wear for each race.