# 2023-FIXTURES

###### Sat 07 Oct Pack Run Club

###### Sun 08 Oct EYCC (10:00) Bishop Wilton

###### Sun 15 Oct Hornsea Beach race (11:30) Hornsea

###### Sat 21 Oct Pack Run Club

###### Sat 28 Oct Pack Run Club

###### Sat 04 Nov Pack Run Club

###### Sat 04 Nov English CC Relays Mansfield

###### Sat 11 Nov Pack Run Recce of 3 mile CC course Club

###### Sun 12 Nov EYCC (10:00) Welton

###### Sun 19 Nov Cross Country 3m (10:00) Club

###### Sat 25 Nov Pack Run Recce of Xmas CC course Club

###### Sat 02 Dec Pack Run Club

###### Sat 09 Dec Pack Run Club

###### Sun 10 Dec EYCC (10:30) Ravenscar

###### Sun 17 Dec Xmas CC (10:00) Club

###### Sat 23 Dec Pack Run Club

###### Mon 25 Dec Xmas morning run (10:00) Club

###### Tue 26 Dec Boxing Day 10K (10:00) East Park

###### Wed 27 Dec Pack Run 13 or 20 miles Gait Inn Millington

######  Start times 7.30 am onwards

###### Sat 30 Dec Pack Run Club

2024-FIXTURES

###### 06/07 Jan Humberside CC Champs tbc

###### Sun 07 Jan EYCC (10:00) Sledmere

###### Sat 13 Jan Pack Run Recce of Club Champs course Club

###### Sun 21 Jan Club CC Champs 8m (10:00) Club

###### Sat 27 Jan Northern CC Champs tbc

###### Sat 27 Jan Pack Run Club

###### Sat 03 Feb Pack Run Recce Walkington CC Walkington

###### Sat 10 Feb Pack Run Club

###### Sun 11 Feb EYCC (10:00) Drewton

###### Sun 18 Feb Walkington CC Race (10:00) Walkington

###### Sat 24 Feb National CC Champs Shropshire

###### Sat 24 Feb Recce of Burton Pidsea CC Burton Pidsea

###### Sat 02 Mar Pack Run Club

###### Sun 03 Mar EYCC (10:00) Sewerby

###### Sun 10 Mar Burton Pidsea CC Race (10:00) Burton Pidsea

###### Sat 16 Mar Pack Run Club

###### Sun 17 Mar East Hull 20 (10:00) tbc

###### Sat 23 Mar Pack Run Club

###### Fri 29 Mar Good Friday Hill Race (10:00) Brantingham

**All** fixtures are correct at time of printing. Updates will be posted on Members Only FB page/[www.easthullharriers.com](http://www.easthullharriers.com)

**WINTER LEAGUE 2023/2024**

The fixtures, which are incorporated into the winter league, are shown **underlined** and separate handicaps (sealed or staggered) will be formatted within these events. There will be no handicap on the first race, men will receive 20 points, ladies 15. There are 7 events with 5 to count for league points.

Runners **must** register their interest to run in the races at least **7 days** before the race to receive a handicap. Contact: Paul Nippress email paul@coolsolutions.uk.com or via Facebook.

**CLUBHOUSE OPENING TIMES**

**Tuesday & Thursday**

5.45pm to 9.00pm

**Saturday**

1:30pm to 4:30pm

Summer Sessions subject to Summer League

 STRUCTURED SESSIONS\*

**Monday Speed Work**

6.30-7.30pm Cycle Track, Ennerdale Leisure Centre

**Tuesday Speed Work**

6.10pm from Clubhouse for a 6.30pm start,

Sutton Fields Industrial Estate

**Thursday Hill Work**

6.30pm from Clubhouse for a 6.45pm start,

Sutton Road Flyover

ad hoc sessions: details will be posted on the EHH Members Only FB page

Summer Road League 2024

|  |  |  |
| --- | --- | --- |
| April | 5m | New Ellerby |
| April | 6m | Sproatley |
| May | 4m | East Park |
| May | 10K | Leven |
| June | 7m | Sproatley |
| June | 10K | Coniston |
| July | 8m | Skirlaugh |
| July | 4m | Hedon  |

**ANNUAL PRIZE PRESENTATION**

Friday 11th May 2024 7.30pm

Venue to be confirmed

FUNDRAISING

Help the Club to raise valuable funds by signing up to Easyfundraising and start raising money for the Club when you shop

**Easyfundraising.com**

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

All information correct at time of printing

\*Participation in structured sessions is at runners own risk

EAST HULL HARRIERS

& ATHLETIC CLUB



 Founded Season

 1893 2023/2024

**OFFICERS**

President

Matthew Hayes

Life Vice Presidents

Richard Alsop, Paul Andrews, John Baker,

Ken Barnes, Peter Dearing, Julie Ferguson,

Neil Gordon, Dave Gowans, Geoff Griffin,

Beverley Jackson, Brian Jennison, Ron V Kemp,

Paul Nippress and Peter G Taylor

Vice Presidents

Tony Cross, William Eldridge, Alison Hayes,

Matthew Hayes, Mike Jackson, Shirley Oglesby,

John Savage, Nigel Sisson and Paul Wray

Men’s Captain: Paul Wray

Men’s Vice Captain: Chris Wiles

Men’s Track Captain: Mark Gadie

Ladies Captain: Alison Hayes

Ladies Vice Captain: Magda Zaremba

 **Ladies Track Captain:** Kirsty Wilson

Committee Secretary

Tony Cross

Membership Secretary

James Lundy

Honorary Treasurer

Samantha Dixie

Committee

Farhat Ali Baig, Richard Crone, Phoebe Gawthorpe, Martin Hardey, Phil McCoy, Sarah Padfield,

Honorary Auditor: Peter Webster

Welfare Officers: Julie Ferguson and Paul Wray

**Mental Health Ambassador:** Paul Wray

Website: James Lundy

HEADQUARTERS

Clubhouse: Saltshouse Road, Hull, HU8 9HF

(adjacent to Sutton Park Golf Club)

Members of UK Athletics

Affiliated via England Athletics for Track & Field Athletics,

Road, Cross Country, Fell & Hill Running.

Yorkshire & Humberside A.A. and Yorkshire Vets

ANNUAL SUBSCRIPTIONS

**Subscriptions are due on 1st October 2023 and must be paid by 31st December to be eligible for Club Championship medals**

(See rules for London Marathon)

|  |  |
| --- | --- |
| **Category** | **Club Membership\*** |
| 18 years & Over  | £35.00 |
| F/T Student 18-21  | £15.00 |
| Armed Forces | £20.00 |
| Senior Citizens\*\*  |  |
| Juniors  | £15.00 |
| Non-active  | £10.00 |

\*Members are responsible for payment of the England Athletics Athlete Registration fee

\*\*After One Year Full Membership

 Second claim members do not pay the EA Registration fee

 as this is collected from their first claim club.

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 available for long-term absence from training, competition, or use of the club facilities.

COMMITTEE MEETINGS

Held monthly in accordance with the Clubs Constitutional Rules

CLUB COLOURS & UK 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’

ANNUAL GENERAL MEETING

To be held on

**Wednesday 4th September 2024 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

TRANSFER OF NUMBER

RULE 143 S 2 (iii) Numbers are issued to the individual athlete completing the application form except with the specific authority of the Competition Provider. Athletes who receive transferred numbers without permission will be disqualified from the race. Both runners will be subject to disciplinary action by the appropriate National Association.

**LONDON MARATHON**

The Club are allocated additional places for which a draw will take place. To be eligible you must meet the following criteria:

* First claim member, (joining date prior to 01st October 2022).
* Paid the relative fully active subscription since 1st October 2022.
* Paid the current season (2023-24) subscription by 31st October 2023
* Members who have received a club place in the previous 3 years\* or who ran the current year’s marathon with a club place (i.e. deferred from the previous year) will be excluded from the draw unless the number of places exceeds the number of members for the draw in which case they will be eligible to draw for the remaining place(s).
* Rejection pack (including outer packaging) or rejection email to be submitted to the

 Committee Secretary by date to be advised.

\*Members who are successful in gaining a place but who do not apply will be excluded from subsequent draws for 5 years.

The draw will take place in the Clubhouse on 19th November following the Winter League race. Successful members must be aware that the entries are not transferable.

**CLUB PACK RUNS**

Held from the first weekend in October through to the last weekend in March except where club or local events take priority. Pack run venues are shown in the fixture list.

**Pack Times are as follows.**

Early: 1:45pm

Ultra –Slow: 2:00pm

Slow: 2:10pm

Medium: 2:20pm

Fast: 2:30pm

**Pack Rules**

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

Racing should be saved for Championships!

**USEFUL EHH & AC CONTACTS**

 **Matty Hayes:** mattyhayes10@hotmail.co.uk

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

 **Tony Cross:** ehhcommittee@gmail.com

Mobile: 07912852642

 **James Lundy** jameslundy85@outlook.com

Mobile: 07495912403

 **Kris Hopkins** Krisbob27@gmail.com

 **Alison Hayes:** alisonburnett1975@live.co.uk

 **Paul Wray**: pwray@pwray.karoo.co.uk

 Mobile: 07507932883

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

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

 Mobile: 07882226214

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

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 **Paul Nippress:** paul@coolsolutions.uk.com

Mobile: 07812975850

 **Bev+Mike Jackson:**

 bevandmike.harriers2@googlemail.com

 **John Baker:** jbgrizedale@jbgrizedale.karoo.co.uk