FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington,	D.C.	20549
rvasiliigion,	D.C.	20040

Check this box if no longer subject
to Section 16. Form 4 or Form 5
obligations may continue. See
Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL

OMB Number: 3235-0287

Estimated average burden hours per response: 0.5

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person* Allred Herbert Hunt					2. Issuer Name and Ticker or Trading Symbol Arena Group Holdings, Inc. [AREN]									Relationship theck all app	olicable)	orting Person(s) t		o Issuer	
(Last) (First) (Middle)				3. Date of Earliest Transaction (Month/Day/Year) 01/01/2023									Office below	er (give t w)	itle		er (speci ow)	ify	
200 VESEY ST 24TH FLOOR			4. If Amendment, Date of Original Filed (Month/Day/Year)									6. Individual or Joint/Group Filing (Check Applicable Line)							
(Street) NEW Y	ORK N	Y 1	0281											X Form filed by One Reporting Person Form filed by More than One Reporting Person					
(City) (State) (Zip)				Rule 10b5-1(c) Transaction Indication															
					Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.														to
		Table	I - No	n-Deriva	tive S	Secui	rities	Ac	quire	d, Di	sposed of	f, or E	Benefici	ally Own	ed				
1. Title of Security (Instr. 3)		D	2. Transaction Date (Month/Day/Year)		2A. Deemed Execution Date, if any (Month/Day/Year)		,	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) o Disposed Of (D) (Instr. 3, 4 a 5)			Beneficially Owned Following		6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership		
							Ī	Code V		Amount	(A) or (D) Price		Reported Transaction (Instr. 3 and	on(s)			(Instr. 4)		
Common	Stock			01/01/202	23				A		4,454(1)	A	\$0	26,6	504	Ι)		
Common	Stock			03/31/202	23				P ⁽²⁾		32,000	A	\$3.88	75,4	179	I Allred 2002 Tr - HHA(3)		rust	
Common	Stock			03/31/202	23				P ⁽²⁾		32,000	A	\$3.88	75,4	,479 I		I	Allred 2002 Trust - NLA ⁽⁴⁾	
Common	Stock													64,650		I		Redcap Investment, LP ⁽⁵⁾	
		Tal									posed of, convertib				d	•			
Derivative Conversion Date		3. Transaction Date (Month/Day/Year)	Execution Date, 1			ransaction ode (Instr.		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		ate Exe ration I ath/Day		7. Title Amou Secur Under Deriva Secur 3 and	int of ities rlying ative ity (Instr.	Derivative deri Security (Instr. 5) Ben Own Foll		owing (I) (Ir orted saction(s)		ship of I Ber D) Ow ect (Ins	Nature Indirect neficial vnership str. 4)
					Code	v	(A)	(D)	Date Exercisal		Expiration Date	Title	Amount or Number of Shares						

Explanation of Responses:

- 1. Represents an award of restricted stock units granted to the reporting person on the transaction date. One-twelfth of the award vests ratably on the last calendar day of each month of the 2023 calendar year, subject to the reporting person's continued service to the Issuer on each applicable vesting date.
- 2. On March 31, 2023, the reporting person acquired indirect beneficial ownership of these shares of Common Stock from the Issuer in a transaction approved in advance by the board of directors of the Issuer.
- 3. Brittny Allred, Mr. Allred's spouse, is Trustee of this irrevocable trust, of which Mr. Allred is a beneficiary.
- 4. Brittny Allred, Mr. Allred's spouse, is Trustee of this irrevocable trust, of which Nancy Allred Collins, Mr. Allred's sister, is a beneficiary.
- 5. Mr. Allred is a 25% owner of Redcap Investments, LP. Mr. Allred is currently President of its General Partner, Redcap Investments Management, LLC.

/s/ Herbert Hunt Allred 03/31/2023

** Signature of Reporting Person Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

- * If the form is filed by more than one reporting person, see Instruction 4 (b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.