

CITY OF HULL AC



NEWSLETTER AUGUST / SEPTEMBER 2004

Track Championship by Gordon Jibson

The Track Championship will soon be upon us and this presents me the opportunity to reflect on previous Championships. Their organisation is simple and straightforward but not a year goes by without disappointments. These arise from the problems of marshalling the 2 longer events. The mile presents no logistical difficulties as it is over quickly and with 3 or 4 races, the chances of being lapped are remote. The real difficulties arise with the 5000 metres and even more so, with the 10,000 metres. With athletes being frequently lapped, it is virtually impossible to accurately lap-mark every runner with the limited number of officials available on the night. It is understandable that no one wishes to have to endure a 2 event 10,000 metres but 20 plus athletes must be made aware of the problems involved when people are being asked to lap count 4 or 5 runners. Nobody is getting any younger, nor are our wits or eyesight what they used to be. Mistakes have been made, resulting in disappointment after battling over 25 laps in the wind, dark and rain. The answer lies in our own hands, either more non-runners turn up in a supporting role, or competitors take the responsibility of seeking out their own counter in advance. The organisers cannot guarantee each runner will be provided with a marker. I apologise if I appear pedantic, but the sorry state of affairs has dragged on long enough and it needs rectifying to avoid future disappointments.

Saturday Costello track training sessions – times vary, so contact Colin or Rebecca on 01482 848926

Wed 22 Sep	1 Mile race	Costello 7.00pm
Wed 29 Sep	5000 race	Costello 7.00pm
Wed 6 Oct	10000m race	Costello 7.00pm

Training Sessions

Monday 5.45pm	Field next to Haltemprice Sports Centre	Speed session
Tuesday 6.45pm	Haltemprice Sports Centre	Club night
Thursday 6.00pm	Wauldby Green, Raywell	Club night
Saturday 8.30am	Wauldby Green, Raywell	3 or 5 miles plus hill session
Saturday	Costello track training session – times vary,	contact Colin or Rebecca 01482 848926
Sunday 8.45am	Beverley Clump, South Cave Hill	Cross country

East Yorkshire Cross Country League

Due to fixture congestion in October this year's EYCX league will start with the first race on 14 November.

Sun 14 Nov	11.00am	Drewton Woods, South Cave
Sun 5 Dec	11.00am	Welton Dale
Sun 23 Jan	11.00am	Bishop Wilton
Sun 13 Feb	11.00am	Langdale End, Scarborough
Sun 6 Mar	11.00am	North Dalton
Sun 20 Mar	11.00am	Bridlington

Race Diary

Sun 12 Sep	Ryedale 10 mile	Malton, N Yorkshire 10.30am
Sun 19 Sep	Woodall Spa 10k	Lincs, details ring 01526 353672
Sun 17 Oct	Bridlington Half Marathon	Bridlington 12 noon
Sun 31 Oct	Haltemprice 10k	Kirkella, details ring 01482

Champagne League Presentation Evening, Friday 17th September, Cottingham Golf Club 8.00pm

If you are thinking of attending the Champagne League Presentation evening and buffet, please contact Dave Brook as soon as possible as there are only a few places left, at £10 each.

Congratulations

We would like to send our congratulations to Claire Smith on the birth of her baby boy and congratulations also to Lucy Khan on the birth of her baby girl. We now expect to see both ladies running again very soon!

Start Fitness Shop, Beverley

The winner of the drawer for this month's £20 voucher for Start Fitness is Dave Johnson.

City of Hull Circumnavigation by Steve Coveney

For my last long training run 12 days before the 24 hour race I decided to run around Hull avoiding the built-up areas and staying off-road as far as possible. Starting at North Ferriby the route followed the Humber foreshore for 9 miles east to the ferry terminal, then turned north along the Holderness drain to join the dismantled railway line to Withernsea. I followed the railtrack to Hedon, then north to Preston, where I joined a succession of field paths and tracks to Coniston. By now I was on the westerly leg taking lanes to Swine, then tracks to Wawne. The sun was beating down and the countryside was alive with butterflies. The going underfoot was mainly good except for a couple of fields where rapeseed had collapsed over the path and forcing a way through this was very tiring. From Wawne lanes lead to the river Hull which is then followed north to Beverley (the first place north of Hull where there is a bridge over the river). Beverley is the northern most point from where I followed the Beverley 20 route via Bentley and Skidby and so back to the start at Ferriby to end a very enjoyable day out. The route is 44 miles long and I thoroughly recommend it. It also struck me during the run that this would make a good relay course for the Club. There is plenty of scope for different length legs (of relay that is not runners!) and as it is all local the logistics would be far easier than something like the Wolds Way. There would also be no excuse for not looking at the course before the event. Is there any interest?

Another Early Ultra Distance Performance in Hull by Robb Robinson

The club's history on the website includes a short account of 19th century pedestrianism and athletic achievement in the days before organised amateur harrier and athletic clubs dominated the sport.

Steve Coveney has also written in this newsletter on the same subject. When I popped down to watch the



George Wilson

recent 24 hour race at Costello it occurred to me that some people might be interested in details about another endurance event that took place in Hull back in 1816. For much of the 20th century, the accomplishments of professional athletes in earlier centuries were not taken too seriously, but more recently sporting historians have become much more interested in the statistics and details of athletic achievement in the pre AAA era, which perhaps makes this story worth recounting.

Pedestrianism, or walking and running long distances, became a popular English sport in the late 1700s. For almost 100 years, pedestrianism attracted great attention, partly because spectators enjoyed betting on the athletes. One notable early endurance event of some importance in this area, was undertaken by George Wilson from Blackheath. Wilson was a very famous pedestrian in the period immediately after the end of the Napoleonic Wars and was said to have walked 550 miles in 11 days, in a competition commencing on the 22nd September 1815. He apparently came to specialise in wagers, which involved walking 1000 miles in 20 days and was embroiled in considerable controversy in the middle of one of his 20 day, 1000 mile walks, when the local authorities stopped him and charged him with causing a breach of the peace. As a result he lost the wager and ended up in debtor's prison. This did not stop him walking for he then proceeded to walk 50 miles in 12 hours, in a tiny prison yard, measuring 11 by 8 yards, making over 9,000 turns. After his release in the autumn of 1816, historians record that he covered the 1000 mile distance in just under 18 days. He may well have covered this distance elsewhere on other occasions but it would seem that Wilson may have set this particular record in Hull, as he was in Hull that autumn.

On 14th October 1816 he embarked upon an attempt to cover 1000 miles in 18 days in Mr Clarke's Garden on Anlaby Road. In those days much of Anlaby Road had not been built upon and on the approaches to the town it consisted of gardens, orchards and the like. I do not have details of the length of the course, it must have been in a closed area as Wilson made at least part of his money by charging admission to the garden. Ladies and gentlemen who came to watch were charged 1 shilling a day admission, or 4 shillings for a week, whilst servants and working people were let in for half price.

To achieve this feat Wilson needed to average more than 55 miles a day but appeared to suffer something of a setback on the second day when he covered just 30 miles. However, he gradually pulled back the lost miles and by the end of the 9th day, half way, he had walked 495 miles, only 5 short of half of the target. The weather up to then had been quite favourable but on the 10th day it became wet and windy which blew out the lamps making it difficult to walk in the dark and he was forced to stop at 8pm after covering 42 miles. During the first few days only a few spectators turned up to watch and although more were attracted in the later stages the inclement weather kept numbers, and proceeds, down. The times he walked each day varied. On 25th October, for example, he started at 5.00am and finished at 4.45pm, after covering a distance of 60 miles. During that time he was recorded as resting for 3 hours and 29 minutes. The following day he started at 6.40am and finished at 11.58pm, covering 55 miles and rested during his walk that day for 3 hours and 13 minutes. Pedestrians did not usually walk on Sundays in those days and on Monday 28th October he started at 2.00am and finished at 9.53pm, covering 64 miles with 4 and a half hours worth of rest. By the end of the 16th day he had completed 894 miles and needed to cover 106 miles in the last 2 days to achieve his aim. At this stage the local papers reported that the odds were 3 or 4 to 1 against him, especially as the weather was particularly bad and indeed by 4.00pm on the 19th day he had covered just 24 miles since starting that morning. However, he stuck to his extraordinary task and on the final day completed the 1000 mile at 11.19pm, with around 40 minutes to spare. He then walked 2 further circuits of triumph amid the acclamations of the small crowd.

It was further noted that every day Wilson had walked to and from the gardens to his lodgings, he covered more than 6 further miles in the process but that the weather had restricted the income from admissions to little more than £10. It is not recorded how much he managed to make from wagers, especially when odds seemed to be against him but this was a sporting achievement worthy of any age.

Date	Miles	Time On Feet
Monday 14 th October 1816	56 miles	12 hours 20 minutes
Tuesday 15 th	30 miles	7 hours 41 minutes
Wednesday 16 th	60 miles	14 hours 33 minutes
Thursday 17 th	56 miles	14 hours 29 minutes
Friday 18 th	60 miles	14 hours 59 minutes
Saturday 19 th	58 miles	15 hours 32 minutes
Monday 21 st	60 miles	14 hours 33 minutes
Tuesday 22 nd	60 miles	15 hours 36 minutes
Wednesday 23 rd	55 miles	14 hours 24 minutes
Thursday 24 th	42	11 hours 08 minutes
Friday 25 th	60	15 hours 46 minutes
Saturday 26 th	55	14 hours 06 minutes
Monday 28 th	64	15 hours 46 minutes
Tuesday 29 th	60	15 hours 22 minutes
Wednesday 30 th	58	15 hours 16minutes 15 secs
Thursday 31 st	60	15 hours 53 minutes
Friday 1 st November	53	11 hours 44 minutes
Saturday 2 nd November	53	15 hours 49 minutes

Newsletters

We are always looking for articles to fill each newsletter and so if you would like to contribute an article for future newsletters, please contact the editor, Steve Holmes.