



## **Course measurement summary**

### **Hell on The Humber**

Neil Pattison

UK Association of Course Measurers

## **Introduction**

Toro CSC first organised the Hell on The Humber event in 2011. It is an intriguing night time challenge that sees competitors traverse the Humber bridge and back on each 4 mile lap. Either as an individual or team of three, the athletes complete as many miles as they can in 12 hours, battling sleep deprivation and fatigue.

A map of the course can be found at

[http://www.walkjogrun.co.uk/routes/current\\_route.cfm?rid=468840DA-A1B6-9255-28DC0B32BC07F95A&success=1](http://www.walkjogrun.co.uk/routes/current_route.cfm?rid=468840DA-A1B6-9255-28DC0B32BC07F95A&success=1)

## **Course measurement**

The course has been measured and verified by a member of UK Association of Course measurers as being 4 miles in length, taking the shortest possible route available. The course was measured using the calibrated bicycle method used by measurers across the world. It is extremely accurate and athletes are assured that they will be running a genuine 4 miles . Whilst GPS devices give a good indication of distance for training purposes, it is commonly felt they provide an accuracy of around 95%.

The certificate issued allows you to advertise the fact that the course is accurate and for you to put the measurement symbol on your advertising material. Assuming no changes are made to your course, this certificate is valid for a full ten years. Once ten years has elapsed then it is possible to renew on line at [www.coursemeasurement.org](http://www.coursemeasurement.org). If you make any changes to the course, then it will need to be measured again.

## View of start line

Humber bridge car park, traffic island next to white arrow



## View from start line



## 1 and 3 Mile 3 Points...exactly the same location

**Mile 1** Eastern Humber Bridge footpath, southbound. 11m before lamp post 46, 27m after lamp post 45.

**Mile 3** Eastern Humber Bridge footpath, northbound. 11m after lamp post 46, 27m before lamp post 45



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## 2 miles/turn point

Eastern Humber bridge footpath, 7m after lamp post m90, 16m before gate at bottom of slope.





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