



# ATHLETICS CANADA

## ROAD RACE MEASUREMENT CERTIFICATE

### Race Information

Name of the course MEC Race One - 5K (Springbank Park, London)  
Certificate number ON-2016-008-BDC Distance 5 km Race date March 12/2016  
City London Province ON  
Race contact name Alethia Hazaras Race contact email alethia.hazaras@gmail.com

### Course Information

Start elevation 250 m Finish elevation 250 m  
Elevation change 0 m/km Percent separation 0

### Measurer Information

Measurer name Bill Wheeler  
Measurement date March 8/2016 Expiry date Dec. 31/2025

### Official Notice

Based on examination of data provided by the above named measurer, the course described above and in the map attached is hereby certified as reasonably accurate in measurement according to the standards adopted by the **Road Running Technical Council**. If any changes are made to the course, this certification becomes void, and the course must then be recertified.

### Validation of Course

In the event a **National Open Record** is set on this course, or at the discretion of **Athletics Canada**, a validation remeasurement may be required to be performed by a qualified measurer. If such a remeasurement shows the course to be short, then all pending records will be rejected and the course certification will be cancelled.

### As Nationally Certified by

Bernard Conway  
Signature of certifier

March 31/2016

Date

Any inquires regarding this certificate should be directed to [coursemeasurement@athletics.ca](mailto:coursemeasurement@athletics.ca)



**MEC Race One – 5K (Springbank Park, London)**



Start/Finish: 0m between wooden posts on either side of Flint Ln. (18.4m E of Stone House)

Behind storybook gardens: 0.65m West of Square white building on North side of trail

Support