



ATHLETICS CANADA

ROAD RACE MEASUREMENT CERTIFICATE

Race Information

Name of the course Spring Run Off London 5k

Certificate number ON-2017-001-DRY Distance 5 km Race date April 1, 2017

City London Province Ontario

Race contact name Steve Weiler Race contact email steveweiler@hotmail.com

Course Information

Start elevation 243 m Finish elevation 238 m

Elevation change -1.0 m/km Percent separation 3%

Measurer Information

Measurer name Bernard Conway

Measurement date March 21, 2017 Expiry date December 31, 2026

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

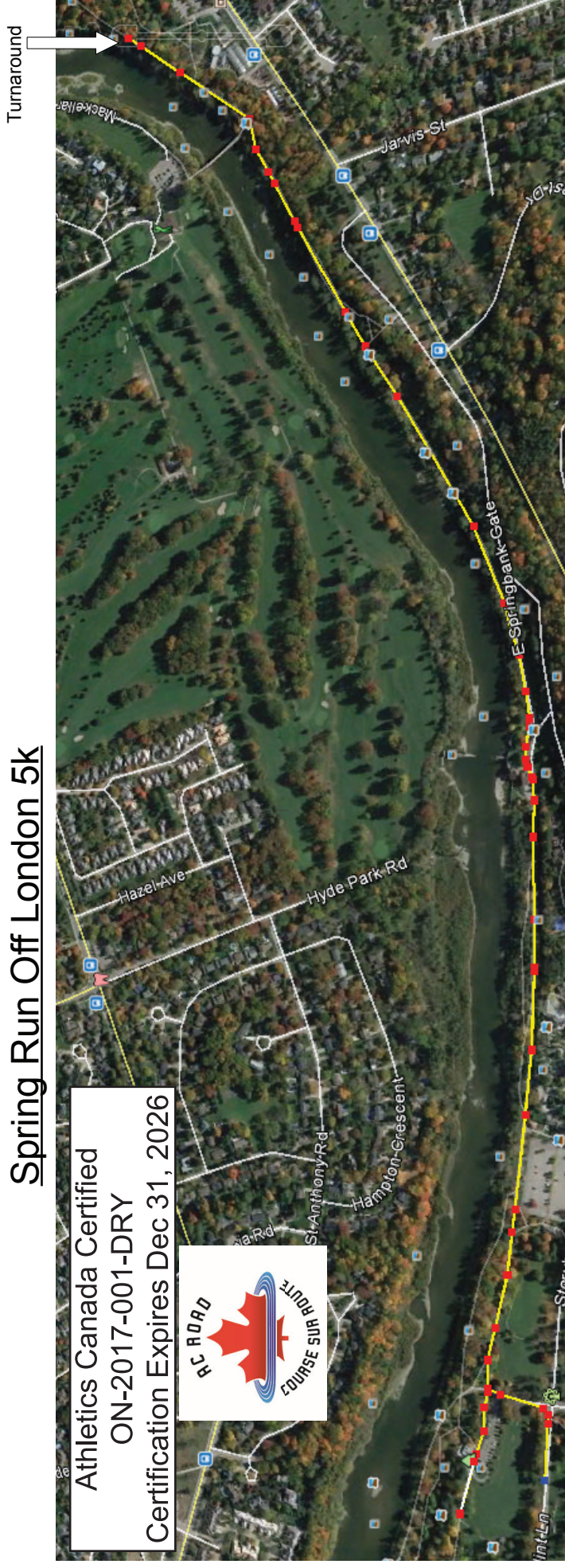
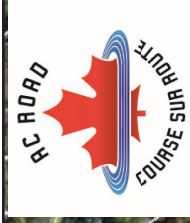
Signature of certifier  March 29, 2017
Date

Any inquiries regarding this certificate should be directed to coursemeasurement@athletics.ca



Spring Run Off London 5k

Athletics Canada Certified
ON-2017-001-DRY
Certification Expires Dec 31, 2026



Directions – From the start runners head east to the middle road (north-south) then turn left onto the middle road and head north to the lower road using the shortest route. Runners head east on the lower road to just past the Pump House and then onto the Maurice Chapman Parkway to the Turnaround. The runners then retrace their path to the middle road taking the left fork onto the east-west bike path and continue west to the finish.

- Start** – is on the upper road 60.0 m east of the east wall of the Stone House.
- 1 km** – is on the lower road at east end of Storybook Gardens opposite the 9th metal post of the wrought iron fence along the lagoon, counting from the east end of the fence.
- 2km** – 68 m east of the last bench (Duke and Betty Potter) on north side of bike path west of the PUC bridge to golf course.
- 5 km Turnaround (2.5 km)** – is 55.75 m east of the east-most post of the wooden fence east of the PUC bridge near the west end of Springbank Gardens property.
- 3 km** – same as the 2 km mark.
- 4 km** – same as the 1 km mark.
- Finish** – on the middle bike path (east-west) to the north of the pavilion, The finish is even with the 2 west-most posts of the pavilion.

