



ATHLETICS CANADA

ROAD RACE MEASUREMENT CERTIFICATE

Race Information

Name of the course _____
Certificate number _____ Distance _____ Race date _____
City _____ Province _____
Race contact name _____ Race contact email _____

Course Information

Start elevation _____ Finish elevation _____
Elevation change _____ Percent separation _____

Measurer Information

Measurer name _____
Measurement date _____ Expiry date _____

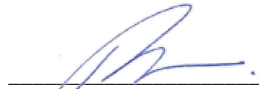
Official Notice

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

 Paul T.B. Adams
Signature of certifier _____ Date _____


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



The Springbank Sprint 10 km

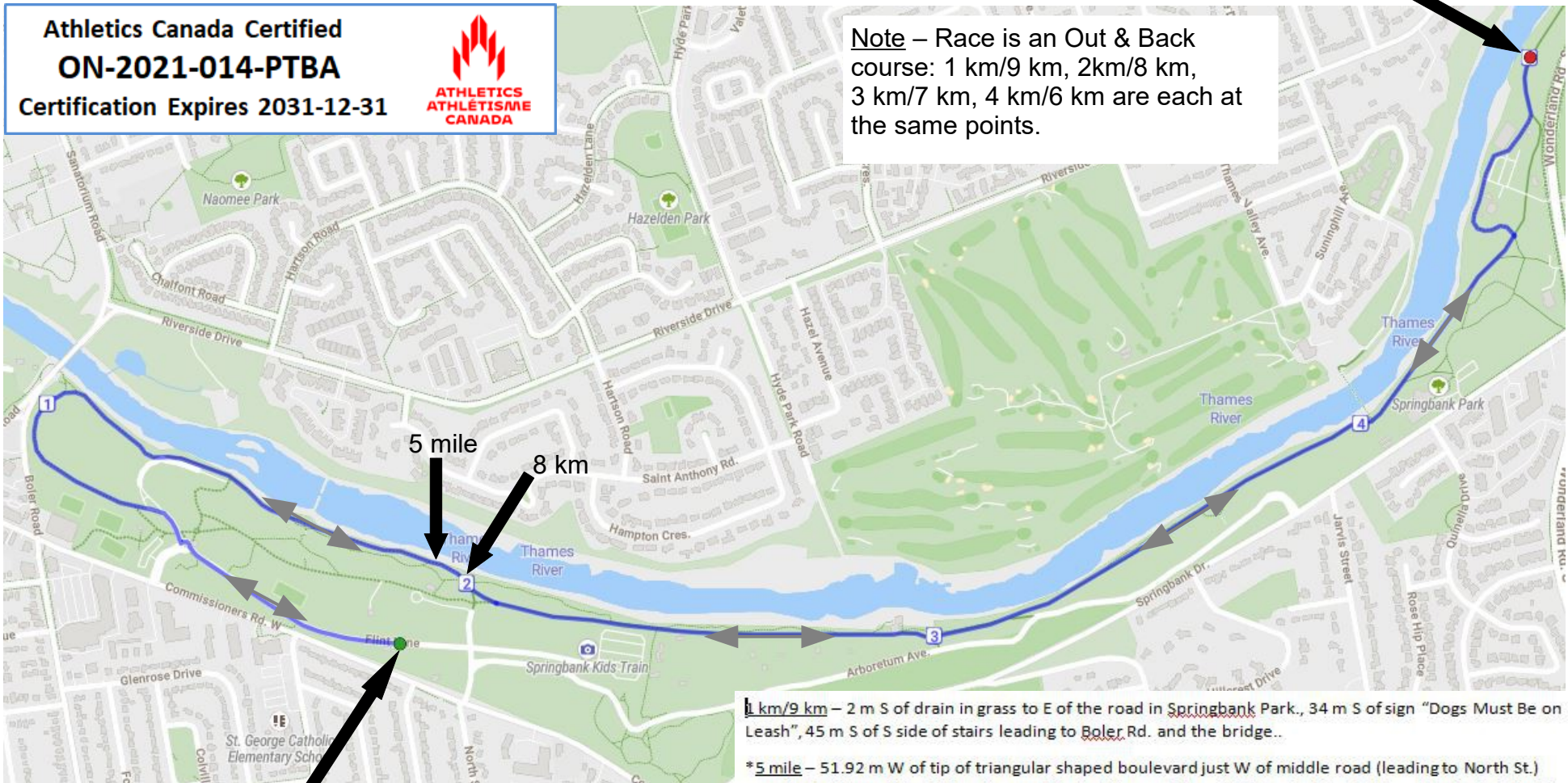
Turnaround and 5 km mark is on the bikepath NE of the Canoe Club, 118.2 m NE of the large Terry Fox Parkway sign, 25.65 m E of bench dedicated to "Isobel Garrett Morrison".

Athletics Canada Certified
ON-2021-014-PTBA
 Certification Expires 2031-12-31



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Note – Race is an Out & Back course: 1 km/9 km, 2km/8 km, 3 km/7 km, 4 km/6 km are each at the same points.



Start/Finish Line -is in line with the two wooden posts for a banner, 20.20 m E of the E wall of the Stone Cottage (also known as Flint Cottage) in Springbank Park

8 km is -0.125 m/km EC
 2.3% separation
 5 mile is -0.99 m/km EC
 2.2% separation
 10 km is 0 m/km ED
 0% separation

1 km/9 km – 2 m S of drain in grass to E of the road in Springbank Park., 34 m S of sign "Dogs Must Be on Leash", 45 m S of S side of stairs leading to Boler Rd. and the bridge..

***5 mile** – 51.92 m W of tip of triangular shaped boulevard just W of middle road (leading to North St.) near the bottom of the hill on the road by the Thames River, 10.95 m E of the E side of the first drain W of the middle road, 61.20 m E of first bench at bottom of the hill.

2 km/*8 km – 5.2 m W of W tip of triangular shaped boulevard just W of middle road (North St.) near the top of the hill on the lower road by the Thames River.

3 km/7 km – 26 m E of W side of road connecting the upper and lower roads near the Pump House, between the 1st & 2nd benches E of the Pump House.

4 km/6 km – 11 m W of the W side of the pedestrian bridge to the Golf Course on the paved trail between Springbank Park and Springbank Gardens formerly known as Wonderland Gardens.

***8 km, 5 mile & 10 km are all certified splits.**