



# Athletics Canada/Run Canada Measurement Certificate

Name of the course Scotiabank Cape to Cabot 20km Distance 20 km  
Location (city) Saint John's (province) Newfoundland-Labrador  
Type of course: road race ☒ calibration ☐ track ☐ Configuration: Point to Point  
Type of surface: paved 100 % dirt 0 % gravel 0 % grass 0 % track 0 %  
Elevation (meters above sea level) Start 75 m Finish 151 m Highest 206 m Lowest 4 m  
Straight line distance between start & finish 6.81 km Drop -3.8 m/km Separation 34 %  
Measured by (name, address, phone & e-mail) Dave Kelly 33 Shea Street  
St. John's, NL A1B 1Y2 709-576-0357  
Race contact (name, address & phone) Steve Delaney, 126 Topsail Rd., St. John's, NL  
A1E 2A8 709-579-2342 or Pete Soucy 709-722-6674  
Measuring Methods: bicycle ☒ steel tape ☐ electronic distance meter ☐  
Number of measurements of entire course: two Date(s) when course measured: Aug. 26 & Sept. 8, 2007  
Race date: Oct. 21, 2007 Course paperwork submission date: Sept. 14, 2007  
Replaces: \_\_\_\_\_ (if applicable) Certification code: NL-2007-089-BDC

Notice to Race Director  
Use this Certification Code in *all* public  
announcements relating to your race.

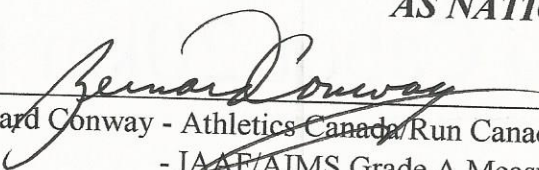
## Be It Officially Noted That

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/Run 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.

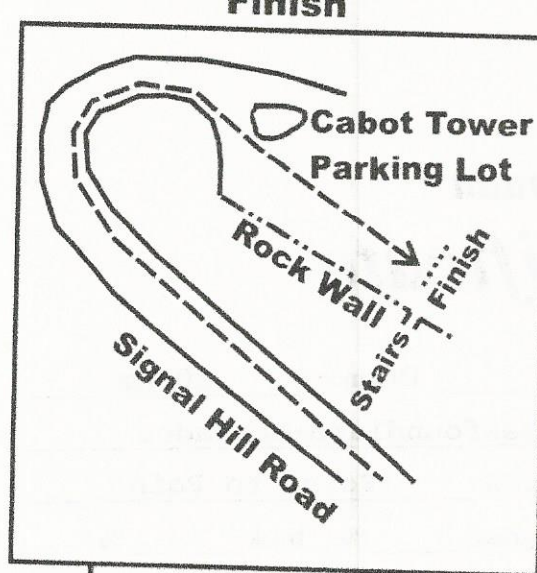
*This certification expires on December 31 in the year 2017*

**AS NATIONALLY CERTIFIED BY:**

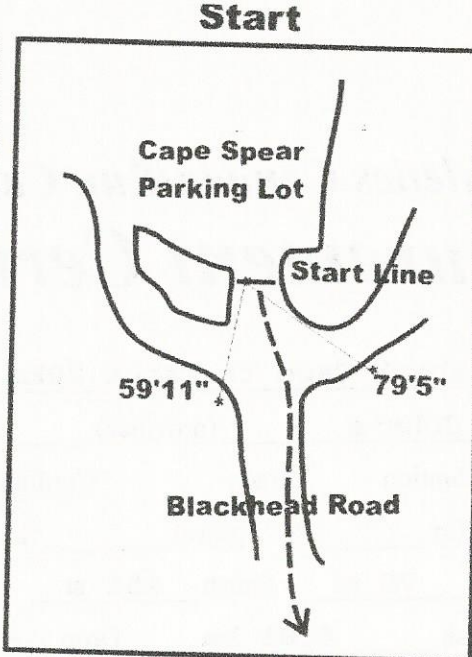
  
Bernard Conway - Athletics Canada/Run Canada National Certifier  
- IAAF/AIMS Grade A Measurer  
- USATF/RRTC Final Signatory

Date: Sept. 16, 2007

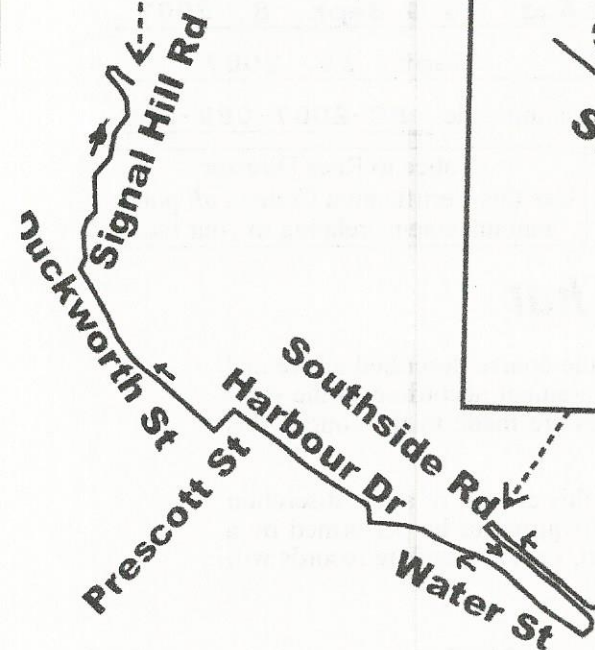
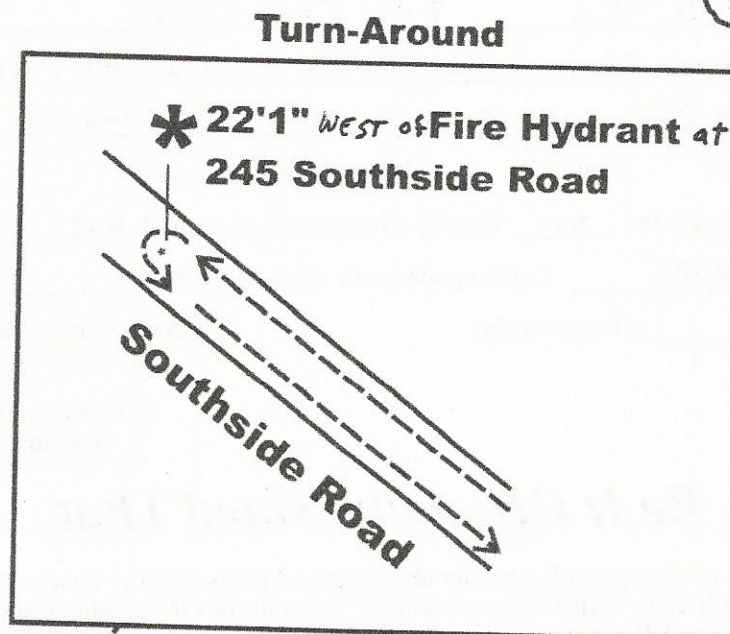
67 Southwood Crescent, London, Ontario, Canada, N6J 1S8  
Phone: 519-641-6889 (H) Fax: 519-641-6889 E-mail: [measurer@rogers.com](mailto:measurer@rogers.com)



Finish - is in line with the north side of stairway in the middle of the rock wall on the NW edge of the Cabot Tower Parking Lot.



Start - 59 ft 11 inches from nearest prominent rock, 79 ft 5 inches from low rock on the east side of Blackhead Rd.



**Blackhead Road**

**Blackhead Road**



Scotiabank Cape to Cabot 20km

Run spr (shortest possible route) start to finish

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