



*Athletics Canada/Run Canada*  
**Measurement Certificate**

Name of the course Springbank Park 5 km Closed Loop (West) Distance 5 km  
Location (city) London (province) Ontario  
Type of course: road race ☒ calibration track Configuration: Closed Loop  
Type of surface: paved 100 % dirt \_\_\_\_\_ % gravel \_\_\_\_\_ % grass \_\_\_\_\_ % track \_\_\_\_\_ %  
Elevation (meters above sea level) Start 242 m Finish 242 m Highest 250 m Lowest 230 m  
Straight line distance between start & finish 0 m Drop 0 m/km Separation 0 %  
Measured by (name, address, phone & e-mail) Bernard Conway 67 Southwood Crescent,  
London, Ontario, N6J 1S8 519-641-6889 measurer@rogers.com  
Race contact (name, address & phone) Paul Roberts c/o Runners' Choice, 207 Dundas St.  
London, Ontario, N6J 1G4 519-672-5928  
Measuring Methods: bicycle ☒ steel tape electronic distance meter  
Number of measurements of entire course: two Date(s) when course measured: Oct. 22, 2007  
Race date: \_\_\_\_\_ Course paperwork submission date: Oct. 23, 2007  
Replaces: \_\_\_\_\_ (if applicable) Certification code: ON-2007-104-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 Date: Oct. 23, 2007  
Bernard Conway - Athletics Canada/Run Canada National Certifier  
- IAAF/AIMS Grade A Measurer  
- USATF/RRTC Final Signatory  
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)

## Springbank 5 km Closed Loop (West Start)

Start - is 20.035 m west of the west wall of the Stone House. Runners head west and clockwise around loop.

1 km - 2 m north-east of the concrete stairs to Sanatorium Rd. at the west end of Springbank Park opposite the London Pacers 4 km sign.

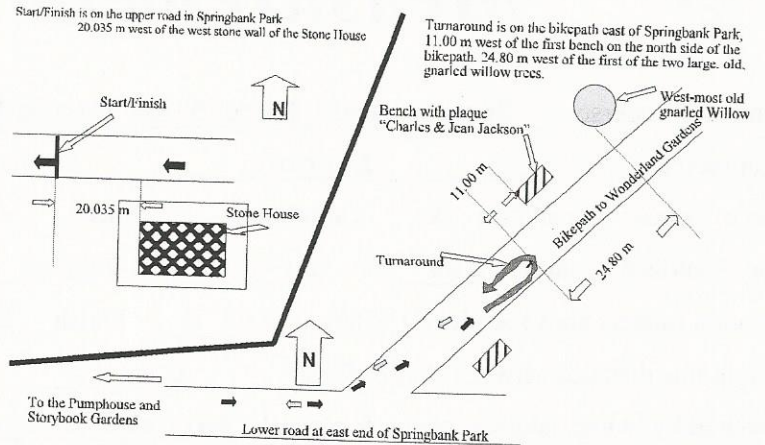
2 km - opposite the sign "Direct Exit to Commissioners Road" on the lower road east of the centre road opposite the London Pacers 3 km sign.

3 km - on the lower road, 45 m west of the west edge of the concrete well cover between the hairpin curve and the Pump House opposite the London Pacers 2 km sign.

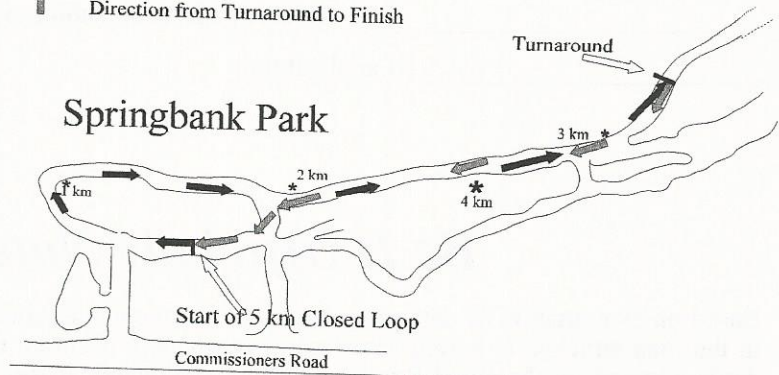
Turnaround - on the bikepath east of Springbank Park, 11.00 m west of the first bench west of the first bench (north side), 24.80 m west of the west side of the west-most of the two old gnarled willow trees by the river.

4 km - opposite the first large rock west of the wide area with the bench by the duck pond along the north side of Storybook Garden. Six metres east of the last wooden post east of the rounded part of the fence.

5 km (Finish) - same as the start.



↑ Direction from Start to Turnaround  
 ↑ Direction from Turnaround to Finish



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