



Athletics Canada/Run Canada Measurement Certificate

Name of the course Springbank 5 km Out/Back Course adjusted 2009 Distance 5 km
Location (city) London (province) Ontario
Type of course: road race ☒ calibration track Configuration: Out/Back
Type of surface: paved 100 % dirt % gravel % grass % track %
Elevation (meters above sea level) Start 240 m Finish 240 m Highest 240 m Lowest 228 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
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: 2 Date(s) when course measured: July 16, 2008
Race date: _____ Course paperwork submission date: July 23, 2008
Replaces: _____ (if applicable) Certification code: ON-2008-044-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 2018

AS NATIONALLY CERTIFIED BY:

Bernard Conway  Date: July 23, 2008
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

Springbank 5 km Out/Back Course (East Start)

Start - is 20.20 m east of the east wall of the Stone House. Runners head west and clockwise around loop.

1 & 4 km - 48.43 m south of the south side of the concrete stairs to Sanatorium Rd. at the west end of Springbank Park 48.43 m south of the London Pacers 4 km sign.

2 & 3 km - 50.43 m west of the sign "Direct Exit to Commissioners Road" on the lower road west of the centre road, 50.43 m west of the London Pacers 3 km sign, 44 m west of water turnoff valve, 4 m west of one way sign.

Turnaround - on the bikepath at the west end of Storybook Gardens in Springbank Park, 0.58 m west of the east side of the white hydro building and 3.99 m west of the west side of this same building. This white hydro building is just west of the green transformer, both are on the north side of the bikepath.

5 km (Finish) - same as the start.

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