Athletics Canada/Run Canada

Measurement Certificate

Name of the course	Springbank 5 km Out	Back Course	to statement	ya in movem (4)	84 - <u>m.l A.</u>
Location (city)	London	(province)	adjusted 2009	Ontario	5 km
Type of course: road	drace X calibration	track Co	onfiguration:	Out/Ba	ck
Type of surface: pav	ed 100 % dirt	% gravel	% grass	% track	%
Elevation (meters above	re sea level) Start 240 m	Finish 240 m	Highest	240 m Lowes	t 228 m
Straight line distance b	etween start & finish0	m Drop	00	m/km Separation	0 %
Measured by (name, ac	ddress, phone & e-mail)Ber	nard Conway	67 S	outhwood Cres	cent,
London, Ontar	io, N6J 1S8 519-0	641-6889			
Race contact (name, ac	Idress & phone) Paul Ro	berts c/o Rur	ners' Ch	oice, 207 Dur	ndas St.
	io, N6J 1G4 519-6				
	bicycle X steel tape				
Number of measureme	nts of entire course: 2 Da	ate(s) when course me	easured: Ju	ly 16, 2008	
Race date:		e paperwork submission			ANTENNO,
	(if applicable)			n code: ON-2008	-044-BDC
			Use t	Notice to Race Di his Certification Coc ouncements relating	le in <i>all</i> public
	Be It Offi	cially Note			

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 - Athletics Canada/Run Canada National Certifier	Date: _	July 23, 2008
- 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.

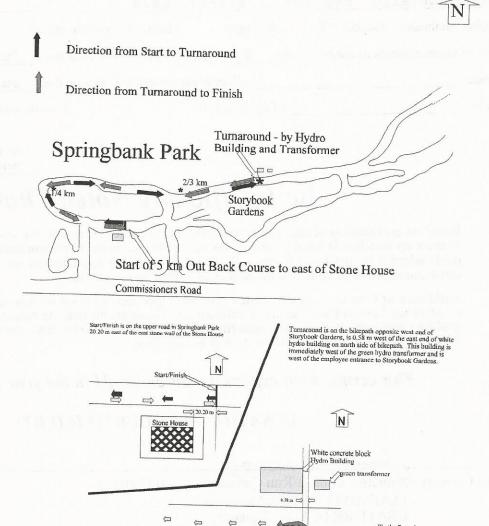
1 & 4 km - 48.43 m south of the south side of the concrete stairs to Sanatorium Rd. at the west end of Springbank Park 48.43 m south of the London Pacers 4 km sign.

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.

<u>Turnaround</u> - 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.

ON-2008-044-BDC



nd the west end