



Athletics Canada/Run Canada Measurement Certificate

Name of the course Springbank Half Marathon (adjusted 2009) Distance 21.0975 km
Location (city) London (province) Ontario
Type of course: road race ☒ calibration ☐ track ☐ Configuration: Loop & 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 15, 2008
Race date: Course paperwork submission date: July 23, 2008
Replaces: (if applicable) Certification code: ON-2008-045-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 Half Marathon 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 km - at the north-west end of Springbank Park, 4 m south of drain south of the bikepath to/from Boler Rd.

5 km - 13 m east of the observation area with the wooden fence on the lower road near the east end of Storybook Gardens.

8 km - 31 m north of the north end of the washrooms in Saturn Park on the bikepath.

10 km - 21 m north of the Greg Curnoe Tunnel under the CN tracks.

12 km - 0.5 m north of the flag at the Forks of the Thames near the splash pad.

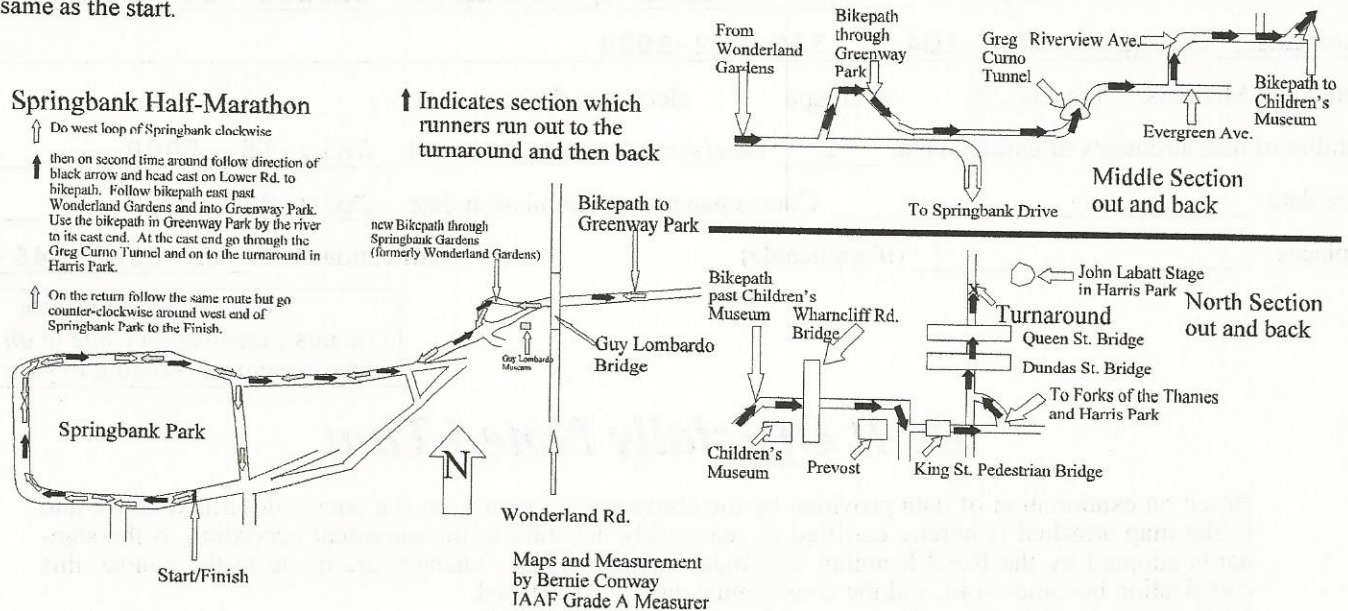
Turnaround - on the bikepath in the park with the John Labatt Stage, 2.58 m north of the first bench north of the 3rd lamp post north of the Queens St. Bridge, or 9.45 m north of 3rd lamp post.

15 km - 9 m east of the east goal post of the soccer field closest to Saturn Park.

18 km - 38 m west of where Wonderland Gardens bikepath enters Springbank Park.

20 km - 50 m east of the yellow post near the access to Boler Rd. Bridge at the northwest corner of Springbank Park.

Finish - same as the start.



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