



# Athletics Canada/Run Canada Measurement Certificate

Name of the course Springbank Half Marathon (2010) Distance 21.0975 km  
Location (city) London (province) Ontario  
Type of course: road race ☒ calibration track Configuration: Loop  
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 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: Aug. 19/2010  
Race date: Sept. 12/2010 Course paperwork submission date: Aug. 24/2010  
Replaces: \_\_\_\_\_ (if applicable) Certification code: ON-2008-111-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 2020*

AS NATIONALLY CERTIFIED BY:

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

Date: Aug. 25/2010

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 Half Marathon 2010

Start - is 20.86 m east of the east wall of the Stone House in Springbank Park. Runners head west and clockwise around small loop before going around west end a second time doing an out and back section to the Forks of the Thames and back.

3 km - 5 m west of the east side of the apartment building on the NE corner of Boler Rd. & Commissioners Rd. On the upper road in Springbank Park.

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 washrooms in Saturn Park on the bikepath.

10 km - 21 m north of the Greg Curnoe Tunnel under the CN tracks at the east end of Greenway Park.

Turnaround - on the bikepath toward Harris Park, 20.86 m south of the south side of the Dundas St. bridge.

12 km - 6 m east of the east expansion joint on the York St. bridge.

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

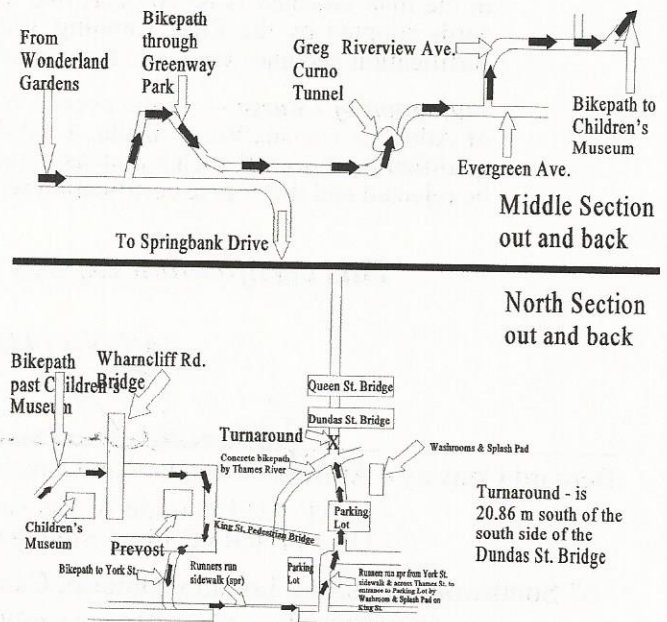
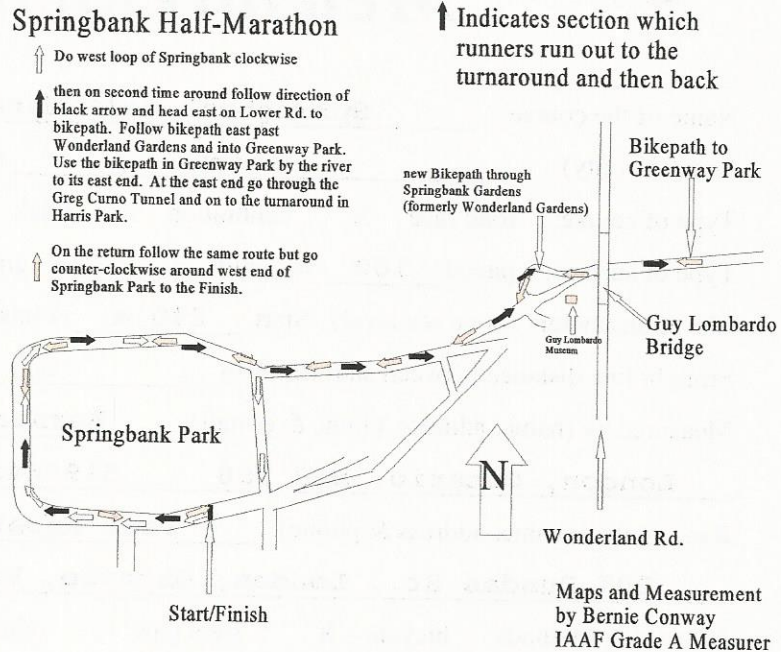
18 km - 38 m west of where Wonderland Gardens bikepath enters Springbank Park.

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

Finish - same as the start but from the reverse direction (heading east).

### Springbank Half-Marathon

- ↑ Do west loop of Springbank clockwise
- ↑ then on second time around follow direction of black arrow and head east on Lower Rd. to bikepath. Follow bikepath east past Wonderland Gardens and into Greenway Park. Use the bikepath in Greenway Park by the river to its east end. At the east end go through the Greg Curno Tunnel and on to the turnaround in Harris Park.
- ↑ On the return follow the same route but go counter-clockwise around west end of Springbank Park to the Finish.



ON-2008-111-BDC