



# Athletics Canada/Run Canada Measurement Certificate

Name of the course CHCM Garnish-Frenchman's Cove 10K RR Distance 10 km  
Location (city) Garnish (province) Newfoundland-Labrador  
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 3 m Finish 3 m Highest 3 m Lowest 3 m  
Straight line distance between start & finish 110 m Drop 0 m/km Separation 0 %  
Measured by (name, address, phone & e-mail) Lyman Keeping P.O. Box 14, Garnish, NL  
A0E 1T0 709-826-2787  
Race contact (name, address & phone) \_\_\_\_\_  
Measuring Methods: bicycle ☒ steel tape ☐ electronic distance meter ☐  
Number of measurements of entire course: 2 Date(s) when course measured: April 3, 2009  
Race date: \_\_\_\_\_ Course paperwork submission date: April 29, 2009  
Replaces: \_\_\_\_\_ (if applicable) Certification code: NL-2009-036-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 2019***

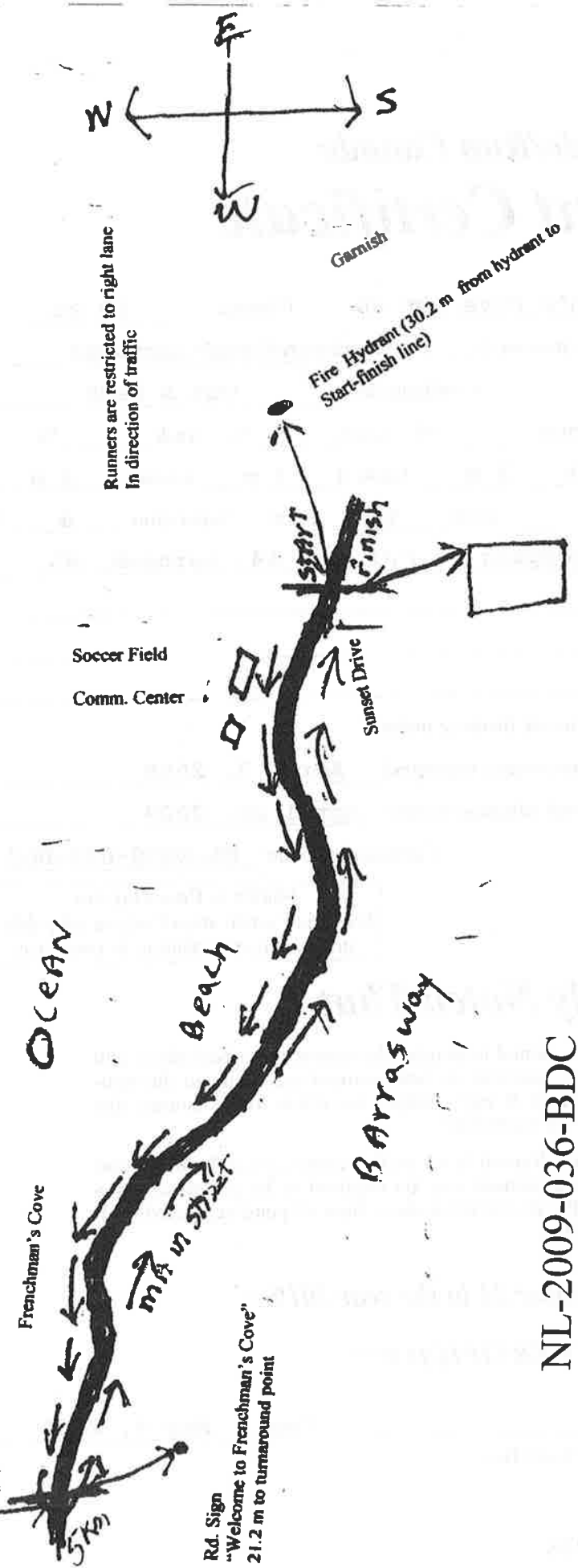
**AS NATIONALLY CERTIFIED BY:**

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

Date: May 9, 2009

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17.1 meters



NL-2009-036-BDC

Guy Moulton's house (28.4 meters from corner of house  
To start-finish line)

