



# Athletics Canada/Run Canada Measurement Certificate

Name of the course Mews 8 km Distance 8 km  
Location (city) St. John's (province) NL  
Type of course: road race ☒ calibration ☐ track ☐ Configuration: Loop  
Type of surface: paved 100 % dirt      % gravel      % grass      % track      %  
Elevation (meters above sea level) Start 82 m Finish 21 m Highest 94 m Lowest 21 m  
Straight line distance between start & finish 4.2 km Drop 7.6 m/km Separation 52.5 %  
Measured by (name, address, phone & e-mail) David Kelly 33 Shea St.  
St. John's, NL, A1B 1Y2 709-576-0357  
Race contact (name, address & phone) Steve Delaney 126 Topsail Rd., St. John's, NL  
709-579-2342 or Joe Dunford 6 Oxen Pond Rd., St. John's, NL  
Measuring Methods: bicycle ☒ steel tape ☐ electronic distance meter ☐  
Number of measurements of entire course: 2 Date(s) when course measured: July 8, 2009  
Race date:      Course paperwork submission date: July 12, 2009  
Replaces:      (if applicable) Certification code: NL-2009-089-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:**

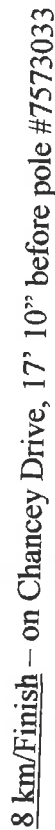
Bernard Conway Date: July 13, 2009  
Bernard Conway - Athletics Canada/Run Canada National Certifier  
- IAAF/AIMS Grade A Measurer  
- USATF/RRTC Final Signatory

67 Southwood Crescent, London, Ontario, Canada, N6J 1S8

Phone: 519-641-6889 (H) Fax: 519-641-6889 E-mail: [measurer@rogers.com](mailto:measurer@rogers.com)

## NL-2009-089-BDC

Blackmarsh Rd. and Blackler Ave. and Mundy Pond Rd. runners have ER except as they pass the Start they use the LCL (left curb lane) of Mundy Pond Rd. From Mundy Pond Rd. the runners turn left on to the RCL of Ropewalk Lane. Runners turn left at the centre line of Ropewalk Lane (see diagram) and then stay in the RCL for the rest of the race.



7 km - 21' 3" east from centre of pole #7409881