



Athletics Canada/Run Canada Measurement Certificate

Name of the course Bell Island Blast 10 Mile Distance 10 miles
Location (city) Bell Island (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 102 m Finish 84 m Highest 102 m Lowest 54 m
Straight line distance between start & finish 700 m Drop 1.1 m/km Separation 4.3 %
Measured by (name, address, phone & e-mail) Steve Delaney 126 Topsail Road
St. John's, NL, A1A 2A8 709-579-2342 sdelaney@nfl.com
Race contact (name, address & phone) Pete Soucy 36 Mullock Street
St. John's, NL, A1C 2R5 709-722-6674
Measuring Methods: bicycle ☒ steel tape electronic distance meter
Number of measurements of entire course: 2 Date(s) when course measured: July 25, 2009
Race date: _____ Course paperwork submission date: July 26, 2009
Replaces: _____ (if applicable) Certification code: NL-2009-095-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

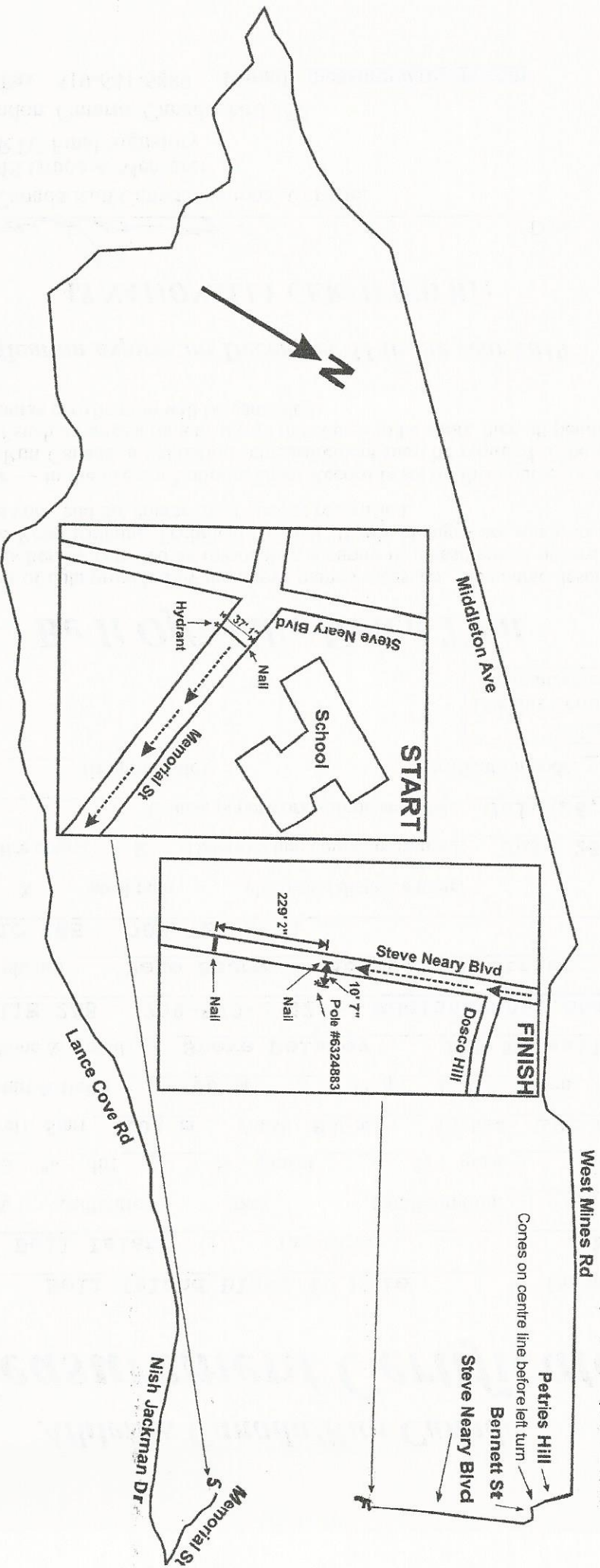
AS NATIONALLY CERTIFIED BY:

Bernard Conway Date: July 29, 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

Bell Island Blast 10 Mile



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