

Athletics Canada/Run Canada Measurement Certificate

Name of the course	Fort La	ngley Half	9 9	Dista	ance 21.09	75 km
Location (city)	Langley	(provinc	e)	Britis	h Columbia	
Type of course: road race X	calibration	track	Configurati	on:	Keyhole	
Type of surface: paved 100	% dirt	% gravel	% g	rass	% track	%
Elevation (meters above sea level)	Start 19 m	Finish 19	m High	hest 85	m Lowest_	7 m
Straight line distance between start	& finish	0 m	Drop 0	m/km	Separation	0 %
Measured by (name, address, phone	e & e-mail)	Paul Adams	#55	-678 Cit	adel Drive	1
Port Coquitlam, BC,	V3C 6M7	604-945-	-4604		1	
Race contact (name, address & pho	ne) Phil	Ellis	Unit #1,	20349-8	38 Avenue	
Langley, BC, V1M 2	2K5 604	-888-1338				
Measuring Methods: bicycle X	steel tape	electronic d	istance meter			
Number of measurements of entire	course: 2	Pate(s) when cour	se measured:	July	7/2010	
Race date: July 18/20	10 Cours	se paperwork sub	mission date:	July 8	3/2010	
Replaces: BC-2006-021-B	DC (if applicable	e)	Certifi	cation code:	BC-2006-1	17-BDC
				Use this Cer	ice to Race Directification Code in nents relating to	n <i>all</i> public

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 2016

AS NATIONALLY CERTIFIED BY:

Server 2	Date:	July 16/2010
Bernard Conway - Athletics Canada/Run Canada National Certifier		7 2.

IAAE/AIMC Coolo A Massuum

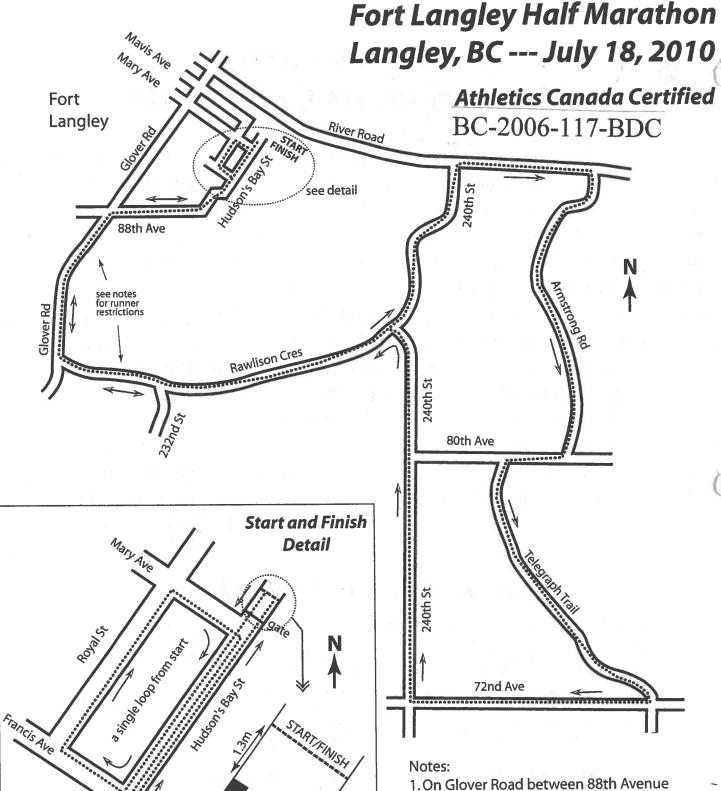
- IAAF/AIMS Grade A Measurer

- 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

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The start and finish are both 1.3m towards the back entrance to the Hudson's Bay Fort from the north-west edge of the concrete gate footing. From the start the route goes south-east on Hudson's Bay Street to Francis; then follows the Francis/Royal/Mary loop to Hudson's Bar Street; then follows Hydson's Bay Street. The finish is straight to the finish on Hudson's Bay Street without the loop.

1. On Glover Road between 88th Avenue (2.7km) and Rawlison Crescent (3.8km) runners are restricted to the paved shoulder plus 1m of roadway on the east side of the road.

2. On Rawlison Crescent between Glover Road (3.8km) and 232nd Street (4.5km) runners are

2. On Rawlison Crescent between Glover Road (3.8km) and 232nd Street (4.5km) runners are restricted to the paved shoulder plus 1m of roadway on the north side of the road.

Measurement and map by: Paul Adams, AIMS/IAAF Grade "A" Measurer