



# Athletics Canada/Run Canada Measurement Certificate

Name of the course Not So Hilly Half Marathon Distance 21.0975 km  
Location (city) Mount Pearl (province) NL  
Type of course: road race ☒ calibration track Configuration: Partial Loop  
Type of surface: paved 100 % dirt \_\_\_\_\_ % gravel \_\_\_\_\_ % grass \_\_\_\_\_ % track \_\_\_\_\_ %  
Elevation (meters above sea level) Start 182 m Finish 124 m Highest 182 m Lowest 123 m  
Straight line distance between start & finish 1.89 km Drop 2.75 m/km Separation 9 %  
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 Road  
St. John's, NL, A1E 2A8 709-579-2342  
Measuring Methods: bicycle ☒ steel tape electronic distance meter  
Number of measurements of entire course: 2 Date(s) when course measured: May 8/2010  
Race date: May 23/2010 Course paperwork submission date: May 14/2010  
Replaces: \_\_\_\_\_ (if applicable) Certification code: NL-2010-047-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*

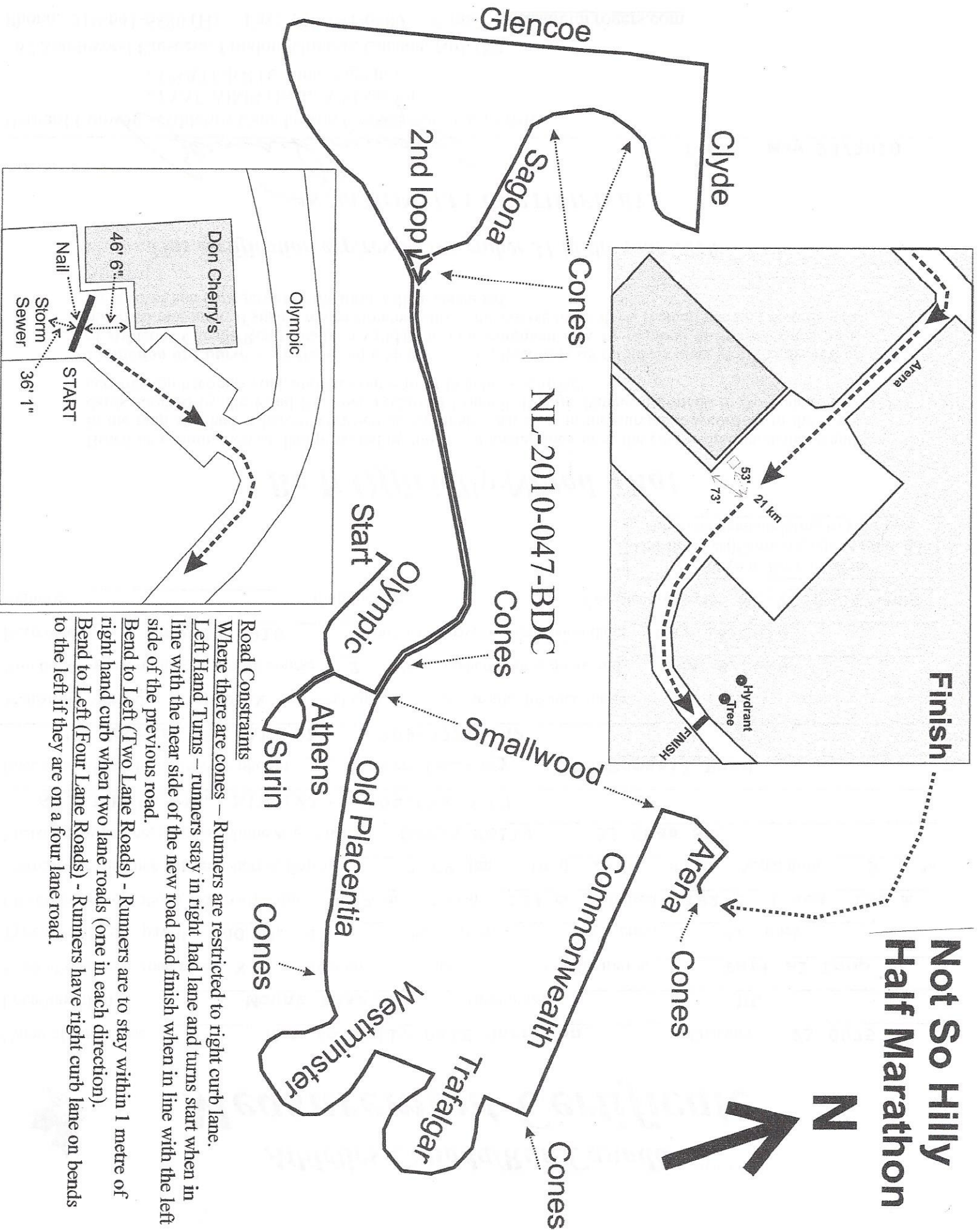
**AS NATIONALLY CERTIFIED BY:**

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

Date: May 24/2010

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)

# Not So Hilly Half Marathon



## Road Constraints

Where there are cones - Runners are restricted to right curb lane.

Left Hand Turns - runners stay in right hand lane and turns start when in line with the near side of the new road and finish when in line with the left side of the previous road.

Bend to Left (Two Lane Roads) - Runners are to stay within 1 metre of right hand curb when two lane roads (one in each direction).

Bend to Left (Four Lane Roads) - Runners have right curb lane on bends to the left if they are on a four lane road.