



# Athletics Canada/Run Canada Measurement Certificate

Name of the course The Tely 10 Mile Distance 10 mile  
Location (city) Paradise to St. John's (province) NL  
Type of course: road race ☒ calibration track Configuration: Pt/Pt  
Type of surface: paved 100 % dirt \_\_\_\_\_ % gravel \_\_\_\_\_ % grass \_\_\_\_\_ % track \_\_\_\_\_ %  
Elevation (meters above sea level) Start 170 m Finish 40 m Highest 184 m Lowest 40 m  
Straight line distance between start & finish 13.3 km Drop 8 m/km Separation 83 %  
Measured by (name, address, phone & e-mail) Bill Pomeroy

Race contact (name, address & phone) George Stanoev Box 21406, RPO-MacDonald Dr. S  
St. John's, NL, A1A 5G6 709-576-1303 or Steve Delaney 709-579-2342

Measuring Methods: bicycle ☒ steel tape electronic distance meter  
Number of measurements of entire course: 2 Date(s) when course measured: June 30/July 1/2010  
Race date: July 25/2010 Course paperwork submission date: July 10/Sept. 3/2010  
Replaces: \_\_\_\_\_ (if applicable) Certification code: NL-2010-090-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 Date: Sept. 12/2010  
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-2010-090-BDC

MacNamara – runners have entire road (2 lanes)  
Topsail Road to Harvey Road – runners have RCL (eastbound lane)  
Harvey Road to Finish – runners have entire road

- 1 mile - 8' 6" west of pole #7778749 in front of 1475 Topsail Road
- 2 mile - 28' 8" east of Pole #121 at entrance to 1315 Topsail Road
- 3 mile - 13' 2" west of near edge of storm sewer located just west of entrance to Trout Place
- 4 mile - 74' 7" east of near endge of storm sewer located just east of Forsy Place
- 5 mile - 14' 9" to curb edge easterly from Signal Light Pole at SE corner of Dunn's Road and Topsail Road
- 6 mile - 37' west of pole located in front of 541 Topsail Road
- 7 mile - 75' 8" west of near edge of storm sewer located across from Colville Place
- 8 mile - 34' 11" west of near edge of water main manhole cover in front of 335/339 Hamilton Avenue
- 9 mile - 18' 4" west from water main key access in front of 85 Lemarchant Road, just before Barter's Hill intersection
- 10 mile Finish - 37' 4" north of pole #7816580 in front of Bannerman Park Pool Building

