



# Athletics Canada/Run Canada Measurement Certificate

Name of the course Go the Distance Distance 3 km  
Location (city) London (province) Ontario  
Type of course: road race ☒ calibration track Configuration: Loop  
Type of surface: paved 100 % dirt \_\_\_\_\_ % gravel \_\_\_\_\_ % grass \_\_\_\_\_ % track \_\_\_\_\_ %  
Elevation (meters above sea level) Start 237 m Finish 237 m Highest 256 m Lowest 237 m  
Straight line distance between start & finish 20 m Drop 0 m/km Separation 0.4 %  
Measured by (name, address, phone & e-mail) Bernard Conway 67 Southwood Crescent  
London, Ontario, N6J 1S8 519-641-6889  
Race contact (name, address & phone) Paul Roberts c/o Runners' Choice  
207 Dundas St., London, Ontario, N6J 1G4 519-672-5928  
Measuring Methods: bicycle ☒ steel tape electronic distance meter  
Number of measurements of entire course: 2 Date(s) when course measured: April 14, 2010  
Race date: June 25, 2010 Course paperwork submission date: April 24, 2010  
Replaces: \_\_\_\_\_ (if applicable) Certification code: ON-2010-017-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: April 25, 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)

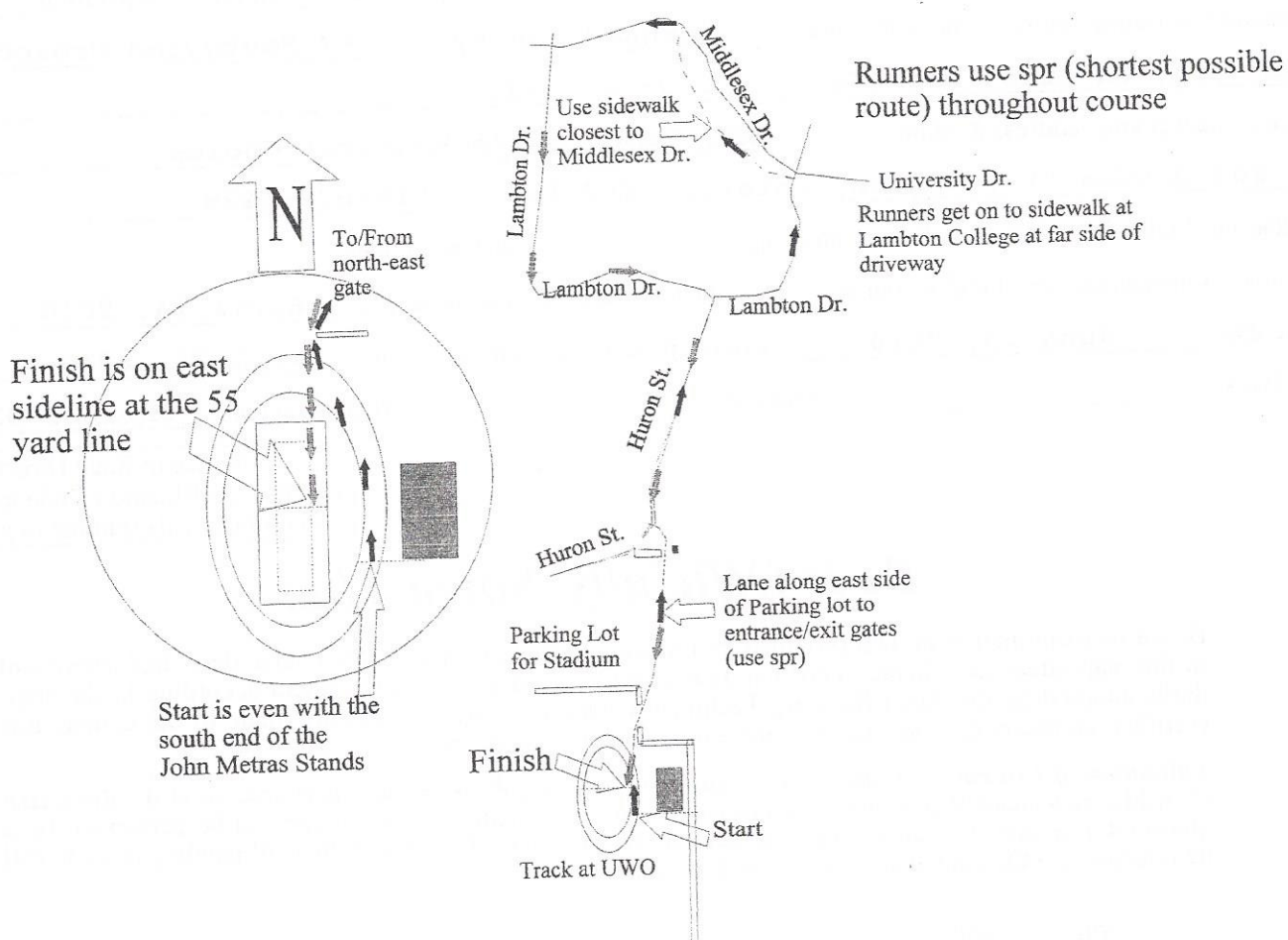
## Go the Distance 3 km

Start – even with the yellow line on the inside lane of the track opposite the south end of the John Metras Stands on the east side of the stadium. Runners run about  $\frac{1}{4}$  lap and then exit track on the north-east gate and follow the spr to the exit of the parking lot.

1 km – 18 m north of the south side of Talbot College on Lambton Dr.

2 km – 23 m east of the west side of Somerville House across from Alumni Hall on Lambton Dr.

Finish – on infield on east white boundary line of field at the 55 yard line.



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