



# Athletics Canada/Run Canada Measurement Certificate

Name of the course Sooke River 10K Distance 10 km  
Location (city) Sooke (province) British Columbia  
Type of course: road race ☒ calibration track Configuration: Out/Back  
Type of surface: paved 100 % dirt \_\_\_\_\_ % gravel \_\_\_\_\_ % grass \_\_\_\_\_ % track \_\_\_\_\_ %  
Elevation (meters above sea level) Start 31 m Finish 22 m Highest 51 m Lowest 16 m  
Straight line distance between start & finish 190 m Drop 0.9 m/km Separation 1.9 %  
Measured by (name, address, phone & e-mail) Gary Duncan 3860 Ascot Drive  
Victoria, BC, V8P 3S1 250-721-8673 and Rob Harmsworth  
Race contact (name, address & phone) Rob Harmsworth c/o 615 Roseridge Place  
Victoria, BC, V8Z 2Z1 250-479-5800  
Measuring Methods: bicycle ☒ steel tape electronic distance meter  
Number of measurements of entire course: 2 Date(s) when course measured: March 5/2011  
Race date: April 15/2012 Course paperwork submission date: Dec. 15/2011  
Replaces: BC-2001-019-BDC (if applicable) Certification code: BC-2011-104-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 2021*

AS NATIONALLY CERTIFIED BY:

Bernard Conway Date: Dec. 16/2011  
Bernard Conway - Athletics Canada/Run Canada National Certifier  
- IAAF/AIMS Grade A Measurer  
- USATF/RRTC Final Signatory  
57 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)

# Sooke River 10K

Athletics Canada Certified: BC-2011- 104-BDC

## Sooke River 10K Sooke BC, Canada

Measured: 2011 March 5

by Gary Duncan & Rob Harmsworth

Altitude: Start: 31m, Finish: 22m

High: 51m, Low: 16m

Separation: 190m

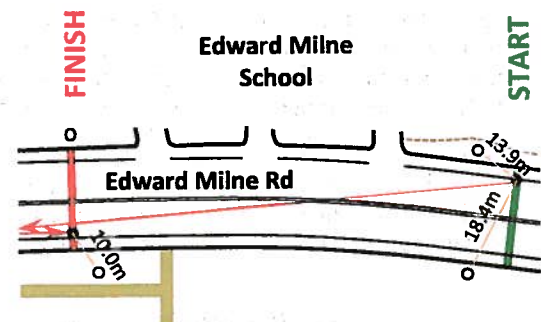
Athletes have use of the full width of **Edward Milne Road** for the start and finish, but are restricted by signs and cones along the centre line of **Sooke River Road** to one side outbound and the other inbound with a defined outside transition point. Separate splits are marked for both the nominal Right of Centre Line, i.e. with traffic, direction and an alternate Left of Centre Line direction. The course is measured along the shortest path keeping at least 0.3m from the centre line and runnable edges.

### Turnaround

nail & washer on centre line;  
~2.4m S of old gate post;  
~8.6m N of cover in large casing on E;  
~85.0m N of new yellow park gate;

### Finish Detail

nail & washer 0.2m N of S shoulder line;  
aligned with N telephone pole;  
~27.5m W of west school driveway;  
~1.5m from pavement edge;  
~3.8m W of street lamp on path to S;  
10.0m to street lamp;



### Start Detail

nail & washer on N shoulder line;  
~1.3m from pavement edge;  
~45m E of east school driveway;  
13.3m E of N telephone pole;  
13.9m to N telephone pole;  
18.4m to S telephone pole;

### Corner Transition

nail & washer  
on centre line  
aligned with  
"Children Playing  
30 km/h" sign  
~19.6m N of  
crosswalk

