



Athletics Canada/Run Canada
Measurement Certificate

Name of the course Bread & Honey 5 km Distance 5 km
Location (city) Mississauga (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 151 m Finish 151 m Highest 164 m Lowest 151 m
Straight line distance between start & finish 0 m Drop 0 m/km Separation 0 %
Measured by (name, address, phone & e-mail) Bernard Conway 67 Southwood Crescent
London, Ontario, N6J 1S8 519-641-6889
Race contact (name, address & phone) Ellie De Sousa 3837 Oland Drive
Mississauga, Ontario, L5M 6J8 416-524-5151
Measuring Methods: bicycle ☒ steel tape electronic distance meter
Number of measurements of entire course: 2 Date(s) when course measured: May 19/2011
Race date: June 5/2011 Course paperwork submission date: May 22/2011
Replaces: _____ (if applicable) Certification code: ON-2011-038-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:

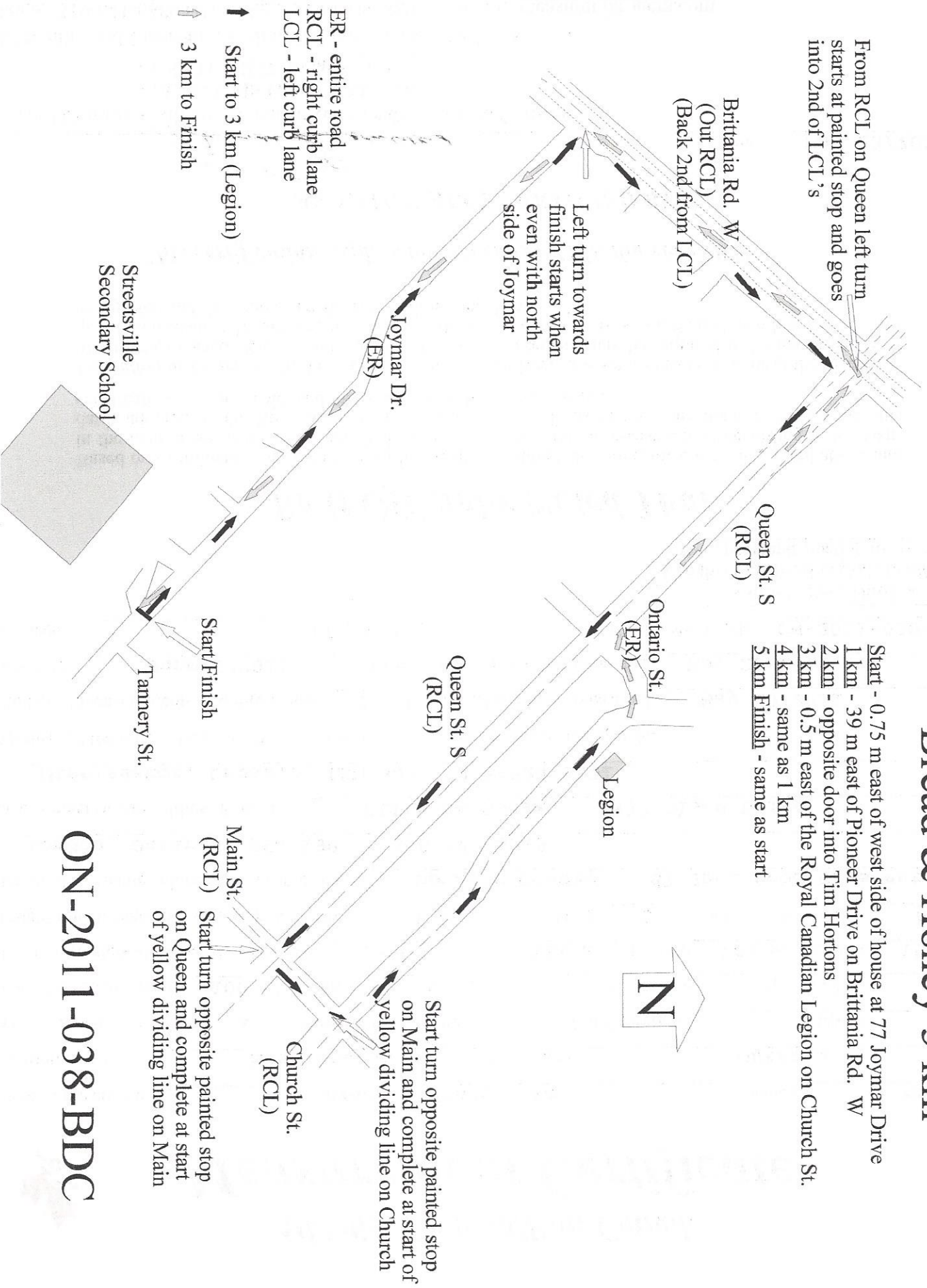
Bernard Conway Date: May 23/2011
Bernard Conway - Athletics Canada/Run Canada National Certifier
- IAAF/AIMS Grade A Measurer
- USATF/RRTC Final Signatory

67 Southwood Crescent, London, Ontario, Canada, N6J 1S8
Phone: 519-641-6889 (H) Fax: 519-641-6889 E-mail: measurer@rogers.com

Bread & Honey 5 km

From RCL on Queen left turn starts at painted stop and goes into 2nd of LCL's

Start - 0.75 m east of west side of house at 77 Joymar Drive
1 km - 39 m east of Pioneer Drive on Britannia Rd. W
2 km - opposite door into Tim Hortons
3 km - 0.5 m east of the Royal Canadian Legion on Church St.
4 km - same as 1 km
5 km Finish - same as start



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