



# Athletics Canada/Run Canada Measurement Certificate

Name of the course Downtown 5K Run Distance 5 km  
Location (city) London (province) Ontario  
Type of course: road race ☒ calibration track Configuration: Loop (2 laps)  
Type of surface: paved 100 % dirt \_\_\_\_\_ % gravel \_\_\_\_\_ % grass \_\_\_\_\_ % track \_\_\_\_\_ %  
Elevation (meters above sea level) Start 246 m Finish 245 m Highest 248 m Lowest 244 m  
Straight line distance between start & finish 214 m Drop 0.2 m/km Separation 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: June 7/2011  
Race date: \_\_\_\_\_ Course paperwork submission date: June 8/2011  
Replaces: ON-2000-009-BDC (if applicable) Certification code: ON-2011-053-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: June 9/2011  
Bernard Conway - Athletics Canada/Run Canada National Certifier  
- IAAF/AIMS Grade A Measurer  
- USATF/RRTC Final Signatory

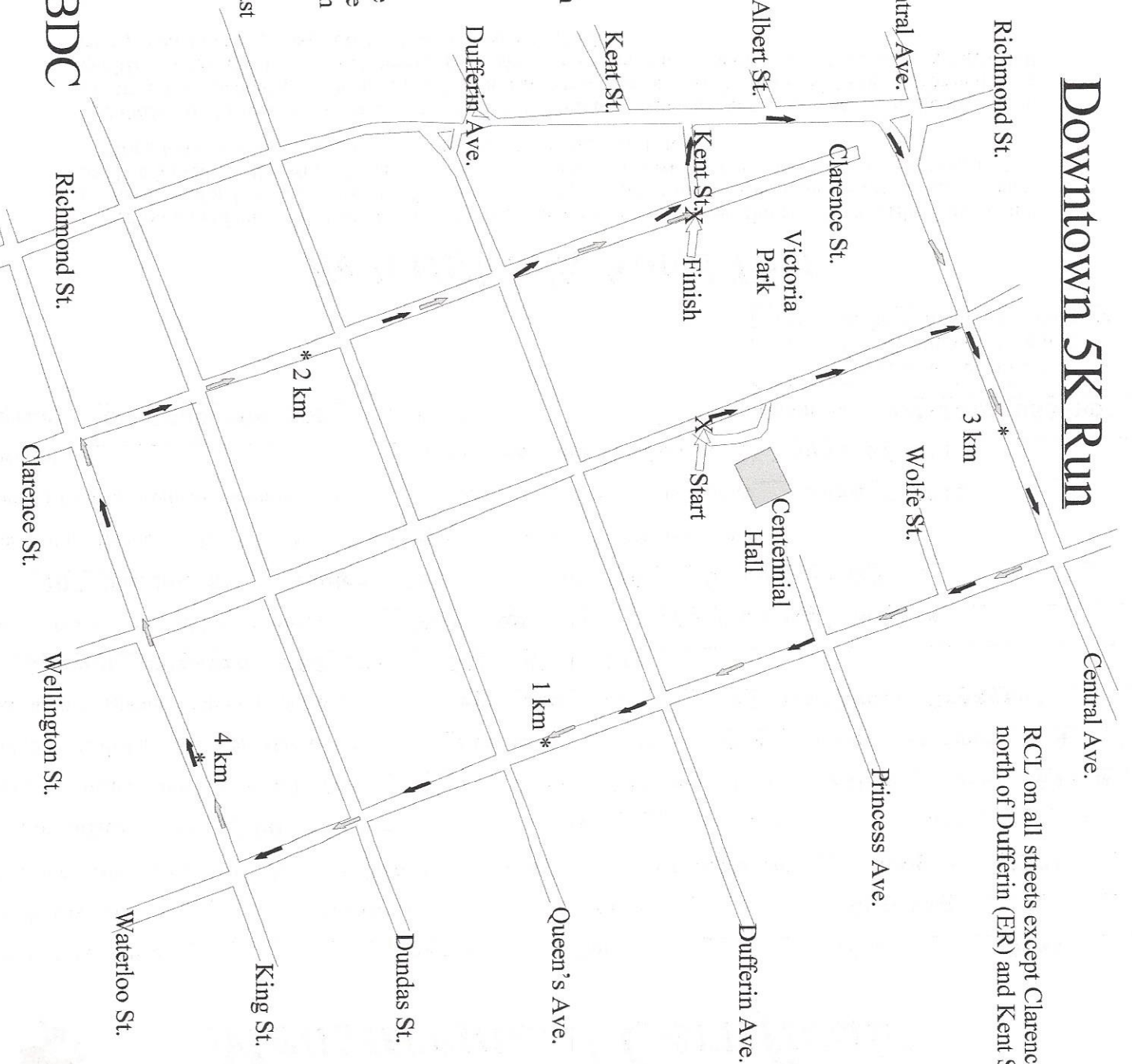
67 Southwood Crescent, London, Ontario, Canada, N6J 1S8  
Phone: 519-641-6889 (H) Fax: 519-641-6889 E-mail: [measurer@rogers.com](mailto:measurer@rogers.com)

# Downtown 5K Run

RCL on all streets except Clarence St.  
north of Dufferin (ER) and Kent St. (ER)

- ↑ First Lap
- ↑ Second Lap
- RCL - right curb lane
- ER - entire road

Start - is 17.2 m north of north side of first drain south of Centennial Hall on east side of Wellington St.  
1 km - 3 m north of the south side of First St. Andrew Church on Waterloo St., north of Queen's Ave.  
2 km - 1.5 m north of the main entrance to 201 Clarence St.  
3 km - west side of the double doors of 311 Central Ave.  
4 km - 1 m east of the west side of the car entrance/exit to inside parking at the London Hilton on King St.  
5 km Finish - in line with the north curb of Kent St. on the east side of Clarence St.



ON-2011-053-BDC