



Athletics Canada/Run Canada
Measurement Certificate

Name of the course London Lady's 5k Distance 5 km
Location (city) London (province) Ontario
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 232 m Finish 232 m Highest 243 m Lowest 232 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) Clifford A. Cadogan 352 Talbot St.
London, Ontario, N6A 2R6 226-237-0172
Measuring Methods: bicycle steel tape electronic distance meter
Number of measurements of entire course: 2 Date(s) when course measured: Aug. 19/2013
Race date: Nov. 3/2013 Course paperwork submission date: Aug. 28/2013
Expires: Dec. 31/2022 (if applicable) Certification code: ON-2013-099-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 2022

AS NATIONALLY CERTIFIED BY:

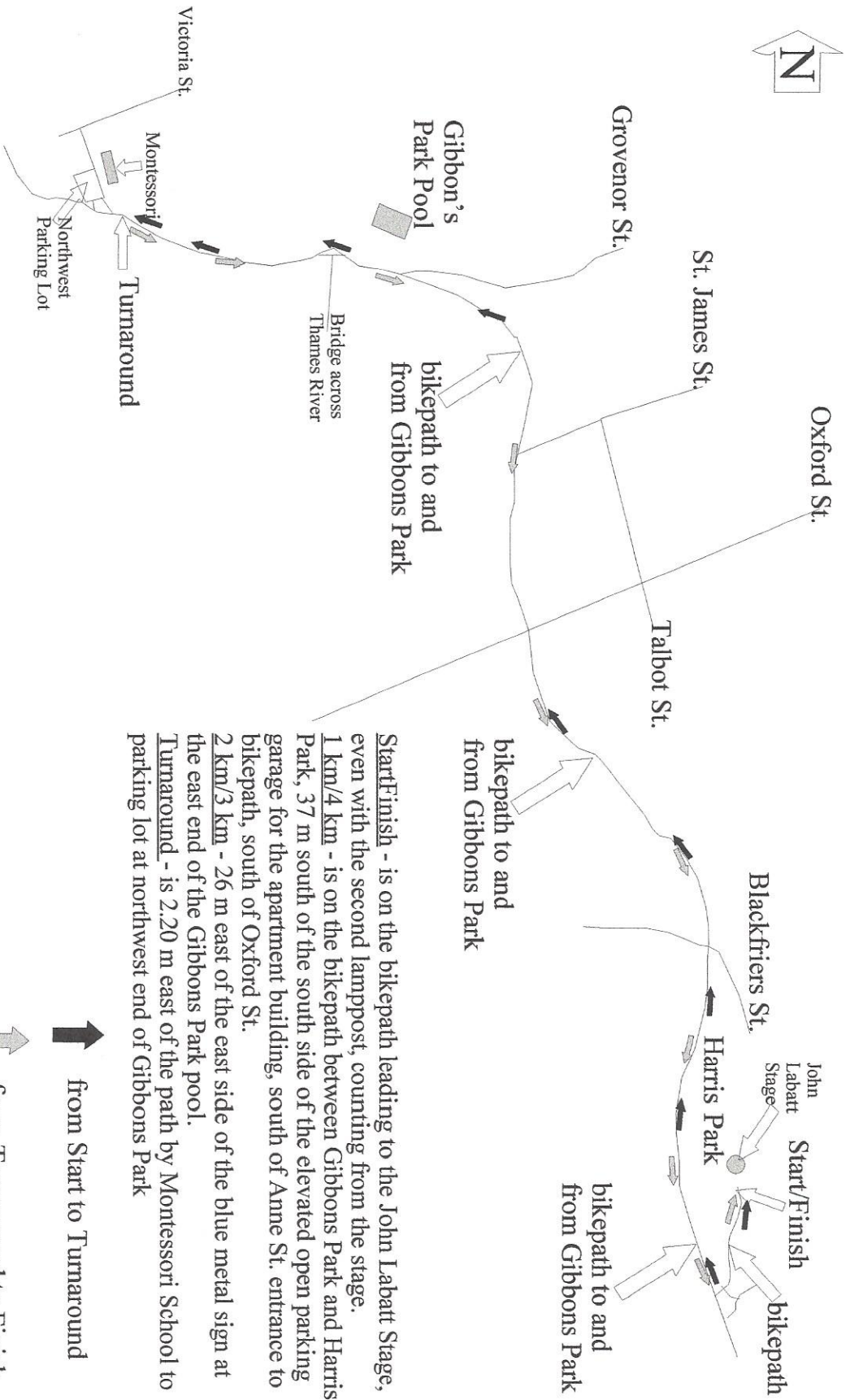
Bernard Conway Date: Aug. 28/2013
Bernard Conway - Athletics Canada/Run Canada National Certifier
- IAAF/AIMS Grade A Measurer
- USATF/RRTC Final Signatory

67 Southwood Crescent, London, Ontario, Canada, N6J 1S8

Phone: 519-641-6889 (H) Fax: 519-641-6889 E-mail: measurer@rogers.com

London Lady's 5k

Start/Finish is even with the second lamppost counting from the John Labatt Stage in Harris Park

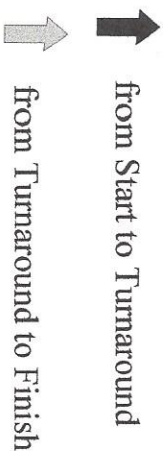


Start/Finish - is on the bikepath leading to the John Labatt Stage, even with the second lamppost, counting from the stage.

1 km/4 km - is on the bikepath between Gibbons Park and Harris Park, 37 m south of the south side of the elevated open parking garage for the apartment building, south of Anne St. entrance to bikepath, south of Oxford St.

2 km/3 km - 26 m east of the east side of the blue metal sign at the east end of the Gibbons Park pool.

Turnaround - is 2.20 m east of the path by Montessori School to parking lot at northwest end of Gibbons Park



ON-2013-099-BDC