



# ATHLETICS CANADA

## ROAD RACE MEASUREMENT CERTIFICATE

### Race Information

Name of the course MEC Race Three 10K  
Certificate number ON-2016-029-BDC Distance 10 km Race date May 28 / 2016  
City London Province ON  
Race contact name Alethia Hazaras Race contact email alethia.hazarax@mec.ca

### Course Information

Start elevation 242 m Finish elevation 242 m  
Elevation change 0 m/km Percent separation 0

### Measurer Information

Measurer name Alethia Hazaras  
Measurement date May 3/2016 Expiry date Dec. 31/2025

### Official Notice

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**, 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.

### As Nationally Certified by

Bernard Conway  
Signature of certifier

May 12/2016  
Date

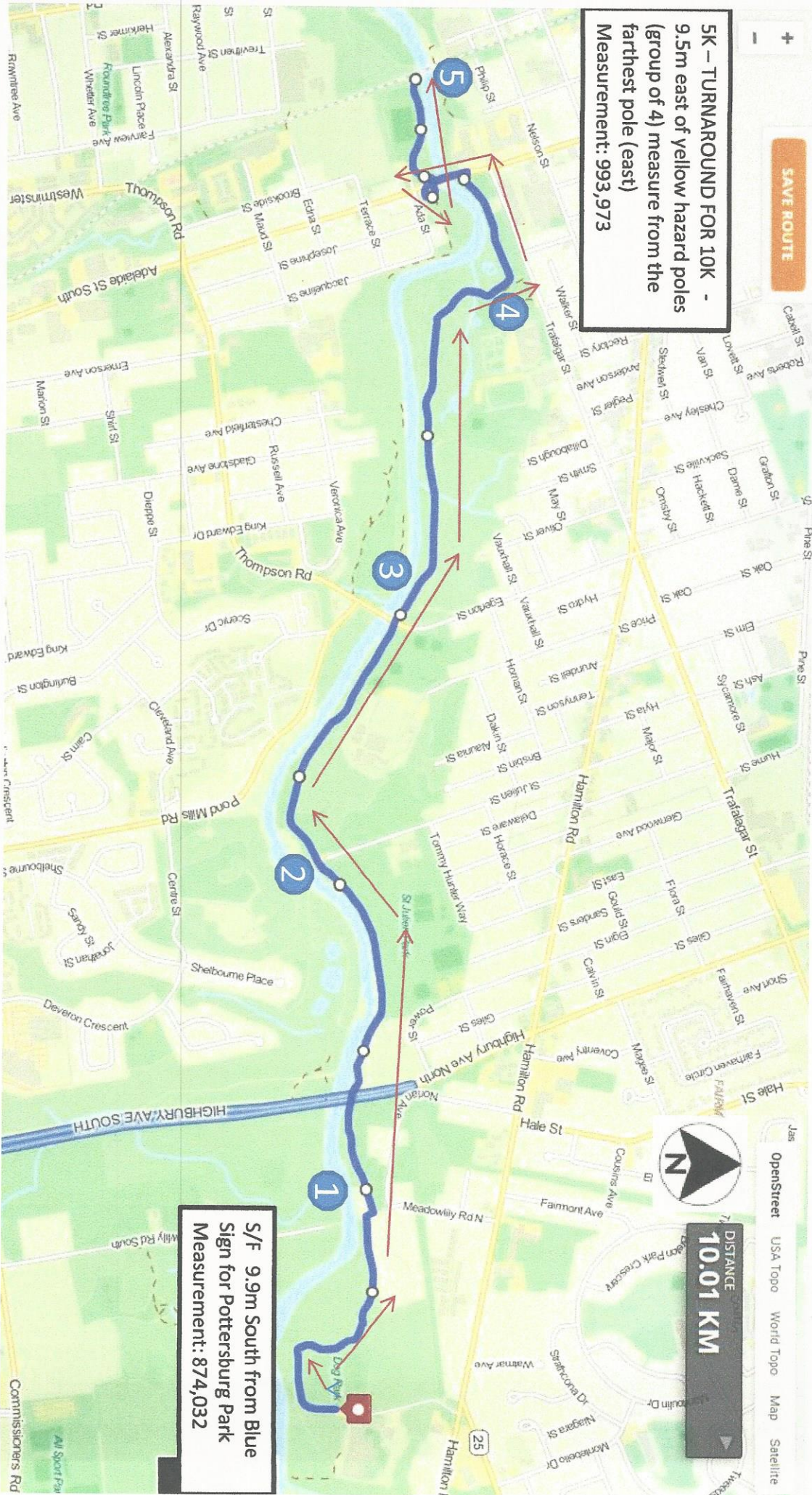
Any inquires regarding this certificate should be directed to [coursemeasurement@athletics.ca](mailto:coursemeasurement@athletics.ca)





SAVE ROUTE

5K - TURNAROUND FOR 10K -  
9.5m east of yellow hazard poles  
(group of 4) measure from the  
farthest pole (east)  
Measurement: 993,973



DISTANCE  
10.01 KM

S/F 9.9m South from Blue  
Sign for Pottersburg Park  
Measurement: 874,032

MEC-Race Three 10K