



# ATHLETICS CANADA

## ROAD RACE MEASUREMENT CERTIFICATE

### Race Information

Name of the course \_\_\_\_\_  
Certificate number \_\_\_\_\_ Distance \_\_\_\_\_ Race date \_\_\_\_\_  
City \_\_\_\_\_ Province \_\_\_\_\_  
Race contact name \_\_\_\_\_ Race contact email \_\_\_\_\_

### Course Information

Start elevation \_\_\_\_\_ Finish elevation \_\_\_\_\_  
Elevation change \_\_\_\_\_ Percent separation \_\_\_\_\_

### Measurer Information

Measurer name \_\_\_\_\_  
Measurement date \_\_\_\_\_ Expiry date \_\_\_\_\_


### 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

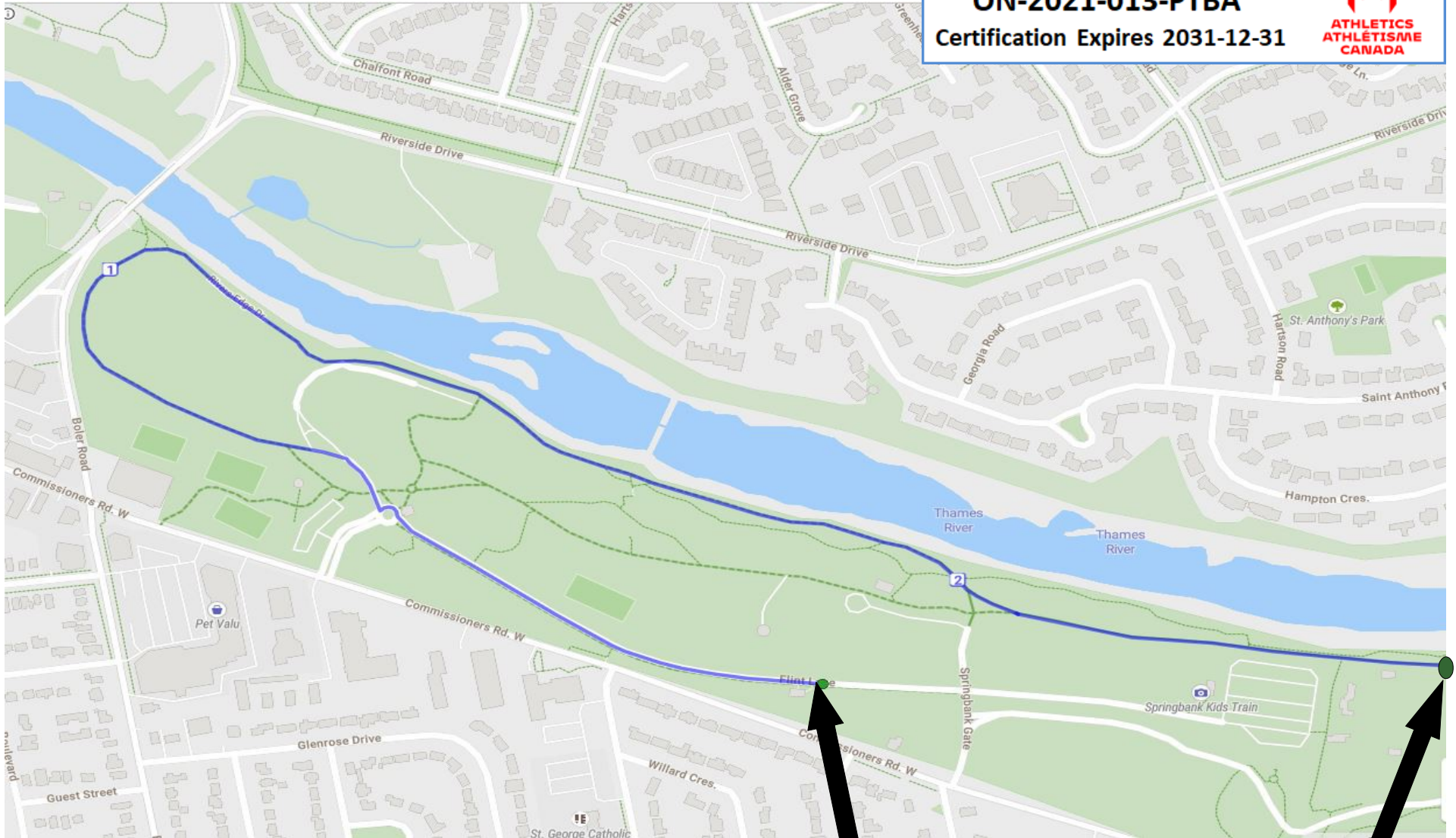
 Paul T.B. Adams \_\_\_\_\_  
Signature of certifier \_\_\_\_\_ Date \_\_\_\_\_

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



# The Springbank Sprint 5 km

Athletics Canada Certified  
**ON-2021-013-PTBA**  
Certification Expires 2031-12-31



1 km/4 km – 2 m S of drain in grass to E of the road in Springbank Park., 34 m S of sign “Dogs Must Be on Leash”, 45 m S of S side of stairs leading to Boler Rd. and the bridge..

2 km/3 km – 4.5 m W of W end of triangular shaped boulevard just W of middle road (North St.) near the top of the hill on the lower road by the Thames River.

Start/Finish Line – is in line with the two wooden posts for a banner, 20.20 m E of the E wall of the Stone Cottage/Flint Cottage in Springbank Park.

Turnaround and 2.5 km mark is on the bikepath, 37 m E of the side gate to Storybook Gardens, even with the W side of the electrical building substation.