



# 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 \_\_\_\_\_

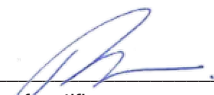
### Official Notice

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.

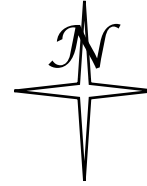
### As Nationally Certified by

 \_\_\_\_\_ Paul T.B. Adams \_\_\_\_\_

Signature of certifier \_\_\_\_\_ Date \_\_\_\_\_

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





## Sooke River 10K

### Sooke BC, Canada

Measured: 2022 February 6  
 by Gary Duncan

Altitude†: Start: 20m, Finish: 16m  
 High: 37m, Low: 11m  
 Turnaround: 18m

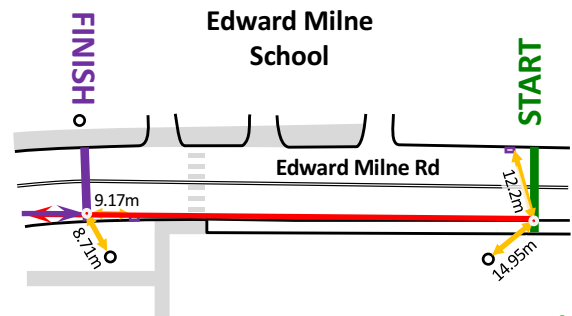
Separation: 190m

Athletes have use of the **full width** of **Edward Milne Rd** for the start and finish, but are restricted **Right of Centre** along **Sooke River Rd**. The course is measured along the shortest path keeping at least 0.3m from the centre line and runnable edges.

† Elevations from Capital Regional District CRD contours Map data

### Finish Detail

nail & washer 0.5m from S curb face;  
 ~27m W of median cross path & west driveway;  
 9.17m W of grate W of cross path on S;  
 ~0.6m E of telephone pole on N;  
 ~3.3m W of lamp post on S path; 8.71m direct;



### Start Detail

nail & washer on S shoulder line;  
 ~1.5m from pavement edge;  
 ~45m E of east school driveway;  
 12.2m direct to grate on N;  
 14.95m direct to telephone pole on S;

**5K – outbound**  
 7.8m S of east yellow  
 park gate post;  
 0.5m S of pole

**6K – inbound**  
 2.0m N of #2990 N  
 corner fence post  
**4K – outbound**  
 0.5m S of pole on  
 E opp. #2960

**7K – inbound**  
 9.7m N of pole at  
 #2780 fence corner  
**3K – outbound**  
 2.3m N of prominent  
 pole ~70% down hill

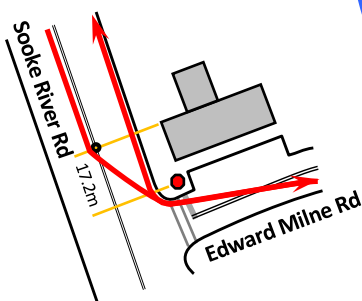
**8K – inbound**  
 7.0m N of pole S of #2548/#2550 driveway  
**2K – outbound**  
 3.1m N of #2517 driveway N gate post

**Last Mile – inbound**  
 24.4m N of pole opp. #2491 driveway  
**First Mile – outbound**  
 4.6m N of pole at #2431 just S of Calvert

**9K – inbound**  
 5.3m S of pole S of Marilyn  
**1K – outbound**  
 8.3m S of Soule stop sign

### Corner Transition

nail & washer on centre line  
 aligned with rear face of  
 main store building;  
 17.2m N of stop sign on  
 Edward Milne Rd



### Turnaround

nail & washer on centre line;  
 ~2.4m S of old gate post;  
 ~8.6m N of cover in large casing on E;  
 ~85.0m N of new  
 yellow park gate;

