



# 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 \_\_\_\_\_

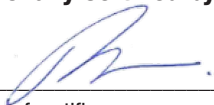
### Official Notice

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

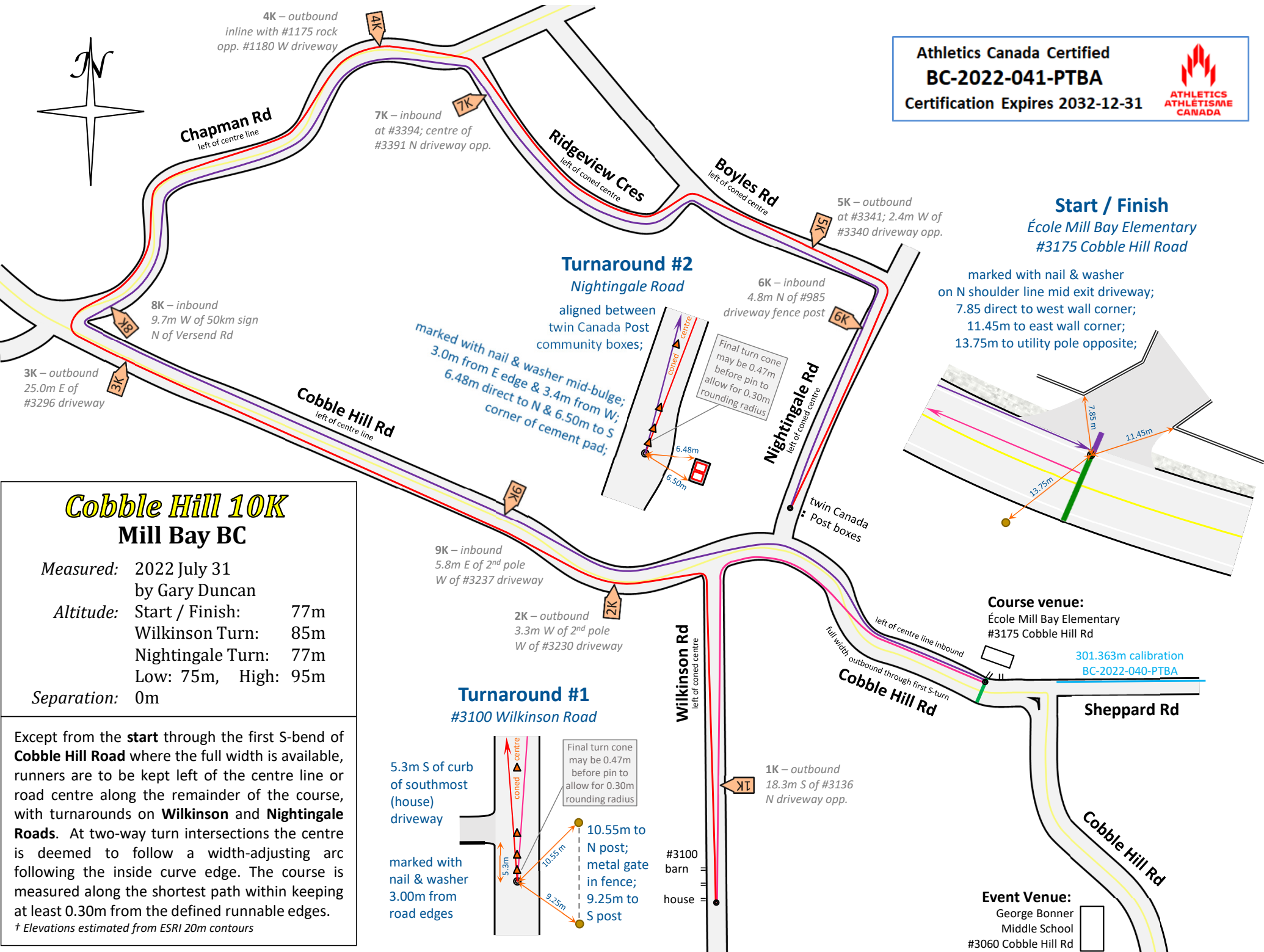
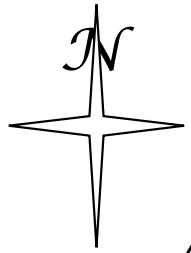
In the event a **National Open Record** is set on this course, or at the discretion of **Athletics Canada**, a validation remeasurement may be required to be performed by a qualified measurer. If such a remeasurement shows the course to be short, then all pending records will be rejected and the course 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)





# Cobble Hill 10K Mill Bay BC

**Measured:** 2022 July 31  
 by Gary Duncan

**Altitude:** Start / Finish: 77m  
 Wilkinson Turn: 85m  
 Nightingale Turn: 77m  
 Low: 75m, High: 95m

**Separation:** 0m

Except from the **start** through the first S-bend of **Cobble Hill Road** where the full width is available, runners are to be kept left of the centre line or road centre along the remainder of the course, with turnarounds on **Wilkinson** and **Nightingale Roads**. At two-way turn intersections the centre is deemed to follow a width-adjusting arc following the inside curve edge. The course is measured along the shortest path within keeping at least 0.30m from the defined runnable edges.  
 † Elevations estimated from ESRI 20m contours