



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 (m/km) _____ 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 which results in a course that is less than the stated distance, this certification becomes void, and the course must then be re-certified.

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

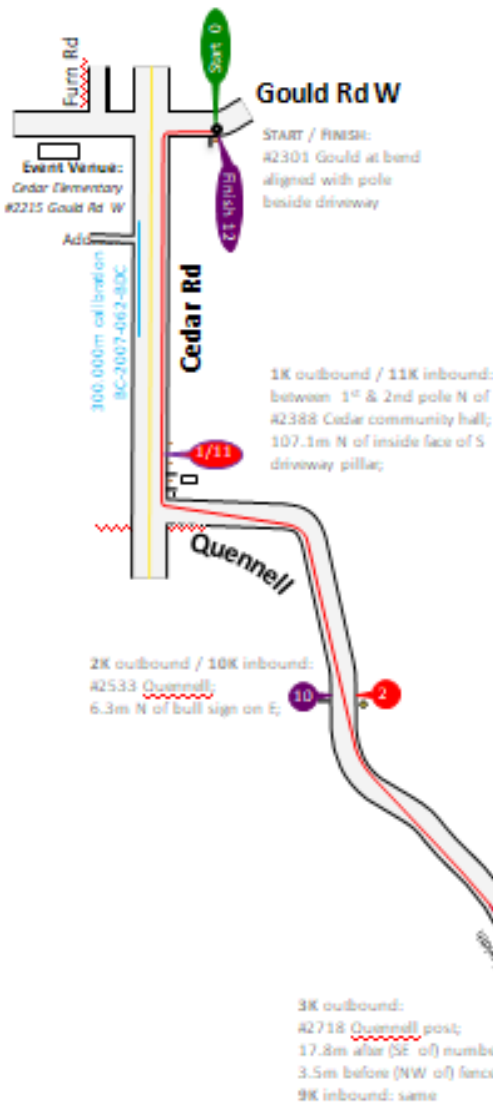
Signature of certifier

Date

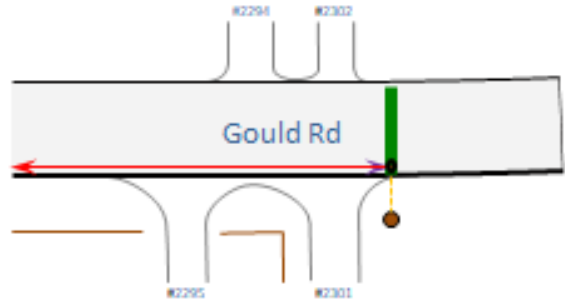
Any inquires regarding this certificate should be directed to coursemeasurement@athletics.ca



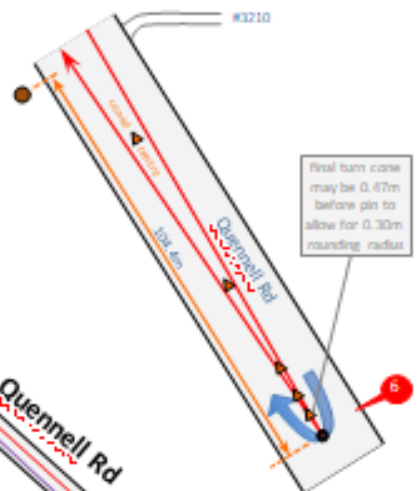
Athletics Canada Certified
BC-2018-037-BDC
 Certification Expires Dec 31/2027



START & FINISH
 #2301 Gould Rd W
 Gould Rd east of Cedar Rd where begins to curve;
 aligned with utility pole in front of #2301;
 marked with nail & washer 30cm from road edge;



TURNAROUND
 ~104.4m beyond (SE of) last power pole on the west
 opposite the driveway to #3210 Quennell Rd;
 marked with nail & washer mid-road;



3K outbound:
 #2718 Quennell post;
 17.8m after (SE of) number post;
 3.5m before (NW of) fence corner;
 9K inbound: same



4K outbound:
 #2923 Quennell
 20.0m before (NW of) large
 gate post to back driveway;
 8K inbound:
 1.4m further (21.4m) NW;

5K outbound:
 #3055 Quennell
 9.9m after (SE of) Canada
 Post boxes S support;
 7K inbound:
 2.3m further (12.2m) SE;

6K and Turnaround:
 Beyond #3210 Quennell
 104.4m after (SE of) last
 utility pole on W opposite;

Cedar 12K

Cedar BC

Measured: 2018 October 21
by Gary Duncan

Altitude: Start & Finish: 46m
Turnaround: 48m
Low: 37m, High: 63m

Separation: 0m

The out & bound course is measured along the shortest path keeping at least 0.3m from road edges or other noted features as follows: from the start within the full width of Gould, Cedar (essentially the east shoulder) and Quennell roads outbound until about 3km; then left-of-centre to the turnaround and back to about 9km; then within the full width of Quennell, Cedar and Gould roads inbound to the finish.

*Distances estimated from Google Map