



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 _____

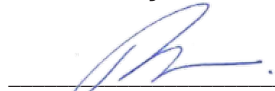
Official Notice

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



Signature of certifier

Paul T.B. Adams

Date

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



Harriers

Elk/Beaver Ultras

10K Loop

Elk/Beaver Lake Regional Park
Saanich BC

Measured: 2023 March 04 (Lake Loop trail)
2023 March 18 (10km extension)
by Gary Duncan

Altitude: Start / Lap / Finish: 61m

High: 74m, Low: 61m

Capital Regional District CRD contours Map data

Separation: 0m

5 laps for 50K

10 laps for 100K

Athletics Canada Certified

BC-2023-003-PTBA

Certification Expires 2032-12-31



Notes:

- Runners have use of the **full width** of all indicated trails, paths, roads, lots and the open area with the common start, finish and lap point.
- The course is measured along the shortest possible path keeping at least 0.3m from runnable edges.
- The course is normally run counter-clockwise but could be reversed.
- Indicated CRD km posts are not evenly spaced and only roughly align with course distances.

START / LAP / FINISH EXTENSION DETAIL

Beaver Lake Filter Beds area

grass field in front of washroom building
marked with spike & washer

- on site line from shore trail to V of tree trunks on pipeline trail at ~0.3m before (NE of) site line along NE side of fence square
- 21.76m direct to SE corner of washroom building
- 24.44m direct to NE corner of fence square
- ~10.4m to curbs along end of parking lot
- ~12.1m to tree trunk
- ~ 87m to OK post on Lake Loop Trail

