



# ATHLETICS CANADA

## ROAD RACE MEASUREMENT CERTIFICATE

### Race Information

Name of the course Islendingadagurinn 5 km

Certificate number MB-2023-003-LJJL Distance 5 km Race date August 6, 2023

City Gimli Province Manitoba

Race contact name Brett Lamoureux Race contact email ifmrunning@gmail.com

### Course Information

Start elevation 220 m Finish elevation 219 m

Elevation change -0.2 m/km Percent separation 2.3%

### Measurer Information

Measurer name Murray Rose. mvrose@shaw.ca

Measurement date May 20, 2023 Expiry date December 31, 2033


### 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  May 23, 2023

Date

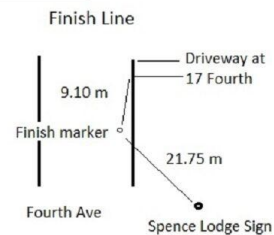
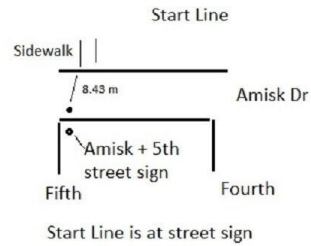
Any inquiries regarding this certificate should be directed to [coursemeasurement@athletics.ca](mailto:coursemeasurement@athletics.ca)



# Islendingadagurinn 5 Km

Gimli, Mb

Measured by Murray Rose  
May 20, 2023



## Course Description:

Full Course is SPR  
Start on Amisk (east)  
Turn right at Fourth Ave (south)  
Veer left at Colville onto Colonization (south)  
Turn left at Benedict (east)  
Turn left at third (north)  
Cross footbridge and turn right on Colville (east)  
Move onto Lakeside path and turn left (north)  
Continue on Path and cross Centre St veering left onto Boardwalk behind hotel (north)  
Boardwalk merges onto Lakeside path (north)  
Turn left at Barney Thomas Dr (west)  
Turn right at Fourth Ave to Finish Line (north)

## Km Splits:

1 K: Fourth and Lady of the Lakes Street intersection sign  
2K: 30 meters north of Benedict  
3K: At stairs behind blue house along Lakeside path  
4K: At Jet Ski rental Kiosk



Athletics Canada Certified  
**MB-2023-003-LJJL**

Certification Expires Dec 31/2033