



ATHLETICS CANADA

ROAD RACE MEASUREMENT CERTIFICATE

Race Information

Name of the course Islendingadagurinn 10 Mile Road Race

Certificate number MB-2024-008-LJJL Distance 10 miles Race date August 4, 2024

City Winnipeg Beach to Gimli Province Manitoba

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

Course Information

Start elevation 219 m Finish elevation 219 m

Elevation change 0 m/km Percent separation 95.7%

Measurer Information

Measurer name Murray Rose, mvrose@shaw.ca

Measurement date June 14, 2024 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  July 11, 2024

Date

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



Islendingadagurinn 10 Mile Road Race

Winnipeg Beach to Gimli, MB



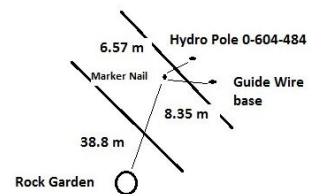
Course Description:

Highway 9: runners restricted to north bound, east side shoulder as marked by solid white line.
 Rest of course in SPR
 Start on Stitt St heading NW
 Turn left at Ash (West)
 Turn right onto Hwy 9 (North)
 Continue northward about 8.5 miles
 Turn right at South Beach Rd (NE)
 Turn right at Colville (East)
 Turn left at 3rd St (North)
 Turn left at Lady of the Lake Dr (West)
 Turn right onto 4th Ave and proceed to Finish (North)

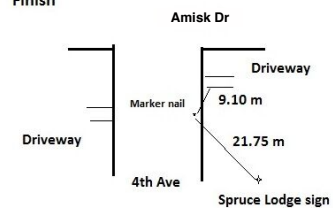
Mile Splits:

- 1M: 7 m South of Pine St Stop sign
- 2M: 20 m South of 10307 Green sign
- 3M: At 104051 Green sign
- 4M: 29 m South Kencaron Rd
- 5M: 20 m North of abandoned tractor
- 6M: 10 m South of driveway with rock culvert
- 7M: 75 m North Siglavit Rd
- 8M: 20 m North of Yellow/black striped culvert sign
- 9M: 9 m North of 9 address sign on South Beach Rd

Start Just north of Hydro Pole



Finish





Athletics Canada Certified
MB-2024-008-LJJL
 Certification expires:
 December 31, 2033