



ATHLETICS CANADA

ROAD RACE MEASUREMENT CERTIFICATE

Race Information

Name of the course Mundy Pond 5k

Certificate number NL-2025-014-LJJL Distance 5 km Race date May 10, 2026

City St. John's Province Newfoundland

Race contact name Selina Asgar Race contact email sasgar@gmail.com

Course Information

Start elevation 95 m Finish elevation 95 m

Elevation change 0 m/km Percent separation 1.6%

Measurer Information

Measurer name Stephen Delaney, wewillremain@gmail.com

Measurement date June 2, 2025 Expiry date December 31, 2034


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  June 4, 2025

Date

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





Roads are closed in the direction of runners, and Pearce Avenue is closed in both directions.

Runners to keep to the right of the centre line of roads, except on Pearce Avenue where full width of the road can be used.

Stay to the right of coned sections of the road: Blackler from 78 to 98, Blackmarsh from 122 to 158.

Complete 2 loops of the course.



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| Start | In front of 68 Blackler Avenue, in line with an unnumbered Pole across the street located on the boundary between 43 and 47 Blackler Avenue. |
| 1k | The mark is across from a point 11' east of Pole SLA-11-F1 which is located just west of the west entrance to 50 Mundy Pond Road. |
| 2k | In front of 122 Blackmarsh Road, 12' 4" west of Pole 9722307. |
| 3k | Across from 148 Mundy Pond Road at a point 36' 6" from the near edge of the storm sewer to the east. |
| 4k | Pole 9501545 in front of 25 Pearce Avenue. |
| Finish | Pole 9501388 on the boundary between 54 and 56 Blackler Avenue. |