



ATHLETICS CANADA

ROAD RACE MEASUREMENT CERTIFICATE

Race Information

Name of the course Harriers Elk/Beaver Ultras 50 Mile (Hamsterly)

Certificate number BC-2023-004a-PTBA Distance 80.46720 (50 miles) Race date 2026-05-09

City Saanich Province BC

Race contact name Gary Duncan (250) 721-2912 Race contact email ultras@pih.bc.ca

Course Information

Start elevation 61 Finish elevation 61

Elevation change 0 m/km Percent separation 0%

Measurer Information

Measurer name Gary Duncan email: gary.duncan@telus.net phone: (250) 721-2912

Measurement date 2023-03-04 updated 2026-05-04 Expiry date 2032-12-31

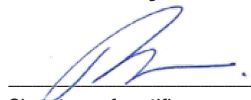
Official Notice

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

2026-09-15
Date

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



Harriers Elk/Beaver Ultras 50 Mile (Hamsterly)

Elk/Beaver Lake Regional Park
Saanich BC

Measured: 2023 March 04 (Lake Loop trail)
2026 May 04 (10km bump out &
50-Mile extension)

by Gary Duncan

Altitude: Start / Lap / Finish: 62m
High: 74m, Low: 61m

Capital Regional District CRD contours Map data

Separation: 0m

Athletics Canada Certified

BC-2023-004a-PTBA

Certification Expires 2032-12-31



Notes:

- The course follows the main Lake Loop trail with a short bump out around an open field housing the start / finish to bring each lap to exactly 10km.
- Runners have use of the **full width** of all indicated trails, paths, roads, and lots and to the outside of the noted points in the open extension area.
- The course is measured along the shortest possible path keeping at least 0.3m from runnable or marked edges.
- Indicated CRD km posts are for reference wayfinding purposes only.
- The course is normally run counter-clockwise but could be reversed.
- The start / finish could be shifted anywhere along the bump out or loop

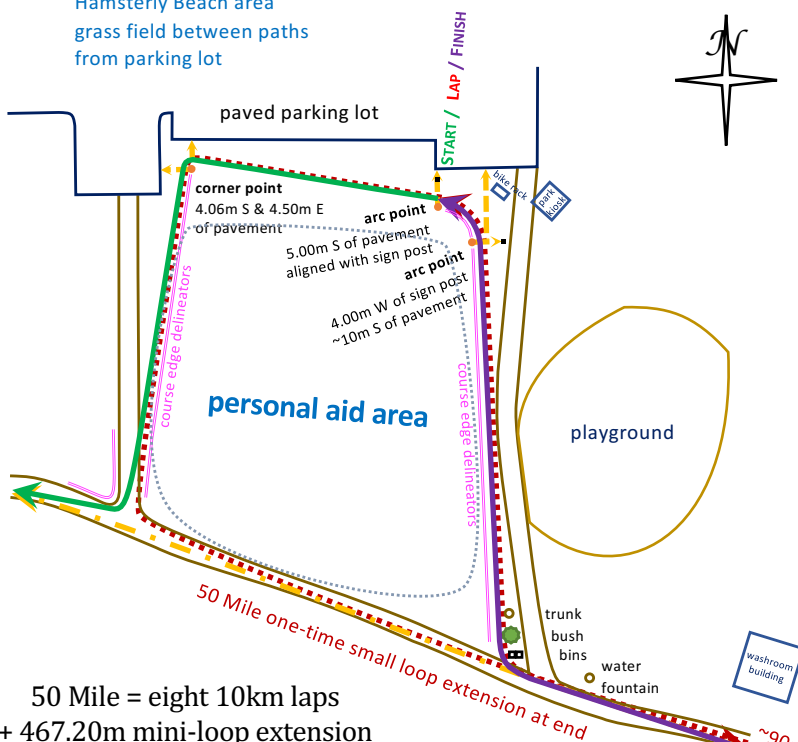
START / LAP / FINISH BUMP OUT DETAIL

to 9,913.28m measured main Lake Loop

Hamsterly Beach area

grass field between paths

from parking lot



50 Mile = eight 10km laps
+ 467.20m mini-loop extension

50-MILE ONE-TIME EXTENSION LOOP TURN DETAIL

467.20m extension best done at end to allow for easy
intermediate 10km splits

consisting of a mini-loop completely around the
grass field bump out with a mid out-back to a
turn ~90m beyond (SE of) washroom building;
located mid-trail 0.81m before (NW of)
standpipe cement pad

A lap rounding cone can
be placed 0.47m before
the pin to allow for the
0.30m rounding radius

