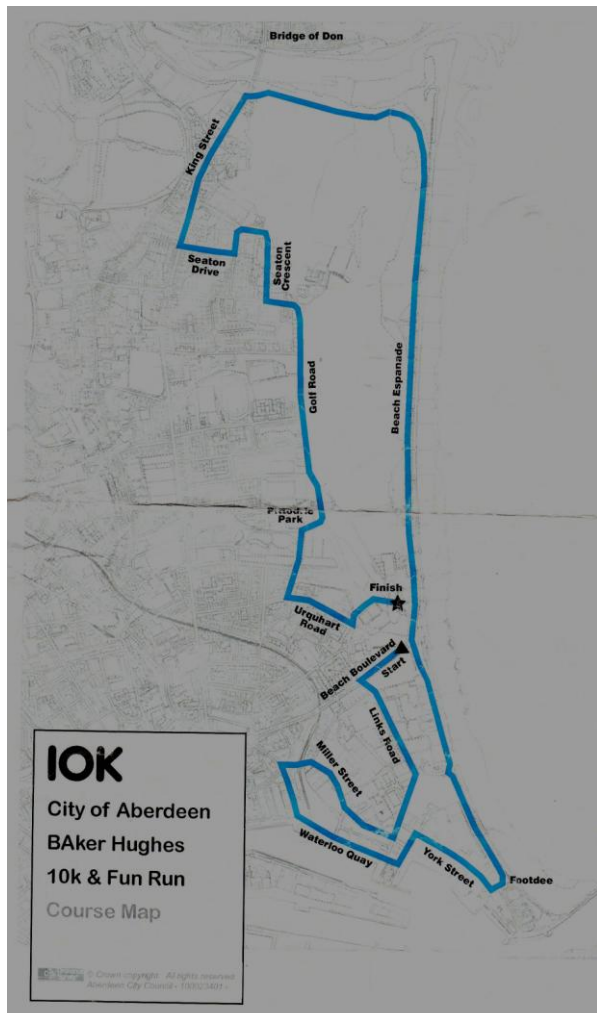


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CITY OF ABERDEEN BAKER HUGHES 10K - 2011



COURSE MEASUREMENT

May 2011

Acknowledgements:

The author appreciates the help and co-operation from:

Graham Morrison
Sport Aberdeen

CITY OF ABERDEEN BAKER HUGHES 10K

Course Measurement

SUMMARY,

The City of Aberdeen – Baker Hughes 10K course specified in this report, measured by calibrated cycle wheel, is not less than 10,000 metres, the minimum distance for a 10K.

Measurement error is believed to lie between zero and plus 10 metres.

ALAN YOUNG of

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27th May 2011

Calibration of Counter

Thursday – 19th May 2011

Commenced approx. 06:30hrs

Weather clear and little wind, temperature 8C

A ridgeback cycle with 27” dia. Wheels was used with a Jones Counter attached.

The Jones Counter was calibrated against the measured 0.5 mile on the A90 at the Battlefield to Parkford straight, to the North of Forfar.

Run 1 (Northwards)	
Start reading	00500
Finish reading	09782
	9282
Run 2 (Southwards)	
Start reading	09782
Finish reading	19060
	9278
Run 3 (Northwards)	
Start reading	19060
Finish reading	28340
	9280
Run 4 (Southwards)	
Start reading	28340
Finish reading	37620
	9280
Average	9280

Counts per mile = 2 x 9280 = 18560

Counts per Km = 11523

Short Course Factor 0.1%

Therefore Counts per Km = 11535 - Working Constant

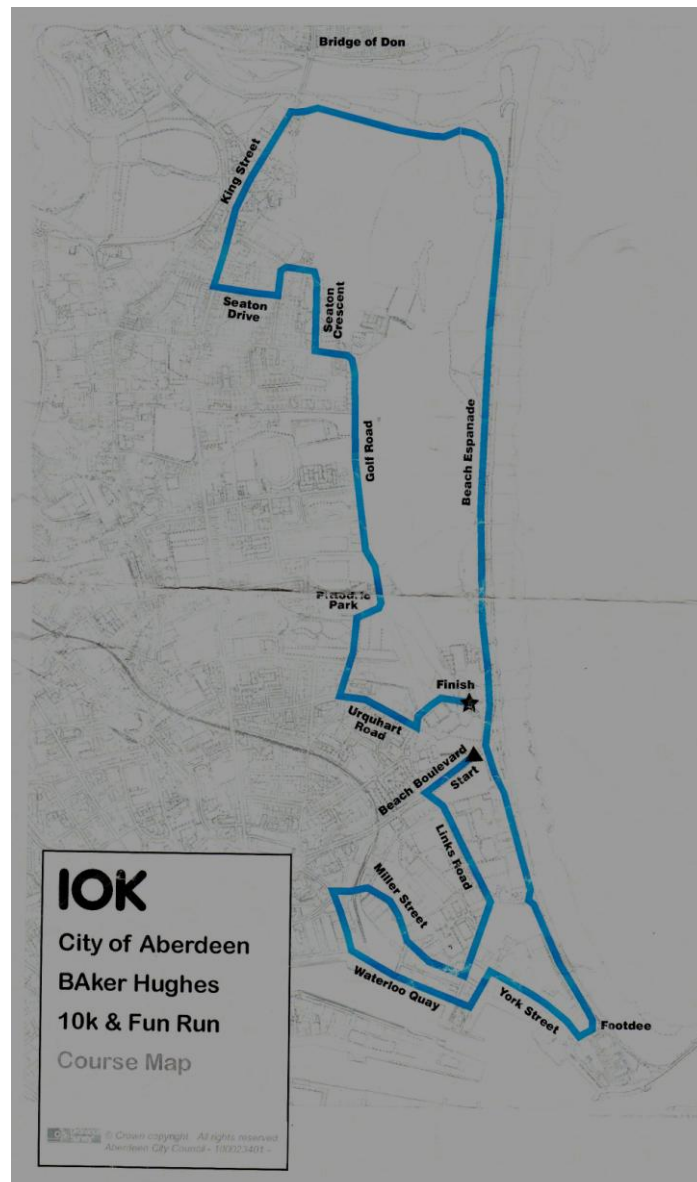
Cycle then taken by car to the Course.

Route Description

The race director provided details of the route and details of proposed location of cones , barriers, tapping and marshals etc. Apart from the roundabout after the Asda store (where runners will be directed to the right of the circle by means of cones, tape and marshals), runners will predominately run with the traffic, with many sections having cones down the centre if the highway. Hence the shortest route on this side of the highways was measured.

The Start is in Beach Boulevard, heading westward. Turn left into Links Road. Continue southward. At circle after Asda’s keep right into Wellington Street. Turn right into St. Clements Street, then into Miller Street and Castle Terrace. Turn left into Commerce Street heading south. Turn left into York Place, right into York Street. Turn left onto the Esplanade. Continue the full length of the Esplanade until it joins King Street. Turn left onto King Street. Turn left into Seaton Drive, left into Seaton Road, right around Seaton Crescent to School Road. Turn left, then right into Golf Road and continuing round into Park Place. Turn left into Urquhart Road. Turn left into Links road to the Finish.

The Finish point was identified and it was decided to measure from the Finish point to establish the Start point.



This was cycled using the calibrated Jones Counter.

Location	Reading	Comment
Finish	57000	Lamp post 38 (approx.2m before finish point)
9K	68535	
8K	80070	
7K	91605	
6K	03140	
5K	14675	
4K	26210	
3K	37745	
2K	49280	
1K	60815	
Start	72350	

Start and Finish marked with PK nail and Washer.

Post Calibration

Run 1 (Northwards)	
Start reading	66400
Finish reading	75681
	9281
Run 2 (Southwards)	
Start reading	75681
Finish reading	84962
	9281
Run 3 (Northwards)	
Start reading	84962
Finish reading	94242
	9280
Run 4 (Southwards)	
Start reading	94242
Finish reading	03521
	9279
Average	9280.25

Counts per mile = $2 \times 9280.25 = 18560.5$

Counts per Km = 11533

Short Course Factor 0.1%

Therefore Counts per Km = 11544

Constant of the Day

Average of the working and finish constants 11539.5