

02 OCT 1997

O. J. J.

SCOTTISH ATHLETIC FEDERATION

ROAD RACE MEASUREMENT CERTIFICATE

Name of Race: Cupar '5' - FifeA.C.
Location (City): Cupar, Fife Country: Scotland

Date of Race: March 1998 Race Distance: 5 Miles

Measured Distance of Course: 5 Miles Date Measured 26/8/07
Marks at 1mile, 2mile, 2.5miles, 3miles, 4miles, Start / finish.

Altitude (metres above sea level):

Start: 150m Highest: 157 m Lowest: m Finish: 150m

(Altitudes from contours on O.S. Map - Out & Back course)

Type of Course: (Loop, Lap, A to B:) Out and Back -

NOTE:- Fullwidth of road each direction

Local Race Measurer / Director (delete): Ron Morrison,

Address: 8 Trinity Place, St. Andrews, Fife.

01334 475649 (h)

Measurement Method: X Bicycle Steel Tape:

This is to certify that the course described above and defined by the attached map, has been measured and approved for certification. The course measurement complies with IAAF Rules for Road Race Course Measurement and the Measured Distance is not less than the official distance for the event.

Signed:



SAF Regional Course Certifier:

Date: 27 September 1997

Certificate No. SC 97002 NW

NORRIE WILLIAMSON

50 CLERMISTON ROAD NORTH

EDINBURGH EH4 7BN

0131 538 5964

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Cupar 5 mile - Fife A.C.

Measured: 26 August 1997

Length of Calibration Course = 300 m - Cupar calibration

Measurements Computed using AVERAGE Constants INCLUDING 1.001 factor

Norrie Williamson

Pre-Calibration:

Start	Finish	Counts
379400	382700.5	3300.5
382700.5	386001	3300.5
386001	389302.5	3301.5
389302.5	392604	3301.5

Working Constant: 11014.3367 counts/km

Post-Calibration:

478800	482101	3301
482101	485404	3303
485404	488706	3302
488706	492008	3302

Finish Constant: 11017.6733 counts/km

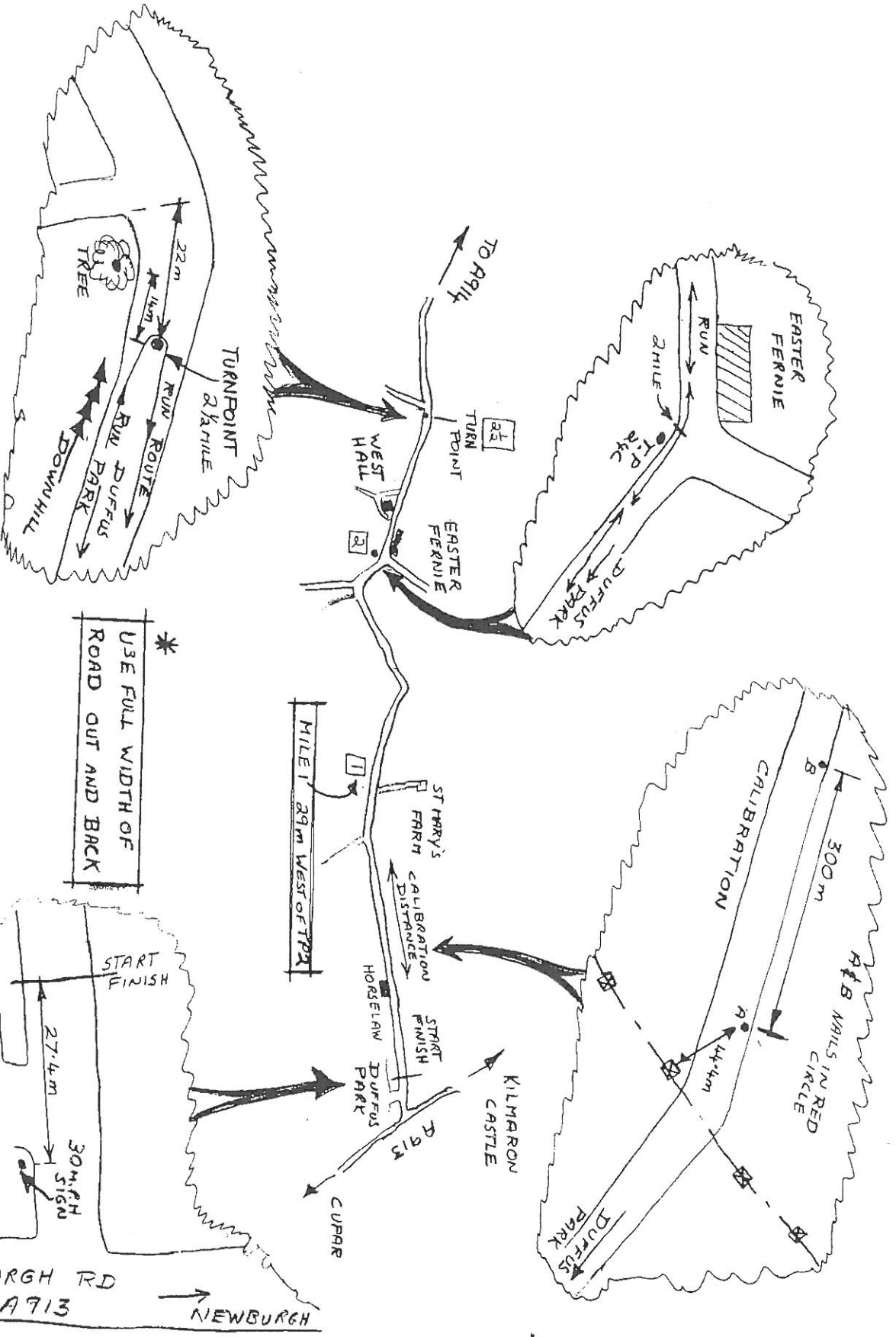
Constant for Day: 11016.0050 counts/km

Course Measurement:

	Counter Reading	Interval (counts)	Interval (meters)	
start/finish	396000			27.4 m West of 30mile road sign east of Duffus Park entrance
1 mile	413725	17725.0	1609.02	29m West of Telegraph pole 2 after double bend
2 mile	431451	17726.0	1609.11	1 m west of TP 24 at farm cottage junction
2.5 Mile turn	440313.5	8862.5	804.51	14m east of tree north kerb at bottom hill - 22m east of field entrance.
3 Mile	449176	8862.5	804.51	as per mile 1
4 Mile	466901.5	17725.5	1609.07	as per mile 2
Start/finish	484627	17725.5	1609.07	as per start
Totals:		88627.0	<u>8045.29</u>	

The start and finish are positioned 27.4metres west of the 30 Mile road sign on the east side of the entrance to Duffus Park Rugby Ground. This is marked on both sides of the road. Runners can use the full width of the road in both directions to take the shortest line. This may need reconsideration if race entries increase significantly, but is feasible at current numbers. Mile marks on way out double as return marks on way back. The race is simple out and back with no turn offs. The turn point is prior to the foot of small downhill as indicated on map and described above.

CUPPAR '5' MILE



MEASURED 26 AUGUST 1997
 NORRIE WILLIMSON
 IAAF A GRADE

NW

NEWBURGH RD A913
 CUPPAR ← → NEWBURGH