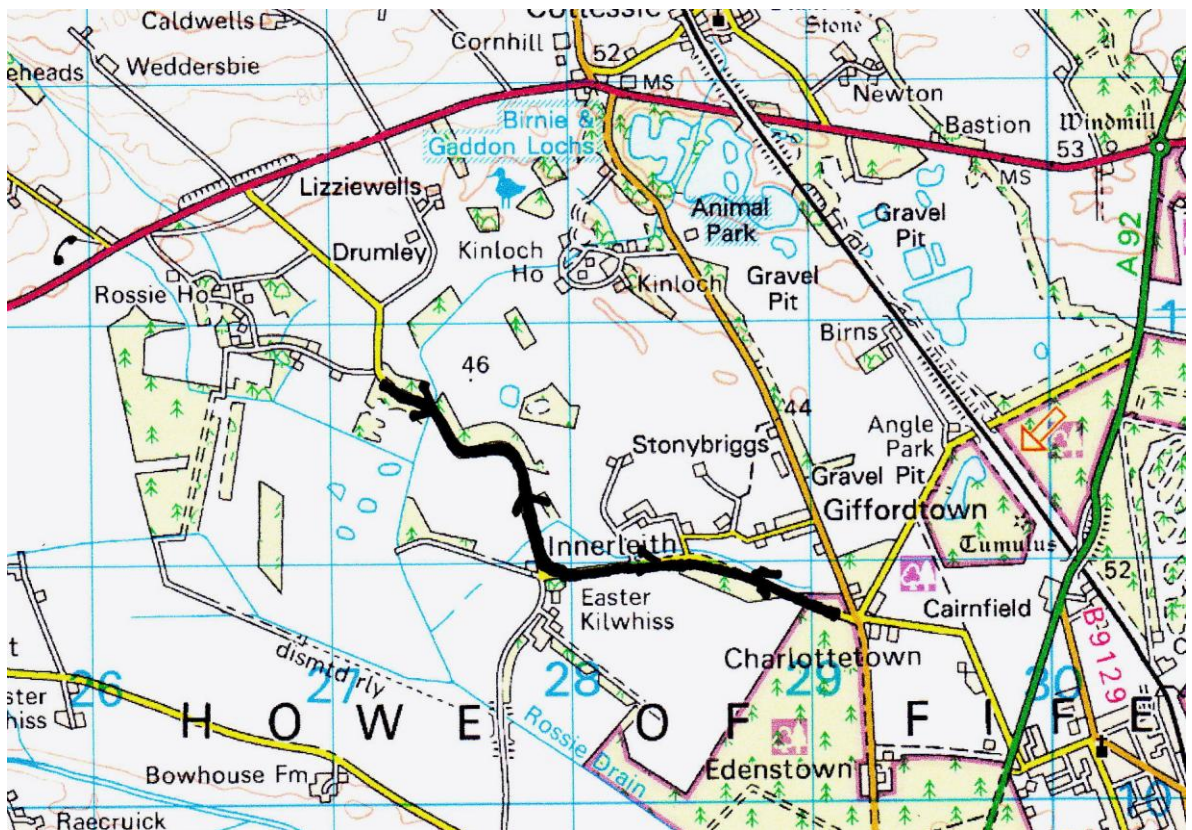


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GIFFORDTOWN 5K – 2011



COURSE MEASUREMENT

October 2011

Acknowledgements:

The author appreciates the help and co-operation from:

Ron Morrison
Paul Roarty

GIFFORDTOWN 5K ROAD RACE

Course Measurement

SUMMARY,

The GIFFORDTOWN 5K ROAD RACE course specified in this report, measured by calibrated cycle wheel, is not less than 5Kms.

Measurement error is believed to lie between zero and plus 5 metres.

ALAN YOUNG of

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27th October 2011

Calibration of Counter

Thursday - 27th October 2011

Commenced approx. 07:30hrs

Weather clear and little wind, temperature 7C

Cycle with 27" dia. wheels was used with a Jones Counter attached.

The Jones Counter was calibrated against the measured 400 metre course at North Links, Perth.

Run 1 (Northwards)	
Start reading	06500
Finish reading	10924
	4424
Run 2 (Southwards)	
Start reading	10924
Finish reading	15346
	4423
Run 3 (Northwards)	
Start reading	15346
Finish reading	19769
	4423
Run 4 (Southwards)	
Start reading	19769
Finish reading	24189
	4420
Average	4422.5

Counts per Km = 11056.25

Counts per Mile = 17793.3

Short Course Factor 0.1%

Therefore Counts per Km = **11068** or **17811** per Mile, the Working Constant

Cycle then taken by car to the Course, and these counts used in the measurement.

The course had previously been measured in 1997, by Norrie Williamson, and had a calibration course of 300m on the course.

This was not very clear, as the road surface appears to have been resurfaced since 1997.

However the assumed calibration course was cycled.

Run 1 (Westwards)	
Start reading	33000
Finish reading	36318
	3318
Run 2 (Eastwards)	
Start reading	36318
Finish reading	39635
	3317
Run 3 (Westwards)	
Start reading	39635
Finish reading	42953
	3318
Run 4 (Eastwards)	
Start reading	42953
Finish reading	46270
	3317
Average	3317.5

Counts per Km = 11058.3

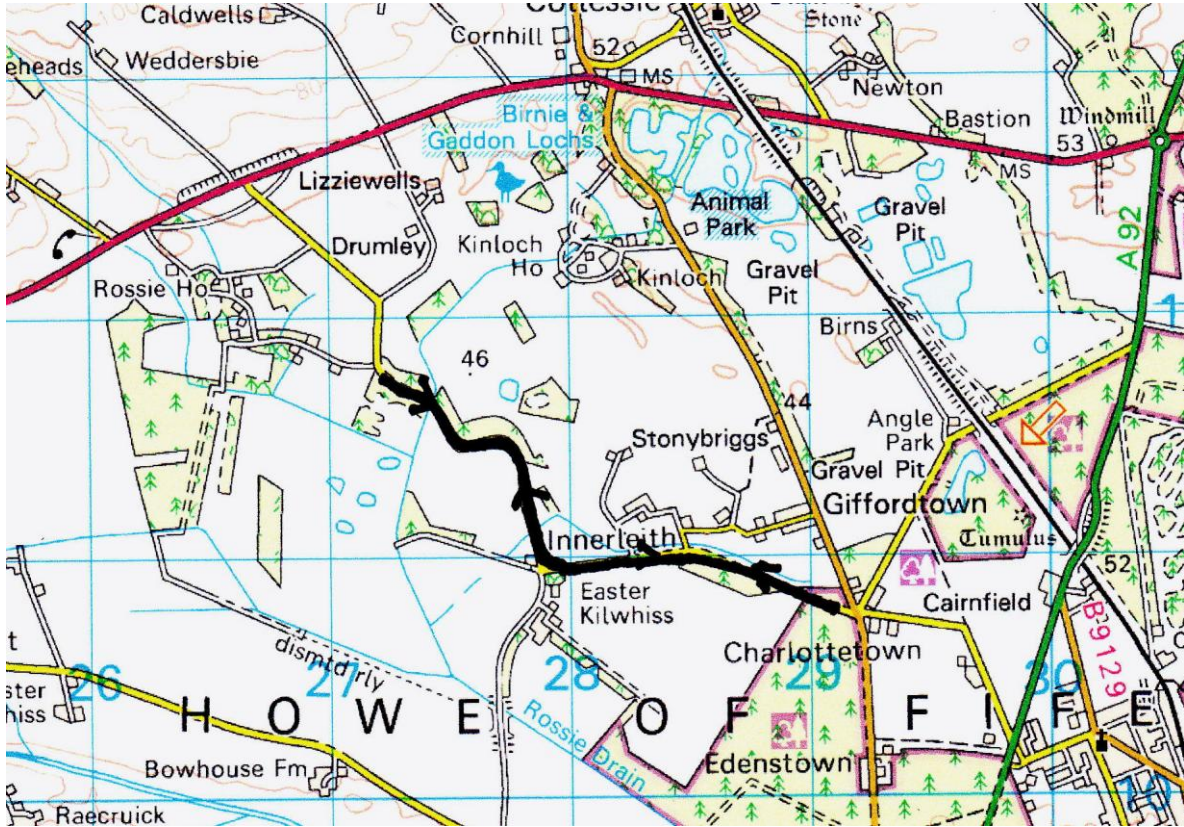
Counts per Mile = 17796.7

Short Course Factor 0.1%

Therefore Counts per Km = 11070 or 17814 per Mile, and therefore our assumed points seem correct.

Each end of this Calibration Course was remarked with a PK pin and Washer, and therefore suitable to be used in the future.

Route Description



The Start and Finish are located at the Give Way sign. It is a simple out and back course. Runners can use the full width of the road in both directions to take the shortest line.

This was cycled using the calibrated Jones Counter.

Location	Reading	Comment
Start / Finish	32200	At the Give Way sign (see sketch)
1 and 4K	43268	
2 and 3 K	54336	
2.5 K	59870	Turn point - 21m from South entrance to Rossie Gardiner's Cottage, and 10.2m from tree on East side of road. (see sketch)
3 K and 2 K	65404	
4 K and 1 K	76471	
Finish / Start	87546	5.0005K

Start / Finish and Turn Point marked with PK nail and Washer.

Post Calibration

(400 metre course at North Links, Perth. 14:00hrs 9C)

Run 1 (Northwards)	
Start reading	01000
Finish reading	05422
	4422
Run 2 (Southwards)	
Start reading	05422
Finish reading	09847
	4425
Run 3 (Northwards)	
Start reading	09847
Finish reading	14271
	4424
Run 4 (Southwards)	
Start reading	14271
Finish reading	18695
	4423.75
Average	

Counts per Km = 11059.4

Counts per Mile = 17798.3

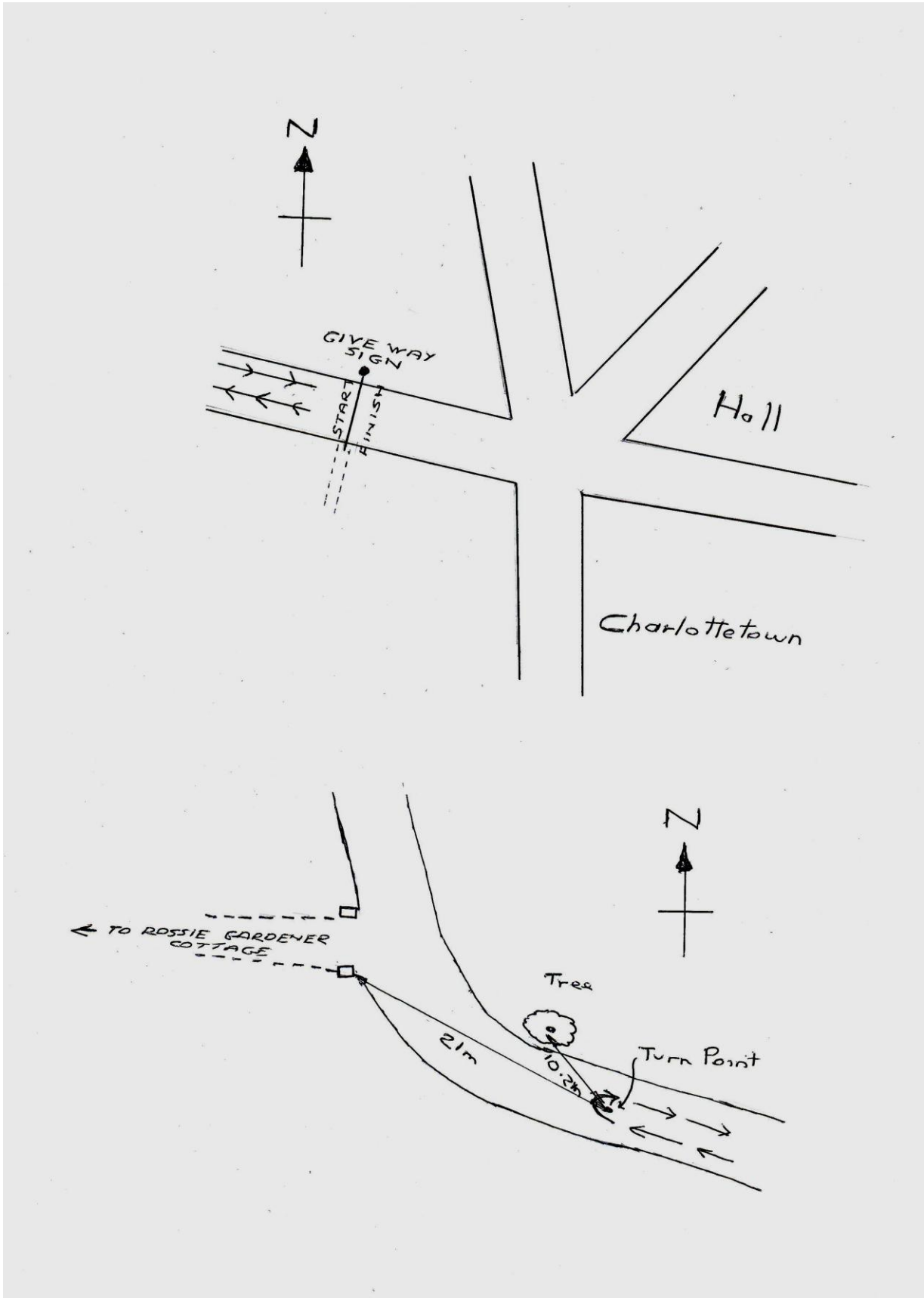
Short Course Factor 0.1%

Therefore Counts per Km = **11071** or **17816** per Mile, the Finish Constant.

Constant of the Day

Average of the Working and Finish constants 11069.5 counts per Km or 17813.5 counts per Mile.

START / FINISH



TURN POINT