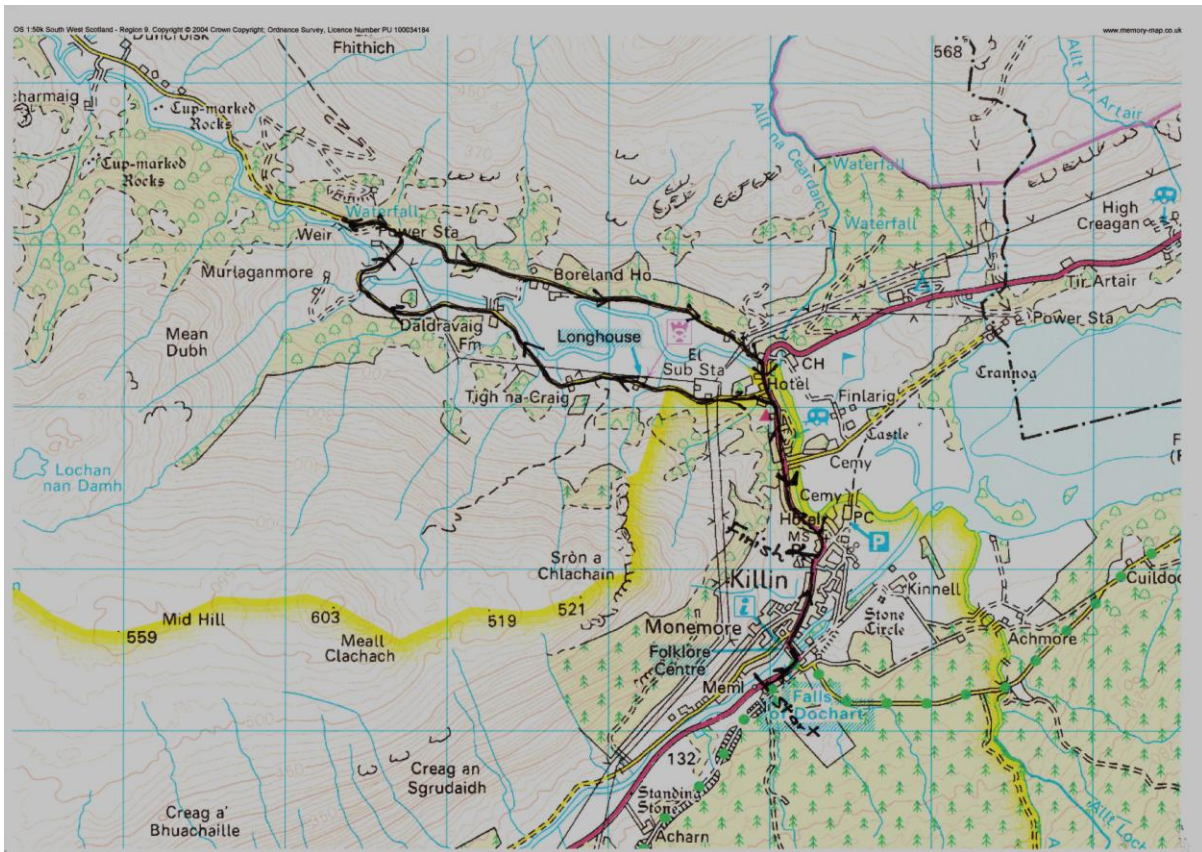


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# KILLIN 10K – 2011



## COURSE MEASUREMENT

May 2011

***Acknowledgements:***

The author appreciates the help and co-operation from:

Peter Waugh

## **KILLIN 10K**

### ***Course Measurement***

#### **SUMMARY,**

The KILLINs10K 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.

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**27<sup>th</sup> May 2011**

### **Calibration of Counter**

Friday – 20<sup>th</sup> May 2011

Commenced approx. 06:30hrs

Weather raining slightly 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 400m at the North Inch, Perth.

Run 1	
Start reading	56500
Finish reading	61110
	4610
Run 2	
Start reading	61110
Finish reading	65718
	4608
Run 3	
Start reading	65718
Finish reading	70328
	4610
Run 4	
Start reading	70328
Finish reading	74936
	4608
<b>Average</b>	<b>4609</b>

Counts per Km =  $4609 \times 1000 / 400 = 11522.5$

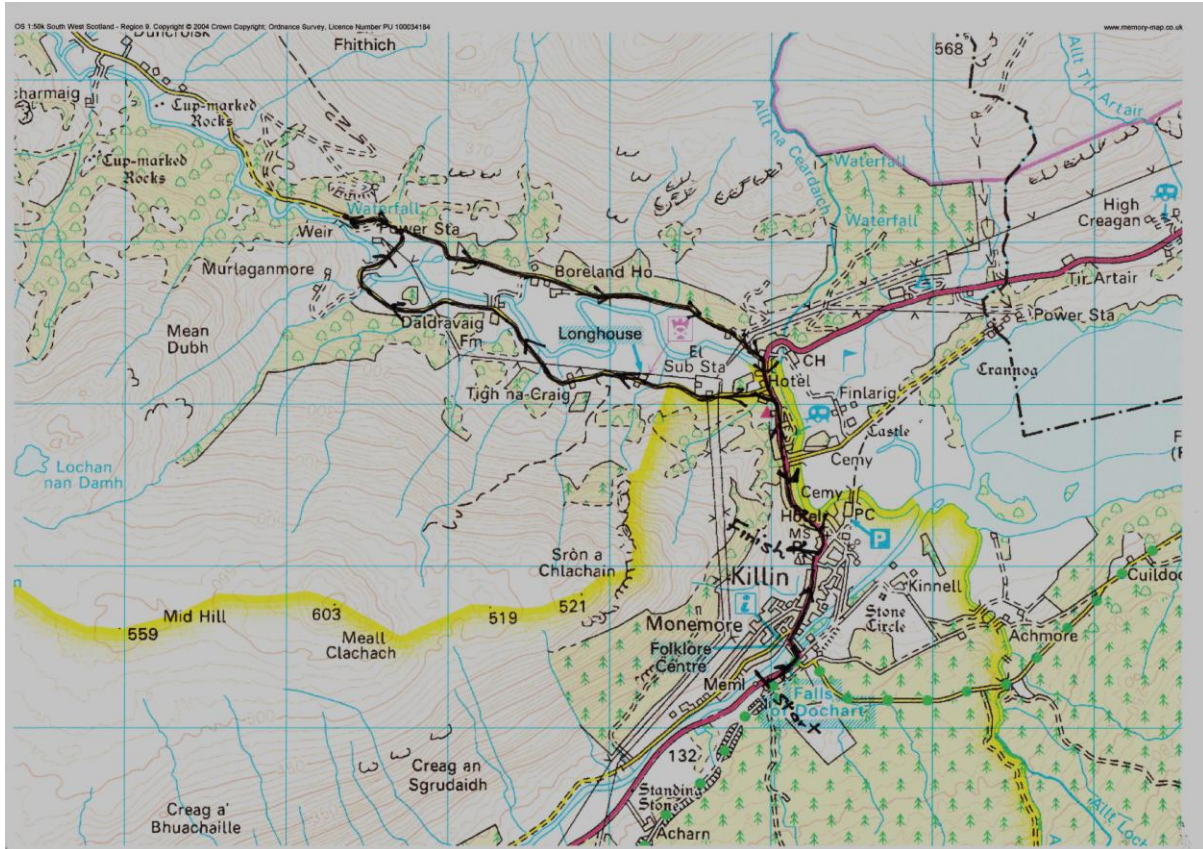
Short Course Factor 0.1%

Therefore Counts per Km = 11535 - Working Constant

Cycle then taken by car to the Course.

## Route Description

The Start is close to the war memorial near to car park. Runners will run towards the centre of Killin crossing over the Dochart bridge, run down the main street. Head out of the village and turn left before the Bridge of Lochay Hotel heading up Glen Lochay. It then continues up Glen Lochay until where the road continues up towards the Hydro Station and turns back down the other side of the Glen. From this point it head up towards the Hydro Station, 277m, to a turnaround point. From the turnaround point continue back down the Glen on the North side of the Glen. On reaching the main road, turn right and head back to the village. Turn right into Breadalbane Park to the Finish.



This was cycled using the calibrated Jones Counter.

### THE START:

Close to the war memorial.

### THE FINISH

Located in Breadalbane Park (on small path in line with lamp post SHK467)

### Measurements taken:

- 1) From start to point A (on main road at entrance to Park)
- 2) From point A to Finish
- 3) From point A to point B (left turn to Glen Lochay)
- 4) From point B around road loop back to point B

To determine distance to turnaround point

$10\text{km} - 1) - 2) - 3)(\text{twice as they come back this way}) - 4) = 10 - 0.906 - 0.063 - 2(1.180) - 6.117 = 0.544\text{km}.$

Therefore turnaround has to be  $0.554 / 2 = 0.277\text{m}$  up towards dam. (3196 counts)

Location	Reading	Comment
B	79200	From Start to point B = $0.906 + 1.180 = 2.086$ Located 2K point which is 0.086km before point B = 992 counts
2K	80192	3m before FH
2K	80200	
3K	91735	
4K	03270	
5K	14805	
	20477	Start of road up to dam
Turnaround	23673	Marked with PK pin & washer
6K	26340	
7K	37875	
8K	49410	
9K	60945	
FINISH	72480	

Start and Turnaround point marked with PK nail and Washer.

### ***Post Calibration***

Run 1	
Start reading	500
Finish reading	05110
	4610
Run 2	
Start reading	05110
Finish reading	09718
	4608
Run 3	
Start reading	09718
Finish reading	14328
	4610
Run 4	
Start reading	14328
Finish reading	18936
	4608
<b>Average</b>	<b>4609</b>

Counts per Km =  $4609 \times 1000 / 400 = 11522.5$

Short Course Factor 0.1%

Therefore Counts per Km = 11535 - Finish Constant

### ***Constant of the Day***

Average of the working and finish constants 11535