

Certificate of Course Accuracy



North of England Course Number : 10/012

Race Name : Lambfoot Loop

Course Name : Lambfoot Loop 10K (Cockermouth)

Meas File : 10/012

County : Cumbria

Distance : 10 KM

Date of Race : 5 Jul 2016

Measured : 19 Mar 2010 By : A Ritchie

Promoter : Derwent AC

Drop : -

Separation : -

IAAF limits for record times are - Drop: 1 m/km; Separation: 50%

see measurement report.

This is to certify that the length of the above road race has been accurately measured by an accredited Course Measurer using IAAF procedures approved for use in the UK. A complete record of the measurement is held by the Area Measurement Secretary. The measurement remains valid for 10 years provided no changes are made to the course. The start/finish and the route must be set out **EXACTLY** as defined in the measurement report. Any modification will need to be measured for a new certificate.

Signed:

A handwritten signature in black ink, appearing to be 'A Ritchie', is written over a light blue horizontal line.

Area Measurement Secretary - North

Date: **26 Jun 2016**