

Certificate of Course Accuracy



South of England **Course Number : 23/182**

Race Name : Ingatestone 5

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County : Essex

Distance : 5 Miles

Date of Race : 17 Sep 2023

Measured : 30 Apr 2023 **By : C Sewell**

Promoter : Ilford Athletics Club

Drop : -

Separation : -

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

This is to certify that the length of the above road race has been accurately measured by an accredited Course Measurer using World Athletics 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 'C. Sewell', is written over a faint, illegible stamp.

Area Measurement Secretary - South of England

Date: **16 May 2023**

NOTES

1. This Certificate of Course Accuracy is valid only for the race held on the date or dates specified.
2. The race director must consult the measurement report and lay out the course exactly as described by the measurer.
3. If there are changes to the start/finish, the route, the section of road/pavement available to runners, or the marshalling on corners then a measurer must be contacted in good time so that he can make any remeasurement/adjustments which are necessary. In the event of changes a new Certificate of Course Accuracy will then be issued after receipt of the course measurer's report.
4. If the course is EXACTLY the same then this Certificate may be renewed for subsequent race dates up to the 10th anniversary of the original measurement date. To renew this Certificate for a subsequent race, go to coursemeasurement.org.uk/renew and enter the course number for the measurement area South: 23182

and the following unique renewal code for this course number: z1bd9c

z = zulu

1 = one

b = bravo

d = delta

9 = nine

c = charlie

Contact the Area Measurement Secretary for the South of England:

Ian Isaacs, 23 Cottles Barn, Staverton, Trowbridge, Wilts, BA14 6FB. Tel: 07714 101560. email: south@aukcm.org.uk

The SOUTH MEASUREMENT AREA covers courses in the following counties:

Beds, Berks, Bucks, Cambs, Cornwall, Devon, Dorset, Essex, Guernsey, Hants, Herts, IOW, Jersey, Kent, London, Middx, Norfolk, Oxon, Somerset, Suffolk, Surrey, Sussex, Wilts. This is the area formerly governed by the SEAA.

Issued to race director:

**K. Cranmer
10 Plover Walk
Chelmsford
Essex CM2 8XX**