



CERTIFICATE NO

/ /

FILE NO:

**COURSE MEASUREMENT SUMMARY SHEET**



RACE     Murder Mile     RACE DATE;     7 August 2009    

COUNTY & (R.A.B))     East Wales    

PROMOTING CLUB/ORGANISATION;     Islwyn Running Club    

NAME OF RACE ORGANISER;     Mike Heare    

ADDRESS;     5 Farm Road, Swffryd, Crumlin, NP11 5HX    

COURSE MEASUREMENT PACKAGE

Check list \*

- To Include; (a) Bicycle Calibration Sheet Y/N
- (b) Course Measurement Data Sheet Y/N
- (c) Map(s) of the Course (including start and finish details) Y/N

\* delete as necessary

DISTANCE;     1 Mile     MEASURED BY;     Paul Day    

DATE;     3 August 2009     METHOD OF MEASUREMENT;     Jones Counter    

**BRIEF DESCRIPTION OF COURSE;** to include (a) **TERRAIN** (flat / undulating / severe hills etc.) (b) **RACE SURFACE** ( city streets / country lanes / paths etc.) (c) **COURSE CONFIGURATION** ( single lap / double lap / point to point / out and back etc.)

    Svere uphill, point to point race along Troed yr Rhiw Road from Wattsville to Penrhiwarwydd Farm. Narrow lane with metalled surface to finish of approximately 165yds on unmade farm track.

ADDITIONAL COMMENTS;     Very steep climb    

**RRC SUMMARY ONLY** Should the normal RRC Time Standards for the above distance apply to this event, or is an additional time allowance being recommended to compensate for the severity of the course ( if so, state number of minutes ) ?



    + 0.0 MINS    

Please return the completed Summary Sheet, Bicycle Calibration Sheet, Course Measurement Data Sheet, and Map(s) / Details of the Course to the Area Secretary: **Tim Gasser**

As soon as possible before the Race Date to enable early Certification.

Also to the Race / Event Organiser.

Signed.     Paul Day     Date;     3 August 2009

# BICYCLE CALIBRATION DATA SHEET

Date of Measurement; 3 August 2009

Place of Measurement; Wordsworth Road, Newport

Name of Measurer; Paul Day

1. Ride the Calibration Course 4 Times, recording data as follows;

<u>RIDE</u>	<u>START COUNT</u>	<u>FINISH COUNT</u>	<u>DIFF</u>
1	50974	51733	759
2	51831	52590	759
3	52888	53647	759
4	62465	63224	759

Pre-measurement Ave. Counts; 759 Time of Day; 16:30 Temperature; 21degC

Length of Calibration Course 75m

WORKING CONSTANT =  $759 \times 1001 / 75 =$  **10130**

2. Now Measure the Course, including all intermediate distances, using the Constant. Enter data on the "Course Measurement Data Sheet".

<u>RIDE</u>	<u>START COUNT</u>	<u>FINISH COUNT</u>	<u>DIFF</u>
1	72569	73328	759
2	74558	75318	760
3	75445	76203	758
4	76321	77080	759

Post-measurement Ave. Counts; 759 Time of Day; 20:45 Temperature; 18degC

FINISH CONSTANT =  $759 \times 1001 / 75 =$  **10130**

Constant for the day = Either the Working Constant or the Finish Constant, which ever is Larger.

CONSTANT FOR THE DAY = 10130/km & 16303/mile

Remember each day's measurement must be PRECEDED and FOLLOWED by a Calibration run. You may measure as much as you want in a day, just so long as Calibration Precedes and follows it in the same 24 hour period. This is done to minimise error due to changes in tyre pressure from thermal expansion and slow leakage. Frequent recalibration "Protects" the previous measurement. A smart measurer will recalibrate frequently - you never know when a flat tyre is coming.

CONVERSION FACTOR; 1 MILE = 1.609344 KM

SIGNED ;



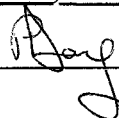
Date; 3 August 2009

**COURSE CALIBRATION DATA SHEET**NAME OF COURSE OR RACE; Islwyn Running Club Murder MileNAME OF MEASURER; Paul DayDATE; 3 August 2009 START TIME; 6:30pm TEMPERATURE; 20degCFINISH TIME; 7:30pm TEMPERATURE; 18degCWORKING CONSTANT; 10130*(Pre-measurement calibration Figure)*

<u>SITE / NOTES</u>	<u>COUNT</u>	<u>INCREMENT COUNT</u>	<u>INCREMENT DISTANCE</u>	<u>ACCUMULATIVE DISTANCE</u>
<i>START – On a line between telegraph poles on bend at bottom of hill</i>	<b>55636</b>	<b>0</b>	<b>0</b>	<b>0</b>
<i>¼ Mile – at centre of building on left side of road</i>	<b>59712</b>	<b>4075</b>	<b>0.25 Miles</b>	<b>0.25 Mile</b>
<i>½ Mile – at centre of Forestry Road crossing</i>	<b>63788</b>	<b>4076</b>	<b>0.25 Miles</b>	<b>0.5 Miles</b>
<i>¾ Mile – at marker pin in road</i>	<b>67864</b>	<b>4075</b>	<b>0.25 Miles</b>	<b>0.75 Miles</b>
<i>FINISH – 9yds 14.4inches after centre of gate post On access road to Penrhiwarwydd Farm</i>	<b>71939</b>	<b>4076</b>	<b>0.25 Miles</b>	<b>1 Mile</b>

CONSTANT FOR THE DAY; 10130

SIGNED;

DATE; 3 August 2009