

# 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:

Area Measurement Secretary - North

Date: **26 Jun 2016**