ASSOCIATION OF UK COURSE MEASURERS

COURSE MEASUREMENT SUMMARY SHEET Feb 2010

Certificate No:
Replaces Cert No: 19/032
FileRef:

Permit: UKA Area: South

Course Name:	Bungay Festival of Running 10Km
County:	Norfolk
Race Name (if diff):	Bungay Festival of Running 10Km
Race Date:	16 Apr 2023
Promoting Club or Organisation	Bungay Black Dog Running Club
Name & address of race organiser / director:	Damian Ashcroft Twixford House, Bungay Rd Hempnall Norwich,Norfolk,NR13 2NG
Tel.(home)	01508 499162
Organiser's Email:	damianrashcroft@icloud.com
Distance:	10.000km
Measurer:	Richard Thornhill
Grade:	1
Measurement method:	Jones Counter/Calibrated Bike
Measurement Date:	17 Oct 2022
Height (in metres above sea level) if not same. Start:	5 m
Finish:	5 m
Distance in straight line from Start to Finish:	Appx 150m
Approx Start Grid Ref:	TM343907

Brief Description of Course

(a) Terrain (Flat/Undulating/Severe Hills/etc.)	Gently undulating.
(b) Race Surface (city streets/country lanes/paths/etc.; amount off road e.g. on grass)	Tarmaced country lanes predominately but with two and half km onloose surfaced footpath plus appx 600m gravel or grass. Hence AllTerrain classification.
(c) Course Configuration (single lap/multi lap/anti-clockwise/ out & back/point to point)	Single anticlockwise lap.

Measurement Details (additional information may be shown in the report)

(a) The section of the road available to the runners on the day of the race. Pavements?	Full width of Pirnhow Rd,closed to traffic. Keep to left half of all other roads. No pavements allowed if available.
(b) The line to be taken at right hand turns.	One, where Mill Pool Lane meet Geldeston Rd, shortest line allowed then keep to left half of Geldeston Rd.
(c) Dates for Race Series & Any other information.	

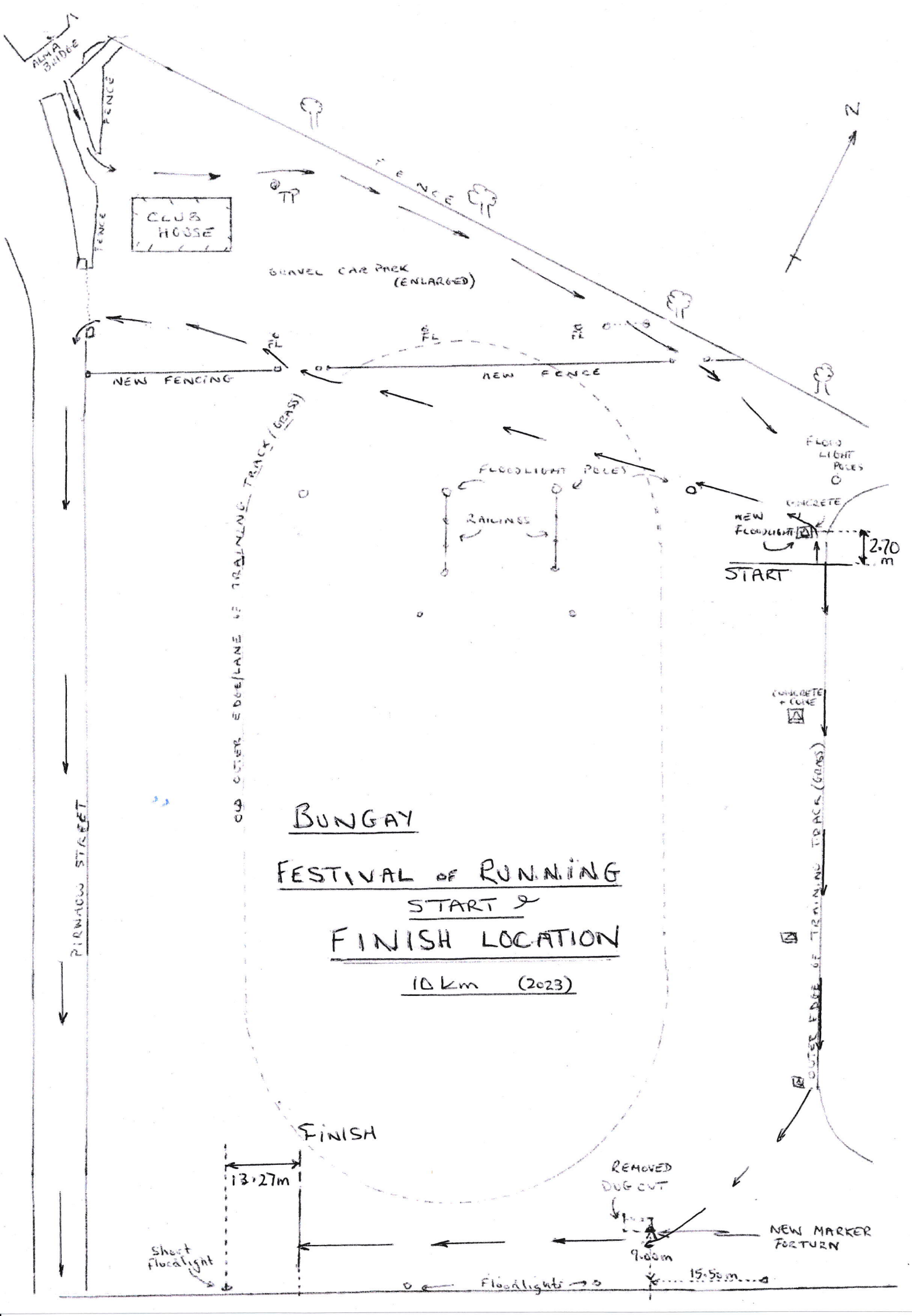
I confirm that I have completed the measurement report consisting of **this summary page, all data sheets, the course map and sketches** showing the exact position of the start and finish and I have sent copies to:

1. South Area Measurement Secretary: Ian Isaacs, 51 Lacock Gardens, Hilperton, , Trowbridge, BA14 7TF. Email: south@aukcm.org.uk who will check the report, file it, and issue a certficate of course accuracy.
2. Race Director, who must use this report to lay out the course for the race, and carefully keep it for future years. It should be shown to any official requiring details of the measured course.

Signed: *R. Thornhill* Date: 20 Oct 2022

Measurer's Address & Email: 49 Boat Dyke Rd, Upton, Norwich, Norfolk, NR13 6BL
EMAIL: richard777.thornhill@gmail.com


BUNGAY FESTIVAL of RUNNING
10Km ROUTE
START & FINISH
(See Detail)
All Terrain Footpath
Pirnhow St (Full Width Allowed)
Low Rd
Low Rd
Mill Pool Lane
Geldeston Rd
(Keep to LHS)
Mill Lane
Mill Rd
Station Rd
START
1 km
2 km
3 km
4 km
5 km
6 km
7 km
8 km
9 km
10 km
A143
B1062
Ellingham
Broome
Ditchingham
Mettingham
Bungay
Kirby Row
Wainford
River Waveney
Broome Street
Broome Village Hall
Broome Pits
Waveney Valley Cottages
Heath House Cottages
Walpole Close Post Box
The Artichoke
PKS tree surgery
Monarch Catering Services
The Old Sun Campsite & Airbnb
Ditchingham C of E Primary Academy
Novus Accountancy
Footlady
Nice With Ice
Ellingham Mill Post Box
Anglia Pallets
Bridge Farmhouse
Waveney Wildlife
ADN surfacing contractors
Crisp Malt
Wainford Mill House
JACQSARTISAN
MZL MOTORS
Mettingham Village Hall
Mettingham Hall Farm
All Saints Church
A Crafter's Mind
Joy of All Who Sorrow Church
Bungay & District Sports Association
Smith's Garage
Waveney Valley Business Park
Crossways of Ellingham
Mindmatters
Church W R & Sons
Emporiumhifi
Ellingham VC Primary School
Geldeston Rd
Newgate Ln
New Dyke


ALMA BRIDGE
FENCE
FENCE
FENCE
CLUB HOUSE
TP
GRAVEL CAR PARK (ENLARGED)
N
NEW FENCING
NEW FENCE
FL
FL
FL
FLOODLIGHT POLES
RAILINGS
FLOOD LIGHT POLES
CONCRETE
NEW FLOODLIGHT
2.70 m
START
OUTER EDGE/LANE OF TRAINING TRACK (GRASS)
PIRNACH STREET
CONCRETE + CURB
OUTER EDGE OF TRAINING TRACK (GRASS)
BUNGAY
FESTIVAL OF RUNNING
START & FINISH LOCATION
10 Km (2023)
FINISH
13.27m
REMOVED DUG OUT
NEW MARKER FOR TURN
9.00m
15.56m
Floodlights
Short Floodlight

SEAA

CERTIFIED ACCURATE

COURSE MEASUREMENT DATA SHEET

Event & Venue: BUNGAY FESTIVAL of RUNNING 10Km

Measurer: R.THORNHILL Measurement Date: 17/10/22

Start time: 12:00 Temperature: 18C Working Constant: 9303/ km

Finish time: 14:30 Temperature: 19C (i.e. Pre-measurement calibration figure)

SITE and/or LOCATION	COUNT	Increment in counts	Increment in distance	Accumulated distance	NOTES
START: On secondary track, just south of end bollard by 2.70m See detail sketch.	6400				START is 2.70m south of bollard protecting electric point (see sketch map)
1 Km: On Pirnhow Rd, just before 2nd bridge, marker is start of metal railings LHS.	15703	9303	1 km	1km	Km point 1.86m before this marker.
2 Km: On Low Rd, marker is TP#09 on LHS.	25006	9303	1 km	2 km	Km point is 10.68m before this marker.
3 Km: Still on Low Rd, after junction with Mill Rd, marker is TP#26 LHS.	34309	9303	1 km	3 km	Km point is 11.43m before this marker..
4 Km: On Mill Pool Lane, marker is 2nd brick bridge just before house LHS.	43612	9303	1 km	4 km	Km point is2.70m before this marker.
5 Km: On Geldeston Rd just after 2nd entrance to grain store. Marker is road junction signpost LHS.	52915	9303	1km	5 km	Km point iis 8.10m before this marker (signpost LHS).
6 Km: On Mill Lane in Ellingham, marker is boundary fence between No.9 & No.7 LHS	62218	9303	1 km	6 km	Km point is 2.70m before this marker.
7 Km: At end of Station Rd & start of footpaths. Marker is 1st set of double bollards across road.	71521	9303	1 km	7 km	Km point is 2.70m before this marker.
8 Km: On footpath/cycleway approaching Essex & Suffolk Water building & grounds. Marker is post with “8K” painted on it LHS.	80824	9303	1 km	8 km	Km point is2.70m before this marker.
9 Km: Still on footpath/cycleway after lane crossing. “9” sprayed in ground & low down on tree RHS also two silver birch trees on LHS a bit further on.	90127	9303	1 km	9 km	Km point is 2.70m before these spray paint marks.
FINISH: Southern end of main track, parallel to fence. Marker is lowest (shortest) floodlight before corner. See detail sketch.	99430	9303	1 km	10 km	FINISH LINE, is 13.27m east of this low floodlight. (see sketch map)

Constant for the Day: 9303 / Km If the Constant for the Day is not equal to the Working Constant, an adjustment to the start or finish will be needed, to be made as follows:

NOTE: Km points spray painted in white, will need to be moved 2.70m earlier. Descriptions above DO take this into account.

Signed: Date: 20/10/22

BICYCLE CALIBRATION DATA SHEET

Name of Measurer:	R.THORNHILL	Date of Calibration:	17/10/2022
Calibration Course Location:	UPTON MARSHES	Length:	512.500m
Measurement method used to determine calibration course length:	STEEL TAPE		
Bicycle Tyre type (e.g. pneumatic or solid, and racing, touring or mountain).	PNEUMATIC / ALL TERRAIN		

1. Ride the calibration course 4 times, recording data as follows:

	Start Count	Finish Count	Difference
Ride 1	37600	42364	4764
Ride 2	42400	47163	4763
Ride 3	47200	51963	4763
Ride 4	52000	56763	4763

Pre-measurement

Average Count:	4763.25
Time of Day:	10:30
Temperature:	15C

Working Constant = Number of counts in 1 km or 1 mile, calculated from the pre-measurement average count, divided by the calibration course length, and multiplied by the short course prevention factor of 1.001.

Working Constant: 9303 Counts per km

2. Measure the course, including all intermediate distances, using the Working Constant. Record all data on the Course Measurement Data Sheet.

3. Re-calibrate the cycle by riding the calibration course 4 times, recording data as follows:

	Start Count	Finish Count	Difference
Ride 1	18500	23256	4756
Ride 2	23300	28056	4756
Ride 3	28100	32856.5	4756.5
Ride 4	32900	37656.5	4756.5

Post-measurement

Date (if different):	
Average Count:	4756.25
Time of Day:	16:00
Temperature:	18C

Finish Constant = Number of counts in 1 km or 1 mile, calculated from the post-measurement average count, divided by the calibration course length, and multiplied by the short course prevention factor of 1.001.

Finish Constant: 9290 Counts per km

The Constant for the Day = Either the Working Constant or the Finish Constant, whichever is the larger.

Constant for the Day: 9303 Counts per km

Other than the larger constant may be used if justified. In some circumstances the average is more appropriate. Give detailed reasons if this is applicable.

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 provided that calibration precedes it and follows it within the same 24 hour period. This is done to minimise error due to changes in tyre pressure from thermal expansion and slow leakage. Frequent re-calibration 'protects' the previous measurement.

Signed: Date: 17/10/22