



COURSE MEASUREMENT
SUMMARY SHEET Feb 2010

Certificate No:
Replaces Cert No: **19/076**
FileRef:

Permit: UKA Area: South

Course Name:	<input type="text" value="Bungay FoR Half Marathon"/>	County:	<input type="text" value="Suffolk"/>
Race Name (if diff):	<input type="text" value="Bungay FoR Half Marathon"/>	Race Date:	<input type="text" value="16 Apr 2023"/>
Promoting Club or Organisation	<input type="text" value="Bungay Black Dog Running Club"/>		
Name & address of race organiser / director:	<input type="text" value="Damian Ashcroft"/> <input type="text" value="Twixford House, Bungay Rd"/> <input type="text" value="Hempnall"/> <input type="text" value="Norwich, Norfolk, NR13 2NG"/>	Tel.(home)	<input type="text" value="01508 499162"/>
		Organiser's Email:	<input type="text" value="damianrashcroft@icloud.com"/>
Distance:	<input type="text" value="13.109375 miles"/>	Measurer:	<input type="text" value="Richard Thornhill"/>
		Grade:	<input type="text" value="1"/>
Measurement method:	<input type="text" value="Jones Counter/Calibrated Bike"/>	Measurement Date:	<input type="text" value="18 Aug 2022"/>
Height (in metres above sea level) if not same.	Start:	<input type="text" value="5"/> m	Finish: <input type="text" value="5"/> m
Distance in straight line from Start to Finish:	<input type="text" value="Common"/>	Approx Start Grid Ref:	<input type="text" value="TM343907"/>

Brief Description of Course

- | | |
|---|---|
| (a) Terrain
(Flat/Undulating/Severe Hills/etc.) | <input type="text" value="Gently undulating with short steep hill at 2 miles, otherwise mainly flat."/> |
| (b) Race Surface
(city streets/country lanes/paths/etc.; amount off road e.g. on grass) | <input type="text" value="Tarmaced Country lanes predominately but with two and half km on loose surfaced footpath plus appx 600m gravel or grass. Hence All Terrain classification."/> |
| (c) Course Configuration
(single lap/multi lap/anti-clockwise/out & back/point to point) | <input type="text" value="One single anticlockwise lap."/> |

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

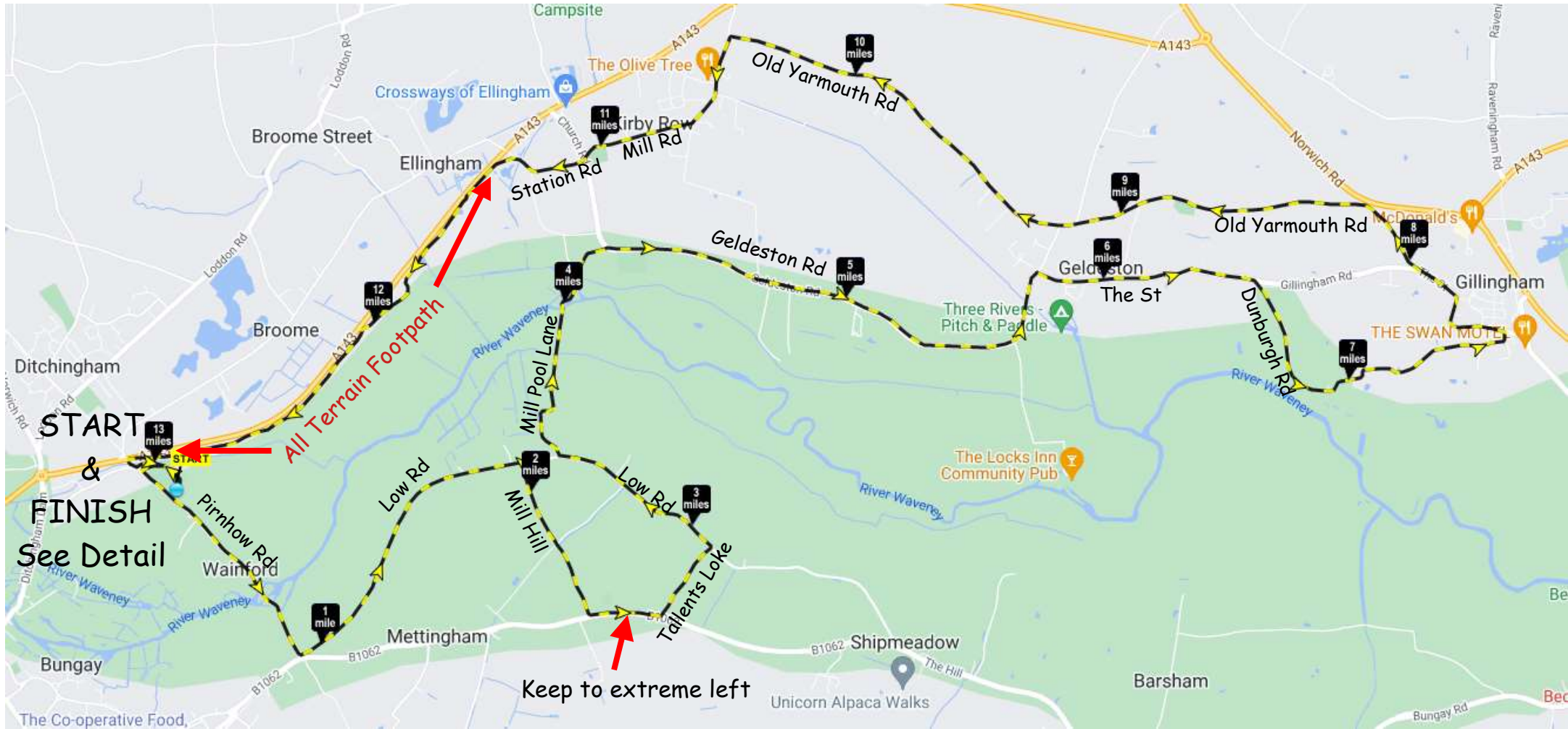
- | | |
|---|---|
| (a) The section of the road available to the runners on the day of the race. Pavements? | <input type="text" value="Full width of Pirnhow Rd, closed to traffic. Keep to left half of all other roads except B1062 where nearer most 1 meter to left. No pavements allowed if available."/> |
| (b) The line to be taken at right hand turns. | <input type="text" value="Six principal ones but follow marshals instructions at all times. Course measured using shortest running line."/> |
| (c) Dates for Race Series & Any other information. | <input type="text"/> |

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:

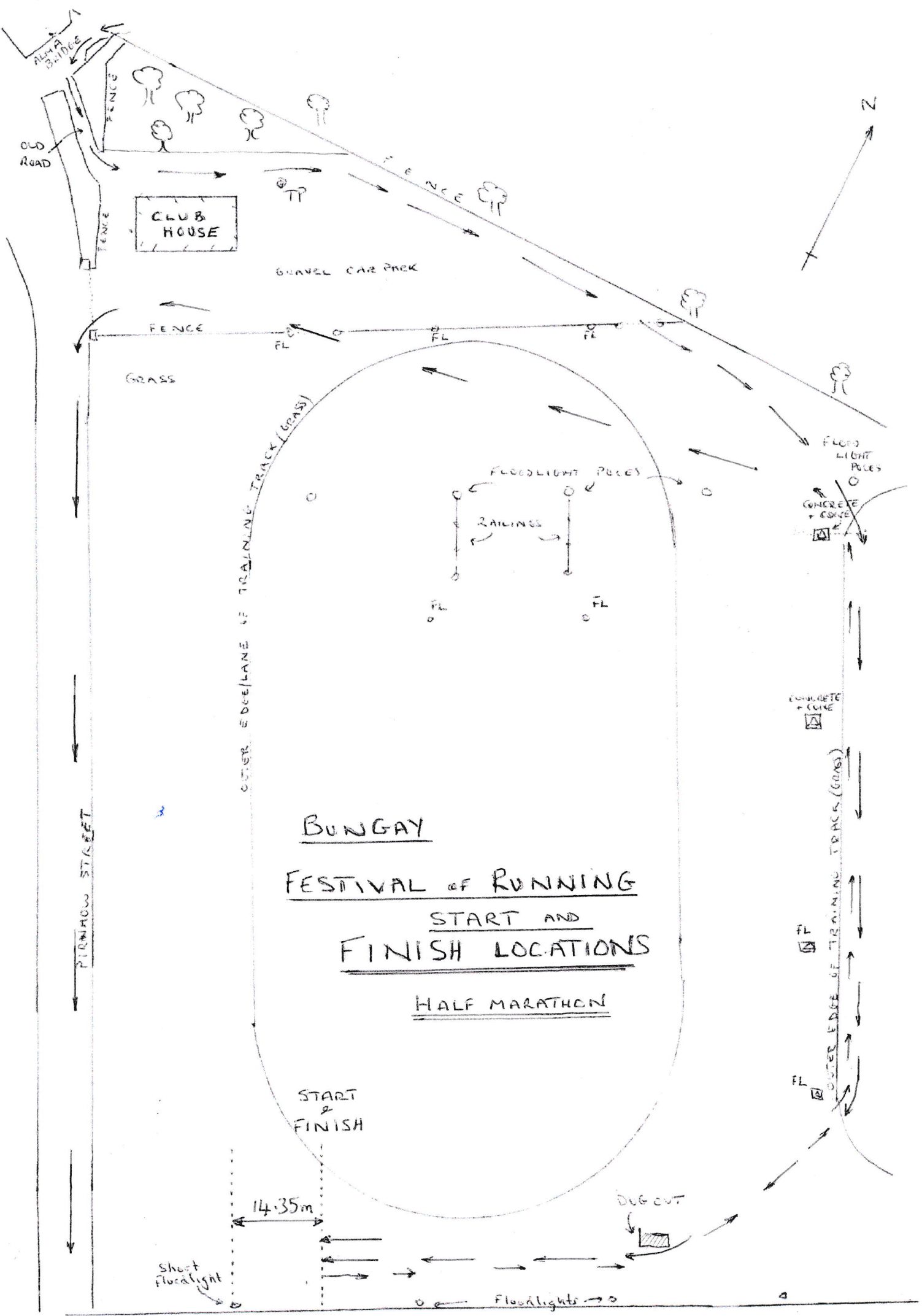
1. South Area Measurement Secretary: Ian Isaacs, 51 Lacock Gardens, Hilperton, , Trowbridge, BA14 7TF. Email: south@aukcm.org.uk who will check the report, file it, and issue a certificate of course accuracy.
2. Race Director, who must use this report to lay out the course for the race, and carefully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

Signed:	<input type="text" value="R. Thornhill"/>	Date:	<input type="text" value="25 Aug 2022"/>
Measurer's Address & Email:	<input type="text" value="49 Boat Dyke Rd, Upton, Norwich, Norfolk, NR13 6BL"/> <input type="text" value="EMAIL: richard777.thornhill@gmail.com"/>		

Bungay Festival of Running All Terrain Half Marathon Route



- NOTES:
- Pirnhov Rd closed to traffic so full width allowed
 - Keep to left half of road unless indicated by marshals
 - On B1062 keep to left side within 1 meter of kerbside



CLUB HOUSE

GRAVEL CAR PARK

GRASS

OUTER EDGE/LANE OF TRAINING TRACK (GRASS)

BUNGAY

FESTIVAL OF RUNNING
START AND FINISH LOCATIONS

HALF MARATHON

START & FINISH

14.35m

Short Floodlight

Floodlights

DUG OUT

FLOOD LIGHT POLES

CONCRETE + COARSE

CONCRETE + COARSE

OUTER EDGE OF TRAINING TRACK (GRASS)

FL

FL





SEMA

COURSE MEASUREMENT DATA SHEET

Event & Venue: **BUNGAY FESTIVAL OF RUNNING HALF MARATHON**

Measurer: **R.THORNHILL** Measurement Date: **18/08/22**

Start time: **11:15** Temperature: **22C** Working Constant: **14975/ mile**

Finish time: **15:45** Temperature: **24C** (i.e. Pre-measurement calibration figure)

SITE and/or LOCATION	COUNT	Increment in counts	Increment in distance	Accumulated distance	NOTES
IMPORTANT NOTE: If any mile point paint markers survive, all must be moved FORWARD by 5.80m. Descriptions here take this into account.					
START: Common with FINISH. Southern end of main track, behind dug-out, parallel to fence. Marker is lowest (shortest) floodlight before corner.	28000				START LINE also common with FINISH LINE, is 14.35m east of this low floodlight. (see sketch map)
1MILE: On Low Rd, marker is sign RHS for "Hillside" No.44	38305	14975	1mile	1 mile	Mile point is 4.94m before this marker.
2 MILES: Up Mill Hill, past 1 st house on LHS, marker is TP with ivy on RHS.	53310	14975	1mile	2 mile	Mile point is 12.25m after this marker.
3 MILES: On Low Rd again heading north, farm barns RHS, marker is centre of gateway to "The White House" LHS	68315	14975	1mile	3 mile	Mile point is 3.10m after this marker.
4 MILES: On Mill Pool Lane, marker is centre of 1 st bridge over river.	83320	14975	1mile	4 mile	Mile point is 11.18m before this marker.
5 MILES: On Geldeston Rd just before dairy farm RHS. Marker is TP#06.	98325	14975	1mile	5 mile	Mile Point is 15.37m after this marker.
6 MILES: On The St, Geldeston. Marker is "Fairview" No.40 LHS & TP#1 RHS	13330	14975	1mile	6 mile	Mile point is 2.58m before this TP#1 RHS.
7 MILES: On Dunburgh Rd, marker is fire-hydrant [4/6] LHS	28335	14975	1mile	7 mile	Mile point is 32.67m after this fire hydrant LHS.
8 MILES: Just turned onto Old Yarmouth Rd, marker is TP#02 LHS & school warning sign RHS.	43340	14975	1mile	8 mile	Mile point is 11.39m before this marker.
9 MILES: On Old Yarmouth Rd after Heath Rd, marker is Tee Jct signpost RHS	58345	14975	1mile	9 mile	Mile point is 19.88m before this marker.
10 MILES: On Old Yarmouth Rd approaching Kirby Cane, marker is TP#DP49 LHS.	73350	14975	1mile	10 mile	Mile point is 12.25m after this marker.
11 MILES: On Mill Rd with Ellingham playing field on left, marker is 1 st road drain in new surface.	88355	14975	1mile	11 mile	Mile point is 8.50m after this marker (drain in new road surface LHS).
12 MILES: On footpath/trail just past entrance to building/gateway LHS. Marker is "12" painted on wood post.	3360	14975	1 mile	12 mile	Mile point is 5.80m after this difficult marker on RHS.
13 MILES: In Sports Ground past last (rabbit) gate onto field, marker is alignment of floodlights east-west	18365	14975	1 mile	13 mile	Mile point is at this floodlight alignment.
FINISH: Common with START, see above. See sketch plan	20013	1638	0.109375 Miles	13.109375 miles	FINISH: Common with START See Sketch plan.

Constant for the Day: **14975 / m** 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:

Signed: _____ Date: **23/08/22**



SEMA

BICYCLE CALIBRATION DATA SHEET

Name of Measurer: Date of Calibration:

Calibration Course Location: Length:

Measurement method used to determine calibration course length:

Bicycle Tyre type (e.g. pneumatic or solid, and racing, touring or mountain).

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

	Start Count	Finish Count	Difference
Ride 1	89500	94264	4764
Ride 2	94300	99064.5	4764.5
Ride 3	99100	3863.5	4763.5
Ride 4	3900	8665	4765

Pre-measurement

Average Count:

Time of Day:

Temperature:

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: Counts per

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	43600	48358	4758
Ride 2	48400	53159	4759
Ride 3	53500	58260	4760
Ride 4	58300	63061	4761

Post-measurement

Date (if different):

Average Count:

Time of Day:

Temperature:

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: Counts per

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

Constant for the Day: Counts per

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: