



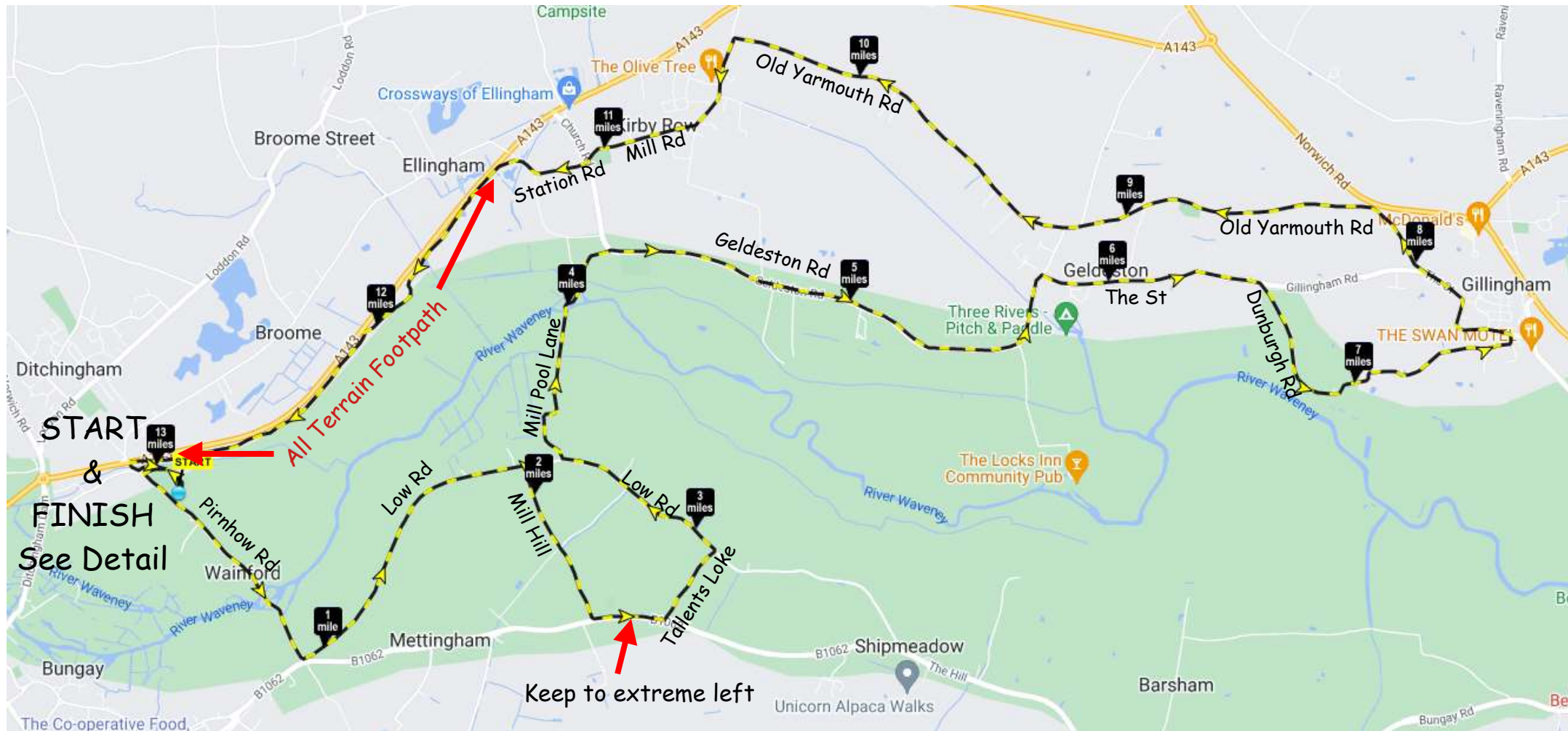
COURSE MEASUREMENT  
SUMMARY SHEET Feb 2010

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

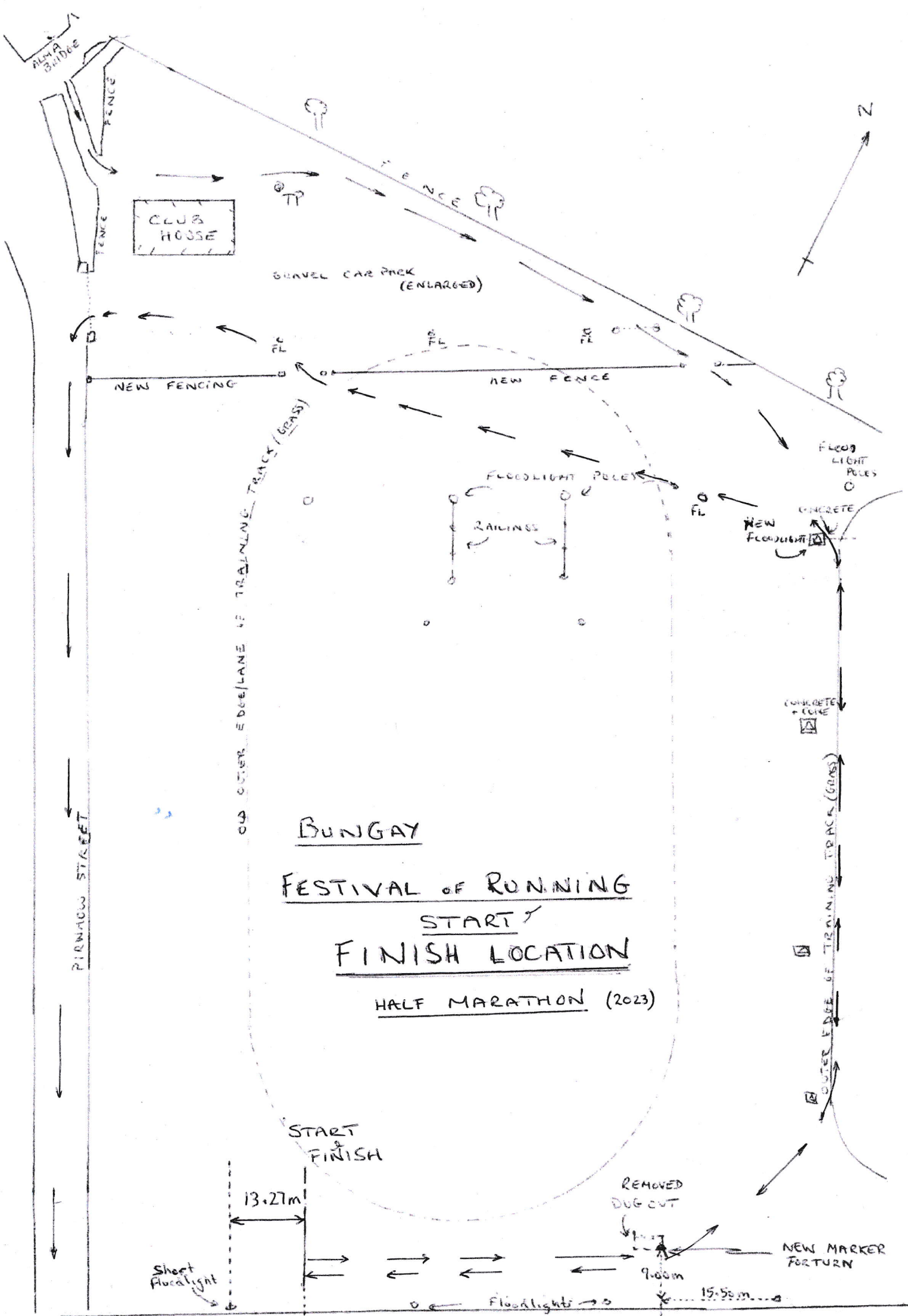
**Permit: UKA Area: South**

Course Name:	Bungay FoR Half Marathon	County:	Suffolk
Race Name (if diff):	Bungay FoR Half Marathon	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:	13.109375 miles	Measurer:	Richard Thornhill
		Grade:	1
Measurement method:	Jones Counter/Calibrated Bike	Measurement Date:	18 Aug 2022
Height (in metres above sea level) if not same.	Start: 5 m	Finish:	5 m
Distance in straight line from Start to Finish:	Common	Approx Start Grid Ref:	TM343907
<b>Brief Description of Course</b>			
(a) Terrain (Flat/Undulating/Severe Hills/etc.)	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)	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)	One single anticlockwise lap.		
<b>Measurement Details</b> (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 except B1062 where nearer most 1 meter to left. No pavements allowed if available.		
(b) The line to be taken at right hand turns.	Six principal ones but follow marshals instructions at all times. Course measured using shortest running line.		
(c) Dates for Race Series & Any other information.			
I confirm that I have completed the measurement report consisting of <b>this summary page, all data sheets, the course map and sketches</b> 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:	<b>R. Thornhill</b>	Date:	25 Aug 2022
Measurer's Address & Email:	49 Boat Dyke Rd, Upton, Norwich, Norfolk, NR13 6BL 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



BUNGAY

FESTIVAL OF RUNNING  
START  
FINISH LOCATION

HALF MARATHON (2023)

START  
FINISH

13.27m

REMOVED  
DUG OUT

9.00m

15.50m

NEW MARKER  
FORTURN

Short  
Floodlight

Floodlights

PIRNACOW STREET

CLUB  
HOUSE

GRAVEL CAR PARK  
(ENLARGED)

NEW FENCING

NEW FENCE

OUTER EDGE/LANE OF TRAINING TRACK (GRASS)

FLOODLIGHT POLES

RAILINGS

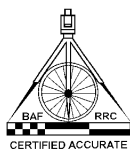
NEW  
FLOODLIGHT

CONCRETE  
+ CONE

OUTER EDGE OF TRAINING TRACK (GRASS)

CONCRETE

FLOOD  
LIGHT  
POLES



# SEAA

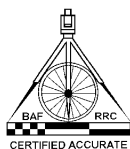
## COURSE MEASUREMENT DATA SHEET

Event & Venue:	BUNGAY FESTIVAL OF RUNNING HALF MARATHON			
Measurer:	R.THORNHILL		Measurement Date:	18/08/22
Start time:	11:15	Temperature:	22C	Working Constant:
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 4.72m. Descriptions here take this into account.					
START: Common with FINISH. Southern end of main track, parallel to fence. Marker is lowest (shortest) floodlight before corner. See Sketch plan.	28000				START LINE also common with FINISH LINE, is 13.27m 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 3.86m before this marker.
2 MILES: Up Mill Hill, past 1 <sup>st</sup> house on LHS, marker is TP with ivy on RHS.	53310	14975	1mile	2 mile	Mile point is 13.33m 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 4.18m after this marker.
4 MILES: On Mill Pool Lane, marker is centre of 1 <sup>st</sup> bridge over river.	83320	14975	1mile	4 mile	Mile point is 10.10m 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 16.45m 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 1.50m 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 33.75m 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 10.31m before this marker.
9 MILES: On Old Yarmouth Rd after Heath Rd, marker is Tee Jnct signpost RHS	58345	14975	1mile	9 mile	Mile point is 18.80m 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 13.33m after this marker.
11 MILES: On Mill Rd with Ellingham playing field on left, marker is 1 <sup>st</sup> road drain in new surface.	88355	14975	1mile	11 mile	Mile point is 9.58m 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 6.88m after this difficult marker on RHS.
13 MILES: In Sports Ground past last NEW (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:
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Signed:		Date:	23/08/22
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**SEAA****BICYCLE CALIBRATION DATA SHEET**

Name of Measurer:	R.THORNHILL	Date of Calibration:	18/08/2022
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	<b>Pre-measurement</b>	
Ride 1	89500	94264	4764	Average Count:	4764.25
Ride 2	94300	99064.5	4764.5		09:00
Ride 3	99100	3863.5	4763.5		20C
Ride 4	3900	8665	4765		

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:** 14975 Counts per mile

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	<b>Post-measurement</b>	
Ride 1	43600	48358	4758	Date (if different):	
Ride 2	48400	53159	4759	Average Count:	4759.5
Ride 3	53500	58260	4760	Time of Day:	17:00
Ride 4	58300	63061	4761	Temperature:	24C

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:** 14961 Counts per mile

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

**Constant for the Day:** 14975 Counts per mile

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:

18/08/22