



Course measurement summary
Gainsborough Morton 10km

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UK Association of Course Measurers

Introduction

Gainsborough Morton Striders have organised a 10 km road race which will see its inaugural event take place in 2012. The organiser has selected a course which starts in the village of Morton on Walkerith Road, before making itself out into open countryside for an anti-clockwise route. It then returns to Morton for a finish off Walkerith Road.

This is a very flat course which offers athletes a clear personal best potential.

A map of the course can be found at

www.walkjogrun.net/routes/current_route.cfm?rid=E9704597-F555-6825-3B53D5F080FDE671

Course measurement

The course has been measured and verified by a member of UK Association of Course measurers as being 10km in length, taking the shortest possible route available. The course was measured using the calibrated bicycle method used by measurers across the world. It is extremely accurate and athletes are assured that they will be running a genuine 10km. Whilst GPS devices give a good indication of distance for training purposes, it is commonly felt they provide an accuracy of around 95%.

All times ran on the measured course are valid for use on Power of Ten.

www.thepowertoften.info .

The certificate issued allows you to advertise the fact that the course is accurate and for you to put the measurement symbol on your advertising material. Assuming no changes are made to your course, this certificate is valid for a full ten years. Once ten years has elapsed then it is possible to renew on line at www.coursemeasurement.org. If you make any changes to the course, then it will need to be measured again.

Locations of km markers can be found at the end of this report.

View from start line



Start line



Approach to finish line



Finish line



Location of distance markers on the course.

START	walkerith road Morton opposite solid metal bus stop.
1 km	Laughton road 5m before gate to Laughton lodge, 10m after 'bumpy ' road sign
2 km	Laughton road opposite field entrance on rhs.
3 km	East Stockwith Road 10m before 'lay by on right hand side.
4 km	east Stockwith road 5m before entry to field on lhs.
5 km	East Stockwith road 20m before east Stockwith village sign
6 km	outside 17a beck street east Stockwith
7 km	beyond east Stockwith. 30m after first entry to lay by on lhs, 10m before second entrance.
8 km	Morton road 80m out of walkerith road at field entry on lhs.
9 km	100m before Morton village sign
600m from end	10m after telegraph pole r13/00/3
400m from end	outside51 walkerith road Morton
200m from end	outside 9a walkerith road Morton
10 km	2m past telegraph pole r0015 on field lane