



COURSE MEASUREMENT  
SUMMARY SHEET Feb 2010

Certificate No:   
Replaces Cert No:   
FileRef:

**Permit: UKA Area: South**

Course Name:	<input type="text" value="Chingford League Velopark 5k"/>	County:	<input type="text" value="London"/>
Race Name (if diff):	<input type="text" value="Chingford League Velopark 5k"/>	Race Date:	<input type="text" value="11 Dec 2019"/>
Promoting Club or Organisation	<input type="text" value="The Chingford League"/>		
Name & address of race organiser / director:	<input type="text" value="Adrian Frost"/> <input type="text" value="113 Grange Park Road,"/> <input type="text" value="London,,E10 5ER"/>	Tel.(home)	<input type="text"/>
		Organiser's Email:	<input type="text" value="agvfrost@hotmail.com"/>
Distance:	<input type="text" value="5 km"/>	Measurer:	<input type="text" value="Mark Jefford"/>
		Grade:	<input type="text" value="2"/>
Measurement method:	<input type="text" value="Jones Counter/Calibrated Bike"/>	Measurement Date:	<input type="text" value="9 Nov 2019"/>
Height (in metres above sea level) if not same.	Start: <input type="text" value=""/> m	Finish:	<input type="text" value=""/> m
Distance in straight line from Start to Finish:	<input type="text"/>	Approx Start Grid Ref:	<input type="text" value="TQ385485"/>
<b>Brief Description of Course</b>			
(a) Terrain (Flat/Undulating/Severe Hills/etc.)	<input type="text" value="Undulating"/>		
(b) Race Surface (city streets/country lanes/paths/etc.; amount off road e.g. on grass)	<input type="text" value="Tarmac"/>		
(c) Course Configuration (single lap/multi lap/anti-clockwise/ out & back/point to point)	<input type="text" value="Three clockwise laps of cycle park plus 217m."/>		
<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?	<input type="text" value="Full width of road"/>		
(b) The line to be taken at right hand turns.	<input type="text" value="Shortest Route"/>		
(c) Dates for Race Series & Any other information.	<input type="text"/>		
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: Phil Holland, Maypole Barn, Lower Morton, Thornbury, Bristol, BS35 1LB. 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="M. Jefford"/>	Date:	<input type="text" value="11 Nov 2019"/>
Measurer's Address & Email:	<input type="text" value="124 Crouch Hill, London, , N8 9DY"/> <input type="text" value="EMAIL: mark_jefford@yahoo.co.uk"/>		

# Chingford League Velopark 5k

This measurement report is for a 5k race held at the Olympic Park cycle track in Stratford.

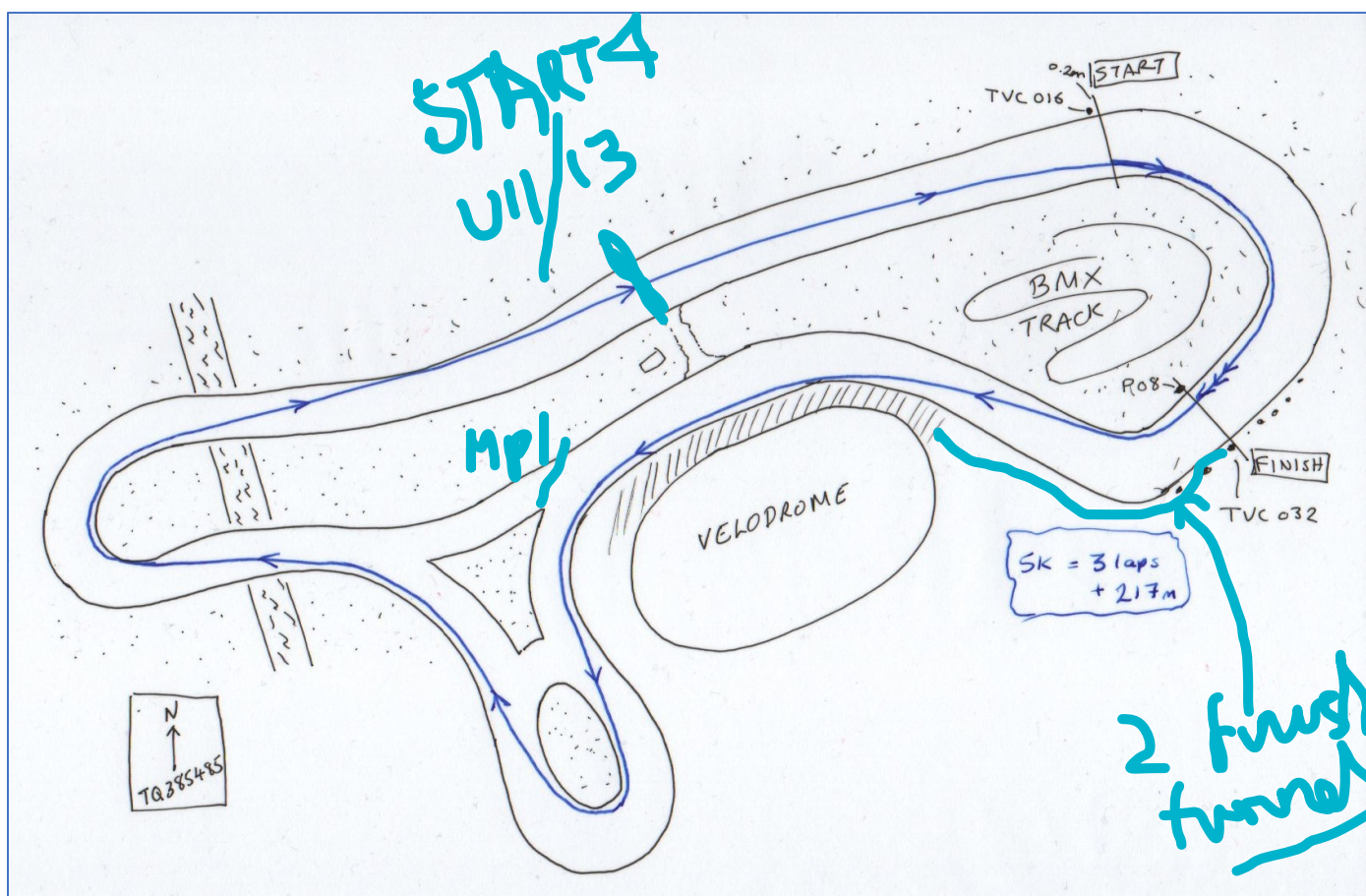
Pre-measurement was in Victoria Park, however the post-measurement calibration had to be done in Finsbury Park due to tree surgeons parking a van in the way in Victoria Park.

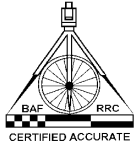
I have measured the cycle circuit many times in the past, so a single initial measurement of the lap seemed sufficient. The lap this time was 1594.4m. The previous measurement was 1596m. This was the first time I had measured in an anticlockwise direction, perhaps accounting for the slight difference.

The RD then showed me where the proposed finish was to be (LP TV032), and I measured from there round to locate the start reference point (which turned out to be LP TVC016). I then repeated the measurement.

A summary of the course is therefore:

- Start 0.2m after (east of) TVC 016.
- Complete three complete laps
- Finish 217m after the start, at TVC 032.





# SEAA

## Bicycle Calibration Data Sheet

Name of Measurer	Mark Jefford	Date of Calibration	09-Nov-19
Calibration Course Location	Pre: Victoria Park, Post: Finsbury Park	Length	500m
Measurement method used to determine calibration course length:		Steel Tape	
Bicycle Tyre type (e.g. pneumatic or solid,		Pneumatic	
and racing, touring or mountain).		Racing	

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

	Start Count	Finish Count	Difference
Ride 1	88000	93598	5598
Ride 2	93598	99198	5600
Ride 3	99198	104795	5597
Ride 4	104795	110393	5598

Pre-measurement	
Distance(km)	0.500
Average Count	5598.25
Time of day	08:51
Temperature	1C

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.

$1.001 * 5598.25 / 0.5$	Working Constant	11207.70	counts per	km
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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	9500	15094	5594
Ride 2	15094	20687	5593
Ride 3	20687	26281	5594
Ride 4	26281	31877	5596

Post-measurement	
Distance(km)	0.500
Average Count	5594.25
Time of day	10:30
Temperature	7C

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.

$1.001 * 5594.25 / 0.5$	Working Constant	11199.69	counts per	km
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The Constant for the Day = Either the Working Constant or the Finish Constant, whichever is the larger.

Constant for the day	11207.70	counts per	km	Variance btw calibs	0.071%
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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. 1 mile = 1.609344 km

Signed	M Jefford	Date	09-Nov-19
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# SEAA

## COURSE MEASUREMENT DATA SHEET

Event/Venue	Chingford League Velopark 5k		
Measurer	Mark Jefford	Measurement Date	09-Nov-19
Start Time	09:10	Temperature	4C
Finish Time	09:45	Temperature	4C
		Working Constant	11207.70
		(i.e. pre-measurement calibration figure)	

<u>Day 1 Calibration constant =</u>				
Start Reading	Counts	Distance	Adjusted Distance (m)	
			<u>11207.70</u>	
<u>Measure one complete lap from eastern start/finish line in ant-clockwise direction</u>				
49752			0.0	start/finish line on east side of track
67621	17869	1594.4	1594.4	start/finish line on east side of track
<u>Measure from proposed finish line to locate start</u>				
70232				Finish Line = lamp post TVC032
72666	2434	217.2	217.2	Start line = lamp post TVC016
<u>Repeat Measure from proposed finish line to locate start</u>				
75289				Finish Line = lamp post TVC032
77724	2435	217.3	217.3	Start line = lamp post TVC016

3 laps	4783.1	
+ start to finish	217.2	
	5000.2	START is therefore 0.2m after TCV016 in clockwise direction.