

**SEAA****COURSE MEASUREMENT
SUMMARY SHEET**Cert N°: Replaces Cert N°:

Course Name:	<input type="text" value="Poole Runners Club Mile"/>	County:	<input type="text" value="Dorset"/>	
Race Name (if diff.):	<input type="text" value="Poole Runners Club Mile"/>	Race Date:	<input type="text" value="23-May-2023"/>	
Promoting Club or Organisation:	<input type="text" value="Poole Runners"/>			
Name & address of race organiser / race director:	<input type="text" value="Mike Towner.
49 Mountbatten Drive,
Ferndown,
Dorset. BH22 9EL"/>	Tel. (home):	<input type="text" value="01202 891162"/>	
		Tel. (mob):	<input type="text" value="07762 486 260"/>	
		email:	<input type="text" value="towner456@talktalk.net"/>	
Distance:	<input type="text" value="1 Mile"/>	Measurer:	<input type="text" value="D. Yetton"/>	
		Grade:	<input type="text" value="II"/>	
Measurement method:	<input type="text" value="Jones Counter Calibrated Bicycle"/>	Measurement Date:	<input type="text" value="19-March-2023"/>	
Height (in metres above sea level) if not same.	Start:	<input "="" type="text" value="="/>	Finish:	<input "="" type="text" value="="/>
Distance in straight line from Start to Finish:	<input type="text" value="3 yards"/>	Start OS grid ref (approx):	<input type="text" value="SZ 0271 9136"/>	

Brief Description of Course

- | | |
|---|--|
| (a) Terrain
(flat, undulating, severe hills, etc.) | <input type="text" value="Flat, the course is around the 'circular' Poole Park Cycle Track circuit."/> |
| (b) Race Surface
(city streets, country lanes, paths, etc.; amount off road, e.g. on grass) | <input type="text" value="Cycleway / park path tarmac."/> |
| (c) Course Configuration
(single lap, multi lap, anti-clockwise, out & back, point to point) | <input type="text" value="A multi-lap anti-clockwise circuit, consisting of 3 laps plus 3 yards."/> |

Measurement Details (alternatively these may be added to the map or sketches)

- | | |
|---|---|
| (a) The section of the road available to runners on day of the race. Are pavements allowed? | <input type="text" value="The course is around the 'circular' Poole Park Cycle Track, where the runners can use all of the tarmac track."/> |
| (b) The line to be taken at right hand turns. | <input type="text" value="Not applicable, there are no right hand turns."/> |
| (c) Any other information, e.g. date of race series. | <input type="text" value="This is a new course, with no known previous measurement.
As the race is within the council controlled Poole Park, it is assumed that permission should be obtained for the event."/> |

Signed:

Date:

Measurer's Address:

I am sending the measurement report, consisting of: this **summary** page, **measurement** and **calibration** data sheets, course **map** and **sketches** showing the exact position of the start / finish to the Race Director, who must use this report to lay out the course and carefully keep it for future years. It should be shown to any official requiring details of the measured course. I am also sending a copy to the Area Course Measurement Secretary, who will check the report, file it, and issue a certificate of course accuracy.

Measurement Report copies sent to:

- 1) Area Course Measurement Sec.: Ian Isaacs. 51 Lacock Gardens, Hilperton, Trowbridge, Wiltshire. BA14 7TF.
- 2) Race Director, details above.



BICYCLE CALIBRATION DATA SHEET

Name of Measurer:	<input type="text" value="D. Yetton"/>	Date of Calibration:	<input type="text" value="19-Mar-2023"/>
Calibration Course Location:	<input type="text" value="Eastern Road – Cycle Path, Portsmouth"/>	Length:	<input type="text" value="350 m"/>
Measurement method used to determine calibration course length:	<input type="text" value="Steel Tape"/>		
Bicycle Tyre type (e.g. pneumatic or solid, and racing, touring or mountain).	<input type="text" value="Pneumatic"/>		
	<input type="text" value="Touring"/>		

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

	Start Count	Finish Count	Difference	Pre-measurement	
Ride 1	73928	77191	3263	Average Count:	<input type="text" value="3263.00"/>
Ride 2	77310	80573	3263	Time of Day:	<input type="text" value="06:45"/>
Ride 3	80683	83946	3263	Temperature:	<input type="text" value="44° F"/>
Ride 4	84044	87307	3263		

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	Post-measurement	
Ride 1	57154	60415	3261	Date (if different):	<input type="text" value="as above"/>
Ride 2	60530	63790	3260	Average Count:	<input type="text" value="3260.50"/>
Ride 3	63895	67156	3261	Time of Day:	<input type="text" value="12:20"/>
Ride 4	67259	70519	3260	Temperature:	<input type="text" value="52° F"/>

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.

N/A

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:

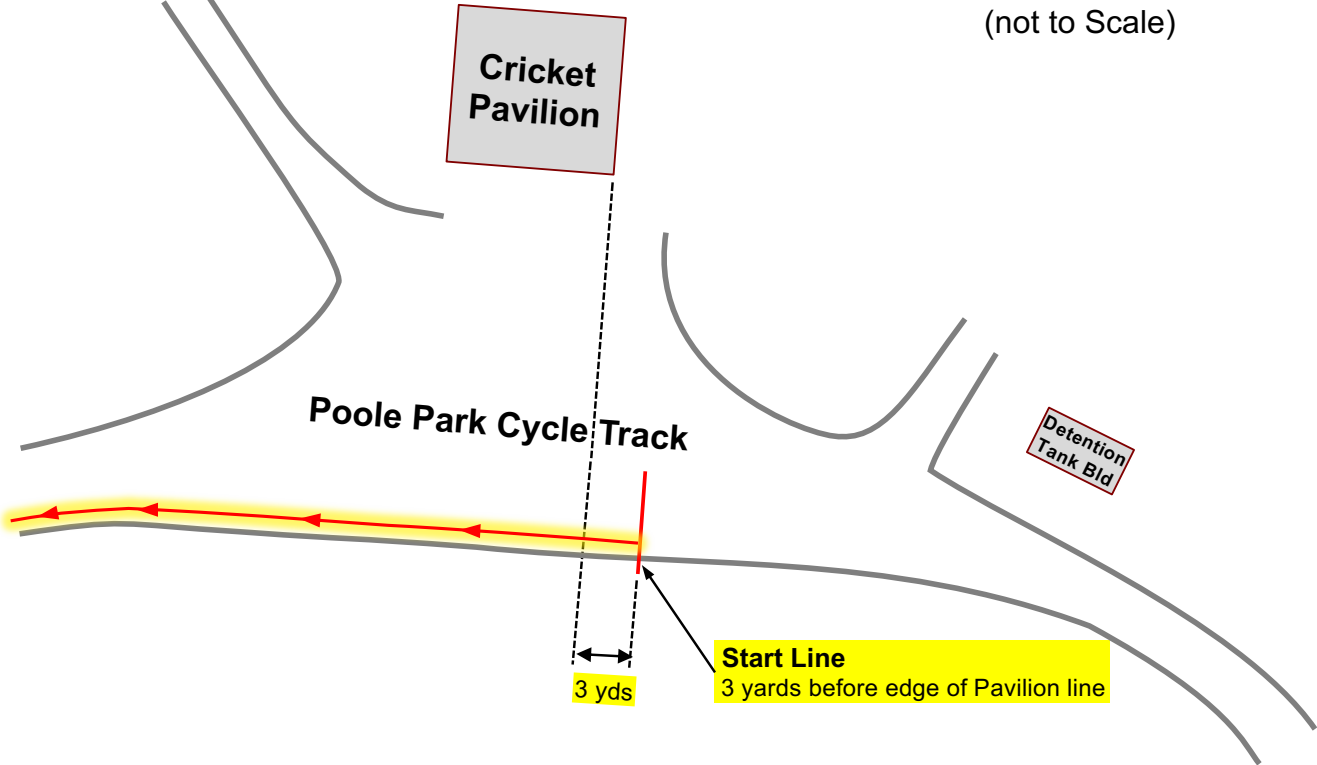
Date:

Poole Runners Club Mile



Poole Runners Club Mile

Sketch of Start
(not to Scale)



Sketch of Finish
(not to Scale)

