

ONTARIO ROAD BESTS

For road race "records" we use the term "Road Bests" as there is no standardization for courses. Each course is unique in its elevation changes, turns, whether it is out-and-back, or point to point.

HOWEVER, in order to be Road Best" eligible, a course must meet certain conditions in terms of measurement, including distance, elevation finish from the start, and (in certain point to point races) wind measurement. A "Road Best" eligible course needs to be certified by a sanctioning body (in Canada, Athletics Canada) who will approve the documentation provided by an accredited measurer.

Athletics Canada provides a list of updated certified courses here:

<http://www.acroad.ca/Directors/CourseMeasurement/CertifiedCourses/>

If you are attempting an Ontario Road Best, you should check this list to see if the course is certified, and if in any doubt contact the race director.

NB: Even though a course is certified, the race still might NOT be eligible for ONTARIO ROAD BESTS. Certain conditions must ALSO be met. Race times will NOT qualify for a Road Best if:

1) the elevation of the finish is lower than the start by more than 1 metre per 1,000 metres of race distance; or

2) there is a factored average tail wind of greater than 2 metres per second, where the distance between the start and the finish is greater than 10% of the race distance.

In Ontario, we accept gun times or CHIP times for Road Bests.

An application form for an Ontario Road Best must be completed and sent to the attention of Ken Hamilton. See the link below this note.