





IAAF ROAD COURSE MEASUREMENT

IAAF RDC JAKARTA

MARCH 30 – APRIL 1, 1990

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REPORT OF PROCEEDINGS

The International Amateur Athletic Federation (IAAF) conducted a seminar for road race course measurers in Jakarta, Indonesia, on the weekend of March 30 through April 1, 1990. It was the first such seminar to be conducted in this part of the world.

Local arrangements for the seminar were made by Mr. J. E. W. Gosal, Director of the IAAF Regional Development Centre for Asia, Jakarta. Since traffic conditions in Jakarta are not conducive to safe bicycle measuring conditions, Mr. Gosal made arrangements for the seminar to be held near the town of Cibubur, between Jakarta and Bogor. Graha Wisata Pramuka, the headquarters building of a camping and recreation area, was the place where most of the participants lived and worked during the course of instruction.

IAAF instructors were John Disley of Great Britain and Peter Riegel of USA, the co-editors of the new IAAF manual **THE MEASUREMENT OF ROAD RACE COURSES**. Participants are listed at the end of this report.

After greetings by Mr. Gosal, the course of instruction began with students laying out a 30 metre calibration course, and using it to calibrate their pacing. Then they paced out the length of a figure-8 course in the parking lot, of about 135-140 metres in length. Mr. Riegel then demonstrated the use of the Jones counter, calibrated the bike once, and used it to measure the same course more accurately. Several of the participants repeated this exercise. With the principle established, all went inside to be shown the calculation to determine course length.

After more instruction, students went outside to lay out three 150 metre calibration courses on a nearby roadway. John Disley demonstrated the use of fixed nails, to keep the calibration course from becoming lost when the paint wears away.

Temperature correction of steel taping was briefly discussed, and the students were referred to the book for further knowledge. Since all attendees reside in tropical countries, they were advised not to worry about temperature correction. Their tapes will never be shorter than standard (at 20 C).

Students were given Jones Counters, which they affixed to six bicycles. These were shared by all students. They calibrated the bicycles, four rides each, using the three calibration courses. Mr. Riegel led successive groups of riders around a practice course of about 880 metres, demonstrating the way the Shortest Possible Route (SPR) is ridden. Taking turns, the students then each

measured the length of the circuit. Thirteen estimates of length ranged from 876 metres (by a highly-experienced measurer) to 891 metres (by an inexperienced measurer who had not ridden a bike for 30 years).

After recalibrating their bicycles, the students came indoors again for more instruction in calculating the average constant, and determining the length of the course. They were shown how to pre-calculate a desired split, and how to apply the Short Course Prevention Factor (SCPF).

After lunch, students were asked to begin at a fixed point, and to lay out a 550 metre halfway point, and a 1.1 km "finish line." By this time the students were beginning to understand better what was going on, and they began to behave in a competitive manner. As each rider came in to lay out his split, he would be greeted with cheers or jeers, depending on where his split fell. Those with points far from the average scratched their heads in perplexity, while we tried to find out what went wrong.

With the riding done, we discussed the reasons for measurement differences. Small variation was due to difference in riding skill, while large variation was due to a corner of the course which invited short-cutting. Some of the measurers elected to cut this corner, since they were sure that runners would do so. In addition, the practice course had many more turns than would a typical road course, which promotes differences.

Copies of the IAAF draft **THE MEASUREMENT OF ROAD RACE COURSES** were given to all participants. Also passed out were copies of the TAC/USA book **COURSE MEASUREMENT PROCEDURES**. This latter work was introduced to Indonesia by Bob Thurston of the USA, and was translated into Indonesian by Mr. Suyono Danusayogo, one of the participants. This translation was passed out as well. All this distribution gave participants much material for study. This concluded the activity of March 31.

Next morning Mr. Varghese announced that it was his birthday, and was treated to a rendition of "Happy Birthday to You" by the assembly. He then announced "April Fool", which got the day started properly with a good laugh.

This day the students were asked to lay out three 200 metre calibration courses, and to use them to lay out a course of 500 metres. This they did with little supervision, the instructors being present for advice only. Once again the students demonstrated a competitive drive, anxiously awaiting the arrival of the next rider to see where his mark would be. The measurement spread on this second day was far less than on the previous day. This indicated that the students had gotten better at riding and calculating.

On the second day some students noticed they were getting a very different riding constant. This was traced to one Jones Counter that records 26 counts per revolution, rather than the 20 that is standard. There are very few of these, but they do exist, and they are totally satisfactory.

At the conclusion it was apparent that the students had grasped the basic principles of measurement. Each group was reminded that they are now the experts in their countries, and urged to do whatever they can to promote accurate course measurement within their home federations.

Certificates were presented to all attendees, concluding the seminar.

Thanks are extended to Mr. Gosal and his staff, and to the members of PASI, the Indonesian Amateur Athletic federation. They worked hard to make this seminar a success.

Pete Riegel

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April 4, 1990



SEMINAR ATTENDEES

Participants

K. V. Varghese - Brunei AAA - PO Box 22, Seri Complex Post Office
Bandar Seri Begawan - BRUNEI DARUSSALAM

Ha. Ya'Kub Mohammed - Brunei AAA - PO Box 22, Seri Complex Post Office
Bandar Seri Begawan - BRUNEI DARUSSALAM

John Lane - Flat 6, 3rd Floor, 4 Caldecott Road - Kowloon - HONG KONG
Law Yiu Wing, John - 79H, Waterloo Road, Yee On Court
A1, 17F, Kowloon - HONG KONG

S. Hariwadhy - PASI, Stadion Madya, Senayan - Jakarta - INDONESIA
K. Soeprijadhy - PASI, Stadion Madya, Senayan - Jakarta - INDONESIA
D. Pattinasarany - Jl. Sutan Sahrir No. 27 (Lampung) - Jakarta - INDONESIA
Sumartoyo Martodihardjo - Jl. Letjen. S. Parman 97/A3
Jakarta Barat 11420 - INDONESIA
Suyono Danusayogo, c/o Indonesian AAF - Jl. Asia Afrika 18-19
Senayan Sport Complex - Jakarta - INDONESIA

P. Podimhatia - No. 9, Green Drive - 11600 Penang - MALAYSIA
L. Pushpanithan - 15, Lorang Silibin - 30100 Ipah - MALAYSIA
Dell Akbar Khan - c/o Traffic Police, Jalan Tun H. S. Lee
Kuala Lumpur 50000 - MALAYSIA
P. Solomon - PO Box 58, 05700 Alor Setar - Kedah - MALAYSIA
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Benjamin P. Silva-Netto - P22A-03 2nd St, Villamor Air Base
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IAAF Host

J. E. W. Gosal - Stadion Madya, Jl. Asia Afrika 18-19 - Jakarta - INDONESIA

Instructors

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Peter Riegel - 3354 Kirkham Road - Columbus, OH 43221 - USA