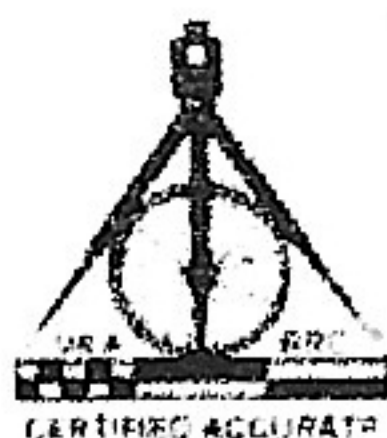




Tiptree Road Runners

10 Mile Entry Form

Including Essex Championships

Course measurement certificate

Computerised Results - Permit No. 2405

£330 total prizes in sports vouchers

Spot Prizes

Trophies awarded to

1st three Female: 1st: F35 - F45 - F55

1st Three Men: 1st: M40 - M50 - M60

1st Teams: M(4) & F(3)

One trophy award per runner

£100 sports voucher for new course record M/F

Male:- R. Malseed Chelmsford A.C. 52m 20s 1998

Female:- J Draskau UEA Sportslink Trojan 1h 3m 45s 1999

Surname:.....First Name:.....

Address:.....

Post Code:.....Tel No: M/F.....

D.O.B..... Age @ 20/10/02 Results:-Y/N.....

Affiliated:..... Unattached:Essex Champs:YN

Club:.....

**British
Association
of Road
Races**

Signed: Date:

Entry Fee:- £6/£7 unattached + £1 on day. Results £1. No entries after 10.30a.m.

I enclose a 9"x 6" SAE/Entry fee. (Add £1 for results).

Cheques payable to "TIPTREE ROAD RUNNERS"

Entries:
Closing date for postal entries: 13.10.02 Minimum age 16 years. Race Director: 26 The Glade, Welshwood
Park, Colchester, Essex CO1 3JD Phone: 01206 860121 Email: run@tiptreeroadrunners.freemove.co.uk
I confirm that I am medically fit to run and understand the organisers are not liable for any loss damage
or injury however caused before during or after the race.

Fiveways
SUPERMARKET



TIPTREE 10



**Incl. Essex County
Championships**



Fiveways Tiptree 10 Mile Road Race

- At Beckingham Business Park, Tolleshunt Major, Essex
- 11.00 a.m.
- www.tiptreeroadrunners.freemove.co.uk

Date: 20th October 2002

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Tiptree Road Runners were established in 1984. The first road race was in September 1985. The Tiptree Half Marathon & fun run, sponsored by Wilkin & Sons Ltd. In 1987 we moved to a 10 mile road race and although today we have a new course and venue, it has become a very popular distance race. More recently we have added a 5 mile race over the same course, which seems to be getting increasingly popular. The numbers are ever larger and monies raised are given to local charities.

Wishing all runner's good luck on race day and hope you will support the race in the years to follow.

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(opp Epping Forest College)

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www.run-in.net

Many Thanks

To:-

53-12

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Sponsoring the Tiptree 10

Tel:- 01206 505011

Martin

Sports Massage Physiotherapist

F.S.M.T. Associate Member Level 2

0781 6014830

At: Fitness First Southend

01702 390700

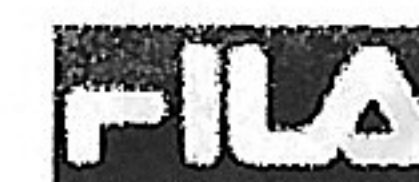
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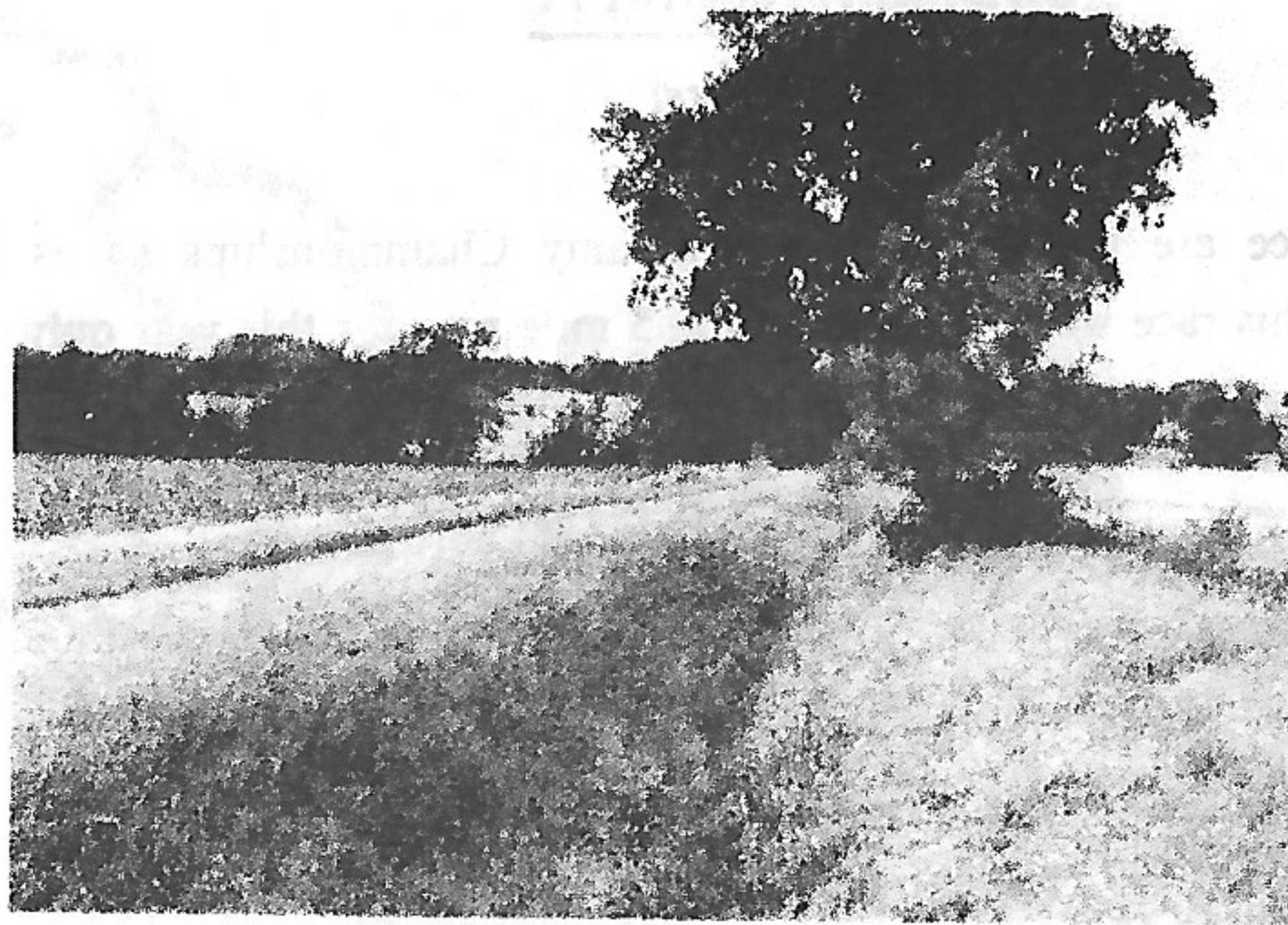
Colchester Road, Tolleshunt Knights,

Maldon, Essex CM9 8HX

www.fivelakes.co.uk

enquiries@fivelakes.co.uk

THE COURSE



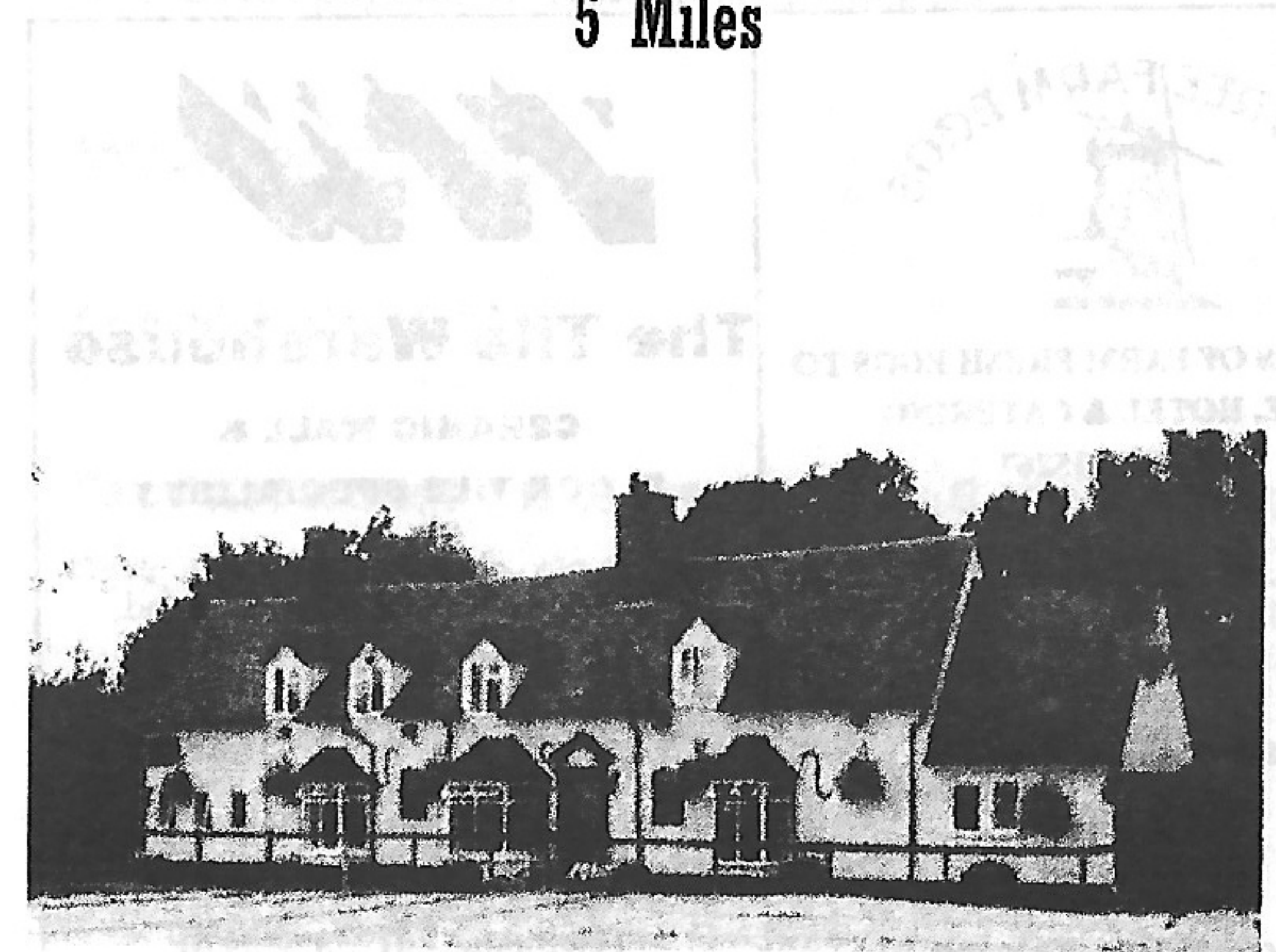
2½ Miles



7 Miles



5 Miles



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How To Enter

- An application form for entering the 10 mile race can be found on the back page. The form must be completed in full . Also enter age/date of birth.
- Closing date for entries is 13th October 2002.
- Runners must be aged 16 years or over on race day.
- No refunds will be allowed in the event of any withdrawal from race.
- All cheques payable to "Tiptree Road Runners".
- Entries allowed on the day.
- No entries after 10.30 a.m.
- Completed entries to:- Race Director, 26 The Glade, Welshwood Park, Colchester, Essex C04 3JD. Tel:- 01206 860121
- Entry forms can also be found on our web site:- www.tiptreeroadrunners.freemove.co.uk
- Entry forms can be photocopied.
- Race results will be published after the race on the web-site

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Fiveways Supermarkets, with its long tradition of supporting local communities, is delighted to Sponsor the Tiptree 10 mile road race again this year.

There has been a Colchester CO-OP presence in Tiptree since 1921 and today the village is home to the society's Fiveways store—a great success and well-supported amenity.

We are pleased to be involved with Tiptree Road Runners for the ninth year in succession. Good Luck to all runners from Fiveways Supermarkets—a local business sponsoring local people.



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