



Tiptree Road Runners

5 and 10 Mile Entry Form

5 Mile 10:45/10 Mile 11:00

**British
Association
of Road
Races**

Course measurement certificate/Computerised Results

Permit No. 3445/3446 £500 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 each new course record M/F

Male:- A. Mussett Colchester Harriers A.C. 50m 31s 2002

Female:- M. Deasy Colchester & Tendring 1h 0m 24s 2002

5 Mile - Male:-G. Day Great Bentley 26 min 07s 1999

Female:- E. Newman Colchester & Tendring 30 min 41 sec 2000

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

Address:.....

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

D.O.B..... Age @ 19/10/03 Results:-Y/N.....

Entry for the 5 Mile Y/N Entry for the 10 Mile Y/N

Affiliated:..... Unattached:Club:

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"

FOR OFFICIAL USE ONLY

Entries:- Closing date for postal entries:- 12/10/03 Minimum age 15 /16 yrs.

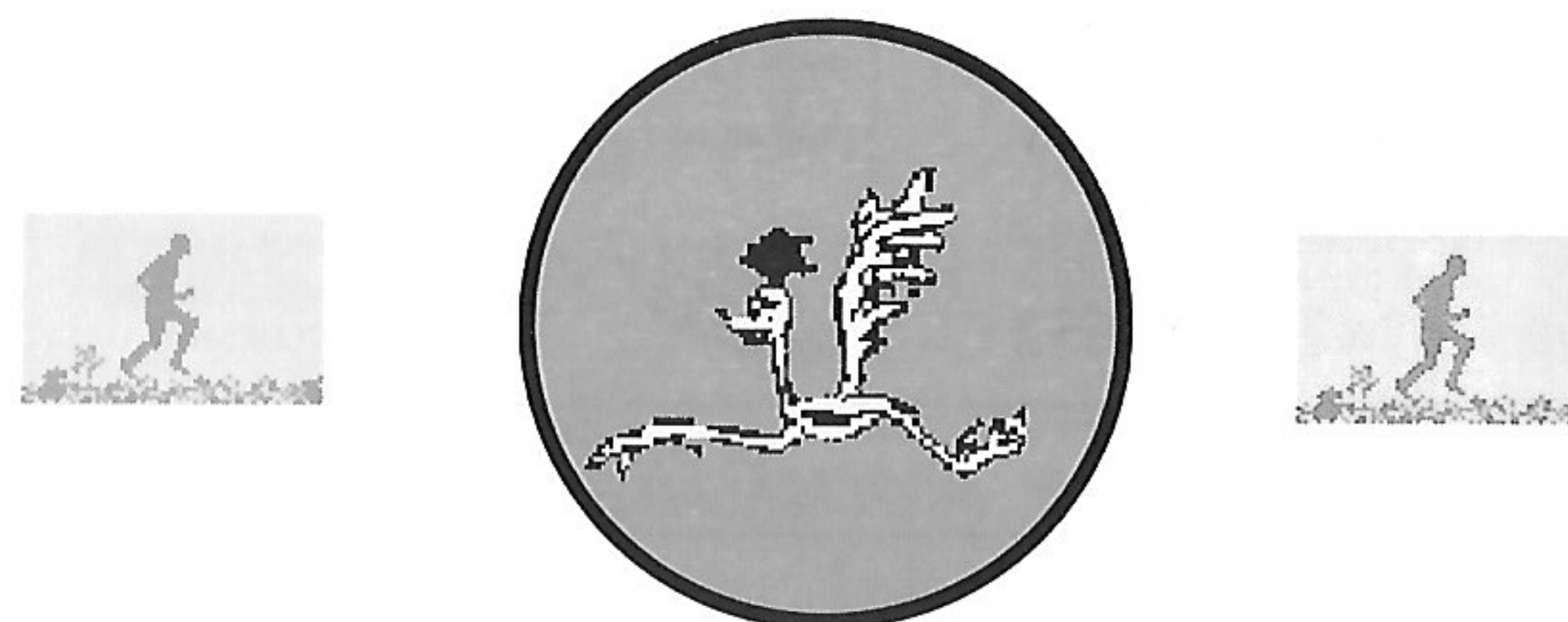
Race Director,26 The Glade, Welshwood Park, Colchester, Essex. C04 3JD.

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.



TIPTREE 10



**Incorporating
The Sue Baker 5 Mile**

Fiveways Tiptree 10 Mile Road Race

- At Beckingham Business Park, Tolleshunt Major, Essex
- 5 Mile start 10.45 a.m.
- 10 Mile start 11.00
- www.tiptreeroadrunners.freemove.co.uk

Date: 19th October

Good Luck
To
Tiptree Road Runners

from

SWEATSHOP

Sponsors of race
numbers for

Tiptree 5& 10

Tel:- 01473 726652



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NOW HE KNEW A THING OR TWO
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taste them; for, by the way, I know a great many men,
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have none".*

LORD CHESTERFIELD IN "LETTERS TO HIS SON"

Wilkin & Sons have been making their famous "Tiptree"
conserves and marmalades since Victorian times. They've
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Tiptree Road Runners

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 runners good luck on race day and hope you will support the race in the years to follow.

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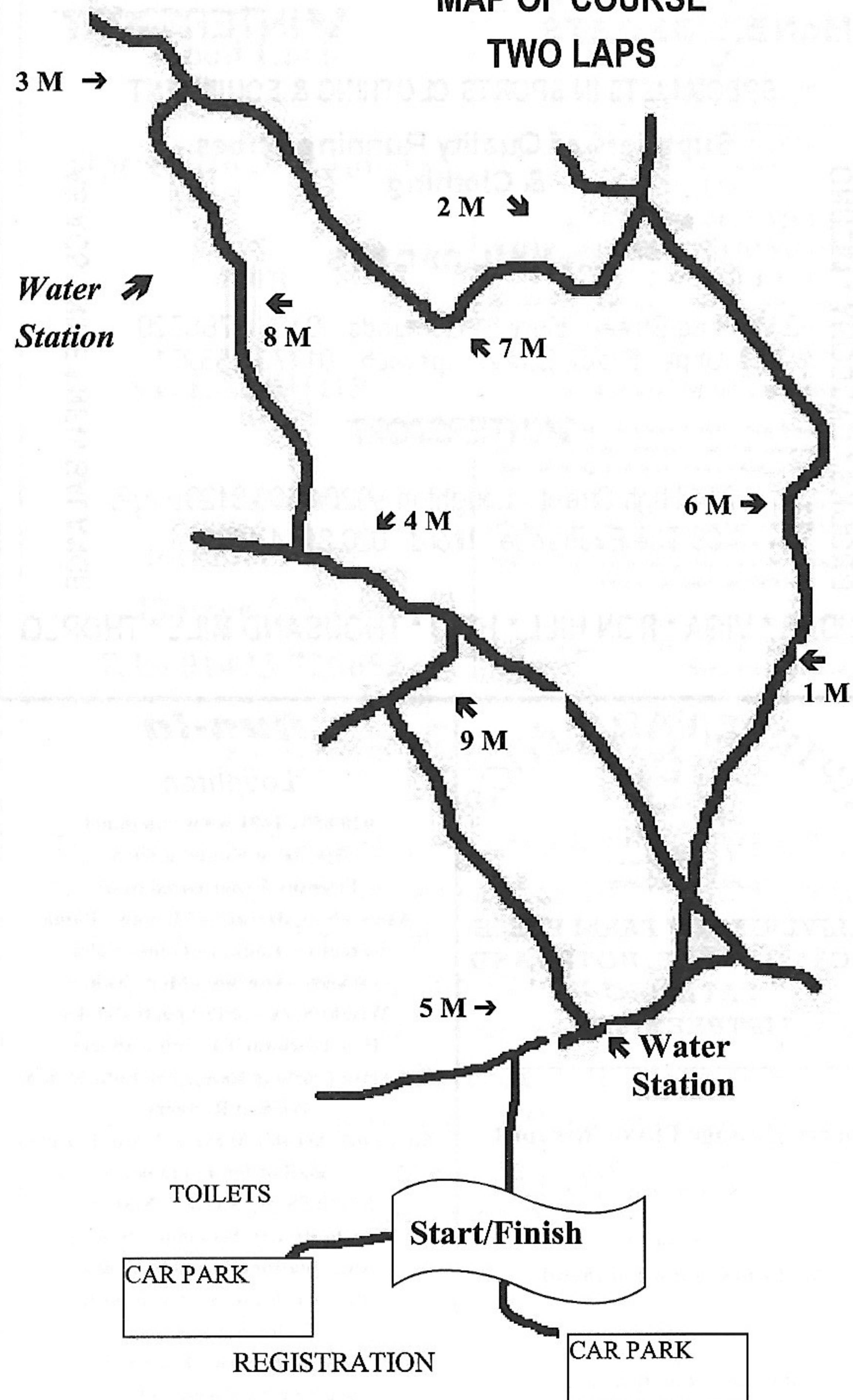
(Please call for further details)

72 Borders Lane,

Loughton, Essex, IG10 3QX

(opp Epping Forest College)

MAP OF COURSE TWO LAPS



Previous Winners

(Last 6 Years)

Last year Tiptree hosted the Essex County Championships, so as to concentrate on this race, we dropped the 5 mile race for one year only.

* Denotes Course Record.

Tiptree 10

Men

2002	A. Mussett	Colchester Harriers	50m 31s *
2001	(10m Race cancelled due weather conditions)		
2000	G. Day	Gt. Bentley R.C.	52m 37s *
1999	P. Dobson	Springfield Striders	54m 30s
1998	R. Malseed	Chelmsford A.C.	52m 20s
1997	H. Beasley	St Edmund's Pacers	57m 00 s

Female

2002	M. Deasy	Colchester & Tendring	1 Hr 00m 24s
2001	(10m Race cancelled due weather conditions)		
2000	V. Jennings	Ipswich Jaffa	1 Hr 5m 53s
1999	J. Draskau	UEA Sportlink Trojans	1 Hr 3m 45s
1998	E. Newman	Colchester & Tendring	1 Hr 9m 30s
1997	E. Knott	Harwich Runners	1 Hr 15m 00s

Tiptree 5

(Introduced 1999)

Men

2001	R. Jordan	Ipswich Jaffa	27m 12s
2000)	W. Tamlyn	Grange Farm Trotters	26m 42s
1999)	G. Day	Great Bentley R.C.	26m 07s *

Female

2001	M. Deasy	Colchester & Tendring	30m 49s
2000	E. Newman	Colchester & Tendring	30m 41s *
1999	N. Challis	Grange Farm Trotters	32m 40s

THE COURSE

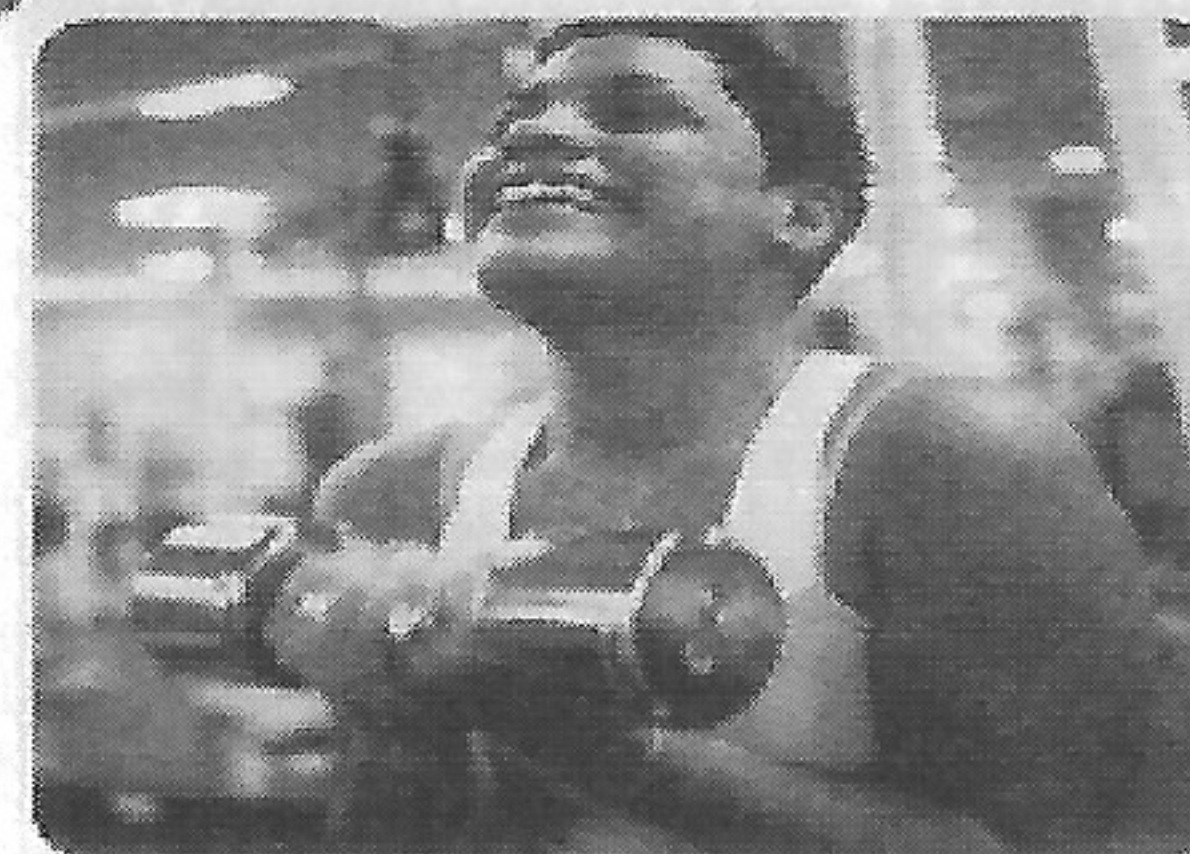


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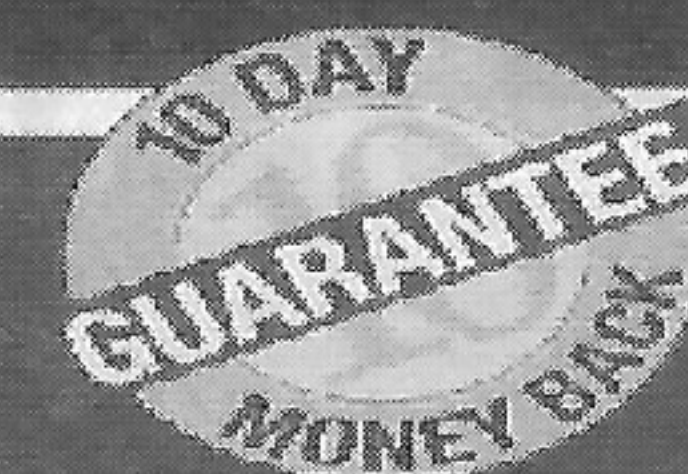


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Good Luck

Tiptree Road Runners

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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.

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 12th October 2003.
- Runners must be aged 15 years for 5 mile/ 16 years for 10 mile 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.
- Stamped addressed entries please.
- 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