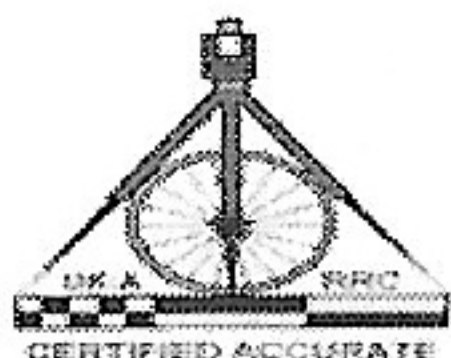




Tiptree Road Runners
5 & 10 Mile Race
Entry Form

British
Association
of Road
Races

Start: 5 Mile 10:45 am / 10 Mile 11.00 am

Bronze Standard Race

Course Measurement Certificate/Computerised Results

Permit No:4249/4250 £1000 In Sports Vouchers & Prizes Spot Prizes

Long Sleeve T-Shirts To All Finishers

Trophies Awarded To

Female: 1st - 2nd - 3rd1st: F35 - F45 - F55

Male: 1st - 2nd - 3rd1st: F40 - F50 - F60

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

ONE TROPHY AWARD PER RUNNER

£100 Sports Vouchers For Each New Course Record M/F

Male 10M A Mussett Colchester Harriers A.C. 50m 31s 2002

Female 10M M Deasy Colchester & Tendring 1h 0m 24s 2002

Male 5M D Miller Woodbridge Shufflers 25m 36s 2003

Female 5M M Deasy Colchester & Tendring 29m 32s 2003

Surname:..... D.O.B:.....

First Name:..... Age @ 17.10.04:.....

Address:..... M/F:.....

..... 5 Mile Y/N:.....

Post Code:..... 10 Mile Y/N:.....

Tel No:..... Results £1 Y/N:.....

Email:..... Affiliated Y/N:.....

I am medically fit to run & accept that the organisers are not liable for loss, damage or injury however caused before, during or after the race.

Club:.....

Unattached Y/N:.....

Signed:..... Date:..... Fee:.....£.....

Entry Fee: Affiliated £6.00 Unaffiliated £7.00

All entries on the day Plus £2.00 Results £1.00

Cheques Payable to "Tiptree Road Runners"

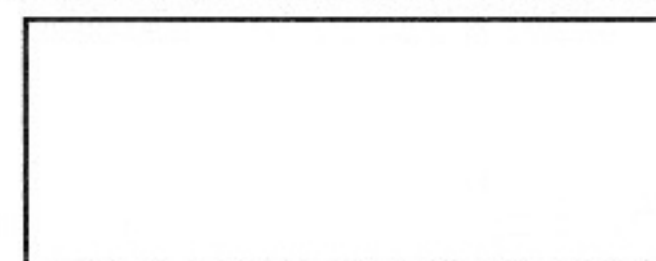
Closing Date for Postal entries 12.10.2004.

Send Completed Entry Form with SAE 9"x 6" &

full entry fee to: **Race Director,**

9 Springhill Cl, Gt Bromley, Essex CO7 7HU

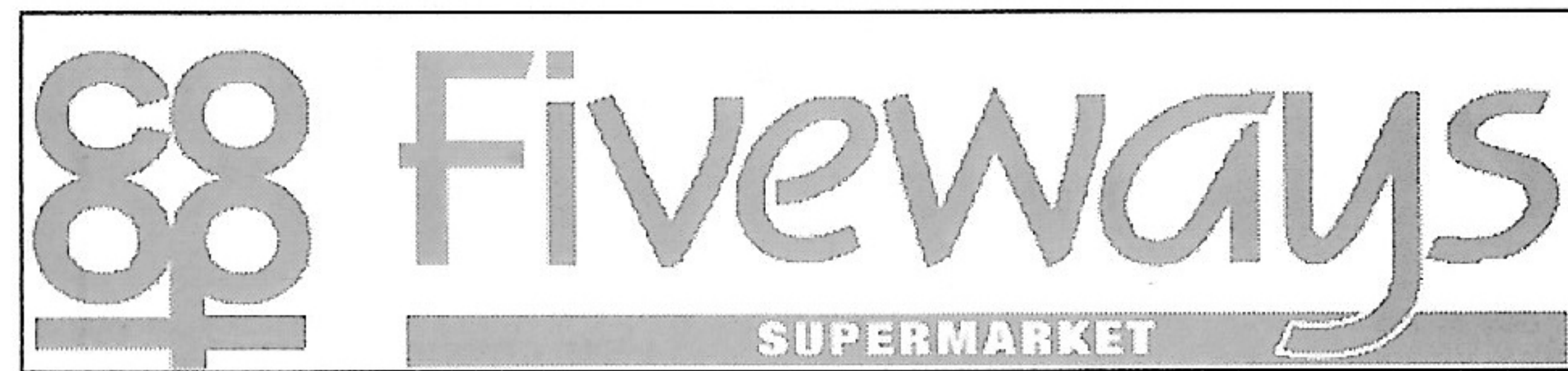
FOR OFFICIAL USE ONLY



NO ENTRIES AFTER 10.30AM

Min age: 5m 15yrs / 10m 16yrs.

Note: Decisions from the race referee will be final in all issues. If in the event that entries exceed 600 runners, T-Shirts will be forward by post to those without.



TIPTREE
Rural 10 Mile
Road Race



Incorporating
The Sue Baker
5 Mile Run

VENUE

Beckingham Business Park, Tolleshunt Major, Essex

5 Mile Start 10.45 a.m. 10 Mile Start 11.00 a.m.

www.tiptreeroadrunners.freeserve.co.uk

Sunday 17th October
2004



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who call themselves Men of Pleasure, but who in truth
have none"*

LORD CHESTERFIELD IN "LETTERS TO HIS SON"

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Victorian times. They've been farming fruit in the
Essex village of Tiptree for even longer. The
"Tiptree" recipes are as old as the business itself.
Isn't it refreshing to know that some things are good
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Tiptree Road Runners

Tiptree Road Runners were established in 1984, with the
inaugural race September 1985. The Tiptree Half
Marathon & fun run, sponsored by Wilkin & Sons Ltd.

In 1987 it became 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, dedicated to
Sue Baker, a founder member who gave a great deal to
both sport and club before sadly illness overcame her
early in life. As these races become increasingly popular,
the monies raised for local charities also increases, with
£1000 being donated in 2003, for which we thank you all.
We wish all runners good luck on race day and hope you
will support the race for years to come.



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72 Borders Lane,
Loughton, Essex, IG10 3QX
(opp Epping Forest College)

Previous Winners

(Last 7 Years)

Tiptree 10

Men

2003	N. Drane	Felixstowe Road Runners	54m 34s
2002 #	A. Mussett	Colchester Harriers	50m 31s *
2001	(10 mile race cancelled Due to 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 00s

Women

2003	G. Dawson	Basildon A.C.	1 Hr 05m 08s
2002 #	M. Deasy	Colchester & Tendring	1 Hr 00m 24s*
2001	(10 mile race cancelled Due to weather conditions)		
2000	V. Jennings	Ipswich Jaffa	1 Hr 05m 53s
1999	J. Draskau	UEA Sportslink Trojans	1 Hr 03m 45s
1998	E. Newman	Colchester & Tendring	1 Hr 09m 30s
1997	E. Knott	Harwich Runners	1 Hr 15m 00s

Tiptree 5

Men

2003	D. Miller	Woodbridge Shufflers	25m 36s *
2002	Cancelled to accommodate Essex County Championship Race		
2001	R. Jordan	Ipswich Jaffa	27m 12s
2000	W. Tamlyn	Grange Farm Trotters	26m 42s
1999	G. Day	Gt. Bentley R.C.	26m 07s *

Women

2003	M. Deasy	Colchester & Tendring	29m 32s *
2002	Cancelled to accommodate Essex County Championship Race		
2001	M. Deasy	Colchester & Tendring	30m 49s
2000	E. Newman	Colchester & Tendring	30m 41s *
1999	N. Challis	Grange Farm Trotters	32m 40s

*Denotes Course Record

#Denotes Essex County Championship race

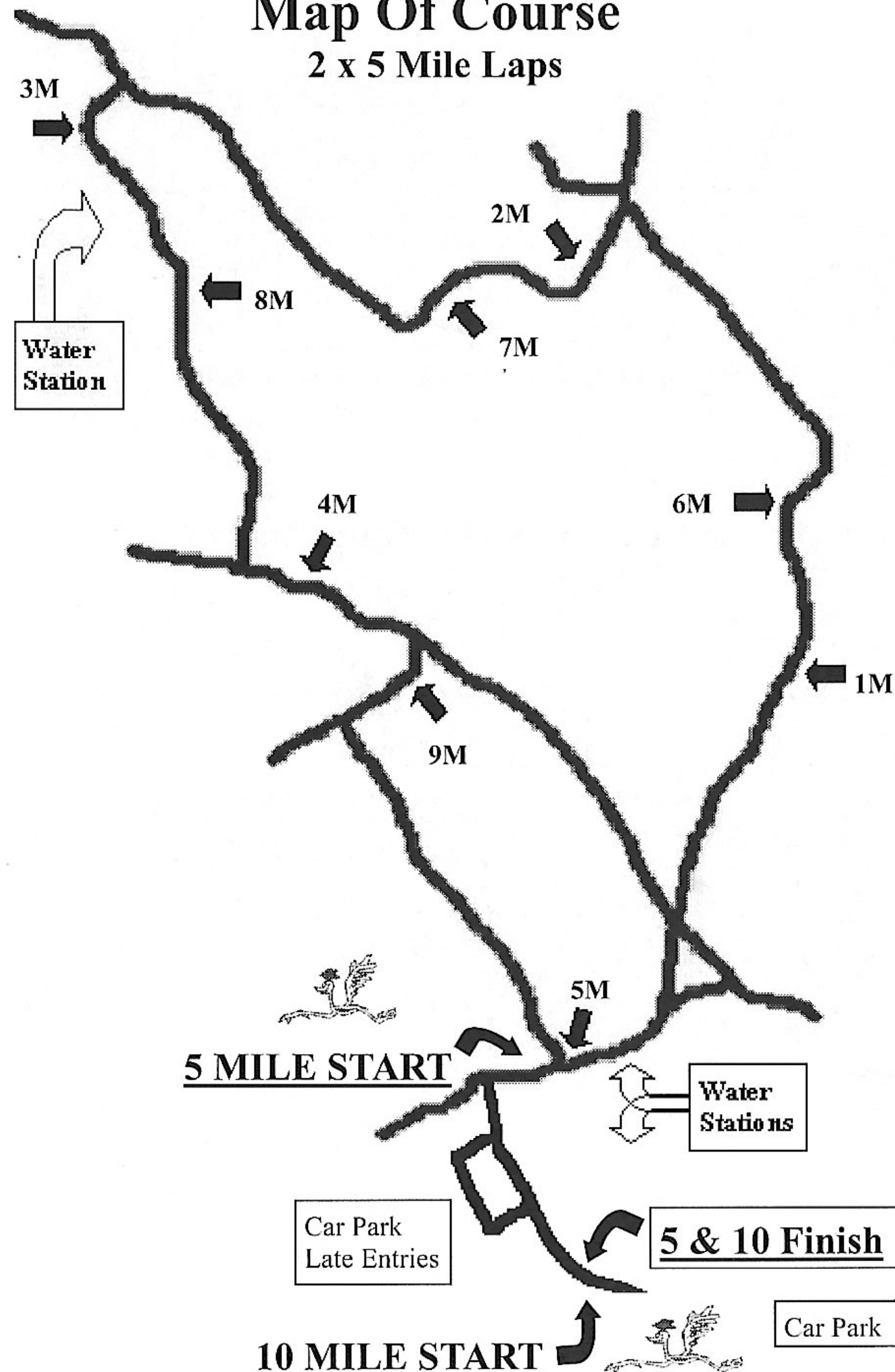
How to Find Us:

From M25:- A12 North to Chelmsford A414 through Maldon/Heybridge B1026 East through Goldhanger then left into Little Totham Rd & right Beckingham St.

From Ipswich:- A12 South To Kelvedon/Feering B1024 left @ B1023 Tiptree Right B1022 left Loamy Hill Road through Little Totham left into Beckingham St.

Map Of Course

2 x 5 Mile Laps





Public House At 5 Mile Water Station



Typical View Of Course Taken At 7 Miles

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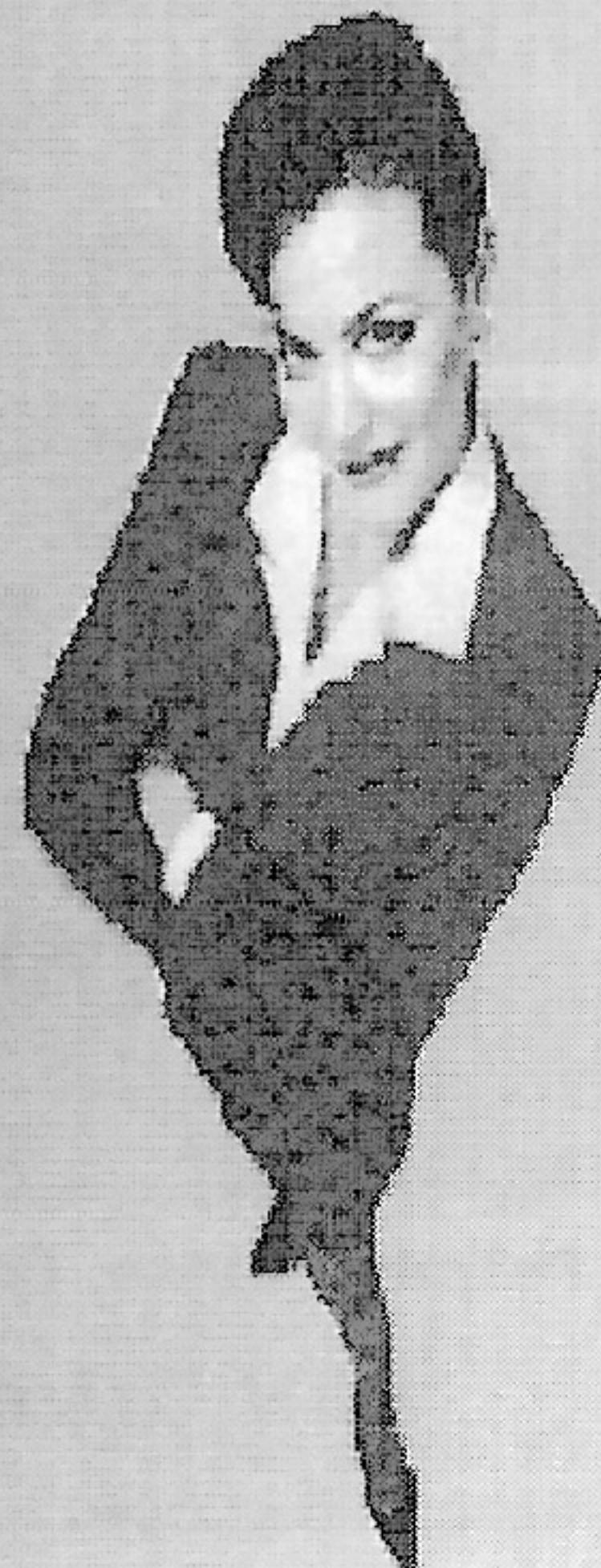
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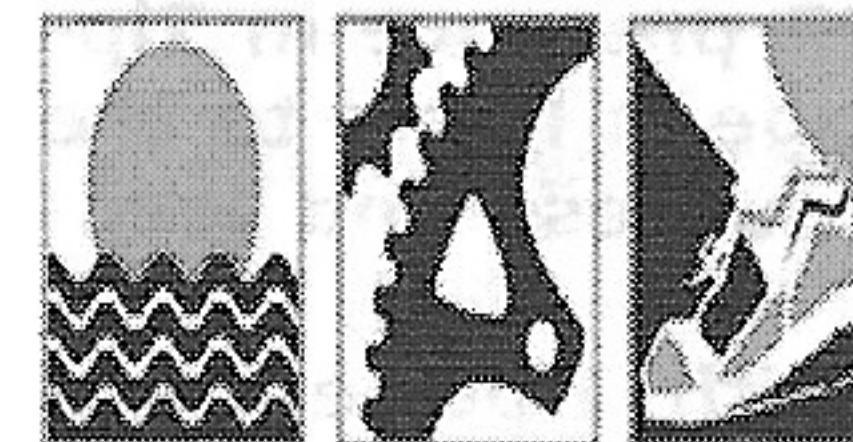
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Fiveways Supermarkets, with its long tradition of supporting local communities, is delighted to Sponsor the Tiptree 10 mile road race again this year.

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 tenth year in succession. Good Luck to all runners from Fiveways Supermarkets, a local business sponsoring local people.

How To Enter

5/10 mile Race Entry Form can be found on the back page. The form must be completed in full and returned by 12th October 2004.

Stamped addressed entries only by post please.

Minimum age of runners is 15 years for 5 mile/16 years for 10 mile.

No refunds will be allowed in the event of any withdrawal from race.

All cheques payable to "Tiptree Road Runners".

Completed entries to:- Race Director, 9 Springhill Close, Gt Bromley, Essex C07 7HU. Enquiries:..... Tel/Fax:- 01206 230068

Entry forms can also be found on our web site:-

www.tiptreeroadrunners.freemove.co.uk

Universal entry forms are acceptable and can be photocopied.

Entries allowed on the day. (arrive in plenty of time/200 on the day in 2003)

No entries after 10.30 a.m.

Results will be published on the web-site or available by post fee @ £1.

Every runner who completes the course will receive a Long Sleeve t-shirt and a day pass for 'Fitness 1st' Colchester.

Subject to availability, goody bags may contain spot prizes.

We hope to have free bananas available to all at the finishers.

In the event that we have less T-Shirt than runners, T-shirts will be forwarded by post free of charge to all those finishers without.

Membership details available on request or via our website

ENJOY THE DAY