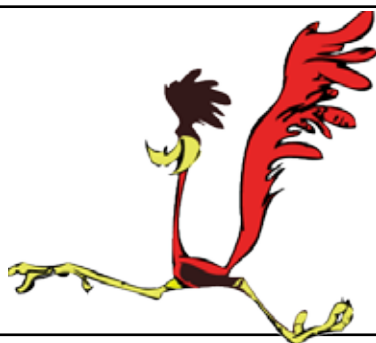


Tiptree 10

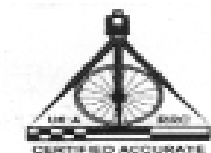
Incorporating the 2009 Essex AAA 10-mile championship

RACE HQ:
Tiptree Sports
Centre
Maypole Road,
Tiptree, Essex
CO5 0EJ



**SUNDAY 11th
OCTOBER, 2009**
10.30 start
*(Please note: There is a
10-minute walk to start)*

10-mile road race on a mostly flat, rural route



British
Association
of Road
Races

- * **Bronze Standard Race**
- * **UKA/RRC certified course measurement: Certificate of course accuracy 05/128r**

* **Race Licence obtained**

- * **Limit of 500 runners: Enter early!**
- * **Early arrival is essential for entries on the day**
- * **No entries on the day for Essex AAA champs**

* **On-line entry available via the website:
www.runnersworld.co.uk**

* **T-shirt and 'goodies bag' for all race finishers**

* **Computerised results service**

* **Course record-holders:**
Adrian Mussett (50:30)
and Margaret Deasy (60:24)

PRIZE LIST: (maximum 1 trophy per runner)

Trophies to 1st, 2nd & 3rd male and females
Trophies to 1st F35, F45 & F55
Trophies to 1st M40, M50 & M60
1st Male team (4 to count)
1st Female team (3 to count)
£100 of vouchers for new course records

Race organised by TIPTREE ROAD RUNNERS

Further information on the special website: **www.tiptree10.org.uk**

Surname.....First name..... Male or female?.....

Address..... Affiliated? (Y/N).....

.....Post code..... Club.....

Date of birth.....Age on race day (minimum permitted is 16):

Telephone.....E-mail..... Fee enclosed.....

* I confirm I am medically fit to run and accept that the organisers are not liable for any loss, damage or injury, however incurred, before, during, or after the event.

Tick this box to be included in the Essex AAA champs race:

Signed.....Date.....

Official use only:

Entry fee: Affiliated club runners £10, Unaffiliated runners £12 (£2 extra on the day)

Please make all cheques payable to: **'TIPTREE ROAD RUNNERS'**. Postal entries closing date is Tuesday 6th October 2009. Send this form, fee and a 7"x10" S.A.E. to:

'Tiptree 10', 47 Godmans Lane, Marks Tey, CO6 1NE.