



TIPTREE 10



SUNDAY 9th OCTOBER, 2011

10.30 start (Please note: There is a 10-minute walk to start)



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

RACE HQ: UKA/RRC certified course measurement: Certificate of course accuracy 05/128r
Tiptree Sports Centre
Maypole Road,
Tiptree, Essex
CO5 0EJ

Under UK Athletics Rules
Race Licence 2011-101994



Limit of 700 runners: Enter early!
Early arrival is essential for entries on the day

On-line entry available via the website:
<http://www.runbritain.com/onlineentry/entry/tiptree-10-1/>

Tiptree 10 is an inclusive race and fully complies with EA inclusion policy

Long Sleeve shirt and 'goodies bag' for all race finishers
Computerised results service
Course record-holders:
Paul Molyneux (50:58)
and Sarah Stradling (61:30)

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.....Date of birth..... Club.....

Age on race day (min is 16):.....Under 18 parental consent.....(sign) **Tick this box to be included in the Essex championship race: []**

Telephone.....E-mail..... **Tick if wheelchair racer: []**

* 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.

Expected time (for start grouping)

Signed.....Date.....Fee enclosed.....

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 4th October 2011. Send this form, fee and a 7"x10" S.A.E. to:
'Tiptree 10', 47 Godmans Lane, Marks Tey, CO6 1NE.

Official use only: