

Tiptree 10

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



**SUNDAY 12th
OCTOBER, 2008**

10.30 start

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

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

* Bronze Standard Race

* UKA/RRC certified course
measurement: Certificate of
course accuracy No.05/128r

* Race Licence No.10960

For further information, visit
the special race website:

<http://www.tiptree10.org.uk/>

* Long-sleeved 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 : (max. one 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 count)

£100 of vouchers for new course records

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

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

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

Telephone..... E-mail.....

Date of birth..... Age on race day (12-10-08)..... Fee enclosed.....

I hereby confirm that 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. Minimum age of entrants is 16 years on race day.

**Entry limit:
500 runners**

(Official use only)

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

Entry fee: Affiliated club runners £8, Unaffiliated runners £10, £2 extra on the day.

Please make all cheques payable to: **'TIPTREE ROAD RUNNERS'**.

(Postal entries closing date is Tuesday 7th October 2008)

NOTE: On-line entry is available via the website <http://www.runnersworld.co.uk/>

Send this form, fee & 7" x 10" SAE to: **Race Director, 33 Kingfisher Way, Kelvedon, Essex CO5 9NS**