

Race Diary 2010

Key

C Part Of Cornish Grand Prix Series
 XC Cross Country
 MT Multi Terrain
 FR Includes Fun Run

March 2010

07	Bath Half-Marathon	Bath	13.1 Miles				Sunday
07	Bideford Half-Marathon	Bideford	13.1 Miles				Sunday
07	Duchy Marathon & 20 Miles	Redruth	26.2 & 20 Miles			C	Sunday
07	Grizzly	Beer, Seaton	20+ Miles	MT			Sunday
10	Winter 3k Series (Starts At 7pm)	Central Park, Plymouth	3k				Wednesday
21	5 Tors Moorland Run	Liskeard	11 Miles	XC			Sunday
21	Mad March Hare 10k	Plympton	10k				Sunday
21	Westward League Cross Country	Redruth		XC			Sunday
28	An Resek Hellys	Helston	10.5 Miles	MT	FR	C	Sunday
28	Teignbridge 10	Newton Abbot	10 Miles				Sunday

April 2010

04	Penzance Easter Triathlon (Swim / Bike / Run)	Penzance	400m / 15.5m / 4m				Sunday
04	Whitemoor 10k	Near Roche, Cornwall	10k				Sunday
05	Bampton to Tiverton	Bampton	7+ Miles				Monday
11	Taunton Marathon & ½M	Taunton	26.2 & 13.1 Miles	FR			Sunday
18	Tavy 13	Tavistock	13.1 Miles				Sunday
25	Arlington Court Cantor	Barnstaple	10k	XC	FR		Sunday
25	London Marathon	London	26.2 Miles				Sunday

May 2010

02	Great West Run	Exeter	13.1 Miles		FR		Sunday
02	Saltash Half-Marathon	Saltash	13.1 Miles		FR		Sunday
07	Torrington Round The Tree	Torrington	3 Miles	MT			Friday
09	The Exterminator	Paignton, Devon	10k	MT	FR		Sunday
09	Trevornick 10	Holywell Bay (Nr. Newquay)	10 Miles	MT		C	Sunday
15	Ivybridge 10k	Ivybridge	10k				Saturday
16	Bideford 10k	Bideford	10k				Sunday
16	Boconnoc 5	Boconnoc Estate Cornwall	5 Miles	MT	FR		Sunday
22	Saltash Aquathlon (Swim / Run)	Saltash	500m / 5k		FR		Saturday
23	Crediton Crunch	Crediton	10k	MT			Sunday
29	Jubilee Pool Aquathlon (Swim / Run)	Penzance	200m / 2 Miles				Saturday
30	Plymouth Half-Marathon	Plymouth	13.1 Miles		FR		Sunday

June 2010

03	Dawlish Coastal Dash	Dawlish	4 Miles		FR		Thursday
05	Dartmoor Discovery	Princetown	34.1 Miles				Saturday
05	Saltram 5k	Saltram, Plymouth	5k		FR		Saturday
08	Cubert 5	Cubert (Nr. Newquay)	5 Miles		FR	C	Tuesday
12	Bampton 10k	Bampton	10k		FR		Saturday
13	Plym Valley Challenge	Marjons, Plymouth	9 Miles Approx.	MT	MT		Sunday
13	Ruby Run Half Marathon	Holsworthy	13.1 Miles				Sunday
16	Bude Lifeboat Run	Bude, Cornwall	6 Miles	MT	FR		Wednesday
18	Albaston Relays	Albaston	2 - 4 Miles				Friday
19	Sticker 5	St Austell	5 Miles		FR	C	Saturday
23	The New Max	Truro	Approx. 10k	MT			Wednesday
26	Killerton Kanter	Nr Exeter	10k	XC			Saturday
27	North Devon Marathon & Half Marathon	Woolacombe, Devon	26.2 & 13.1 Miles	MT			Sunday
27	Lanhydrock Run	Lanhydrock, Cornwall	10 Miles	MT			Sunday
30	Jubilee Pool Aquathlon (Swim / Run)	Penzance	200m / 2 Miles				Wednesday

July 2010

04	Bovey Tracey Half Marathon	Bovey Tracy	13.1 Miles				Sunday
04	Launceston Half-Marathon	Launceston	13.1 Miles		FR	C	Sunday
09	Erme Valley Relays	Ivybridge	4 X 2.5 Miles				Friday
10	Duckponds Run	Oreston, Plymouth	7k		FR		Saturday
11	Penzance Junior Aquathlon (Swim / Run)	Penzance	Varies				Sunday
15	Summer Turkey Trot	Redruth	4 Miles		FR	C	Thursday
15	Tavy Town Relay	Tavistock	4 X 1.1 Miles				Thursday
16	Chudleigh Carnival 6 Road Race	Nr Newton Abbot	6 Miles				Friday
17	Haytor Heller	Bovey Tracy	6 Miles	XC			Saturday
18	The Magnificent Seven	Saltash	7 Miles		FR	C	Sunday
22	Kingsbridge 10k	Kingsbridge	10k				Thursday
24	Tywardreath Trotter	Near Par	6.5 Miles	MT	FR		Saturday
25	6 Moor Miles	Yelverton, Devon	6 Miles	XC			Sunday
28	Jubilee Pool Aquathlon (Swim / Run)	Penzance	200m / 2 Miles				Wednesday

August 2010

01	Indian Queens Half-Marathon	Indian Queens	13.1 Miles		FR	C	Sunday
01	Totnes 10k	Totnes	10k				Sunday
07	Cornwood Challenge	Cornwood, Devon	10k		FR		Saturday
09	Sidmouth Festival Run	Sidmouth	10k				Monday
13	St. Levan 10k	Penzance	10k		FR		Friday
14	Sticklepath Horseshoe Fell Run	Okehampton	9.6 Miles	XC			Saturday
21	Jurrassic Coast	Budleigh Salterton	10k	MT			Saturday
22	Torbay Royal Regatta 10k	Torquay	10k				Sunday
25	Jubilee Pool Aquathlon (Swim / Run)	Penzance	200m / 2 Miles				Wednesday
27	Forest Flyer	Haldon Forest Park	5 Miles	MT			Friday
28	Dartmouth Regatta Road Races	Dartmouth	5.1 Miles		FR		Saturday

September 2010

04	Saltram 5k	Saltram, Plymouth	5k		FR		Saturday
05	Dartmoor Dash	Princetown	5 Miles	XC	FR		#Ref!
05	Treggy 7	Launceston	7 Miles			C	Sunday
12	Ivybridge Beacon Challenge	Ivybridge	7.5 Miles	XC			Sunday
12	Probus 10k	Probus, Cornwall	10k				Sunday
12	Torrington Back In 5	Torrington	5 Miles				Sunday
19	Denes Doone Run	Lynton	11.4 Miles	MT	FR		Sunday
19	Great North Run	Newcastle	13.1 Miles				Sunday
19	Newton Abbot Ladies 10k	Newton Abbot	10k		FR		Sunday
19	Truro Half-Marathon	Truro	13.1 Miles		FR	C	Sunday
26	Musbury Castle Challenge	Nr Axminster	7 Miles	MT	FR		Sunday
26	Taunton 10k	Taunton	10k				Sunday

October 2010

03	Bideford 10 Mile	Bideford	10 Miles				Sunday
03	Churston Flyer	Brixham	5 Miles				Sunday
03	Newquay 10k	Newquay	10k		FR	C	Sunday
10	Eden Marathon (& Half Marathon)	Nr. St. Austell	13.1 & 26.2 Miles				Sunday
10	Teign Valley Toddle	Christow	10+ Miles				Sunday
17	Dartmoor Vale Half & Full Marathon & 10k	Newton Abbot	6.2, 13.1, 26.2 Miles		FR		Sunday
24	Great South Run	Portsmouth	10 Miles				Sunday
24	The 'Eller	Millbrook, Cornwall	10 Miles				Sunday
30	Sourton Scramble	Okehampton	6 Miles	MT			Saturday

November 2010

06	Templer 10	Newton Abbot	10 Miles				Saturday
14	Drogo 10	Castle Drogo	10 Miles	XC			Sunday
14	St. Michaels Mount Remembrance Run	Marazion	4.2 Miles (Approx)	MT			Sunday
14	Tavy 7	Tavistock	7 Miles		FR		Sunday
21	Cornish Marathon	Pensilva, Cornwall	26.2 Miles		FR	C	Sunday
28	Bicton Bliester	Bicton, Devon	11 Miles	MT			Sunday
28	Cornwall Mob Match	Falmouth	5 Miles				Sunday

December 2010

05	Cockington Christmas Caper	Cockington, Torquay	7 Miles	MT			Sunday
13	Santa's Christmas Pud Run	Saltram, Plymouth	5k				Monday
20	Torrington Christmas Caper	Torrington	7 Miles	MT			Monday
26	Jingle Bell Jog	Burrator	5 Miles				Sunday