

C = Part of Cornish Grand Prix Series

XC = CROSS COUNTRY

MT = MULTI TERRAIN

FR = INCLUDES FUN RUN

## APRIL 2009

05 PENRYN FUN RUN	PENRYN	5k			Sunday
05 TAUNTON MARATHON & ½M	TAUNTON	26.2 & 13.1 miles	FR		Sunday
05 TREVORNICK TROT	HOLYWELL BAY (Nr. NEWQUAY)	10 miles	MT	C	Sunday
12 PENZANCE EASTER TRIATHLON (Swim / Bike / Run)	PENZANCE	400m / 15.5M / 4M			Sunday
26 EXETER MIDDLEMOOR AQUATHLON (swim / run)	EXETER	600m / 5k		Juniors	Sunday
26 LONDON MARATHON	LONDON	26.2 miles			Sunday
26 TRESKO MARATHON	SCILLY ISLES	26.2 miles			Sunday

## MAY 2009

03 GREAT WEST RUN	EXETER	13.1 miles		FR	Sunday
03 SALTASH HALF-MARATHON	SALTASH	13.1 miles		FR	Sunday
04 KERNOW MAY 5 MILER	LAUNCESTON	5 miles			Bank Holiday Monday
09 IVYBRIDGE 10k	IVYBRIDGE	10k			Saturday Evening
10 EXE VALLEY TRIATHLON (swim / bike / run)	TIVERTON	400m / 25k / 5k			Sunday
10 WHITEMOOR 10k	Near ROCHE, CORNWALL	10k			Sunday
17 BIDEFORD 10K	BIDEFORD	10k			Sunday
17 BOCONNOC 5	BOCONNOC ESTATE CORNWALL	5 miles		MT	Sunday
23 JUBILEE POOL OPENING AQUATHLON (Swim / Run)	PENZANCE	200m / 2 miles			Saturday
24 PLYMOUTH HALF-MARATHON	PLYMOUTH	13.1 miles		FR	Sunday
30 SALTASH AQUATHLON (swim / run)	SALTASH	500m / 5k		FR	Saturday Afternoon

## JUNE 2009

02 CUBERT 5	CUBERT (Nr. NEWQUAY)	5 miles		FR	C	Tuesday Evening
06 DARTMOOR DISCOVERY	PRINCETOWN	34.1 miles				Saturday
06 PLYMOUTH COASTERS 5k	SALTRAM, PLYMOUTH	5k		FR		Saturday Evening
07 SANDYBAY TO EXMOUTH BEACH RACE	EXMOUTH			MT		Sunday
14 PLYM VALLEY CHALLENGE	MARJONS, PLYMOUTH	9 miles Approx.		MT	MT	Sunday
20 MID-SUMMER DREAM RUN	SEATON	19 miles		MT		Saturday Afternoon
20 STICKER 5	St AUSTELL	5 miles		FR	C	Saturday Evening
21 TORBAY HALF-MARATHON	TORBAY	13.1 miles		FR		Sunday
24 JUBILEE POOL EVENING AQUATHLON (Swim / Run)	PENZANCE	200m / 2 miles				Wednesday Evening
27 KILLERTON KANTER	Nr EXETER	10k		XC		Saturday Evening

## JULY 2009

03 ERME VALLEY RELAYS	IVYBRIDGE	4 x 2.5 miles				Friday Evening
05 LAUNCESTON HALF-MARATHON	LAUNCESTON	13.1 miles		FR	C	Sunday
11 DUCKPONDS RUN	ORESTON, PLYMOUTH	7k		FR		Saturday Evening
12 PENZANCE CHILDREN'S AQUATHLON (Swim / Run)	PENZANCE	Varies				Sunday
15 SUMMER TURKEY TROT	REDRUTH	4 miles		FR	C	Wednesday Evening
17 CHUDLEIGH CARNIVAL 6 ROAD RACE	Nr NEWTON ABBOT	6 miles				Friday Evening
19 HAYTOR HELLER	BOVEY TRACY	6 miles		XC		Sunday
19 THE MAGNIFICENT SEVEN	SALTASH	7 miles		FR	C	Sunday
26 6 MOOR MILES	YELVERTON, DEVON	6 miles		XC		Sunday
29 JUBILEE POOL EVENING AQUATHLON (Swim / Run)	PENZANCE	200m / 2 miles				Wednesday Evening

## AUGUST 2009

02 INDIAN QUEENS HALF-MARATHON	INDIAN QUEENS	13.1 miles		FR	C	Sunday
02 TOTNES 10k	TOTNES	10k				Sunday
08 CORNWOOD CHALLENGE	CORNWOOD, DEVON	10k		FR		Saturday Evening
14 St. LEVAN 10K	PENZANCE	10k		FR		Friday Evening
26 JUBILEE POOL EVENING AQUATHLON (Swim / Run)	PENZANCE	200m / 2 miles				Wednesday Evening

## SEPTEMBER 2009

06 BRISTOL HALF-MARATHON	BRISTOL	13.1 miles				Sunday
06 TREGGY 7	LAUNCESTON	7 miles			C	Sunday
12 TREVOR HORNE MEMORIAL RACE	SALTRAM, PLYMOUTH	5k		MT	FR	Saturday Evening
13 IVYBRIDGE BEACON CHALLENGE	IVYBRIDGE	7.5 miles		XC		Sunday
20 NEWTON ABBOT LADIES 10k	NEWTON ABBOT	10k		FR		Sunday
20 TRURO HALF-MARATHON	TRURO	13.1 miles		FR	C	Sunday
27 NEW FOREST MARATHON & ½M	HAMPSHIRE	26.2 & 13.1				Sunday

## OCTOBER 2009

04 NEWQUAY 10k	NEWQUAY	10k		FR	C	Sunday
11 MARATHON OF EDEN (& HALF MARATHON)	Nr. ST. AUSTELL	13.1 & 26.2 miles				Sunday

## NOVEMBER 2009

01 TEMPLER 10	NEWTON ABBOT	10 miles				Sunday
08 St. MICHAELS MOUNT REMEMBRANCE RUN	MARAZION	4 miles (approx)		MT		Sunday
15 CORNISH MARATHON	PENSILVA, CORNWALL	26.2 miles		FR	C	Sunday
29 BICTON BLISTER	BICTON, DEVON	11 miles		MT		Sunday