

2008

CORNWALL (AND SOME DEVON!) RUNNING, CYCLING AND SWIMMING EVENTS

KEY:

Running Events	Multi-Sport Events	Cycling Events
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Date	Event	Venue	Type of Event	Contact
Thursday January 1 st	Brown Willey Run	Jamaica Inn, Bodmin Moor	Multi Terrain Run (6 miles)	
Sunday January 4 th	Plympton 10K	Plympton	Road Run (10 km)	www.tamartrotters.co.uk
Sunday January 11 th	Oh My Obelisk	Dawlish	Multi-Terrain Run (10 miles)	www.dawlishcoasters.co.uk
Sunday January 18 th	Soggy Bottom Series Round 2	Newnham Park, Plymouth	Mountain Bike Race (11km-27.5km)	www.xcracer.com
Sunday January 18 th	First Chance 10K	Exeter	Road Run (10 km)	Entry Forms available from: www.teignbridgetrotters.co.uk
Sunday January 18 th	Blaythorne 10	Camborne	Road Run (10 miles)	www.carnrunners.co.uk
Sunday January 18 th	Accelerace Dart Winter Trail Run	River Dart Country Park	Trail Run (14 miles)	www.accelerace.co.uk
Sunday February 1 st	Mounts Bay 10K	Marazion	Road Run (10 km)	www.haylerunners.co.uk
Sunday February 1 st	Fulfords 5	Exmouth	Road Run (5 miles)	Entry Forms available from: www.tamartrotters.co.uk
Sunday February 15 th	Plymouth Hoe 10	Brickfields, Devonport	Road Run (10 miles)	www.tamartrotters.co.uk
Sunday February 15 th	Stinger	Newnham Park, Plymouth	Off Road Run/Bike/Run (5km/20km/3km)	www.xcracer.com
Sunday March 15 th	Soggy Bottom Series Round 3	Newnham Park, Plymouth	Mountain Bike Race (11km-27.5km)	www.xcracer.com
Saturday February 21 st	Coastal Trail Series Stage 3 – South Devon	Beesands, Nr Kingsbridge	Multi-Terrain Run (10km/Half & Full Marathon)	www.endurancelife.com
Sunday February 22 nd	Dawlish Aquathlon	Dawlish	Swim (P)/Run (300m/5km & 600m/5km)	www.exetertri.co.uk
Sunday February 22 nd	Meldon Hill Race	Meldon Reservoir, Okehampton	Off Road Run (14 miles/9 miles/5 miles)	Entry Forms available from: www.tamartrotters.co.uk
Sunday March 1 st	Bideford Half Marathon	Bideford	Road Run (13.1 miles)	www.bidefordaac.co.uk
Sunday March 1 st	St Austell Wheelers Sporting TT S6/18S	Tresillian	Cycle Time Trial (18 miles) <i>Hardshell helmets compulsory</i>	www.cyclingtimetrials.org.uk
Sunday March 8 th	Duchy Marathon & 20 Miles	Redruth	Road Run (Marathon & 20 miles)	www.duchymarathon.org.uk
Sunday March 15 th	Mad March Hare 10K	Plympton	Road Run (10 km)	Info. at: www.tamartrotters.co.uk
Sunday March 15 th	Exmouth Aquathlon	Exmouth	Swim (P)/Run (300m/5km & 600m/5km)	www.exetertri.co.uk
Sunday March 22 nd	5 Tors Moorland Run	Liskeard	Cross Country Run (11 miles)	Info. at: www.tamartrotters.co.uk
Saturday March 28 th	Camel Valley C.C. Sporting TT S6/10 (1 of 2)	Tresillian	Cycle Time Trial (10 miles) <i>Hardshell helmets compulsory</i>	www.cyclingtimetrials.org.uk
Sunday March 29 th	An Resek Hellys	Helston	Multi Terrain Run (1 miles)	www.anresekellys.org.uk
Sunday March 29 th	Great West Teignbridge Ten	Kingsteignton	Road Run (10 miles)	www.teignbridgetrotters.co.uk

Saturday April 4 th	Coastal Trail Series Stage 6 – Cornwall	Cape Cornwall, St Just	Multi-Terrain Run (10km/Half & Full Marathon)	www.endurancelife.com
Saturday April 4 th	Camel Valley C.C. Sporting TT S6/10 (2 of 2)	Tresillian	Cycle Time Trial (10 miles) <i>Hardshell helmets compulsory</i>	www.cyclingtimetrials.org.uk
Sunday April 5 th	Trevorrick 10	Trevorrick, Nr Newquay	Off Road Run (10 miles)	www.newquayroadrunners.co.uk
Sunday April 5 th	Penryn Fun Run	Penryn	Road Run (5 km)	
Sunday April 5 th	Devon & Cornwall Police CC Sporting TT (inc SW DC Sporting Champs)	Leedstown	Cycle Time Trial (30 miles) <i>Hardshell helmets compulsory</i>	www.cyclingtimetrials.org.uk
Sunday April 5 th	A Bunny Hop & A Cornish 100	Falmouth	Audax Cycle Ride (50km/103km)	www.audaxkernow.co.uk
Sunday April 12 th	St Austell Wheelers Sporting TT S101/10		Cycle Time Trial (10 miles) <i>Hardshell helmets compulsory</i>	www.cyclingtimetrials.org.uk
Sunday April 12 th	Penzance Triathlon	Penzance	Swim (P)/Bike/Run (400m/15.5 miles/4 miles)	www.mountsbayharriers.co.uk
Saturday & Sunday April 18 th & 19 th	Shelter Box Challenge	Dartmoor	Cross Country Challenge	www.shelterbox.org
Sunday April 19 th	North Cornwall "Tor"	Dragon Leisure Centre, Bodmin	Cycle Sportif (100 miles/62 miles)	www.northcornwalltor.co.uk
Saturday April 25 th	Plymouth Corinthian C.C. TT S4/10	Buckfastleigh	Cycle Time Trial (10 miles)	www.cyclingtimetrials.org.uk www.plymouthcorinthiancc.com
Saturday April 25 th	Penzance Wheelers Criterium 1 (Closed Circuit)	Portreath	Cycle Race (Various Categories)	www.britishcycling.org.uk
Sunday April 26 th	Exeter Middlemoor Aquathlon	Middlemoor Police HQ	Swim/Run (50m–600m/600m-5km)	www.exetertri.co.uk
Sunday April 26 th	Tresco Marathon	Isles of Scilly	Road Run (Marathon)	www.tresco.co.uk
Thursday April 30 th	Penzance Wheelers Sporting TT S45/19S	Leedstown	Cycle Time Trial (19 miles) <i>Hardshell helmets compulsory</i>	www.cyclingtimetrials.org.uk
Saturday May 2 nd	Torbay Young Persons Triathlon	Torbay	Swim (P)/Bike/Run (Distances unknown)	www.torbayaac.co.uk
Sunday May 3 rd	Camel Valley C. & T.C. TT S100/10		Cycle Time Trial (10 miles) <i>Hardshell helmets compulsory</i>	www.cyclingtimetrials.org.uk
Sunday May 3 rd	Great West Run	Exeter Arena	Road Run (Half Marathon)	www.thegreatwestrun.co.uk
Sunday May 3 rd	Saltash Half Marathon	Saltash	Road Run (Half Marathon)	www.tamartrotters.co.uk
Monday May 4 th	Kernow May 5 Miler	Launceston	Road Run (5 miles)	
Saturday May 9 th	Coastal Trail Series Stage 7 – Exmoor	Perracombe, North Devon	Multi-Terrain Run (10km/Half & Full Marathon)	www.endurancelife.com
Saturday May 9 th	Ivybridge 10K	Ivybridge	Road Run (10 km)	www.evh.5u.com
Sunday May 10 th	Whitemoor 10K	Roche	Run	
Sunday May 10 th	St Austell Wheelers C.C. TT S101/25		Cycle Time Trial (25 miles) <i>Hardshell helmets compulsory</i>	www.cyclingtimetrials.org.uk

Sunday May 10 th	Exe Valley Triathlon	Exe Valley	Swim (P)/Bike/Run (200m/20km/3km & 400m/24km/5km)	www.exetertri.co.uk
Saturday May 16 th	Penzance Wheelers Criterium 2 (Closed Circuit)	Portreath	Cycle Race (Various Categories)	www.britishcycling.org.uk
Saturday May 16 th	Trail Cross	Flete Estate, Nr Plymouth	Cycling, Swimming, Running & Kayaking (Varying Distances)	www.endurancelife.co.uk
Sunday May 17 th	Bideford 10K	Bideford	Road Run (10 km)	www.bidefordaac.co.uk
Sunday May 17 th	Plymouth Corinthian CC Sporting 2 up TT S3/13S	Ermington	Cycle Time Trial (13 miles)	www.cyclingtimetrials.org.uk
Sunday May 17 th	Boconnoc Multi Terrain	Boconnoc Estate, Lostwithiel	Multi Terrain Run (5 miles)	
Sunday May 17 th	Coast Raid 5 & 8	Flete Estate, Nr Plymouth	Mountain Biking, Trail Running, Kayaking, Navigation, Coasteering (Varying Distances)	www.endurancelife.co.uk
Saturday May 23 rd	Penzance Aquathlon (Race 1)	Jubilee Pool, Penzance	Swim/Run (200m/2miles)	www.mountsbayharriers.co.uk
Sunday May 24 th	Camel Valley C. & T.C. TT S103/10		Cycle Time Trial (10 miles)	www.cyclingtimetrials.org.uk
Sunday May 24 th	Plymouth Half Marathon	Plymouth	Road Run (Half Marathon)	www.plymouthhalfmarathon.co.uk
Saturday May 30 th	Saltash Aquathlon	Saltash	Swim (P)/Run (500m/3 miles)	www.tamartrotters.co.uk
Sunday May 31 st	Hayle Middle Distance Triathlon	Marazion	Swim (OW)/Bike/Run (1.9km/80km/20km)	www.hayletri.co.uk
Sunday May 31 st	St Budeaux C.C. Sporting TT S46/16S	Golberdon	Cycle Time Trial (16 miles) <i>Hardshell helmets compulsory</i>	www.cyclingtimetrials.org.uk
May	Newquay Adventure Race	Lusty Glaze	Mountain Biking/Running/Surf Ski Paddling/Cliff Climbing/River Crossing/Assault Course (Various distances including 30km biking and 10km running)	www.votwo.co.uk
May	Captain Nick Memorial & The Hidden Lanes	St Agnes	Audax Cycle Ride (211km/109km/55km)	www.audaxkernow.co.uk
May	Kit Hill Run	Callington	Multi Terrain Run (5 miles)	Info. at: www.tamartrotters.co.uk
Tuesday June 2 nd	Cubert 5	Cubert, Nr Newquay	Road Run (5 miles)	www.newquayroadrunners.co.uk
Saturday June 6 th	Dartmoor Discovery	Princetown	Road Run (34.1 miles)	Entry Forms available at: www.tamartrotters.co.uk
Sunday June 7 th	Helston Triathlon	Helston	Swim (P)/Bike/Run (400m/12 miles/5km)	www.kerrier.gov.uk/leisure
Sunday June 7 th	Exeter University Aquathlon	Streatham Campus, Exeter	Swim (P)/Run 400m/5km	www.sport.ex.ac.uk
Sunday June 7 th	Truro C.C. TT S100/25		Cycle Time Trial (25 miles)	www.cyclingtimetrials.org.uk www.trurocyclingclub.org.uk
Saturday June 13 th	Penzance Wheelers Criterium 3 (Closed Circuit)	Portreath	Cycle Race (Various Categories)	www.britishcycling.org.uk
Saturday & Sunday June 13 th & 14 th	Dartmoor Mountain Marathon	Princetown, Dartmoor	Off Road Run (Varying Distances)	www.endurancelife.co.uk
Saturday & Sunday June 13 th & 14 th	Dartmoor Trail Quest	Princetown, Dartmoor	Off Road Cycle (Varying Distances)	www.endurancelife.co.uk

Sunday June 14 th	Camel Valley C. & T.C. TT S100/50 (incl. RN & RMCA cycle champs)		Cycle Time Trial (50 miles)	www.cyclingtimetrials.org.uk
Sunday June 14 th	St Ives Bay Triathlon Sprint & Standard	Carbis Bay	Swim (OW)/Bike/Run (1500m/40km/10km) Swim (OW)/Bike/Run (750/20km/5km)	www.votwo.co.uk
Wednesday June 17 th	Penzance Wheelers TT S37/10	Penzance	Cycle Time Trial (10 miles)	www.pzwheelers.co.uk
Saturday June 20 th	Sticker 5	Sticker	Road Run (5 miles)	www.newquayroadrunners.co.uk
Saturday June 20 th	Bude Triathlon	Bude	Swim (OW)/Bike/Run (500m/11.5 miles/3.5 miles)	www.shorelineactivities.co.uk www.earplugs-direct.co.uk
Sunday June 21 st	Plymouth Corinthian C.C. S4/50	Plymouth	Cycle Road Race (50 miles)	www.plymouthcorinthiancc.com
Sunday June 21 st	Athelstans Round & Camel Trail Super Plus & Plus	Trethurgy, Nr. St Austell	Audax Cycle Ride (152km – on road) (88km/63km – off road)	www.audaxkernow.co.uk
Sunday June 21 st	Torbay Half Marathon	Torbay	Road Run (Half Marathon)	www.torbayhalfmarathon.co.uk
Wednesday June 24 th	Penzance Aquathlon (Race 2)	Jubilee Pool, Penzance	Swim/Run (200m/2miles)	www.mountsbayharriers.co.uk
Saturday June 27 th	Exeter Wheelers Circuit Races Closed Circuit	Kingsteignton	Cycle Race (Various Categories)	www.britishcycling.org.uk
Sunday June 28 th	Dartmoor Classic Sportif	Newton Abbot	Cycle Sportif – Road (99 miles)	www.dartmoorclassic.co.uk
June TBC	Race for Life	Falmouth	Road Run (5 km)	www.raceforlife.org
June TBC	Race for life	Penzance	Run (5 km)	www.raceforlife.org
June TBC	Race for Life	Plymouth Hoe	Run (5 km)	www.raceforlife.org
June TBC	Race For Life	Eden	Run (5km)	www.raceforlife.org
June	Manor Hotel 10K	Exmouth	Run (10km)	
June	Ruby Run	Holsworthy	Road Run (Half Marathon)	
June	Sam Penny Scenic Challenge 6	Plymouth	Multi Terrain Run (10 km)	
June	St Ives Biathlon	St Ives	Run/Swim (OW) (1.5 miles/1.5 miles)	www.stivesslsc.co.uk
Saturday July 4 th	Tour of Exmoor	Porlock	Cycle Sportif – Road (85 miles/103 miles)	www.tourofexmoor.com
Saturday July 4 th	Penzance Wheelers Criterium 4 (Closed Circuit)	Portreath	Cycle Race (Various Categories)	www.britishcycling.org.uk
Sunday July 5 th	Launceston Half Marathon	Launceston	Road Run (Half Marathon)	
Sunday July 5 th	St Budeaux CC Sporting TT S46/16S	Golberdon	Cycle Time Trial (16 miles)	www.cyclingtimetrials.org.uk
Saturday July 11 th	Duckponds Run	Oreston, Plymouth	Road Run (7 km)	
Sunday July 12 th	Camel Valley C & TC TT S100/25		Cycle Time Trial (25 miles)	www.cyclingtimetrials.org.uk
Sunday July 12 th	Penzance Junior Aquathlon (Ages 8-16)	Penzance	Swim (P)/Run (50m-300m/600m- 3000m)	www.mountsbayharriers.co.uk
Sunday July 12 th	Plymouth Standard Distance Triathlon	Plymouth	Swim(OW)/Bike/Run (1500m/40km/10km)	www.plymouthtriclub.co.uk
Sunday July 12 th	Plymouth Childrens Open Water Aquathlon	Plymouth	Swim(OW)/Run (Distances unknown)	www.plymouthtriclub.co.uk

Wednesday July 15 th	Chivenor Circuit Series Race 1 (Closed Circuit)	Chivenor	Cycle Race (Various Categories)	www.southwesttraining.zoomshare.com
Wednesday July 15 th	Summer Turkey Trot	Redruth	Road Run (4 miles)	www.cornwallac.co.uk
Thursday July 16 th	One & All CC Sporting TT S37/10		Cycle Time Trial (10 miles)	www.cyclingtimetrials.org.uk
Friday July 17 th	Chudleigh Carnival 6	Chudleigh, Nr Newton Abbott	Road Run (6 miles)	Info. at: www.tamartrotters.co.uk
Sunday July 19 th	The Magnificent Seven	Saltash	Road Run (7 miles)	www.tamartrotters.co.uk
Sunday July 19 th	Haytor Heller	Bovey Tracey	Off Road Run (6 miles)	www.teignbridgetrotters.co.uk
Sunday July 19 th	St Budeaux C.C. Sporting TT S46/16S	Golberdon	Cycle Time Trial (16 miles) <i>Hardshell helmets compulsory</i>	www.cyclingtimetrials.org.uk
Saturday July 25 th	Tywardreath Trotter	Nr. Par	Multi Terrain Run	www.cornish-riviera.co.uk/trotter/trotter
Saturday July 25 th	Plymouth Corinthian CC S4/10		Cycle Time Trial (10 miles)	www.cyclingtimetrials.org.uk
Sunday July 26 th	6 Moor Miles	Yelverton	Off Road Run (6 miles)	Info. at: www.tamartrotters.co.uk
Sunday July 26 th	Hayle Standard Distance Triathlon	Hayle	Swim (OW)/Bike/Run (1500m/40km/10km)	www.hayletri.co.uk
Sunday July 26 th	The Granite and Serpentine Way, The Lizard Loop & Rosie Ride	Carnon Downs, Nr. Truro	Audax Cycle Ride (163km/103km/54km)	www.audaxkernow.co.uk
Wednesday July 29 th	Chivenor Circuit Series Race 2 (Closed Circuit)	Chivenor	Cycle Race (Various Categories)	www.southwesttraining.zoomshare.com
Wednesday July 29 th	Penzance Aquathlon (Race 3)	Jubilee Pool, Penzance	Swim/Run (200m/2miles)	www.mountsbayharriers.co.uk
July	Mylor Tri	Mylor	Swim (OW)/Bike/Run (Sprint)	Info. at: www.tri-cornwall.org.uk
July	Mines & Mineral Railways	Carharrack	Audax Cycle Ride Off Road – 67km On Road – 69km	www.audaxkernow.co.uk
July TBC	Race for Life	Truro	Run (5 km)	www.raceforlife.org
July TBC	Race for Life	Truro	Run (5 km)	www.raceforlife.org
Saturday August 1 st	Charlestown Tri	Charlestown	Swim(OW)/Bike/Run 200m/3miles/2miles	Info. at: www.tri-cornwall.org.uk
Sunday August 2 nd	Indian Queens Half Marathon	Indian Queens	Road Run (Half Marathon)	www.newquayroadrunners.co.uk
Sunday August 2 nd	Totnes 10K	Totnes	Road Run (10km)	www.teignbridgetrotters.co.uk
Sunday August 2 nd	Exmoor Explorer	Exmoor	Off Road Cycle (25 miles/35 miles)	www.exmoorexplorer.co.uk
Sunday August 2 nd	St Austell Wheelers TT S6/10	Tresillian	Cycle Time Trial (10 miles) <i>Hardshell helmets compulsory</i>	www.cyclingtimetrials.org.uk
Wednesday August 5 th	Chivenor Circuit Series Race 3 (Closed Circuit)	Chivenor	Cycle Race (Various Categories)	www.southwesttraining.zoomshare.com
Saturday August 8 th	Jeremiah's Journey Trail Run	Plymouth	Cross Country Run (5 miles)	
Saturday August 8 th	Cornwood Challenge	Cornwood, Devon	Run (10km)	
Sunday August 9 th	Celtic Coastal & Canter	Long Rock, Nr. Penzance	Audax Cycle Ride (100km/54km)	www.audaxkernow.co.uk
Sunday August 9 th	Plymouth Corinthian C.C. S4/25	Buckfastleigh	Cycle Time Trial (25 miles)	www.cyclingtimetrials.org.uk

Friday August 14 th	Paignton Regatta Circuit Races (Closed Circuit)	Paignton	Road Cycle (25 miles)	www.mdcc.org.uk
Friday August 14 th	St Levan 10K	St Levan, Nr Penzance	Road Run (10 km)	www.stlevan10k.co.uk
Sunday August 23 rd	Hayle Sprint Triathlon	Hayle	Swim (OW)/Bike/Run (750m/20km/5km)	www.hayletri.co.uk
Sunday August 23 rd	Torbay 10K	Torbay	Road Run (10km)	Info at: www.teignbridgetrotters.co.uk
Wednesday August 26 th	Penzance Aquathlon (Race 4)	Jubilee Pool, Penzance	Swim/Run (200m/2miles)	www.mountsbayharriers.co.uk
Monday August 31 st	Padstow Swim	Padstow	Swim (OW) (approx. 1 mile)	Info. at: www.tri-cornwall.org.uk
August	Trident Challenge	Gyllyngvase Beach, Falmouth	Swim (OW) (800m)	Info. at: www.tri-cornwall.org.uk
August	St Agnes Triathlon	St Agnes	Swim (OW)/Bike/Run (800m/12.5 miles/3 miles)	www.aggiesurfclub.co.uk
August	Newquay Adventure Race 2	Lusty Glaze	Mountain Biking/Running/Surf Ski Paddling/Cliff Climbing/River Crossing/Assault Course (Various distances including 30km biking and 10km running)	www.votwo.co.uk
August	Godrevy Duathlon Series	Godrevy	Run/Bike/Run (5km/20km/5km)	Info. at: www.tri-cornwall.org.uk
August	Newlyn Swim	Penzance	Swim (OW) (approx. 1 mile)	Info. at: www.tri-cornwall.org.uk
Sunday September 6 th	Treggy 7	Launceston	Road Run (7 miles)	www.treggy7.co.uk
Sunday September 6 th	Bideford 10	Bideford	Road Run (10 miles)	www.teignbridgetrotters.co.uk
Sunday September 6 th	Newquay Triathlon	Newquay	Swim (OW)/Bike/Run (1000m/40km/10km)	www.votwo.co.uk
Sunday September 6 th	Golowjy ha Bal	Connor Downs, Nr. Hayle	Audax Cycle Ride (116km/52km)	www.audaxkernow.co.uk
Saturday September 12 th	Trevor Thorne Memorial Race	Saltram Park, Plymouth	Multi-Terrain Run (5km)	www.plymstockroadrunners.co.uk
Saturday September 12 th	Accelerace Extreme Triathlon	Teignmouth	Swim(OW)/Bike/Run (2km/90km/24km)	www.accelerace.co.uk
Sunday September 13 th	Fowey Triathlon	Fowey	Swim (OW)/Bike/Run (600m (OW)/29km/12km)	www.foweyrivertri.com
Sunday September 13 th	Ivybridge Beacon Challenge	Ivybridge	Cross Country Run (10 miles)	
Sunday September 20 th	Truro Half Marathon	Truro	Road Run (Half Marathon)	www.trurorunningclub.org.uk
Sunday September 20 th	Perranporth Surf Triathlon	Perranporth	Swim(OW)/Bike/Run (1000m/38km/7.5km)	www.perranporthslsc.org.uk
Sunday September 20 th	Tamar CC Sporting S40B/25S		Cycle Time Trial (25 miles)	www.cyclingtimetrials.org.uk
Friday -Sunday September 25 th -27 th	Atlantic Coast Challenge	Padstow - Lands End Coast Path	Off Road Run (1,2 or 3 days) (26.2 miles per day) (78.6 miles total)	www.votwo.co.uk
Saturday September 26 th	The Saints Way	Lanivet	Audax Cycle Ride (104 km)	www.audaxkernow.co.uk
Saturday September 26 th	Tour of Dartmoor	River Dart Country Park, Ashburton	Cycle Sportif – Road (82 miles/113 miles)	www.tourofdartmoor.com
Saturday September 26 th	Awesome Foursome Quadrathlon	Bude	Swim/Bike/Canoe/Run (800m/30km/10km/10km)	www.shorelineactivities.co.uk

Saturday & Sunday September 26 th & 27 th	Coast to Coast Devon	Brendon Village, Exmoor	Running/Biking/Kayaking (130 mile course)	www.endurancelife.com
Sunday September 27 th	Camel Valley C & TC S100/25		Cycle Time Trial (25 miles)	www.cyclingtimetrials.org.uk
September	North Cornwall Coast, Moors and Downs	Goonhavern, Nr. Truro	Audax Cycle Ride (200km/102km)	www.audaxkernow.co.uk
September	Dartmoor Dash	Princetown	Off Road (5 miles)	
September	Probus 10K	Probus	Road Run (10km)	
September	Bodmin Triathlon	Bodmin	Swim (P)/Bike/Run (400m/18.5km/8.5km)	www.ncdc.gov.uk
September	Autumn Trail	Newnham Park, Plymouth	Off Road Run (8 miles)	www.frankelfordsports.co.uk
Saturday September	Penzance Aquathlon (Race 5)	Jubilee Pool, Penzance	Swim/Run (200m/2miles)	www.mountsbayharriers.co.uk
Sunday October 4 th	Newquay 10K	Newquay	Road Run (10 km)	www.newquayroadrunners.co.uk
Saturday & Sunday October 10 th & 11 th	Coast Raid 20	South West Series (Secret Location)	Mountain Biking, Trail Running, Kayaking, Navigation, Coasteering (Varying Distances)	www.endurancelife.co.uk
Sunday October 11 th	Marathon of Eden & Half Marathon	Eden Project, St Austell	Road Run (Full & Half Marathon)	www.staustellrunningclub.co.uk
Sunday October 18 th	Dartmoor Vale	Newton Abbot	Run (Full & Half Marathon & 10km)	www.dmvmarathon.org.uk
Sunday October 25 th ?	Cuckoo Waltz	St Agnes	Multi Terrain Run (7 miles ish)	www.cuckoowaltz.co.uk
October	Wadebridge Triathlon	Wadebridge	Swim (P)/Bike/Run (400m/15 miles/5 miles)	www.ncdc.gov.uk
October	Devioc Bounder	Nr Looe & Torpoint	Road Run (10 miles)	
October	The 'Eller	Millbrook, Cornwall	Run (10 miles)	
October	Tehidy Dirty Double	Tehidy Woods	Off Road Run/Bike/Run Adventure Race	www.votwo.co.uk
October	Redruth 10K	Redruth	Road Run (10 km)	
Sunday November 1 st	Templer Ten	Kingsteignton	Road Run (10 miles)	www.teignbridgetrotters.co.uk
Sunday November 8 th	Remembrance Day Run	Marazion, Nr Penzance	Off Road Run (4.2 miles)	www.mountsbayharriers.co.uk
Sunday November 8 th	Tavy 7	Tavistock	Road Run (7 miles)	Info at: www.teignbridgetrotters.co.uk
Sunday November 15 th	Cornish Marathon	Jamaica Inn, Pensilva	Road Run (Marathon)	
Sunday November 15 th	Drogo 10	Castle Drogo	Off Road Run (10 miles)	Info at: www.teignbridgetrotters.co.uk
Sunday November 29 th	Bicton Blister	Bicton	Off Road Run	Info at: www.teignbridgetrotters.co.uk
November	Mob Match	Falmouth	Road Run (5 miles)	www.falmouthroadrunners.co.uk
November	Sourton Scramble	Sourton, Nr Okehampton	Off Road Run (6 miles)	Info. at: www.tamartrotters.co.uk
Sunday December 6 th	Ed's Mince Pie and Mulled Wine 50	Connor Downs	Audax Cycle Ride (50km)	www.audaxkernow.co.uk
December	Turkey Trot	Redruth	Road Run (4 miles)	www.cornwallac.co.uk

Some race dates (especially towards the end of the year) are based on the 2008 date and so are not yet confirmed.