

**Cornwall & Devon Running/Cycling/Swimming Events Calendar**  
**July → December 2009**

<b>KEY:</b>	<b>Running Events</b>	<b>Multi-Sport Events</b>	<b>Cycling Events</b>
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Saturday July 4 <sup>th</sup>	Tour of Exmoor	Porlock	Cycle Sportif – Road (85 miles/103 miles)	<a href="http://www.tourofexmoor.com">www.tourofexmoor.com</a>
Saturday July 4 <sup>th</sup>	Penzance Wheelers Criterium 4 (Closed Circuit)	Portreath	Cycle Race (Various Categories)	<a href="http://www.britishcycling.org.uk">www.britishcycling.org.uk</a>
Sunday July 5 <sup>th</sup>	Launceston Half Marathon	Launceston	Road Run (Half Marathon)	
Sunday July 5 <sup>th</sup>	St Budeaux CC Sporting TT S46/16S	Golberdon	Cycle Time Trial (16 miles)	<a href="http://www.cyclingtimetrials.org.uk">www.cyclingtimetrials.org.uk</a>
Saturday July 11 <sup>th</sup>	Duckponds Run	Oreston, Plymouth	Road Run (7 km)	<a href="http://www.plymstockroadrunners.co.uk">www.plymstockroadrunners.co.uk</a>
Saturday July 11 <sup>th</sup>	St Ives Biathlon	St Ives	Run/Swim (OW) (1.5 miles/1.5 miles)	<a href="http://www.stivesslsc.co.uk">www.stivesslsc.co.uk</a>
Sunday July 12 <sup>th</sup>	Camel Valley C & TC TT S100/25		Cycle Time Trial (25 miles)	<a href="http://www.cyclingtimetrials.org.uk">www.cyclingtimetrials.org.uk</a>
Sunday July 12 <sup>th</sup>	Penzance Junior Aquathlon (Ages 8-16)	Penzance	Swim (P)/Run (50m-300m/600m- 3000m)	<a href="http://www.mountsbayharriers.co.uk">www.mountsbayharriers.co.uk</a>
Sunday July 12 <sup>th</sup>	Plymouth Standard Distance Triathlon	Plymouth	Swim(OW)/Bike/Run (1500m/40km/10km)	<a href="http://www.plymouthtriclub.co.uk">www.plymouthtriclub.co.uk</a>
Sunday July 12 <sup>th</sup>	Plymouth Childrens Open Water Aquathlon	Plymouth	Swim(OW)/Run (Distances unknown)	<a href="http://www.plymouthtriclub.co.uk">www.plymouthtriclub.co.uk</a>
Sunday July 12 <sup>th</sup>	Mylor Tri	Mylor	Swim (OW)/Bike/Run (Sprint)	Info. at: <a href="http://www.tri-cornwall.org.uk">www.tri-cornwall.org.uk</a>
Sunday July 12 <sup>th</sup>	Race for Life	Truro	Run (5 km)	<a href="http://www.raceforlife.org">www.raceforlife.org</a>
Monday July 13 <sup>th</sup>	Hayle Aquathlon (1)	Hayle	Swim (P)/Run 200m/2 miles	<a href="http://www.hayleytri.co.uk">www.hayleytri.co.uk</a>
Wednesday July 15 <sup>th</sup>	Chivenor Circuit Series Race 1 (Closed Circuit)	Chivenor	Cycle Race (Various Categories)	<a href="http://www.southwesttraining.zoomshare.com">www.southwesttraining.zoomshare.com</a>
Wednesday July 15 <sup>th</sup>	Summer Turkey Trot	Redruth	Road Run (4 miles)	<a href="http://www.cornwallac.co.uk">www.cornwallac.co.uk</a>
Thursday July 16 <sup>th</sup>	One & All CC Sporting TT S37/10		Cycle Time Trial (10 miles)	<a href="http://www.cyclingtimetrials.org.uk">www.cyclingtimetrials.org.uk</a>
Friday July 17 <sup>th</sup>	Chudleigh Carnival 6	Chudleigh, Nr Newton Abbott	Road Run (6 miles)	Info. at: <a href="http://www.tamartrotters.co.uk">www.tamartrotters.co.uk</a>
Saturday July 18 <sup>th</sup>	Cornwall Go-Ride Race Series 3	Bude	Cyclo-Cross	<a href="http://www.budecyclingclub.org.uk">www.budecyclingclub.org.uk</a>
Sunday July 19 <sup>th</sup>	The Magnificent Seven	Saltash	Road Run (7 miles)	<a href="http://www.tamartrotters.co.uk">www.tamartrotters.co.uk</a>
Sunday July 19 <sup>th</sup>	Haytor Heller	Bovey Tracey	Off Road Run (6 miles)	<a href="http://www.teignbridgetrotters.co.uk">www.teignbridgetrotters.co.uk</a>
Sunday July 19 <sup>th</sup>	St Budeaux C.C. Sporting TT S46/16S	Golberdon	Cycle Time Trial (16 miles) <i>Hardshell helmets compulsory</i>	<a href="http://www.cyclingtimetrials.org.uk">www.cyclingtimetrials.org.uk</a>
Monday July 19 <sup>th</sup>	Padstow Swim	Padstow	Swim (OW) (approx. 1 mile)	Info. at: <a href="http://www.tri-cornwall.org.uk">www.tri-cornwall.org.uk</a>
Saturday July 25 <sup>th</sup>	Tywardreath Trotter	Nr. Par	Multi Terrain Run	<a href="http://www.cornish-riviera.co.uk/trotter/trotter">www.cornish-riviera.co.uk/trotter/trotter</a>
Saturday July 25 <sup>th</sup>	Plymouth Corinthian CC S4/10		Cycle Time Trial (10 miles)	<a href="http://www.cyclingtimetrials.org.uk">www.cyclingtimetrials.org.uk</a>
Saturday July 25 <sup>th</sup>	Classic Cliffs Solo/Pair/Relay(4)	Port Isaac	Coast Path Run (55 miles)	<a href="http://www.endurancelife.com">www.endurancelife.com</a>
Sunday	6 Moor Miles	Yelverton	Off Road Run	Info. at:

July 26 <sup>th</sup>			(6 miles)	<a href="http://www.tamartrotters.co.uk">www.tamartrotters.co.uk</a>
Sunday July 26 <sup>th</sup>	Hayle Standard Distance Triathlon	Hayle	Swim (OW)/Bike/Run (1500m/40km/10km)	<a href="http://www.hayletri.co.uk">www.hayletri.co.uk</a>
Sunday July 26 <sup>th</sup>	The Granite and Serpentine Way, The Lizard Loop & Rosie Ride	Carnon Downs, Nr. Truro	Audax Cycle Ride (163km/103km/54km)	<a href="http://www.audaxkernow.co.uk">www.audaxkernow.co.uk</a>
Wednesday July 29 <sup>th</sup>	Chivenor Circuit Series Race 2 (Closed Circuit)	Chivenor	Cycle Race (Various Categories)	<a href="http://www.southwesttraining.zoomshare.com">www.southwesttraining.zoomshare.com</a>
Wednesday July 29 <sup>th</sup>	Jubilee Pool Aquathlon (Race 3)	Jubilee Pool, Penzance	Swim/Run (200m/2miles)	<a href="http://www.mountsbayharriers.co.uk">www.mountsbayharriers.co.uk</a>
Saturday August 1 <sup>st</sup>	The Great West Fell Race	Meldon Reservoir, Okehampton	Off Road Run (5 miles)	<a href="http://www.gwfr.co.uk">www.gwfr.co.uk</a>
Saturday August 1 <sup>st</sup>	Midnight walk for Women	Plymouth	13 or 26 mile walk	<a href="http://www.stlukes-hospice.org.uk">www.stlukes-hospice.org.uk</a>
Saturday August 1 <sup>st</sup>	Charlestown Tri	Charlestown	Swim(OW)/Bike/Run 200m/3miles/2miles	Info. at: <a href="http://www.tri-cornwall.org.uk">www.tri-cornwall.org.uk</a>
Sunday August 2 <sup>nd</sup>	Indian Queens Half Marathon	Indian Queens	Road Run (Half Marathon)	<a href="http://www.newquayroadrunners.co.uk">www.newquayroadrunners.co.uk</a>
Sunday August 2 <sup>nd</sup>	Totnes 10K	Totnes	Road Run (10km)	<a href="http://www.teignbridgetrotters.co.uk">www.teignbridgetrotters.co.uk</a>
Sunday August 2 <sup>nd</sup>	Exmoor Explorer	Exmoor	Off Road Cycle (25 miles/35 miles)	<a href="http://www.exmoorexplorer.co.uk">www.exmoorexplorer.co.uk</a>
Sunday August 2 <sup>nd</sup>	St Austell Wheelers TT S6/10	Tresillian	Cycle Time Trial (10 miles) <i>Hardshell helmets compulsory</i>	<a href="http://www.cyclingtimetrials.org.uk">www.cyclingtimetrials.org.uk</a>
Wednesday August 5 <sup>th</sup>	Chivenor Circuit Series Race 3 (Closed Circuit)	Chivenor	Cycle Race (Various Categories)	<a href="http://www.southwesttraining.zoomshare.com">www.southwesttraining.zoomshare.com</a>
Saturday August 8 <sup>th</sup>	Jeremiah's Journey Trail Run	Plymouth	Cross Country Run (5 miles)	
Saturday August 8 <sup>th</sup>	Cornwood Challenge	Cornwood, Devon	Run – mostly roads (10km)	Info at: <a href="http://www.tamartrotters.co.uk">www.tamartrotters.co.uk</a>
Sunday August 9 <sup>th</sup>	Celtic Coastal & Canter	Long Rock, Nr. Penzance	Audax Cycle Ride (100km/54km)	<a href="http://www.audaxkernow.co.uk">www.audaxkernow.co.uk</a>
Sunday August 9 <sup>th</sup>	Plymouth Corinthian C.C. S4/25	Buckfastleigh	Cycle Time Trial (25 miles)	<a href="http://www.cyclingtimetrials.org.uk">www.cyclingtimetrials.org.uk</a>
Monday August 10 <sup>th</sup>	Hayle Aquathlon (2)	Hayle	Swim (P)/Run 200m/2 miles	<a href="http://www.hayleytri.co.uk">www.hayleytri.co.uk</a>
Friday August 14 <sup>th</sup>	Paignton Regatta Circuit Races (Closed Circuit)	Paignton	Road Cycle (25 miles)	<a href="http://www.mdcc.org.uk">www.mdcc.org.uk</a>
Friday August 14 <sup>th</sup>	St Levan 10K	St Levan, Nr Penzance	Road Run (10 km)	<a href="http://www.stlevan10k.co.uk">www.stlevan10k.co.uk</a>
Saturday August 15 <sup>th</sup>	Sticklepath Horseshoe Fell Run	Sticklepath, Dartmoor	Off Road Run (9.6 miles)	Info at: <a href="http://www.tamartrotters.co.uk">www.tamartrotters.co.uk</a>
Saturday August 15 <sup>th</sup>	Cornwall Go-Ride Race Series 4	Bude	Cyclo-Cross	<a href="http://www.budecyclingclub.org.uk">www.budecyclingclub.org.uk</a>
Saturday August 15 <sup>th</sup>	Trident Challenge	Gyllyngvase Beach, Falmouth	Swim (OW) (800m)	Info. at: <a href="http://www.tri-cornwall.org.uk">www.tri-cornwall.org.uk</a>
Sunday August 23 <sup>rd</sup>	Hayle Sprint Triathlon	Hayle	Swim (OW)/Bike/Run (750m/20km/5km)	<a href="http://www.hayletri.co.uk">www.hayletri.co.uk</a>
Sunday August 23 <sup>rd</sup>	Torbay 10K	Torbay	Road Run (10km)	<a href="http://www.torbay10k.org.uk">www.torbay10k.org.uk</a>
Wednesday August 26 <sup>th</sup>	Jubilee Pool Aquathlon (Race 4)	Jubilee Pool, Penzance	Swim/Run (200m/2miles)	<a href="http://www.mountsbayharriers.co.uk">www.mountsbayharriers.co.uk</a>
Thursday August 27 <sup>th</sup>	Trelissick 10K	Trelissick Gardens,	Multi-Terrain Run (10km)	Entry online at <a href="http://www.runnersworld.co.uk">www.runnersworld.co.uk</a>

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Friday August 28 <sup>th</sup>	Forest Flyer Five	Haldon Forest, Nr Exeter	Multi-Terrain Run (5 miles)	<a href="http://www.dawlishcoasters.co.uk">www.dawlishcoasters.co.uk</a>
Sunday September 6 <sup>th</sup>	Treggy 7	Launceston	Road Run (7 miles)	<a href="http://www.treggy7.co.uk">www.treggy7.co.uk</a>
Sunday September 6 <sup>th</sup>	Bideford 10	Bideford	Road Run (10 miles)	<a href="http://www.teignbridgetrotters.co.uk">www.teignbridgetrotters.co.uk</a>
Sunday September 6 <sup>th</sup>	Newquay Triathlon	Newquay	Swim (OW)/Bike/Run Standard & Sprint (1000m/40km/10km) (750m/20km/5km)	<a href="http://www.votwo.co.uk">www.votwo.co.uk</a>
Sunday September 6 <sup>th</sup>	St Agnes Triathlon	St Agnes	Swim (OW)/Bike/Run (800m/12.5 miles/3 miles)	<a href="http://www.aggiesurfclub.co.uk">www.aggiesurfclub.co.uk</a>
Saturday September 12 <sup>th</sup>	Trevor Thorne Memorial Race	Saltram Park, Plymouth	Multi-Terrain Run (5km)	<a href="http://www.plymstockroadrunners.co.uk">www.plymstockroadrunners.co.uk</a>
Saturday September 12 <sup>th</sup>	Accelerace Extreme Triathlon	Teignmouth	Swim(OW)/Bike/Run (2km/90km/24km)	<a href="http://www.accelerace.co.uk">www.accelerace.co.uk</a>
Sunday September 13 <sup>th</sup>	Fowey Triathlon	Fowey	Swim (OW)/Bike/Run (600m (OW)/29km/12km)	<a href="http://www.foweyrivertri.com">www.foweyrivertri.com</a>
Sunday September 13 <sup>th</sup>	Ivybridge Beacon Challenge	Ivybridge	Cross Country Run (10 miles)	<a href="http://www.evh.5u.com">www.evh.5u.com</a>
Sunday September 13 <sup>th</sup>	Probus 10K	Probus	Road Run (10km)	Info at: <a href="http://www.newquayroadrunners.co.uk">www.newquayroadrunners.co.uk</a>
Sunday September 13 <sup>th</sup>	Golowjy ha Bal	Connor Downs, Nr. Hayle	Audax Cycle Ride (116km/52km)	<a href="http://www.audaxkernow.co.uk">www.audaxkernow.co.uk</a>
Monday September 14 <sup>th</sup>	Hayle Aquathlon (3)	Hayle	Swim (P)/Run 200m/2 miles	<a href="http://www.hayleytri.co.uk">www.hayleytri.co.uk</a>
Saturday September 19 <sup>th</sup>	Cornwall Go-Ride Race Series 5 (7-11yrs & 12-16 yrs)	Bude	Cyclo-Cross	<a href="http://www.budecyclingclub.org.uk">www.budecyclingclub.org.uk</a>
Sunday September 20 <sup>th</sup>	Truro Half Marathon	Truro	Road Run (Half Marathon)	<a href="http://www.trurorunningclub.org.uk">www.trurorunningclub.org.uk</a>
Sunday September 20 <sup>th</sup>	Perranporth Surf Triathlon	Perranporth	Swim(OW)/Bike/Run (1000m/38km/7.5km)	<a href="http://www.perranporthslsc.org.uk">www.perranporthslsc.org.uk</a>
Sunday September 20 <sup>th</sup>	Tamar CC Sporting S40B/25S		Cycle Time Trial (25 miles)	<a href="http://www.cyclingtimetrials.org.uk">www.cyclingtimetrials.org.uk</a>
Friday -Sunday September 25 <sup>th</sup> -27 <sup>th</sup>	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)	<a href="http://www.votwo.co.uk">www.votwo.co.uk</a>
Saturday September 26 <sup>th</sup>	The Saints Way	Lanivet	Audax Cycle Ride (104 km)	<a href="http://www.audaxkernow.co.uk">www.audaxkernow.co.uk</a>
Saturday September 26 <sup>th</sup>	Tour of Dartmoor	River Dart Country Park, Ashburton	Cycle Sportif – Road (82 miles/113 miles)	<a href="http://www.tourofdartmoor.com">www.tourofdartmoor.com</a>
Saturday September 26 <sup>th</sup>	British Mountain Bike Series Round 5	Newnham Park, Plymouth	Mountain Bike Cross Country (Various distances)	<a href="http://www.britishhxc.com">www.britishhxc.com</a>
Saturday September 26 <sup>th</sup>	Bude Quadrathlon	Bude	Swim/Bike/Canoe/Run (800m/30km/10km/10km)	<a href="http://www.shorelineactivities.co.uk">www.shorelineactivities.co.uk</a>
Saturday & Sunday September 26 <sup>th</sup> & 27 <sup>th</sup>	Coast to Coast Devon	Brendon Village, Exmoor	Running/Biking/Kayaking (130 mile course)	<a href="http://www.endurancelife.com">www.endurancelife.com</a>
Sunday September 27 <sup>th</sup>	Newnham 60	Newnham Park, Plymouth	Off Road Cycling (60km & 30km)	<a href="http://www.newnham90.com">www.newnham90.com</a>

Sunday September 27 <sup>th</sup>	Camel Valley C & TC S100/25		Cycle Time Trial (25 miles)	<a href="http://www.cyclingtimetrials.org.uk">www.cyclingtimetrials.org.uk</a>
Sunday September 27 <sup>th</sup>	Bodmin Triathlon	Bodmin	Swim (P)/Bike/Run (400m/18.5km/8.5km)	<a href="http://www.cornwall.gov.uk">www.cornwall.gov.uk</a>
Sunday September 6 <sup>th</sup> (TBC)	Dartmoor Dash	Princetown	Off Road (5 miles)	
September	Autumn Trail	Newnham Park, Plymouth	Off Road Run (8 miles)	<a href="http://www.frankelfordsports.co.uk">www.frankelfordsports.co.uk</a>
Saturday September	Penzance Aquathlon (Race 5)	Jubilee Pool, Penzance	Swim/Run (200m/2miles)	<a href="http://www.mountsbayharriers.co.uk">www.mountsbayharriers.co.uk</a>
Sunday October 4 <sup>th</sup>	Newquay 10K	Newquay	Road Run (10 km)	<a href="http://www.newquayroadrunners.co.uk">www.newquayroadrunners.co.uk</a>
Saturday & Sunday October 10 <sup>th</sup> & 11 <sup>th</sup>	Coast Raid 20	South West Series (Secret Location)	Mountain Biking, Trail Running, Kayaking, Navigation, Coasteering (Varying Distances)	<a href="http://www.endurancelife.co.uk">www.endurancelife.co.uk</a>
Sunday October 11 <sup>th</sup>	Wadebridge Triathlon	Wadebridge	Swim (P)/Bike/Run (400m/15 miles/5 miles)	<a href="http://www.cornwall.gov.uk">www.cornwall.gov.uk</a>
Sunday October 11 <sup>th</sup>	Marathon of Eden & Half Marathon	Eden Project, St Austell	Road Run (Full & Half Marathon)	<a href="http://www.staustellrunningclub.co.uk">www.staustellrunningclub.co.uk</a>
Sunday October 18 <sup>th</sup>	Dartmoor Vale	Newton Abbot	Run (Full & Half Marathon & 10km)	<a href="http://www.dmvmarathon.org.uk">www.dmvmarathon.org.uk</a>
Sunday October 18 <sup>th</sup>	North Cornwall Cycling Festival	Bodmin	Cyclo-Cross	
Sunday October 25 <sup>th</sup>	Cuckoo Waltz	St Agnes	Multi Terrain Run (7 miles ish)	<a href="http://www.cuckoowaltz.co.uk">www.cuckoowaltz.co.uk</a>
Sunday October 25 <sup>th</sup>	The 'Eller	Millbrook, Cornwall	Run (10 miles)	
Saturday October 31 <sup>st</sup> (TBC)	Sourton Scramble	Sourton, Nr Okehampton	Off Road Run (6 miles)	Info. at: <a href="http://www.tamartrotters.co.uk">www.tamartrotters.co.uk</a>
October	Devioc Bounder	Nr Looe & Torpoint	Road Run (10 miles)	
October	Redruth 10K	Redruth	Road Run (10 km)	
Sunday November 1 <sup>st</sup>	Templer Ten	Kingsteignton	Road Run (10 miles)	<a href="http://www.teignbridgetrotters.co.uk">www.teignbridgetrotters.co.uk</a>
Sunday November 8 <sup>th</sup>	Remembrance Day Run	Marazion, Nr Penzance	Off Road Run (4.2 miles)	<a href="http://www.mountsbayharriers.co.uk">www.mountsbayharriers.co.uk</a>
Sunday November 8 <sup>th</sup>	Tavy 7	Tavistock	Road Run (7 miles)	<a href="http://www.tavistockathletics.com">www.tavistockathletics.com</a>
Sunday November 15 <sup>th</sup>	Cornish Marathon	Jamaica Inn, Pensilva	Road Run (Marathon)	
Sunday November 15 <sup>th</sup>	Drogo 10	Castle Drogo	Off Road Run (10 miles)	Info at: <a href="http://www.teignbridgetrotters.co.uk">www.teignbridgetrotters.co.uk</a>
Sunday November 29 <sup>th</sup>	Bicton Blister	Bicton	Off Road Run	<a href="http://www.bictonblister.co.uk">www.bictonblister.co.uk</a>
Sunday November 22 <sup>nd</sup>	Mob Match	Falmouth	Road Run (5 miles)	<a href="http://www.falmouthroadrunners.co.uk">www.falmouthroadrunners.co.uk</a>
Sunday December 6 <sup>th</sup>	Ed's Mince Pie and Mulled Wine 50	Connor Downs	Audax Cycle Ride (50km)	<a href="http://www.audaxkernow.co.uk">www.audaxkernow.co.uk</a>
December	Turkey Trot	Redruth	Road Run (4 miles)	<a href="http://www.cornwallac.co.uk">www.cornwallac.co.uk</a>