

2012

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
Sunday January 1 st	Brown Willey Run	Jamaica Inn, Bodmin Moor	Multi Terrain Run (6 miles)	
Monday January 2 nd	Newnham 60 Enduro	Newnham Park, Plymouth	Off Road Cycle (20/40/60km)	www.newnham60.co.uk www.xracer.com
Sunday January 8 th	Plympton January Jaunt	Plympton	Road Run (10 km)	Info at: www.tamartrotters.co.uk
Sunday January 8 th	First Chance 10K	Exeter	Road Run (10 km)	Entry Forms available from: www.teignbridgetrotters.co.uk
Sunday January 8 th	Axmouh Challenge	Axmouh	Road Run (9.5 miles)	www.avevalleyrunners.org.uk
Sunday January 15 th	Oh My Obelisk	Dawlish	Multi-Terrain Run (10 miles)	www.dawlishcoasters.co.uk
Sunday January 22 nd	Storm Force 10	Camborne	Road Run (10 miles)	www.carnrunners.co.uk
Sunday January 29 th	Devon v Cornwall 10 miler	Mt Edgumbe	Multi-Terrain Run (10 miles)	www.shredstore.co.uk
Sunday January 29 th	Braunton 10	Braunton	Road Run (10 miles)	www.northdevonroadrunners.webeden.co.uk
Sunday February 5 th	Marazion 10K	Marazion	Road Run (10 km)	www.haylerunners.co.uk
Sunday February 5 th	Fulfords Great West Run 5	Exmouth	Road Run (5 miles)	Entry Forms available from: www.teignbridgetrotters.co.uk
Sunday February 5 th	Chris Reason Tribute Run	Newnham Park, Plymouth	Multi-Terrain Run (5 miles)	Info at: www.tamartrotters.co.uk
Sunday February 5 th	Dawlish Aquathlon	Dawlish	Swim (P)/Run (300m/5km & 600m/5km)	www.exetertri.co.uk
Sunday February 12 th	Exeter Half Marathon	Exeter	Road Run (13.1 miles)	www.ironbridgerunnerevents.co.uk/exeterhalf
Sunday February 12 th	Bere Pen Foot Dragger	Bere Alston	Multi-Terrain Run (13 miles)	Info at: www.tamartrotters.co.uk
Saturday February 18 th	Springtime Pursuit No. 1 – Regional C+ (Men)	Whimble	Road Bike Race (52km)	www.britishcycling.org.uk
Saturday February 18 th	Springtime Pursuit No. 1 (Women)	Whimble	Road Bike Race (38km)	www.britishcycling.org.uk
Saturday February 18 th	Coastal Trail Series Stage 5 – South Devon	Beesands, Nr Kingsbridge	Multi-Terrain Run (10km/Half & Full Marathon)	www.endurancelife.com
Sunday February 19 th	Stinger Duathlon	Newnham Park, Plymouth	Off Road Run/Bike/Run (5km/20km/3km)	www.xracer.com
Sunday February 19 th	Plymouth Hoe 10	Brickfields, Devonport	Road Run (10 miles)	www.tamartrotters.co.uk
Saturday February 25 th	Springtime Pursuit No. 2 – Regional C+ (Men)	Whimble	Road Bike Race (52km)	www.britishcycling.org.uk
Saturday February 25 th	Springtime Pursuit No. 2 (Women)	Whimble	Road Bike Race (42km)	www.britishcycling.org.uk
Saturday February 25 th	Springtime Pursuit No. 3 – Regional C+ (Men)	Whimble	Road Bike Race (62km)	www.britishcycling.org.uk
Saturday February 25 th	Springtime Pursuit No. 3 (Women)	Whimble	Road Bike Race (52km)	www.britishcycling.org.uk
Sunday February 26 th	Cornwall Fire and Rescue Race	Bodmin	Road Run (Half Marathon)	Info. at: www.tamartrotters.co.uk
Sunday February 26 th	Meldon Hill Race	Meldon Reservoir, Okehampton	Off Road Run (14 miles/9 miles/5 miles)	Entry Forms available from: www.tamartrotters.co.uk
Sunday February 26 th	Dalwood 3 Hills Challenge	Axminster	Multi-Terrain Run (10 miles)	www.avevalleyrunners.org.uk

Sunday February 26 th	St Austell Wheelers Sporting TT S6/18S <i>Hardshell helmets compulsory</i>	Tresillian	Cycle Time Trial (21 miles)	www.cyclingtimetrials.org.uk
Sunday March 4 th	Bideford Half Marathon	Bideford	Road Run (13.1 miles)	www.bidefordaac.co.uk
Sunday March 4 th	Duchy Marathon & 20 Miles	Redruth	Road Run (Marathon & 20 miles)	www.cornwallac.org.uk
Sunday March 4 th	Mad March Coasts and Quantocks & Exeter Excursion	Exeter	Audax Cycle Ride (201km/106km)	www.ukcyclist.co.uk/madmarch200 www.ukcyclist.co.uk/madmarch100
Sunday March 11 th	The Grizzly (FULL)	Seaton	Multi-Terrain (20 miles)	www.axevalleyrunners.org.uk
Sunday March 11 th	Sidmouth Aquathlon	Sidmouth	Swim (P)/Run (300m/5km & 600m/5km)	www.exetertri.co.uk
Sunday March 11 th	Tom Hawkins Memorial Road Race	Uffculme, Devon	Road Race (86km)	www.exeterwheelers.co.uk
Saturday March 17 th	Cornish Series Race 1 (Closed Circuit)	Portreath	Cycle Circuit Race (50km/60km)	www.thecornishseries.co.uk
Saturday March 17 th	Camel Valley C.C. Sporting TT S6/10 <i>Hardshell helmets compulsory</i>	Tresillian	Cycle Time Trial (10 miles)	www.cyclingtimetrials.org.uk
Sunday March 18 th	Falmouth Half Marathon	Falmouth	Road Run (Half Marathon)	Info. at: www.mountsbayharriers.org.uk
Sunday March 18 th	Looe 10	Looe	Road Run (10 miles)	Info. at: www.tamartrotters.co.uk
Sunday March 18 th	Mad March Hare 10K	Plympton	Road Run (10 km)	Info. at: www.tamartrotters.co.uk
Saturday March 24 th	Night Runner (Must carry a torch)	Seaton	Off Road Night Run (8 miles)	www.axevalleyrunners.org.uk
Sunday March 25 th	Great West Teignbridge Ten	Kingsteignton	Road Run (10 miles)	www.teignbridgetrotters.co.uk
Sunday March 25 th	An Res Hellys	Helston	Multi Terrain Run (10 miles)	www.cornwall.gov.uk/sportsevents
Sunday March 25 th	Cornwall Air Ambulance Trust Runway Runaround	Newquay Airport	Run (10km)	Info. at: www.tamartrotters.co.uk
Sunday March 25 th	Sport Relief Miles	Plymouth, Penzance, Carn Brea, Falmouth, Newquay, Bodmin, St Mellion, Bere Alston, Launceston, Bude	Runs (1 mile, 3 miles or 6 miles)	www.sportrelief.com
Sunday April 1 st	The Hammer	Kingsbridge	Cyclo sportive (130km)	www.southhamshammer.co.uk
Sunday April 1 st	5 Tors Moorland Run	Liskeard	Cross Country Run (11 miles)	Info. at: www.tamartrotters.co.uk
Saturday April 7 th	Many Rivers to Cross 300 (Experienced randonneurs)	Penzance	Audax Cycle Ride (307km)	www.audaxkernow.co.uk
Sunday April 8 th	Four Hundreds 200 (Experienced randonneurs)	Penzance	Audax Cycle Ride (204km)	www.audaxkernow.co.uk
Sunday April 8 th	Whitemoor 10K	Roche	Run (10 km)	Info at: www.tamartrotters.co.uk
Sunday April 8 th	Penzance Triathlon	Penzance	Swim (P)/Bike/Run (400m/15.5 miles/4 miles)	www.mountsbayharriers.co.uk
Sunday April 8 th	St Budeaux C.C. Sporting TT S45/16S <i>Hardshell helmets compulsory</i>		Cycle Time Trial (16 miles)	www.cyclingtimetrials.org.uk
Sunday April 8 th	St Austell Wheelers Sporting TT S101/10 <i>Hardshell helmets compulsory</i>		Cycle Time Trial (10 miles)	www.cyclingtimetrials.org.uk
Sunday April 15 th	A Bunny Hop & A Cornish 100	Falmouth	Audax Cycle Ride (50km/103km)	www.audaxkernow.co.uk

Sunday April 15 th	Trevornick Trot	Trevornick, Nr Newquay	Off Road Run (10 miles)	www.newquayroadrunners.co.uk
Sunday April 15 th	Tavy 13	Tavistock	Road Run (Half Marathon)	www.tavy13.com
Sunday April 15 th	Newquay Velo Road Race	Marshgate	Road Cycle Race (80km)	Info. at: www.britishcycling.org.uk
Sunday April 15 th	Exeter Middlemoor Aquathlon	Middlemoor Police HQ	Swim/Run (50m-600m/600m-5km)	www.exetertri.co.uk
Saturday April 21 st	Penzance Wheelers Crit 1 (Closed Circuit)	Portreath	Cycle Race (60km & 50km)	www.britishcycling.org.uk
Saturday April 21 st	Plymouth Corinthian C.C. TT S4/10 (incl. RN & RMCA champs)	Buckfastleigh	Cycle Time Trial (10 miles)	www.cyclingtimetrials.org.uk www.plymouthcorinthiancc.com
Sunday April 22 nd	Tavistock Wheelers Sporting TT S5/25S (incl. RN & RMCA champs)		Cycle Time Trial (25 miles)	www.cyclingtimetrials.org.uk
Thursday April 26 th	Penzance Wheelers Sporting TT S45/19S <i>Hardshell helmets compulsory</i>	Leedstown	Cycle Time Trial (19 miles)	www.cyclingtimetrials.org.uk
Saturday & Sunday April 28 th & 29 th	Totnes-Vire 2 Day Stage Race	Chumleigh/ Whimple	Road Bike Race	www.britishcycling.org.uk
Saturday April 28 th	Haldon Heartbeat	Haldon Forest	Cross Country Run (8.5 miles)	
Sunday April 29 th	Cornwall Tor	Bodmin	Road Cyclo sportive (100 miles/62 miles)	www.kilotogo.com
Sunday April 29 th	Upper Tamar Triathlon (Standard & Sprint)	Upper Tamar Lake, Nr Bude	Swim(OW)/Bike/Run (1500m/40km/10km or 750m/20km/5km)	www.freakevents.co.uk
Saturday May 5 th	The Exterminator	Paignton	Multi Terrain Run (10km)	www.southdevon.ac.uk/exterminator
Saturday May 5 th	Cornish Series Race 2 (Closed Circuit)	Portreath	Cycle Circuit Race (50km/60km)	www.thecornishseries.co.uk
Sunday May 6 th	Great West Run	Exeter Arena	Road Run (Half Marathon)	www.thegreatwestrun.co.uk
Sunday May 6 th	Saltash Half Marathon	Saltash	Road Run (Half Marathon)	www.tamartrotters.co.uk
Sunday May 6 th	Camel Valley C. & T.C. TT S100/10 <i>Hardshell helmets compulsory</i>		Cycle Time Trial (10 miles)	www.cyclingtimetrials.org.uk
Sunday May 6 th	Captain Nick Memorial & The Hidden Lanes	St Agnes	Audax Cycle Ride (211km/109km/55km)	www.audaxkernow.co.uk
Sunday May 6 th	Bere Pen 10K	Bere Alston	Road Run (10km)	www.berealstontrekkers.btck.co.uk
Sunday May 6 th	Boconnoc Multi Terrain	Boconnoc Estate, Lostwithiel	Multi Terrain Run (5 miles)	www.staustellrunningclub.co.uk
Monday May 7 th	Kernow May 5 Miler	Launceston	Road Run (5 miles)	
Wednesday May 9 th	Cornish Series Race 3 (Closed Circuit)	St Eval	Cycle Circuit Race (50km/60km)	www.thecornishseries.co.uk
Saturday May 12 th	Ivybridge 10K	Ivybridge	Road Run (10 km)	www.evh.5u.com
Saturday May 12 th	Old Roads 300	Honiton	Road Cycle Ride (300km)	www.ukcyclist.co.uk/oldroads
Saturday May 12 th	Penzance Wheelers Crit 2 (Closed Circuit)	Portreath	Cycle Race (60km & 50km)	www.britishcycling.org.uk
Sunday May 13 th	Fully Sussed SW Series R3	Newnham Park, Plymouth	Off Road Cycle Race	www.fullysussed.co.uk/events
Sunday May 13 th	Roadford Triathlon (Standard & Sprint)	Roadford Lake, Nr Okehampton	Swim/Bike/Run (1500m/40km/10km or 750m/20km/5km)	www.freakevents.co.uk
Sunday May 13 th	Liskeard Triathlon	Liskeard	Swim (P)/Bike/Run (400m/20km/5km)	www.cornwall.gov.uk/sportsevents

Sunday May 13 th	Exe Valley Triathlon (FULL)	Exe Valley	Swim (P)/Bike/Run (200m/20km/3km & 400m/24km/5km)	www.exetertri.co.uk
Sunday May 13 th	Bideford 10K	Bideford	Road Run (10 km)	www.bidefordaac.co.uk
Sunday May 13 th	Race for Life	Falmouth	Road Run (5 km)	www.raceforlife.org
Sunday May 13 th	Totnes Town Centre Circuit Races (Closed Circuit)		Cycle Race	www.britishcycling.org.uk
Sunday May 13 th	St Austell Wheelers C.C. TT S101/25 (incl. SW DC Sporting Champs) <i>Hardshell helmets compulsory</i>		Cycle Time Trial (25 miles)	www.cyclingtimetrials.org.uk
Sunday May 13 th	Plymouth Corinthian CC Sporting TT S3/13S & S3/25S (Incl. SW DC Sporting Champs & District TT Series)	Ermington	Cycle Time Trial (13 miles) (25 miles)	www.cyclingtimetrials.org.uk
Thursday May 17 th	Penzance Wheelers Evening Crit 1 (Closed Circuit)	Portreath	Cycle Race (50km)	www.britishcycling.org.uk
Saturday May 19 th	Saltash Aquathlon	Saltash	Swim (P)/Run (500m/3 miles)	www.tamartrotters.co.uk
Sunday May 20 th	Marazion Middle Distance Triathlon	Marazion	Swim (OW)/Bike/Run (1.9km/80km/20km)	www.hayletri.co.uk
Sunday May 20 th	Marazion Standard Distance Triathlon	Marazion	Swim (OW)/Bike/Run (1500m/40km/10km)	www.hayletri.co.uk
Sunday May 20 th	St Austell Half Marathon	St Austell	Multi-Terrain Run (Half Marathon)	www.staustellrunningclub.co.uk
Sunday May 20 th	Camel Valley C. & T.C. TT S103/10		Cycle Time Trial (10 miles)	www.cyclingtimetrials.org.uk
Sunday May 20 th	South West Regional Road Race Champs	Leedstown	Road Cycle Race (130km)	www.britishcycling.org.uk
Wednesday May 23 rd	Cornish Series Race 4 (Closed Circuit)	Portreath	Cycle Circuit Race (50km/60km)	www.thecornishseries.co.uk
Thursday May 24 th	Penzance Wheelers Evening Crit 2 (Closed Circuit)	Portreath	Cycle Race (50km)	www.britishcycling.org.uk
Saturday May 26 th	Kernow and South West 600	Exeter	Road Cycle Ride (600km)	www.ukcyclist.co.uk
Sunday May 27 th	Helston Triathlon	Helston	Swim (P)/Bike/Run (400m/12 miles/5km)	www.cornwall.gov.uk/sportsevents
Sunday May 27 th	Exeter University Aquathlon	Streatham Campus, Exeter	Swim (P)/Run 400m/5km	www.sport.ex.ac.uk
Sunday May 27 th	Stithians Triathlon (Standard & Sprint)	Stithians Lake	Swim/Bike/Run (1500m/40km/10km or 750m/20km/5km)	www.freakevents.co.uk
Sunday May 27 th	St Budeaux C.C. Sporting TT S46/16S <i>Hardshell helmets compulsory</i>	Golberdon	Cycle Time Trial (16 miles)	www.cyclingtimetrials.org.uk
Tuesday May 29 th	Cubert 5	Cubert, Nr Newquay	Road Run (5 miles)	www.newquayroadrunners.co.uk
Sunday May	Kit Hill Run	Callington	Multi Terrain Run (5 miles)	Info. at: www.tamartrotters.co.uk
Saturday June 2 nd	Talaton Trotter	Nr Exeter	Multi-Terrain (6.5 miles)	Info. at: www.tamartrotters.co.uk
Saturday June 2 nd	Jubilee Pool Aquathlon (Race 1)	Jubilee Pool, Penzance	Swim/Run (200m/2miles)	www.mountsbayharriers.co.uk
Sunday June 3 rd	Plymouth Half Marathon	Plymouth	Road Run (Half Marathon)	www.plymouthhalfmarathon.co.uk
Sunday June 3 rd	Sand & Sweat 5km	Newquay	Multi-Terrain Run (5km)	www.cornwall.gov.uk/sportsevents
Sunday June 3 rd	Castle to Castle Swim	Falmouth	Swim (OW) (1 mile)	Info. at: www.falriver.co.uk/festival/5171
Sunday June 3 rd	Tour of the Moors, Dartmoor Dash & Bodmin Bash	Launceston	Audax Cycle Ride (206km/162km/105km)	www.wilkinet.demon.co.uk/Cycling/Events/2012-06.html
Wednesday June 6 th	Cornish Series Race 5 (Closed Circuit)	St Eval	Cycle Circuit Race (50km/60km)	www.thecornishseries.co.uk

Wednesday June 6 th	Race for life	Penzance	Run (5 km)	www.raceforlife.org
Saturday June 9 th	Valley of the Rocks 200 (SWAUK's SR qualifying event)	Honiton	Road Cycle Ride (200km)	www.ukcyclist.co.uk/vor200
Saturday June 9 th	Penzance Wheelers Crit 3 (Closed Circuit)	Portreath	Cycle Race (60km & 50km)	www.britishcycling.org.uk
Saturday June 9 th	Dartmoor Discovery (THIS EVENT IS FULL)	Princetown	Road Run (34.1 miles)	www.dartmoordiscovery.co.uk
Sunday June 10 th	Tamar CC S40A/25		Cycle Time Trial (25 miles)	www.cyclingtimetrials.org.uk
Sunday June 10 th	Ruby Run	Holsworthy	Road Run (Half Marathon)	www.rubyrun.co.uk
Sunday June 10 th	Race For Life	Eden	Run (5km)	www.raceforlife.org
Wednesday June 13 th	St Austell Wheelers CC S100/10 (100 riders)		Cycle Time Trial	www.cyclingtimetrials.org.uk
Wednesday June 13 th	Cornish Series Race 6 (Closed Circuit)	Portreath	Cycle Circuit Race (50km/60km)	www.thecornishseries.co.uk
Wednesday June 13 th	Bude Lifeboat Run	Bude	Run on footpaths (6 miles)	Info. at: www.cornwallac.org.uk
Wednesday June 13 th	Penzance Wheelers TT S6/10 <i>Hardshell helmets compulsory</i>	Penzance	Cycle Time Trial (10 miles)	www.pzwheelers.co.uk www.cyclingtimetrials.org.uk
Saturday June 16 th	Goldcoast Beach Aquathlon	Croyde	Swim/Run 1000m(OW)/7.5km	www.northdevontri.co.uk
Saturday June 16 th	Sticker 5	Sticker	Road Run (5 miles)	www.newquayroadrunners.co.uk
Saturday June 16 th	Burrator Horseshoe Run	Meavy	Moorland Run (7 miles)	www.meavy.org.uk/bh.htm
Sunday June 17 th	Falmouth Triathlon	Falmouth	Swim (OW)/Bike/Run	Info. At: www.cornwall.gov.uk/sportsevents
Sunday June 17 th	Camel Valley C. & T.C. TT S100/50 (incl. RN & RMCA champs)		Cycle Time Trial (50 miles)	www.cyclingtimetrials.org.uk
Wednesday June 20 th	Meet Your Max	Truro	Multi-Terrain Run (11km)	www.trurorunningclub.org.uk
Saturday June 23 rd	Ultra Trail South West (Individual and Teams)	Lizard – Holywell	Coast Path Run (60 miles/100miles)	www.endurancelife.com
Saturday June 23 rd	Classic Quarter (Individual and Teams)	Lizard – Lands End	Coast Path Run (44 miles)	www.endurancelife.com
Saturday June 23 rd	St Dominick's Dash	St Dominick	Road Run (5 miles)	
Saturday June 23 rd	The Only Way is Up Road Race	Newton Abbott	Hill Climb Road Cycle (45 mins/50 mins)	www.dartmoorclassic.co.uk
Sunday June 24 th	Race for Life	Plymouth Hoe	Run (5 km)	www.raceforlife.org
Sunday June 24 th	Plymouth Corinthian C.C. S4/25	Plymouth	Cycle Time Trial (25 miles)	www.plymouthcorinthiancc.com www.cyclingtimetrials.org.uk
Sunday June 24 th	Dartmoor Classic Sportive 2012 EVENT FULL	Newton Abbot	Cycle Sportif – Road (99 miles)	www.dartmoorclassic.co.uk
Sunday June 24 th	Torbay Half Marathon	Paignton	Road Run (13.1 miles)	www.torbayhalfmarathon.co.uk
Sunday June 24 th	North Devon Marathon and Half Marathon	Woolacombe	Off Road Run (Marathon/Half Marathon)	www.northdevonmarathon.co.uk
Sunday June 24 th	The Great Lanhydrock Run	Lanhydrock Estate, Nr Bodmin	Multi-Terrain Run (10 miles)	www.staustellrunningclub.co.uk
Sunday June 24 th	St Austell Wheelers S101/25		Cycle Time Trial (25 miles)	www.cyclingtimetrials.org.uk
Wednesday June 27 th	Tavistock Wheelers S40/10 (100 riders)		Cycle Time Trial (10 miles)	www.cyclingtimetrials.org.uk
Wednesday June 27 th	Jubilee Pool Aquathlon (Race 2)	Jubilee Pool, Penzance	Swim/Run (200m/2miles)	www.mountsbayharriers.co.uk

Saturday June 30 th	Cornish Series Race 7 (Closed Circuit)	Portreath	Cycle Circuit Race (50km/60km)	www.thecornishseries.co.uk
Saturday June 30 th	Killerton Kanter	Exeter	Off Road Run (10km)	
Saturday June 30 th	St Ives Biathlon	St Ives	Run/Swim (OW) (1.5 miles/1.5 miles)	
June	Manor Hotel 10K	Exmouth	Run (10km)	
June	Sam Penny Scenic Challenge 6	Plymouth	Multi Terrain Run (10 km)	
Sunday July 1 st	Padstow Swim	Padstow	Swim (OW) (approx. 1 mile)	www.padstowtorockswim.org.uk
Sunday July 1 st	Bude Triathlon	Bude	Swim (OW)/Bike/Run (500m/11.5 miles/3.5 miles)	www.shorelineactivities.co.uk
Sunday July 1 st	Launceston 10	Launceston	Road Run (10 miles)	Info. at: www.tamartrotters.co.uk
Sunday July 1 st	Fraddon Grand Prix	Fraddon	Road Cycle Race (96km)	Info. at: www.britishcycling.org.uk
Sunday July 1 st	Torplex 200	Newton Abbott	Road Cycle Ride (210km)	www.ctcdevon.co.uk/torplex200_info
Saturday July 3 rd	Tour of Exmoor	Porlock	Cycle Sportive - Road (85 miles/103 miles)	www.tourofexmoor.com
Saturday July 3 rd	Penzance Wheelers Crit 4 (Closed Circuit)	Portreath	Cycle Race (60km & 50km)	www.britishcycling.org.uk
Sunday July 4 th	Mylor Tri	Mylor	Swim (OW)/Bike/Run (Sprint)	Info. at: www.tricornwall.co.uk
Saturday & Sunday July 7 th & 8 th	Bontrager Twentyfour12	Newnham Park, Plymouth	Off Road Cycle (24 hr race & 12 hr race)	www.twentyfour12.com www.xracer.com
Saturday July 7 th	Duckponds Run	Oreston, Plymouth	Road Run (7 km)	www.plymstockroadrunners.co.uk
Sunday July 8 th	The Big Cornwall Swim	Stithians Lake	Open Water Swim (various distances)	www.cornwall.gov.uk/sportsevents
Sunday July 8 th	Plymouth Standard Distance Triathlon	Plymouth	Swim(OW)/Bike/Run (1500m/40km/10km)	www.plymouthtriclub.co.uk
Sunday July 8 th	Plymouth Children's Open Water Aquathlon	Plymouth	Swim(OW)/Run (Distances unknown)	www.plymouthtriclub.co.uk
Sunday July 8 th	Bideford Sprint Triathlon	Bideford	Swim(OW)/Bike/Run (600m/23.5km/5km)	www.bidefordtriathlon.co.uk
Sunday July 8 th	Race For Life	Truro	Run (5km)	www.raceforlife.org
Sunday July 8 th	Penzance Junior Aquathlon (Ages 8-16)	Penzance	Swim (P)/Run (50m-300m/600m- 3000m)	www.mountsbayharriers.co.uk
Sunday July 8 th	Mines and Minerals (On and Off Road options)	Carharrack	On Road Audax Cycle (69km) Off Road Audax Cycle (67km)	www.aukweb.net
Sunday July 8 th	Camel Valley C & TC TT S100/25		Cycle Time Trial (25 miles)	www.cyclingtimetrials.org.uk
Wednesday July 11 th	Cornish Series Race 8 (Closed Circuit)	St Eval	Cycle Circuit Race (50km/60km)	www.thecornishseries.co.uk
Wednesday July 11 th	Summer Turkey Trot	Redruth	Road Run (4 miles)	www.cornwallac.org.uk
Wednesday July 11 th	Penzance Wheelers 2 up TTT S6/10 <i>Hardshell helmets compulsory</i>		Cycle Time Trial (10 miles)	www.cyclingtimetrials.org.uk
Sunday July 15 th	South West Women's Stage Race	St Eval	Cycle Time Trial/Road Race/Crit Race (2 laps/40km/45 mins)	www.britishcycling.org.uk
Sunday July 15 th	Roadford Half Distance Triathlon & Novice Tri	Roadford Lake, Nr Okehampton	Swim/Bike/Run (2.5km/80km/20km & Novice distances)	www.freakevents.co.uk

Sunday July 15 th	The Magnificent Seven	Saltash	Road Run (7 miles)	www.tamartrotters.co.uk
Sunday July 15 th	Truro C.C. TT S100/25 & Tandems		Cycle Time Trial (25 miles)	www.cyclingtimetrials.org.uk www.trurocyclingclub.org.uk
Thursday July 19 th	Penzance Wheelers Evening Crit 4 (Closed Circuit)	Portreath	Cycle Race (50km)	www.britishcycling.org.uk
Saturday July 21 st	Haytor Heller	Bovey Tracey	Off Road Run (6 miles)	www.teignbridgetrotters.co.uk
Sunday July 22 nd	Stithians Lake Triathlon	Stithians Lake	Swim (OW)/Bike/Run (1.5km/40km/10km)	www.cornwall.gov.uk/sportsevents
Sunday July 22 nd	Two Moors 100 Sportive	Bideford	Cycle Sportive (100 miles/100km)	www.twomoors100.co.uk www.britishcycling.org.uk
Saturday & Sunday July 24 th & 25 th	Dartmoor Mountain Marathon	Princetown, Dartmoor	Off Road Navigation Run (Varying Distances)	www.endurancelife.com
Wednesday July 25 th	Jubilee Pool Aquathlon (Race 3)	Jubilee Pool, Penzance	Swim/Run (200m/2miles)	www.mountsbayharriers.co.uk
Wednesday July 25 th	Cornish Series Race 9 (Closed Circuit)	Portreath	Cycle Circuit Race (50km/60km)	www.thecornishseries.co.uk
Saturday July 28 th	Tywardreath Trotter	Nr. Par	Multi Terrain Run	www.cornish-riviera.co.uk/trotter
Saturday July 28 th	Charlestown Tri	Charlestown	Swim(OW)/Bike/Run 200m/3miles/2miles	Info. at: www.tricornwall.co.uk
Sunday July 29 th	The Granite and Serpentine Way, The Lizard Loop & Carns and Killas	Carnon Downs, Nr. Truro	Audax Cycle Ride (163km/104km/51km)	www.ctccornwall.org.uk/CTC%20Cornwall/AudaxRides.html
Wednesday August 1 st	Camel Valley CC & TC Club 10 TT	Probus	Cycle Time Trial (10 miles)	www.cyclingtimetrials.org.uk
Saturday August 4 th	Trident Challenge	Gyllyngvase Beach, Falmouth	Swim (OW) (800m)	Info. at: www.cornwall.gov.uk/Default.aspx?page=20520
Sunday August 5 th	Brentor Road Races	Brentor, Dartmoor	Cycle Road Race (40km/65km/94km)	www.britishcycling.org.uk
Sunday August 5 th	Indian Queens Half Marathon	Indian Queens	Multi-Terrain Run (Half Marathon)	www.newquayroadrunners.co.uk
Sunday August 5 th	Totnes 10K	Totnes	Road Run (10km)	www.teignbridgetrotters.co.uk
Sunday August 5 th	Big Swim Cornwall	Port Gaverne - Port Isaac	Swim (OW) (Approx. 1 mile)	www.bigswimcornwall.co.uk
Sunday August 5 th	Swim For Logan	Penzance	Open Water Swim (1 mile plus a shorter swim also)	www.swimforlogan.co.uk
Sunday August 5 th	St Austell Wheelers Open 10 (Including SWDC Champs)	Tresillian	Cycle Time Trial (10 miles)	www.cyclingtimetrials.org.uk
Sunday August 5 th	Exmoor Explorer	Exmoor	Off Road Cycle (25 miles/35 miles)	www.exmoorexplorer.co.uk
Wednesday August 18 th	RNLI Summer Beach Run	Gwithian Beach	Off Road Run (5km and 10km)	www.rnli.org.uk/summerseries
Wednesday August 8 th	DAN 5K Series Race 3 St Clements Rush	Truro	On and Off Road Run (5km)	Info at: www.trurorunningclub.co.uk
Wednesday August 8 th	Cornish Series Race 10 (Closed Circuit)	Portreath	Cycle Race	www.thecornishseries.co.uk
Wednesday August 8 th	Truro CC Club 10 TT	Tresillian	Cycle Time Trial (10 miles)	www.cyclingtimetrials.org.uk
Thursday August 9 th	Penzance Wheelers Club 10 TT	Leedstown	Cycle Time Trial (10 miles)	www.cyclingtimetrials.org.uk
Friday August 10 th	St Levan 10K	St Levan, Nr Penzance	Road Run (10 km)	www.stlevan10k.co.uk
Saturday August 11 th	Exeter Spartan Race	Exeter Race Course	Off Road Run with obstacles (3+ miles with 10 obstacles)	www.spartanrace.com
Sunday August 12 th	Celtic Coastal & Canter	Long Rock, Nr. Penzance	Audax Cycle Ride (100km/54km)	www.audaxkernow.co.uk

Sunday August 12 th	Truro CC Club 25 TT	Chacewater	Cycle Time Trial (25 miles)	www.cyclingtimetrials.org.uk
Wednesday August 15 th	DAN 5K Series Race 4 Cape Cornwall Caper		Run (5km)	Info at: www.mountsbayharriers.org.uk
Wednesday August 15 th	Camel Valley CC & TC Club 10 TT	Probus	Cycle Time Trial (10 miles)	www.cyclingtimetrials.org.uk
Friday August 17 th	Paignton Regatta Circuit Races (Closed Circuit)	Paignton	Road Circuit Cycle Race (1 hour)	www.britishcycling.org.uk
Friday August 17 th	Yacht Inn Swim	Penzance	Swim (OW) (approx. 1 mile)	Info. at: www.mountsbayharriers.org.uk
Saturday & Sunday 18 th & 19 th August	Gylly Junior Tri & Relay Tri	Falmouth	Swim/Bike/Run (400m/10km/2km & 400m/3.8km/2km)	www.gyllysurf.org.uk
Wednesday August 22 nd	St Austell Whellers Club 10 TT (Handicap)	Lanivet	Cycle Time Trial (10 miles)	www.cyclingtimetrials.org.uk
Wednesday August 22 nd	DAN 5K Series Race 5	Gwithian Beach	Off Road Run (5km)	www.haylerunners.org.uk
Thursday August 23 rd	Penzance Wheelers Club 10 TT	Leedstown	Cycle Time Trial (10 miles)	www.cyclingtimetrials.org.uk
Friday August 24 th	Trelissick 10K	Trelissick, Feock	Multi-Terrain Run (10 km)	
Friday August 24 th	Forest Flyer 5	Haldon Forest, Nr Exeter	Multi-Terrain Run (5 miles)	www.dawlishcoasters.co.uk
Sunday August 26 th	Torbay 10K	Torbay	Road Run (10km)	Info at: www.teignbridgetrotters.co.uk
Monday August 27 th	Lustleigh Show 10K	Newton Abbot	Multi-Terrain (10km)	www.lustleighshow.com
Wednesday August 29 th	Jubilee Pool Aquathlon (Race 4)	Jubilee Pool, Penzance	Swim/Run (200m/2miles)	www.mountsbayharriers.co.uk
Saturday August	Jurassic Coast 10K NO EVENT IN 2011	Budleigh Salterton	Multi-Terrain Run (10km)	www.jurassiccoast10k.co.uk
Saturday September 1 st	One & all Cycling Club Open 10 TT (Cornish Cup)	Roche	Cycle Time Trial (10 miles)	www.cyclingtimetrials.org.uk
Sunday September 2 nd	Treggy 7	Launceston	Road Run (7 miles)	www.treggy7.co.uk
Sunday September 2 nd	Perranporth Surf Triathlon	Perranporth	Swim(OW)/Bike/Run (1000m/38km/7.5km)	www.perranporthslsc.org.uk
Sunday September 2 nd	YOGI Brentor Road Races	Lamerton, Tavistock	Cycle Road Race (50km/100km)	www.britishcycling.org.uk
Sunday September 2 nd	Dartmoor Dash	Princetown	Off Road Run (5 miles)	Info at: www.tamartotters.co.uk
Sunday September 2 nd	Burgh Island Swim		Open Water Swim (1 mile)	
Sunday September 2 nd	St Agnes Triathlon	St Agnes	Swim (OW)/Bike/Run (800m/12miles/3miles)	www.stagnessurflifesavingclub.org.uk/page9.htm
Saturday September 8 th	Redruth Mini Triathlon for Children	Redruth	Swim (P)/Bike/Run (50-200m/1-3km/600- 1600m)	www.cornwall.gov.uk/sportsevents
Saturday September 8 th	Awesome Foursome Quadrathlon	Bude	Swim/Bike/Canoe/Run (800m/30km/10km/10km)	www.shorelineactivities.co.uk
Saturday September 8 th	Cornish Series Race 11 (Closed Circuit)	Portreath	Cycle Race	www.thecornishseries.co.uk
Saturday September 8 th	Moor 2 Sea	Kennford, Exeter	Cyclo sportive (174km/108km)	www.britishcycling.org.uk
Sunday September 9 th	Bodmin Triathlon	Bodmin	Swim (P)/Bike/Run (400m/18.5km/8.5km)	www.cornwall.gov.uk/sportsevents
Sunday September 9 th	Fowey Triathlon	Fowey	Swim (OW)/Bike/Run (600m/29km/12km)	www.foweyrivertri.com
Sunday September 9 th	Roadford Standard Tri Relay	Roadford Lake, Nr Okehampton	Swim (OW)/Bike/Run (1500m/40km/10km)	www.freakevents.co.uk
Sunday September 9 th	Probus 10K	Probus	Road Run (10km)	Info at: www.tamartotters.co.uk
Sunday September 9 th	St Austell Wheelers Reliability	Tresillian	Cycle (80 miles)	www.cyclingtimetrials.org.uk

Sunday September 9 th	Golowjy ha Bal	Connor Downs, Hayle	Audax Cycle Ride (116km/52km)	www.aukweb.net
Sunday September 9 th	Ivybridge Beacon Challenge	Ivybridge	Cross Country Run (10 miles)	Info at: www.tamartotters.co.uk
Sunday September 9 th	Fowey Harbour Swim	Fowey	Swim (OW) (1200m)	Info at: www.mountsbayharriers.org.uk
Friday - Sunday September 14 th - 16 th	Festival of Sport Cornwall	Marazion	Triathlon, Swim, Cycle, Beach Sports (Various distances)	www.festivalofsport.net
Sunday September 16 th	Padstow Triathlon (Standard and Sprint)	Harlyn Bay	Swim (OW)/Bike/Run (1500m/40km/10km) (750m/26km/5km)	www.votwo.co.uk
Sunday September 16 th	Truro Half Marathon	Truro	Road Run (Half Marathon)	www.trurorunningclub.org.uk
Saturday & Sunday September 15 th & 16 th	Coast to Coast Devon	Brendon Village, Exmoor	Run/Bike/Kayak (130 mile course)	www.endurancelife.com
Sunday September 16 th	Bike Chain Ricci Open 30 Sporting TT & 2UP TT	Leedstown	Cycle Time Trial (30 miles)	www.cyclingtimetrials.org.uk
Sunday September 16 th	6 Moor Miles	Yelverton	Off Road Run (6 miles)	Info. at: www.tamartrotters.co.uk
Sunday September 16 th	Newton Abbot Ladies 10K	Nr Totnes	Road Run (10km)	www.teignbridgetrotters.co.uk
Friday -Sunday September 21 st - 23 rd	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 22 nd	Cornish Series Race 12 (Closed Circuit)	Portreath	Cycle Race	www.thecornishseries.co.uk
Sunday September 23 rd	Nearwater St Mawes Triathlon	St Mawes	Swim(OW)/Bike/Run (900m/24km/5km)	www.nearwaterevents.co.uk/st-mawes-triathlon
Saturday September 22 nd	Tour of Dartmoor	River Dart Country Park, Ashburton	Cycle Sportive – Road (82 miles/113 miles)	www.tourofdartmoor.com
Sunday September 23 rd	Endless Summer Swim	Gyllyngvase, Falmouth	Swim (OW) (800m & 500m)	www.gyllysurf.org
Sunday September 23 rd	Camel Valley CC & TC Open 25 TT (Cornish Cup)	Roche	Cycle Time Trial (25 miles)	www.cyclingtimetrials.org.uk
Saturday September 29 th	UDHC 3 (Urban Downhill Charity Event)	Plymouth	MTB Downhill	www.dh-events.co.uk
Sunday September 30 th	Newquay Surf Triathlon	Newquay	Swim (OW)/Bike/Run (1.5km/21miles/6miles)	www.cornwall.gov.uk/sportsevents
Sunday September 30 th	Camel Valley CC & TC Club Hill Climb	Wadebridge	Cycle Hill Climb	www.cyclingtimetrials.org.uk
Sunday September 30 th	Penzance Wheelers Club Hill Climb	Gwithian	Cycle Hill Climb	www.cyclingtimetrials.org.uk
Sunday October 7 th	Newquay 10K	Newquay	Road Run (10 km)	www.newquayroadrunners.co.uk
Sunday October 7 th	Wadebridge Triathlon	Wadebridge Leisure Centre	Swim (P)/Bike/Run (400m/15 miles/5 miles)	www.cornwall.gov.uk/default.aspx?page=15655
Sunday October 7 th	RU Training Coastal Cruise Sportive	Nr Plymouth	Cycle Sportive (80 miles)	www.rutrainingtoday.co.uk
Sunday October 7 th	St Austell Wheelers Club Hill Climb	Trenance	Cycle Hill Climb (1.4 miles)	www.cyclingtimetrials.org.uk
Sunday October 7 th	Autumn Trail Run	Newnham Park, Plymouth	Multi-Terrain Run (8 miles ish)	www.plymptonh3.org
Sunday October 7 th	Bideford 10	Bideford	Road Run (10 miles)	www.teignbridgetrotters.co.uk
Sunday October 7 th	Marathon of Eden & Half Marathon	Eden Project, St Austell	Road Run (Full & Half Marathon)	www.staustellrunningclub.co.uk
Saturday October 13 th	The Mouth to Mouth Run	Sandymouth, Nr Bude	Off Road Run (10km ish)	Info at:

				www.tamartrotters.co.uk
Sunday October 14 th	Race for Wildlife	Penzance	Multi-Terrain Run (10K)	www.raceforwildlife.org.uk
Sunday October 14 th	Lands End 100	St Ives	Road Cyclosporive (100 miles & 100km)	www.cornwall.gov.uk/sportsevents
Sunday October 14 th	Dartmoor Vale	Newton Abbot	Road Run (Full & Half Marathon & 10km)	www.dmvmarathon.org.uk
Sunday October 21 st	Tavy 7	Tavistock	Road Run (7 miles)	Info at: www.teignbridgetrotters.co.uk
Saturday October 27 th	Sourton Scramble	Sourton, Nr Okehampton	Off Road Run (6 miles)	Info. at: www.swrr.co.uk
Sunday October 28 th	Great Flat Lode Run	Redruth	Multi-Terrain Run (5 miles)	
Sunday October 28 th	The 'Eller	Millbrook, Cornwall	Run (10 miles)	
Sunday October	Devioc Bounder	Nr Looe & Torpoint	Road Run (10 miles)	
Sunday November 6 th	Templer Ten	Kingsteignton	Road Run (10 miles)	www.teignbridgetrotters.co.uk
Sunday November 6 th	Camel Valley CC & TC Reliability	Wadebridge	Cycle (50 miles)	www.cyclingtimetrials.org.uk
Sunday November 11 th	Remembrance Day Run	Marazion, Nr Penzance	Off Road Run (4.2 miles)	www.mountsbayharriers.co.uk
Sunday November 18 th	Cornish Marathon	Jamaica Inn, Pensilva	Road Run (Marathon)	
Sunday November 18 th	Drogo 10	Castle Drogo	Off Road Run (10 miles)	Info at: www.teignbridgetrotters.co.uk
Sunday November 25 th	Mob Match	Falmouth	Road Run (5 miles)	www.falmouthroadrunners.co.uk
Sunday November 25 th	St Austell Wheelers Club 10 TT (Christmas 10)	Tresillian	Cycle Time Trial (10 miles)	www.cyclingtimetrials.org.uk
Sunday November 25 th	Bicton Blister	Bicton	Off Road Run	Info at: www.teignbridgetrotters.co.uk
Sunday December 2 nd	Camel Valley CC & TC Club 10 TT (Christmas 10)	Probus	Cycle Time Trial (10 miles)	www.cyclingtimetrials.org.uk
Sunday December 2 nd	Ed's Mince Pie and Mulled Wine 50	Connor Downs	Audax Cycle Ride (50km)	www.aukweb.net
Wednesday December 26 th	Penzance Wheelers Club 10 TT	Leedstown	Cycle Time Trial (10 miles)	www.cyclingtimetrials.org.uk
Sunday December	Turkey Trot CANCELLED IN 2011	Redruth	Road Run (4 miles)	www.cornwallac.org.uk

Those races in red have not confirmed their 2012 date yet so it is estimated.