

## **Devon Race Diary 2010**

Issue 8- July 2010

XC = Cross Country M/T = Multi Terrain C = County Championship \* = Date to be confirmed/Licence Application to be submitted

### **January**

3	First Chance 10K	Exeter	1030	10K		Sunday	<a href="http://www.swrr.co.uk">www.swrr.co.uk</a>
3	January Jaunt 10K	Plympton	1000	10K		Sunday	
10	EA SW XC Champs	Bicton College			XC	Sunday	<a href="http://www.englandathletics.org">www.englandathletics.org</a>
10	Oh My Obelisk	Dawlish	1100	10 Miles approx	M/T	Sunday	<a href="http://www.dawlishcoasters.co.uk">www.dawlishcoasters.co.uk</a>
13	Armada Network 3K	Plymouth	1900	3K		Wednesday	<a href="http://www.armadaathletics.com">www.armadaathletics.com</a>
17	Westward League	Bideford		Various	XC	Sunday	<a href="http://www.westwardleague.co.uk">www.westwardleague.co.uk</a>
24	Braunton 10	Braunton	1100	10 Miles		Sunday	<a href="http://www.northdevonroadrunners.webeden.co.uk">www.northdevonroadrunners.webeden.co.uk</a>
31	GWR Warm Up Race Series	Exeter	0930	5K		Sunday	<a href="http://www.ironbridgerunnerevents.co.uk">www.ironbridgerunnerevents.co.uk</a>

### **February**

7	Fulfords GWR 5 Mile	Exmouth	1100	5 Miles		Sunday	<a href="http://www.exmouth-harriers.co.uk">www.exmouth-harriers.co.uk</a>
10	Armada Network 3K	Plymouth	1900	3K		Wednesday	<a href="http://www.armadaathletics.com">www.armadaathletics.com</a>
14	Westward League	Bovey Tracey			XC	Sunday	<a href="http://www.westwardleague.co.uk">www.westwardleague.co.uk</a>
21	Brooks Plymouth Hoe 10	Plymouth	1000	10 Miles	C	Sunday	<a href="http://www.tamartrotters.co.uk">www.tamartrotters.co.uk</a>
18	GWR Warm Up Race Series	Exeter	0930	10K		Sunday	<a href="http://www.ironbridgerunnerevents.co.uk">www.ironbridgerunnerevents.co.uk</a>

### **March**

10	Armada Network 3K	Plymouth	1900	3K		Wednesday	<a href="http://www.armadaathletics.com">www.armadaathletics.com</a>
14	March Hare 10K	Plympton	100	10K		Sunday	
21	Westward League	Redruth			XC	Sunday	<a href="http://www.westwardleague.co.uk">www.westwardleague.co.uk</a>
21	GWR Warm Up Race Series	Exeter	0930	10K		Sunday	<a href="http://www.ironbridgerunnerevents.co.uk">www.ironbridgerunnerevents.co.uk</a>
28	Great West Teignbridge Ten	Kingsteignton	1030	10 Miles		Sunday	<a href="http://www.teignbridgetrotters.co.uk">www.teignbridgetrotters.co.uk</a>

### **April**

5	Bampton to Tiverton	Bampton	1030	7m 125yds		Monday	<a href="http://www.tiverton-harriers.co.uk">www.tiverton-harriers.co.uk</a>
8	Armada Network 5K Time Trial	Plymouth	1900	5K		Wednesday	<a href="http://www.armadaathletics.com">www.armadaathletics.com</a>
18	Honiton Hippo	Honiton	1030			Sunday	<a href="http://www.honitonrc.com">www.honitonrc.com</a>
18	Tavistock Half Marathon	Tavistock	1000	13.1 Miles		Sunday	<a href="http://www.tavistockathletics.com">www.tavistockathletics.com</a>
25	Arlington Court Canter	Barnstaple	1100	10K approx	M/T	Sunday	<a href="mailto:tom@ashelford.co.uk">tom@ashelford.co.uk</a>

### **May**

2	Great West Run + 5K	Exeter	1000	13.1 Miles		Sunday	<a href="http://www.thegreatwestrun.co.uk">www.thegreatwestrun.co.uk</a>
7	Round the Tree	Torrington	1900	2.5 M approx	M/T	Friday	<a href="http://www.torringtonaac.org">www.torringtonaac.org</a>
9	The Exterminator	Paignton	1000	10K approx	M/T	Sunday	<a href="http://www.southdevon.ac.uk/exterminator">www.southdevon.ac.uk/exterminator</a>
13	Armada Network 5K Time Trial	Plymouth	1900	5K		Wednesday	<a href="http://www.armadaathletics.com">www.armadaathletics.com</a>
15	Ivybridge 10K	Ivybridge	1830	10K		Saturday	<a href="http://www.evh.5u.com">www.evh.5u.com</a>

16	Karen Halls Ottery 10K Race	Ottery St Mary	1030	10K		Sunday	<a href="http://www.hallsestateagents.com">www.hallsestateagents.com</a>
23	Crediton Crunch	Crediton	1030	10K approx	M/T	Sunday	<a href="http://www.womensrunningnetwork.co.uk">www.womensrunningnetwork.co.uk</a>
30	Plymouth Half Marathon	Plymouth	1000	13.1 Miles		Sunday	<a href="http://www.plymouthhalfmarathon.co.uk">www.plymouthhalfmarathon.co.uk</a>

### **June**

1	Saucony Run Exe 5K Series	Exeter	1930	5K		Tuesday	<a href="http://www.ironbridgerunnerevents.co.uk">www.ironbridgerunnerevents.co.uk</a>
5*	Central Park 5K	Plymouth	1900	5K		Saturday	<a href="http://www.plymouthcoasters.co.uk">www.plymouthcoasters.co.uk</a>
6*	Exmouth Challenge	Exmouth	1300	TBC	M/T	Sunday	<a href="http://www.exmouth-harriers.co.uk">www.exmouth-harriers.co.uk</a>
9	Armada Network 5K Time Trial	Plymouth	1900	5K		Wednesday	<a href="http://www.armadaathletics.com">www.armadaathletics.com</a>
10	Coastal Dash	Dawlish	1900	4 Miles approx	M/T	Thursday	<a href="http://www.dawlishcoasters.co.uk">www.dawlishcoasters.co.uk</a>
13	Plym Valley Challenge	Plymouth	1000	9M approx	M/T	Sunday	<a href="http://www.instinctive.org.uk">www.instinctive.org.uk</a>
13	Ruby Run	Holsworthy	1030	13.1 Miles		Sunday	<a href="http://www.rubyrun.co.uk">www.rubyrun.co.uk</a>
20	Yeo Mill Yomp	West Anstey	1030	10.25 M Approx	M/T	Sunday	<a href="http://www.tiverton-harriers.co.uk">www.tiverton-harriers.co.uk</a>
23	Adidas Festive 4	Exeter	1930	4 Miles		Wednesday	<a href="http://www.ironbridgerunnerevents.co.uk">www.ironbridgerunnerevents.co.uk</a>
26	Killerton Kanter	Killerton House	1800	10K approx	M/T	Saturday	<a href="http://www.swrr.co.uk">www.swrr.co.uk</a>
30	Beat the Bus	Otterton	1837	10K approx	M/T	Wednesday	<a href="http://www.sidmouthrunningclub.org.uk">www.sidmouthrunningclub.org.uk</a>

### **July**

2	Erme Valley Relays	Ivybridge	1900	4 x 2.5 M laps		Friday	<a href="http://www.evh.5u.com">www.evh.5u.com</a>
4	The Feniton Frolic	Feniton, Honiton	1400	6M Approx	M/T	Sunday	<a href="http://01404.851047">01404 851047</a>
6	Saucony Run Exe 5K Series	Exeter	1930	5K		Tuesday	<a href="http://www.ironbridgerunnerevents.co.uk">www.ironbridgerunnerevents.co.uk</a>
10	Duckponds	Oreston/Plymstock	1800	7K Approx	M/T	Saturday	<a href="http://www.plymstockroadrunners.co.uk">www.plymstockroadrunners.co.uk</a>
10	Otter Valley Rail & River Run	Tipton St John	1030	10K approx	M/T	Saturday	01404 - 813933
14	Armada Network 5K Time Trial	Plymouth	1900	5K		Wednesday	<a href="http://www.armadaathletics.com">www.armadaathletics.com</a>
15	Tavy Town Relays	Tavistock	1930	4x1.1M Approx		Thursday	<a href="http://www.tavistockathletics.com">www.tavistockathletics.com</a>
22	Kingsbridge 10K	Kingsbridge	1930	10K		Thursday	01548 - 854452
25	6 Moor Miles	Yelverton	1030	6 Miles approx	M/T C	Sunday	<a href="http://www.plymouthharriers.co.uk">www.plymouthharriers.co.uk</a>

### **August**

3	Saucony Run Exe 5K Series	Exeter	1930	5K		Tuesday	<a href="http://www.ironbridgerunnerevents.co.uk">www.ironbridgerunnerevents.co.uk</a>
7	Cornwood Challenge	Cornwood	1800	10K Approx	M/T	Saturday	01752 - 892627
8	Sidmouth Festival Run	Sidmouth	1100	10K Approx		Sunday	<a href="http://www.sidmouthrunningclub.org.uk">www.sidmouthrunningclub.org.uk</a>
11	Armada Network 5K Time Trial	Plymouth	1900	5K		Wednesday	<a href="http://www.armadaathletics.com">www.armadaathletics.com</a>
14	Jurassic Coast Run	Budleigh Salterton	1100	10K Approx	M/T	Saturday	<a href="http://www.jurassiccoast10k.co.uk">www.jurassiccoast10k.co.uk</a>
22	Torbay Royal Regatta 10K	Torbay	1900	10K	C	Sunday	<a href="http://www.torbay10k.org.uk">www.torbay10k.org.uk</a>
28*	Dartmouth Regatta Road Race	Dartmouth	1400	Various		Saturday	<a href="http://www.dartmouthathletics.co.uk">www.dartmouthathletics.co.uk</a>
29	Forest Flyer	Haldon Forest Park	1900	5 Miles approx	M/T	Friday	<a href="http://www.dawlishcoasters.co.uk">www.dawlishcoasters.co.uk</a>

### **September**

4*	Saltram 5K	Plymouth	1800	5K		Saturday	<a href="http://www.armadaathletics.com">www.armadaathletics.com</a>
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5	Dartmoor Dash	Princetown	1400	5 Miles Approx	M/T	Sunday	01822 - 890527
5	Back in Five	Torrington	1100	5 Miles approx	M/T	Sunday	<a href="http://www.torringtonaac.com">www.torringtonaac.com</a>
7	Saucony Run Exe 5K Series	Exeter	1930	5K		Tuesday	<a href="http://www.ironbridgerunnerevents.co.uk">www.ironbridgerunnerevents.co.uk</a>
8	Armada Network 5K Time Trial	Plymouth	1900	5K		Wednesday	<a href="http://www.armadaathletics.com">www.armadaathletics.com</a>
12	Ivybridge Beacon Challenge	Ivybridge	1100	8 Miles approx	M/T	Sunday	www.evh.5u.com
12	Force 10Km	Powderham Castle	1100	10K approx	M/T	Sunday	<a href="http://www.forcecancercharity.co.uk">www.forcecancercharity.co.uk</a>
19	Denes Doone Run	Lynton	1200	11.4 Miles app.	M/T	Sunday	www.thedenes.com/DooneRun.htm

### **October**

3	Churston Flyer	Brixham	1100	5M		Sunday	www.sdac.co.uk
10	South Molton struggle	South Molton	1100	7M approx		Sunday	<a href="http://www.southmoltonstrugglers.co.uk">www.southmoltonstrugglers.co.uk</a>
10*	Honi-ten	Honiton	1030	10 Miles		Sunday	www.honitonrc.com
17	Dartmoor Vale Mara/1/2/10K	Newton Abbot	0915	26.2/13.1M/10K		Sunday	www.dmvmarathon.org.uk
30*	Sourton Scramble	Sourton	1100	6 Miles approx	M/T	Saturday	01837 - 861223

### **November**

7	Templer Ten	Kingsteignton		9.5 M approx	M/T	Sunday	<a href="http://www.teignbridgetrotters.co.uk">www.teignbridgetrotters.co.uk</a>
14*	Tavy 7	Whitchurch	1200	7 Miles		Sunday	www.tavistockathletics.com
28*	Bicton Blister	Bicton	1100	10.5 M Approx	M/T	Sunday	<a href="http://www.bictonblister.co.uk">www.bictonblister.co.uk</a>

### **December**

5*	Bicton Banter	Bicton	1030	10K Approx	M/T	Saturday	<a href="http://www.womensrunningnetwork.co.uk">www.womensrunningnetwork.co.uk</a>
6*	GWR Santa Run	Exeter				Sunday	<a href="http://www.ironbridgerunnerevents.co.uk">www.ironbridgerunnerevents.co.uk</a>
5*	Cockington Christmas Caper	Cockington	1030	7 Miles Approx	M/T	Saturday	01803 - 391000
12*	Otterton Reindeer Run	Otterton	1000	10K Approx	M/T	Saturday	www.sidmouthrunningclub.org.uk
13*	Santa Christmas Pud Run	Plymouth	1100	5K Approx		Sunday	
20*	Christmas Caper	Torrington	1100	9M Approx	M/T	Sunday	<a href="http://www.torringtonaac.com">www.torringtonaac.com</a>