

## MTRS 2023-24

Complete 6 out of 10 for a trophy

	<b>Race</b>	<b>Distance</b>	<b>Date</b>	<b>Club</b>
1	Tywardreath Trotter	7 miles	Sat July 29th	
2	Bude Pirate Run	8 miles	Sun Sept 10th	BR
3	Tywarnhayle 10K	10K	Sun Oct 8th	TRC
4	Rosemullion 10K	10K	Sun Oct 29th	FRR
5	St Piran's Revenge 10K	10K	Sun Dec 10th	Perranporth TR
6	Boconnoc5	5 miles	Wed May 1st	ECH
7	IMERYS Half	13.1 miles	Sun May 12th	Endurance Life
8	Bude Lifeboat Run	6 miles	Wed June 12th	BR
9	Truro Trail 10K	10K	Wed June 19th	TRC
10	Gribbin 10K	10K	Sun June 30th	STARC