

## Race Diary 2023 (updated 31st October 2023)

Race	Distance and Class	Date	Club	GP/MTRS
<a href="#">Run Mawnan</a>	10K & 5K	Sunday October 1st		
<a href="#">Poldhu 10K</a>	10K Trail	Sunday October 1st	Freedom Racing	
<a href="#">Atlantic Coast Challenge</a>	78.6 miles	Fri Oct 6th - Sun Oct 8th		
<a href="#">Tywarnhayle 10K</a>	10K MT	Sunday October 8th	TRC	MTRS 3
<a href="#">Eden Project Marathon &amp; Half Ma</a>	13.1 & 26.2 mile MT	Sunday October 15th		
<a href="#">Cardinham 5 &amp; 10 mile</a>	5 & 10 mile headtorch	Saturday October 21st	Purple Gecko	
<a href="#">Lighthouse Marathon</a>	26.2 mile Trail	Saturday October 28th	Bys Vyken	
<a href="#">Rosemullion 10K</a>	10K MT	Sunday October 29th	FRC	MTRS 4
<a href="#">Scorrier Twilight Run</a>	2.5/5/10K headtorch	Sunday October 29th	Purple Gecko	
<a href="#">Readymoney Ramble</a>	8/16/24K MT	Saturday November 4th	Purple Gecko	
<a href="#">Cornish Marathon</a>	26.2 mile Road	Sunday November 5th	ECH	GP13
<a href="#">Lobster Lollop</a>	2.5/5/10K & 10 miles	Saturday November 18th	Purple Gecko	
<a href="#">Penrose Woods</a>	10K & 20K	Sunday November 19th	Freedom Racing	
<a href="#">Fordh Sen Mighal</a>	11 mile Trail	Saturday December 2nd	Bys Vyken	
<a href="#">Falmouth Mob Match and GP Preser</a>	5 mile Road	Sunday December 3rd	FRC	
<a href="#">Fairy Tale of Newquay</a>	15/30 mile	Saturday December 9th	Purple Gecko	
<a href="#">St Piran's Revenge 10K</a>	10K MT	Sunday December 10th	Perranporth TR	MTRS 5
<a href="#">Siblyback Santa Scamper</a>	2.5/5/10K trail	Saturday December 16th	Purple Gecko	

Grand Prix Races

Multi-terrain Race Series