



Introduction to Racing

Everybody runs for different reasons – to get fit, meet up with friends, challenge themselves or just for the sheer love of running. Whatever the reason, entering races can be a great way to get motivated to put in the time to run. Whether you're competing with yourself or others, or simply want companionship and support, races provide a safe environment to stretch yourself, run new routes without getting lost and compete with runners from all around the county or beyond. Running races is also a good way to feel more involved with the club and make new friends.

Race Day Essentials

You will need to pick up your race number and timing chip tag (if it is a Grand Prix or Multi Terrain race). Some races hand out all the race numbers to club representatives. If so, look for people wearing Falmouth Running Club kit, as we try to be as visible as possible.

Most races close registration half an hour before the start. Get there in good time as there is usually a queue for the loo, and also a team photo about 10 minutes before the race.

You will need to wear your Falmouth Running Club vest if you want to run as a club member. We aim to have spares available at the club going forward as a back up

Lifts are usually available – just look for posts on Facebook or ask at one of the sessions

How to find out about races

The Race Diary on the Falmouth Running Club website provides a list of races in Cornwall with links to registration once it is open. The diary lists all races in Cornwall, and has an extra page for races in Devon and beyond that other club members might be doing.

Race Series

There are two main race series in Cornwall, the **Cornish Road Running Grand Prix (GP)** and the **Cornwall Multi Terrain Race Series (MTRS)**. These races are mainly organised by the different running clubs.

Cornish Grand Prix (GP)

The Cornish Grand Prix is a competition between the running clubs in Cornwall.

There are 13 races in the Cornish Grand Prix series this year, ranging in length from 4 miles to a marathon. Most of the Grand Prix races are run on road, and cost about £15-20 to enter.

For this money you usually get a running related memento of some description, whether it's a medal, t-shirt or buff, and at the very least a banana. You also get all the support of marshalls, route signage and water stations. If you run 8 of the 13 races you qualify for a trophy. If you run all 13, then you qualify for an even bigger trophy. There are also prizes for the first three in each age group, both at most individual races and for the series as a whole.

Points are given for each race according to how each runner performs in relation to others in their age/ gender category, and overall, using results from their best 8 races. Tables are worked out automatically by the series organisers, based on the chip timing system.

Falmouth Running Club help organise the Falmouth Half Marathon, the 4th race in the series, run by Cornwall Hospice Care, and also run the Mob Match. The Mob Match is not part of the series, but is an inter-club competition that takes place at the end of the GP series to bring everyone together for the award ceremony.

Cornwall Multi Terrain Race Series (MTRS)

As the name suggests, these races are multi-terrain so mainly run off road or over a mixture of terrains. Most of these races are around 10K in length apart from the Imerys Half Marathon. The first race of the series is Tywardreath at the end of July. The series then runs through to June/ July the next year. There have been a few changes of races over the last couple of years, but there's likely to be 10 races in the 2023-24 series, including Rosemullion that our club is organising. Runners will need to complete 6 of these races for a trophy.

Other race organisers in Cornwall

Bys Vyken (bysvykenevents.com) - a Cornish running events company, who organise trail races in the West of Cornwall.

Freedom Racing (freedom-racing.co.uk) – organise challenging and memorable races, including the Summer Sessions, a series of 10K races mainly along the Cornish coast path, the KVK (1000m of ascent and descent) and ultra events further afield such as the Salomon Serpent Trails in the South Downs National Park.

MudCrew (mudcrew.co.uk) – specialists in trail and ultra running events, such The Rat (Roseland August Trails) and The Arc of Attrition.

Purple Gecko (purplegeckoevents.co.uk) – a small Cornwall based events company who organise races at many scenic scenic locations around Cornwall

Parkruns

Parkruns are a good way to practice running with other people. They are 5K timed runs that take place all around the country every Saturday morning at 9.00. They are free and accessible for any ability of running. The nearest Parkrun to Falmouth is at Penryn Campus Parkrun, which is a small somewhat hilly event, run by a friendly team (often including members of Falmouth Running Club). But there are flatter Parkruns not too far away at Penrose in Helston and Heartlands near Redruth. There is also a scenic Parkrun at Trelissick if you like running on trails.

Marshalling

Volunteering as a marshal is fun way to get involved with races and find out more about what they're like. Have a look on Facebook for calls for volunteers – you might even earn a free place for a future race.