

# **Bude's 2018 Shoreline Triathlon - Sunday 24th June**

**Like 'Shoreline Extreme Sports' on Facebook for event up-dates**

**Sunday June 24th, 4.00 pm Summerleaze Beach**

## **Timetable**

12 pm to 3.00 pm Check in, receive numbers and chips, Summerleaze Beach car park

3.15 pm Competitors briefing at the transition area, Summerleaze Beach car park

4.00 pm Start

## **The Course**

500m swim in Summerleaze bay; 11 mile cycle around Bude and then via the coast road to Widemouth Bay, returning to Bude along the A39; 3 mile run through Bude then along the canal towpath to Rodds bridge, returning via Lynstone road and the Strand.

A big thank you to all of the 2017 competitors who raced legally and sensibly last year. The route for 2018 remains the same including the footdown stops within the town centre.

## **Useful Information**

- Previous results and this years confirmed entries at [www.shorelineactivities.co.uk](http://www.shorelineactivities.co.uk)
- Finishers medals for all
- Event T-shirts
- Loads of categories
- Bring a Bowl to wash the sand off your feet
- Film of the course available at [www.shorelineactivities.co.uk](http://www.shorelineactivities.co.uk)
- Keep up to date with events simply Like Us on Facebook - Shoreline Extreme Sports

**Enclose 1 Self Addressed Envelope with your entry form for next years entry form**

**Cheques to TNT Explosive Sports.**

Confirmation of entry will be posted on the [www.shorelineactivities.co.uk](http://www.shorelineactivities.co.uk) website. Check the weight of your envelope and include sufficient postage. Keep this page for your information. All race numbers collected on the day, nothing posted out.

Send the application form plus **1 SAE** and **£66 Relay Team** or **£42.99 Individuals** to:-

Simon Hammond, 11a Crooklets Beach, Bude, Cornwall, EX23 8NE

Tel 01288 354039. email [info@shorelineactivities.co.uk](mailto:info@shorelineactivities.co.uk)

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