

Bude's 2019 Shoreline Triathlon - Sunday 30th June

RACE DAY INFORMATION

Sunday June 30th, 4.30 pm Summerleaze Beach

Timetable

12 pm to 3.30 pm Check in, receive numbers and chips, Summerleaze Beach car park

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

4.30 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 2018 competitors who raced legally and sensibly last year. The route for 2019 remains the same including the footdown stops at the roundabout.

Useful Information

- Previous results and this years confirmed entries at 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
- Keep up to date with events simply Like Us on Facebook - Shoreline Extreme Sports

Keep this page for your information. All race numbers collected on the day, nothing posted out.

Any questions please contact:-

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