

# Bude's 2021 Shoreline Triathlon - Sunday 20th June

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## Sunday June 20th, 2.00 pm Summerleaze Beach

### Timetable

10 am to 1 pm	Check in, receive numbers and chips, Summerleaze Beach car park
1 pm	Marshals and Competitors briefing at the transition area
2 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 2019 competitors who raced legally and sensibly last year. The route for 2021 remains the same including the footdown stops at the roundabout.

### Covid Safety

We love the atmosphere at this event but this year we ask you not to bring along any spectators.

- Check out the routes on-line before arriving.
- Please make sure that you are feeling well before arriving at the event.
- Please wear a face mask and clean your hands when checking in.
- Give everyone space when racking or collecting your bikes from the transition area.
- We will be social distancing throughout the event.
- The trophy ceremony will be as dispersed as possible.

### 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