

Race Information 2021 – 28th Year

Course Records

Men's record: 2004 Kairn Stone 54 minutes 36 seconds
Swim 8:47
Cycle 28:12
Run 17:37

Women's record: 1993 Helen Wainwright 62 minutes 18 seconds

Since 2010 the cycle route has included compulsory foot down stops so times are unlikely to ever get this fast again!

Past 9 years

	Winning Man	Winning Woman
2019	Ian Wright 1:01:11	Rebecca Stobbart 1:12:15
2018	Ian Wright 59.07	Ann Cullen 1.10.55
2017	David Bartlett 55.06	Hannah Colston 1:10:53
2016	Henry Irvine 57.08	Elizabeth Vernon 1.11.52
2015	Ian Wright 58.36	Karen Watkins 1.03.04
2014	Simon Thornton 59.42	Alicia Livingstone 1.08.31
2013	Duncan Shea-Simonds 57.04	Claire Shea-Simonds 1.03.36
2012	Duncan Shea-Simonds 56.36	Claire Shea-Simonds 1.05.11
2011	David Garner 58.03	Victoria Pargetter 1.15.28

Thanks for the support of:

Shoreline Staff for all the preparation and support
Bude Surf Life Saving Club
The RNLI and Lifeguards
Crispin the chip timing man
Bradford's tool hire Bude
Johnathan Sleeman – for all the scaffolding
Nicola and her team
All the Marshals and First Aiders

This year's event is sponsored by:

Penbode Vets, Finn Solicitors and The Beach at Bude

The **first Shoreline Triathlon** was run in 1992 the organiser was persuaded by nervous competitors to bring the swim buoy in a little closer to the shore a decision that turned the swim into a wade for anyone over 6 foot tall.

This first event was won by Richard Mergler, Tim Naylor was second and Angus Goble was third. The fastest woman was Deb Hockley. Ten relay teams took part with Bude Scout Leaders just beating the Hillbillies into second.

Next events on the calendar are:-

The Bude Surf Life Saving 2 km Swim – 18th July

The Awesome Foursome Quadrathlon - 11th Sept

The Cornish Nutcracker – Extreme Cycle Hill climbs – 17th October

On-line entry and Entry forms from the Shoreline Website

Next Year's Race

Sunday 12th, 4.30 pm, June 2022

Today's Race Information

Today's Marshalls Briefing	1 pm
Competitors Briefing at	1:15 pm
Start	2 pm

Start this year will be a continuous individual line 5 seconds apart. You must line up in number order staying 2m apart across the top of the beach.

Order will be:-

Senior men

Junior boys

Senior women

40 men

40 women

50 men

50 women

60 men

60 women

70 women

Relay teams

Covid Safety issues

Please help us to stay covid safe by:-

- **Knowing your race number**
- **Watch the on-line video and check the on-line routes**
- **Check in early**
- **Wear a face mask when checking in**
- **Stay socially distanced**
- **Minimise time in the transition area**
- **Wear a face mask in the transition area before or after the race.**

Please bring your own drinks. No drinks stations this year.