

Bude's 2023 Shoreline Triathlon - Sunday 25th June

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Sunday June 25th, 11 am Summerleaze Beach

Timetable

7 am to 9.30 am	Check in, receive numbers and chips, Summerleaze Beach car park
10 am	Marshals and Competitors briefing at the transition area
11 am	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 2022 competitors who raced legally and sensibly last year. The route for 2023 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
- Please pay for your parking in the car park as this does get checked during the day.
- 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