

The 2010 Bude's Shoreline Triathlon - Sunday 27th June

Saturday June 27th, 5.30 pm Summerleaze Beach

Last years results and this years confirmed entries will be displayed at www.shorelineactivities.co.uk

Timetable

11 am to 4.30 pm Check in, receive numbers and chips, Summerleaze Beach car park

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

5.30 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.

Changes for 2010

Due to some irresponsible and illegal cycling in last years event we have had to work very closely with the local Police to ensure that this event can run in 2010. Although the route remains the same there will be 3 footdown stops within the town centre with disqualification for non-compliance.

Useful Information

- Chip Timing
- Finishers medals for all
- Event T-shirts
- Loads of categories
- Bring a Bowl to wash the sand off your feet
- Maps of the course available at www.shorelineactivities.co.uk

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 shorelineactivities.co.uk website. Check the weight of your envelope and include sufficient postage. Keep this page for your information.

Send the application form plus 1 SAE and £48 Relay Team or £33.50 Individuals to:-

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

Tel 01288 354039. email info@shorelineactivities.co.uk.

Cheques to -TNT Explosive Sports.

Bude's Shoreline Triathlon 2010 Application Form

Name _____ Age on race day _____

Date of Birth _____ Male / Female

Home town & County _____ Job _____

Interesting info for commentator _____

Select (circle) one category from the list below (men & women will be in separate categories)

Over 60's born on or before 31 - 12 - 50

50 - 59 born between 1 - 1 - 51 and 31 - 12 - 60

40 - 49 born between 1 - 1 - 61 and 31 - 12 - 70

Senior born between 1 - 1 - 71 and 31 - 12 - 91

Youth born since 1 - 1 - 92

Relay Team

If you have selected Relay Team:-

What is the name of your team? _____

Who will do the Swim _____ Cycle _____ Run _____

Relay teams only - Circle one of the following:

Open Relay Event

All Female Relay

All Over 40 Relay

All Youth Relay

Optional feedback

Have you enjoyed this event in the past? What do you think of the course, the T-shirts, any one interested in becoming the event sponsor, any thoughts that would be useful.

Declaration for all competitors

I declare that to the best of my knowledge myself and any team mates are fit to take part in this event and agree that the organisers are not responsible for any injury, including fatal injury, loss, accident or damage sustained to either my person, my team mates, other members of the public or property as a result of my participation in this event.

signed _____ date _____ (parent/guardian if 17 or under)

Enclose Remittance, Cheques to TNT Explosive Sports and One Self Addressed Envelope