

## **The 2008 Shoreline Triathlon**

### **Supported by Coodes Solicitors**

#### **Sunday June 29th, 3.00 pm Summerleaze Beach**

Last years results and **this years confirmed entries** will be displayed at [www.shorelineactivities.co.uk](http://www.shorelineactivities.co.uk)

#### **Timetable**

**10 am to 1.30 pm Check in, receive numbers, Summerleaze Beach car park**

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

#### **3.00 pm Start**

**The Course**, 500m swim in Summerleaze bay; 11 mile cycle around Bude and then via the A39 to Widemouth Bay, returning to Bude along the coast road; 3 mile run through Bude then along the canal towpath to Rodds bridge, returning via Lynstone road and the Strand.

#### **Enclose 2 Self Addressed Envelopes with your entry form. Cheques to TNT Explosive Sports.**

Confirmation of entry will be posted on the [www.shorelineactivities.co.uk](http://www.shorelineactivities.co.uk) website. Check the weight of your envelope and include sufficient postage. Keep this half of the form for your information.

Bring a bowl to wash the sand off your feet. BTA members should bring their memberships cards to be checked on the day, non-BTA members can purchase day membership at the event check in for £2.

Send the bottom of this form plus **2 SAEs** and **£39 Relay Team** or **£27 for individuals** to:-

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

Tel 01288 354039.

email [hammond.family@virgin.net](mailto:hammond.family@virgin.net). Cheques to **-TNT Explosive Sports.**

## Application Form

Name\_\_\_\_\_

Age on race day\_\_\_\_\_

Male / Female

Home town & County\_\_\_\_\_

Job\_\_\_\_\_

Member of the BTA? Yes / No

if so BTA club\_\_\_\_\_Tel\_\_\_\_\_

Interesting info for commentator  
\_\_\_\_\_

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

<b>Over 60's</b>	<b>50 – 59</b>	<b>40 – 49</b>	<b>Senior</b>	<b>Youth</b>
born on or before 31 - 12 - 48	born between 1 - 1 - 49 and 31 - 12 - 58	born between 1 - 1 - 59 and 31 - 12 - 68	born between 1 - 1 - 69 and 31 - 12 - 89	born since 1 - 1 - 90

### 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, should we order pink T-shirts again for the women competitors, is the chocolate cake important, 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 Two Self Addressed Envelopes**