

# Bude's 2016 Shoreline Triathlon - Sunday 3rd July

Check the Confirmed entry list on [www.shorelineactivities.co.uk](http://www.shorelineactivities.co.uk)  
All numbers, timing chips, chocolate cake etc issued on the day.

**Sunday July 3rd, 5.00 pm Summerleaze Beach**

## Timetable

11.30 am to 3.30 pm Check in, receive numbers and chips, Summerleaze Beach car park

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

5.00 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 2015 competitors who raced legally and sensibly last year. The route for 2016 remains the same including the footdown stops within the town centre.

## 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

## 2016 Sponsors



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