

# **Bude's 2018 Shoreline Triathlon - Sunday 24th June**

**Like 'Shoreline Extreme Sports' on Facebook for event up-dates**

**Sunday June 24th, 4.00 pm Summerleaze Beach**

## **Timetable**

12 pm to 3.00 pm Check in, receive numbers and chips, Summerleaze Beach car park

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

4.00 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 2017 competitors who raced legally and sensibly last year. The route for 2018 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

**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 [www.shorelineactivities.co.uk](http://www.shorelineactivities.co.uk) website. Check the weight of your envelope and include sufficient postage. Keep this page for your information. All race numbers collected on the day, nothing posted out.

Send the application form plus **1 SAE** and **£66 Relay Team** or **£42.99 Individuals** to:-

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

Tel 01288 354039. email [info@shorelineactivities.co.uk](mailto:info@shorelineactivities.co.uk)

**Cheques to -TNT Explosive Sports.**

## Bude's Shoreline Triathlon 2018 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 70's born in or before 1948

60 - 69 born in or between 1949 and 1958

50 - 59 born in or between 1959 and 1968

40 - 49 born in or between 1969 and 1978

Senior born in or between 1979 and 1999

Youth (18 in 2018 or younger) born in 2000 or sooner

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**