

# 2018 Bude Junior Shoreline Triathlon - Race Info

**Saturday June 9th, 10.30 am**

## **Summerleaze (Bude) Sea Pool and Summerleaze Downs**

### **Timetable**

8.30 am to 9.30 am Check in and rack bikes, Summerleaze Sea Pool

9.45 am Competitors briefing at Summerleaze Sea Pool

**10.30 am Start Summerleaze Pool**

### **The Course - Same off road course as Last Year**

Can parents please park in Summerleaze Beach Car Park, make sure you buy a ticket, and then walk with your child and their equipment up to the top of the Summerleaze Sea Pool.

Swim in Summerleaze Sea Pool followed by an off road cycle around Summerleaze Downs followed by an off road run around Summerleaze Downs finishing back at the Sea Pool.

### **Useful Information**

- Children divided by school year, Parents will be needed to help out in transitions.
- Children can enter as individuals or as part of a relay team.
- **All entries must be in by June 7th.**
- Medals to all Finishers.
- Wetsuits can be worn for the swim, trainers must be worn for the run, helmets must be worn during the cycle and bikes must be in a safe condition. Off Road Bikes (Mountain Bikes) are recommended.
- Yrs 4 & 5 swim 1 length, cycle 2 lap and run 1 lap.
- Yrs 6 & 7 swim 2 lengths, cycle 2 laps and run 1 lap.
- Yrs 8 & 9 swim 3 lengths, cycle 2 laps and run 1 laps.
- SAE will be used to send you next years application form.

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

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

mobile 0789 169 1566