

Bude's 2019 Shoreline Triathlon - Sunday 30th June

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

Sunday June 30th, 4.30 pm Summerleaze Beach

Timetable

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

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

4.30 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.

A big thank you to all of the 2018 competitors who raced legally and sensibly last year. The route for 2019 remains the same including the footdown stops at the roundabout.

Useful Information

- Previous results and this years confirmed entries at 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
- 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 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 **£69 Relay Team** or **£43.99 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 2019 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 1949

60 - 69 born in or between 1950 and 1959

50 - 59 born in or between 1960 and 1969

40 - 49 born in or between 1970 and 1979

Senior born in or between 1980 and 2000

Youth (18 in 2019 or younger) born in 2001 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