

## **The 2009 Bude's Shoreline Triathlon - Saturday 20th June**

**Finishers medals for all  
Free T-shirt  
Mum's Chocolate Cake  
Loads of categories  
And new for 2009 - chip timing (about time!!)**

**Saturday June 20th, 4.00 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**

**11 am to 2.30 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.

**Maps of the course now available at [www.shorelineactivities.co.uk](http://www.shorelineactivities.co.uk)**

**Enclose 1 Self Addressed Envelopes with your entry form. Cheques to TNT Explosive Sports.**

Confirmation of entry will be posted on the [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.

Send the bottom of this form plus **1 SAEs** and **£45 Relay Team** or **£32 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.**

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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 60's born on or before 31 - 12 - 49
- 50 - 59 born between 1 - 1 - 50 and 31 - 12 - 59
- 40 - 49 born between 1 - 1 - 60 and 31 - 12 - 69
- Senior born between 1 - 1 - 70 and 31 - 12 - 90
- Youth born since 1 - 1 - 91
- 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.