

Lowestoft Coastal Sculling Academy

# BEACH SPRINT TRIATHLON

**SUNDAY  
6TH APRIL**

**10am - 4pm**

## EVENT CATEGORIES

All in Coastal solos

Female & Open

J16 J18

U23 Senior

Masters C & below

Masters D & above

**Cost £15**

**entries and payment by  
BROE**

**BR Row and Race membership**

**Entries Close 6pm Sunday  
March 31st 2025**

Ideal for rowers J15 upwards who want to try beach sprints and for those preparing for English Sprint Championships and beyond.

**Boats and blades  
provided**



More Information  
contact  
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**A British Rowing  
Affiliated Event**

**Run in compliance  
with British Rowing  
rules of racing**