

KENSAL TRI

GET FITTER,
MEET NEW PEOPLE
& RAISE £££'S FOR
LOCAL CHARITIES



WE NEED YOU!

FOR A BRILLIANT DAY-OUT AT BLenheim PALACE

SATURDAY
7TH JUNE
2025



FOR THE GOOD OF THE 'HOOD

Adult Option 1

RELAY FUN

Buddy up with three friends to do the leg you like best:

- Swim 750 metres
- Cycle 19.8km
- Run 5.3km



Adult Option 2

SUPER SPRINT

Do your own quarter-length, mini-Triathlon

- Swim 400 metres
- Cycle 13.2 km
- Run 2.9km

Raise money for the local charity of your choice



Adult Option 3

SPRINT

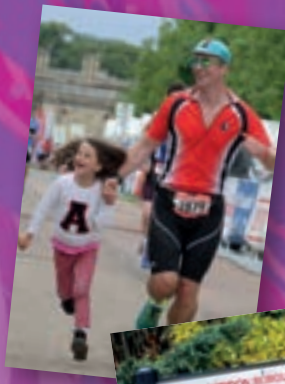
Try the (half) Tri!

- Swim 750 metres
- Cycle 19.8km
- Run 5.4km



BE PART OF A FANTASTIC COMMUNITY SPIRIT

- Options suitable for every level of fitness
- We're 4 -74 years old
- Done at YOUR speed, in beautiful countryside, with lovely people. We do this together
- Free & discounted local swim, bike and running training
- Fundraising is optional - you choose your local charity
- Discounted entry & bursaries for students
- 579 people from our area have taken part since 2018!!



YOU DON'T HAVE TO BE SUPER FIT TO HAVE FUN TOGETHER!



DONT BE AFRAID TO 'TRI' EVERYONE WELCOME!



Challenge your friends & neighbours

WE ARE THE LARGEST GROUP AT BLENHEIM!

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www.kensaltri.com

For more information on how to join in with this totally fabulous community event contact kensaltriathlon@gmail.com



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#kensaltri

#forthegoodofthehood

