

# KENSAL TRI

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



## WE NEED YOU!

FOR A BRILLIANT DAY-OUT AT BLENHEIM PALACE

SATURDAY  
6TH JUNE  
2026



## 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

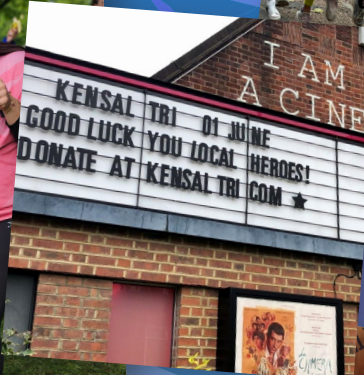
- Free & discounted local swim, bike and running training
- Fundraising is optional - you choose your local charity
- Discounted entry & bursaries for students
- Over 700 people from our area have taken part since 2018!!



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



Challenge your friends & neighbours



DONT BE AFRAID TO 'TRI' EVERYONE WELCOME!



WE ARE THE LARGEST GROUP AT BLENHEIM!

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For more information on how to join in with this  
totally fabulous community event contact  
[kensaltriathlon@gmail.com](mailto:kensaltriathlon@gmail.com)



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