

**SWIM
BIKE
RUN**

Local

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BIKE AND RUN EVENTS 2025

In partnership with British Triathlon

When?

Saturday 5th April 9:30am - 11am

Saturday 3rd May 9:30am - 11am

Saturday 7th June 9:30am - 11am

Saturday 5th July 9:30am - 11am

Saturday 2nd Aug 9:30am - 11am

Equipment?

Participants only need to bring their own bikes for the family session. Adults only session can use our spin bikes.

Participants need to wear suitable footwear.

Who?

For families and suitable for age 6+ who want to participate in non-competitive cycling and running.

Where?

At Braintree Sport and Health Club
Panfield Lane, Braintree, Essex
CM71FF

The minimum
distance to cycle
and run is 1km.

Attend two sessions before 5th July to be entered into the prize draw, the lucky winner will receive an amazing goodie bag packed with fitness treats worth over £100, plus a £50 Halfords voucher!



Braintree
District Council



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