



# CSFF

## COMPREHENSIVE SWIM FITNESS KENYA



22  
MARCH  
2025

2ND EDITION  
TRIATHLON  
SUMMONS



RUNDA,  
MUMWE



**We are thrilled to invite individuals, schools, clubs, teams, corporates and all sports enthusiasts to our second edition of the CSF Kenya mini triathlon**

**We aim to promote an active and healthy community through engagement in multi sports**

**Accommodating all fitness levels, the triathlon has an individual and team category**

**A team consists of 2 or 3 people, doing all 3 disciplines**

**Families are also encouraged to take part in this wonderful event.**

**Disclaimer: Entry to the event is entirely at own risk**

**By signing up you give the club consent to occasionally use pictures/videos on our website, programs and brochures to promote multisports and the achievements of athletes**

**Competing as an individual or as part of a team, this event promises a fun and thrilling ultimate test of endurance, with categories for both adults and juniors.**

## **Race Categories & Distances**

### **Junior Individual**

**Run: 4km  
Bike: 8km  
Swim: 300m**

### **Adult Individual**

**Run: 8km  
Bike: 16km  
Swim: 500m**

### **Junior Team**

**Run: 4km  
Bike: 8km  
Swim: 500m**

### **Adult Team**

**Run: 8km  
Bike: 16km  
Swim: 600m**

## **Race order will vary depending on categories**

**Bike Requirement: MTB Mountain/off road bikes recommended,**

**All participants must bring their own helmet and serviced bike or hire one at the venue.**

## **Additional Facilities & Logistics**

**Water Stations: Strategically placed along the course to keep participants well hydrated.**

**First aid services available on site**

**Marshals: Positioned throughout the route to ensure smooth and safe navigation.**

**Marked Trails: Clearly indicated paths for all race segments and categories to guide participants.**

**Changing & Shower Facilities: Available at Mumwe Oak School for all participants.**

**Medals: Every participant will receive a medal in recognition of their effort and achievement.**

All registrations to be done online at  
[www.comprehenswim.co.ke/events](http://www.comprehenswim.co.ke/events)  
or via mail to :

[Triathlon@comprehenswim.co.ke](mailto:Triathlon@comprehenswim.co.ke)  
cc

[Coach@comprehenswim.co.ke](mailto:Coach@comprehenswim.co.ke)

RSVP

+254703574303, +254722334755

## Charges

**Individual Ticket: 2,000**

**Team ticket: 5,500**

**Lipa na Mpesa:**

**Paybill 516600**

**Account 112102**

**fitkonnnect**  
by FITBRIDGE LTD

**In Proud Partnership:**



**Mumwe Oak School**  
Daycare Kindergarten & Primary

**runbeyond**



**SWIM FIT REPUBLIC**  
"swim fit, fits your life"