The First Tri

Sunday 25th April 2027

If you've ever wanted to take part in a triathlon but didn't know where to start, The First Tri is the event for you. With a great course and a finisher's medal for every competitor, this event is designed for every level of athlete — from beginners to experienced triathletes.

Distances

- Sprint Triathlon:
  - 400m swim (16 lengths in heated indoor pool)
  - 24k bike (loop around Forest of Dean - hilly)
  - 5k run (flat and fast course through Lydney)
- Olympic Triathlon:
  - 750m swim (30 lengths in heated indoor pool)
  - 40k bike (5k along River Severn, then into Forest of Dean, joining Sprint loop halfway - hilly)
  - 10k run (flat and fast course through Lydney)

You can take part in The First Tri in support of Dingley's Promise, whether you choose to self-fund your place or opt for a fundraising package that helps cover your entry fee with a fundraising target.

If you'd like to keep things flexible, you can cover the entry fee yourself and fundraise whatever you can. There's no pressure - just raise what feels right for you. Every effort helps us support more families and make a real difference.

- Sprint Triathlon - £54 registration fee + fundraising what you can
- Olympic Triathlon - £76 registration fee + fundraising what you can

Want to make a bigger impact? Commit to a fundraising target, and we'll cover your event place. It's a great way to challenge yourself while supporting a cause close to your heart.

- Sprint Triathlon - minimum fundraising pledge £425
- Olympic Triathlon - minimum fundraising pledge £500

To sign up email fundraising@dingley.org.uk, and you'll receive a Dingley support kit, help setting up your JustGiving page, and encouragement and support on your fundraising journey.

Every mile, every effort, every challenge - changing lives for children with SEND.

Dingley's Promise

Transforming the Early Years for children with SEND