



**PROVISIONAL RACE INFORMATION**  
THE OUTLAW IRON DISTANCE TRIATHLON

NATIONAL WATER SPORTS CENTRE, HOLME PIERREPONT, NOTTINGHAM

SUNDAY 24TH JULY 2011





# Welcome

Here's all the information you need to ensure your race runs as smoothly as possible.

Read it, remember it, and if you're not sure about it get in touch via [outlaw@onestepbeyond.org.uk](mailto:outlaw@onestepbeyond.org.uk)!

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Sports Event Management



## Event Sponsors





## Race Weekend Schedule

DATE	TIME	EVENT	LOCATION
FRIDAY 22nd JULY	12:00 - 17:00	REGISTRATION	NATIONAL WATER SPORTS CENTRE - SPORTS HALL
	12:00 - 17:00	OUTLAW EXPO	NATIONAL WATER SPORTS CENTRE - SPORTS HALL
SATURDAY 23rd JULY	10:00 - 17:00	REGISTRATION	NATIONAL WATER SPORTS CENTRE - SPORTS HALL
	10:00 - 17:00	OUTLAW EXPO	NATIONAL WATER SPORTS CENTRE - SPORTS HALL
	11:00 - 17:00	TRANSITION CHECK IN - Bike / Helmets / Transition Bags	NATIONAL WATER SPORTS CENTRE BOTTOM END OF LAKE - BOAT HOUSE AREA
	11:00 - 11:45	TRIATHLON RACE BRIEFING <b>OPTION 1</b>	NATIONAL WATER SPORTS CENTRE - TBC - EXACT LOCATION
	12:00 - 15:00	SUB / SUPPORT EVENT - TBC	NATIONAL WATER SPORTS CENTRE
	15:00 - 15:45	TRIATHLON RACE BRIEFING <b>OPTION 2</b>	NATIONAL WATER SPORTS CENTRE - TBC - EXACT LOCATION
	16:00 - 16:45	TRIATHLON RACE BRIEFING <b>OPTION 3</b>	NATIONAL WATER SPORTS CENTRE - TBC - EXACT LOCATION
	17:00 - 17:15	TRANSITION LOCK DOWN - SECURITY ON SITE	NATIONAL WATER SPORTS CENTRE BOTTOM END OF LAKE - BOAT HOUSE AREA
SUNDAY 24th JULY	04:00 - 04:15	TRANSITION OPEN - SECURITY CHECK	NATIONAL WATER SPORTS CENTRE BOTTOM END OF LAKE - BOAT HOUSE AREA
	04:15 - 05:50	TRANSITION OPEN	NATIONAL WATER SPORTS CENTRE BOTTOM END OF LAKE - BOAT HOUSE AREA
	06:00 - 23:00	RACE	NATIONAL WATER SPORTS CENTRE - <b>SEE COURSE MAPS</b>
	09:00	OUTLAW EXPO	NATIONAL WATER SPORTS CENTRE - SPORTS HALL/ OUTSIDE
	17:30 - 24:00 (PROV. TIME ONLY)	TRANSITION OPEN FOR BIKE COLLECTION	NATIONAL WATER SPORTS CENTRE BOTTOM END OF LAKE - BOAT HOUSE AREA
MONDAY 25th JULY	12:00	AWARDS CEREMONY	TBC





## Event Information

### Directions to Holme Pierrepont

From the South: Turn off at junction 24 of the M1 take the A453 to Nottingham and then the A52 to Grantham. Follow signs to the National Water Sports Centre.

From the North: Turn off at junction 26 of the M1 take the A610 and then the A52 to Grantham. Follow signs to the National Water Sports Centre. The National Water Sports Centre is 5 minutes from Nottingham train station.

Sat-Nav users are advised to use the name National Water Sports Centre rather than the postcode as some Sat-Nav's will direct you to Colwick Race Course as opposed to the Centre. Download a [PDF version](#) of the directions to Holme Pierrepont. (You will need Adobe Reader to view this file).

### Car Parking

Over the weekend, we will be using various car parks based around the National Water Sports Centre, please follow the Car Park signs & car parking stewards when you arrive. There is a map of the various Car Parks which is available to download from the website. Due to the route of the event we will change car parks during the race to ensure that the athletes are not endangered by vehicles stationary on the course. Please note that we would recommend that no valuables are left in the vehicles at all & that anything valuable is kept in secure lockers at the National Water Sports Centre. All vehicles are parked at owners own risk.

### Awards Ceremony

The overall top three male and female awards and the age group prizes will be made at the official awards ceremony, which will take place on Monday 25th July from 12 noon.

FEMALE	MALE	TEAM
Overall Winner / 2nd Place / 3rd Place	Overall	Winners
Under 29	Under 20	Runner Up
30 - 34	20 - 24	Third
35 - 39	25 - 29	
40 - 44	30 - 34	
45 - 49	35 - 39	
50 - 54	40 - 44	
55 +	45 - 49	
	50 - 54	
	55 - 59	
	60 +	

### Spectators - Where to go

Swim - Perfect viewing areas are available around Holme Pierrepont, none better than the purpose built grandstand. For those who fancy following the swim a grassed bank runs along both sides of the lake. Spectators will be welcome and encouraged to follow the swim from the grassed banks, however, please be aware you need to stay off the internal road as this is the start of the bike route.

**PLEASE LISTEN TO OUR MARSHALS!**

**SPECTATOR RACE PACK IS COMING SOON**

### Race Registration - Friday 12:00 - 17:00 / Saturday 10:00 - 17:00

Competitors will have 2 options for registering at the event - Friday (22nd) 12:00 - 17:00 or Saturday (23rd) 10:00 - 17:00. The registration will take place in the large Sports Hall within the main building of the National Water Sports Centre. No registration will take place after 17:00 on Saturday (23rd) and your bike must be racked by 17:15. Please ensure that before registering you know your race number. This can be found either from the event start list on our race website (2 weeks before the event) or on the board outside the registration area.

At registration firstly you will be issued with your security wristband & then you will collect your race envelope. This will contain 2 x race numbers and 2 x stickers, one for your frame and the other for your helmet. Please keep these safe, as they are required to allow entry into the transition area. You will also be issued with your timing chip, when you collect your timing chip it will be checked to ensure your details are correctly stored. Do not lose your timing chip as you will need it to race.

Finally you will be given your three transition bags. These bags will be as follows; Transition Bag - for anything that you want to keep inside the transition area, normally your pre & post event clothing. Swim / Bike Bag - pre event, this will be for your bike kit & clothing. After the swim, you will put your wetsuit, swim hat & goggles inside. Bike / Run Bag - here you will keep your running shoes, clothing and hat. Any specific nutritional products need to be kept in this bag for the run.



## Event Information

### **BTF Licences**

***Please note that all athletes will be required to show some form of photographic identification - 2011 BTF Race Licence – or other, photocopies are fine.***

If you have applied for a BTF Day Licence when entering, this will be issued to you at registration. If you did not apply for a BTF Day Licence, then you will be required to show your 2011 British Triathlon Federation Race Licence. If you are unable to do this, for any reason, then you will be required to purchase one for £5 before being allowed to register. There will be NO exceptions to this ruling. If you have a 2011 British Triathlon Federation Race Licence, please bring it with you.

### **Race Briefings – Saturday 11:00, 15:00 & 16:00**

To make your lives as comfortable as possible over the race weekend, we have decided to do 3 x 45 minute race briefings. Attendance to a race briefing is 'Mandatory'; however, you get to choose which one you come to. The briefings will take place at the National Water Sports Centre – exact location TBC.

Please ensure you attend as the briefings will detail all safety issues of the event, including any final course changes which the organisers may have been forced to make. It will also be the opportunity for athletes to ask questions to the race directors.

### **Changing Facilities**

The venue has adequate changing facilities and hot showers, which are positioned in the main building and will be clearly signed for competitors.

### **Race Start 06:00**

The race will start with one single wave at 06:00am for all athletes. The start will be a deep water start & athletes will be given warnings at 5 mins, 3 mins, 2 mins and a final warning at 1 minute to go. The start will be via a starter's horn.

### **Transition Area**

The transition area will be positioned at the bottom end of the lake in front of the boat stores. The transition area will be made up of 2 separate areas:

1. A large change marquee for use between the swim to bike and bike to run. This area will have toilets, massage tables and a storage unit for the athletes 'transition bags' which must be used for wetsuits, all bike kit inc, helmet and all run kit, including any additional nutrition. There will also be a table for any misc items that might need storing during the swim, such as glasses, hearing aids, etc.
2. A standard bike transition area where athletes' bikes will be stored overnight on the Saturday and during the swim and run sections. You are not allowed to leave anything with your bike, unless it is formally attached, (pump, water bottle, spares bag, etc) other items such as helmets must be kept in your SWIM / BIKE bags. All items that you wish to use for the run must be kept in your BIKE / RUN bag.

### **The Team Event**

Only one person is required to register for the whole team, but will be required to either show ALL of the 2011 BTF Race Licences or pay for the relevant amount of day licences.

All relay team tags will take place in the following areas:

1. Swim to Bike – Outside / Alongside Change Transition Marquee
2. Bike to Run – at the Bike Drop Point

All tagging will take place by passing the Timing Chip to the next team member.

### **Electronic Timing**

To ensure accurate times and results, every competitor will receive a timing chip to use whilst racing. Please ensure that you do not cross the mats, which register your times except in the case of when you are competing. To avoid this problem do not climb over barriers as they are out in place to prevent access from these areas prior to the event. Failure to comply with this request will trigger your timing chip and will invalidate your result.

## **The Swim – 2.4 Miles**

The swim will take place in the manmade lake at the National Water Sports Centre. All swimmers will be required to pass over a check mat before starting the swim. The check mat will be positioned on the left hand side as you look at the lake. All swimmers will need to pass the check mat by 5.50am, this point will be open from 5.30am. The swim will start in the water using the whole width of the boat house end. This means that the swim start will be approximately 90 metres wide. There are 4 separate bays in which you can start. We are recommending the following for the 4 bays. Bay 1 – swimmers under 60 minutes / Bay 2 – swimmers between 60 – 80 minutes / Bay 3 – swimmers between 80 – 100 minutes / Bay 4 – swimmers over 100 minutes.



## Event Information

The very simple swim route is swim down towards the bottom end of the lake for just less than 1.2 miles, swim across for 50 metres, then back up to the start for a further 1.2 miles. From the start you have approximately 500 metres to move across the lake onto the left hand side. Remember at all times, you will only be a few metres from the water edge. There are just three different swim hats, males, females & teams. There will be a full swim safety team with medical support during the swim. If you require any assistance, then if you are able, please make yourself known to one of the safety team. The water safety team will then help & support you. If required, one of the safety boats will transfer you back to the start, if this happens, then you will have to stop and withdraw from the race. If you require any help at all, then please make as much noise as possible to attract attention. You are not allowed to hold onto any safety boats for a rest. If you are seen to be struggling or swimming on your back, you will be rescued into one of the safety boats & then returned to the start.

Once you have completed the whole of the swim course, you will exit via the slip way under the Speedo gantry. Please be careful as you exit the water so that you do not slip. You will pass over a timing mat and then continue into the transition change marquee. Please collect your SWIM / BIKE bags before proceeding into the changing area. Inside there will be a private changing area for Males or Females only. There is no specific swim cut off time, however, to ensure that we abide within the traffic regulation orders, all competitors must have started their cycle by 2 hours 15 minutes. After this, the transition exit will be closed and any athletes still within the swim or transition will be stopped.

## The Bike – 112 Miles

We are now in the final stages of confirming the bike route and full details will be listed in these sections as soon as we have everything in place.

## The Run – 26.2 Miles

The run course has been measured by UK Athletics & is a certified marathon. The course will consist of a total of 3 loops.

- Loop 1: Circuit of HPP – Out and Back to County Hall – Circuit of HPP
- Loop 2: Out and Back to County Hall - Circuit of HPP
- Loop 3: Out and Back to County Hall – 75% Circuit of HPP

There are a number of places of interest along the run route, The City Ground, home of Nottingham Forest Football Club & Trent Bridge, the legendary cricket test match stadium is just off the course, to mention just two. You will be given a wristband at the start of each loop. Please remember to run on the left at all times & pass other runners as quickly as possible. None of the footpaths are closed for your exclusive use, however, we will be signing along the total route asking the general public to keep the paths clear for runners. Remember that pacing is not allowed during any stage of the Outlaw, particularly on the run. Once again we ask that no litter is left along the route & that all athletes use the dustbins provided for their rubbish. Any athletes seen littering will be penalised. (Remember, you can dispose of litter at official feed stations into the various bins provided). There will be a timing mat at County Hall, the turnaround point which we will use to ensure all competitors complete the full distance. There will be lighting units along approximately 5km of the course to ensure that all competitors are safe at all times, including when running in darkness.

The final cut off time is 11.00pm, if we believe that athletes are unable to complete the full course within the cut off times, athletes will be withdrawn after 2 laps.

### Run Feed Stations & Toilets

Athletes will pass 19 feed stations / toilets along the run course. The feed stations / toilets have been plotted to ensure that athletes are never more than approximately 1.7 miles from a feed station / toilet. As the table below displays we will have 4 feed stations / toilets on the run course. The stations will be clearly marked to ensure that athletes can see the stations.

NAME	AREA	APPROX DISTANCE ON COURSE	DISTANCE FROM PREVIOUS FEED STATION
TRANS FEED	TRANSITION	0.0	N/A
RUN STATION 1	TOP OF LAKE	1.5	1.5
RUN STATION 2	SCORE BOARD	3.2	1.7
RUN STATION 3	PATH (ACCESS FROM HOLME RD)	4.7	1.5
RUN STATION 4	TURN (COUNTY HALL)	5.7	1.0
RUN STATION 3	PATH (ACCESS FROM HOLME RD)	6.8	1.1
RUN STATION 2	SCORE BOARD	8.0	1.2

NAME	AREA	APPROX DISTANCE ON COURSE	DISTANCE FROM PREVIOUS FEED STATION
RUN STATION 1	TOP OF LAKE	9.3	1.3
RUN STATION 2	SCORE BOARD	11.0	1.7
RUN STATION 3	PATH (ACCESS FROM HOLME RD)	12.5	1.5
RUN STATION 4	TURN (COUNTY HALL)	13.5	1.0
RUN STATION 3	PATH (ACCESS FROM HOLME RD)	14.6	1.1
RUN STATION 2	SCORE BOARD	15.8	1.2
RUN STATION 1	TOP OF LAKE	17.1	1.3
RUN STATION 2	SCORE BOARD	18.8	1.7
RUN STATION 3	PATH (ACCESS FROM HOLME RD)	20.1	1.3
RUN STATION 4	TURN (COUNTY HALL)	21.1	1.0
RUN STATION 3	PATH (ACCESS FROM HOLME RD)	22.2	1.1
RUN STATION 2	SCORE BOARD	23.4	1.2
RUN STATION 1	TOP OF LAKE	24.7	1.3
FEED FINISH	FINISH	26.2	1.5

## Race Rules

The event will be held under the rules of the British Triathlon Federation. Under these rules it is mandatory that all competitors must wear an approved helmet, that all cycles must be in a road worthy condition and that all competitors are insured by third party civil liability insurance – BTF Members are insured as part of their membership package, and all other competitors will be required to purchase a Day Licence from the BTF. If you require further information about Race Rules, please visit [www.britishtriathlon.org](http://www.britishtriathlon.org) or telephone the British Triathlon Federation on 01509 226161.

## Age Restrictions

In line with British Triathlon rules, to be eligible to take part in this event competitors must be at least 18 years old on or before the 31st December 2011. For more information visit: <http://www.britishtriathlon.org/uploads/files/Competition%20Rules%202006.pdf>

## Massage

There will be massage available on the main event area on the Saturday pre event. They will be charging £10 for a 20 minute massage which covers all muscle groups in both legs.

In the Transition Changing and Finish Marquees there will be a full team of trained masseuses to look after all the Outlaws!!

## Medical Cover

The safety of our competitors is paramount. Onsite during the event will be ReAction Medical Services, a specialist company set up to supply the highest calibre of comprehensive medical cover to sporting events such as this. On the day there will be a team of first-aiders, nurses, state registered Paramedics plus Accident and Emergency ambulances equipped to NHS standard, with manual defibrillator / cardiac monitors, ventilators, and pulse oximetry. There will also be British Triathlon motorbike marshals on the cycle section. If before, during or after the event you feel that you require any type of medical care, please do not hesitate to contact an event marshal.

## Medical Conditions

We request that all competitors write their next of kin & contact details on the back of their race numbers using a waterproof pen. If you have any type of medical condition or are taking any type of medication please write a large 'MC' on the bottom left of your race number. Please write your medical condition fully on the back of your number also. This will only be used in the event of you being involved in an accident.

## Race Numbers

Race Numbers must be worn on the back during the bike & the front during the run at all times. Numbers must be pinned at all four corners. Number bands are allowed but it is recommended that two be worn. One number band for the top of the number & one number band for the bottom to stop your number creasing up and becoming unreadable. NB. Please do not forget to bring safety pins.

## Course Reconnaissance

The bike and run course will be marked from Saturday morning. However the traffic management will be implemented during Saturday evening / Sunday morning, so please be careful if you are riding any part of the course it will be open for public use.

## Penalties and Appeals

ALL penalties issued by the British Triathlon Race Referee will be displayed on a Penalty Board at the entrance to the Registration Room. Appeals against these penalties must be made in writing to the race referee within one hour of a penalty being notified and be accompanied by a fee of £15.00 refundable if the appeal is upheld. It is your responsibility to check this Penalty Board.

## Results

Times will be displayed on the plasma screen next to the finish. Provisional results will available to download on our website the Monday following.

## Withdrawals

If you wish to withdraw from the event, then please follow the guidelines contained within our 'Terms & Conditions Of Entry. Please note that under no circumstances will any refund / race credit be issued without following these guidelines.

## Event Office Closure

The Event Office will be closed from Wednesday 20th July at 5pm.

Please do not send emails regarding this event after this time, as we will be on site setting up and unable to answer your messages. Please instead ask your questions at the event registration area.

## Race Volunteers – Please Help

No event like this can run smoothly without the help of many marshals. If you have friends or family that will be supporting you at the event, why not ask them if they would be willing to give up a couple of hours to help marshal. All marshals will receive an event shirt, food and drink. If you would like further information about becoming a race marshal please email [adam@onestepbeyond.org.uk](mailto:adam@onestepbeyond.org.uk)

2011 Event Calendar	
13TH FEB	TCR – SAUCONY 10K
5TH MAR	CLUMBER – DUATHLON
1ST MAY	SOUTHWELL – SPRINT TRIATHLON
14TH MAY	NOTTINGHAM – O/W SPRINT TRIATHLON
29TH MAY	WOODHALL SPA – SPRINT TRIATHLON
11TH & 12TH JUNE	ROTHER VALLEY – TRIATHLON FESTIVAL
19TH JUNE	LAKESIDE O/W SPRINT TRIATHLON
10TH JULY	DAVID LLOYD – SPRINT TRIATHLON
24TH JULY	OUTLAW – IRON DISTANCE TRIATHLON
27TH and 28TH AUG	CLUB RELAYS – NATIONAL RELAY CHAMPIONSHIPS
18TH SEPT	LAST MINUTE – SPRINT TRIATHLON
16TH OCT	ROBIN HOOD – MULTI EVENT ADVENTURE DAY

## British Heart Foundation - Official Charity

Every two minutes someone has a heart attack, only half survive. That's why the BHF funds more heart research than any other UK charity, spending £5 every minute of every day so we really need your support to allow us to continue our vital work which is helping to save lives. To start your fundraising now, visit [www.justgiving.com/bhf](http://www.justgiving.com/bhf) or [www.virginmoneygiving.com](http://www.virginmoneygiving.com). We look forward to welcoming you onto the team.





## Event Information

### OUTLAW PARTNERS

#### **Total Fitness Nottingham – Retailer Partner**

TFN has been 220 Triathlon Magazine's retailer of the year for the last four years. They're the official retailer at the Outlaw Expo and you can order from them online <http://www.tfn.uk.com>

#### **Speedo – Swim Partner**

Fellow Nottingham brand, Speedo is our swim partner. They've launched dramatically back into Triathlon after success that took them all the way to Olympic gold in Sydney 2000. TFN stock their new LZR Triathlon Pro Range.

#### **Triathlon Specific - [www.triathlonspecific.com](http://www.triathlonspecific.com)**

Triathlon Specific are now offering the latest Retul 3D motion capture bike fitting technology in the East Midlands. Looking for more power, efficiency, injury reduction and overall comfort on your bike? Used by leading pros including Chrissie Wellington, Julie Dibens, Craig Alexander and Lance Armstrong, the technology has also been embraced by British Cycling and Team Sky. Retul is quickly proving to be the 'Gold Standard' when it comes to bike fitting. Use this 3D fitting system to find that 'sweet spot' on your Time Trial, Road or MTB bike.

#### **High 5 - Nutrition Partner**

Nutrition around the route and on the finish line. Products to be confirmed.

#### **The Triathlon Coach – Partner In Crime**

The experts in coaching triathletes, check out Outlaw training programmes online <http://www.thetriathloncoach.com>

#### **Thanks**

It takes a great amount of work to organise an event such as this. Special thanks go to our Team of Officials that help to organise all of our events, Nottinghamshire County Council, Nottingham City Council, Rushcliffe Borough Council, all of our sponsors and finally you the athlete.

#### **Further Information**

Any questions related to the event can be answered by emailing [outlaw@onestepbeyond.org.uk](mailto:outlaw@onestepbeyond.org.uk)

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