



FINAL RACE INFORMATION

THE OUTLAW LONG DISTANCE TRIATHLON

NATIONAL WATER SPORTS CENTRE
HOLME PIERREPONT
NOTTINGHAM

SUNDAY 1st JULY 2012





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

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Sports Event Management





Race Weekend Schedule

DATE	TIME	EVENT	LOCATION
FRIDAY 29th June	12:00 - 17:00	REGISTRATION	NATIONAL WATER SPORTS CENTRE - LARGE MARQUEE – GRASSED AREA
	12:00 - 17:00	OUTLAW EXPO	NATIONAL WATER SPORTS CENTRE - LARGE MARQUEE – GRASSED AREA
SATURDAY 30th June	10:00 - 17:00	REGISTRATION	NATIONAL WATER SPORTS CENTRE - LARGE MARQUEE – GRASSED AREA
	10:00 - 17:00	OUTLAW EXPO	NATIONAL WATER SPORTS CENTRE - LARGE MARQUEE – GRASSED AREA
	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 <i>OPTION 1</i>	NATIONAL WATER SPORTS CENTRE SPORTS HALL - MAIN BUILDING
	11:00 - 11:30	OUTLAW SWIM PRACTICE	NATIONAL WATER SPORTS CENTRE BOTTOM END OF LAKE BOAT HOUSE AREA
	12:00 - 16:30	BIG SPEEDO SWIM	NATIONAL WATER SPORTS CENTRE BOTTOM END OF LAKE BOAT HOUSE AREA
	13:00 - 13:45	TRIATHLON RACE BRIEFING <i>OPTION 2</i>	NATIONAL WATER SPORTS CENTRE SPORTS HALL - MAIN BUILDING
	14:00 - 15:00	OUTLAW PRAYER	NATIONAL WATER SPORTS CENTRE SPORTS HALL - MAIN BUILDING
	15:00 - 15:45	TRIATHLON RACE BRIEFING <i>OPTION 3</i>	NATIONAL WATER SPORTS CENTRE SPORTS HALL - MAIN BUILDING
	17:00 - 17:15	TRANSITION LOCK DOWN - SECURITY ON SITE	NATIONAL WATER SPORTS CENTRE BOTTOM END OF LAKE BOAT HOUSE AREA
SUNDAY 1st 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 - <i>SEE COURSE MAPS</i>
	09:00 - 17:00	OUTLAW EXPO	NATIONAL WATER SPORTS CENTRE - LARGE MARQUEE – GRASSED AREA
	17:30 - 24:00 (PROV. TIME ONLY)	TRANSITION OPEN FOR BIKE COLLECTION	NATIONAL WATER SPORTS CENTRE BOTTOM END OF LAKE BOAT HOUSE AREA
MONDAY 2nd JULY	12:00	AWARDS CEREMONY	NOTTINGHAM FOREST FOOTBALL CLUB ROBIN HOOD SUITE



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 (NWSC).

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

Sat-Nav users are advised to use the name NWSC 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 (NWSC), please follow the Car Park signs and car parking stewards when you arrive. 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 and that anything valuable is kept in the secure lockers at the NWSC. All vehicles are parked at owner's own risk.

Prize Categories & Awards Ceremony

Prizes will be awarded to the top three male, female and in each of the age groups (listed below). The official awards ceremony, which will take place at Nottingham Forest's City Ground on Monday 2nd July from 12 noon.

FEMALE	MALE	TEAM
Overall Winner / 2nd Place / 3rd Place	Overall Winner / 2nd Place / 3rd Place	Winners / 2nd Place / 3rd Place
Under 24	Under 24	
25 - 29	25 - 29	
30 - 34	30 - 34	
35 - 39	35 - 39	
40 - 44	40 - 44	
45 - 49	45 - 49	
50 - 54	50 - 54	
55 +	55 - 59	
	60 - 64	
	65 +	

Spectators – Where to go

NWSC – We have attempted to make the Centre more family friendly in 2012, along with the usual catering units we will also have children's entertainers, small fairground rides and for those football fans amongst you we will be screening the European Championship Live on a large projector screen in the Expo Area – Come on England!

Let's also remember that the NWSC offers fantastic viewing of the Swim & Run routes – Perfect viewing areas are available around the NWSC, 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.

Download our Spectator Guide to see where the best areas to visit on the bike course are, including how to take advantage of our free Spectator Buses.

Race Registration - Friday 12:00 – 17:00 / Saturday 10:00 – 17:00: NO REGISTRATION ON RACE DAY

Competitors will have 2 options for registering at the event – Friday (29th) 12:00 – 17:00 or Saturday (30th) 10:00 – 17:00 – THERE WILL BE NO REGISTRATION OR RACKING ON SUNDAY 1ST JULY. The registration will take place in a large marquee positioned on the grassed area by the grandstand, which will also house the event expo. No registration will take place after 17:00 on Saturday (30th) 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 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. ***It is essential that your helmet sticker is attached to the right hand side of your helmet as this is also a timing chip which will be used to record your bike splits.*** Please keep these safe, as they are required to allow entry into the transition area. You will also be issued with your standard 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.



Event Information

Following this you will be given your three transition bags. These bags will be as follows; Kit Bag – for anything that you want to keep inside the transition storage marquee, 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 and any specific nutritional products you wish to take onto the run with you.

The final desk will be for 'Special Needs' bags, if you wish to use a Special Needs bag, then please hand your own 'Special Needs' bag into the final desk. The 'Special Needs' feed will be based at feed stations 4 / 6 passed twice at approximately 60.5 and 83.5 miles on the approach to Kilverton Village. Any bags that are supplied will return to Race HQ the following day. If you wish to collect your bag, then please collect it from the registration marquee on Monday morning. Special Needs bags must be handed in during registration on Friday and Saturday.

BTF Licences

Please note that all athletes will be required to show some form of photographic identification - 2012 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 2012 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 2012 British Triathlon Federation Race Licence, please bring it with you.

Race Briefings – Saturday 11:00, 13:00 & 15:00

To make your lives as easy 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 in the Sports Hall, which is in the building which connects directly to the main foyer (it was the 2010 & 2011 registration area for you returning Outlaws).

Please ensure you attend as the briefing 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 put questions to the Race Director.

Changing Facilities

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

Race Start 06:00

The race will start with one single wave at 06:00. The start will be a deep water start and 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 and a storage unit for the athletes 'transition bags' which must be used for wetsuits, all bike kit including 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 & run sections. You are not allowed to leave anything with your bike, unless it is properly 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 2012 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 – In the corner of the standard bike transition area, directly by the swim exit.
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 and Live-to-Web Results

To ensure accurate times and results, every competitor will receive 2 timing chips to use whilst racing. One standard ankle strap chip and one disposable helmet sticker chip. 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.



Event Information

We will be taking standard swim, transition 1, bike, transition 2 & run splits, we are also taking the following splits with the approximate distances:

Bike Split 1 – 40.2 Miles	Bike Split 2 – 66.4 Miles	Bike Split 3 – 89.5 Miles
Run Split 1 – 2.95 Miles	Run Split 2 – 5.8 Miles	Run Split 3 – 10.8 Miles
Run Split 4 – 13.6 Miles	Run Split 5 – 18.7 Miles	Run Split 6 – 21.5 Miles

All splits and finish times will be live-to-web as the event is taking place, friends and family can track your progress by visiting our timing portal.

The Swim 2.4 Miles

The swim will take place in the man made lake at the NWSC. 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 from transition. All swimmers will need to pass the check mat by 05:50, this point will be open from 05:30. The swim will start in the water using the whole width of the lake. 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.

The very simple swim route is swim down towards the top 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's edge. There are just three different colour swim hats, males, females & teams. There will be a full swim safety team on the water, with a medical support team on board. If you require any assistance, 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 & 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 & then continue onto the perimeter road where you will have a 40 metre walk/run to the entrance the transition change marquee where a team of marshals will be on hand to help remove your wetsuit before entering the marquee. Please collect your SWIM / BIKE bags before proceeding into the changing area. Inside there will be private changing areas for Males and Females. 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 & any athletes still within the swim or transition will be stopped.

The Bike 112 Miles

This year we have updated & improved the bike course. With greater capacity required and the recent addition of new road links, we now have a new bike course that uses most of last year's course with an additional looped section in the south of the county.

Once again the first section of the bike course is around the Perimeter Road of the NWSC, this section will give you a chance to organise yourself after the swim section, however, please be aware that even though the road is closed to traffic, spectators might accidentally walk onto the course. Once you have left the National Water Sports Centre, you will join normal highways.

During the 112 mile bike course there are some completely closed roads, semi closed roads & fully open roads. Some junctions on the course will have traffic management in place, which will allow the competitors to pass through with priority over the other vehicles on the highway. However, we are unable to be 100% confident that vehicles will always stay within the law, so please proceed with caution at every junction. If for reasons of safety, we ask you to stop or slow down, then please do so. There are also junctions, that you will be required to make your own judgement on whether it is safe to proceed. On certain parts of the course, there will be traffic cones to protect you from other vehicles. Please note that at times you will be required to ride inside the cones, with the cones on your right.

There are a few safety hot spots which will require special attention from all competitors:

1. Lowdham Island, this is small traffic island on the out & back section of the course. The route will be going straight on however, the route crossing is likely to be busy, so please take great care when on this section.
2. Southwell Town Centre, even though there will only be traffic in one direction (with the competitors), it is possible that cars may be parked on the roadside, please be very careful as you ride through and at all corners.
3. The junction of the A612/A617, we will be building an additional area of road to allow competitors to pass by the traffic lights. Please slow down for this junction, it will be a very hard left turn which will be on a raised platform with barriers on both sides.

4. Kirklington, after passing through the back end of Southwell for the second time on the lap, you will return back onto the A617 (Kirklington). At this junction, there is no traffic management, please slow down, check carefully to the right before rejoining the A617, as vehicles will be travelling at speed.
5. The junction of the Mansfield Road/A614, you will be required to leave the Highway and travel through the White Post Pub Car Park. This section will have a barrier line on both sides – please take extra care when entering and exiting this section.
6. As you approach the southern loop, you will cross a brand new large traffic island, with slip roads off onto the A46 dual carriageway. Please ensure that you are careful at this fast traffic island, there will be no traffic management.
7. At approx. 55 miles into the course, you start the southern loop – which you will ride twice. Once you have passed Car Colston, you will ride a couple more miles towards Scarrington. As you approach the T junction (this is the start & end of the loop) you will be turning right, as other cyclists will be going straight on or also turning right, across your path. Please be very careful here.
8. Approx. 66 & 89 miles, Hawton, you will take a very sharp left turn and immediately approach a narrow single track bridge. The road will be closed, but still take care as you cross the bridge.
9. At approx. 71 & 95 miles, you will enter a quaint village named Elston. The road through the village is narrow with tight bends and often has cars parked along the road. Traffic will only be allowed to drive in the same direction as you are cycling, but additional care is needed as you pass through.
10. At approx. 78 & 101 miles, you will reach the end of the southern loop. (See point 6.) If you have completed one loop then continue straight on, if you have completed two loops – approx. 100 miles, then you must turn right, crossing other cyclists that are starting the southern loop. Please be very careful.
11. At approx. 108 miles, you will reach Radcliffe on Trent. As you reach the centre of the village, you will be going downhill & be required to turn right at the mini island. There are likely to be vehicles parked in this area, including spectators. Please be careful and aware of the cars and general public.
12. Finally in the last mile, just as you are close to finishing, we have a couple of areas that you need to know about. You will divert via the beautiful Holme Pierrepont Hall, the corners are tight so be alert. However just before you reach the Hall, there are a small number of very sharp ramps and two after you have passed the Hall.

These are just a few junctions that need extreme care, but please ride with caution at all times and expect the unexpected.

There will be a large number of National Escort Group riders on the course, these will ensure that all competitors are riding within the rules of the BTF and also act as communications points for the race organisers. If you are in trouble then please flag down a National Escort Rider or stop at an event marshal, both should have communications with Race Control. There will be two support vehicles travelling around the course. See further information for feed stations & toilet points.

Please note that competitors should not throw any litter (including water bottles) onto the course at any point, we ask that you keep all of your litter. Competitors caught throwing litter will be disqualified as well as being named and shamed on the results. At each of the feed stations, there will be dustbins for rubbish to be dropped and a bottle drop area for empty bottles.

Due to traffic regulations, all road closures & traffic management will stop at 16:00 or 10 hours into the race. This means that all athletes must have started the run section by 16:30 or 10 hours & 30 minutes into the race. After this, the transition exit will be closed; any athletes still on the bike course or in transition will be stopped. If we believe that a competitor is going to miss the cut off time, then we reserve the right to stop and will stop competitors during the cycle section.

The Bike - Feed Stations / Maintenance / Toilets

We have 4 feed stations positioned along the bike route, they will all contain the following items:

- Bottles - Water
- Bottles - High5 Energy Source: citrus
- Gels - High5 Energy Gels: mixture of flavours
- Bananas
- X 2 Toilets

Each feed station will also contain some basic bike maintenance equipment, as will the 2 bike support vehicles. However please note we cannot guarantee stock levels or compatibility.

Special Needs Bags will be located at Feed Station 4 / 6 (Kilverton Village), which are positioned at approximately 60.5 and 83.5 miles respectively.



Event Information

You will pass the feed stations a total of 7 times during the ride, as follows:

AREA	APPROX DISTANCE ON COURSE (Miles)	DISTANCE FROM PREVIOUS FEED STATION (Miles)
OXTON BANK - PRIOR TO CLIMB	19.5	N/A
CORKHILL LANE / HOCKERTON ROAD (OFF A617)	33.5	14.0
OXTON BANK - JUST PAST START OF NORTHERN LOOP	44.5	11.0
KILVERTON - APPROACH INTO VILLAGE	60.5	16.0
HAWKSWORTH - APPROACH INTO VILLAGE	76.5	16.0
KILVERTON - APPROACH INTO VILLAGE	83.5	7.0
HAWKSWORTH - APPROACH INTO VILLAGE	99.5	16.0
TRANSITION	112	12.5

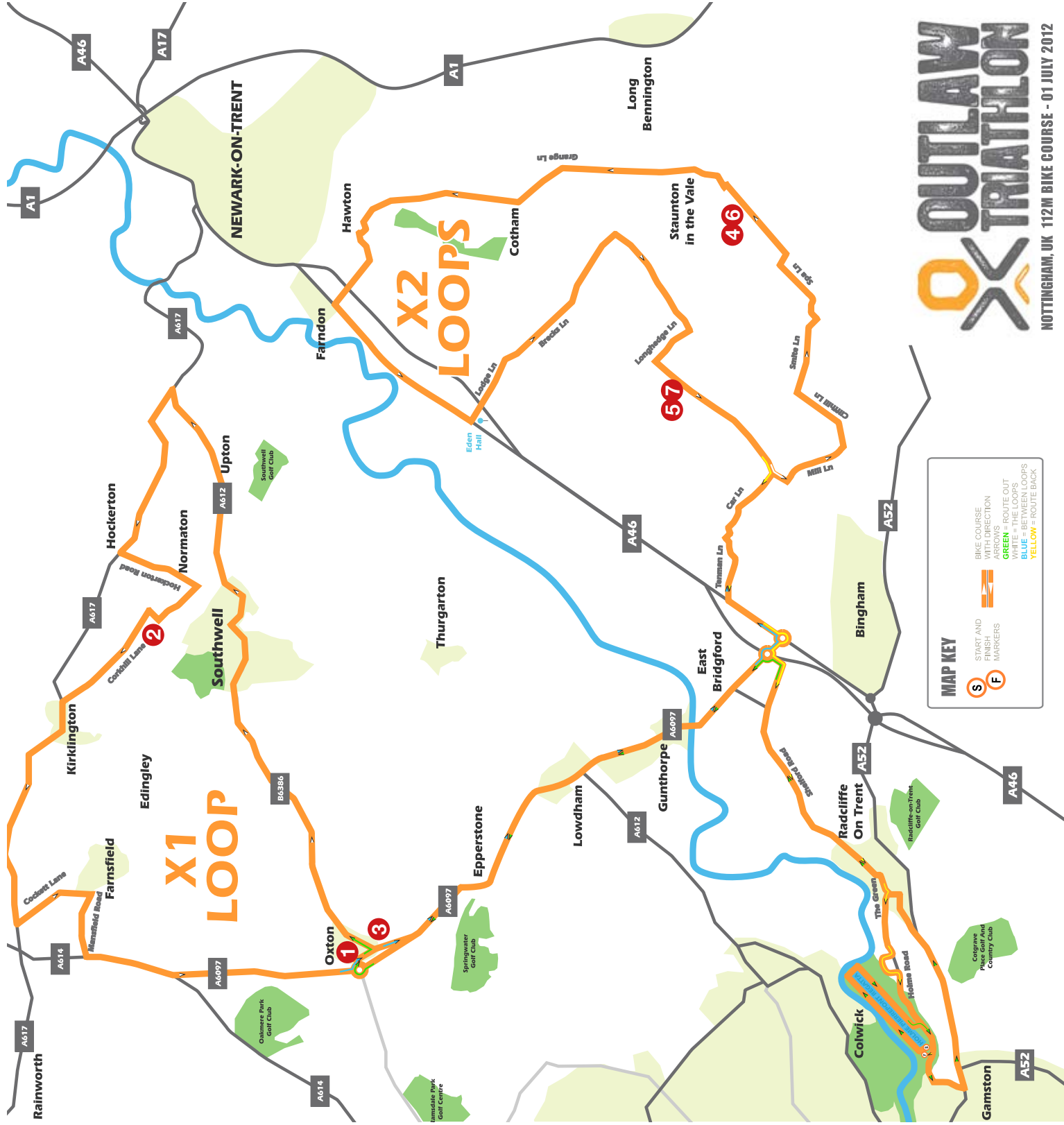
See Map on next page.



BIKE FEED LOCATIONS

FEED STATIONS MANAGED BY:

- 1** Leicester Triathlon Club
- 2** TFN Tri Club
- 3** Leicester Triathlon Club
- 4.6** Pirates
- 5.7** Absolute Tri Club





Event Information

The Run – 26.2 Miles

The run course has been measured by UK Athletics & is a certified marathon. The course will consist of 4 laps of the lake and 3 out and back sections along the river towpath to County Hall. There will be a wristband collection point on the perimeter road of the lake, you should collect one every time you pass it – 4 bands in total. You will complete the run section in the following order:

1. Circuit of the Lake
2. Out and Back to County Hall
3. Circuit of the Lake
4. Out and Back to County Hall
5. Circuit of the Lake
6. Out and Back to County Hall
7. 75% circuit of the lake, filtering into the finish funnel

There are a number of places of interest along the run route, The City Ground, home of Nottingham Forest Football Club is on the course and Trent Bridge, the legendary cricket test match stadium is just off the course, to mention just two.

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 full length of the 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 athlete seen littering will be disqualified. (Remember, you can dispose of litter at official feed stations into the various bins provided). There will be a timing mat at the County Hall 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 23:00, if we believe that athletes are unable to complete the full course within the cut off times, athletes will be withdrawn after Section 5 above i.e. for they begin the final out and back to County Hall.

The 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.

Each feed stations positioned along the run route, they contain the following items:

- Water - Clear Cups
- High 5 - White Cups
- Coke - Clear Cups
- High 5 Energy Gels: mixture of flavours
- High 5 Caffeine + Gels: mixture of flavours
- High 5 Zero Tabs
- Bananas
- Oranges
- Jaffa Cakes
- Crisps
- X 2 Toilets

NAME	AREA	APPROX DISTANCE ON COURSE (Miles)	DISTANCE FROM PREVIOUS FEED STATION (Miles)
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	MIDDLE OF TOWPATH	4.7	1.5
RUN STATION 4	TURN (COUNTY HALL)	5.7	1.0
RUN STATION 3	MIDDLE OF TOWPATH	6.8	1.1
RUN STATION 2	SCORE BOARD	8.0	1.2
RUN STATION 1	TOP OF LAKE	9.3	1.3
RUN STATION 2	SCORE BOARD	11.0	1.7
RUN STATION 3	MIDDLE OF TOWPATH	12.5	1.5
RUN STATION 4	TURN (COUNTY HALL)	13.5	1.0



Event Information

NAME	AREA	APPROX DISTANCE ON COURSE (Miles)	DISTANCE FROM PREVIOUS FEED STATION (Miles)
RUN STATION 3	MIDDLE OF TOWPATH	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	MIDDLE OF TOWPATH	20.1	1.3
RUN STATION 4	TURN (COUNTY HALL)	21.1	1.0
RUN STATION 3	MIDDLE OF TOWPATH	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

We are happy that your children join you to cross the finish line, however they must be collected immediately afterwards by an adult at the top of the stairs. We cannot be responsible for any children.

See Map on next page.

RUN FEED LOCATIONS

FEED STATIONS MANAGED BY:

- 1 4Life Tri Club
- 2 Lincoln Tri Club
- 3 TFN Tri Club
- 4 Absolute Tri Club





Event Information

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 BTF Day Licence. If you require further information about Race Rules, please visit www.britishtriathlon.org or telephone the British Triathlon Federation on 01509 226161. You are not allowed to wear head phones.

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 2012. For more information take a look at the [British Triathlon Age Guidelines](#).

Massage

Pre Event - there will be massage available on the main event area on Saturday, they will be charging £10 for a 20 minute massage which covers all muscle groups in both legs.

Post Event - in the Finish Marquee 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 a specialist medical 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, and 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 and contact details on the back of their race numbers using a waterproof pen. Also 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. 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 and 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 and one number band for the bottom to stop your number creasing up and becoming unreadable. NB. Please do not forget to bring safety pins.

Please ensure your helmet sticker is securely attached to the right hand side of your helmet.

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 in the main foyer area. Provisional results will be available to download on our website the Monday following.

Withdrawals

The Closing Date has now passed and unfortunately any withdrawing competitor will not be eligible for a refund/race credit. Please note that you are not allowed to give your entry away, all competitors will be asked to show some form of photographic identification before they are allowed to register.

Event Office Closure

The Event Office will be closed from Wednesday 27th June at 17:00.

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 & drink. If you would like further information about becoming a race marshal please email adam@onestepbeyond.org.uk

OUTLAW PARTNERS



Cancer Research UK - Official Charity

By supporting Cancer Research UK you will be helping us find new ways to prevent, diagnose and treat cancer. Cancer Research UK is at the heart of cancer research, funding the work of more than 4,500 researchers, doctors and nurses throughout the UK.

- Prevention - we are at the forefront of raising national awareness on the issue of cancer. Campaigns such as the Smoke-free Workplaces campaign has helped to save an estimated 600 lives a year. By promoting a healthy and active lifestyle, we can help significantly reduce cancer rates in the UK.
- Diagnosis - your money helps us to fund our three national screening programmes for bowel, breast and cervical cancers. Screening for cancer aims to find cancers as early as possible - when the chance of cure is highest. Sometimes screening programmes can find changes that would lead to cancer if they were not treated.
- Treatment - Cancer Research UK is at the heart of pioneering new clinical trials, aiming to find safe treatments with fewer side effects, to help patients feel better quicker. Our website CancerHelp UK also allows us to provide helpful information to cancer patients and their families, allowing them access to all the information and support they need.

We can't wait to welcome you on to the team. Together we will beat cancer.



Total Fitness Nottingham – Retailer Partner

TFN has been 220 Triathlon Magazine's retailer of the year for the last six years. They're the official Outlaw retailer and you can order from them online. TFN will also be doing bike checks at the Outlaw Expo. This includes checking the following; gears, brakes, wheels, headset, lube, pump and check tires – might be the best few quid you spend all weekend! www.tfn.uk.com



Speedo – Swim Partner

Fellow Nottingham brand, Speedo is our swim partner. They'll have the latest kit available at the expo to tri out the latest TriathELITE™ range, as worn by former World Champion, Helen Jenkins. www.speedo.co.uk



High 5 - Nutrition Partner

High 5 will be providing nutrition around the route and on the finish line. EnergySource Citrus and Energy Gels in a mix of flavours will be around the route. Fuel your way to success! www.highfive.co.uk



Buff – Partner In Crime

Buffera have some market leading products in terms of functionality, design, construction, durability and versatility. We hope you'll come to love the exclusive Outlaw Buff as much as we do. www.buffwear.co.uk



Compressport – Partner In Crime

World class sports compression garments which help to maximise performance and speed up recovery. Developed by a team of professional athletes, scientists and doctors, Compressport will be available at the Outlaw. www.compressport.uk.com



The Triathlon Coach – Partner In Crime

The experts in coaching triathletes, check out Outlaw training programmes online. www.thetriathloncoach.com



Event Partners



Swimshop – Partner In Crime

The leading swimwear retailer in Britain, and run by former Olympian, Gaynor Willis (Stanley), take a look for all your swimwear and equipment needs. **www.swimshop.co.uk**

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**

You can chat to other outlaws and ask questions via **[www.Facebook.com/OutlawTriathlon](https://www.facebook.com/OutlawTriathlon)**

You can also follow us on twitter via **[@OutlawTriathlon](https://twitter.com/OutlawTriathlon)**

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