



PROVISIONAL RACE INFORMATION

THE OUTLAW LONG DISTANCE TRIATHLON

NATIONAL WATER SPORTS CENTRE
ADBOLTON LANE
NOTTINGHAM
NG12 2LU

SUNDAY 27th July 2014





Welcome

This is the provisional version of the race information, written in August 2013. Please read it, remember it and if you're not sure about it get in touch via info@onestepbeyond.org.uk



DATE	TIME	EVENT	LOCATION
FRIDAY 25th JULY	12:00 - 17:00	REGISTRATION	NATIONAL WATER SPORTS CENTRE - LARGE MARQUEE – GRASSED AREA
	12:00 - 17:00	OUTLAW HALF EXPO	NATIONAL WATER SPORTS CENTRE - LARGE MARQUEE – GRASSED AREA
SATURDAY 26th JULY	10:00 - 16:00	REGISTRATION	NATIONAL WATER SPORTS CENTRE - LARGE MARQUEE – GRASSED AREA
	10:00 - 16:00	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	RACE BRIEFING OPTION 1	NATIONAL WATER SPORTS CENTRE
	11:00 - 11:30	OUTLAW SWIM PRACTICE	NATIONAL WATER SPORTS CENTRE BOTTOM END OF LAKE BOAT HOUSE AREA
	12:00 - 16:30	BIG SWIM EVENTS	NATIONAL WATER SPORTS CENTRE BOTTOM END OF LAKE BOAT HOUSE AREA
	13:00 – 13:45	RACE BRIEFING OPTION 2	NATIONAL WATER SPORTS CENTRE
	14:00 – 15:00	OUTLAW PRAYER	NATIONAL WATER SPORTS CENTRE
	15:00 – 15:45	RACE BRIEFING OPTION 3	NATIONAL WATER SPORTS CENTRE
	17:00 - 17:15	TRANSITION LOCK DOWN SECURITY ON SITE	NATIONAL WATER SPORTS CENTRE BOTTOM END OF LAKE BOAT HOUSE AREA
Bikes must be racked by 5pm on Saturday 26th July. There will be no registration after 4pm on Saturday and no registration or racking on race day.			
SUNDAY 27th 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 SEE COURSE MAPS
	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 28th JULY	12:00	AWARDS CEREMONY	UPSTAIRS - MAIN BUILDING



Event Information

Directions to National Water Sports Centre

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 the National Water Sports Centre. (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. Due to the route of the event we will change car parks during the race to ensure that the athletes are not endangered by stationary vehicles 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 the secure lockers at the National Water Sports Centre. 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 will take place at The National Watersports Centre on Monday 28th 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 +	

There is a £1,000.00 cash prize pot available to the winning man and woman if they break the previous course records. If both records are broken the prize money will be split equally, if only one record is broken the full amount will be payable to that record breaker. Current records – Male 8:47:47 / Female 9:50:58.

Spectators – Where to go

National Water Sports Centre (NWSC) – the Centre will have indoor and outdoor catering units and children's entertainers.

The NWSC offers fantastic viewing of the Swim & Run routes – Perfect viewing areas are available around the National Water Sports Centre, including the grandstand immediately next to the finish chute. For those wishing to follow the swim, a grassed bank runs along both sides of the lake. Spectators are 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.

Spectators can view their own guide which will be released nearer to the event, including how to take advantage of our free Spectator Buses.

Race Registration - Friday 12:00 – 17:00 / Saturday 10:00 – 16:00: NO REGISTRATION ON RACE DAY

Competitors can register at the event on Saturday, but not on Sunday – THERE WILL BE NO REGISTRATION OR RACKING ON SUNDAY 27th JULY. No registration will take place after 16:00 on Saturday (26th) 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 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. Do not lose your timing chip as you will need it to race.

Following this you will be given your three transition bags. These bags will be as follows; Change 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 & 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 1 / 5 passed at approximately 16 and 80 miles on the approach to Hawksworth Village. We will attempt to return any bags that are supplied, however we cannot guarantee this. Bags will be returned to Race HQ ready for collection from the registration marquee between 09:00 – 12:00 on Monday 28th July. Please don't leave high value items with your special needs bags (eg tubs), we will do our best to return them but can't guarantee it.

BTF Licences

Please note that all athletes will be required to show some form of photographic identification - 2014 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 2014 British Triathlon Federation Race Licence (or overseas 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 2014 British Triathlon Federation Race Licence, please bring it with you.

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

There will be 3 x 45 minute race briefings. Attendance to a race briefing is Mandatory; however, you get to choose which one you come to.

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 ask questions to the Race Director.

Changing Facilities

The venue has good 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 & athletes will be given warnings at 5 mins, 3 mins, 2 mins & a final warning at 1 minute to go. The start will be via a starter's horn. We recommend slower swimmers enter on the right hand side of the lake (swim exit side).

Transition Area

The transition area will be positioned at the bottom end of the lake in front and to the side 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 securely 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.

Please note that in 2013 there will be a side transition at the exit of the change tent, all athletes regardless of their racking position will be required to pass through this area which is separated from the main transition area by the perimeter road – see [transition diagram](#).

The Team Event

Only one person is required to register for the whole team, but will be required to either show ALL of the 2014 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 – On the perimeter road between the side & main transition area, directly by the swim exit. Team swimmers are not required to remove their wetsuits before tagging nor should they pass through the change tent.
2. Bike to Run – On the perimeter road between the side & main transition area, directly after passing the team cyclist has passed their bike to the marshals.

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

Electronic Timing & Live-to-web Results

To ensure accurate times and results, every competitor will receive a timing chip to use whilst racing. Please ensure that you bring your chip with you on race day and that you fasten it securely to your left ankle.

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.

When fitting your chip some people find it useful to smear a small amount of lubricant around that area to prevent any chaffing.

Electronically capturing each finishers time allows us to continuously post provisional results on the plasma screen in the main foyer near the cafe. We are aiming to produce live-to-web results, full provisional results will be available on the Monday following the event.

We will be taking standard swim, transition 1, bike, transition 2 & run splits, we are also taking splits on the Bike & Run sections, at the distances stated below:

Bike Split 1: 16 miles – Hawsworth

Bike Split 2: 64 miles – Farnsfield

Bike Split 3: 80 miles - Hawsworth

Run Split 1: 3.0 miles – Corner of transition

Run Split 2: 6.0 miles – Corner of transition

Run Split 3: 8.9 miles – Suspension Bridge

Run Split 4: 10.9 miles – Suspension Bridge

Run Split 5: 14.7 miles – Corner of transition

Run Split 6: 19.1 miles – Suspension Bridge

Run Split 7: 21.6 miles – Suspension Bridge

Run Split 8: 26.2 miles – Finish

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](#).

Cut off Times

Swim 2 hours, with a further 15 minutes allowed to reach bike mount

Bike 10 hours after the start of the event, with a further 15 minutes to start the run

Run 17 hours

The Swim – 2.4 Miles

Cut off 2 hours (08:00) – with a further 15 minutes to pass through T1

The swim will take place in the 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 from transition. All swimmers will need to pass the check mat by 05:50, this point will be open from 05:40. 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. Due to the shape of the lake, you will at all times only be a few metres from the water's edge. There are 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. Note that you will be swimming into the sun during the outward stretch, we strongly recommend that you wear goggles with mirrored or smoked lenses.

Once you have completed the swim course, you will exit via the slip way under the swim exit 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 80 metre walk/run to the entrance the transition change marquee. Please collect your SWIM / BIKE bags before proceeding into the changing area. Inside there will be private changing areas for Males and Females.

All competitors must have started their cycle by 2 hours 15 minutes from the start of the race, after this the transition exit will be closed & any athletes still within the swim or transition will be stopped.

The Bike – 112 Miles

Cut off 8 hours (16:00) – with a further 15 minutes to pass through T2

The 2014 Bike route will be very similar to the 2013 course with only one small change at the Oxton roundabout, athletes will head straight over the roundabout after completing the Northern Loop. During the 112 mile bike course there are some completely closed road, semi closed roads and 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, 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. As this is for your safety, any infringements will result in disqualification.

Under no circumstances should athletes ride in bunches or cross the centre line of the road. Unless you are overtaking you should at all times ride in single file and observe a 7m gap between yourself and the rider in front. This is as per the BTF rules relating to competing on open roads. Any infringements will be met with time penalties and or disqualification for multiple offenses.

Please be mindful at all times that you are representing our sport in the community and that we want to set a positive example of the Outlaw as a fair and sporting event that inspires those that take part and watch the event.

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 communication 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 below for further information regarding the feed stations and toilet points.

The 112 miles is made up by riding two loops of the southern section and one loop of the northern section, in the following order. Start by completing one loop of the southern loop, then complete the northern loop before returning to finish the final southern loop. The course is well marked and marshalled, however, it is your responsibility to know the course.

The first section of the bike course is around the Perimeter Road of the National Water Sports Centre, this section will give you a chance to organise yourself after the swim, however, please be aware that even though the road is closed to traffic, spectators (and ducks) might accidentally walk onto the course.

Once you have left the National Water Sports Centre, you will join normal open highway for a short distance until you reach the A52. The A52 will have a single closed lane for cyclists only. Turn left at the traffic lights – you will be allowed to go through the traffic lights on red during the event, once on the A52, ride inside the cones for slightly over 2 miles – be careful as you pass the fuel station as cars may be entering or exiting.

After leaving the coned off section of the A52, you will be riding on fully open roads. Firstly, you will pass through the village of Radcliffe On Trent, turning left at a small mini roundabout. On the way out this should be very quiet, there maybe a few parked cars which you need to be aware of. Follow the Shelford Road until you reach Newton village (11 miles) again there might be parked cars. Once you've passed through Newton village, then turn left at the T junction – stay on the left hand side of the road. You will then reach the new Margidunum Roundabout for the first time of four visits. Take a right and head towards the southern loop for the first time. The southern loop is generally more rural is likely to have less vehicles on the route, but seems to be effected by the winds more. After Margidunum Roundabout, take the first left and head along the old A46.

At 13 miles, turn right at the new traffic roundabout, please be aware of the strange lip on the roundabout and stay wide. Follow this road through the village of Car Carlston until you reach a T junction. Turn left here and stay on this road for 2 miles passing through Hawksworth. At the next T junction, turn right onto Longhedge Lane, there will be traffic management here to help the right turn. After this you will take the first left, go through Shilton and head towards Elston. As you pass through Elston, please be aware of any parked cars. After Elston, turn right at the new mini roundabout onto the old A46. Follow the old A46 for approx. 3 miles until Farndon and turn right over the A46 towards Hawton. Take care over the narrow bridge as you approach Hawton and then turn right opposite the church. Both of these right turn will be managed by our traffic management company. Follow this road for three miles, before taking another right turn onto Grange Lane. Continue along Grange Lane for 4 miles, until you reach Orston. Orston is a beautiful small village, however, please be careful of parked vehicles.

Through Orston, turn left at 35 miles onto Cliffhill Lane towards Aslockton. Take another right to Scarrington with another right turn by the church. Then a left towards Car Carlston and retracing the route back to Margidunum Roundabout and the end of the first southern loop, before heading to complete one loop of the northern section. At Margidunum, continue straight on along the A6097 towards Lowdham. This section of road could be busy, so please ride with caution in single file. At Lowdham, continue straight on, paying attention as you cross the mini roundabout at 44 miles, as this roundabout does get busy. Continue for a further 5 miles along the A6097 until you reach the Oxtan roundabout and take the 3rd exit towards Southwell. Followed quickly by a left turn at the bottom of Oxtan Bank – the only real hill on the course.

Follow the B6386 for 5 miles, this is split down into 1 mile of gradual climbing, 200 metres of steep climbing and the rest all downhill. As you come into Southwell, please be aware that it is likely to be busy with spectators and tourists so always proceed with caution. Turn right at the mini roundabout in the town centre, past the famous Southwell Minster and then a very tight left turn. There will be cars parked here but the road will be one way to ensure our athletes are safe. Take another left after Southwell back onto quiet rural roads and head for the A617.

Just before 59 miles, turn left onto the A617. Stay on the A617 for 3 miles, this is slightly uphill and does seem to attract a headwind. A left turn towards Farnsfield, downhill for a couple of miles, then a right turn onto Mansfield Road. Continue along towards the A614, take a left through the pub car park and onto the A614, then a fork left onto the A6097. At 68 miles go straight on at the Oxtan roundabout, retracing the route back to Lowdham roundabout. Once again, take great care at Lowdham as you continue straight on along the A6097, heading back towards the southern loop.

At 75.5 miles, you will reach the Margidunum Roundabout for the third time. Head straight on towards the southern loop, completing the southern loop for a second time, before returning back to Margidunum Roundabout for the fourth and final time. This time, take a left and retrace your route back towards Radcliffe On Trent. As you return into Radcliffe On Trent, please be aware of cars that will be parked, especially as you turn right at the mini roundabout in the centre of the village. After this, you will turn right down The Green back towards the National Water Sports Centre.

The Green is a private road which we are very lucky to use, however, there are a number of speed humps to restrict speed which you need to be aware of. At 110 miles, you will take a sharp right turn and go through the grounds of Holme Pierrepont Hall, a beautiful Tudor manor house. As you exit the Hall, take care on the cattle grid and two more speed humps. One mile further along, take your last right turn back into transition. Dismount your bike and hand it over to the one of our volunteers to re-rack for you.

Please note that athletes should not throw any litter (including water bottles) onto the course at any point, please use the bins provided for you at the official feed stations or keep it with you until the end of the bike section. Athletes caught throwing litter will be disqualified as well as being named and shamed on the results.

Due to traffic regulations, all road closures & traffic management will stop at 16:00 or 10 hours into the race. All competitors must have started the run by 10 hours 15 minutes from the start of the race, after this the transition exit will be closed & any athletes still on the bike course or in transition will be stopped.

The Bike - Feed Stations / Maintenance / Toilets

There will be 6 feed stations positioned on the bike course, in the following areas:

NAME	AREA	APPROX DISTANCE ON COURSE	SPECIAL NEEDS	TOILET	DISTANCE FROM PREVIOUS FEED/TOILET
TRANS	BIKE START / BIKE FINISH	0.0	N/A	YES	N/A
FEED 1	HAWKSWORTH	16.0	YES	YES	16.0
FEED 2	APPROACH INTO ASLOCTON	36.0	NO	YES	20.0
FEED 3	TOP OF OXTON BANK (B6386)	51.0	NO	YES	15.0
FEED 4	COCKETT LANE - FARNSFIELD	63.0	NO	YES	12.0
FEED 5	HAWKSWORTH	80.0	YES	YES	17.0
FEED 6	APPROACH INTO ASLOCTON	100.0	NO	YES	20.0
TRANS	BIKE START / BIKE FINISH	112.0	N/A	YES	12.0

The feed stations will all contain the following items:

- Bottle drop for empty bottles
- Dustbins for rubbish
- Bottles - Water
- Bottles - High5 Energy Source: citrus
- Gels - High5 Energy Gels: mixture of flavours
- Bananas
- 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.

You are not allowed at any point during the event to drop litter. At each of the feed stations, there will be dustbins for rubbish and bottles. Anyone seen dropping litter will be disqualified.

The course is well marked and marshalled, but make sure you understand the course before starting.

The Run – 26.2 Miles

Cut off 7 hours (23:00)

The 2014 route is made up of the same elements as the 2013 course, however you will complete them in a different sequence, so please read the description below and view the course map pre event. The run course has been measured by UK Athletics & is a certified marathon. The course will consist of 4 laps of the lake and 2 out and back sections along the river towpath using the Suspension Bridge to access the Victoria Embankment.

You will complete the run section in the following order:

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

When starting the Run Course you will exit the 'Change Tent' onto the perimeter road, heading in a clockwise direction between the transition area and the lake. As you pass the scoreboard area on the far side this will be the start where you will complete ONE full circuit of the lake. This will also be the point where you will collect the first of four wristbands and pass FEED STATION 1, before heading up to the top of the lake passing FEED STATION 2. You will then continue passing the grandstand for the first time, past transition, reaching the scoreboard area for the second time, FEED STATION 3 where you will be filtered left, as you head past the scoreboard you will be guided right around the back edge of the car park, before turning left onto the river towpath. The towpath is made of limestone; it is largely flat, smooth and excellent for running on. Please be aware from this point other athletes will be travelling in the opposite direction, it is important to stay left on the towpath at all times, allowing faster athletes to pass on the right hand side.

You will remain on the limestone towpath for approximately 1.7 miles, passing FEED STATION 4. As you reach Nottingham Forest's City Ground the surface changes back to tarmac. From this point you will continue under one of the stands, filter right under Trent Bridge where you will reach County Hall. You will continue along the edge of the river until you reach the Suspension Bridge, please take extra care in this area as the entrance to the bridge is tight and there will be athletes travelling in both directions.

You will then head up over the Suspension Bridge onto the Victoria Embankment, at the end of the bridge you will be guided left onto a central pathway (FEED STATION 5) which you will remain on for approximately 0.6 miles, before turning left down onto the path which runs alongside the river. As you turn left please take extra care as there is a steep drop on your right hand side. You will remain on this path for approximately 0.9 miles, passing underneath the Suspension Bridge (FEED STATION 6). As the pathway comes to an end you will reach the Riverbank Pub you will then turn left back onto the central pathway heading towards the Suspension Bridge, as you reach the bridge you will turn left and head up over the bridge and back towards County Hall, the City Ground and the Water Sports Centre.

As you head back onto the towpath it is important to stay left even as you pass FEED STATION 7. On arrival back at the venue you will reach the scoreboard and FEED STATION 8. As you filter down onto the perimeter road you will collect the second of your four wristbands.

You will then complete another full circuit of the lake, an identical out and back, before filtering onto the perimeter road collecting wristband number 3. At this point you have approximately 5.3 miles to go. Which is one complete circuit of the lake (collecting wristband Number 4 as you reach the Scoreboard for the final time) before completing a final $\frac{3}{4}$ circuit of the lake filtering into the finish funnel in front of the grandstand for a hero's welcome!

General Run Notes

- 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.
- Please also avoid walking and chatting in groups as this holds up people behind you.
- We ask that no litter is left along the route & that all athletes use the dustbins provided. Any athlete seen littering will be disqualified. (Remember, you can dispose of litter at official feed stations – 18 in total).
- There will be timing mats at the corner of transition and at the Suspension Bridge, which we will use to ensure all athletes complete the full distance.
- There will be lighting units along the lake for the final section of the course to ensure that athletes are safe at all times.
- The final cut off time is 23:00, if we believe that any athlete is going to be unable to complete the full course within the cut off times, athletes will be withdrawn before being allowed to head out on their final circuit of the lake.
- You need to collect a total of FOUR wristbands, before finishing it is your responsibility to ensure you have done the correct distance.
- We understand that many of you want to share the experience of completing the Outlaw with your loved ones, however please only bring a maximum of 2 family members down the finish funnel with you.

The Run - Feed Stations & Toilets

Athletes will pass 18 feed stations / toilets along the run course. The feed stations / toilets have been plotted to ensure that athletes are never more than approximately 1.9 miles from a feed station / toilet. The stations will be clearly marked to ensure that athletes can see the stations.

The feed stations positioned along the run route will contain the following items:

- Cups of Water – Clear
- Cups of High 5 – White
- Cups of Coke – Clear
- High 5 Energy Gels: mixture of flavours
- High 5 Caffeine + Gels: mixture of flavours
- High 5 Zero Tabs
- Bananas
- Oranges
- Jaffa Cakes
- Crisps
- X 3 Toilets

NAME	AREA	APPROX DISTANCE ON COURSE	DISTANCE FROM PREVIOUS FEED STATION / TOILET
TRANS FEED	TRANSITION	0.0	N/A
RUN FEED 1	SCORE BOARD	0.3	0.3
RUN FEED 2	TOP OF LAKE	1.7	1.4
RUN FEED 3	SCORE BOARD	3.3	1.6
RUN FEED 4	TOWPATH	4.8	1.5
RUN FEED 5	EMBANKMENT (START)	6.0	1.2
RUN FEED 6	EMBANKMENT (MID)	7.2	1.2

NAME	AREA	APPROX DISTANCE ON COURSE	DISTANCE FROM PREVIOUS FEED STATION / TOILET
RUN FEED 7	TOWPATH	9.1	1.9
RUN FEED 8	SCORE BOARD	10.6	1.5
RUN FEED 9	TOP OF LAKE	11.9	1.3
RUN FEED 10	SCORE BOARD	13.5	1.6
RUN FEED 11	TOWPATH	15.0	1.5
RUN FEED 12	EMBANKMENT (START)	16.3	1.3
RUN FEED 13	EMBANKMENT (MID)	17.4	1.1
RUN FEED 14	TOWPATH	19.3	1.9
RUN FEED 15	SCORE BOARD	20.8	1.5
RUN FEED 16	TOP OF LAKE	22.1	1.3
RUN FEED 17	SCORE BOARD	23.7	1.6
RUN FEED 18	TOP OF LAKE	25.0	1.3
FEED FINISH	FINISH	26.2	1.2

Race Rules

The event will be held under the rules of the British Triathlon Federation. Under these rules it is mandatory that all athletes must wear an approved helmet, clothing and that all cycles must be in a road worthy condition and that all athletes are insured by third party civil liability insurance. BTF Members are insured for all training and racing throughout the year as part of their membership package, all other athletes 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.

Age Restrictions

In line with British Triathlon rules, to be eligible to take part in this event competitors must be at least 20 years old on or before the 31st December 2014. 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.

Post Event - 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 & 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 & the front during the run at all times. Numbers must either be pinned at all four corners or secured with a number band. Please ensure that your number is visible throughout the cycle & run sections. NB. Please do not forget to bring safety pins.

Course Reconnaissance

The bike and run courses 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, particularly the first section on the A52.

Penalties and Appeals

ALL penalties issued by the British Triathlon Race Referee will be displayed on a Penalty Board in the foyer of the main building (next to the cafe). Appeals against these penalties must be made in writing to the race referee within one hour of a penalty being posted 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

Please read full Terms & Conditions before entering the event.

Outlaw Triathlon – 27th July 2014

- Up to 26 weeks out refund minus £50 admin charge: Opening day – 26th January
- 26 - 12 weeks out refund minus £75 admin charge: 27th January – 4th May
- 12 – 6 weeks out refund minus £100 admin charge: 5th May – 15th June
- 6 – 4 weeks out refund minus £125 admin charge: 16th June – 29th June
- 4 weeks no refund: 30th June

Event Office Closure

The Event Office will be closed from Wednesday 23rd July 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 or during the race briefing.

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 info@onestepbeyond.org.uk

Lost Property

Please note that we cannot guarantee the return of any property used/lost at the event, including special needs bags. Items can either be collected in person from the patio lounge on Monday 28th July between 09:00 – 12:00 or returned by the One Step Beyond office at a cost of £15.00 per item, lost property will be held for a maximum of 4 weeks.

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.

Retail Expo

As part of the Outlaw there will be a 3 day exhibition on the grassed area above the grandstand, which is open to both competitors and spectators. We will have a number of retailers who will be exhibiting throughout the 3 days, these include:



blueseventy

Since 1993, blueseventy has designed, tested, refined and crafted wetsuits and swimskins that transcend the confines of what is possible.

In the process, they've carried world-class athletes to victory and instilled confidence in beginners.

We swim. We compete. We obsess – pouring over details that others have and will continue to miss; revolutionary details that equate to comfort, freedom from restriction and competitive advantage.

We make products that empower swimmers to achieve their personal bests.

We are swimming.

We are blueseventy.

www.blueseventy.co.uk



Compressport – Partner In Crime

Your perfect racing and recovery partner. Available to buy at the Outlaw expo.

www.compressport.uk.com



Total Fitness Nottingham – Retailer Partner

TFN has been 220 Triathlon Magazine's retailer of the year for the last seven 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 gears, brakes, wheels, headset, lube, pump and check tires – might be the best few quid you spend all weekend!

www.tfn.uk.com



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!

<http://www.highfive.co.uk>



The
TriathlonCoach.com

The Triathlon Coach – Partner In Crime

The experts in coaching triathletes, head coach Simon Ward will be there to see you on the finish line.

<http://www.thetriathloncoach.com>

Fantastic Tri Clubs

The Outlaw is completely reliant on the volunteers who give up their time to be part of the event, these are the fantastic Tri clubs who worked so tirelessly to help us in 2013!



**The Pirate Ship
of Fools**

PIRATES

The Pirates have been involved with the Outlaw since Day 1, what sets the Pirates apart is their sense of fun. They have turned into a huge presence within the world of triathlon, a world that can sometimes appear to the newcomer to be a little daunting. Commentators, organisers and crowds at events around the world acknowledge the yellow and black kit both on and off the course – the supporters' wear their own pirate gear with pride and a great deal of noise.

<http://www.pirateshipoffools.co.uk>



LEICESTER TRI CLUB

Just like the Pirates, Leicester Tri Club have been involved with the Outlaw since Day 1! The club was formed in 1985 and has achieved the British Triathlon Senior Club Accreditation (STAR) and as such demonstrates a duty of care towards its members amongst a high quality and efficient level of service. They are a friendly club with over 230 members who range from complete novices to multiple long distance finishers, and Great Britain representatives. They always welcome new members to train, race and enjoy a drink or two.

<http://www.leicestertriathlonclub.co.uk>



TOTAL FITNESS NOTTINGHAM

TFN tri club is a friendly and welcoming triathlon club based in and around Nottingham. We have approximately 150 members, ranging from complete novices to national and world champions. We have several enthusiastic BTF coaches (up to and including level 3). We take our partying as seriously as our training! Check out our website

<http://tfntri.onsport.com>



LINCOLN TRI CLUB

Lincoln Tri is yet again delighted to be able to show our support to One Step Beyond at the award winning Outlaw! You will find a posse of Lincoln Tri at the feed station under the scoreboard on the run course and you can expect to receive a warm welcome and plenty of encouragement on every visit! Tradition has it that the last runner will be escorted by a group from Lincoln tri as they make their last lap of the lake to the finish to see everybody to the finish safe and sound.



4 LIFE TRI CLUB

Based around the Nottinghamshire, Leicestershire and Derbyshire borders 4Life Tri are one of the East Midlands leading triathlon clubs. They are a friendly club that comprises some 200 members aged 8 – 65. Members range from GB representatives through to people training for their first triathlon. Everyone is welcome no matter what your goal.

<http://www.fourlife.com>



ABSOLUTE TRIATHLON CLUB

Absolute Triathlon is a fun, friendly & dynamic club catering for all distances, all abilities and all ages. Beginners / new members are always welcome. Launched in April 2009 Absolute is a growing and sociable club (with just under 200 members) run by a team of volunteers led by Award Winning Coach, Steve Lloyd. Their diverse membership base shows there is something for everyone, whether you are a beginner or competitive triathlete, so if you're thinking about joining a tri club just pop down to one of their sessions. For further information visit

<http://www.absolutetriathlonclub.co.uk>



Event Partners

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, Sport Nottinghamshire all of our sponsors and finally you the athlete.

Further Information

Any questions related to the event can be answered by emailing info@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)

All the information here is believed to be true at the time of going to press. Changes may be required to ensure that the event is organised safely and within the law, these changes may be made without notification. The organiser has the final decision. This information is the Copyright of One Step Beyond Promotions, reproduction of this text or style is forbidden.