



PROVISIONAL RACE INFORMATION

OUTLAW HALF

NATIONAL WATER SPORTS CENTRE
ADBOLTON LANE
NOTTINGHAM
NG12 2LU

SUNDAY 1st JUNE 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





Provisional Race Weekend Schedule

DATE	TIME	EVENT	LOCATION
FRIDAY 30th MAY	THERE WILL BE NO RACKING OF BIKES ON THIS DAY		
	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 31st MAY	THERE WILL BE NO RACKING OF BIKES ON THIS DAY		
	07:00 - 17:00	NOTTINGHAM TRIATHLON	NATIONAL WATER SPORTS CENTRE LAKE & PERIMETER ROAD
	10:00 - 16:00	REGISTRATION	NATIONAL WATER SPORTS CENTRE - LARGE MARQUEE – GRASSED AREA
	10:00 - 16:00	OUTLAW HALF EXPO	NATIONAL WATER SPORTS CENTRE - LARGE MARQUEE – GRASSED AREA
	11:00 - 11:45	OUTLAW HALF RACE BRIEFING OPTION 1	NATIONAL WATER SPORTS CENTRE TBC
	13:00 - 13:45	OUTLAW HALF RACE BRIEFING OPTION 2	NATIONAL WATER SPORTS CENTRE TBC
	15:00 - 15:45	OUTLAW HALF RACE BRIEFING OPTION 3	NATIONAL WATER SPORTS CENTRE TBC
SUNDAY 1st JUNE	THERE WILL BE NO REGISTRATION ON RACE DAY		
	05:00 - 06:20	TRANSITION OPEN FOR RACKING OF BIKES / SECURITY CHECK	NATIONAL WATER SPORTS CENTRE BOTTOM END OF LAKE BOAT HOUSE AREA
	06:20 - 07:00	START OF RACE (4 WAVES)	NATIONAL WATER SPORTS CENTRE BOTTOM END OF LAKE BOAT HOUSE AREA
	06:20 - 16:00	RACE	NATIONAL WATER SPORTS CENTRE SEE COURSE MAPS
	06:30 - 16:00	OUTLAW HALF EXPO	NATIONAL WATER SPORTS CENTRE - LARGE MARQUEE – GRASSED AREA
	12:00 - 16:00	TRANSITION OPEN FOR BIKE COLLECTION	NATIONAL WATER SPORTS CENTRE
	15:00	PRESENTATION	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 15 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).

The Venue

The National Water Sports Centre offers fantastic viewing of the Swim & Run routes – Perfect viewing areas are available around the site, 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.

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 & listen to the 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 males, females and teams, plus the top 3 in each of the age groups (listed below). The official awards ceremony will take place at The National Water Sports Centre on Sunday 1st June from 15:00.

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 +	

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

Athletes can register at the event on either Friday or Saturday, but not on Sunday – Friday (30th) 12:00 – 17:00 or Saturday (31st) 10:00 – 16:00 – THERE WILL BE NO REGISTRATION ON SUNDAY 1st JUNE. No registration will take place after 16:00 on Saturday (31st). 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 the opportunity to give us your '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 the second bike feed station. We will attempt to return any bags that are supplied, these will be brought back to Race registration at 13:00 on Race Day. If you wish to collect your bag, then please collect it from the registration marquee on Sunday afternoon. **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 i.e. driving licences, 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 £5.00 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.



Event Information

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.

Bike Racking

Racking will take place on SUNDAY MORNING only. The transition area will open at 05.00am.

Race Start 06:20

The race will be a waved start, with waves beginning at 06:20, 06:32, 06:44 and 06:56. The starts will be deep water starts and athletes will be given warnings at 5 mins, 3 mins, 2 mins and a final warning at 1 minute to go. The starts will be via a starter's horn.

Transition Area

There will be one transition area positioned at the bottom end of the lake in front and to the side of the boat stores. Please ensure that you only bring kit which is absolutely necessary into the transition area. This will be your transition for both the Swim-Bike and Bike-Run. There will be No change tent available and nudity is not permitted so please consider this in your race preparations.

The Team Event

Only one person is required to register for the whole team, but they will be required to show ALL of the 2014 BTF Race Licences. All relay team tags will take place by the team's bike racking positions, inside the transition area. A tag is made by passing the timing chip to the next member of your team. The swimmer will finish their swim, under the large gantry, they must then run into transition where they will tag the cyclist directly next to where their bike is racked. The cyclist's bike must stay racked until the swimmer has passed the timing chip. When the team cyclist finishes, he/she must rack their bike before tagging the team runner in the same position.

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 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 and run splits, we are also taking splits on the Bike and Run sections:

Bike = Approximately 38 miles – Hawksworth

Run = Approximately 2.2 & 8.9 miles – Under Lady Bay Bridge (turn point on the towpath section)

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 1 hour 10 minutes after your wave start, with a further 10 minutes allowed to reach bike mount

Bike 5 hours 30 minutes after your wave start

Run 9 hours 00 minutes after your wave start

The Swim 1.2 Miles

The swim will take place in the lake at the National Water Sports Centre. All swimmers will be required to pass over a check matt before starting the swim. The check matt will be positioned on the left hand side as you look at the lake from transition. All swimmers will need to pass the check matt 10 minutes prior to the start of their wave. The swim will start in the water using half the width of the lake. This means that the swim start will be approximately 50 metres wide. There are 2 separate bays in which you can start. We are recommending Bay 1 – swimmers under 40 minutes / Bay 2 – swimmers over 40 minutes.

The very simple swim route is swim towards the top end of the lake for just less than 0.6 of a mile, swim across for 50 metres, then back up to the start for a further 0.6 of a mile.

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



Event Information

known to one of the safety team by rolling onto your back, waving one arm and making as much noise as possible. For this reason, you are not allowed to swim on your back. The water safety team will then help and 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. 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 matt and then continue onto the perimeter road where you will have a 80 metre walk/run to the entrance of your transition area.

Transition – Swim to Bike

The transition will be split along the perimeter road ([see transition diagram](#)) so depending on your racking position you will either turn right and run along the edge of the main transition area or turn left and along the perimeter road into the side transition. Due to the positioning of the mount point regardless of your racking position you will travel an equal distance to the other athletes.

Please ensure you attach your helmet before touching your bike and do not mount your bike until AFTER the mount line.

The Bike - 56 Miles

The Bike Map

During the 56 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 you 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 will be a large number of National Escort Group riders on the course, these will ensure that all athletes are riding within the rules of the BTF & 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.

Please note: that athletes 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. Empty bottles and litter can be discarded at feed stations.

Due to traffic regulations, all road closures & traffic management will stop at 12:30 or approximately 5hrs 34 minutes after the start of the final wave. This means that all athletes must have started the run section by 12:40. 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 an athlete is going to miss the cut off time, then we reserve the right to stop them during the cycle section.

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.

The Bike – Route

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 section, 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 highways.

From leaving the venue (approx. 3 miles) athletes will join open roads for a short distance before turning left on the closed road single lane A52. At approx. 6.4 miles the athletes will re-join open roads on the approach to Radcliffe On Trent. Once through Radcliffe On Trent and after turning left at the mini island, follow Shelford Road for 5 miles passing through Newton. Please be careful of parked cars in Newton. Turn left then left again onto the A6097 and head for the northern loop.

Athletes will stay on the A6097 for 7 miles, passing Lowdham Island. The route will be going straight on at Lowdham Island however, the route crossing is likely to be busy, so please take great care. At approx. 19 miles, the athletes will turn right on the traffic island at Oxtun and then join the B6386 for approx. 4.6 miles. This section includes the first feed station & only real hill to mention 'Oxtun Bank'. The good news is that after the short sharp hill follows a 3 mile gradual downhill into Southwell.

As athletes enter into Southwell (approx. 25 miles) please be aware of the parked cars and then the right hand turn onto the A612, Nottingham Road. Once onto Nottingham Road follow this undulating road for 5 miles, returning back to Lowdham Island. Turn left here onto the A6097 towards the Southern loop, again, please be very careful as Lowdham Island is likely to be busy.



Event Information

At the start of the Southern loop (approx. 33 miles), the athletes 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. After this, turn left onto the old A46 / Fosse Way, ride along here for a mile before then turning right at another new traffic island. Please be careful of the road surface here, there is a additional paved area which has a raised edge. Go through Car Colston until the T junction near Scarrington. Turn left here to start a 10 mile southern loop, following this road for 2 miles, passing the second feed station at Hawksworth. At approximately 38 miles, athletes will turn right onto Longhedge Lane and follow this twisty and turning road for 3 miles to Alverton. Turn right again towards Orston. Once in Orston, the athletes will have to make a further right turn, following the guidance of traffic management and ride towards Scarrington and the end of the 10 mile Southern loop.

Athletes will then re-trace their route back to the new traffic island at approx. 50 miles. From here the athletes will continue to re-trace their route in Radcliffe On Trent. On the approach to Radcliffe On Trent, athletes should take care when turning right at the mini island. There is likely to be vehicles parked in this area, including spectators. There will be one further right turn, which will be assisted by traffic management into Green Lane. Athletes need to be aware that there are a number of speed humps along Green Lane.

Into the last mile, athletes will be diverted via the beautiful Holme Pierrepont Hall, the corners are tight so be alert and after athletes have passed the Hall there is a cattle grid & a further two ramps. The road surface in this section is poor, please ride cautiously and take the time to have a drink and start to prepare yourself for the run. Athletes will turn right back into the venue and the transition area.

The Bike - Feed Stations / Maintenance / Toilets

Feed Station 1 – 21.0 miles - Northern Loop. After turning right at the Oxtan roundabout from the A6097, the road sweeps round to the right, after approximately 300 metres you will turn left heading up Oxtan Bank. At the summit of the hill the feed station will be on your left hand side.

Feed Station 2 – 38 miles – Southern Loop. After joining the Southern loop you will be travelling on the Hawksworth Road, as you approach the small village of Hawksworth the 2nd feed station will be positioned on your left hand side.

Both feed stations will contain the following items:

- Bottles - Water
- Bottles - High5 Energy Source: citrus
- Bottle drop for empty bottles
- Gels - High5 Energy Gels: mixture of flavours
- Bananas
- X 2 Toilets

You will be handed drinks, gels and bananas on the move by our feed station volunteers. 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 the second feed station.

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.

Transition – Bike to Run

On your arrival back to the Water Sports Centre you will ride down a short ramp (careful on the speed bump) before turning right and cycling along the edge of the main transition area. Your dismount line will be exactly the same location as the mount line, at this point you will either enter the main transition area, running with your bike inside the cone line or head straight into the side transition.

After you have racked your bike those in the main transition area will exit by the swim exit, turning left onto the run course, those in the side transition once racked will run to the opposite end of the transition area to which they just entered and upon exiting will make a 180 degree turn and head to the run start point next to the swim exit ([see transition diagram](#)).

Once again due to the positioning of the dismount point/run start regardless of your racking position you will travel an equal distance to the other athletes.

The Run – 13.1 Miles

The Run Map

The run course has been measured and certified by UK Athletics as a perfect half marathon route. The course will consist of 2 out and back sections along the river towpath and 2 laps of the lake.

Upon leaving the transition area athletes will run along the edge of the lake in a clockwise direction until you are level with the scoreboard (FEED STATION 1). At this point you will turn left and run straight through the back car park, please be aware from this point athletes may be travelling in the opposite direction. As you reach the river you will again turn left onto the towpath, it is important to stay left on the



Event Information

towpath at all times, allowing faster athletes to pass on the right hand side. The towpath is made of limestone, it is largely flat, smooth and excellent for running on.

Athletes will head out on the towpath for approximately 1.7 miles where you will reach the turn point, which is positioned under Lady Bay Bridge, approximately 500 metres before and after the turn point athletes will pass FEED STATION 2 and 3. There will be a timing point positioned at the turn to ensure that all athletes complete the entire run section.

After making the 180 degree turn athletes will head back along the towpath, through the same point in the car park, past the scoreboard (FEED STATION 4) and down onto the perimeter road of the lake, where you will turn left. At this point you will be required to collect the first of your two wristbands, which will be checked at the finish.

Athletes will then complete a full clockwise loop of the lake (passing FEED STATION 5 at the top end) before heading out onto the towpath for the second out and back section, when returning following the completion of the second out and back section athletes will be required to collect their second wristband and head off around the lake, once again in a clockwise direction. On the approach to the grandstand on the second occasion athletes will filter into the finish funnel for a hero's welcome underneath the gantry!

We ask that no litter is left along the route and that all athletes use the dustbins provided. Any athlete seen littering will be disqualified. (Remember, you can dispose of litter at official feed stations).

The Run - Feed Stations and Toilets

Athletes will pass 10 feed stations along the run course.

NAME	AREA	APPROX DISTANCE ON COURSE (Miles)	DISTANCE FROM PREVIOUS FEED STATION (Miles)
TRANSITION	TRANSITION	0.0	N/A
RUN FEED 1	SCORE BOARD	0.3	0.3
RUN FEED 2	PATH (ACCESS FROM HOLME RD)	1.8	1.5
RUN FEED 2	PATH (ACCESS FROM HOLME RD)	2.6	0.8
RUN FEED 1	SCORE BOARD	4.0	1.4
RUN FEED 3	TOP OF LAKE	5.4	1.4
RUN FEED 1	SCORE BOARD	7.1	1.7
RUN FEED 2	PATH (ACCESS FROM HOLME RD)	8.6	1.5
RUN FEED 2	PATH (ACCESS FROM HOLME RD)	9.4	0.8
RUN FEED 1	SCORE BOARD	10.8	1.4
RUN FEED 3	TOP OF LAKE	12.1	1.3
FINISH	FINISH	13.1	1.0

Each feed station 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
- Jaffa Cakes
- Crisps
- X3 Toilets

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.



Event Information

Age Restrictions

In line with British Triathlon rules, to be eligible to take part in this event athletes must be at least 19 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 finishers.

Medical Cover

The safety of our athletes 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 athletes 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

Do not cut or fold your race numbers since time penalties will be issued for number mutilation. No athlete will be allowed into or out of the transition area without a number.

Race Numbers must be worn on the back during the bike & the front during the run at all times. Number belts are permitted. To aid the timekeepers, who act as a manual back up to the timing system at the finish, please ensure that your number is not obscured.

Removal of your bike from the transition area will not be possible without your race number, which corresponds with your stick-on bike frame number. If challenged please be prepared to show your race numbers at all times. 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 & Appeals

ALL penalties issued by the British Triathlon Race Referee will be displayed on a Penalty Board in the main foyer near the cafe. 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.

Withdrawal Dates Outlaw Half – 1st June 2014

- Up to 12 weeks out refund minus £50 admin charge: 9th March
- 12 – 4 weeks out refund minus £75 admin charge: 10th March - 4th May
- Inside 4 weeks out no refunds: 5th May

Event Office Closure

The Event Office will be closed from Wednesday 28th May 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 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 and 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. Any property found by the Events Team will be held at the One Step Beyond office for 4 weeks. Items can either be collected in person from the registration marquee after the race between 13:00 – 17:00 or returned at a cost of £15.00 per item.



Event Partners



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

There will be a 3 day Expo running from Friday 30th May through to Sunday 1st June. With racing on the Saturday as well, come along and get involved!

Official Merchandise

Official Outlaw Half clothing will be available to buy in the event expo during the weekend. We will also take orders for any items that sell out during the weekend.

We will have a number of retailers who will be exhibiting throughout the 3 days, these include:



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 Half retailer and you can order from them online. TFN will also be doing bike checks at the Outlaw Half 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



Blue Seventy

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 – poring 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



Event Partners



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



Compressport – Partner In Crime

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

www.compressport.uk.com



The Triathlon Coach – Partner In Crime

The experts in coaching triathletes, check out Outlaw Half training programmes online.

www.thetriathloncoach.com

Fantastic Tri Clubs

The Outlaw Half 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!



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>



Information

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.