

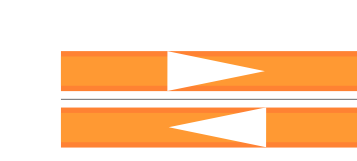
OUTLAW TRIATHLON

NOTTINGHAM, UK 26.2M RUN COURSE

MAP KEY



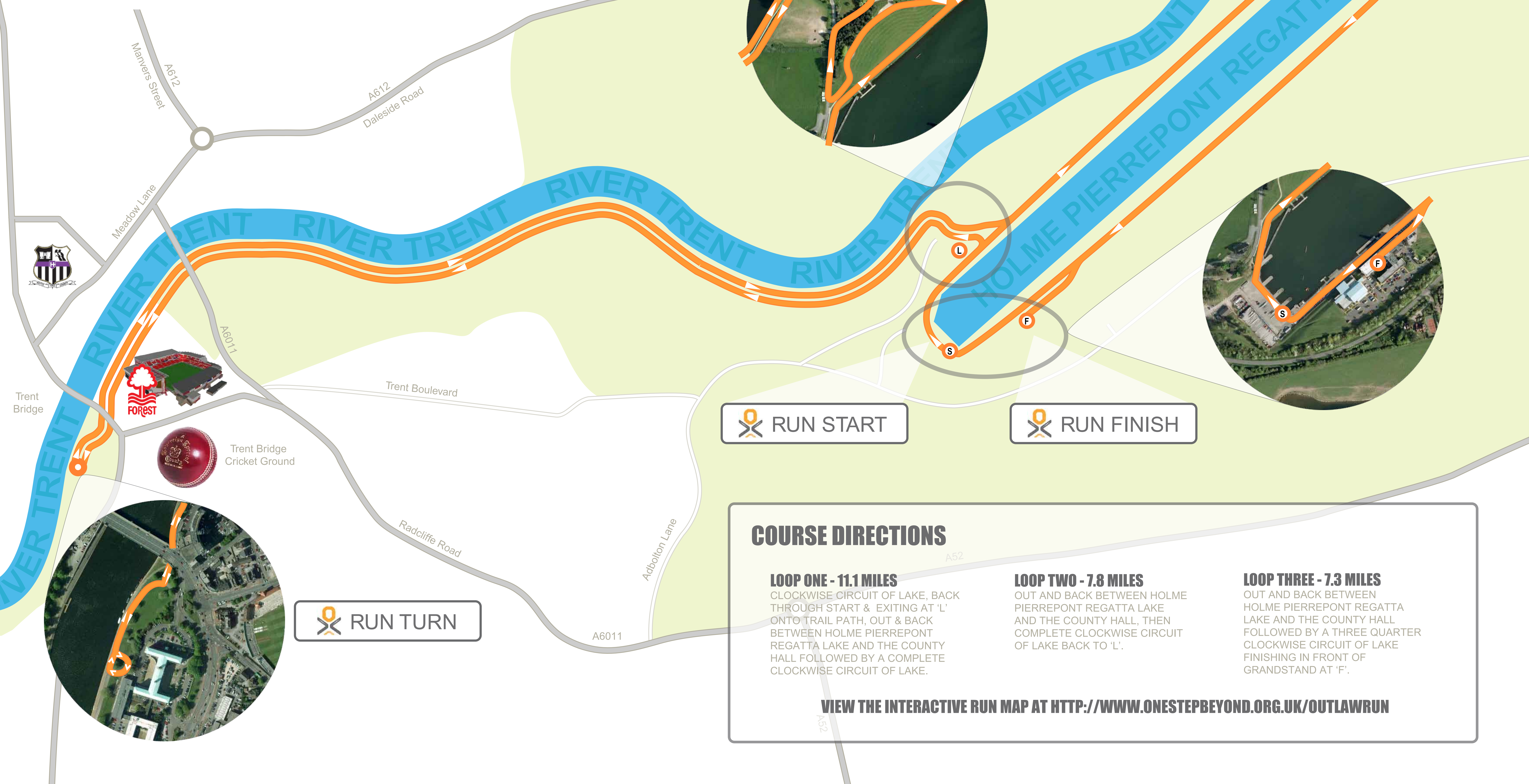
START AND
FINISH
MARKERS



RUN COURSE
WITH DIRECTION
ARROWS



LAKE TO
RIVER



 RUN START

 RUN FINISH

 RUN TURN

COURSE DIRECTIONS

LOOP ONE - 11.1 MILES

CLOCKWISE CIRCUIT OF LAKE, BACK THROUGH START & EXITING AT 'L' ONTO TRAIL PATH, OUT & BACK BETWEEN HOLME PIERREPONT REGATTA LAKE AND THE COUNTY HALL FOLLOWED BY A COMPLETE CLOCKWISE CIRCUIT OF LAKE.

LOOP TWO - 7.8 MILES

OUT AND BACK BETWEEN HOLME PIERREPONT REGATTA LAKE AND THE COUNTY HALL, THEN COMPLETE CLOCKWISE CIRCUIT OF LAKE BACK TO 'L'.

LOOP THREE - 7.3 MILES

OUT AND BACK BETWEEN HOLME PIERREPONT REGATTA LAKE AND THE COUNTY HALL FOLLOWED BY A THREE QUARTER CLOCKWISE CIRCUIT OF LAKE FINISHING IN FRONT OF GRANDSTAND AT 'F'.

VIEW THE INTERACTIVE RUN MAP AT [HTTP://WWW.ONESTEPBEYOND.ORG.UK/OUTLAWRUN](http://www.onestepbeyond.org.uk/outlawrun)