

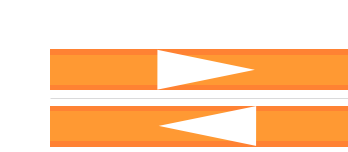
# OUTLAW TRIATHLON

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 - 10.6 MILES

FROM THE CHANGE TENT HEAD CLOCKWISE AROUND THE LAKE TO THE SCOREBOARD AREA MARKED 'L'. COMPLETE ONE FULL CLOCKWISE CIRCUIT OF THE LAKE. FROM THE SCOREBOARD AREA MARKED 'L' EXIT ONTO TOWPATH FOR AN OUT AND BACK SECTION. FOLLOW TOWPATH ALONG THE RIVER UNDER LADY BAY & TRENT BRIDGES, AT THE SUSPENSION BRIDGE HEAD OVER ONTO EMBANKMENT SIDE OF THE RIVER. COMPLETE 1.8 MILE LOOPED SECTION AROUND THE EMBANKMENT BEFORE HEADING BACK ALONG THE TOWPATH TO 'L'.

### LOOP TWO - 10.3 MILES

COMPLETE ONE FULL CLOCKWISE CIRCUIT OF THE LAKE. FROM THE SCOREBOARD AREA MARKED 'L' EXIT ONTO TOWPATH FOR AN OUT AND BACK SECTION. FOLLOW TOWPATH ALONG THE RIVER UNDER LADY BAY & TRENT BRIDGES, AT THE SUSPENSION BRIDGE HEAD OVER ONTO EMBANKMENT SIDE OF THE RIVER. COMPLETE 1.8 MILE LOOPED SECTION AROUND THE EMBANKMENT BEFORE HEADING BACK ALONG THE TOWPATH TO 'L'.

### LOOP THREE - 5.3 MILES

COMPLETE ONE CLOCKWISE CIRCUIT OF THE LAKE FROM 'L'. COMPLETE A CLOCKWISE LOOP OF THE LAKE FINISHING IN FRONT OF THE GRANDSTAND.

**CLICK TO VIEW THE  
INTERACTIVE RUN MAP**