

WELCOME

Thank you for supporting the athletes at the **Outlaw Triathlon 2022**. The information below is designed to help you follow the racing and enjoy your day. Please visit Outlawtriathlon.com for [maps and more information](#).

Thanks to all of the volunteers, crew, officials and marshals for their hard work this weekend, we couldn't put this event on without all of the amazing support. Thanks also to you for cheering, supporting and encouraging the athletes.

Points to note for 2022 are that the mass start is back, which should be exiting to watch and family finishes are back too! Also, we have set up a **Spectator Hub** on the bike course. Read on for more information...

RESULTS TRACKING

Please visit Outlawtriathlon.com on race morning to access the tracker – remember that we can't start tracking until the swim exit point. As long as you have a 4G signal, this should allow you to see where your friends, family and or teammates are. You can also access tracking via [Resultsbase](#).

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.

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.

As you approach the National Water Sports Centre on Adbolton Lane aim for the following what3words address: [///moral.ropes.robe](#). From here you will be directed to the next available car park. Please follow the directions of the Parking Stewards.

CAR PARKING

There is a £10.00 charge for parking, which will cover you for the weekend. Please do not park on the road at any point during the race weekend, it is dangerous for the competitors and affects our relationship with the highways department - thank you!

Please ensure that you have the correct money. You will be issued with a parking pass, which you need to display clearly. There is no specific disabled parking, but the marshals will attempt to direct you to a suitable place.

We will be using various car parks around the National Water Sports Centre, please follow the Car Park signs & listen to the stewards when you arrive. We will change car parks during the race to ensure that the

athletes are not endangered by vehicles on the course. Please note that we would recommend that no valuables are left in the vehicles at all. All vehicles are parked at owners own risk.

ACTIVITIES AT THE VENUE

There is an event expo that is open to all selling triathlon products, clothing and accessories. There are various catering units around the Expo and Grandstand area. Dogs are welcome, but please keep them on a lead when around the competitors.

The country park has various fun activities that can be booked directly via <https://www.nwscotts.com/hpcp/activities/>

SATURDAY EVENTS

***We are taking on-the-day entries at the Enquiries Desk.**

Outlaw Swim – Saturday 24 July

- 2.5km open water swim, 9am - minimum age 12
- 5km open water swim, 11:30am - minimum age 13

Future Outlaw Run - Saturday 24 July

- 1.2miles or 2.4miles, 2.30pm
- Age 4 - 15. Adults can run with kids that may need assistance.

SCHEDULE

			LOCATION
SAT 23 JULY	08:00 - 17:00	OUTLAW EXPO	Event Village
	09:00	OUTLAW SWIM 2.5KM START	Regatta Lake - Boathouse
	09:30 – 16:00	OUTLAW REGISTRATION OPEN	Event Village
	10:00 – 16:00	TRANSITION CHECK IN SLOTS	Transition Area
	10:30 – 11:00	OUTLAW PRACTICE SWIM (COMPETITORS ONLY)*	Regatta Lake - Boathouse
	11:30	OUTLAW SWIM 5KM START	Regatta Lake - Boathouse
	12:30	HALO ID TRANSTION WALK THROUGH 1	Swim Exit Pontoon
	14:30	FUTURE OUTLAW RUNS	Perimeter Road – In front of Grandstand
	14:30	HALO ID TRANSTION WALK THROUGH 2	Swim Exit Pontoon
	15:00	OUTLAW PRAYER*	Main Building – Parkland (1st Floor)

	15:15 - 15:45	OUTLAW PRACTICE SWIM (COMPETITORS ONLY)	Regatta Lake - Boathouse
	16:00	TRANSITION LOCKDOWN	Transition Area – side of lake

*The Outlaw Prayer is an opportunity for athletes, supporters, families, volunteers, and anyone else to meet for an informal time of Christian prayer and encouragement. Everyone is welcome, of any religion or none.

			LOCATION
SUN 24 JULY	04:30 – 06:00	TRANSITION OPEN	Transition Area – Side of Lake
	06:00	RACE START	Regatta Lake - Boathouse
	08:00 - 17:00	OUTLAW EXPO	Large Marquee – Grassed Area
	10:00	LATEST ARRIVAL TIME AT EAST BRIDGEORD GARDEN CENTRE	Spectator Hub
	11:00	FIRST ATHLETE BACK OFF BIKE COURSE	Bottom End Of Lake Boat House Area
	16:15	FINAL ATHLETE BACK OFF BIKE COURSE	Bottom End Of Lake Boat House Area
	23:00	FINAL FINISHER	Grandstand

*Note that the awards presentation is on Monday 25 July at 12pm.

COURSE RECORDS

Male Record Holder – Andrew Horsfall-Turner (2021) 8:26:27

Female Record Holder – Simone Mitchell (2018) 9:15:44

Relay Record Holder – KGF Dreamteam (2016) 7:47:34

TIMINGS FOR SUNDAY

LEADING ATHLETES

06:46 Exit the swim

07:00 Leading cyclist exits venue

07:20 Pass East Bridgford Garden Centre onto Southern loop to start loop 1

08:25 Pass East Bridgford Garden Centre having completed loop 1 – heading North for loop

09:50 Pass East Bridgford Garden Centre onto Southern loop to start loop 3

11:00 Return to venue having completed the bike course

14:00 First relay finishers expected home

14:25 First male individual finisher (if on course for record time)

15:15 First female finisher (if on course for record time, could be faster!)

SLOWER ATHLETES

08:25 Exit the swim

08:15 Clear T1 & start bike section

- 09:25 Pass East Bridgford Garden Centre Southern loop to start loop 1
- 11:25 Heading North for loop 2
- 13:45 Pass East Bridgford Garden Centre onto Southern loop to start loop 3
- 16:15 Return to venue having completed the bike course
- 16:30 All athletes cleared T2 and on the run course
- 23:00 Final race cut off time!

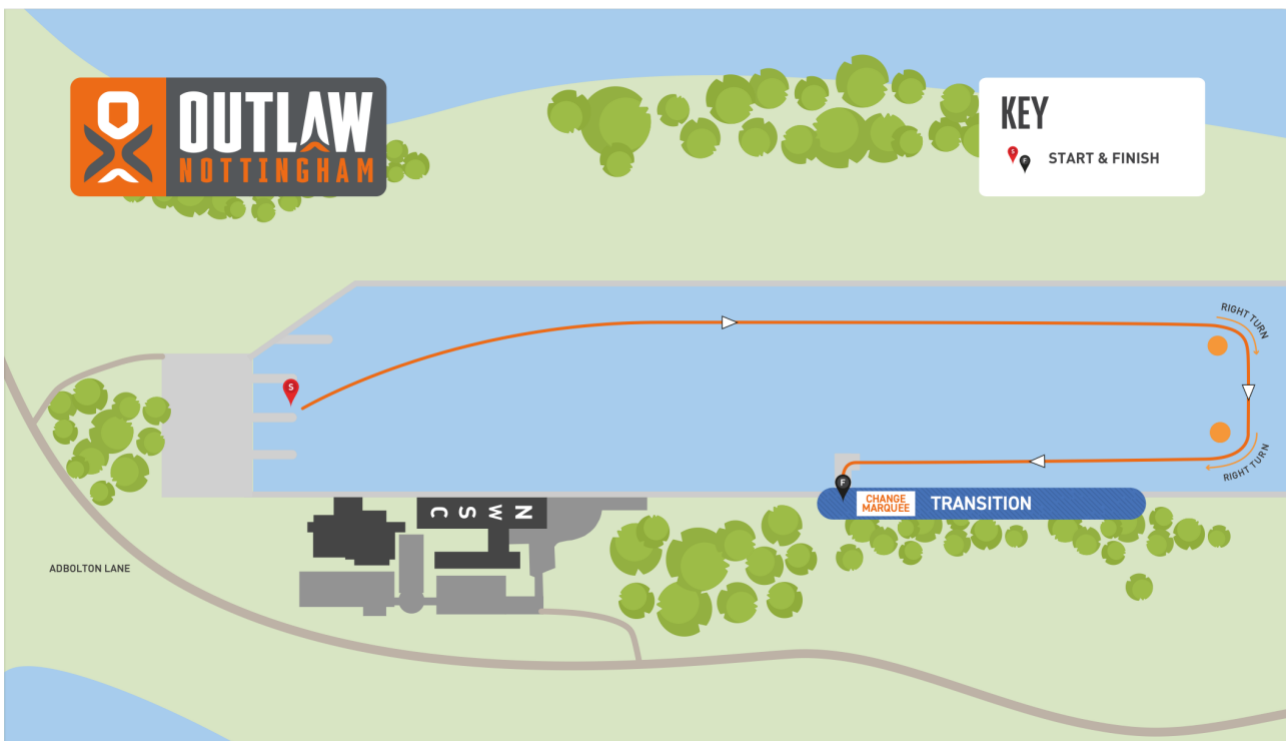
THE RACE

The Swim – 2.4 Miles

One lap mass start swim, starting at the bottom end of the lake in front of the boathouse and finishing at the swim exit pontoon by T1. Spectatros can access this area.

Places to watch:

- Grassed banks either side of the lake - please be aware you need to stay off the internal road as this will become part of the bike route.



Bike Course – 112 Miles

The bike course is the same as previous years (1x southern loop, 1 x northern loop, 1x southern loop then return to the venue). Note, the first loop of the lake is anti-clockwise instead of clockwise.

Driving on the bike course could be detrimental to competitors. We have created a Spectator Hub at East Bridgford Garden Centre, where you will be able to see cyclists pass four times without driving on much of the course.

In previous years, we have been able to provide a spectator buses to Car Colston – we are no longer recommending this location due to the lack of facilities & parking available. There are no spectator busses this year.

Spectator Hub: East Bridgford Garden Centre

- Address: East Bridgford Garden Centre, Fosse Way, East Bridgford, Nottingham NG13 8LA. You can get here largely avoiding the Outlaw bike route by using A52 / A46.
- Open from 7.30am. Please park in the designated Outlaw parking areas – you will be directed by stewards.
- Take away sausage rolls, bacon rolls and a veggie rolls will be available with coffee or tea for £6.50 from 7:30am and the toilets will be available for use.
- Please arrive no later than 10am, you can leave at any time you wish.
- The Garden Centre opens at 10:30am for other shopping (Sunday trading laws).
- Please understand that the garden centre is a commercial site and we are grateful for their support of the event, please be polite and courteous at staff & customers at all times.

Other locations to watch from:

- White Post, Farnsfield - Competitors pass through a timing gate in the pub car park, with barriers on both sides. This is a great spot, the food is good & they are very supportive of the event!
<https://www.whitepostpub.co.uk>
- Southwell - There is a free public car park available at the Southwell Leisure Centre. **PLEASE USE THE PARKING ON THE RIGHT HAND SIDE NOT THE MAIN LEISURE CENTRE OR SCHOOL PARKING.**



Run Course - 26.2 Miles

The run course is similar to previous years and will use the paths around the canoe slalom course, which you can walk to.

The course extends across the Suspension Bridge over the River Trent and onto the Embankment by Trent Bridge. Access to these areas is best by bike by going through the Lady Bay area.

Places to watch:

- Grass banks around the lake – you are free to move around the park as you wish - be mindful of cyclists and runners on the internal road.
- Canoe Slalom Course – seating area is available; you can walk here in a few minutes from the main venue by going over the top of the boathouse and heading towards the right.

- Embankment – this area and Trent Bridge are very accessible by bike from the venue. Please use the cycle paths and quiet roads through Lady Bay rather than the actual run course to get there.
- Grandstand – ideal for the finish.



The Finish

Watch from the Grandstand – friends & family finishes are back! Children can run down the finishing line with adults so long as they are able to run/walk for themselves. Assemble at the 'FAF Zone – Friends & Family' at the top end of the orange carpet to wait for your Outlaw to arrive.

Children are not permitted to go through the medical tent in the athlete finish area (for obvious reasons!) and directed up the metal stairs to the foyer area, where they are to be collected by a responsible adult immediately from the 'Family Collection Area' – please do not leave your children there!

PREVIOUS EVENT WINNERS

Year	Male	Female
2021	Andrew Horsfall-Turner, 8:26:27	Kerry Hickson, 9:31:40
2019	David Bishop, 3:36:24*	Eleanor Wiseman, 4:38:51*
2018	Joe Beech, 8:54:14	Simone Mitchell, 9:15:44
2017	Kit Walker, 8:39:37	Gill Fullen, 9:44:46
2016	Kit Walker, 8:58:52	Alison Wilson, 9:45:36
2015	Craig Twigg, 8:50:56	Jenny Latham, 9:55:59
2014	Craig Twigg, 9:03:32	Jenny Bosman, 10:35:45
2013	Eugene Grant, 9:27:09	Vicky Gill, 9:50:58
2012	Harry Wiltshire, 9:06:16	Emma Rand, 11:00:16

2011	Joel Jameson, 8:47:47	Cat Faux, 10:22:51
2010	Paul Hawkins, 9:11:44	Joanna Swallow, 10:45:51

*2019 swim / run – bike leg cancelled due to flooding

Outlaw Age group records

Male

18-24 years	Sean Husband	North Endurance Triathlon Club	2021	9:20:44
25-29 years	Andy Horsfall-Turner		2021	8:26:27
30-34 years	Kit Walker	Kit Walker Triathlon	2021	8:45:09
35-39 years	Robert Fryer		2021	8:47:20
40-44 years	Ian Dempsey	Team Bottrill	2021	8:35:39
45-49 years	Kevin Dawson	Racing Team Dawson	2018	9:22:36
50-54 years	Eugene Grant		2021	9:40:29
55-59 years	Mark Fowell	Derby Tri	2017	10:39:33
60-64 years	Steve Braund	Barracuda Tri	2014	11:06:01
65-69 years	Steve Braund	Barracuda Tri	2017	12:13:31
70-74	Paul Harding	SY Tri (Shrewsbury Triathlon)	2021	16:42:16
75-79	Roy Thornley	9 Endurance Tri Club	2021	14:46:34

Outlaw Age group records

Female

18-24 years	Catherine Faux	Sheffield Tri Club	2011	10:22:51
25-29 years	Rebecca Duxbury	Oxford Tri	2021	9:43:51
30-34 years	Simone Mitchell		2018	9:15:44
35-39 years	Louise Harris	Tanks Direct Cycling	2017	10:04:24
40-44 years	Kerry Hickson		2021	9:31:40
45-49 years	Louise Gubb	Three Counties Triathletes	2021	11:07:58
50-54 years	Gill Fullen	Bedford Harriers	2017	9:44:46
55-59 years	Helen Hall	TFN Tri Club	2016	12:20:20
60-64 years	Claire Graham	Kingswood Tri Club	2021	12:56:23
65-69 years	Alison Lamputt	BASC Tri Bridgnorth and Severn	2021	15:33:50

Fastest Men's times overall

Name	Year	Time	Swim	Bike	Run
Andy Horsfall-Turner	21	8:26:27	48:04	4:27:08	3:03:35
Ian Dempsey	21	8:35:39	54:56	4:36:27	2:56:41
Kit Walker	17	8:39:37	49:30	4:33:08	3:12:19

Fastest Women's times overall

Name	Year	Time	Swim	Bike	Run
Simone Mitchell	18	9:15:44	56:12	5:05:37	3:05:36
Kerry Hickson	21	9:31:40	55:30	5:00:23	3:24:56
Rebecca Duxbury	21	9:43:51	1:05:08	4:57:09	3:29:53

Fastest Relay Teams overall

Name	Year	Time	Swim	Bike	Run
KGF Dreamteam	16	7:47:34	48:46 (Sam Dickinson)	4:24:58 (Ryan Perry)	2:27:57 (Stuart Spencer)
Gi Tri Bridgetown	11	8:01:10	50:48:00	04:21:03	2:47:27
KGF Dreamteam	15	8:15:01	49:20:00	4:20:43	3:03:01