

Future Outlaw Nottingham – 14:30, 23 July 2022 National Water Sports Centre, Nottingham

Welcome to the 2022 Outlaw Swim, part of the Outlaw Triathlon Weekend.

The Future Outlaw is a great opportunity for younger members of the family to get involved in the weekend and enjoy the race experience in a safe and fun environment. The emphasis is on fun and participation and there is a choice of two distances: Mini 1.2 mile or Junior 2.4 mile.

Entries

Entries are open to children age 4-15. If you have entered online please keep a copy of your confirmation email handy. Entries will be only available on the day at £10 (subject to availability).

Parents or guardians are welcome to run with children if they would like a little extra support.

Getting to the National Water Sports Centre

Roadworks are happening around the National Water Sports Centre – please check journey times

Sat-Nav users are advised to use the named location “Holme Pierrepont National Water Sports Centre” rather than the postcode, as some Sat-Nav’s will direct you to Colwick Race Course on the opposite side of the river.

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.

Nottingham Train Station is 15 minutes by car.

Car Parking

The venue is charging for parking. If you have purchased in advance, please be aware that you will need to collect your Parking Swing Ticket from Registration and then display this to be checked on your **exit** from the car park. If you haven’t purchased in advance, you can buy parking on the day (£5 Saturday or £10 weekend).

As you approach the National Water Sports Centre on Adbolton Lane, aim for the following what3words address: ///moral.ropes.robe and then follow the directions of the Parking Stewards to the next available car park.

Please do not park on the roads at any point during the race weekend, it is dangerous and affects our relationship with the highways department - thank you!

Venue & Facilities

You and your spectators will be able to enjoy the spacious grounds of Holme Pierrepont Country Park, the home of the National Water Sports Centre. For details of activities and the on site café, please take a look at their website:

<https://www.nwscnotts.com/hpcp/>

The Outlaw Event village will have a range of catering outlets as well as the Expo to explore. There will be plenty of toilets around the site.

RACE INFORMATION



Toilets are available and there are also lockers, change and shower facilities available in the main building (these are managed by the National Water Sports Centre and are available on a first come first served basis).

Safety of our competitors is paramount and during the event we will be supported by a specialist medical team. If before, during or after you feel you require medical care, please contact an event marshal.

Registration & Race Numbers

To collect pre purchased Race Numbers or to register for On The Day entries, please visit our team in the Registration Marquee from 10:00am.

IMPORTANT: PARENT WRISTBANDS

Due to the layout of the Finish, parents cannot meet up with the children immediately at the Finish Line. Children will be guided up the stair case to the Family Collection Point inside the ground floor of the Main Building where they can wait to be collected.

Race numbers have a detachable matching wristband, please tear this off before they race and bring it with you when collecting your child.

If you are comfortable with your child making their own way back to meet you, do not detach the wristband. Children whose wristband is still attached to their race number will be allowed to leave the Finishers' enclosure unaccompanied.

Your race number will have a timing chip embedded into it and has a detachable wristband portion for parents. Race numbers will be blue for Minis and orange for Juniors.

Please bring a race belt or safety pins to attach your race number to your front where it must be displayed on your front at all times during the event. Please do not fold, tear or deface your number in any way.

Please write emergency contact details and medical information on the back of the race number (and a large

MC on the bottom left corner of the front) using a waterproof pen, this can save vital time in the event of you requiring assistance.

Briefing & Rules

The rules are very simple: have fun and smile on your way round! There will be a short briefing just prior to the event starting, to make sure everyone knows where they are going and any last minute changes or safety points.

The Route

Both events begin in front of the Grandstand near the and finish on the famous Outlaw orange carpet in the event village. The route will be signposted and marshals will be available to help direct you.

Participants will gather in the Event Village, listen out to the commentary team for directions. The Juniors will be briefed first before being led to the Start Line where they will begin as one group. The Minis event will start approximately 5 mins later.

The route is an anti-clockwise loop, 1 lap for the 1.2 mile and 2 lap for the 2.4 mile – you can see the interactive map of the route here:

<https://ridewithgps.com/routes/34767967>



After completing the first lap, the 1.2 mile runners need to take the left to the finish gantry. For the 2.4 mile runners, they will take the right lane, past the finish gantry, to complete the second lap.

There will be a lead and tail biker on the course as well as our marshals who will help to guide runners and provide encouragement - remember to smile when you see them!

A drink station with water will be available at the start of the second lap for the Junior Race or you are welcome to carry your own hydration to avoid using disposables. Please do not drop litter anywhere other than in designated bins.

Drinks will be available in the finish area where you will collect your finishers medal. After your race, head up to the Event Village where you can check your finish time on the screens and enjoy the atmosphere.

Meeting up after the Race

Family and friends can watch competitors run down the finish line from the Grandstand area before heading to Family Collection Point inside the building.

Participants will cross the line and collect their medal before being guided up the metal staircase to the Reception Floor of the main building. Spectators will come into the building via the Main Doors to Reception and turn right to meet up with their runner.

Wristband has been detached from Race Number - Children will be held in the Family Collection Point area until an adult with the matching wristband arrives to collect them.

Wristband has not been detached from Race Number - Children will be allowed to make their own way back to family

Please do not delay in collecting your children once they have finished - we don't want anyone to finish their Race experience being worried and it is also important that we can allow our volunteer Marshals to finish on time.

Results

Results will be made live on our event website www.outlawtriathlon.com or can be viewed at Results Base.

Withdrawals

The withdrawal date for this event has now passed, please refer to the Terms and Conditions of Entry for details. Please note, race numbers should not be passed to other athletes.

RACE INFORMATION



Thank you

We hope that you enjoy the Future Outlaw and that we see you at future events. We would also like to thank all the volunteers who give their time to make the event possible.

Further information

Please contact the office with any queries prior to Wednesday 20 July (info@outlawtriathlon.com or 01522 699950).

After this date, the office will be closed and emails will not be monitored as we will be setting up the Event. Please visit Enquiries on the day with any final queries.

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