

2024



RACING WITH OUTLAW

EVERYTHING YOU NEED TO KNOW

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INTRODUCTION

This guide covers key information about Outlaw events, to help you prepare and to get the most from your experience. Much of the content is relevant for all our events but we have called out key differences for specific events where appropriate.

This guide is intended as an overview - the definitive details for your event will be in the Race Information that will be issued shortly before the event date. There may also be race briefings, videos, and live Facebook Q&A sessions with the Race Director. Details such as route maps and cut off times for each event can be found on our [website](#).

Things in the world of events are always changing - routes may need to be adapted, timings may vary, and rules may be updated. Subscribe to emails and follow us on social media to stay up to date with the latest news.

Good luck with your training!

We look forward to welcoming you at your chosen Outlaw weekend.

Updated: 21 March 2024

RACE ENTRIES

Please use our website and this guide to answer any questions you have BEFORE you enter as Terms and Conditions will apply once you submit your entry form.

Entering An Outlaw Event

Entries for Outlaw Events (including camping) are taken through our entry system partner, Let's Do This. You can enter more than one person at a time, but you need all their details to complete the process. Similarly for relay teams, you will need the details of all participants when you make the entry.

You can select more than one ticket within an event weekend – e.g. you can book your Outlaw Half Holkham race, camping and Future Outlaw altogether.

Entry confirmation emails and payment receipts will be sent from Let's Do This. To receive all the communication about the event itself including special offers and insights from Outlaw Partners such as HUUB and HIGH5, please ensure you subscribe to emails. Contact info@outlawtriathlon.com to check if you are subscribed and to ask to be added.

Once an event is full, the only way you may be able to get a place in advance is with one of our Charity Partners. It is very rare that we release additional places for an event after we sell out.

Payment Plans

Let's Do This offer Klarna as a means of spreading your payments – visit their [site](#) to find out more. You can select the Klarna option when you reach the payment page.

Age Requirements

All races have minimum age requirements, these are listed on our website. They vary with race distance and terrain. For relay teams, there may be different ages for each discipline.

Athletes With Disabilities

We don't deliver paratriathlon events however, if we can accommodate your needs, we would love to have you race with us. Get [in touch](#) to discuss your requirements and we can suggest if our event will be suitable.

Professional Athletes

Professionals are welcome to race alongside age group athletes. You will be seeded according to your predicted swim time. Athletes with professional licences are excluded from age group awards but are eligible for overall awards and course record bonuses. You can identify yourself as having a pro licence when you enter the race.

Female Athletes

We are committed to ensuring that our races provide opportunity and an exceptional experience for everyone taking part. We have implemented a few small steps, which we hope will make a big difference to women.

- Female Only Facilities: Female only toilets at our race sites and at feed stations. These will be stocked with sanitary products in case you need them.
- Pregnancy Deferral Policy: Defer your entry for up to two years.
- Start waves: All of our events operate a time trial start format based on your submitted swim time, or a mass start. You can seed yourself based on your ability, not your gender.
- Representation & Staffing: All of our communication promotes equal representation, we award equal prizes and our staff and crew team comprises of lots of brilliant women.
- Zero Tolerance: We enforce a no-tolerance policy for harassment of any kind so that everyone feels safe and welcome at our events.
- Free Access to Events: Through Fund Her Tri UK, first-time female athletes can take part in the Outlaw Sprint through their sponsorship program aimed at supporting those with financial barriers.

Cut Off Times

All our events have cut off times which are listed on our [website](#). No one enjoys implementing them, but they are important for athlete safety, maintaining good relationships with the venue and residents and ensuring we meet our commitments to our volunteers, partners, and local

agencies. We do our best to help people beat the cut offs where we can, but we will enforce them where necessary.

Cut offs are based on your personal start time. It is important that you can meet all the cut offs for the event – e.g. you will not be allowed to go over on a swim cut off on the promise that you are a fast biker. Of course, if you go faster on the previous discipline, you can carry that forward into the next.

You can calculate the average minimum pace needed to meet the cut offs by dividing the total time available by the distance, but you should also check to see if any interim cut offs demand a slightly higher pace and factor in some contingency for mechanicals, comfort breaks etc.

Pre-Event Racking

Races held on Sundays require you to register and rack your bike on the Saturday before, usually between 10:00 and 16:00. Please check your availability to do this before you book your place. For Saturday races, you can rack on the day.

Race Fee Insurance

We offer Yellow Jersey insurance on our individual entries for adult races (we can't offer insurance to relay teams however you have more flexibility to change team members). Insurance can be purchased at point of entry and offers race fee protection if you need to withdraw due to unforeseen circumstances. Where relevant, it also offers insurance for your bike while you are racing, including when it is in transition.

This is a third-party product, to find out more including the terms and conditions, please see the Yellow Jersey OSB [site](#).

Race Licences (Race Pass)

[Click here](#) for information about UKA licences for the Holkham 10k

BTF requires all athletes (including all individual members of a Relay team) to hold either a Race Licence or Day Licence for permitted multisport events. This provides your personal insurance whilst competing.

You will be asked if you have BTF Licence when you enter through Let's Do This. If you do, you will need to enter your Membership number. If you don't, you will be required to purchase a Day Licence for an additional fee.

All licences will be checked at the event at Registration, you will not be allowed to race without one.

Please check your BTF membership package to ensure a race licence is included. We recommend taking a screen shot of your online licence before coming to the event site as signal may be patchy. Please ensure you have uploaded a photo to your online membership card (or bring separate photo ID) and that the expiry date is visible.

CHANGES AND WITHDRAWALS

Changes To Your Entry Details

If any details on your entry form change – e.g. address, emergency contact, medical info, swim time, etc – please let us know so we can update your records. Deadlines for changes are listed in the event Terms and Conditions however we will try to accommodate you where we can. Whether we can make changes effective depends on what changes you need to make and when you notify us e.g. if your swim time has changed but we have created the start list, we will not be able to change your start time.

Changes to Relay Teams

Please let us know if you need to change who is in your team or change who is completing which leg of your relay. Deadlines for changes are listed in the event Terms and Conditions however we will try to accommodate you where we can.

Adding Extra Purchases

To add items to your current booking, use the Edit Booking button on your confirmation email from Let's Do This (or log in if you have an account) and you will be given the option to add available items e.g. iTabs or parking.

To add camping or other events like Future Outlaw, please select the relevant tickets from the event booking page in Let's Do This (links are in the relevant pages of the website or search on Let's Do This)

Options If You Can No Longer Race

We know that sometimes plans need to change and we aim to provide you with flexible options whilst keeping event costs low and ensuring the sustainability of Outlaw events. Early entry to events typically secures the best terms and conditions.

Please review the event pages on the website and the Terms and Conditions to make yourself aware of the options available to you and the deadlines by which you must submit a written request to change. We don't enjoy disappointing anyone, but for all events, there comes a point where we are unable to offer any alternatives than to simply withdraw from the start list.

The options available to you will depend on:

- which race you have entered
- when you entered
- when you are requesting the change / withdrawal
- capacity in alternative race choices

Additional charges may apply if your alternative is more expensive or to cover administration costs. Please be aware that making changes to your entry means you waive the right to further changes or refunds.

Outlaw [Terms and Conditions](#) are on our website.

All requests must be in made writing to info@outlawtriathlon.com and if requested, confirmed within 48 hours or by the deadline, whichever is later.

Emails will be treated according to the time and date they were sent.

PRE-RACE LOGISTICS

Being organised helps avoid unnecessary stress on your event weekend. You can fine tune your plans once you receive the detailed Race Information before the event.

Read the Race Information

Many errors made by athletes could be prevented if they used the information available to them. Check the details available on the website and nearer the event, ensure that you read the Race Information, attend any race briefings, and participate in any Q&A sessions offered. Even if you have raced with us before, read the Race Information as details may have changed.

Organise Accommodation & Travel

Accommodation options close to the event sites can fill up quickly – this is particularly true for Holkham which is a very popular tourist spot.

Onsite camping is available at all Holkham, we build a bespoke site, and you can book via Let's Do This. Charges vary depending on the unit, number of people and number of nights.

For Nottingham, onsite camping must be booked directly with the Holme Pierrepont Country Park campsite.

Car is the most popular way to travel to our events, but local public transport options may be available. All our venues have parking charges in place – tickets need to be purchased direct from the venue for Nottingham and can be purchased via Let's Do This for Holkham. Both venues will have options to pay on the day however prices may be higher.

Please ensure you book parking for all the relevant days (remembering that you will need to rack on Saturday for Sunday events).

Registration & Race Pack Collection

[Click here](#) for information about Registration for the Holkham 10k

[Click here](#) for information about Registration for the Future Outlaw

For multisport events, you need to collect your pack from Registration at the event site on Saturday. This applies for Sunday races so please ensure you plan for this. Registration opening times for your event will be issued in your race information and you may be allocated a time slot to help manage queues.

For relay teams, please check the race information to confirm whether ALL relay members must come to register or whether one team member can register the whole team (copies of all photo IDs will be required)

You must bring Photo ID to collect your race pack e.g. driving licence. Photos and screenshots are fine. If you are using a BTF Race Licence, please ensure you have uploaded a photo (or bring a separate photo ID). We recommend taking a screenshot of your online BTF licence as signal at site can be poor – please ensure it includes the expiry date.

Race pack contents will vary, please check your Race Information for what you will receive and how you need to use it. Your pack may include:

- Race number x 2
- Security wristband (for access to transition and other secure race areas)
- Stickers – for identification of property and race photos
- Swim Hat (large Caps are available at collection for afro/very long hair)
- Timing chip & ankle strap

Bike Racking

All racking and transition set up takes place on Saturday. This applies even if your race is on Sunday. You cannot rack on Sunday morning for Sunday events. Specific times for racking will be issued with your race information. You will need to be wearing your security wristband to rack your bike (which must have the security sticker attached to the frame).

Start Times

Know what time your race will start and if it is a time trial or waved start, when you will begin. This will be communicated in the Start List which will be published shortly before the event. Plan out how long you need to travel to site, to get yourself ready and get to the start line (which may be a short walk from transition or the event village). You will not be allowed to start the race late.

Race Tracking

Half and Full events have athlete tracking, so friends and family can monitor you. Your estimated progress will be shown and updated each time you cross a timing mat.

Please refer to the Race Information for more details and the link will be available on our website on the day. Please do not pay any money for live feeds – these are scams.

Event Site Facilities

All our venues have different facilities and options for athletes and spectators – our website has more information. We will also build an Event Village for each event and here you will be able to visit our Expo which will have a range of exhibitors and caterers.

With regards to facilities which can be used before and after racing, the Water Sports Centre at Nottingham has shower and locker facilities available, please enquire with their reception. Other venues do not have onsite changing or storage facilities (unless you are booked onto the campsite).

Outlaw Nottingham has changing facilities within the transition tent. There are private areas to use if you would like to make a full change. For all other events, there are no changing facilities within transition, so please plan your race clothing appropriately (remembering the no nudity rule). There will be toilets within transition which are women's only. These will be stocked with sanitary products.

Pre-Race Packing

Outlaw events typically start very early so most athletes like to layout their kit the night before. We recommend looping your timing chip around an item you will wear (like your tri suit sleeve) so you remember to put it on in the morning. Other forgotten items that produce panicked athletes in Transition include wetsuits, bike shoes, bike helmets and trainers.

Read The Race Information

Just in case you missed it the first time: **please read the Race Information when it is issued shortly before your race.** It will have all the specific information for your event. We also recommend subscribing to our social channels because any issues or very late changes will be broadcast here.

Train For Your Event

Everyone's training needs and plans are different – what is important is that you do train for your event. Racing without preparation guarantees a miserable experience and can result in significant injury or illness.

If you are not confident in choosing or creating your own training plan, get in touch with one of our Outlaw coaching partners. Joining a club is also a great way to get advice and support.

You also need to train using the kit and nutrition that you plan to race with – never try something new on race day!

Familiarise Yourself With The Course

Where possible, we provide route maps on our website. Our routes are fully signposted and marshalled, so you don't need to know exactly where you are going. But an overview can be helpful to plan your training and tactics.

The interactive maps include the route elevation and the gpx files can be downloaded to a device. We always reserve the right to change routes (e.g. for road works, ground conditions, even mass pilgrimages...) but they provide a good indicator of the likely course and terrain.

If the route takes place on public land, you may choose to do a course recce and follow the route (or the most of it) when you are training. But be aware that traffic control and safety measures will be in place on race day. Without these, it may be dangerous. **We strongly recommend avoiding the A52 section of the Outlaw Half Nottingham and Outlaw Nottingham routes outside of race day.**

We are privileged to hold Outlaw at some wonderful locations, and we have access to private lands on race day. Please do not attempt to access private sections of the course outside of the race – this includes all the lakes that we swim in. Trespassing affects our relationship with the venue and can jeopardise the event. If possible, we will provide adapted route maps for pre-race recces but also look out for training days with exclusive venue access offered by our coaching partners.

Plan Your Nutrition

[Click here](#) for information about Aid Stations for the Holkham 10k

[Click here](#) for information about Aid Stations for the Future Outlaw

Nutrition plans need to be personal, and you need to test them out in training. The range of nutrition options offered on the day will vary with the race type and distance (water is always an option).

We are proud to partner with HIGH5 and offer a range of their energy and hydration products at our aid stations. We always provide their products mixed according to the instructions, so please refer to their website for the nutritional values. If you choose to bring your own, ensure you plan how you will carry them.

Below shows what is typically available at our events (an overview of how the aid stations work is included in the Bike / Run sections of this Guide). The Race Information will detail the specifics for your event including the number and location of the aid stations.

EVENT TYPE	BIKE FEED - TYPICAL PRODUCTS	RUN FEED - TYPICAL PRODUCTS
Sprint Triathlon / Aquathlon	No feed station	Water, HIGH5 Energy Gels
Half Triathlon / Aquabike	Water, HIGH5 Energy Source, HIGH5 Energy Gels (Caffeine & Non-Caffeine), Bananas	Water, HIGH5 Source, HIGH5 Zeros, Flat Coke, HIGH5 Energy & Aqua Gels (Caffeine & Non-Caffeine), Bananas,
Full Triathlon / Aquabike	Water, HIGH5 Source, HIGH5 Energy Gels (Caffeine & Non-Caffeine), Bananas	Water, HIGH5 Source, HIGH5 Zeros, Flat Coke, HIGH5 Energy & Aqua Gels (Caffeine & Non-Caffeine), Bananas, Oranges

Plan Your Kit

The kit you need will vary significantly depending on your chosen race, your preferences, and the weather. Take time to plan what you might need and test it in your training. More detail about kit is included in the Swim / Bike / Run sections but one of the most forgotten but crucial items is a means to affix your race number. This can be safety pins or a race belt.

We recommend that kit planning includes:

- Things you might need for Registration – Photo ID, Confirmation emails, Parking tickets etc
- Clothing
- Kit & Equipment
- Food and drink
- Personal supplies – e.g. medicines, toiletries
- If you are camping – your camping equipment

Know The Rules

[Click here](#) for information about Rules for the Holkham 10k

Racing within the rules is essential to everyone's enjoyment of the event. Rules define the sport and protect competitive integrity. Also, many rules exist for safety. Even if you feel you are not "competing" at an event, the rules still apply, and you can be penalised or disqualified if you infringe them. It is your responsibility as an athlete to know the rules and ensure that you adhere to them.

BTF Rules apply to our permitted multisport events. As the event organiser, we may stipulate additional rules and requirements that we feel are appropriate. Rules may differ with race distance and type.

Technical officials will attend and will issue warnings, penalties, and disqualifications for rule infringements. You can read more about the [BTF Rules](#) but below is a summary of the most common issues:

- Littering. Just don't. Dispose of litter at designated drops or after your race. If you can carry it full, you can carry it empty.
- Dangerous riding including cutting corners or failing to follow rules in neutralised zones
- Drafting i.e. riding too close to the rider in front without overtaking in the required time frame. An explanation of drafting is available [here](#).
- Unacceptable behaviour – urinating in public, aggressive or abusive behaviour
- Nudity – applies in the transition area and on course; crop tops are not allowed, and zippers must be pulled up when entering the finish chute
- Using headphones or mobile phones when racing (this includes bone conducting headphones)

- Transition errors – marking your spot, missing the mount/dismount line, failing to fasten your helmet before removing your bike or undoing your helmet before re-racking, riding your bike in the transition area (at any time before, during or after the event!)

SWIM

All Outlaw swims take place in the venue lakes and are supported by our experienced Water Safety Crew. Water tests are completed before every event, large buoys are used for navigation, and we cut back excessive weed growth to give you your best chance of a great swim. The rest comes down to you!

Training In Open Water

Your personal training plan will depend on your skills, experience, confidence, and access to facilities. However, we strongly recommend that for your safety and your comfort, you practice open water swimming before your event. Making your race day your first open water experience may sound daring but greatly increases your risk of an unpleasant experience and throwing away your race with a DNF (Did Not Finish)

Swimming outdoors in a wetsuit feels different to pool swimming and requires different skills such as sighting and navigation. Always train at a venue with safety measures in place and speak with a qualified coach for help with transitioning from the pool to outdoors.

Wetsuits

Wetsuits are mandatory for Outlaw Half and Full distance races. Outlaw Sprint distance races follow [BTF competition rules](#) regarding wetsuits which are dependent on swim distance, water, and air temperature.

You may wear sleeveless or shorty style wetsuits but please ensure your suit is suitable for swimming and that you practice swimming in it before your race. Wetsuits used for surfing etc are not designed for swimming – they become heavy and uncomfortable.

Applying a little lubricant around the neck, arms and legs can help prevent chafing and make wetsuit removal easier.

Other Swim Kit

You may wear a second swim hat, but the official race hat must be always worn on top. If you have a medical condition which may be affected by the swim, please ask for a white hat when you register.

With regards to boots and gloves, this is normally not allowed as they could act as a competitive advantage. If you have been advised to use them on medical grounds, you can apply for an exemption. A medical note stating the reason must be submitted to the Event Organiser and to the Technical Official on the day of the event.

As many of our races start early in the morning when the sun is rising, we recommend goggles with a degree of shading or mirroring. Nose clips and ear plugs are allowed.

You can't use any assistive items e.g. tempo trainers, fins, pull buoys etc.

Swim Starts

Some races are mass starts; others are time trial. In a mass start, everyone (or large wave groups) gets into the lake and treads water until leaving at the same time when the gun goes off. In a time trial format, you start individually or in pairs and your personal start time is triggered when your timing chip crosses the mat.

Some venues will have a walk-in ramp from the start pontoon, but most have a platform style pontoon from which you can dive, drop or slide into the water as you feel most comfortable.

There will be toilets in the swim start area.

MASS START	TIME TRIAL START
Outlaw Sprint Nottingham Outlaw Aquathlon Outlaw Nottingham	Outlaw Gravel Sprint Holkham Outlaw Half Nottingham Outlaw Half Holkham

Bringing Items To The Start

If you have glasses, an inhaler or similar small item which you will need up until the start of the race and immediately after the swim, you can place them in a box at the race start area and collect them from a table near the swim exit. This excludes personal items like keys, phones, wallets etc – sorry, but you need to arrange your own storage for these.

If you want to wear old shoes or flip flops to the start of the race, you can usually do this but be prepared that you may not be able to retrieve them, and they may be donated or binned.

Practice Swims & Acclimatisation

The Outlaw Full is the only event for which we offer practice swims, these take place on the Saturday before the race and take place over a short loop in the lake. Check the Race Information for times – you must register first as you need to wear your security wristband to be able to participate.

An opportunity to acclimatise to the water before your race starts is only available with mass starts. The logistics mean that it is not possible to allow acclimatisation opportunities at events with time trial starts.

Aussie Exits

Occasionally a swim course will involve an “Aussie exit”. This means you exit the water at the end of one lap and after a short walk/jog/run, re-enter the water to complete the next.

Swim Strokes

You can swim any stroke except backstroke, as this stroke is not easily distinguishable from the procedure for swimmers in distress. Front crawl is deemed to be the most efficient option, but some athletes use breaststroke or a combination of the two.

Water Depth

The depth varies in all our lakes so assume you will be out of your depth. In any case, you should not be walking or touching the bottom at any point during the race. It is possible to detect if people are walking whilst doing swimming arms and you will be disqualified if caught by an official.

Water Temperature

“Lovely” is our standard answer to the ever-popular question “What’s the water temperature?”. It is difficult to give an accurate answer as it depends on the lake and the weather running up to the event. The temperature is taken on race day, in conjunction with the air temperature so that the Technical Officials can confirm that it will be safe to race the distance. The proposed swim may be altered if it is deemed appropriate for safety.

If you have been swimming in lakes the UK in the run up to the event, that will give you an idea of what temperature it will be. We strongly recommend getting some open water swimming

practice under your belt. If you have a medical condition which means you need gloves or similar, you can apply for an Exemption.

Tips For Nervous Swimmers

Firstly, submit an appropriate swim time on your entry form – you can update this later, but it must be done before we start to prepare the Start List (typically 40 days in advance of the race). This reduces the risk that you will be caught up with faster swimmers trying to overtake you and give you space to swim at your own pace.

Secondly, focus on your training and consider getting coaching support. Build your confidence by knowing the minimum pace you need to swim to meet the cut off and work on meeting that pace. Also work on your open water skills such as swimming in a group, sighting and navigation. Get comfortable with the open water environment.

Thirdly, take your time at the start. Get into the water in the way that is most comfortable to you. If it's a mass start, position yourself towards the back of the group and wait for a few seconds before you set off to get some space. If it's a time trial start, get in then move to the side.

Start your swim with a few head up breast strokes so you can get your breath, then work on relaxing, getting your face in the water and settling into your stroke. Stay off the racing line and if people bump into you, don't panic. Move to the side if you need space and revert to head up breaststroke and take some good breaths if you need to calm down.

Swim Difficulty Procedures

Good preparation and training greatly increase your chances of a good swim. However, even the most experienced swimmers can have a bad day in the water. If you feel you are in difficulty, try not to panic.

Roll onto your back and wave your arms to alert a kayaker who will come to help you. You can momentarily hold onto their boat for support, but you cannot be towed.

BIKE

Outlaw Half and Full bike courses take place on open roads, Sprint races are on closed roads. All are well signposted, and marshals will be in place to guide you at key points. Where appropriate, we put traffic control measures in place, and we mark the course for hazards e.g. spray-painting surfaces orange. Half and Full distance events have feed stations on the bike course, with nutrition, toilets and litter drops. Refer to the website for bike route maps and elevations.

Bike Selection

Most of our courses are suitable for road or TT bikes. The exception to this is the Outlaw Gravel Sprint Holkham; you need a mountain, gravel, or sturdy hybrid bike for this off-road event.

All bikes need to be in roadworthy condition and meet the relevant criteria specified in the [BTF Rules](#). Always do a quick safety check on your bike before racing, particularly if you made adjustments for travel. Ensure that you have the confidence and capability to ride your chosen bike set up on the specific terrain and expected weather conditions. For example, disc wheels and deep rim wheels can be difficult to handle on windy days and may have the opposite effect to the one desired, slowing you down (or worse).

If you are considering riding anything other than a standard bike, please contact us in advance to ensure that it will meet the rules and our requirements. We don't want you to raise lots of money for charity only to then find out you can't race on your BMX unicycle...

Elevation

People often want to know if our events are hilly – but hilly is a relative term, depending on where you live and train! As a rough guide, the Outlaw Half and Full routes typically fall in the range of “undulating to flat” (though this doesn't equate to an easy ride!). You can see the elevation profiles on the interactive route maps – none of them have category climbs though there may be some steeper sections. Example elevations from past events are below:

ROUTES (2022)	ELEVATION
Outlaw Half Nottingham	541m
Outlaw Half Holkham	714m
Outlaw Nottingham	902m
Outlaw Half Bowood	767m

Traffic Management

The Outlaw Sprint Nottingham and the Outlaw Gravel Sprint Holkham are both free from traffic, but our other events are raced on open roads with traffic management measures in place at key sections and junctions. This will allow you priority at most junctions but at roundabouts for example, you will need to give way and adhere to the highway code. You will be sharing the road with other users, and you should ride accordingly. Your Race Information will detail the specific measures that will be in place for your event, so make sure you read and understand them.

Mechanical Issues

We recommend you carry a small repair kit so you can repair common faults like punctures or broken chains. And make sure you know how to use it! Not carrying a repair kit because of the “extra weight” is a false economy for most Outlaw racers. Carrying your own kit and having basic skills could make the difference between collecting your medal at the finish and a DNF.

We do have support vehicles on the course however, they carry limited parts, and it may be sometime before they can reach you. If you know basic repairs and have the kit, you will be on your way more quickly. In the sad event that your bike is unrideable and can't be repaired, our sweeper van will bring you back to site.

Drafting

Outlaw events are not draft legal. You need obey the [BTF drafting rules](#), maintaining the appropriate distance from the rider in front and overtaking within the allowed time frame. If you can't complete the overtake within the time, you should drop back.

If you are overtaken, you need to drop back. If you overtake, do not drop your speed as soon as you complete your move, as this is very frustrating for the person who was overtaken.

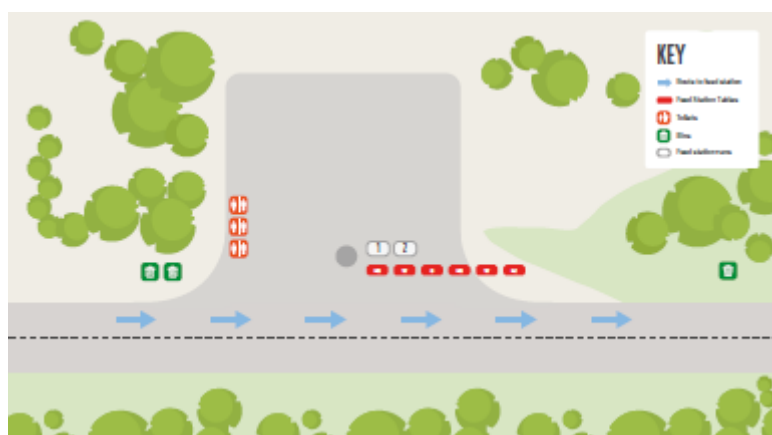
Moto Officials

We have a team of Moto Officials who work with the Technical Officials to enforce penalties and disqualifications for infringements. This includes dangerous riding, drafting, and littering. If you happen to get a friendly warning from our Support Crew, you are advised to heed it and change your behaviour quickly.

Feed Stations

For Outlaw Half and Full races, there are feed stations on the bike course. As well as nutrition and drinks, they have litter drops and toilet facilities. See the section on “Nutrition” for what they offer.

Please refer to your Race Information to find out how many there will be and their location. It will also explain how they will operate as this can change depending on the location and logistics. Typically, we offer a “drive through” option (where you can discard empty bottles as you approach and then “swipe” full bottles from our marshals) as well as a more leisurely “Stop & Go” approach for those who need a toilet or saddle break. An example layout is shown below:



Special Needs Bags – OUTLAW FULL ONLY

Special needs bags are only used at the Full, for all other events you need to carry required items with you. You are not allowed to accept outside assistance, which includes friends or family members passing you items from the roadside.

At the Full, you can drop off special needs bags at the location specified in the Race Information (usually Registration) on the Saturday and it will be taken to the designated feed station on the course for you to access. Please use a bag which can be fully closed (to avoid losing contents) and which you are willing to lose, as we cannot guarantee their safe return.

Clothing

The one thing you must have with you is your bike helmet. Beyond that, we recommend you make your outfit choice based on the weather, how long you expect to be on the bike and your personal preferences. Venturing out in just a damp tri suit is not the best choice for everyone. Having a couple of simple options like a gilet and a buff to hand is a good idea, particularly for the Half and Full distance events.

Some people like to wear bike shorts over their tri suit for additional padding (or do a complete clothing change at the Full, where change rooms are available). A packable gilet or rain jacket is a great thing to tuck into a pocket or saddle bag in case of rain, wind or having to stop for a mechanical. Some people find toe covers invaluable to help thaw icy feet post swim.

Whatever you pick, make sure it is easy to get on and off (especially when you are damp – full zip items may be easier than pulling something overhead) and that you can carry it with you.

Tips For Cycling

Cycling is the longest section of the event, and it pays to have a strategy. Practice and perfect it in training and then stick to it during the race.

- Pacing – whatever you are using as your guide, know how to pace your ride so that you maintain your energy levels and your desired speed. Study the route so you know where you will need to work harder and where you can use the terrain in your favour.
- Skills – learn and practice good handling skills. This includes ensuring that you can safely access food and drink (and stow rubbish away) while on the move, as well as things like cornering, descending, gear changes, and braking. Your intended race pace needs to match your skill level and the weather conditions on the day. Learning some basic repair skills and carrying some spares is highly recommended.
- Comfort – consider getting a bike fit to ensure that you can remain comfortable when spending long hours in the saddle. Practice riding whatever outfit you plan to race in. Race day is not the day to find out that the wafer-thin padding in your tri suit is not enough for your delicate undercarriage.
- Nutrition – test out your nutrition plan and learn what works for you, especially when you are tired. Every athlete is different, and everyone responds differently to flavours, textures, and products. You might also find that what is palatable at the start of the bike leg is less enjoyable later in the race.
- Kit – work out how you will carry nutrition, spare clothing, and your repair kit (which you have learned how to use...). Unless you are a very fast cyclist, the obsession with being aero can very quickly be offset by a puncture.

RUN

The Runs at Outlaw events are generally mixed terrain with no traffic and provide you the opportunity to enjoy your surroundings. Routes are fully signposted and marshalled so you can't get lost (but you might need to count your laps) and there are aid stations on the way to grab a drink and comfort break if you need it.

[Click here](#) for Run information for the Holkham 10k

[Click here](#) for information for Run information for the Future Outlaw

Shoe Selection

Our run course events typically feature a mixed terrain of tarmac, farm roads, trail or towpaths and grass, so normal road running, or trail/road hybrid shoes are suitable. You can look at the route map online for more details or check the Race Information for more details about the terrain at your chosen course.

For the Outlaw Holkham Gravel sprint, you may prefer a shoe with slightly more grip and support as this route is predominantly farm trails, forest path and grass and will be slightly more uneven underfoot.

Elevation

Our run routes at Nottingham are mostly flat with a couple of small steep hills for interest, other events are better described as undulating. You can see the elevation profiles on the interactive route maps and some example elevations from past events are below:

ROUTES (2022)	ELEVATION
Outlaw Half Nottingham	86m
Outlaw Half Holkham	213m
Outlaw Nottingham	197m
Outlaw Half Bowood	185m

Lap Counting

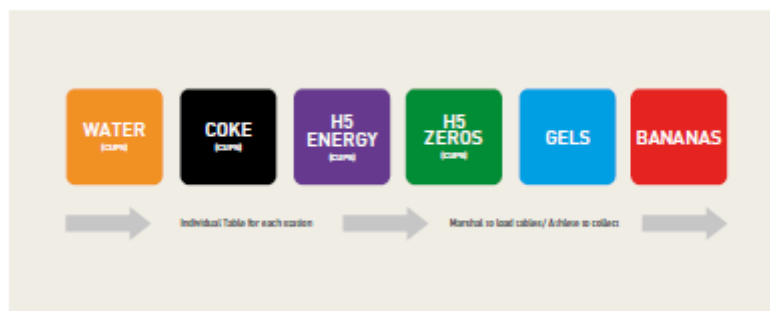
Some run routes involve multiple laps – it is your responsibility to count these and ensure you complete the correct number. This might sound easy but when you are tired at the end of race, you can easily get confused. Read the Race Information and know what laps you need to do.

Feed Stations

All our events have some kind of aid station on the run course, refer to the Nutrition section to see what they offer. As well as nutrition and drinks, they typically have litter drops and toilet facilities.

The number of stations and their locations will be detailed in your Race Information. An example from the Outlaw Half Nottingham 2023 is shown:

NAME	AREA	APPROX. MILEAGE	DISTANCE FROM PREVIOUS
Food Station 1	Perimeter Road nr Transition	0.4	-
Food Station 2	White Water Loop	1.9	1.5
Food Station 3	Perimeter Road – Far side	3.3	1.4
Food Station 4	Perimeter Road nr Transition	4.4	1.1
Food Station 5	White Water Loop	6	1.6
Food Station 6	Perimeter Road – Far side	7.4	1.4
Food Station 7	Perimeter Road nr Transition	8.5	1.1
Food Station 8	White Water Loop	10	1.5
Food Station 9	Perimeter Road – Far side	11.4	1.4
Food Station 10	Perimeter Road nr Transition	12.6	1.2
Finish	FINISH	13.1	0.5



Headphones

Headphones (including bone conducting ones) are not allowed during any of our permitted multisport events. This is in line with BTF rules, and the Technical Officials will stop you if they see you.

Running Etiquette

Try to keep left unless you are overtaking, particularly on narrower sections, and avoid walking in groups so you don't obstruct other runners. Pacing is not allowed.

The run route may not be closed for the exclusive use of Outlaw – we ask the public to give right of way to runners but be mindful of other users. We aim to reduce the risk from any potential hazards but please pay attention to your surroundings and look out for things like stray dogs, tree roots, potholes, and rampant geese.

Tips For Running

Running is running, but running after the swim and the bike is a bit different. Like the bike leg, it pays to have a pacing strategy – and then ensure you stick to it on race day.

You might initially feel great when you get off the bike, but if you decide to push it a bit harder than you normally would, you are likely to unravel quickly and be left with a long, slow walk to the finish line. If you plan to use a run/walk strategy, this can be incredibly effective, but you should implement it from the beginning of your race to avoid burning out too quickly.

Practice running off the bike in training, known as “brick runs”. Start small and build up, getting comfortable with how you feel when you try to run off the bike, noting how long it takes for your legs to feel normal and if you need to adapt your pace during that time.

Nutrition on the run is still important, so practice it in your training to learn what you prefer. Similarly, test out your race outfit choices to help avoid chafing or blisters. Learning some psychological techniques can also be helpful to manage fatigue and maintain motivation during the run.

TRANSITION

For multisport events, transition refers to both the physical location where you keep your stuff and the activity of changing from one discipline to another (referred to as T1 for swim to bike and T2 for bike to run). Your time in Transition counts towards your overall time. Preparing for and practicing your transitions can significantly reduce your time and your stress on race day.

Transition Layout

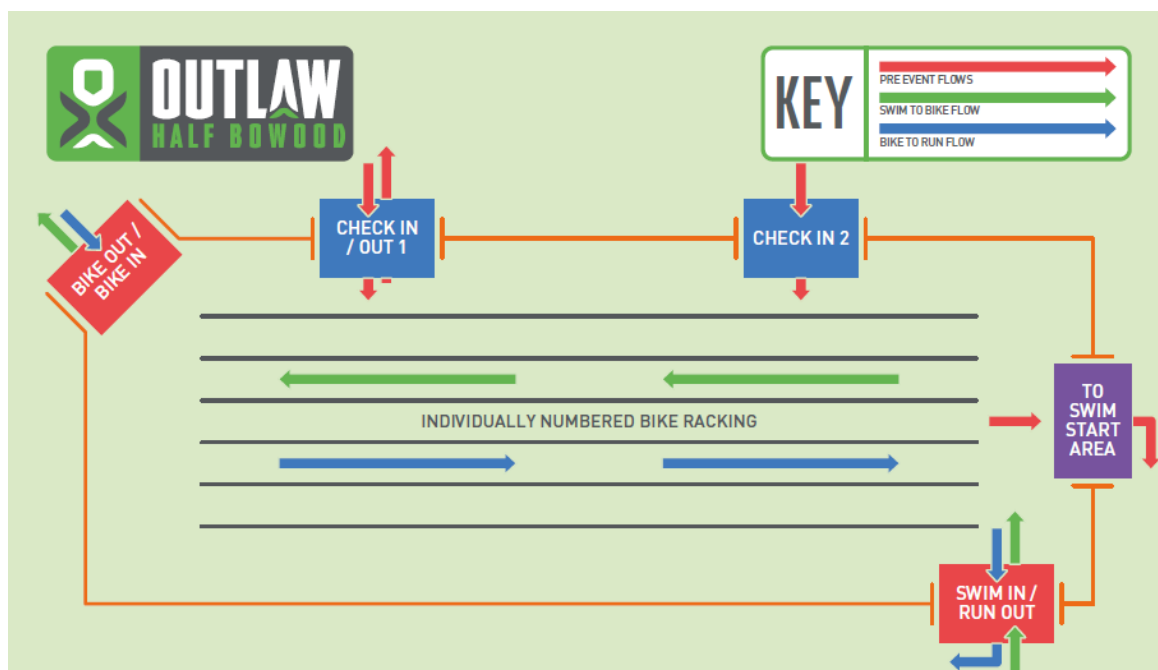
Transition is a secure fenced area that is part of the race course. It has numbered rows, with racking for bikes, and numbered labels to identify an athlete's spot. There will be toilets but other than the Outlaw Full, it does not have any storage areas or changing tents and all your kit must be kept with your bike in the confines of your racking spot.

There will be exits dedicated to athletes arriving or leaving the event, access is controlled by marshals who check for security wristbands and stickers e.g. on your bike. During the race, different gates are opened for athletes to use as they progress through the disciplines. Look around when you arrive, so that you know where you need to go. Only registered athletes and event staff have access to this area. Non competitors (including children and dogs) are not allowed into Transition at any time.

It may be a short distance to and from the Transition area to the Swim start or finish or to the Bike mount or dismount lines. The layout is designed so all athletes have the same distance to cover, regardless of where they are racked.

Do not take shortcuts through transition or attempt to enter / exit through areas which are restricted. These are put in place for safety and if wearing your chip, you may accidentally cross or miss a timing mat which will affect your race time.

An example of a transition layout is below:



Transition Security

When you want to enter or leave transition at any time, you must be wearing your security wristband (it must be properly secured) and any kit you are bringing in or taking out needs to also have the relevant sticker on it (bike, bag, helmet etc). Our marshals will check your wristband before you enter and when you exit, they will check your bike and other kit to see that the stickers match your wristband. The opening times for transition will be specified in your Race Information, outside these times the area will be locked down with security in place.

You must personally rack your bike by the time specified in the Race Information – typically late afternoon on the Saturday before for Sunday races. There may be other constraints on when you can access transition e.g. you may be unable to retrieve your bike after your race until after a specified time. This is to ensure that competitors who are still racing are not impeded and to reduce any risk of collisions.

Setting Up - General

For sprint races you will set up everything on the day, for Half races and the Full you will rack your bike on the Saturday and then bring the rest of your stuff to set up on the Sunday morning.

For Sprint and Half distance races, your kit is stored with your bike and needs to fit within the space allocated to you. A normal size day bag is recommended – plastic boxes are not allowed. There are no changing facilities in the transition areas at these races – when planning what you want to wear, you must factor this in as there is a no nudity rule in transition. There is additional information following this section regarding setting up at the Full, as the process is a little different.

We don't recommend leaving anything with your bike overnight – the local wildlife get hungry. Please do not completely cover bikes overnight; if the wind picks up, it will turn your bike into a sail. We will remove covers if we deem them to be creating a danger to your bike or those round it. Also do not lock your bike to the racking at any point.

We typically recommend allowing at least an hour to get through Transition security, set up and get yourself to the start. When you arrive on race day, you must be wearing your bike helmet and it must be clipped up. Do not leave it overnight with your bike.

Be careful not to mark your spot in any way – Technical Officials will check and remove any items they regard as markers. To help you find your bike place, make a note of your row then stand by your spot and look for things around you that can help you – are you opposite a tree or in line with a portaloos for example. Then when you come back into transition you can use these to navigate.

Setting Up - The Full

Transition at the Full is slightly different to other events and you are advised to put some time into planning your transitions. The main differences are:

- Use of bags to store your kit
- Kit Bags are stored in marquees, separately to your bike (which is racked as normal)
- Availability of changing areas

When you register, you will be issued with 3 drawstring bags (a little larger than a normal carrier bag) which you need to sticker up with your race number:

- Dry Bag
- Swim to Bike
- Bike to Run

Your Dry Bag holds items you need after the race such as warm dry clothes. This is stored in the Dry Bag marquee; this will be set up in a separate secure area just outside of the main transition area. Like Transition, you must be wearing your security wristband to gain access. You will be able to get in before and after the race.

You will be allocated a peg on which to hang your Dry Bag. Everything must be contained within the bag provided. When you arrive, you might want to use your Dry Bag to carry your swim kit and then when you get ready for race start you can switch it out for the clothes you have arrived in.

Your Swim to Bike and Bike to Run bags are stored in the Change Marquee within Transition. You will be allocated a peg, and everything needs to be contained within your bags throughout the race. The contents of your bags will depend on your personal plans e.g. will you race in a tri suit or do a full change post swim, what do you want with you to eat, drink or use during the race. A basic outline is shown below.

BAG	CONTENTS AT START	CONTENTS AT END
Dry Bag – Pre-Race	Swim kit – wetsuit, goggles etc	Pre / Post race clothes & shoes
Swim to Bike – T1	Bike kit – helmet, shoes, socks, etc	Wetsuit, goggles etc
Swim to Bike – T2	Running kit – trainers, visor etc	Bike kit – helmet, shoes etc
Dry Bag – Post-Race	Pre / Post race clothes & shoes	Running kit

There are changing areas within the Change Marquee – if you are planning to change clothes, please use them. The “No Nudity” rule still applies inside the general area of the Change Marquee – please be respectful to other athletes, volunteers, and event staff. Benches are provided for some momentary rest and to make changing socks and shoes easier.

You will rack your bike on the Saturday and then bring the rest of your stuff to set up on the Sunday morning. You have the choice whether to leave your kit bags on Saturday night but please don't forget to take your helmet home as you will need it to get into Transition on Sunday morning.

Most athletes arrive as early as possible for the Full to get set up – Transition typically opens at 04:45. You will be able to access both the Dry Bag and Change tents and your bike. It will be very busy, and everyone will start the race at the same time, so be organised and have a plan for what you need to do, this will make it easier.

Be careful not to mark your bag or bike spots in any way – Technical Officials will check and remove any items they regard as markers. Make mental notes to help you find your bags in the Change Marquee – are you top or bottom row, which side of the marquee, how many racks in etc.

FINISH

Head to the famous Outlaw orange carpet to celebrate your achievement – remember to smile for the crowds and the cameras. We understand that your instinct will be to stop and take it all in but please be mindful of athletes behind so that everyone has their moment of glory.

Finish Line

When you cross the finish line you will be presented with your Finishers Medal. Water will be available as a minimum and our medical team will be on hand in case assistance is required.

If your event includes a Finishers T-Shirt, this can be collected as you leave the Finish area – your requested size will be on your wristband.

Do NOT remove your wristband at this point – you must be wearing it to retrieve your things from Transition. Be warned, you will be delayed if you are not wearing it – no one wants to spend time in extra security processes after their race, everyone would rather be celebrating.

Relay Teams At The Finish

For all relays (unless specified in the Race Information), the team will have the opportunity to meet up at the Friends & Family area, just before the finish line so that they can run down the carpet together.

Friends & Family At The Finish

For Outlaw Half and Full events only, friends and family can join you at the finish, this privilege is reserved only for these races. As you approach the finish line, you will be able to step off the course to gather them in the Friends and Family meeting area.

We love allowing competitors to have their family join them if they wish but please remember that some athletes will want to finish alone and may be pushing for their best time. So to keep everyone safe and ensure everyone has their best experience, please follow these rules:

- Filter off the course to the Friends & Family area – be mindful of other athletes before re-joining the course and wait if asked. Please stick to the left and avoid taking the full width of the chute so that faster athletes can pass.
- Limit the number of people joining you to two
- Children must be able to walk or run, no babies please. This is for safety (imagine if you tripped) and because your children may be separated from you after you cross the line, due to the Finish Line logistics or if you need to visit the medical tent.
- Another adult MUST be available at the designated Collection Point ready to receive your children. After crossing the line, your child(ren) may need to make their way through a different secure route to meet the other adult.

Food & Recovery

Half and Full events include a meal, head to the Athlete Food Marquee, and enjoy a delicious post-race dinner. For other races, there will be a variety of catering units in the Event Village where you can purchase eat and drink.

Some events will include access to a Recovery Zone where you can relax after your event and start your recovery process.

Timing

All events are chip timed and you will be able to see your results online after your race. Split times will also be available for longer races. There will be a display screen in the event village where you can take a photo with your medal and your personal finish time in the background.

Please ensure that you return any timing chips which were supplied with an ankle strap, this helps to keep race costs low. Charges may be applied if you fail to return it.

Awards

Awards and presentations will be made for adult races. Awards are made for the overall winners as well as age group winners. The award categories will vary according to the event e.g. 5-year or 10-year intervals. Cash bonuses are also available for those who break the course records.

Refer to your race information to find out what time award presentations will be (for the Full, they will be on the Monday). Awards will be posted out to those who cannot attend (this may be a short while after the event)

Penalties & Appeals

All penalties issued by the British Triathlon race referee will be displayed on a Penalty Board. This will be in a central area – please refer to your specific race information for details.

It is your responsibility to check this Penalty Board. Appeals cannot be made against Technical Official's judgement calls which include, but are not limited to, drafting and littering. Legitimate appeals must be made in writing to the race referee within an hour of the end of the event and accompanied by a fee of £30.00, refundable if the appeal is upheld.

Collecting Things from Transition

After your race, you will need to return to Transition to collect your things. Please ensure that you keep your Security Wristband on until you have retrieved everything as you will need this to get into Transition and to remove items from transition (which must also still have their relevant stickers attached).

HOLKHAM 10k - SPECIFICS

Much of the information in the Race Entries, Changes and Withdrawals, Pre-Race Logistics, Training and Finish sections is relevant to the Holkham 10k.

However, this event falls under a different governing body to our multisport events and so there are some key differences to how it operates.

Race Licences

As a permitted event, UKA require all athletes to hold a race licence as part of event insurance.

If you are a UKA registered athlete with a valid URN (Unique Registration Number), your race day licence is included in the ticket. If you do not have a valid URN, you are required to purchase a race licence, £2 will be added to your entry ticket fee.

To be a UKA Registered athlete, you must be a member of an affiliated Running or Athletics Club and you must have paid your registration fee to the relevant home nations body e.g. England Athletics.

Registration

Race packs will be posted to athletes, unless your entry was made close to the race date in which case you will need to collect your pack from Registration prior to your event starting. Your pack will contain your race number, and this will have your timing chip affixed to the back.

Please remember to bring pins or a race belt as you must always wear your number during the event.

Bag Drop

Sorry but there is no bag drop available – please leave belongings in your car or with someone while you race. Consider a small belt or ensure you have a zipped pocket so you can carry car keys safely.

Aid Stations

Our 10k event will have at least one aid station which will be stocked with water and HIGH5 Gels. There will also be water at the finish line. We also encourage racers who want to carry their own hydration packs and will have a refill point available in the event village. There will be places to purchase food and drink in the event village before or after your race.

Rules (including Headphones)

Racing within the rules is essential to everyone's enjoyment of the event. Rules define the sport and protect competitive integrity. Also, many rules exist for safety. Even if you feel you are not "competing" at an event, the rules still apply, and you can be penalised or disqualified if you infringe them. It is your responsibility as an athlete to know the rules and ensure that you adhere to them.

UKA Rules apply to our permitted running events. As the event organiser, we may stipulate additional rules and requirements that we feel are appropriate. Rules may differ with race distance and type.

Headphones are permitted at the Holkham 10k as a closed road route however we don't recommend them for safety reasons. The event takes place on land with free roaming wildlife and is open to the public, so you need to be aware of your surroundings. You also need to be able to hear instruction from course marshals.

Shoe Selection

For the Holkham 10k, normal road shoes are fine, but you may prefer a shoe with slightly more grip and support as this route is predominantly farm trails and will be slightly uneven underfoot.

Elevation

The 10k route has 379 feet of climbing – the route is undulating with a steepish climb up to the Obelisk at the end, but this is rewarded with stunning views as you crest the hill and start a fast descent to the finish.

Running Etiquette

Try to keep left unless you are overtaking, particularly on narrower sections, and avoid walking in groups so you don't obstruct other runners. Pacing is not allowed.

The run route may not be closed for the exclusive use of Outlaw – we ask the public to give right of way to runners but be mindful of other users. We aim to reduce the risk from any potential hazards but please pay attention to your surroundings and look out for things like stray dogs, tree roots, potholes, and rampant geese.

FUTURE OUTLAW - SPECIFICS

Much of the information in the Race Entries, Changes and Withdrawals, Pre-Race Logistics, Training and Finish sections is relevant to the Future Outlaw series.

However Future Outlaw are fun events for children, focused on participation and enjoyment so there are some key differences in how they operate which are detailed below.

Registration & Wristbands

You will need to collect your pack from Registration prior to your event starting. Your pack will contain your race number, and this will have your timing chip affixed to the back. Future Outlaw numbers also have a detachable wristband with a matching number – this can be taken off and worn by parents/guardians who are not racing with their children but who intend to collect them from the finish area after their race (rather than allowing them to make their own way back).

Please remember to bring pins or a race belt as it is very important that you wear your number at all times during the event.

Supporting your child

You can accompany your child to the start line (which can be a bit daunting for younger athletes) and join in the warmup routine. You are also welcome to run the course with your child – but sorry, no medal for the adults! The course will be signposted and there will be marshals stationed around the route as well as tail bikers, to provide direction and encouragement.

If you don't run with your child, we recommend watching them start before moving to the Finish chute where you can catch a great photo before meeting them after the race.

What to wear

You can run wearing whatever you are comfortable in. The routes are on tarmac, trail and grass but are not too uneven so normal trainers are fine.

Aid Stations

For participants in the Junior event, there will be a water station at the half-way point before beginning the second lap. There will be water at the finish line for Mini and Junior participants. There will be places to purchase food and drink in the event village before or after your race.

Rules

The only rules are to be safe and have fun! Look out for yourself and your fellow racers, smile at the marshals and have a fantastic time.

Finish Line

When children finish, they are guided to a waiting area. If their wristband has been detached from their race number, we will hold them there until you arrive with the matching wristband to collect them. If the wristband has not been removed, this indicates that you are happy for your child to make their own way back to you.

Please don't delay when collecting your child – this can result in a very unhappy ending to what we want to be a positive experience!