

 **OUTLAW HOLKHAM
GRAVEL SPRINT**

750M | 20KM | 5KM

**UNLEASH
YOUR
INNER
OUTLAW**



OUTLAW HOLKHAM GRAVEL SPRINT RACE INFORMATION

4 July 2026

Holkham Hall, Wells-next-the-Sea,
Norfolk NR23 1RG



WELCOME

WELCOME TO

OUTLAW HOLKHAM GRAVEL SPRINT 2026

Becoming an Outlaw comes with responsibilities, so here's what we expect from you:

- Be polite to local residents whilst you are riding past their homes
- Ride safely and within the rules of the sport
- Only discard litter at the designated drop zones
- Only use the toilets at the feed stations
- Respect the marshals and volunteers - they give up their time to make sure you become an Outlaw
- Respect your fellow athletes

Please don't endanger our event or disrespect our sport – lets have some fun!

If you have any questions get in touch via our website outlawtriathlon.com.



WELCOME

A MESSAGE FROM THE RACE DIRECTOR



Hello fellow Outlaws,

I'm Iain Hamilton, your Race Director and a long-time fan of this brilliant, demanding, and let's be honest, addictive sport we all keep coming back to.

This year we're celebrating the 10th anniversary of Outlaw Holkham, and this weekend holds a special place in my heart. Set against the North Norfolk countryside and the Holkham Estate, it's an event I've poured a decade of passion and energy into. Ten years in, I'm genuinely excited to welcome you to it.

What makes this day special isn't just the course or the challenge, it's the people. You're joining a community of supportive, determined, and inspiring individuals who make the Outlaw experience what it is.

Whether this is your first Outlaw or you've been with us since year one, I hope you soak up the atmosphere, race hard and make some unforgettable memories along the way.

Here's to ten years, and many more to come.

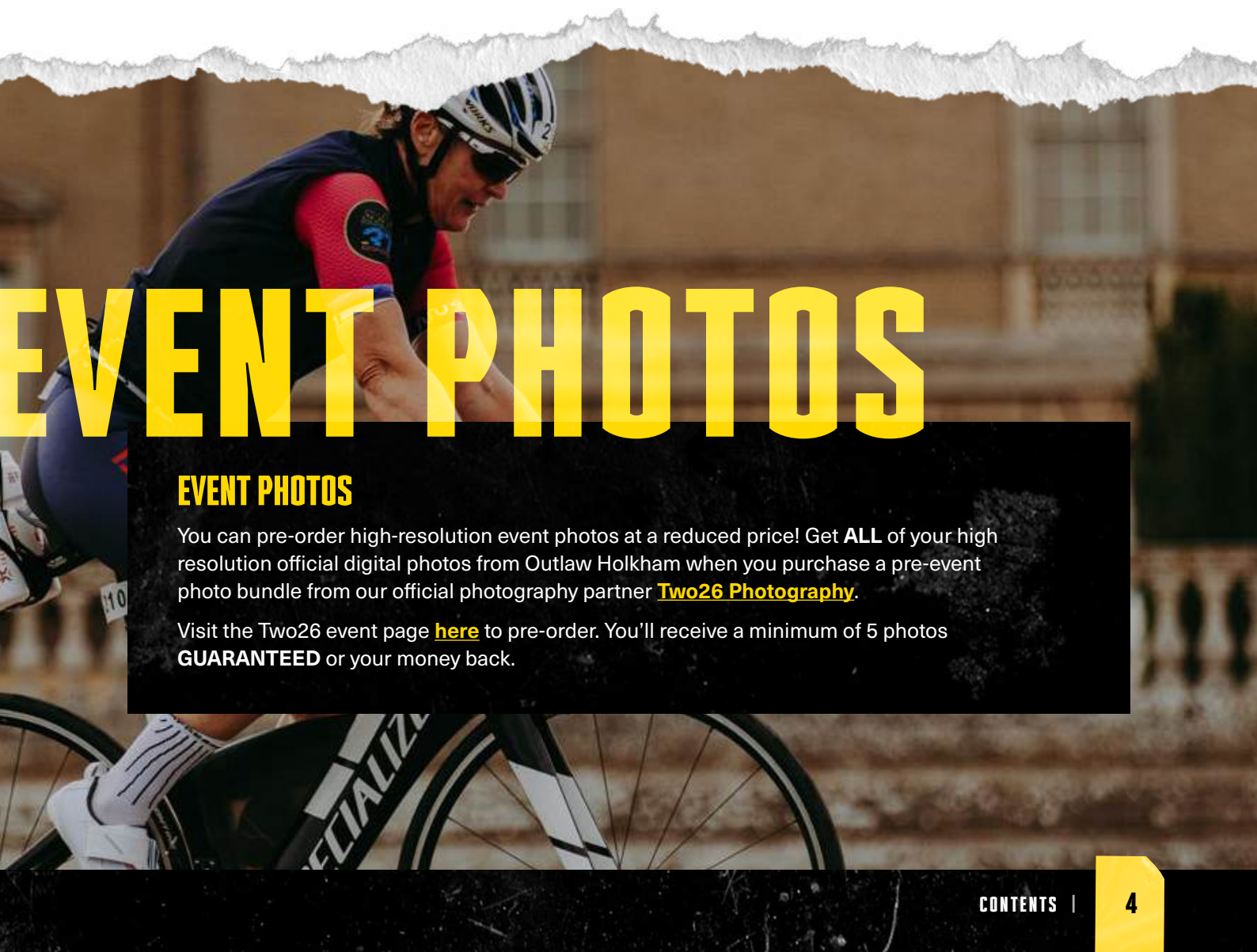
See you on the start line.

Race Director – Outlaw Triathlon Series
Iain Hamilton



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EVENT PHOTOS

EVENT PHOTOS

You can pre-order high-resolution event photos at a reduced price! Get **ALL** of your high resolution official digital photos from Outlaw Holkham when you purchase a pre-event photo bundle from our official photography partner **Two26 Photography**. Visit the Two26 event page [here](#) to pre-order. You'll receive a minimum of 5 photos **GUARANTEED** or your money back.

Triathlon, but better together.



One of the UK's longest-running triathlon events flips the solo challenge into a shared one. Four of you, racing as one — open to mixed abilities, first-timers, clubs and mates.

WHEN

**Sat 29 August
2026**

FORMAT

**Teams of 4
Swim·Bike·Run**

CIRCUIT

**Closed &
traffic-free**

ENTER YOUR TEAM →

resultsbase.net/event/7646

CHECKLIST

PACKING CHECKLIST

- | | |
|--|---|
| ☐ Photo ID
<i>You cannot register without this!</i> | ☐ Sunglasses |
| ☐ Race licence
<i>(or proof of Race Pass purchase)</i> | ☐ Packable Rain jacket |
| ☐ Wetsuit | ☐ Race belt |
| ☐ Goggles
<i>(and nose clip if you use one)</i> | ☐ Running shoes |
| ☐ Trisuit or shorts and top | ☐ Socks |
| ☐ Bike | ☐ Cap/visor |
| ☐ Bike helmet | ☐ Nutrition |
| ☐ Bike pump | ☐ Drink Bottles/Hydration System |
| ☐ Bike Spares
<i>(Innertubes/gas cannisters/basic toolkit)</i> | ☐ Suncream |
| ☐ Bike lights | ☐ Warm clothes
<i>(for after you have finished)</i> |
| ☐ Bike Shoes | ☐ Small bag for transition
<i>(Think cabin baggage max)</i> |
| | ☐ Safety Pins |

ANYTHING ELSE?

☐☐☐☐☐☐

EVENT SCHEDULE

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SATURDAY, 4 JULY

>> All Athletes to check in and rack bikes on Saturday <<

	EVENT	TIME
Car Park Open	All	06:30
Event Expo Open	All	07:30
Registration	Gravel Sprint Holkham 10K Outlaw Holkham Half and Aquabike Future Outlaw	07:00 - 08:45 10:00 - 12:15 12:30 - 16:30 13:00 - 14:45
Transition Open	Gravel Sprint Outlaw Holkham Half and Aquabike	07:00 - 08:45 12:30 - 17:30
Race Start	Gravel Sprint Holkham 10K Future Outlaw	09:00 12:30 15:00
Outlaw Prayer	All (Lady Elizabeth Wing)	12:00
Awards	Gravel sprint 10k	11:45 14:00



REGISTRATION

ARRIVALS AND REGISTRATION

SATURDAY ARRIVAL

Please enter the estate via the North Gate.
what3words address: **foresight.sulked.observe**

PARKING

The main entrance to Holkham Hall Estate is via the north gates on Park Road. **Parking can be pre-purchased and is strongly recommended** as on-the-day parking is likely to cost more. Pre-book via your confirmation email from Let's Do This and click 'manage booking'.

Parking costs £13 for 2 days and £6.50 for one day when pre-booked. Car parks open from 06:30 on Saturday and 04:30 on Sunday.

BOOK PARKING NOW

YOUR RACE PACK WILL CONTAIN THE FOLLOWING ITEMS:

- > Race number x2
- > Bike number board
- > Helmet stickers x2 (front and side)
- > Security wristband (to be worn all weekend)
- > Swim cap
- > Timing strap

REGISTRATION

Event Registration is held in the registration marquee at the back of the Event Village

Race Pack Collection:

All athletes must register and collect their race pack before racking your bike in transition.

Ensure you know your race number beforehand, this will be emailed to you.

Transition Check-In:

Your allocated transition check-in time (between 12:30 - 17:00) is provided in the published start list and event email.

Identification Requirements:

At Registration, you must present photo ID.

BTF Race Pass Requirement:

All athletes that did not give us a BTF membership number will have purchased a BTF race pass at entry.

BTF check all memberships for us before the event, we will email you if they tell us that it is not a valid race licence or has expired. If this is the case, you will need to renew, upgrade or purchase a race pass before race day.

Reminder: If you have recently renewed your BTF race licence, please download a copy onto your phone before arriving at the event.

TRANSITIONS

TRANSITIONS, BRIEFING & TIMING

TRANSITION AREA

Your racking spot will be indicated by your race number.

There will be a bag storage area within transition for athletes to use. There are no changing facilities within Transition and nudity is an infringement of the BTF rules, so please plan accordingly.

BRIEFING AND RULES

There will be a short briefing in transition, 15 minutes before athletes enter the water. The event is permitted by BTF, their rules apply and Race Officials will be present. The requirement to wear a wetsuit will be determined by the water and air temperature on the day. Please bring one with you as you will be unable to race without one if it is a requirement. You must wear an approved cycle helmet and your bike must be roadworthy. You may not wear headphones or use a mobile phone at any point while racing.

NEW BTF RULES

We ask athletes to please make themselves aware of new BTF regulations, including the **The 2026 BTF Towel Rule (Section 7.1.z)**

Summary:

- **Large Towels Banned:** Large towels or beach towels are no longer permitted to mark transition spaces.
- **Small Towel Allowed:** Athletes may use a small towel, maximum 12" x 12" (30cm x 30cm) or roughly the size of a flannel.

For further information or any questions on BTF ruling, please visit their [website](#) or contact them directly.

TIMING CHIPS

Each individual will receive a timing strap to wear while racing. There will be timing mats across the course to capture your personal race splits and final result. To avoid invalidating your results, follow the signed routes and use the access gates provided; Do not use short-cuts or climb over barriers.

Timing straps should be worn snugly, but not too tightly, on the left ankle. If you wish to withdraw at any point, please let an official know and tell them your race number.

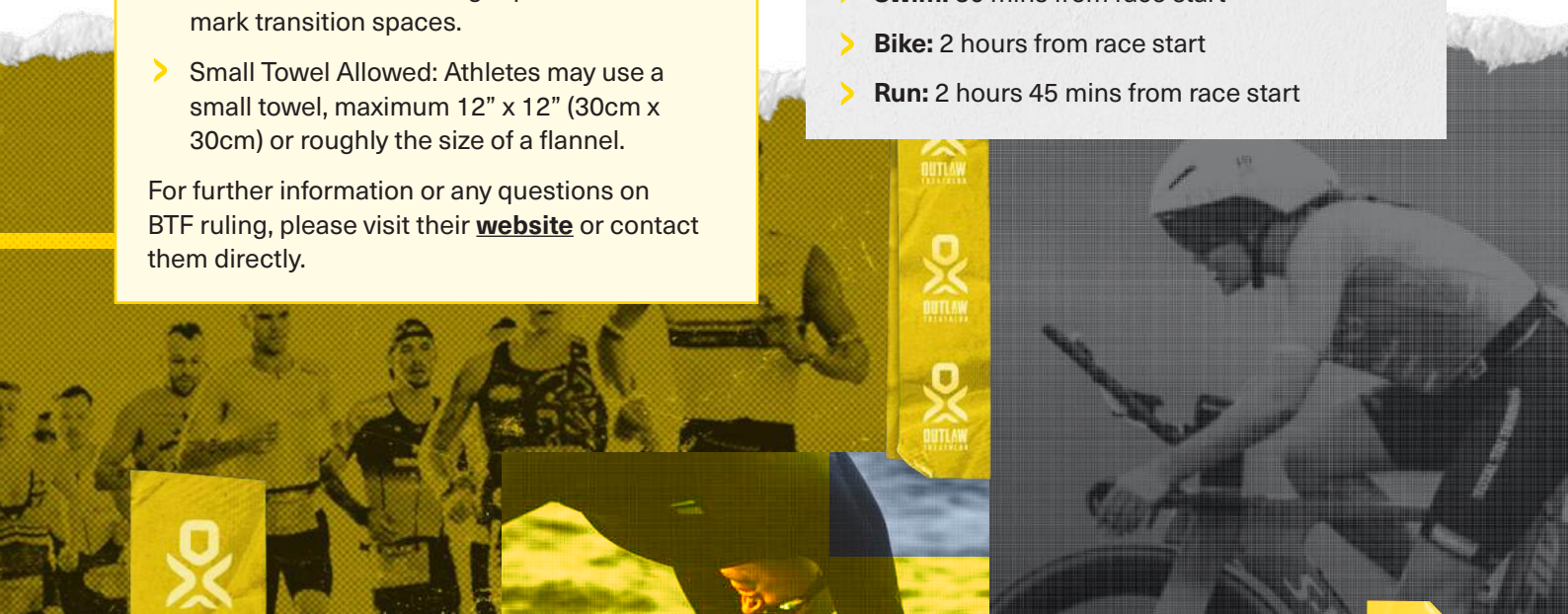
MEDICAL SUPPORT

We will have a professional medical team on site who specialise in supporting events of this type. If you require medical assistance at any point please approach an event marshal.

To help our teams help you, please write your emergency contact details and any medical conditions on the reverse of your number, and write a large MC on the front. If you have a medical condition which our team will need to be alert to during the swim, please ask for a white swim hat at enquiries after you have registered.

CUT OFF TIMES

- **Swim:** 30 mins from race start
- **Bike:** 2 hours from race start
- **Run:** 2 hours 45 mins from race start



THE SWIM

750 METRES



The swim starts from the pontoon 100m from Transition. It will be marked by a gantry. You should leave transition and turn left.

The pontoon has a ramp into the lake so you can dive or walk in.

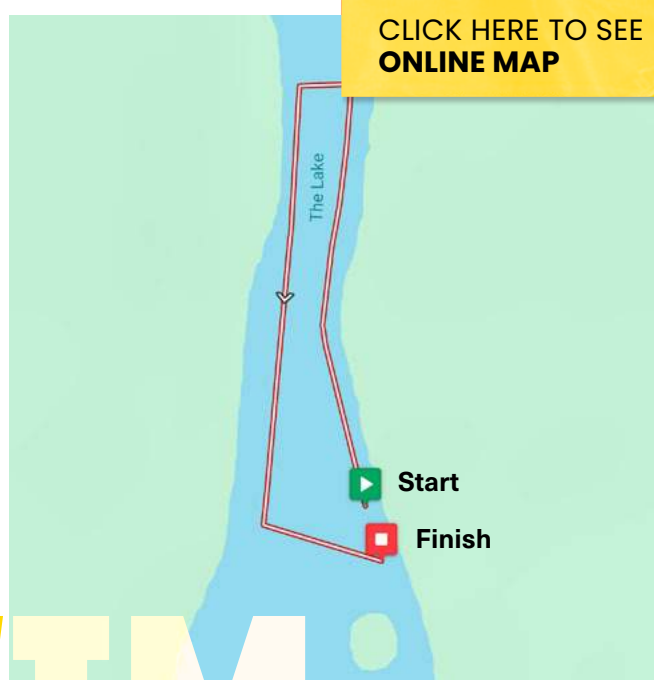
Due to the event starting in a time trial format there will be no opportunity to acclimatise to the water before your race start. Your race time will begin when you cross the timing mat, so if you need to take a minute to acclimatise please move to one side and note that any time taken will be included in your overall time.

The swim is a simple anti-clockwise lap. You will exit the lake onto a different pontoon, close to transition. Simply exit and follow the channel into transition.

You can swim front crawl or breaststroke but not backstroke, as this indicates you need help from the safety team. If you do require assistance, roll onto your back and wave your arm to attract attention. You may use one of the kayaks for temporary support but not to be towed.

Please note: the lake in Holkham is shallow and there may sections where your hands can touch the bottom when swimming, dependant on how long your arms are! This is nothing to worry about and the water is completely safe, but it is something we like to warn athletes about so it is not a surprise on race day.

[CLICK HERE TO SEE
ONLINE MAP](#)



THE SWIM

THE BIKE

20 KILOMETRES

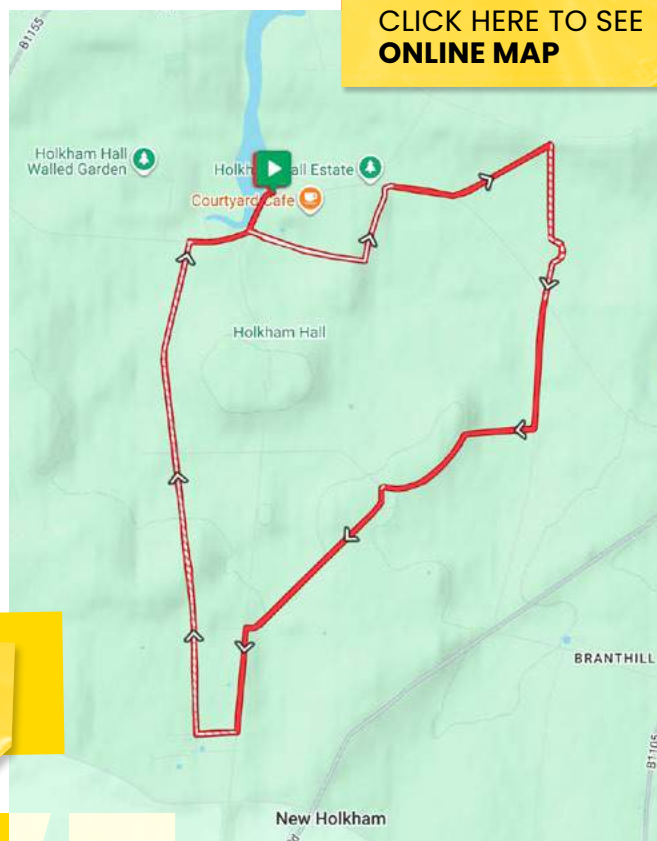


The bike course will be two laps around the estate. The off-road route will cover grass, walking tracks, gravel farm roads and the estate roads. Surfaces may be uneven or loose and the route is rolling, but there are no tricky technical or steep sections. You will need a suitable bike - gravel, cross or mountain bike, or a sturdy hybrid.

There is no feed station or litter drop on the bike course. Do not drop litter, if you can carry it full, you can carry it empty!

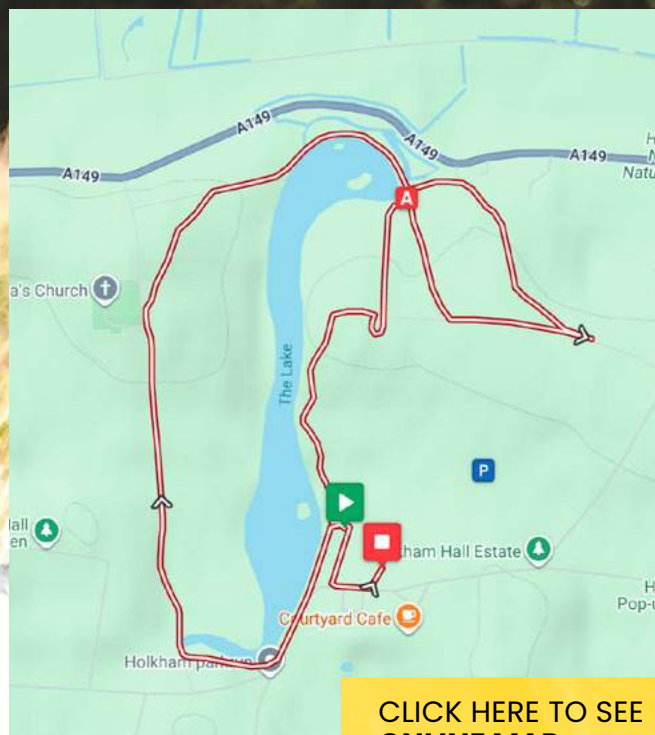
As you complete your second lap, transition will be on the left of the road. Dismount before the line and take your bike into transition to rack and change for the run. Ensure that your bike is racked safely before undoing your helmet.

You're representing Outlaw, our sport and yourself, so please set a great example out there!



THE BIKE

THE RUN 5 KILOMETRES



The run is a single, clockwise, gently undulating lap. Surfaces are a mixture of grass, trail path and road, which will be uneven in places. Light trail shoes or sturdy road shoes are recommended.

You will exit via Run Out (same as Swim In) and turn left towards the lake and then left again to run along the side of transition. Staying on the grass turn right to go round the top of the lake.

As you approach the Walled Garden turn right and continue towards St Withburga's Church, through the woods and out towards the North Gate, making your first pass of the Drink Station. You will make a U-turn and then after passing the Drink Station again you will head towards the Thomas Coke Monument. Don't forget to take in the beautiful views of the estate!

You will then head back towards the lake before running round transition and turning left twice to get to the finish chute.

THE FINISH

When you finish you will receive your medal and Finisher t-shirt. Drinks will be available. Do **NOT** remove your wristband, you will need this to pass through Transition Security to collect your bike and kit.

As we have a full schedule on Saturday, please collect your belongings from transition by 12:15. Our marshals will need to move items which are not collected promptly after your race.

Please note: There is no Family Finish allowed at this event, this is reserved for the Outlaw Half on Sunday.

Please dispose of all rubbish at the official feed stations or provided bins, or you will be disqualified.

THE RUN

RESULTS & AWARDS

RESULTS & AWARDS

Results will be made live on our event website www.outlawtriathlon.com or can be viewed on the Results Base website. Visit the framed digital display board in the Event Village to take your photo with your medal and time. Awards will be presented at 11:45 to the winners in the Open and Female age categories. Presentations will take place on the grassed area in front of the main house.

TIME PENALTIES AND APPEALS

All penalties issued by the BTF will be displayed on a Penalty Board at the Results Base marquee in the event village. It is your responsibility to check this Penalty Board. Any intention to appeal must be declared within 15 minutes to the race referee and a written appeal made within one hour of a penalty being notified or the competitor finishing (whichever is later). The appeal must be accompanied by a fee of £30, refundable if the appeal is upheld. Please see the British Triathlon website for more details.

LOST PROPERTY

Items we find or are handed in can be collected in person from the Enquiries Tent on race weekend, or returned on payment of Postage dependant upon the size of the item. Lost property will be kept for 4 weeks post event.



PARTNERS

EVENT PARTNERS



Alzheimer's Research UK - National Charity Partner

Is the charity leading the search for a cure for dementia, and we will not stop until we've found one. Through research, we will keep people connected to their families, their worlds and themselves for longer. We stand for everyone affected by dementia. We stand for their families and loved ones. We stand for a cure.



HUUB - Official Merchandise and Swim Partner

HUUB is a premium endurance sport apparel and equipment brand with an ethos of continuous improvement and deliverance of speed in all its products. Born in 2011, HUUB now dominates swim, cycle and run, promising innovation and speed. Focusing wholly on the athlete and maximising performance and comfort, the HUUB team explores both the odd and the conventional to create the best.



HIGH5 - Nutrition Partner

HIGH5 will be providing nutrition on the route and on the finish line. EnergySource Drink Citrus, ZERO hydration and Energy Gels, in a mix of flavours and consistencies, will be available at feedstations. Fuel your way to success!



TheTriCoach - Training Partner

At The Tri Coach, our mission is to provide triathlon coaching centred around the individual, not just with performance strategies, but with long-term health, resilience, and recovery in mind. We have a team of experienced, qualified coaches to help you achieve your goals! We pride ourselves on our approachable and accessible coaching for all abilities. Alongside our amazing community of like minded athletes, supporting each other towards individual goals.



GivenGain - Official Fundraising Platform Partner

As a non-profit and Foundation ourselves, we ensure more of your donations are going to the right places. Unlike other giving platforms, GivenGain doesn't make a profit out of fundraising. We believe that's the right way to do it. It's these values, combined with best-in-class features and unrivalled 1-1 support, that make us one of the fastest-growing giving platforms in the UK.



Erdinger

Is ERDINGER Alkoholfrei part of your ritual? One tradition that stands out at the end of your workout: reaching for a cold can of ERDINGER Alkoholfrei. Good luck on race day - Your post-sport ritual can unlock your true potential and ensure you have loads of fun along the way.



Sportscaped - Official Bespoke Merchandise Partner

Our Official Bespoke Merchandise Partner, offering custom frames to elevate your sports photos into stunning pieces of art that celebrate your journey.

CLUBS

OUR CLUBS



We have several clubs that we've been working with for years and we're always on the look out for new groups to join the Outlaw family and help run an area of the event. If you and your club would like to benefit from the perks we offer to clubs, please contact us on volunteers.events@the.team.

OUTLAW HOLKHAM 2026 WEEKEND CLUBS



Runners-next-the-Sea



King's Lynn Tri



Ely Tri



Dreampace

Williams
OF LONDON

Thank you to Williams of London for providing all of the oranges, apples and bananas for our volunteers and athletes this weekend!

AN INCLUSIVE ENVIRONMENT FOR ALL ATHLETES

We're proud of our commitment to creating a welcoming, inclusive environment for all athletes, with focus on supporting female participation.

This includes women's-only toilets available at race site and feed stations with free sanitary products provided, our pregnancy deferral policy, extended cut-off times, equal prizes, strong female representation, women's specific sizing finisher t-shirts, zero tolerance on harassment and post event feedback opportunities.

THANK YOU TO ALL OUTLAWS

Our volunteers are an integral part of the Outlaw Family and we could not run our events, with the amazing atmosphere of support and care that they have, without them.

So, thank you to the Volunteers, Crew and Officials that help to organise all of our events, North Norfolk District Council and Holkham Estate, a truly amazing venue, all of our sponsors, and finally you the athlete.

> THANK YOU!

If you know someone that would like to volunteer, please share this link with them
www.outlawtriathlon.com/volunteers/

*Please note changes to this information may be required to ensure that the event is organised safely and within the law, these changes may be made without notification. The organiser has the final decision. This information is the copyright of The Team Mass Participation, reproduction of this text or style is forbidden.