OUTLAW ORIGINAL SPRINT

750M | 20KM | 5KM

UNLEASH YOUR INNER. OUTLAW.



OUTLAW ORIGINAL SPRINT
RACE INFORMATION

25 July 2026

National Water Sports Centre, Holme Pierrepont Country Park, Adbolton Lane, Nottingham NG12 2LU

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CHECK LIST

PACKING CHECKLIST

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

ANYTHING ELSE?

☐ _____
☐ _____
☐ _____
☐ _____
☐ _____
☐ _____

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 Original Sprint 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.

EVENT SCHEDULE

EVENT SCHEDULE

FRIDAY, 24 JULY

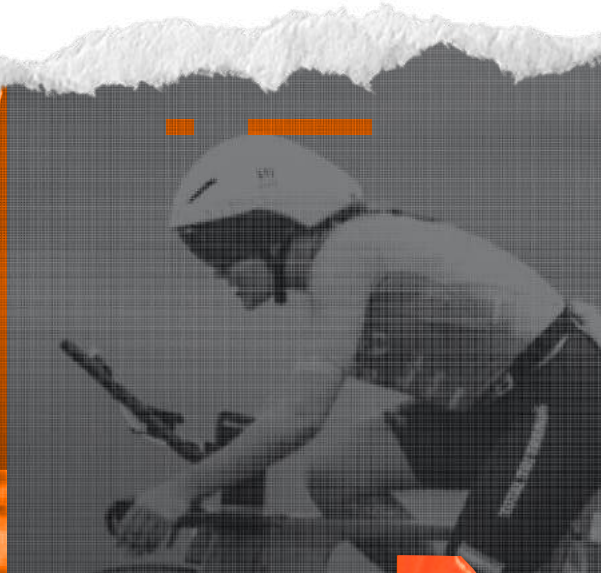
>> Registration will be open from 17:00 - 18:30 <<

SATURDAY, 25 JULY

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

	EVENT	TIME
Car Park Open	All	07:00
Event Expo Open	All	08:00
Registration	Outlaw Original Sprint Outlaw Original Outlaw Middle Outlaw Original Aquabike Future Outlaw	08:00 - 09:30 11:00 - 17:00 11:00 - 17:00 11:00 - 17:00 13:00 - 14:45
Transition Open	Outlaw Original Sprint Outlaw Original Outlaw Middle Outlaw Original Aquabike	08:00 - 09:45 11:00 - 17:30 11:00 - 17:30 11:00 - 17:30
Race Start	Outlaw Original Sprint Future Outlaw	10:00 / 10:03 Junior: 15:00 Mini: 15:04





REGISTRATION

ARRIVALS AND REGISTRATION

DIRECTIONS AND PARKING

The venue uses an ANPR system. Pre-purchase parking via parkpcm.co.uk using code **4455**. **You must pay for parking on both days, or fines will be applied.**

Throughout the weekend, multiple car parks will be available; please head to the what three words address: **///moral.ropes.robe** where you will be directed to the next available car park from this location.

Note that on Race Day, car park access may change to accommodate athletes on the course, and all vehicles are parked at the owner's risk.

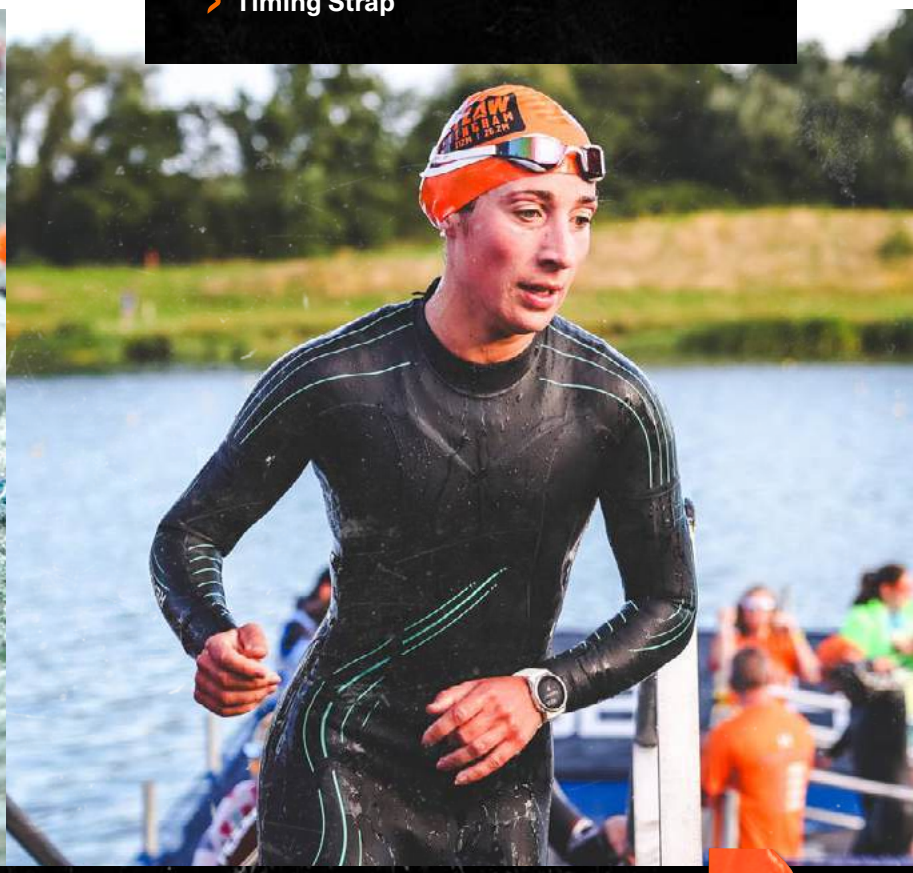
REGISTRATION

All athletes must register and put on their security wristband and stickers before they are allowed into transition. Registration will be held within the Main Building next to the Event Village. It will be clearly sign posted once you arrive on site.

YOUR RACE PACK WILL CONTAIN THE FOLLOWING ITEMS:

- **Race Number x2**
  (to be worn on your front for the run and your back for the bike)
- **Sticker Set – Bike Security & Helmet**
- **Security Wristband**
  (to be worn all weekend)
- **Swim Cap**
- **Timing Strap**





TRANSITIONS

TRANSITIONS AND BRIEFINGS

TRANSITION AREA

There will be two transition areas for Swim to Bike (T1 - in front of boat house) and Bike to Run (T2 - at the side of the lake). Your racking spot will be indicated by your race number.

Both areas are secure and access will only be permitted during the times stated and/or when the marshals are happy it is safe.

Your bike gear needs to be in T1, your run gear and any clothes you will need post-race should be in T2. There will be a separate bag storage area within transition for athletes.

There are no changing facilities within Transition and nudity is an infringement of the BTF rules, so please plan accordingly.

RACE BRIEFING

There will be a short briefing for each wave 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**. You must wear an approved cycle helmet and your bike must be roadworthy. You may not wear headphones or use a mobile phone while racing.



TIMING CHIPS

Each individual will receive a timing chip to wear while racing, there will be timing mats across the course to capture your personal race splits and result. To avoid invalidating your results, follow the signed routes and use the access gates provided, do not use shortcuts or climb over barriers.

Timing straps should be worn snugly 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 your require medical assistant 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. 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 Cut Off: 30 mins from race start

Bike Cut Off: 2 hours from race start

Run Cut Off: 2 hours 45 mins from race start



THE SWIM

750M

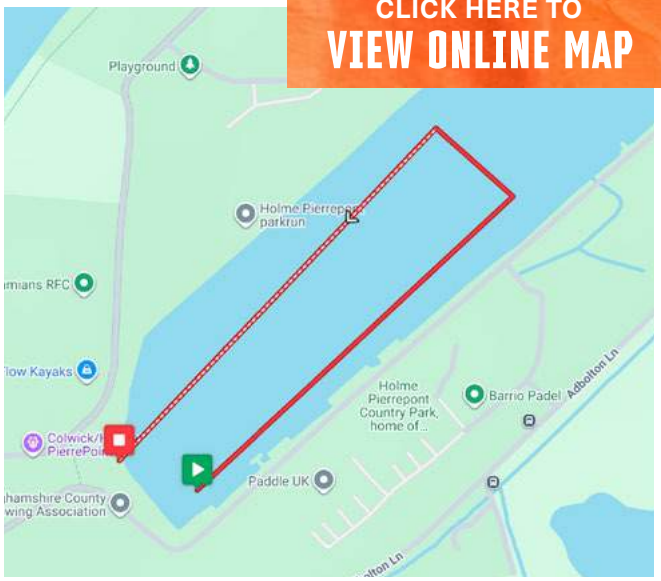


CUT-OFF: **35 MINUTES AFTER YOUR START**

The swim is a mass start, you will tread water while waiting for the start gun. There will be two starts within the wave: all open athletes will start at 10:00, followed by female athletes at 10:03. You will be able to swim a little to warm up but must listen to our swim safety team. If you are nervous, position yourself at the back and take your time, you will have more space at the back.

The swim runs down the building side of the lake, making a left turn at the large buoy to cross the lake. A second left turn at the next buoy brings you to the final straight as you head to the swim exit arch on the bank. 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.

CLICK HERE TO
VIEW ONLINE MAP



THE SWIM

THE BIKE

20KM



CUT-OFF: **2 HOURS AFTER YOUR START**

The bike course will be four laps of the lake, in an anti-clockwise direction keeping to the left, unless overtaking. The long, flat straights offer a good opportunity for speed, however, care is required.

The corners are sharp, you will need to slow down. At the final corner of each lap, look out for other athletes at the mount and dismount lines.

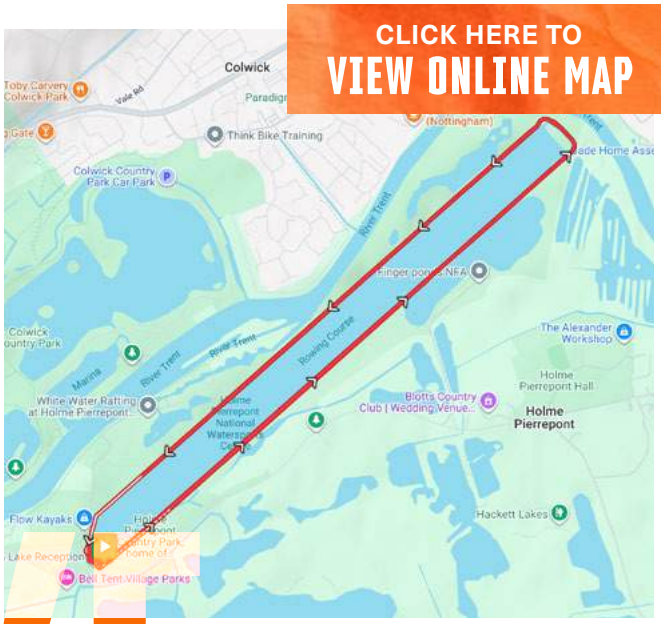
Motorbike officials will be on the course; dangerous riding could result in penalties or disqualification. There is no drafting allowed during this event, you must stay 12m behind the rider in front unless you are passing. If you can't overtake within 20 seconds or are overtaken, it is your responsibility to drop back.

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 fourth lap, transition 2 will be on your right. Dismount before the line and take your bike into T2 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!

CLICK HERE TO
VIEW ONLINE MAP



THE RUN

5KM



CUT-OFF: **2 HOURS 45 MINUTES AFTER YOUR START**

CLICK HERE TO
VIEW ONLINE MAP



The run is a single clockwise lap and largely flat. The run course shares the Perimeter Road with the bike, so keep to the left throughout. You will find a drinks station at the Run Exit of T2.

At the Run Exit you will make a U-turn to follow the chute in front of the boathouses. Follow the footpath rejoining the perimeter road under the scoreboard.

Keep to the left as you follow the Perimeter road round the far end of the lake. On the return you will follow a short dog leg before the final 1km to the finish. At the end of the lap bear left onto the orange carpeted finish chute in front of the grandstand.

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

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

THE FINISH

When you finish you will receive your medal and Finishers 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 you pass through the Finish area, proceed to T2 to collect your bike and then T1 to collect your other belongings. You will exit T1 via the ramp back to the top of the Boathouses. If you are one of the earliest or latest finishers. you may be asked to wait or follow a different route whilst others are racing. Please follow the directions of the marshals.

RESULTS AND AWARDS

Results 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 in the Event Village at 1pm on Saturday for the winners in the Open and Female age categories.

TIME PENALTIES AND APPEALS

All penalties issued by the BTF or Moto Referees 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.

THE RUN

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.

TRI SOCIETY

29.08.26
SATURDAY

Triathlon, but better together.



HUUB Triathlon Relay Championships

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

CLUBS

OUR CLUBS



We have several clubs that we've been working with for years and are 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 ORIGINAL WEEKEND CLUBS 2026

Belvoir Tri

Lincoln Tri

10IronWomen

MOJO Sisters

RAF Tri

Wakefield Tri

This year we want to give a special shoutout to Wakefield Tri that have been to every outlaw event since the beginning!

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 womens-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, Nottinghamshire County Council, Nottingham City Council, and Rushcliffe Borough Council, 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.