OUTLAW HOLKHAM HALF

1.2M | 56M | 13.1M

UNLEASH YOUR INNER OUTLAW.

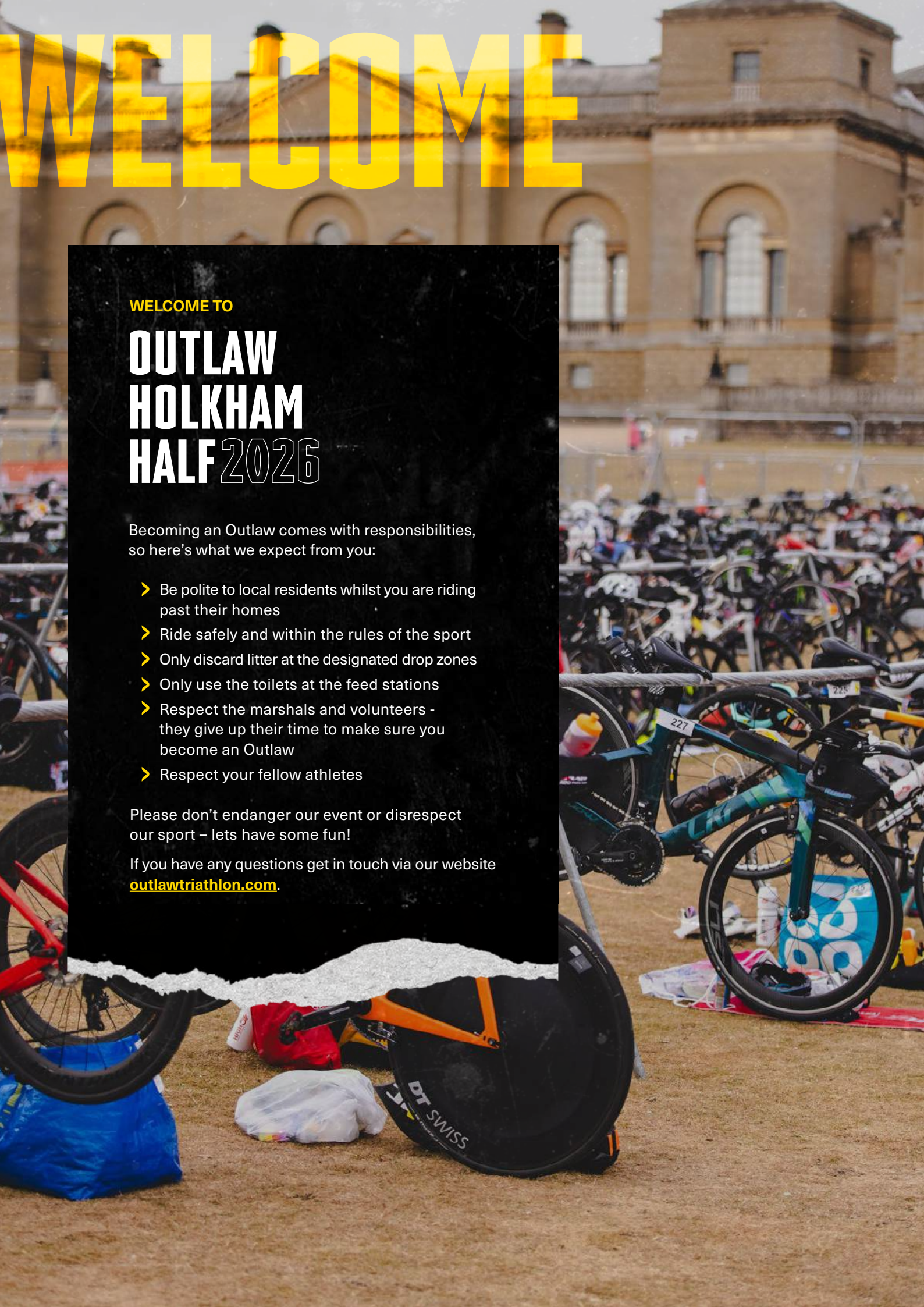


OUTLAW HOLKHAM HALF
RACE INFORMATION

4-5 July 2026

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

WELCOME



WELCOME TO

OUTLAW HOLKHAM HALF 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.

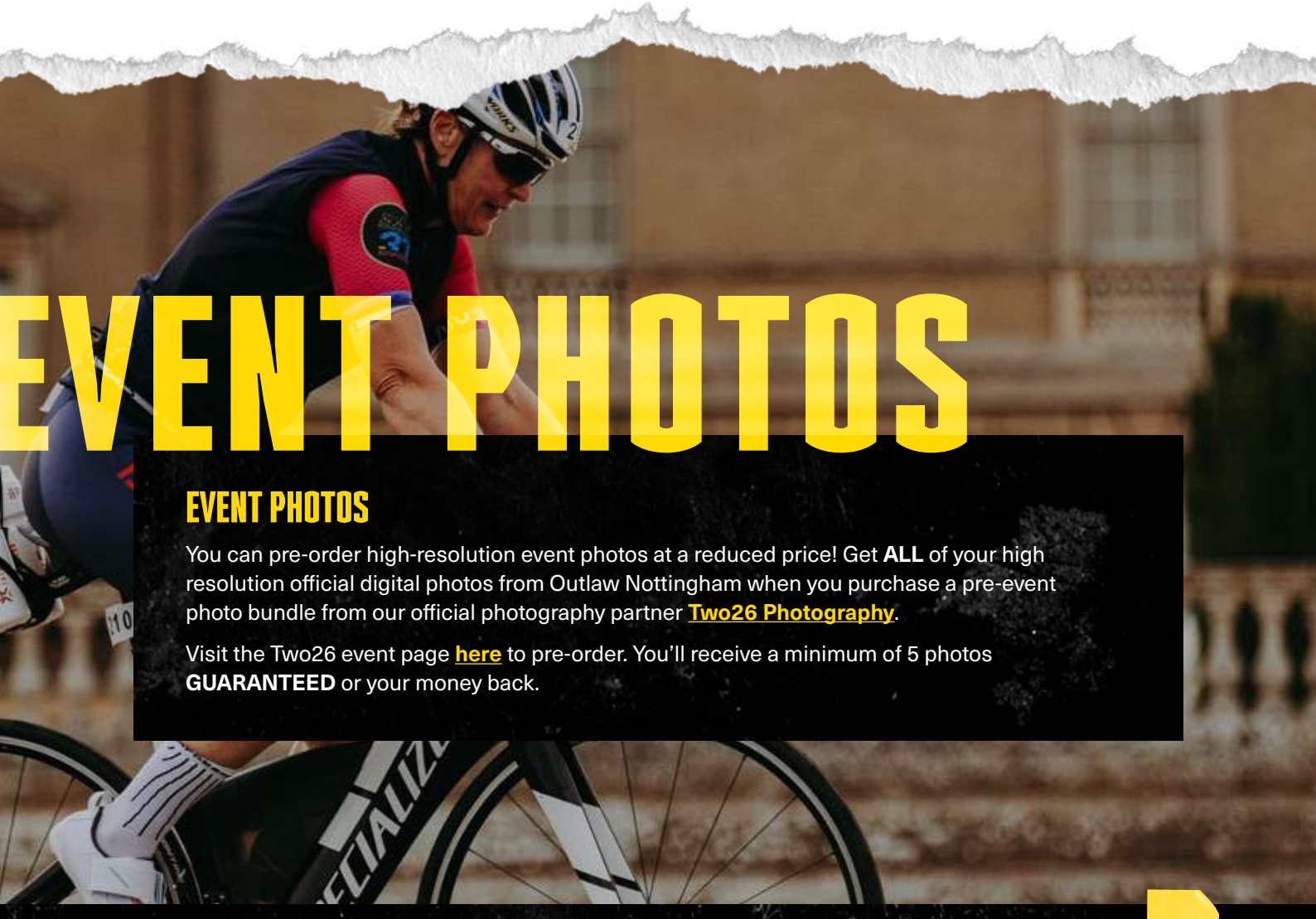
Race Director – Outlaw Triathlon Series
Iain Hamilton



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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 Nottingham 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.

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	FORMAT	CIRCUIT
Sat 29 August 2026	Teams of 4 Swim·Bike·Run	Closed & traffic-free

ENTER YOUR TEAM →

resultsbase.net/event/7646

CHECKLIST

PACKING CHECKLIST

- ☐ Photo ID
  You cannot register without this!
- ☐ Race licence
  (or proof of Race Pass purchase)
- ☐ Wetsuit *(this is compulsory)*
- ☐ 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)
- ☐ Small bag for transition
  (Think cabin baggage max)
- ☐ Safety Pins

ANYTHING ELSE?

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

EVENT SCHEDULE

EVENT SCHEDULE

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	12:30
Awards	10k	14:00
Sunday event briefings	Outlaw Holkham Half and Aquabike (Lady Elizabeth Wing)	13:00, 14:30 and 16:00

SUNDAY, 5 JULY

>> No registration or racking on race day <<

	EVENT	TIME
Car Park Open	All	04:30
Enquiries Open	All	05:00
Transition Open	Outlaw Holkham Half	05:00
Race Start	Outlaw Holkham Half	06:00, 07:00 expected last starter
Swim cut off time	Based on final swimmer starting at 07:00	08:20
Event Expo Open	All	09:00
Bike cut off time	Based on final swimmer starting at 07:00	12:20
Final Finisher (Event cut off)	Outlaw Holkham Half	16:00 (expected)
Overall Award Presentation	Top 3 Open, Female, Relay and Aquabike Age Group Winners	12:00
Award Presentation	Top 3 in each Age Group	16:00

REGISTRATION

ARRIVALS AND REGISTRATION

SATURDAY ARRIVAL

Please enter the estate via the Main / North Gate, unless you are staying on the campsite (please read the separate What3words address is: **foresight.sulked.observe**

SUNDAY ARRIVAL: 04:30 TO 06:00

Before the event starts on Sunday morning, we will be using 2 gates the North Gate (as per Saturday) and Golden Gate to make your arrival onto the event site and car parking quicker and smoother.

- **North Gate:**
  what3words address: **foresight.sulked.observe**
- **Golden Gate:**
  what3words address: **last.upsetting. frosted**
- **After 06:00** on Sunday, anybody coming to the event will need to enter via **North Gate**.

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 Frame & Helmet 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 AND BRIEFINGS

TRANSITION AREA

Every time you enter transition, you'll need to be wearing your Event Security Wristband. On Sunday morning, you will also need to be wearing your helmet securely fastened as you enter transition for the first time. Once you have racked, as you leave transition, you will be given two bottles for the bike, you will need to fill these yourself.

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.

ON-SITE RACE BRIEFINGS

There will be three briefings: 13:00, 14:30 and 16:00. It is advised to attend one which will take place in the Lady Elizabeth Wing.

RELAY INFORMATION

Only one person will be required to register for the team and rack the bike on the Saturday. However, they will be required to bring photo ID for all members.

The race pack will contain a timing strap and security wristband for each team member.

On race day all team members will need to be wearing their security wristband to be able to gain access into the transition area.

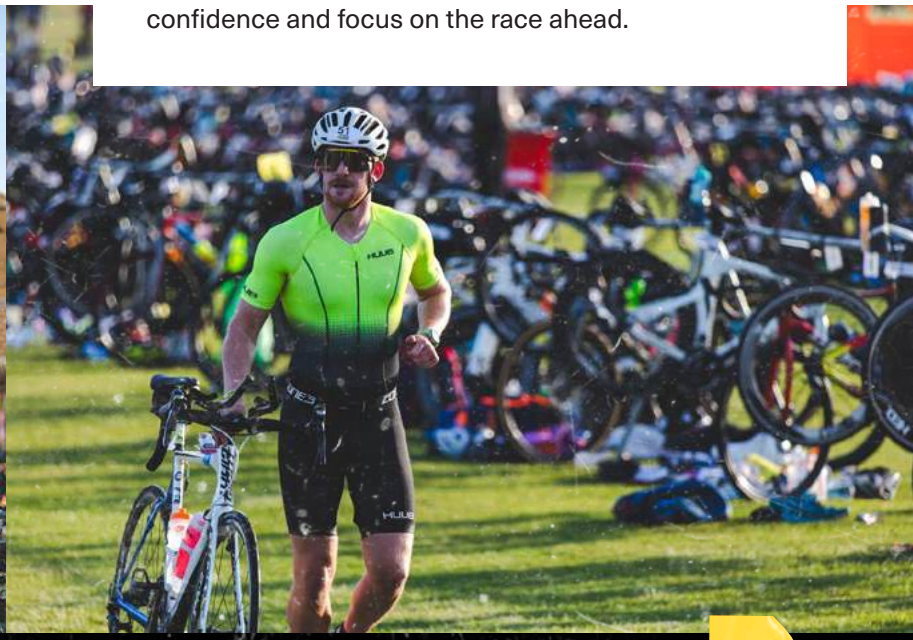
The tag will take place at your team's allocated racking slot.

Tagging Procedure – The teams cyclist should wait by their bike without their helmet on until tagged, only then can they put their helmet on and unrack the bike. When they return, they must securely rack their bike before tagging the runner.

BAG DROP

You'll find bag drop located within the transition area, available to all athletes. It's a secure area, accessible only by athletes, so you can rack your kit with confidence and focus on the race ahead.





THE START

THE START

RACE START

Athletes start in a time trial format, with 2 athletes starting approximately every 6 seconds.

There will be a timing point on the pontoon and your event will start as you pass the timing point. There is no need for athletes to be in exact number order as your time will begin as you pass through the timing point.

There are two gangways, for you to use to access the water. Due to the event starting in a TT format there will not be any opportunity to acclimatise in the lake prior to your race start. If you need to take a minute to acclimatise, please move to one side and note that the time taken will be included in your overall time.

Please note, the lake in Holkham is shallow and there may be 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.

SPECTATORS

Spectators are allowed to come down to the swim start area.

ATHLETES

We will have a small mass start wave at the beginning of the swim, with the fastest predicted swim times starting in a small group together. If you are part of this wave, you will receive a specific email.

All athletes will start between 06:00 and 07:00, you will be given a window which will be emailed out to each athlete before the event.

THE SWIM

1.2 MILES

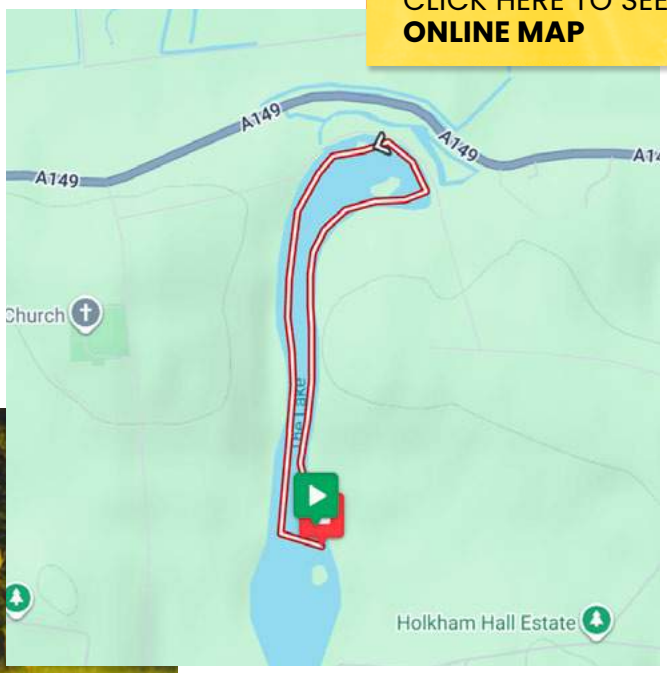


CUT-OFF: **1 HOUR 20 MINUTES TO EXIT TRANSITION**

The swim takes place in the lake within Holkham Hall Estate. Swimmers will be called into the Swim Start Holding Pen based on your swim hat colour, which has been allocated according to the predicted swim time you provided at entry.

A full safety team will be on the water throughout, with medical support lakeside. If you need assistance at any point, roll onto your back, wave an arm and make as much noise as possible.

CLICK HERE TO SEE **ONLINE MAP**





THE SWIM

THE BIKE

56 MILES



CUT-OFF: **5 HOURS 20 MINUTES AFTER YOUR START, INCLUDING T2**

IMPORTANT BIKE COURSE INFORMATION:

- The route includes small sections of partially closed roads, but is mostly on open roads. Marshals will help at junctions, but it's ultimately your responsibility to ride safely and within the highway code. You must slow or stop if required.
- We are working with the local highways to improve the route road surface, however please watch for orange spray and "**CAUTION POOR SURFACE**" signs. Stay alert through these sections.
- Always ride inside traffic cones where provided, keeping them to your right, as riding outside will lead to disqualification. They are there for your safety.
- There will be Outlaw Support Vehicles and BTF Moto Officials on the course. Signal them or a marshal if you need assistance.
- Only discard litter at the Bike Feed Station or carry it back, littering elsewhere will result in disqualification.
- This is a non-drafting event, so always keep a 12m gap from riders ahead unless overtaking. You have 25 seconds to overtake. If you are overtaken it is your responsibility to drop back out of the drafting zone. **DO NOT** ride in bunches.

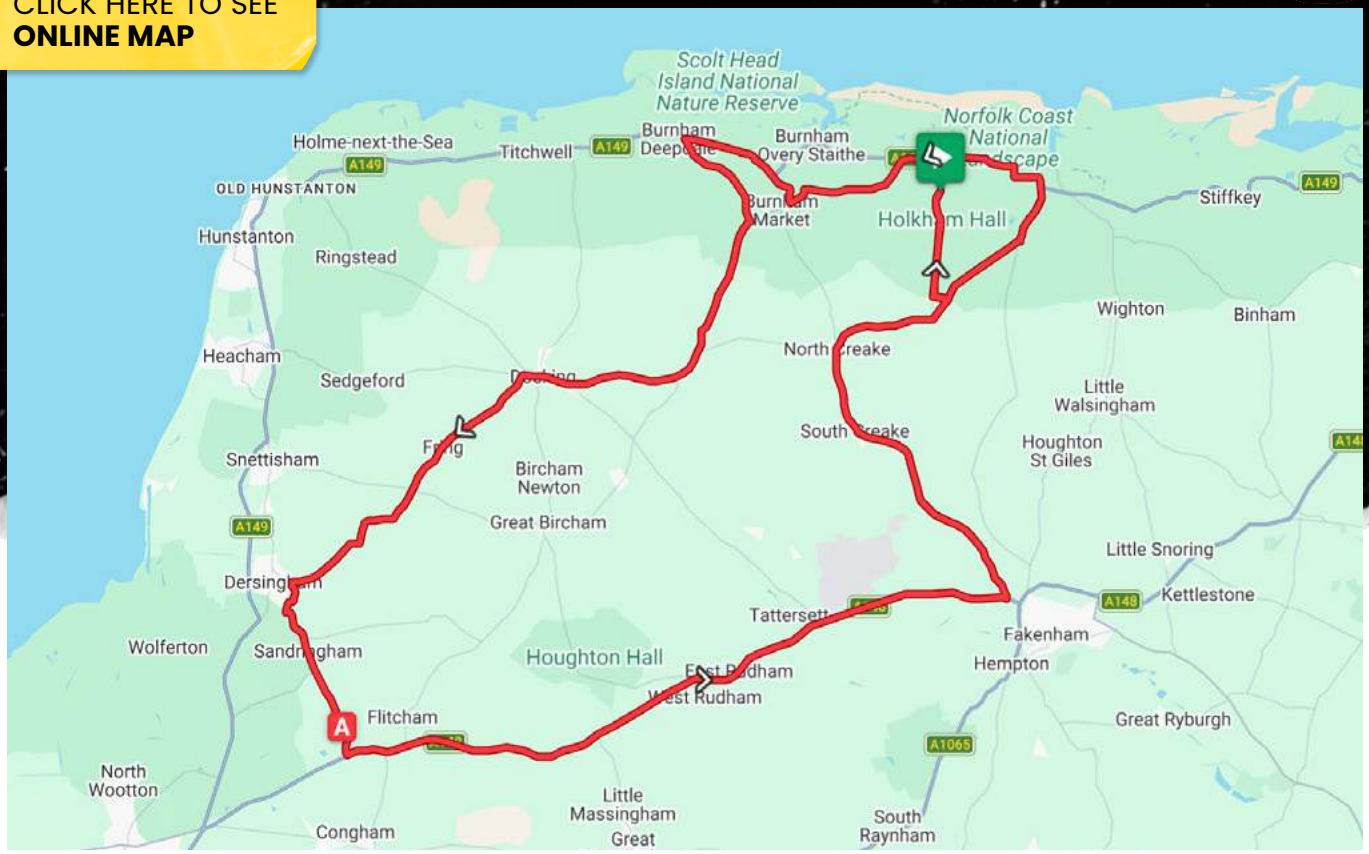
You're representing Outlaw, our sport and yourself, so please set a great example out there!



THE BIKE

THE BIKE 56 MILES

CLICK HERE TO SEE
ONLINE MAP



BIKE COURSE

The bike course takes you out of Holkham Hall Estate and through the stunning Norfolk countryside, passing through Wells-next-the-Sea, Burnham Market, Docking and Dersingham before looping back to the estate.



KEY THINGS TO KNOW:

- You'll exit and re-enter the estate via the iconic main drive
- Watch for tight bends approaching Burnham Market
- A sharp left turn at 13.3 miles just before Burnham Deepdale — be prepared to slow
- Watch for parked cars at the right turn in Docking at 15.4 miles
- The bike feed station is located at approximately 31 miles
- The highest point of the course is at 36.7 miles, followed by a mostly downhill section home
- Dismount before the dismount line to enter transition

THE BIKE

56 MILES

FEED STATION | 31 MILES

TOILETS:

FEED STATION LAYOUT:



APPROACHING THE FEED STATION

As you approach the feedstation drop empty bottles in the designated drop zone. Please slow down and call our your needs (e.g 'High5' or 'water'). Dispose of any extra rubbish in the bins at the feed station. Littering anywhere else on the course will result in disqualification, as per BTF rules, as we must respect the beautiful countryside and local residents.

TRANSITION - BIKE TO RUN

On the descent past Holkham Hall, control your speed as your approach the dismount line. You need to dismount your bike before the line.

After racking your bike, head to the Run Exit at the far end of transition. Take care as you make the U turn back towards the Hall and joining the run route at the road.

BIKE COURSE SUPPORT

There will be two support vehicles on the course. They can provide bike maintenance support on the course and will have a limited supply of spares to assist should you need it. Please be aware they may be a while getting to you, as they may already be helping someone else.

We recommend you carry spares for your bike and know how to use them.



THANK YOU TO WILLIAMS OF LONDON FOR PROVIDING THE BANANAS ON THE FEEDSTATIONS!

THE RUN 13.1 MILES



CUT-OFF: **9 HOURS AFTER YOUR START TIME**

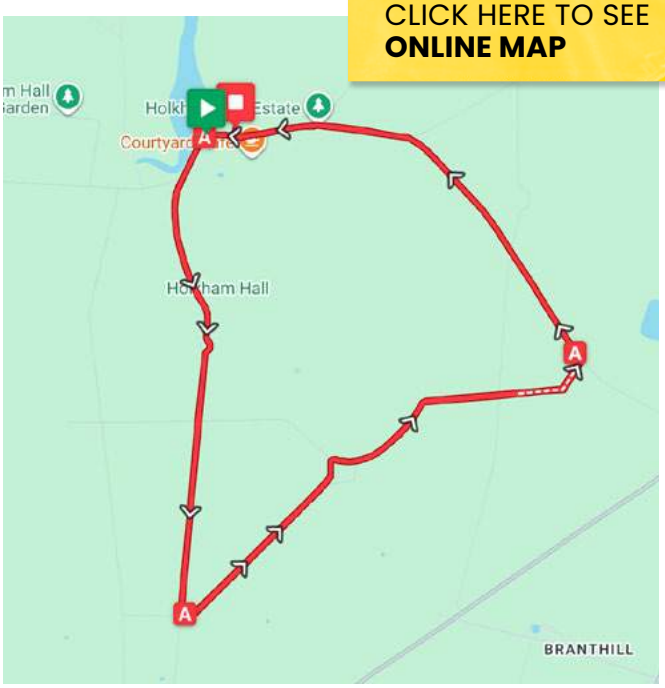
The run course takes place entirely within the scenic Holkham Estate. After exiting transition at the top right corner, you'll pass the first feed station and follow the same route as the bike course up to the Obelisk. Enjoy the view of Holkham Hall over your left shoulder as you climb.

At 1.5 miles, turn left off the main drive onto a well-maintained farm road and pass Feed Station 2. You'll run through woodland paths before reaching Feed Station 3 at 3 miles. You'll then turn left again onto an estate road which leads towards the end of the lap.

Keep an eye out for deer and Red Kites as you run through the estate's stunning grounds. After laps one and two, you'll pass the lap-counting timing point in front of the Hall. On your third and final lap, stay right onto the orange carpet to finish your Outlaw Half Holkham journey.

Remember: no littering – dispose of all rubbish at the official Feed Stations or provided bins, or you will be disqualified.

CLICK HERE TO SEE **ONLINE MAP**



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

THE RUN 13.1 MILES

FEED STATIONS

FEED STATION LAYOUT:

WATER CUPS | COKE CUPS | HIGH5 ENERGY CUPS | HIGH5 ZEROS CUPS | GELS | FOOD

Individual table for each station

Marshal to load tables - Athlete to collect

NAME	AREA	APPROX. MILEAGE	DISTANCE FROM PREVIOUS
Run Feed Station 1	Side of Hall	0.1	N/A
Run Feed Station 2	Turn off South Drive	1.5	1.4
Run Feed Station 3	Turn onto Golden Gate Drive	3	1.5
Run Feed Station 4	Side of Hall	4.5	1.5
Run Feed Station 5	Turn off South Drive	6	1.5
Run Feed Station 6	Turn onto Golden Gate Drive	7.5	1.5
Run Feed Station 7	Side of Hall	9	1.5
Run Feed Station 8	Turn off South Drive	10.5	1.5
Run Feed Station 9	Turn onto Golden Gate Drive	12	1.5
Finish Area	Finish	13.2	1.2

THE FINISH





When filtering into the finish chute and onto the orange carpet, look up and celebrate finishing Outlaw Holkham Half, with the beautiful Holkham Hall in the background.

Once you've crossed the line, head into the finisher area where you'll receive your medal, finisher's t-shirt and a well-earned drink. Your t-shirt size is printed on your athlete wristband in case you need a reminder!

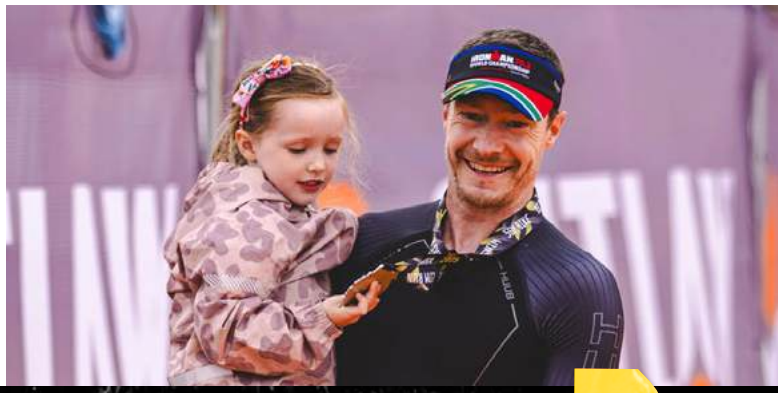
FRIENDS & FAMILY FINISH

If you'd like friends or family to join you on the orange carpet, they will need to meet you in the Friends & Family (FAF) area at the top of the finish chute. We kindly ask that no more than two people join you, as larger groups can impact on other athletes' finish experience. Any children entering the FAF area must be wearing a wristband with their non-racing guardian's contact details on, these can be collected from registration on Saturday. Should the athlete require any medical attention, our welfare team will use these details to contact the guardian directly.

Children must be over three years old to join you on the orange carpet.

POST-RACE MEAL

Don't forget to head to the Lady Elizabeth Wing in the main building for your post-race meal, and please don't skip it! When you collect your finisher t-shirt at the finish line, you'll also be given a token to use for your meal there. Prepared by Chef Mark and his team, it's a two-course meal that is truly not to be missed and very well deserved after everything you've put in out on that course.



EVENT INFORMATION

CUT-OFF TIMES

- **SWIM & T1**

  1h 20 (including your transition)

- **BIKE & T2**

  5 hours 20 minutes after your start

- **RUN**

  Cut-off point 1: 4.3 miles
  In front of Holkham Hall at 13:45

  Cut-off point 2: 8.7 miles
  In front of Holkham Hall at 15:00



TIMINGS

Please ensure the timing strap is fitted snugly, but not too tight, on your **LEFT** ankle.

To ensure accurate times and results, you must wear your timing strap while racing. Please do not cross the mats except when you are competing.

We will be taking standard swim, transition 1, bike, transition 2 and run splits, we are also taking splits on the Bike and Run sections:

BIKE

The first one is just before you leave the estate on South Drive at approx 1.5 miles. The second one is at approx 28.5 miles, at Sandringham.

RUN

Approximately the following distances and locations:

- **1.5 miles** – Feed station 1 on South Drive
- **4.35 miles** – End of 1st lap in front of the hall
- **5.9 miles** – Feed station on South Drive
- **8.7 miles** – End of 2nd lap in front of the hall
- **10.3 miles** – Feed station on South Drive

CHANGING FACILITIES

There are no changing facilities unless you are booked onto the campsite.





EVENT INFORMATION

RACE RULES

The event will follow the British Triathlon Federation (BTF) rules. All athletes must wear an approved helmet and ensure their cycle is roadworthy. BTF Members with a valid Race Licence are insured for training and racing year-round, while other athletes must purchase a BTF Race Pass (usually paid at entry).

For further details, visit **www.britishtriathlon.org** or call **01509 226161**.

All penalties issued by the British Triathlon Race Referee will be displayed on a Penalty Board in the enquiries tent. Appeals against these penalties 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.

It is your responsibility to check this Penalty Board. Please note that appeals cannot be made against the Technical Official's judgement calls which include, but are not limited to, drafting and littering.

AGE RESTRICTIONS

Athletes must be at least 18 years old on or before 31 December 2026, in line with British Triathlon rules. Age categories are based on your age at 31st December of the year you are racing.

RACE NUMBER RULES

- Do not cut or fold your race number, mutilation incurs time penalties.
- No entry/exit from transition without a wristband.
- Wear your race number on the back during the bike and on the front during the run (number belts are allowed).
- You'll need your security wristband (matching your stick-on bike frame number) to remove your bike from transition.
- Always be prepared to show your security wristband.
- **Don't forget safety pins!**

AWARD CEREMONIES

Prizes will be awarded to the overall top 3 open, female, and teams, plus the top 3 in each age group (excluding Elite Athletes). There will be three prize presentations on Sunday, 6 July:

- **12:00:** Overall Top 3 (open, female, and teams)
- **12:00:** Aquabike age group winners
- **16:00:** Top 3 in each age group



EVENT INFORMATION

WITHDRAWALS

If you decide to not finish the event, please ensure you make a team member aware by telling them your race number.

COURSE RECONNAISSANCE

- The bike courses will be marked from Saturday morning.
- The run course will be fully marked after Saturday races have finished
- Traffic management begins on Sunday morning, so be cautious if riding the road pre event.

MEDICAL COVER & CONDITIONS

Safety is paramount. Immediate Care Medical will be on-site with specialist practitioners and support vehicles ready to transfer athletes directly to hospital if needed. If you require medical assistance before, during, or after the event, contact an event marshal immediately.

For your safety, please write your next of kin and contact details on the back of your race number using a waterproof pen. If you have any medical condition or take medication, mark a large “MC” on the top left of your race number and fully write your condition on the back; this information will only be used in the event of an accident.

OFFICE CLOSURE

The Outlaw office closes before the event on Wednesday 1 July at 16:00. After that point, we will continue to monitor tickets submitted via our website until Saturday morning, we will then be available at the Enquiries Desk in the Event Village, which is open throughout race weekend.

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 oursleves 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.

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

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 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.