

**UNLEASH
YOUR
INNER.
OUTLAW!**



OUTLAW NOTTINGHAM AQUABIKE RACE INFORMATION

17 May 2026

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



WELCOME

A MESSAGE FROM THE RACE DIRECTOR



Welcome to the 13th running of the Outlaw Nottingham.

When we launched the very first Outlaw back in 2010, we had no idea where this journey would take us. What started as a passion project has grown into something we're incredibly proud of, a race that has welcomed thousands of athletes from all walks of life and built a brilliant community around one of the sport's most iconic challenges.

This year, we're absolutely buzzing. Entries for the 2026 Outlaw Nottingham Half sold out faster than they have in years, and that says everything about the incredible community we've built together. The energy and enthusiasm around this event has been unreal, and we couldn't be more grateful.

We can't wait to welcome every single one of you to Nottingham. Whether you're a seasoned Outlaw or taking on your first half-distance triathlon, this city and this event are ready to give you a day to remember. Our dedication to every athlete, volunteer, crew member and supporter remains as strong as ever, we'll be giving it our all, as always.

I'm personally very grateful to everyone who continues to support what we do. Whether you're racing, spectating or helping bring it all together, thank you, and good luck to those taking on the epic challenge of a 1.2-mile swim and 56-mile bike. We hope to see many of you become Outlaws!

Race Director – Outlaw Triathlon Series

Iain Hamilton

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Core Collagen is a science-led, precision-dose collagen gel designed specifically to support active bodies through training and recovery.

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core-collagen.com

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Collagen**

CHECK LIST

PACKING CHECKLIST

Photo ID

You cannot register without this!

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

Socks

Cap/visor

Nutrition

Drink Bottles/Hydration System

Small towel for transition

Suncream

Warm clothes

(for after you have finished)

Safety Pins

ANYTHING ELSE?

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.....

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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.

EVENT SCHEDULE

FRIDAY, 15 MAY

>> Registration will be open from 17:00-19:00 <<

SATURDAY, 16 MAY

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

	EVENT	TIME
Car Park Open	All	05:30
Event Expo Open	All	08:00
Registration	Outlaw Nottingham Sprint - Wave 1 Outlaw Nottingham Sprint - Wave 2 Outlaw Nottingham Sprint - Wave 3 Outlaw Nottingham Half	06:00 - 07:00 07:30 - 09:30 10:00 - 11:30 11:30 - 17:00
Transition Open	Outlaw Nottingham Sprint - Wave 1 Outlaw Nottingham Sprint - Wave 2 Outlaw Nottingham Half Outlaw Nottingham Sprint - Wave 3	06:30 - 07:30 09:15 - 10:00 11:30 - 17:30 11:45 - 12:30
Race Start	Outlaw Nottingham Sprint - Wave 1 Outlaw Nottingham Sprint - Wave 2 Outlaw Nottingham Sprint - Wave 3 Future Outlaw	07:30 10:00 12:30 Junior: 15:00 Mini: 15:04
Briefings	Sunday Event Briefing (Parkland Room, Main Building)	11:00, 12:00, 13:00, 15:00, 16:00

SUNDAY, 17 MAY

>> No registration or racking on race day <<

	TIME
Car Park Open	04:15
Event Expo Open	08:00
Transition Open	05:00
Race Start	06:00, 07:20 expected last starter
Swim cut-off time	08:40 (Based on final swimmer starting at 07:20)
Bike cut-off time	12:40 (Based on final swimmer starting at 07:20)
Final Finisher (Event cut off)	16:20 (expected)
Top 3 each age group Awards Ceremony	16:00
Overall Award Ceremonies (Top 3)	12:00
Aquabike Awards	12:30

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 what3words 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.

YOUR RACE PACK WILL CONTAIN THE FOLLOWING ITEMS:

- > Race Number x2
- > Sticker Set – Bike Security & Helmet
- > Security Wristband
(to be worn all weekend)
- > Swim Cap
- > Timing Strap

REGISTRATION

Registration will take place within the main building. Depending on which direction you are coming from, there are two entrances into the main building; the what3words addresses for these are **///bids.fail.raced** OR **///land.grass.much**.

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 11:00 - 17:30) is provided in the published start list and event email.

Identification Requirements:

At Registration, present your valid 2026 BTF Race License or a form of Photo ID.

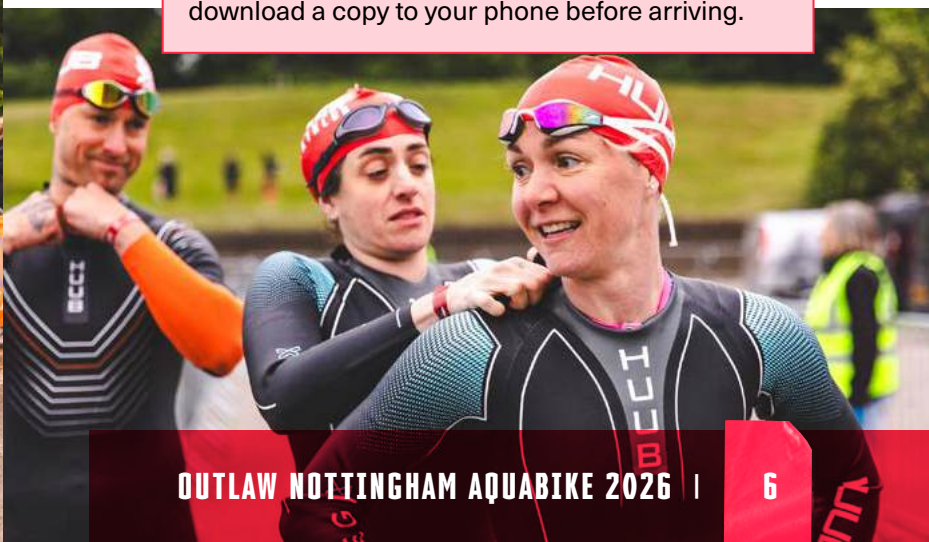
BTF Race Pass Requirements:

If you don't have a valid BTF membership, you would have purchased a BTF Race Pass when entering.

All memberships are checked before the event. If your licence is invalid or expired, we'll email you. You'll then need to renew, upgrade, or buy a Race Pass before race day.

If you've already purchased a Race Pass with your entry, it will be recorded and ready at registration.

Reminder: If you have a valid BTF licence, please download a copy to your phone before arriving.



TRANSITIONS

TRANSITIONS AND BRIEFINGS

TRANSITION AREA

The transition area is located alongside the lake.

Please note, there aren't any changing tents, and nudity isn't allowed, so keep that in mind when preparing for the race. You can leave a small bag next to your bike, but there's no bag storage available in transition.

Bike Racking

You'll leave your bike in transition overnight on Saturday. Please don't leave food or gels on your bike – the crows will find them! Only securely attached items (bottles, pumps, spares) can stay with your bike.

TRANSITION SECURITY

Once you've registered and collected your Race Pack, put on your Event Security Wristband and attach your Bike Frame sticker to the seat tube of your bike.

You must have both of these before entering transition to rack your bike.

There are two entry gates to help keep things moving. Each time you enter transition, you'll need to be wearing your wristband, keep it on until you leave the event.

Sunday morning: You must also have your helmet on and securely fastened when entering transition for the first time.

ONSITE RACE BRIEFINGS

There will be five briefings, 11 am, 12pm, 1pm, 3pm and 4pm. It is advised to attend one which will take place in the parkland conference room, which is upstairs in the main building of The National Water Sports Centre.



THE START

THE START

RACE START

Athletes start in a time trial format, using 2 pontoons at the end of the lake, with 1 athlete starting every 6 seconds off each pontoon.

There will be a timing point at the end of each pontoon and your event will start as you pass the timing point. There is plenty of space for you to enter the water as you feel comfortable. There is no need for athletes to be in exact number order as your time will begin as you pass through the timing point.

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.

Spectators

Spectators are allowed to come down to the swim Holding Area at the side of the lake. There is also great viewing of the swim start from the surrounding grass banks. Once on the perimeter road you will be able to walk straight down to the swim exit down by transition.

Athletes

All athletes will start between 06:00 and 07:30, exact times 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 route is simple: look down the lake and swim down the left-hand side of the lake keeping the red pyramid sighting buoys on your right. Swim approx 1.2km, right at the large HUUB cube, swim across the lake right again at the 2nd large HUUB cube and swim up towards the exit pontoon. Climb the exit ramp and go directly into transition.

A full safety team will be on the water with medical support lakeside. If you need assistance, roll onto your back, wave an arm, and make as much noise as possible. Safety boats may transfer you to a designated EVAC point, in which case you must stop and withdraw from the race.

Please note: You'll be swimming into the sun on the outward stretch; we strongly recommend wearing goggles with mirrored or smoked lenses.

TRANSITION - SWIM TO BIKE

The transition area is approx 500m-long, with entry from the swim closest to the main building and the bike exit at the far end. Ensure you attach your helmet before touching your bike, and only mount your bike after crossing the mount line at the far end.



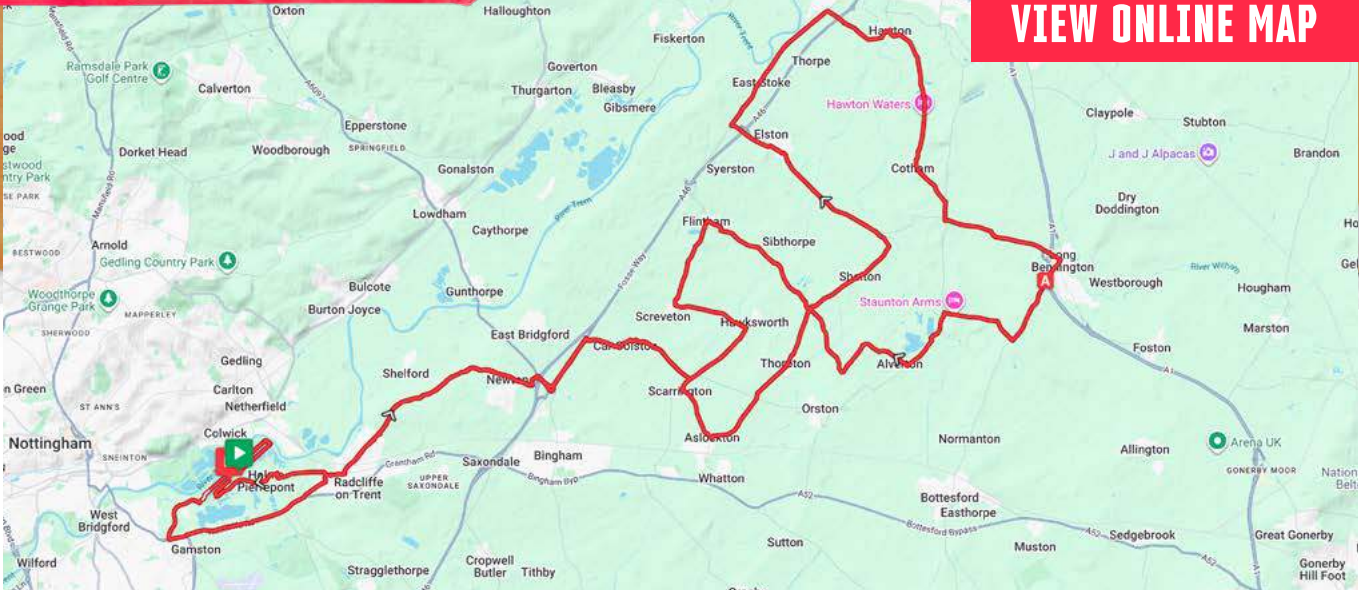
THE SWIM

THE BIKE 56 MILES



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

**CLICK HERE TO
VIEW ONLINE MAP**



IMPORTANT BIKE COURSE INFORMATION:

At approximately mile 52.7 of the bike course, you will approach Radcliffe Roundabout. For the safety of all athletes, a mandatory 20mph speed limit zone will be in effect at this location for ALL traffic.

The speed limit zone will be clearly marked with signage on the approach, so you'll have plenty of warning. Please be aware that we will be actively monitoring compliance through timing mats,

video recording, and an official stationed at the roundabout. Any athlete found to have exceeded the 20mph limit may face a time penalty or disqualification.

This is a safety precaution to ensure every athlete navigates the roundabout safely. We need you to slow down and stick to the highway code.

THE BIKE

THE BIKE 56 MILES

BIKE COURSE NOTES:

This is a non-drafting event — you must maintain a 12-metre gap from the rider ahead at all times unless actively overtaking. Ride single file and never cross the centre line. Bunching or drafting risks time penalties or disqualification.

The route includes a mix of fully closed, partially closed and open roads. Marshals will be stationed at junctions to help, but it is ultimately your responsibility to ride safely and you must slow or stop if required.

We have been working closely with the local highways department to improve the road surface, but please stay vigilant. Look out for “CAUTION POOR SURFACE”

signage indicating hazards ahead, and for orange spray paint highlighting specific defects in the road. For your safety, do not cycle through any orange paint. Where traffic cones are in place, always ride inside them, keeping cones to your right — riding outside the cones will result in disqualification.

Riders from the National Escort Group and two Outlaw support vehicles will be on course throughout. If you need assistance, signal them or the nearest marshal.

Please only discard litter at the Bike Feed Station or carry it with you. Littering anywhere else on the course will result in disqualification.

THE COURSE:

The course starts from the National Water Sports Centre's Perimeter Road, joining the A52 dual carriageway via a single lane closure.

Miles 0–15: Out to Newton

- **5.6 mi:** Course opens toward Radcliffe-on-Trent. Left at mini-island, through a new roundabout onto Shelford Road.
- Through Newton village: tight left at T-junction beyond the village.
- Right at Newton Island, cross the A46, then left onto Fosse Way at the second island.

Miles 15–35: The Loop

- Left onto Hawksworth Road, then left towards Screveton (one-way section).
- Right towards Flintham (reduced visibility), continuing through Shelton and Elston village.
- Right at Eden Hall roundabout, through East Stoke to Farndon.
- **27.8 mi:** Right to Hawton. Narrow bridge with sharp right bend entering Hawton village, then right at T-junction (29 mi).
- **32.3 mi:** Right at end of Newark Road.
- **32.6 mi:** Left towards Long Bennington, then right onto Costa Row.

- Cross the A1. Bike Feed Station at 35 mi.
- **36.0 mi:** Right through Staunton village on the descent.
- **37.5 mi:** Left towards Kilvington and Alverton.

Miles 35–52: Back Towards Base

- **38.6 mi:** Right turn, climb through Flawborough village.
- **41.2 mi:** Left at crossroads towards Thoroton.
- **43.9 mi:** Tight right in Aslockton.
- **44.8 mi:** Right in Scarrington
- **45.1 mi:** Left onto Car Lane.
- Retrace the route back over the A46, Newton Island, and through Newton village to Radcliffe-on-Trent. Extra caution at new island and mini-island.

Final Mile

- Right into Green Lane (speed humps).
- Divert through Holme Pierrepont Hall: tight corners, cattle grid and ramps.
- Right turn back into the venue for transition.

THE BIKE 56 MILES

FEED STATIONS

TOILETS:



FEED STATION LAYOUT:



APPROACHING THE FEED STATION

As you approach the feed station, please slow down and call out your needs (e.g., “High5” or “Water”) to help the volunteers. Drop empty bottles in the designated drop zone. 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.

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 support.

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



THE FINISH!



Please note that your official finish time will be recorded when you cross the timing mat entering transition after completing the bike leg. However, please do not stop to get changed at this point, head straight out of transition and make your way to the finish chute. Filter onto the orange carpet, look up and celebrate finishing Outlaw Nottingham Aquabike in front of the Grandstand as you're cheered across the line! This is your moment, so make the most of it!

FAMILY EXPERIENCES ON THE ORANGE CARPET: FRIENDS AND FAMILY 'FAF'

Children entering the FAF area should be wearing a wristband, on which you must write the name and telephone number of the non-racing guardian that has taken them to the FAF area. You can collect the wristband from registration on the Saturday.

After your child comes down the finish carpet with you, if you don't require medical, your child should stay with you through the finish area. If you do require medical attention, our Welfare Team will ring the non-racing guardian and meet them in fenced-off Family Collection point in the reception area.

Children are not allowed in the Food Marque.

YOUR POST FINISH PLAN

Collect Medal, T-Shirt, Water, Erdinger Alkoholfrei and your post race meal (it is not one to miss!).



INFORMATION

EVENT INFORMATION

CUT-OFF TIMES

	DISTANCE	CUT-OFF
Swim	1.2 miles	1 hour 20 minutes to exit T1
Bike	56 miles	5 hours 20 minutes after your start

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.

Electronically capturing each athletes' splits and finishing time allows us to continuously live track athletes and post provisional results live-to-web at www.outlawtriathlon.com.

We will be taking standard swim, transition 1 and bike splits, we are also taking splits on the Bike section:

BIKE SPLIT	DISTANCE (APPROXIMATELY)	LOCATION
Split 1	2.2 miles	HPP
Split 2	28.3 miles	Near Farndon

CHANGING FACILITIES

There are changing facilities within the main building which will be available to athletes to shower and change after the event.



INFORMATION

EVENT INFORMATION

SPECTATORS

The National Water Sports Centre offers fantastic viewing of the Swim route, viewing areas are available around the site, including the grandstand immediately next to the finish chute.

For those wishing to follow the swim, a grassed bank runs along both sides of the lake.

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 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.

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 (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!**



INFORMATION

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.
- > Traffic management begins Saturday evening/Sunday morning, so be cautious on open public sections (especially the first A52 section).

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 write your full condition on the back; this information will only be used in the event of an accident.

OFFICE CLOSURE

- > The Office closes before the event on Wednesday 13th May at 17:00.
- > For questions after this time, visit the Enquiries Area in the Event Village.

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

OUTLAW 2026 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.

PARTNERS

EVENT PARTNERS

OUTLAW 2026 PARTNERS:



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.



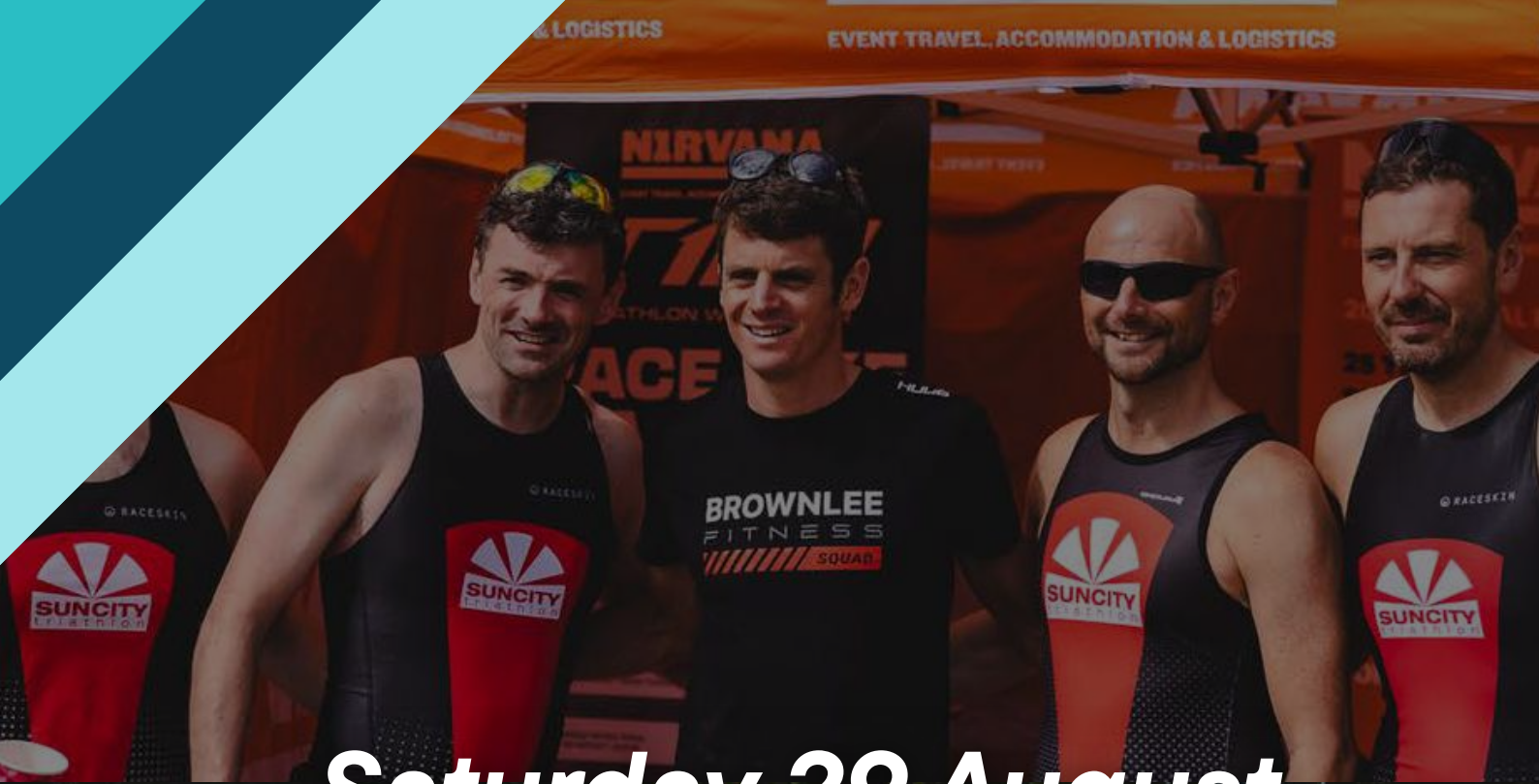
CoreCollagen - Official Supplement Partner of Outlaw Nottingham 2026

We're proud to welcome Core Collagen as the official supplement partner of Outlaw Nottingham 2026. Designed specifically for active bodies, Core Collagen's ready-to-use gel delivers 15g of hydrolysed collagen peptides alongside vitamin C, magnesium and zinc to support muscles, joints and ligaments around training. Use code OUTLAW20!



Bike Fit Phil

We're delighted to have Bike Fit Phil on board as the official bike fit partner of Outlaw Nottingham 2026. A proper bike fit can be the difference between a comfortable 56 miles and a painful one, and Phil's expertise in optimising your position for comfort, performance and injury prevention makes him the ideal partner for our athletes.



Saturday 29 August National Watersports Centre, Nottingham

Making triathlon a team sport, 4
team members 1 race!



[ENTER NOW](#)



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.com.

OUTLAW NOTTINGHAM WEEKEND CLUBS 2026



Belvoir Tri



Lincoln Tri



Doncaster Tri



RAF Tri



Nottingham Tri



MOJO Sisters



Pendle Tri



Loughborough Uni 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 Wasserman Mass Participation, reproduction of this text or style is forbidden.