

OUTLAW NOTTINGHAM **SPRINT**

750M | 20KM | 5KM

**UNLEASH
YOUR
INNER.
OUTLAW.**



OUTLAW NOTTINGHAM SPRINT RACE INFORMATION

16 May 2026

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

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Swim. Bike. Run. Repeat.

Made for Movers. Built for the demands of endurance sport.

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

Collagen is a key structural protein found throughout the body, including in muscles, tendons and ligaments. Endurance sport places repeated demands on these structures.

Our ready-to-take gel format delivers a scientifically relevant collagen dose, combined with purposefully selected ingredients and no unnecessary additives — naturally sweetened with blossom honey.

Designed to fit into your daily routine without interruption. No preparation. No measuring. No stacking protocols to manage.

Just one serving, once a day – built to be taken consistently to support your training and recovery.

Kick-start your routine today:



20% off your first order

Code: OUTLAW20

[core-collagen.com](https://www.core-collagen.com)

Use code at checkout. Offer available for a limited time and subject to change. Take one gel daily, ideally before training, as part of a varied, balanced diet and active lifestyle. Not suitable for vegetarians or vegans.

**Core
Collagen**

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?

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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

	EVENT	TIME
Registration Open	Outlaw Sprint	17:00-19:00

>> SATURDAY, 16 MAY

	EVENT	TIME
Car Park Open	All	05:30
Event Expo Open	All	08:00
Registration	Outlaw Sprint - Wave 1	06:00 - 7:00
	Outlaw Sprint - Wave 2	07:30 - 9:30
	Outlaw Sprint - Wave 3	10:00 - 11:30
	Outlaw Half Nottingham	11:30 - 17:00
Transition Open	Outlaw Sprint - Wave 1	6:30 - 07:30
	Outlaw Sprint - Wave 2	09:15 - 10:00
	Outlaw Half Nottingham	11:30 - 17:30
	Outlaw Sprint - Wave 3	11:45 - 12.30
Race Start	Outlaw Sprint - Wave 1	07:30
	Outlaw Sprint - Wave 2	10:00
	Outlaw Sprint - Wave 3	12:30
	Future Outlaw	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](http://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. The event registration marquee will be in the Event Village next to the main building.

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. All belongings must be stored neatly within the footprints of your racking spots, there is no separate bag store, please use a small bag.

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 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. 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

750_M



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

The swim is a mass start, you will tread water while waiting for the start gun. 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. You may use one of the kayaks for temporary support but not to



THE SWIM

THE RUN

5KM



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

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.

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.

As we have a full schedule on Saturday, please do not delay retrieving your belongings, our marshals will need to move items which are not collected promptly after your race.

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

RESULTS AND 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 posted out after the event to 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

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.



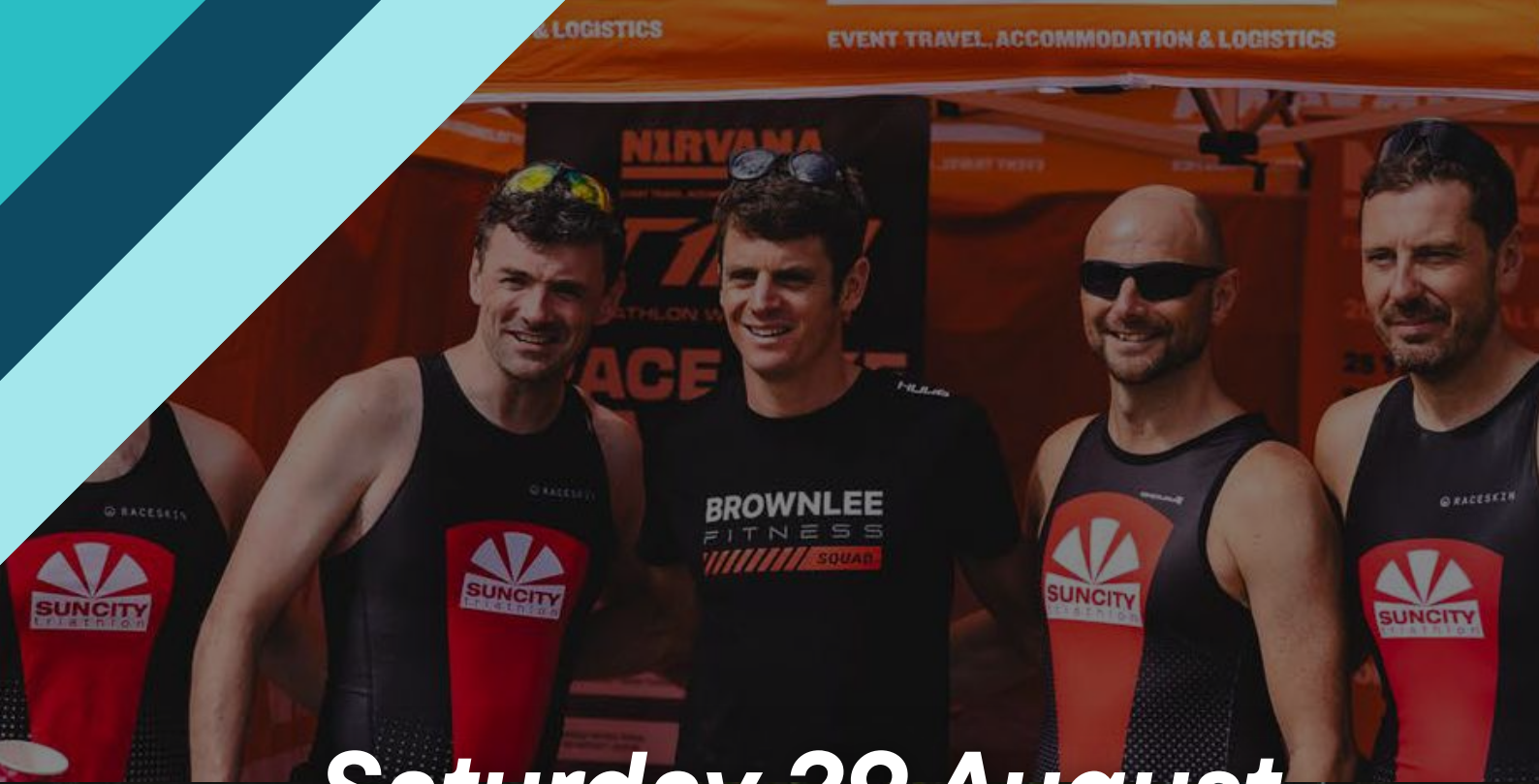
CoreCollagen - Official Supplement Partner of Outlaw Nottingham 2026

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!



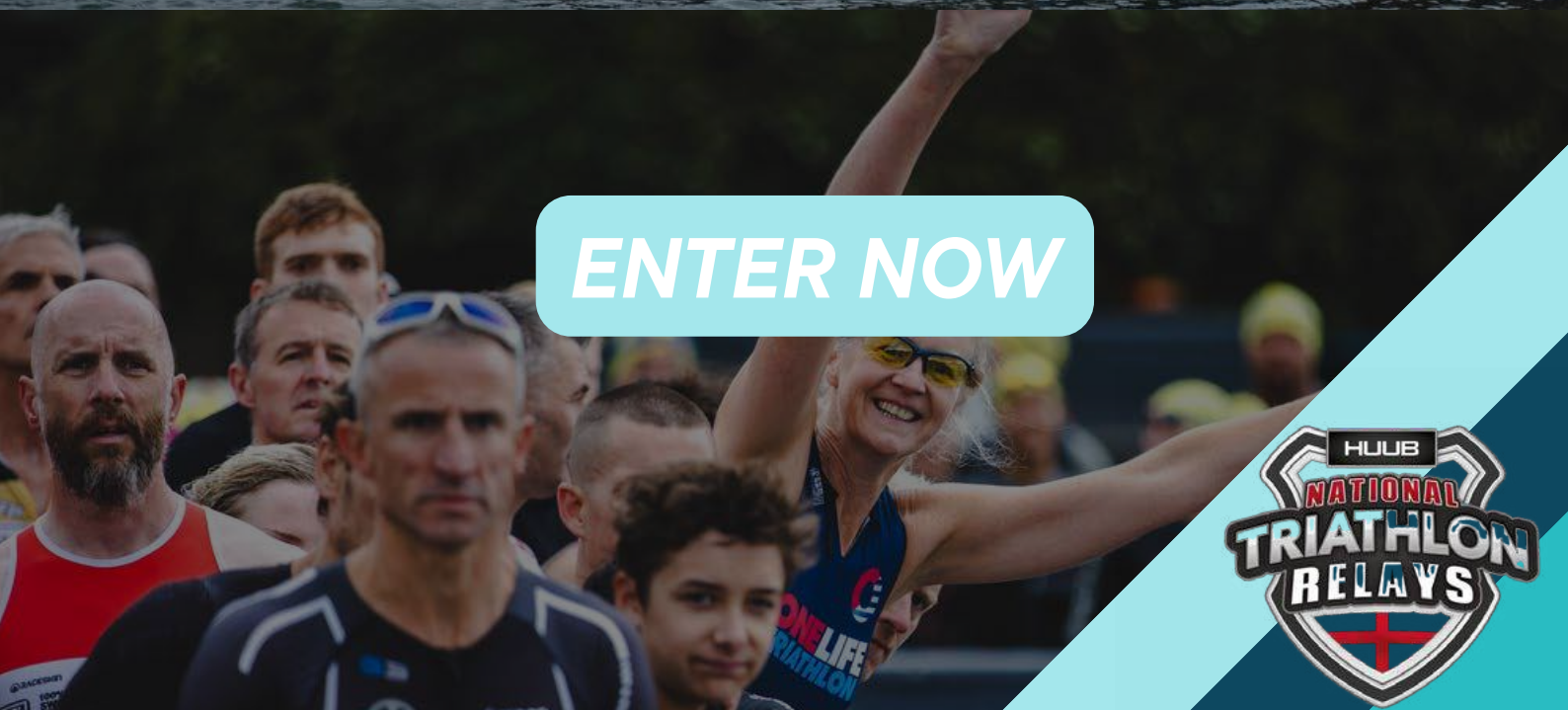
Bike Fit Phil

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.