



SPECTATOR INFORMATION PACK

THE OUTLAW IRON DISTANCE TRIATHLON
NATIONAL WATER SPORTS CENTRE, HOLME PIERREPONT, NOTTINGHAM

SUNDAY 24th JULY 2011





Welcome

Here's all the information you need to ensure you get the best experience from your weekend in Nottingham and that you get to see plenty of the race.

Read it, remember it, and if you're not sure about it get in touch via outlaw@onestepbeyond.org.uk

STEP BEYOND
PROMOTIONS
www.onestepbeyond.org.uk
Sports Event Management



Event Sponsors



The TriathlonCoach.com



Race Weekend Schedule

DATE	TIME	EVENT	LOCATION
FRIDAY 22nd JULY	12:00 - 17:00	REGISTRATION	NATIONAL WATER SPORTS CENTRE - SPORTS HALL
	12:00 - 17:00	OUTLAW EXPO	NATIONAL WATER SPORTS CENTRE - SPORTS HALL
SATURDAY 23rd JULY	10:00 - 17:00	REGISTRATION	NATIONAL WATER SPORTS CENTRE - SPORTS HALL
	10:00 - 17:00	OUTLAW EXPO	NATIONAL WATER SPORTS CENTRE - SPORTS HALL
	11:00 - 17:00	TRANSITION CHECK IN - Bike / Helmets / Transition Bags	NATIONAL WATER SPORTS CENTRE BOTTOM END OF LAKE - BOAT HOUSE AREA
	11:00 - 11:45	TRIATHLON RACE BRIEFING <i>OPTION 1</i>	NATIONAL WATER SPORTS CENTRE - CONFERENCE HALL - MAIN BUILDING
	11:00 - 11:30	OUTLAW SWIM PRACTICE	NATIONAL WATER SPORTS CENTRE BOTTOM END OF LAKE - BOAT HOUSE AREA
	12:00 - 15:00	BIG SPEEDO SWIM	NATIONAL WATER SPORTS CENTRE BOTTOM END OF LAKE - BOAT HOUSE AREA
	13:00 - 14:00	OUTLAW PRAYER	NATIONAL WATER SPORTS CENTRE - CONFERENCE HALL - MAIN BUILDING
	14:00 - 15:00	MOTIVATIONAL TALK BY RORY COLEMAN	NATIONAL WATER SPORTS CENTRE - CONFERENCE HALL - MAIN BUILDING
	15:00 - 15:45	TRIATHLON RACE BRIEFING <i>OPTION 2</i>	NATIONAL WATER SPORTS CENTRE - CONFERENCE HALL - MAIN BUILDING
	16:00 - 16:45	TRIATHLON RACE BRIEFING <i>OPTION 3</i>	NATIONAL WATER SPORTS CENTRE - CONFERENCE HALL - MAIN BUILDING
	17:00 - 17:15	TRANSITION LOCK DOWN - SECURITY ON SITE	NATIONAL WATER SPORTS CENTRE BOTTOM END OF LAKE - BOAT HOUSE AREA
SUNDAY 24th JULY	04:00 - 04:15	TRANSITION OPEN - SECURITY CHECK	NATIONAL WATER SPORTS CENTRE BOTTOM END OF LAKE - BOAT HOUSE AREA
	04:15 - 05:50	TRANSITION OPEN	NATIONAL WATER SPORTS CENTRE BOTTOM END OF LAKE - BOAT HOUSE AREA
	06:00 - 23:00	RACE	NATIONAL WATER SPORTS CENTRE - <i>SEE COURSE MAPS</i>
	09:00	OUTLAW EXPO	NATIONAL WATER SPORTS CENTRE - SPORTS HALL/ OUTSIDE
	17:30 - 24:00 (PROV. TIME ONLY)	TRANSITION OPEN FOR BIKE COLLECTION	NATIONAL WATER SPORTS CENTRE BOTTOM END OF LAKE - BOAT HOUSE AREA
MONDAY 25th JULY	12:00	AWARDS CEREMONY	NOTTINGHAM FOREST FOOTBALL CLUB ROBIN HOOD SUITE



Directions to Holme Pierrepont

From the South: Turn off at junction 24 of the M1 take the A453 to Nottingham and then the A52 to Grantham. Follow signs to the National Water Sports Centre (NWSC).

From the North: Turn off at junction 26 of the M1 take the A610 and then the A52 to Grantham, follow signs to the NWSC. The NWSC is 5 minutes from Nottingham train station

Sat-Nav users are advised to use the name National Water Sports Centre rather than the postcode as some Sat-Nav's will direct you to Colwick Race Course as opposed to the Centre. Download a [PDF version](#) of the directions to Holme Pierrepont. (You will need Adobe Reader to view this file).

Car Parking

Over the weekend, we will be using various car parks based around the NWSC, please follow the Car Park signs and car parking stewards when you arrive. Due to the route of the event we will change car parks during the race to ensure that the athletes are not endangered by vehicles stationary on the course. Please note that we would recommend that no valuables are left in the vehicles at all and that anything valuable is kept in secure lockers at the National Water Sports Centre. All vehicles are parked at owners own risk.

Race Start 06:00

The race will start with one single wave at 06:00am for all athletes. The start will be via a starter's horn so make sure you are there to see the start of the award winning Outlaw Triathlon!

Spectators – Where to go

Swim

Perfect viewing areas are available around the NWSC, none better than the purpose built grandstand. For those who fancy following the swim a grassed bank runs along both sides of the lake. Spectators will be welcome and encouraged to follow the swim from the grassed banks, however, please be aware you need to stay off the internal road as this is the start of the bike route – PLEASE LISTEN TO OUR MARSHALS!

Bike Course

We have really targeted this to make sure you have a great day.

- Southwell

Free Bus - There will be a spectator coach departing from the NWSC Boat House Car Park (behind transition) at the times listed on the timetable below. The buses will travel between the NWSC and Southwell Leisure Centre, allowing you to explore one of Nottinghamshire's prettiest towns.

DEPART NWSC TO SOUTHWELL LEISURE CENTRE		DEPART SOUTHWELL LEISURE CENTRE TO NWSC	
BUS 1	08:00	BUS 5	12:00
BUS 2	08:30	BUS 6	12:30
BUS 3	09:30	BUS 7	13:30
BUS 4	10:00	BUS 8	14:00

If you are making your own way to Southwell, there is a public car park available at the Leisure Centre, PLEASE USE THE PARKING ON THE RIGHT HAND SIDE NOT THE MAIN LEISURE CENTRE OR SCHOOL PARKING.

Southwell has some great pubs, none better than the Hearty Goodfellow who will give you a lovely warm welcome and make sure you are comfortable as you cheer on your Outlaw as they pass through the town 3 times!

- Farnsfield

The White Post Public House – is on the course LITERALLY we are using part of their car park. The pub has a massive car park to accommodate all our Outlaw spectators, situated on the A614 near the village of Farnsfield, between Mansfield and Southwell. The pub is the ideal place to stop and relax to enjoy a meal or a drink in comfortable surroundings. Choose from their extensive menu that includes steaks, salads, family favourites and an extensive good choice of chefs daily specials plus a ranges of sandwiches. All their main courses are 2 for 1 which represents good value for money. Families are welcome and they have an external play area to entertain our younger guests in addition to 2 large patio area's.

Why not plot out your own day, visit www.visitnottingham.com to see exactly what Nottinghamshire has to offer. From The White Post Public House, Sherwood Forest is just 10 minutes drive so head off and see Robin Hood's home and the Major Oak.



Oxton Bank

Please don't take cars out to the climb at Oxton Bank. There is no parking allowed on or near this whole stretch from Oxton roundabout to Southwell. For anyone cycling to watch here, please keep yourself and your bike well out of the carriageway as the road is open and the full width of the road must remain in use. It is preferable that spectators use the spectator bus and keep off the roads as much as possible.

Run Course

Similar to the swim & bike, spectators are encouraged to get involved! As the Outlaws push themselves around the lake you can follow their progress from the grassed banks on both sides. Please stay off the tow path between the NWSC and County Hall as the pathway is fairly tight.

West Bridgford is the district which surrounds the NWSC, with 3 sporting stadiums within a stone's throw of each other, please explore the local area. The Run route actually goes underneath the Nottingham Forest football ground which is a perfect place to view the Run course, as the Outlaws will be heading in both directions.

Finish

The route finishes directly in line with the main grandstand, we will be using crowd control barriers alongside the finish chute meaning that high 5's will be the order of the day!

Live-to-web Results

We will be taking standard swim, transition 1, bike, transition 2 and run splits for all competitors, we are also taking the following splits with the approximate distances:

Bike Split 1 - 42.2 Miles	Bike Split 2 - 67.3 Miles	Bike Split 3 - 92.4 Miles
Run Split 1 - 2.95 Miles	Run Split 2 - 5.8 Miles	Run Split 3 - 10.8 Miles
Run Split 4 - 13.6 Miles	Run Split 5 - 18.7 Miles	Run Split 6 - 21.5 Miles

All splits and finish times will be live-to-web as the event is taking place, you can track the progress on your athlete by visiting our [timing portal](#).

We'll also post a link to it on the website and on our Facebook page.

Awards Ceremony

Prizes will be awarded to the top three male, female, teams and in each of the age groups. The official awards ceremony, which will take place at Nottingham Forest's City Ground on Monday 25th July from 12 noon.

Just to make sure you have a full understanding of the Route have a read of the Athletes Course Information.

The Swim 2.4 Miles

The swim will take place in the manmade lake at the National Water Sports Centre. All swimmers will be required to pass over a check mat before starting the swim. The check mat will be positioned on the left hand side as you look at the lake. All swimmers will need to pass the check mat by 05:50, this point will be open from 05:30. The swim will start in the water using the whole width of the boat house end. This means that the swim start will be approximately 90 metres wide. There are 4 separate bays in which you can start. We are recommending the following for the 4 bays. Bay 1 – swimmers under 60 minutes / Bay 2 – swimmers between 60 – 80 minutes / Bay 3 – swimmers between 80 – 100 minutes / Bay 4 – swimmers over 100 minutes.

The very simple swim route is swim down towards the top end of the lake for just less than 1.2 miles, swim across for 50 metres, then back up to the start for a further 1.2 miles. From the start you have approximately 500 metres to move across the lake onto the left hand side.

Remember at all times, you will only be a few metres from the water's edge. There are just three different swim hats, males, females and teams. There will be a full swim safety team on the water, with medical support, during the swim. If you require any assistance, then if you are able, please make yourself known to one of the safety team. The water safety team will then help and support you. If required, one of the safety boats will transfer you back to the start, if this happens, then you will have to stop and withdraw from the race. If you require any help at all, then please make as much noise as possible to attract attention. You are not allowed to hold onto any safety boats for a rest. If you are seen to be struggling or swimming on your back, you will be rescued into one of the safety boats & then returned to the start.

Once you have completed the whole of the swim course, you will exit via the slip way under the Speedo gantry. Please be careful as you exit the water so that you do not slip. You will pass over a timing mat and then continue into the transition change marquee. Please collect your SWIM / BIKE bags before proceeding into the changing area. Inside there will be a private changing area for Males or Females only. There is no specific swim cut off time, however, to ensure that we abide within the traffic regulation orders, all competitors must have started their cycle by 2 hours 15 minutes. After this, the transition exit will be closed and any athletes still within the swim or transition will be stopped.

The Bike 112 Miles

The first section of the bike course is around the perimeter road of the National Water Sports Centre, this section will give you a chance to organise yourself after the swim section, however, please be aware that even though the road is closed to traffic, spectators might accidentally walk onto the course. Once you have left the National Water Sports Centre, you will join normal highways.



We have been working with the highways department to create a new yet equally safe, interesting and fast course. During the bike course there are some completely 'closed roads', semi closed roads and fully open roads. Some junctions on the course will have traffic management in place, which will allow the competitors to pass through with priority over the other vehicles on the highway. However, we are unable to be 100% confident that vehicles will always stay within the law, so please proceed with caution at every junction. If for reasons of safety, we ask you to stop or slow down, then please do so. There are also junctions that you will be required to make your own judgement on whether it is safe to proceed. On certain parts of the course, there will be traffic cones to protect you from other vehicles. Please note that at times you will be required to ride inside the cones, making sure the cones are on your right.

There are a few safety hot spots which will require special attention from all competitors:

1. **Lowdham Island**, this is small traffic island on the out and back section of the course. The route will be going straight on however, the route crossing is likely to be busy, so please take great care when on this section.
2. **Southwell Town Centre**, even though there will only be traffic in one direction (with the competitors), it is possible that cars may be parked on the roadside, please be very careful as you ride through Southwell and at all corners.
3. The junction of the **A612 / A617**, we will be building an additional area of road to allow competitors to pass by the traffic lights. Please slow down for this junction, it will be a very hard left turn which will be on a raised platform with barriers on both sides.
4. **Kirklington**, after passing through the back end of Southwell for the second time on the lap, you will return back onto the A617 (Kirklington). At this junction, there is no traffic management, please slow down, check carefully to the right before rejoining the A617, as vehicles will be travelling at speed.
5. The junction of the Mansfield Road / A614, you will be required to leave the Highway and travel through the **White Post Pub** Car Park. This section will have a barrier line on both sides – please take extra care when entering and exiting this section.

The Run 26.2 Miles

The run course has been measured by UK Athletics and is a certified marathon. The course will consist of 4 laps of the lake and 3 out and back sections along the river towpath to County Hall. After each out and back section you will be required to collect a wristband. You will complete the run section in the following order:

1. Circuit of the Lake
2. Out and Back to County Hall
3. Circuit of the Lake
4. Out and Back to County Hall
5. Circuit of the Lake
6. Out and Back to County Hall
7. 75% circuit of the lake, filtering into the finish funnel

There are a number of places of interest along the run route, The City Ground, home of Nottingham Forest Football Club is on the course and Trent Bridge, the legendary cricket test match stadium is just off the course, to mention just two. You will be given a wristband at the end of each out and back from County Hall.

Please remember to run on the left at all times and pass other runners as quickly as possible. None of the footpaths are closed for your exclusive use, however, we will be signing along the full length of the route asking the general public to keep the paths clear for runners. Remember that pacing is not allowed during any stage of the Outlaw, particularly on the run.

Once again we ask that no litter is left along the route and that all athletes use the dustbins provided for their rubbish. Any athlete seen littering will be disqualified. (Remember, you can dispose of litter at official feed stations into the various bins provided). There will be a timing mat at the County Hall turnaround point, which we will use to ensure all competitors complete the full distance. There will be lighting units along approximately 5km of the course to ensure that all competitors are safe at all times, including when running in darkness.

The final cut off time is 23:00 (11pm), if we believe that athletes are unable to complete the full course within the cut off times, athletes will be withdrawn after Section 5 above i.e. for they begin the final out and back to County Hall.

Marathon Photos

Marathon Photos will be photographing this event. All images will be uploaded to the Marathon Photos website the following day. Visit it at www.marathon-photos.com

OUTLAW PARTNERS / EXPO

British Heart Foundation - Official Charity

Every two minutes someone has a heart attack, only half survive. That's why the BHF funds more heart research than any other UK charity, spending £5 every minute of every day so we really need your support to allow us to continue our vital work which is helping to save lives. To start your fundraising now, visit www.justgiving.com/bhf or www.virginmoneygiving.com. We look forward to welcoming you onto the team.



Sponsors

Speedo – Swim Partner

Fellow Nottingham brand, Speedo is our swim partner. They'll have an Endless Pool at the expo to tri out the latest TriathELITE™ range, as worn by former World Champion, Helen Jenkins. www.speedo.co.uk

QR – Bike Partner

There's a QR Kilo bike for anyone who raises money for the British Heart Foundation. If you've entered the Outlaw or the Speedo Big Nottingham Swim and you can raise a few quid to help stop heart disease, then you could be in line to win a bike worth £1250!

www.quintanarooTri.com

High 5 - Nutrition Partner

High 5 will be providing nutrition around the route and on the finish line. EnergySource Citrus and Energy Gels in a mix of flavours will be around the route. www.highfive.co.uk

Buff – Partner In Crime

The original multifunctional headwear brand, Buff, will have one of the centre pieces of the expo, get on board the Buff tour bus to find out more. www.buffwear.co.uk

Compressport – Partner In Crime

World class sports compression garments which help to maximise performance and speed up recovery. Developed by a team of professional athletes, scientists and doctors, Compressport is worn by Chrissie Wellington and is available at the Outlaw.

www.compressport.uk.com

The Triathlon Coach – Partner In Crime

The experts in coaching triathletes, check out Outlaw training programmes online. www.thetriathloncoach.com

Swimshop – Partner In Crime

The leading swimwear retailer in Britain, and run by former Olympian, Gaynor Willis (Stanley), take a look for all your swimwear and equipment needs. www.swimshop.co.uk

Retül (Bike Fit) – Partner In Crime

Come and find out more about is the most advanced bicycle fitting system available. Amazingly precise three-dimensional motion capture technology, immediate report capability, and millimetre-specific tools to provide the most accurate dynamic fitting solution in the industry.

www.triathlonspecific.com/Retul/Retul.html

Jointace – Partner In Crime

Specially formulated to deliver targeted, premium care for joints, the range includes Jointace omega-3 and glucosamine to help maintain supple and flexible joints and Jointace chondroitin and glucosamine tablets for cartilage health. Plenty more in their full range online.

www.jointace.com

Thanks

It takes a great amount of work to organise an event such as this. Special thanks go to our Team of Officials that help to organise all of our events, Nottinghamshire County Council, Nottingham City Council, Rushcliffe Borough Council, all of our sponsors and finally you the spectators!

Further Information

Any questions related to the event can be answered by emailing outlaw@onestepbeyond.org.uk

You can also chat to other outlaws and ask questions via www.Facebook.com/OutlawTriathlon

All the information here is believed to be true at the time of going to press. Changes may be required ensuring that the event is organised safely and within the law, these changes will be made without notification. The organiser has the final decision. This information is Copyright to One Step Beyond Promotions, reproduction of this text or style is forbidden.