

- ▶ YELLOW ARROWS - SIDE TRANSITION
- ▶ RED ARROWS - MAIN TRANSITION
- ▶ BIKE ARROWS - BIKE ROUTE

REGATTA LAKE

SWIM
FINISH

TOWER

SWIM
START

SWIM
START

SWIM
IN

SIDE TRANSITION

BIKE
START

MAIN
TRANSITION

SWIM
IN

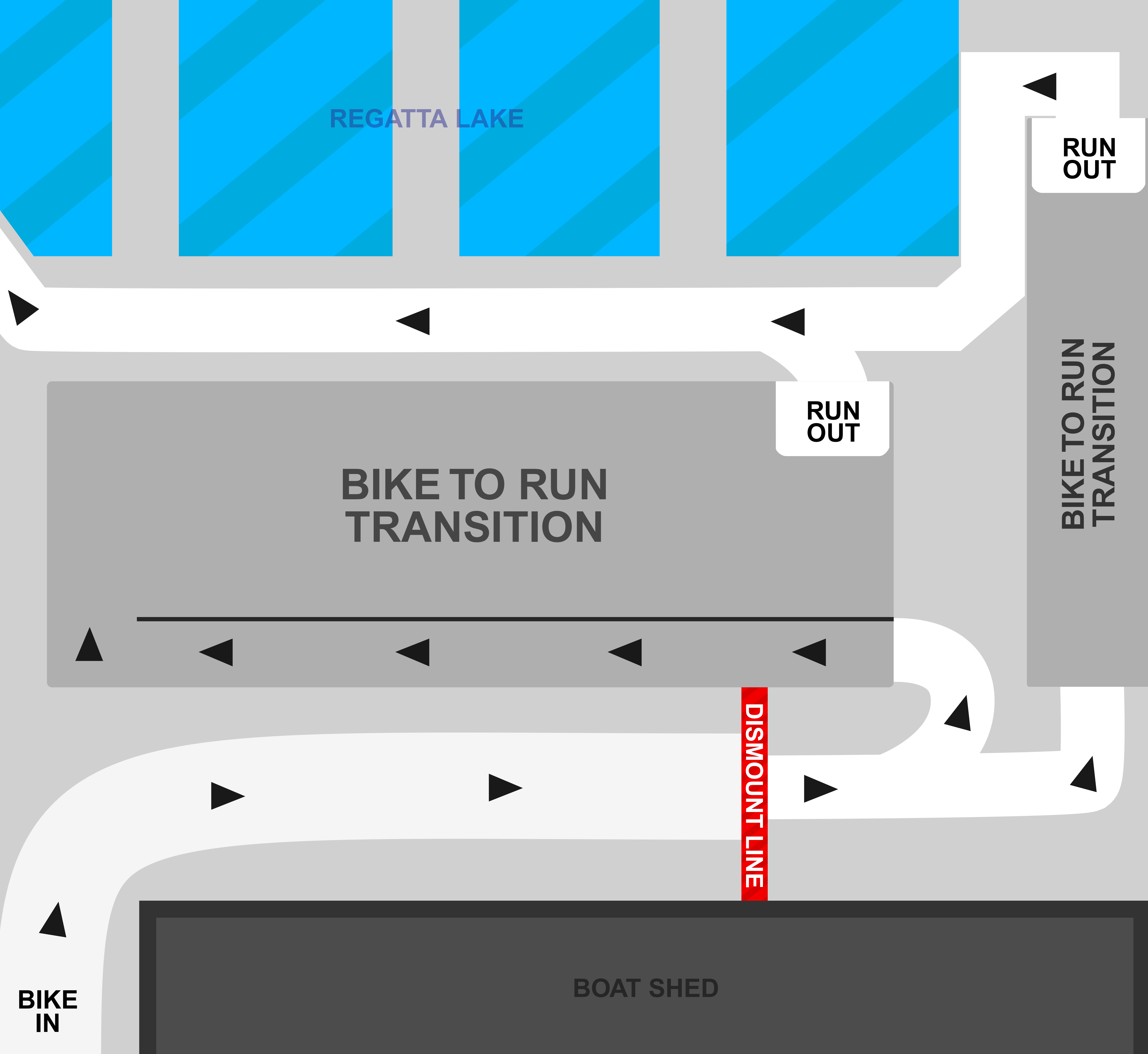
BOAT SHED

OUTLAW HALF
 1.2M SWIM
 56M BIKE
 13.1M RUN
 NOTTINGHAM, UK
TRANSITION MAP

OX HALF
1.2M SWIM
56M BIKE
13.1M RUN
NOTTINGHAM, UK

OUTLAW

TRANSITION MAP



REGATTA LAKE

BIKE TO RUN
TRANSITION

BOAT SHED

RUN
OUT

DISMOUNT LINE

RUN
OUT

BIKE TO RUN
TRANSITION

BIKE
IN