

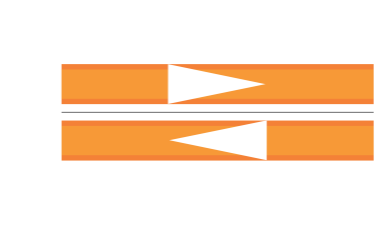
OUTLAW HALF

> 1.2M SWIM <
 > 56M BIKE <
 > 13.1M RUN <
 NOTTINGHAM, UK

MAP KEY



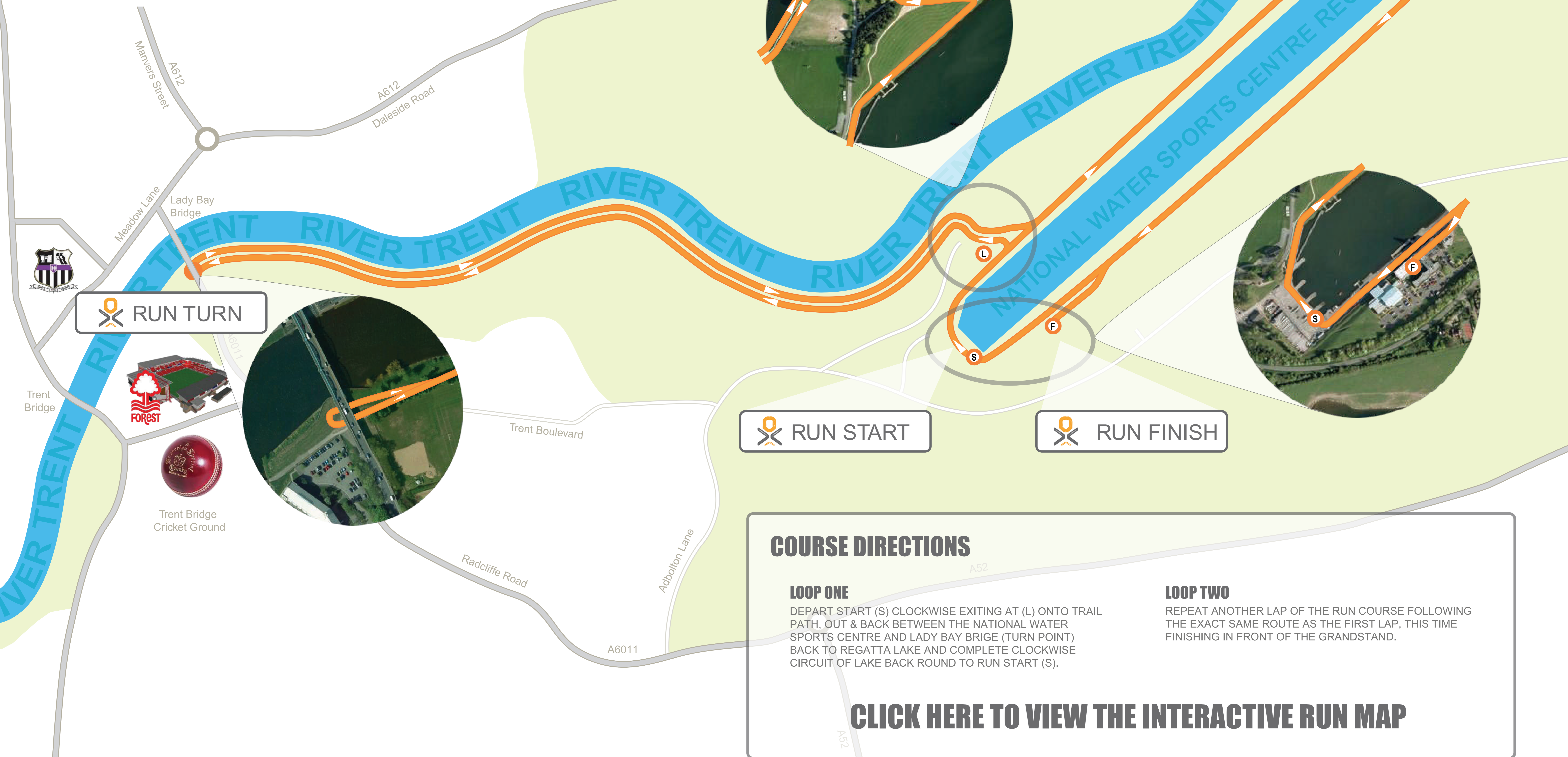
START AND FINISH MARKERS



RUN COURSE WITH DIRECTION ARROWS



LAKE TO RIVER



RUN TURN

RUN START

RUN FINISH

COURSE DIRECTIONS

LOOP ONE

DEPART START (S) CLOCKWISE EXITING AT (L) ONTO TRAIL PATH, OUT & BACK BETWEEN THE NATIONAL WATER SPORTS CENTRE AND LADY BAY BRIGE (TURN POINT) BACK TO REGATTA LAKE AND COMPLETE CLOCKWISE CIRCUIT OF LAKE BACK ROUND TO RUN START (S).

LOOP TWO

REPEAT ANOTHER LAP OF THE RUN COURSE FOLLOWING THE EXACT SAME ROUTE AS THE FIRST LAP, THIS TIME FINISHING IN FRONT OF THE GRANDSTAND.

CLICK HERE TO VIEW THE INTERACTIVE RUN MAP