



1.2M | 56M | 13.1M

UNLEASH
YOUR
INNER
OUTLAW.



OUTLAW MIDDLE RACE INFORMATION

26 July 2026

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



WELCOME

A MESSAGE FROM THE RACE DIRECTOR



Welcome to the very first Outlaw Middle.

When we launched 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, with thousands of athletes from all walks of life joining a brilliant community built around some of the sport's most iconic challenges. Now, we're bringing that same spirit to a brand new event: the Outlaw Middle.

This year, we're absolutely buzzing. Launching a new event is always a leap, and the response so far has told us everything we need to know about the incredible community we've built together. The energy and enthusiasm has been unreal, and we couldn't be more grateful.

We're especially excited that Outlaw Middle comes with extended cut-off times. Making this sport more accessible has always mattered to us, and giving more people the time and confidence to take on a middle-distance triathlon is a huge part of that. Whether you're aiming for a PB or simply want to enjoy every mile of your first middle-distance event, we want you out there, and we want you to have the time to do it justice.

We can't wait to welcome every single one of you to Nottingham. Whether you're a seasoned Outlaw or taking on your first middle-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 challenge of a 1.2-mile swim, 56-mile bike and 13.1-mile run. We hope to see many of you become Outlaws!

Race Director – Outlaw Triathlon Series

Iain Hamilton



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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.

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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 (*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

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?

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 Middle 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

EVENT SCHEDULE

FRIDAY, 24 JULY

>> Registration will be open from 17:00 - 18:30 <<

SATURDAY, 25 JULY

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

	EVENT	TIME
Car Park Open	All	07:00
Event Expo Open	All	08:00
Registration	Outlaw Original Sprint Outlaw Original Outlaw Middle Outlaw Original Aquabike Future Outlaw	08:00 - 09:30 11:00 - 17:00 11:00 - 17:00 11:00 - 17:00 13:00 - 14:45
Transition Open	Outlaw Original Sprint Outlaw Original Outlaw Middle Outlaw Original Aquabike	08:00 - 09:45 11:00 - 17:30 11:00 - 17:30 11:00 - 17:30
Race Start	Outlaw Original Sprint Future Outlaw	10:00 / 10:03 Junior: 15:00 Mini: 15:04
Briefings	Sunday Event Briefing	12:00, 13:00, 15:00 & 16:00

SUNDAY, 26 JULY

>> No registration or racking on race day <<

	EVENT	TIME
Car Park Open	All	04:15
Event Expo Open	All	08:00
Transition Open	All	05:00
Race start	Outlaw Original Outlaw Middle	06:00 Mass Start Elite Wave Start: 06:30 Time Trial Start: 06:33
Awards	Outlaw Middle Overall Winner Outlaw Middle Age Group Outlaw Original Overall Winner Outlaw Original Aquabike Outlaw Original Age Group Awards	12:00 17:00 18:00 18:00 Monday 11:00

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**
(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**

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.s.raced** OR **///land.grass.much**.

Your allocated registration time (between 11:00 - 17:00) will be emailed to you pre-event and published on the start list on the website.

Transition Check-In:

All athletes must register before they come to transition, transition will be open from 11:00 - 17:30 and you must be wearing your athlete wristband to enter.

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. You'll use this area for both your Swim-Bike and Bike-Run transitions.

Please note, there aren't any changing tents, and nudity isn't allowed, so keep that in mind when preparing for the race. There will be a bag storage area within transition for Outlaw Middle athletes.

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.

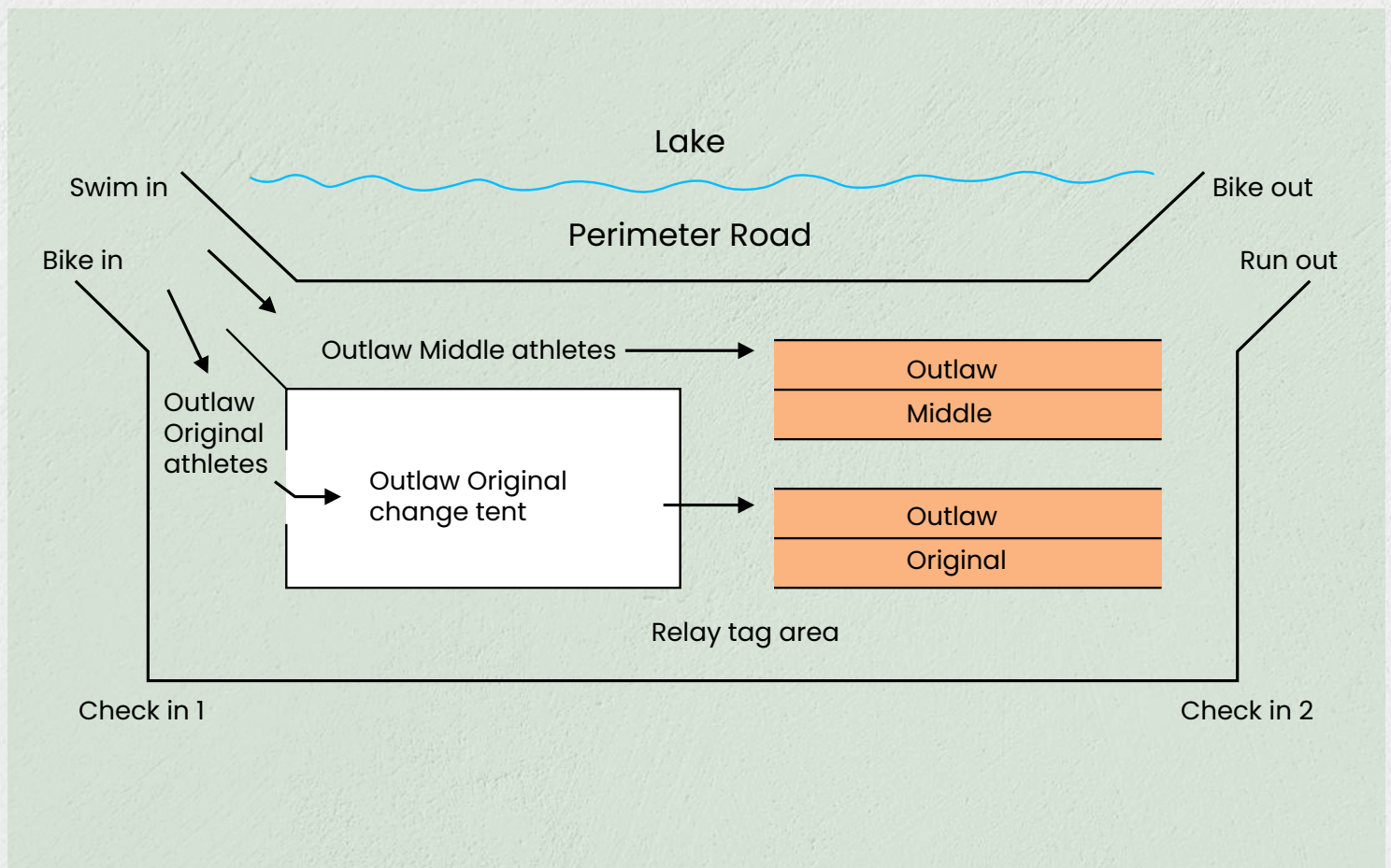
On Sunday morning, you will also need to be wearing your securely fastened helmet as you enter transition for the first time.

ONSITE RACE BRIEFINGS

We highly recommend attending at least one race briefing held on Saturday. This will enable us to give you any last minute updates as well as any questions you have for the race director.



TRANSITION MAP

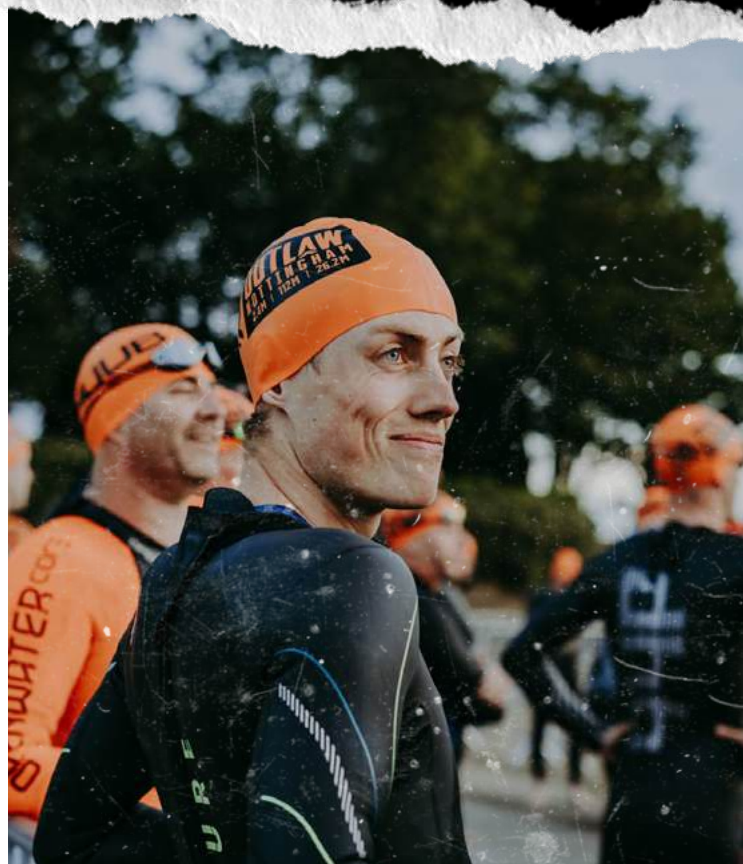


PRACTICE SWIM

We will be running a practice swim from 13:00–13:45, giving you the chance to get a feel for the lake before race day. These will take place from the boathouse end of the lake, so head there when you arrive. Please make sure you register first and check in using your race number before entering the water.

For your safety all athletes will need to sign in and out of the water with our team of marshals who will be positioned down by the boathouses.

You will need to check in by 13:30 to be able to swim. Please note there will be no bag storage or changing areas in the swim area, please use the lockers and changing rooms in the main building (the closest option) or the change tent in transition (if you have already registered and are wearing your security wristband) which will be open from 11:00.



THE START

THE START

RACE START

There will be a small elite wave starting at 06:30, with the time trial start following from 06:33.

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.



THE SWIM 1.2 MILES

**CUT-OFF: 1 HOUR 35 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.

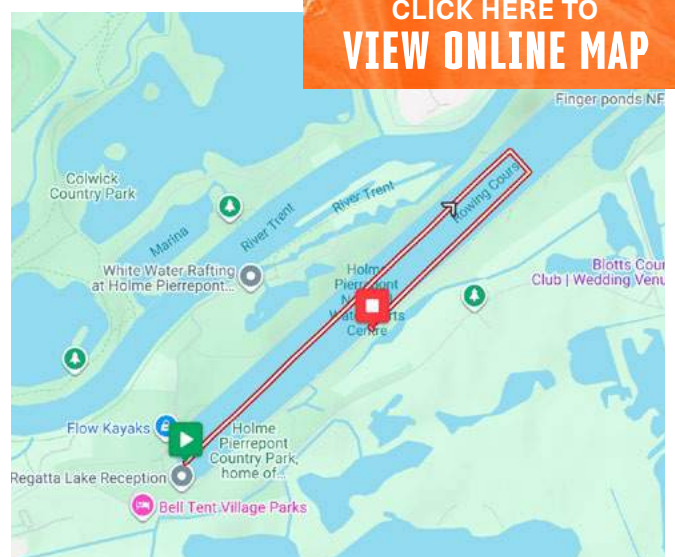
A full safety team will be on the water with medical support lakeside. If you need assistance, roll onto your back, wave an arm, and make as much noise as possible. Safety boats may transfer you to a designated EVAC point, in which case you must stop and withdraw from the race.

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.

**CLICK HERE TO
VIEW ONLINE MAP**



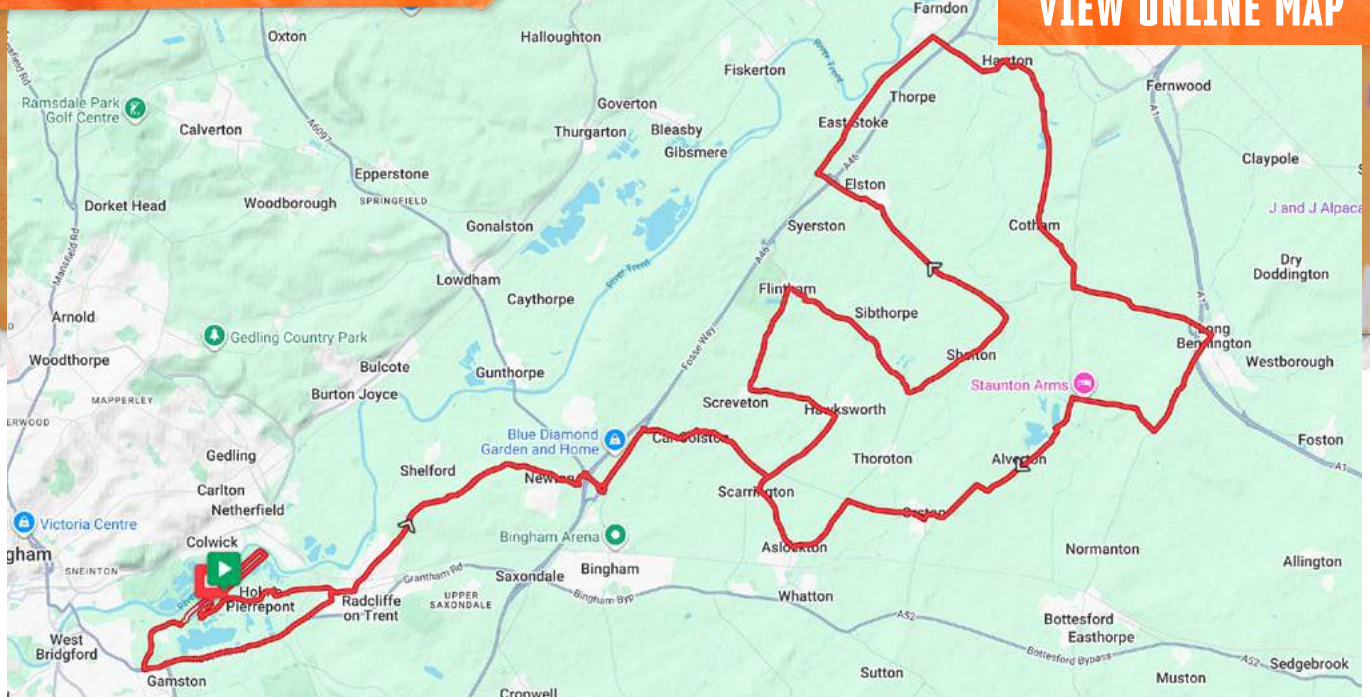
THE SWIM

THE BIKE 56 MILES



**CUT-OFF: 6 HOURS 35 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

- **37.5:** Left towards Kilvington, Alverton and Orston
- **40.3:** Right turn into Orston followed by a left, right before leaving Orston.
- **41.6:** Left at crossroads towards Aslockton
- **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.



TRANSITION - BIKE TO RUN

On your arrival back to the Water Sports Centre, you will turn right in through the main entrance and turning immediately right towards the perimeter road. Athletes will need to take care as they make the tight right hand turn onto the perimeter road before reaching the dismount line, dismounting your bike BEFORE the dismount line and entering transition. Run with your bike past the marquee to re-rack your bike.

After you have racked your bike, head to the far-end of transition to exit onto the run course. As you exit transition you will complete a mini loop before joining the perimeter road heading towards the main building.

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 RUN 13.1 MILES



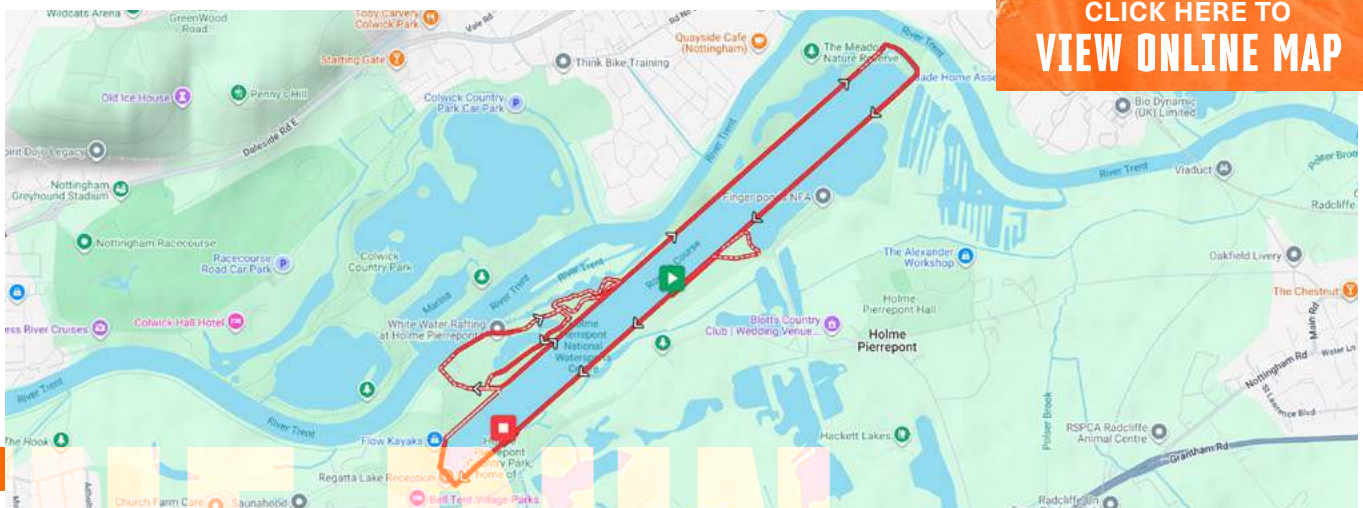
**CUT-OFF: 11 HOURS AFTER
YOUR START TIME**

The run course consists of a mini loop, three laps, and a final 780m to the finish (see Run Maps).

After leaving transition, complete a mini loop before joining the perimeter road clockwise to reach Feed Station 1 at **1.5 miles**. At 1.4 miles, make a left turn off the perimeter road and pass the scoreboard toward the River Trent. Cross to the far side of the back car park and turn right toward the White Water Centre to complete a scenic loop around the white water course, passing Feed station 2 from **1.9 miles to 2.6 miles**. Then, drop back onto the perimeter road toward the bottom of the lake, passing Feed station 3 from **3.3 miles to 3.9 miles**.

As you complete your first lap, you'll pass transition for the second time. After three laps (with the fourth transition pass), complete the final 780m by filtering left onto the orange carpet and enjoy a hero's welcome under the Outlaw Middle finish line gantry.

Remember: no littering – dispose of all rubbish at the official Feed Stations or provided bins, or you will be disqualified.



THE RUN 13.1 MILES

FEED STATIONS

FEED STATION LAYOUT:



NAME	AREA	APPROX. MILEAGE	DISTANCE FROM PREVIOUS
Feed Station 1	Scoreboard	1.5	-
Feed Station 2	Scoreboard, Preimeter Rd	2.6	1.1
Feed Station 3	Far end of the lake	3.9	1.3
Feed Station 4	Scoreboard	5.6	1.7
Feed Station 5	Scoreboard, Perimeter Rd	6.7	1.1
Feed Station 6	Far end of the lake	8.0	1.3
Feed Station 7	Scoreboard	9.7	1.7
Feed Station 8	Scoreboard, Perimeter Rd	10.8	1.1
Feed Station 9	Far end of the lake	12.1	1.3
Feed Station 10	Finish	13.1	1.0

THE FINISH



When filtering into the finish chute and onto the orange carpet, look up and celebrate finishing Outlaw Middle in front of the Grandstand as you're cheered across the line!

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

Children must be over three to join you on the orange carpet. 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 Marquee.

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	1h 35mins to exit T1
Bike	56 miles	6h 35mins after your start
Run	13.1 miles	11hrs after your start

TIMINGS

To ensure accurate times and results, you must wear your timing strap while racing. Please do not cross the timing mats except when you are competing.

Electronically capturing each athlete's splits and finishing time allows us to continuously live track athletes throughout the day. You can follow live tracking via the **Outlaw app**.

For all official timings and age group rankings, these will be available via the [Results Base website](#).

We will be taking standard splits for swim, transition 1, bike, transition 2, and run, as well as additional splits within the bike and run sections.

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 & Run routes, 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 and on the front during the run (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!**

AWARD CEREMONIES

Prizes will be awarded to the overall top 3 males and females, plus the top 3 in each age group (excluding Pro Athletes).



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.
- The run course will be fully marked after Saturday races have finished.
- 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 22nd July.
- 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



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.



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.

Triathlon, but better together.



One of the UK's longest-running triathlon events flips the solo challenge into a shared one. Four of you, racing as one — open to mixed abilities, first-timers, clubs and mates.

WHEN

**Sat 29 August
2026**

FORMAT

**Teams of 4
Swim·Bike·Run**

CIRCUIT

**Closed &
traffic-free**

ENTER YOUR TEAM →

resultsbase.net/event/7646

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.

OUTLAW ORIGINAL WEEKEND CLUBS 2026



Belvoir Tri



Lincoln Tri



10IronWomen



MOJO Sisters



RAF 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 The Team Mass Participation, reproduction of this text or style is forbidden.