

2023



FINAL RACE INFORMATION

HOLKHAM ESTATE | WELLS-NEXT-THE-SEA | NORFOLK | NR23 1RH

SUNDAY, 9 JULY

NATIONAL CHARITY PARTNERS:



CANCER
RESEARCH
UK



Alzheimer's
Research
UK

Make
breakthroughs
possible

WELCOME

Welcome to Outlaw Half Holkham 2023, the second event in the 2023 Outlaw Series. Becoming an Outlaw comes with responsibilities, so here's what we expect from you:

- **Be polite to local residents whilst you are riding past their homes**
- **Ride safely and within the rules of the sport**
- **Only discard litter at the designated drop zones**
- **Only use the toilets at the feed stations**
- **Respect the marshals and volunteers - they give up their time to make sure you become an Outlaw**

Please don't endanger our event or disrespect our sport – lets have some fun!

This is the final version of the race information, written in June 2023. Please read it, remember it and if you're not sure about it get in touch via info@outlawtriathlon.com.

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EVENT PHOTOS



AWOL 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 Half Holkham for just £10* when you purchase a pre-event photo bundle from our official photography partner AWOL.

Visit the AWOL event page [here](#) to pre-order. Minimum of 3 photos GUARANTEED or your money back*

Please note: Medium Resolution (800px) images from this event will be FREE and there is no need to pre register for these.

* Post-event photo bundle price is £20

EVENT SCHEDULE

SATURDAY, 8 JULY [ALL ATHLETES TO REGISTER AND RACK BIKE]

TIME	EVENT	LOCATION
08:30 – 17:00	Event Expo Open	Event Area
10:00	Holkham 10K	Start Area – Back of Hall
11:00 – 17:00	Outlaw Half Holkham – Event Registration Opens	Event Area
11:00 – 12:30	Outlaw Racking Slot 1	Transition Area
12:30 – 14:00	Outlaw Racking Slot 2	Transition Area
14:00 – 15:30	Outlaw Racking Slot 3	Transition Area
14:30	Future Outlaw Runs	Start Area – Back of Hall
15:30 – 17:00	Outlaw Racking Slot 4	Transition Area
17:00	Transition Lockdown – Security on Site	Transition Area
18:30 – 20:00	Pre Race Dinner with HUUB (pre purchase only)	Lady Elizabeth Wing

SUNDAY, 9 JULY [THERE WILL BE NO REGISTRATION OR RACKING ON RACE DAY]

TIME	EVENT	LOCATION
05:00	Transition Security Opens	Transition Area
05:50	1st Athletes called to the Start Area	Swim Start Area
06:00	Outlaw Half Holkham Race Start	
08:00 – 17:00	Event Expo Open	Event Area
12:00 – 18:00	Transition Area Open for Bike Collection	Transition Area
13:00	Award Presentation 1 – Overall Winners	Event Area
16:00	Award Presentation 2 – Age Group Winners	Event Area

EVENT INFORMATION

Directions to Holkham

Holkham is two miles west of Wells-next-the-Sea on the main A149, within easy reach of Norwich on the A1067, King's Lynn on the A148, and London and Cambridge from the M11 and the A10. Cars: Brown tourist signs indicate the route from Fakenham following the B1105 and A149 road from Wells-next-the-Sea. The main entrance for the public, cars and small coaches to Holkham Park, the Hall and other attractions, is via the north gates of the estate on Park Road.

BY TRAIN

The nearest train station is King's Lynn (approximately 23 miles away), which has hourly trains running from King's Cross, London via Cambridge and Ely. Train times can be found by telephoning National Rail Enquiries: (08457) 484950 or visiting www.qjump.co.uk.

BY BUS

The Norfolk Coasthopper runs from King's Lynn and Hunstanton to Sheringham and has two stops at Holkham. The main bus stop is on the main road in Holkham village. In the summer the service is surprisingly frequent. The Hall is reached via Park Road, approximately a 3/4 mile walk away.

BY BICYCLE

Holkham Park is on National Cycle Route 1. For more information see the Sustrans website: www.sustrans.org.uk. Secure bicycle racks can be found in the courtyard.

ON FOOT

Pedestrian access is available at the North, South, East and West Gates.

Car Parking

Please read this section carefully so you know the quickest and easiest way to access Holkham Hall Estate on both Saturday and Sunday, as there are now 2 entrances available on Sunday morning.

Athletes can pre-purchase your event parking for a cost of £8.50. If you pre-purchased parking you will receive an email on the Wednesday before the event with an electronic parking permit, which you will need to show on arrival to the event car park. You will then collect your Parking Swing Ticket from

Registration when you collect your race pack. If you did not pre-purchase you will be charged for parking when you arrive at a cost of £10. You will be given a receipt by the parking team which you will need to show at Registration to be issued with your Parking Swing Ticket at Registration. Please ensure you have your swing ticket on display after you have collected it at Registration as this will allow you easy access for the whole weekend.

All vehicles and any belongings are left at the owners' risk.

Saturday Arrival

Please enter the estate via the Main / North Gate, unless you are staying on the campsite (please read the separate Campsite Information for details) off the coastal road A149. You will need to then follow the car park signage and the directions of the Parking Stewards.

SAT NAV: Please use NR23 1RH.

What3words address is: **foresight.sulked.observe**

Sunday Arrival: 04:30 to 06:00

Before the event starts on Sunday morning, we will be using 2 gates the North Gate (as per Saturday) and Golden Gate to make your arrival onto the event site and car park quicker and smoother.

If you are travelling eastbound (from Hunstanton direction) please turn right into Holkham estate via the North Gate – using what3words address: **foresight.sulked.observe**
If you are travelling from Wells-next-the-Sea please enter via the North Gate, turning left in off the A149 – using what3words address: **foresight.sulked.observe**

If you are travelling to the event on the B1105 (towards Wells-next-the-Sea) please enter via the Golden Gate, turning left into Holkham Estate off the B1105 onto Golden Gates Drive – using what3words address: **last.upsetting.frosted**

After 06:00 on Sunday anybody coming to the event will need to revert to a single entrance gate of North Gate off the A149.

EVENT INFORMATION

Prizes & Presentation

Prizes will be awarded to the Overall Top 3 male, female and teams, plus the top 3 in each age groups as (listed below). Prizes will be presented on the day of the event at one of the 2 Presentations.

Please note, Elite Athletes are not eligible for age group prizes.

There will be 2 Prize Presentations on Sunday 9 July. The first will be at 13:00 for the Overall Top 3 open, female and teams. The second presentation will be held at 16:00 for the top 3 in each of the age groups listed below.

Awards Categories

FEMALE	OPEN	TEAM
Overall Winner / 2nd Place / 3rd Place	Overall Winner / 2nd Place / 3rd Place	Winners / 2nd Place / 3rd Place
18 - 19	18 - 19	
20 - 24	20 - 24	
25 - 29	25 - 29	
30 - 34	30 - 34	
35 - 39	35 - 39	
40 - 44	40 - 44	
45 - 49	45 - 49	
50 - 54	50 - 54	
55 - 59	55 - 59	
60 - 64	60 - 64	
65 - 69	65 - 69	
	70 - 74	
	75 - 79	

Spectators

We are delighted to be able to welcome spectators back to Holkham for Outlaw Half Holkham.

The Holkham Estate offers fantastic viewing with the transition area, swim and run routes all within an easy walk from the main Event Area, where all of our athletes will finish down the orange carpet on the back lawn of the Hall.

There is plenty for your spectators to do at Holkham, outside of the event, including the Holkham Experience, the excellent cafe and children's play area. You can find out more by clicking [here](#) to view the Holkham Estate website.

Event Registration

Event Registration, which will be based in the main Event Area, will be open on Saturday 8 July 2023 between 11:00 and 17:00. All athletes that are racing Outlaw Half Holkham 2022 will need to register to collect their race pack prior to racking your bike in transition. Please ensure that you know your race number before coming to register. This can be found from the event Start List which can be found on the event web page at www.outlawtriathlon.com/holkham/overview or in your event information email.

At Registration you will need to show either your 2023 BTF Race Licence or a form of Photo ID before you will be able to collect your race pack. Electronic or photocopies are fine. Due to poor mobile reception please download onto your phone or print these before you travel to the event.

If you are unable to show a valid BTF 2023 Race Licence (or overseas licence) and did not purchase a day licence when you entered, you will be required to purchase a day licence for £6 before being allowed to register. There will be NO exceptions to this rule. If you have a valid BTF Race Licence, please remember download a copy onto your phone before you arrive at the event.

Your Race pack will contain the following items:

- Race Number x2 – One to be worn on your back for the bike and one for the front during the run
- Sticker Set – Bike Security & Helmet
- Security Wristband - To be worn all weekend from registration until you leave site
- Swim Cap
- Timing Chip & Strap
- Parking Swing Ticket - if pre-purchased

Within the Registration Marquee will be an Enquiries Desk to deal with any issues. If you did not pre-purchase your parking and paid on entry you will need to show your parking receipt to collect your parking Swing Ticket before leaving registration.

Race Briefings

There will be NO on-site briefings in 2023. There will be a recorded Race Briefing sent to all athletes to watch prior to your arrival at the event. This will cover all aspects of the event and include details on what you can expect from OSB Events and what we expect from you at the event. Please ensure that you watch this video before you arrive, so you are prepared for the event in full prior to arriving at Holkham Hall.

Racking

All competitors will be required to rack their bike on Saturday 8 July, between 11:00 – 17:00, there will be no exceptions to this rule.

Race Start: 06:00 - 07:00

The race in 2023 will see athletes start in a time trial format from a start pontoon.

Athletes will be called into the Start Holding Area in blocks of 100 athletes at a time, as shown in the table below. From the Holding Area you will then be invited to join the snake style queue down to the start pontoon. As you go onto the start pontoon you will follow the starter's instructions, passing through the Timing Point to begin your event.

WAVE	CAP COLOUR	TO THE START TIME
1	Orange	05:50
2	Blue	05:50
3	Yellow	06:00
4	Red	06:05
5	Green	06:10
6	Pink	06:15
7	Silver	06:20
8	Orange	06:25
9	Blue	06:30
10	Yellow	06:35
11	Red	06:40
12	Green	06:45

Relay Teams and Entries after the 16/6/2023 will be allocated to a suitable wave based on predicted swim time.

Transition Area

The transition area will be positioned on the event field directly next to the lake. This will be your transition for both the Swim-Bike and Bike-Run. There will be no change tent available, and nudity is not permitted, so consider this in your race preparations. Please note your Helmet and Race Number MUST be worn when entering the transition area on Race Day. You will be required to show these again when you check out of transition after the event.

As every athlete will have an increased amount of space at your racking slot you are allowed to keep a small bag next to your racking spot in transition. There will not be a bag storage area in transition.

You will be required to show your race number and bike security sticker attached to your bike when you check out of transition after the event.

Transition Security

After Registering and collecting your race pack please make sure that you are wearing your event Security Wristband and have attached your Bike Security sticker to your bike frame. All athletes will be required to be wearing your security wristband and have bike security sticker attached to your bike frame before being allowed to pass through Transition Security to rack your bike. You will not gain access to transition to rack your bike without doing this first.

The published start list, and event information email, will give each athlete an allocated Transition Check In time between 11:00 and 17:00. This is to help avoid queues at both Registration and Transition Security.

There will be 2 Transition Security Check In gates available, and you are able to use either of these to pass through security to rack your bike on Saturday and pre-event on Sunday morning. Whenever you enter transition, you will need to be wearing your Event Security Wristband. Please stick to your time if you can, but we understand that some people will not be able to make their registration slot. This is OK, so long as you register and rack by 5pm.

On race day morning you will be required to wear your helmet, fastened, to enable you to check into transition.



EVENT INFORMATION

Post Event Bike Check Out

To be able to check your bike out of transition after the event you will be required to show your race number and security wristband that you are still wearing as well as your bike security sticker. If all 3 do not match you will not be allowed to check out of transition. This is for you and your bikes security.

The Team Event

Only one person is required to register for the whole team, though will be required to show ALL of the valid 2023 BTF Race Licences or Photo ID. If a Relay Team member has not purchased a Day Licence these will also need to be purchased at a cost of £6 per licence.

All Relay Teams will be issued with one timing chip. Your timing chip is the team's relay baton and needs to be passed and attached round the left ankle of each team's member. The Tag will take place at your teams allocated racking slot. The team's cyclist is not allowed to touch their helmet or bike until they have attached the timing chip round their ankle. The team's cyclist should not pass the timing chip to the team's runner until they have racked their bike.

Electronic Timing & Live-to-Web Results

To ensure accurate times and results, every competitor will receive a timing chip to use whilst racing. Please ensure that you bring your chip with you on race day and that you fasten it securely to your left ankle. Please ensure that you do not cross the mats, which register your times, except when you are competing. To avoid this problem, do not climb over barriers as they are in place to prevent access from these areas prior to the event. Failure to comply with this request will trigger your timing chip and will invalidate your result.

When fitting your chip some people find it useful to smear a small amount of lubricant around that area to prevent any chaffing, however, please do not apply too much otherwise the strap will become unusable. Electronically capturing each finisher's time allows us to continuously post provisional results on the plasma screen in the results gazebo directly in front of the main building. We should have live-to-web results at www.outlawtriathlon.com

We will be taking standard swim, transition 1, bike, transition 2 & run splits, we are also taking splits on the Bike & Run sections, at the distances stated below:

BIKE SPLITS

1.5 Miles - South Drive
28.5 Miles - Sandringham

RUN SPLITS

1.5, 5.9 & 10.3 - Feed Station 2
4.35 & 8.7 Miles - Front of house

All splits and finish times will be live-to-web as the event is taking place, friends and family can track your progress by visiting our website.



THE SWIM - 1.2 MILES

[Cut off 1 hour 10 minutes - with a further 10 minutes to pass through T1]

The Swim will take place in the lake within the Holkham Estate. All swimmers will be required to access the start via the Swim Start Holding Pen as they are called forward as per the Call to Start timetable outlined in The Start section on page 7. You will queue onto the swim start pontoon where you will pass through the start timing point as instructed by the Swim Start Team which is where your event will start. Once you pass this timing point your event has started. You will enter the water via one of 2 gangways sloping into the water. As you enter the water you will start swimming away from the Hall.

The swim route is very simple. You will swim up the lake away from the Hall, keeping to the right hand side of the lake. After 0.4 miles you will follow the bend in the lake to the right hand side before swimming to the left round the outside of the island keeping the island on your left hand side at the far end of the lake. After 0.65 miles you will be swimming back down towards the Hall before turning left after 1.1 miles to cut across the lake to exit the water via the pontoon.

You will keep the orange swim buoys on your left-hand side at all times, making 2 left turns round the large yellow cube buoys - 1 at the far end of the lake after swimming round the island and the other to make your left turn to the swim exit pontoon.

There will be a full swim safety team on the water, with a medical support team on board. If you require any assistance, please make yourself known to one of the safety team by

rolling onto your back, waving one arm and making as much noise as possible. 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. You are not allowed to hold onto any safety boats for a rest. If you are seen to be struggling you may be rescued into one of the safety boats & then returned to the swim exit pontoon. Please note the last section of the swim will be swimming directly towards the rising sun, we strongly recommend that you wear goggles with mirrored or smoked lenses to aid sighting of the swim exit.

Once you have completed the swim course, you will exit the water via a pontoon heading under an inflatable gantry. Please be careful not to slip as you exit the water.

Transition - Swim to Bike

There is one transition area on the back lawn of the Hall. You will run round the top half of the transition area before entering transition in the top right hand corner where you will turn right into the transition area. After changing from Swim to Bike gear, remembering to attach your helmet on your head prior to touching your bike, you will continue down to the bottom left corner of transition where you will exit onto the road and mount your bike AFTER the mount line.



THE BIKE - 56.7 MILES

[Cut off 5 hours 20 minutes]

[Click Here to view
The Bike Map](#)

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 you 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, with the cones on your right. There will be a large number of National Escort Group riders on the course, these will ensure that all athletes are riding within the rules of the BTF & also act as communication points for the race organisers. If you are in trouble then please flag down a National Escort Rider or stop at an event marshal, both should have communications with Race Control. There will be two support vehicles travelling around the course.

Please note that athletes should not throw any litter (including water bottles) onto the course at any point, we ask that you keep all of your litter. Competitors caught throwing litter will be disqualified as well as being named and shamed on the results. Empty bottles and litter can be discarded at the feed station.

Under no circumstances should athletes ride in bunches or cross the centre line of the road. Unless you are overtaking you should at all times ride in single file and observe a 12m gap between yourself and the rider in front. This is as per the BTF rules relating to competing on open roads. Any infringements will be met with time penalties and/or disqualification for multiple offences.

Please be mindful at all times that you are representing our sport in the community, and that we want to set a positive example of the Outlaw as a fair and sporting event that inspires those that take part and watch the event.



The Bike - Route

The first section of the bike will see you take the traditional main drive out of the Holkham Estate towards the South Gate. Remember what this is like as you'll see it and the stunning view of Holkham Hall when you return to transition at the end of the bike route.

After a very straight 2 miles you'll exit the estate turning left out of the South Gate, and follow the traditional estate boundary wall for a further 2 miles (making 2 left turns) which will see you join the B1105 towards Wells-next-the-Sea.

Following a quick descent towards Wells, your climbing legs will get warmed up as you go up Two Furlong Hill before the road bends left and takes you past the main entrance to Holkham Estate on your left hand side (6.9 miles). After 8.2 miles you will turn left off the A149 onto the B1155 towards Burnham Market. As you approach Burnham Market you need to be aware of a few tight bends in the road prior to a right hand turn prior to the village onto Friars Lane. We'd recommend dropping to a slightly easier gear ready for the slight rise just after making the right hand turn. This road will be under a One Way system in your direction, though please stick to the left hand side of the road unless overtaking.

Back onto the rolling A149 towards Burnham Deepdale you'll need to slow for a sharp left hand turn (13.3 miles) just prior to the village, which will see you encounter the start of the climb that will take you on a rolling route up to Docking, via the outskirts of Burnham Market, where you will make a right turn (15.4 miles) at which we advise caution as there are often cars parked which narrows the road. After passing through Docking and turning left (21.6 miles) you'll have a sweeping fast descent followed by a nicely rolling section all the way to Fring.

You'll head through Shernborne before making a couple of tight left turns at Dersingham (28 miles). Now's the time to make sure you're looking smart as you cycle past 2 of the gates to the Sandringham Estate, don't forget to wave on your way past! Prior to the turn onto the A148 at 31.5 miles, you will pass the bike feed station at approximately 31 miles. After turning onto the A148 you'll climb to the high point on the course at 36.7 miles, it's all downhill from here, well nearly!

You will now turn left at 45 miles onto the B1355 missing the busy Fakenham roundabout. Once on the B1355 you continue for approximately 1.5 miles before making a right-hand turn onto an unnamed road.

You will then re-join the B1105. The next section of road will be another rolling section of the course with a very fast descent prior to making a hard left hand turn. PLEASE NOTE this turn is tighter than 90 degrees so you will need to SLOW DOWN prior to making the turn. From this point you will retrace your steps back in through the South Gate of Holkham Estate, climb up to the Obelisk and get a stunning view of the front of Holkham Hall before descending to the end of the bike course. At the approach to the transition area you will reach the dismount line, please ensure you are off your bike BEFORE crossing the line.



EVENT INFORMATION

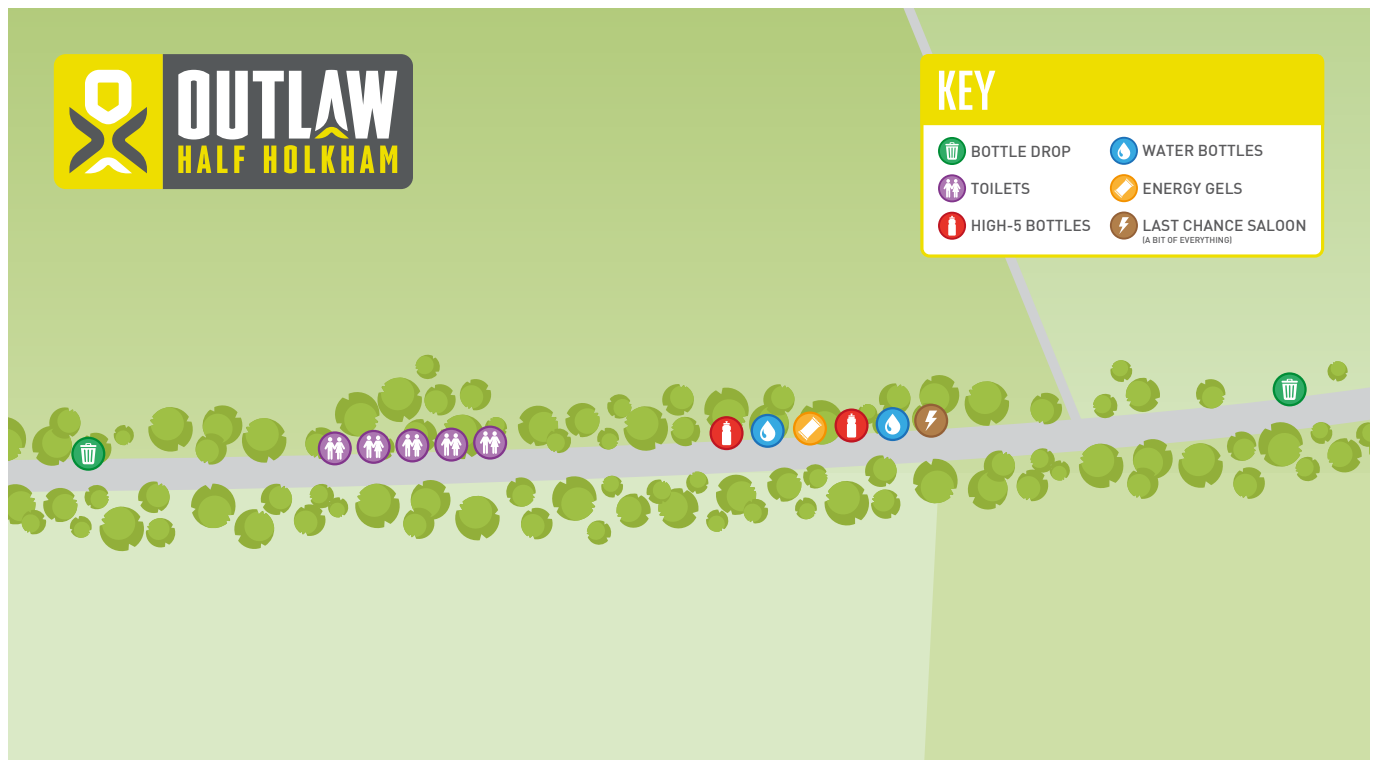
The Bike - Feed Stations / Maintenance / Toilets

NAME	AREA	APPROX. MILEAGE	TOILET	DISTANCE FROM PREVIOUS (Miles)
Transition 1	Bike Start	0	Yes	N/A
Bike Feed Station	Grass Verge on B1140	31	Yes	31
Transition 2	Bike Finish	56.7	Yes	25.7

The Feed Stations will contain the following items:

- Toilets with Sanitiser Station
- Bottle Drop – for empty bottles
- 750ml bottles of High5 Energy Source & Water
- High5 Energy Gels: Mixture of Flavours

They will be laid out as below:



Feed Station

As you approach the Feed Station you can drop any empty bottles at the bottle drop. If you intend to collect a bottle as you roll through the Feed Station you will need to SLOW down to give yourself the time to grab a bottle from the volunteers who will be standing on the grass verge at the side of the road.

Maintenance Support

There will be 2 Support vehicles circulating the bike course with basic spares. We will do our best to get you going again should you experience any mechanical issues that you are unable to fix yourself. It can take us time to get to you, so we encourage you to carry spare inner tubes with you.

THE RUN - 13.3 MILES

[Cut off 9 hours]

UKA CERTIFIED

[Click Here to view
The Run Map](#)

The Outlaw Half Holkham run course is a scenic affair, using the roads and paths within the Holkham Estate. After leaving transition at the top right hand corner you will run along the edge of transition before coming out onto the road where you will pass through the 1st feed station on the run course.

The start of the run will see you follow the same route as you did on the bike running up to the Obelisk, with a stunning view of the front of the Hall over your left shoulder as you climb the hill. As you descend on the other side of the Obelisk you will make a left turn (1.5 miles) off the main drive onto a well maintained farm road, where you will pass Feed Station 2. You will follow the farm paths through some of the estate's picturesque woodland before turning left after 3 miles (Feed Station 3) onto another of the estates roads that will bring you back towards the end of your lap.

Make sure you keep your eyes open so you can catch a view of not only the stunning scenery, but also some of the wildlife that calls Holkham its home, from the herd of deer to the Red Kites overhead.

At the end of the first 2 laps you will pass a lap counting timing point in front of the house, as you complete your third and final lap you will filter to the right onto the orange carpet to complete the Outlaw Half Holkham.



EVENT INFORMATION

The Run - Feed Stations and Toilets

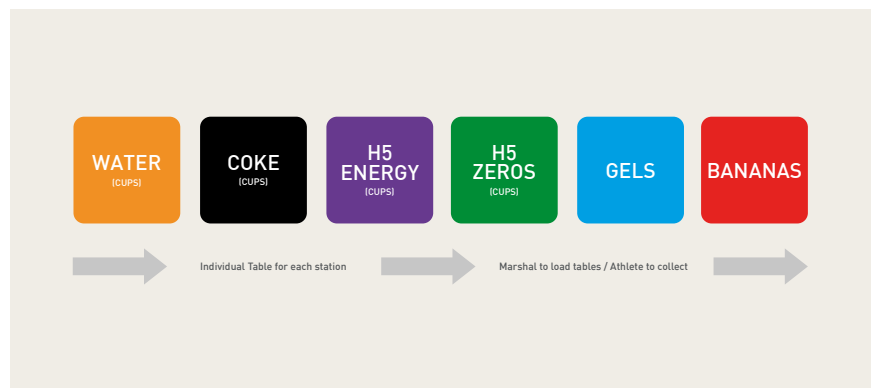
Athletes will pass a total of 9 Feed Stations along the run course. The Feed Stations have been plotted to ensure that athletes are never more than 1.5 miles from a feed station, where you will also find toilets.

NAME	AREA	APPROX. MILEAGE	DISTANCE FROM PREVIOUS (Miles)
Run Feed Station 1	Side of Hall	0.1	N/A
Run Feed Station 2	Turn off South Drive	1.5	1.4
Run Feed Station 3	Turn onto Golden Gate Drive	3	1.5
Run Feed Station 4	Side of Hall	4.5	1.5
Run Feed Station 5	Turn off South Drive	6	1.5
Run Feed Station 6	Turn onto Golden Gate Drive	7.5	1.5
Run Feed Station 7	Side of Hall	9	1.5
Run Feed Station 8	Turn off South Drive	10.5	1.5
Run Feed Station 9	Turn onto Golden Gate Drive	12	1.5
Finish Area	Finish	13.2	1.2

The Feed Stations will contain the following items:

- Cups of Water
- Cups of Coke
- Cups of High5 Energy Drink
- Cups of High5 Zero
- High5 Aqua Gels: Mixture of Flavours
- High5 Aqua Plus Gels: Mixture of Flavours
- Bananas

They will be laid out as below:



THE FINISH

At the end of your 3rd lap you'll make the right turn into the amazing Outlaw Half Holkham finish chute, with the Hall as the backdrop for the photos. Whether you are the first or last finisher across the line it is an unbelievable experience as you are cheered across the finish line.

If you are planning to be joined by family or relay team members down the finish chute you will need to filter into the Family and Friends Collection Area prior to the turn into the finish chute. To avoid overcrowding and congestion in the finish area we'd recommend you are joined by no more than 2 others for your final 100m. We do not allow babies or dogs down the finish chute.

Once you have completed the event you will pass through the finish area collecting your Finishers' Medal, a drink and Finishers' T-shirt. You will also need to remove your timing chip and strap to drop into the chip collection buckets prior to leaving the finish area.

Please keep your wristband on until you have eaten your postrace meal, which is available in the Lady Elizabeth Wing and also collected your bike and belongings from transition as it will be required for security.



FURTHER INFORMATION

Race Rules

The event will be held under the rules of the British Triathlon Federation. Under these rules it is mandatory that all athletes must wear an approved helmet, clothing and all cycles must be in a roadworthy condition. All athletes must be insured by third party civil liability insurance. BTF Members are insured for all training and racing throughout the year as part of their membership package, all other athletes will be required to purchase a BTF Day Licence for this purpose. If you require further information about Race Rules, please visit www.britishtriathlon.org or telephone the British Triathlon Federation on 01509 226161.

Age Restrictions

In line with British Triathlon rules, to be eligible to take part in this event, as an individual, athletes must be at least 18 years old on or before the 31 December 2023. For more information take a look at the British Triathlon Age Guidelines.

Medical Cover

The safety of our competitors is paramount. Onsite during the event will be Immediate Care Medical, a specialist company set up to supply the highest calibre of comprehensive medical cover to sporting events such as this. On the day there will be a team of specialist medical practitioners and support vehicles that can transfer directly to hospital should the need arise. If before, during or after the event you feel that you require any type of medical care, please do not hesitate to contact an event marshal.

Medical Conditions

We request that all athletes write their next of kin and contact details on the back of their race numbers using a waterproof pen. Also if you have any type of medical condition or are taking any type of medication please write a large 'MC' on the bottom left of your race number, please write your medical condition fully on the back of your number. This will only be used in the event of you being involved in an accident.

Race Numbers

Race Numbers must be worn on the back during the bike and the front during the run at all times. Numbers must either be pinned at all four corners or secured with a number band. Please ensure that your number is visible throughout the cycle and run sections. Do not cut or fold your race numbers since time penalties will be issued for number mutilation. No athlete will be allowed into or out of the transition area without a number.

Course Reconnaissance

THE SWIM

Unfortunately, there is no opportunity to practice swim in the lake in the days leading up to the event. As the event will be running in a time trial format there will be no opportunity to acclimatise prior to your race start.

THE BIKE

This will be fully signed by Saturday morning, however, the traffic management will be implemented during Saturday evening / Sunday morning, so please be careful if you are riding any part of the course.

THE RUN

Unfortunately, as part of the course is on private roads within the estate you will not be able to run the complete loop before race day. The course will be fully signed by Saturday evening after the Holkham Runs.

Penalties & Appeals

ALL penalties issued by the British Triathlon Race Referee will be displayed on a Penalty Board next to the right Transition Check In channel. Appeals against these penalties must be made in writing to the race referee within one hour of a penalty being notified at 2.00pm and be 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.

Results

Live-to-Web results will be available via the event website at www.outlawtriathlon.com

Withdrawals [Pre and During the Race]

The last date for withdrawing from the event was the 2 June 2023. For further details please refer to our T&C's. Any athlete withdrawing during the race will not be eligible for a Finisher's t-shirt or medal, completing an outlaw event is a massive achievement and the t-shirt & medal are symbols of what has been achieved, so please don't ask the marshals as it puts them in a difficult position, but please do come back and defeat the Outlaw next year!

Event Office Closure

The Event Office will be closed from Wednesday 5 July at 16:00. Please do not send emails regarding this event after this time, as we will be on site setting up and unable to answer your messages. Please instead ask any questions at the Event Enquiries Area based in the Event Village on Saturday 2 July or via social media.

Race Volunteers PLEASE HELP!

No event like this can run smoothly without the help of many marshals. If you have friends or family that will be supporting you at the event, why not ask them if they would be willing to give up a couple of hours to help marshal. All marshals will receive an event crew shirt, food & drink and a specific Outlaw Crew memento. If you would like further information about becoming a race marshal please sign up at www.outlawtriathlon.com/holkham/volunteers

Lost Property

Please note that we cannot guarantee the return of any property used/lost at the event. Items can either be collected in person from the Storage Marquee on Sunday 9 July between 13:00 – 17:00 or returned by the OSB Events office at a cost of £5/£10 depending on the size of the item, lost property will be held for a maximum of 4 weeks.



EVENT PARTNERS



Cancer Research UK - National Charity Partner

We're the only ones fighting over 200 cancers, including the 1 that matters most to you. We fund around 50% of all cancer research here in the UK, so every step we make towards beating cancer relies on every pound, and every supporter. Thanks to our amazing supporters, survival rates across all forms of cancer have doubled in the last 40 years, but we can't stop there. Our ambition is to accelerate progress and see three quarters of patients surviving cancer within the next 20 years.



Alzheimer's Research UK - National Charity Partner

Alzheimer's Research UK is the UK's leading dementia research charity. We are dedicated to diagnosis, prevention, treatment and cure. Dementia is caused by physical diseases, and diseases can be cured. Backed by our passionate scientists and supporters, we fund and deliver pioneering research. We challenge the way people think about dementia and bring together the people and organisations who can speed up progress. We believe that medical research can and will deliver life-changing preventions, treatments and one day, a cure for dementia. Alzheimer's Research UK exists to make this happen. With your support, we will make breakthroughs possible.



HUUB - 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.



Dolan Bikes - Bike Partner

Terry Dolan, the founder of Dolan Bikes, has been crafting bikes since 1977. Dolan is a trusted name in the cycling industry and can be seen at major sporting events. We're proud to support professionals and newcomers alike.



Raceskin - Merchandise Partner

Enjoy the finish line feeling with our race-inspired range of exclusive Outlaw Triathlon clothing and accessories. The range is designed for people who are passionate about swim, bike and run. We produce products that support your active lifestyle, sporting goals and achievements in the UK's favourite race series. We offer high quality race specific merchandise, fast shipping, deliveries worldwide and secure online payment using Klarna, PayPal.



HIGH5 - Nutrition Partner

HIGH5 will be providing nutrition around the route and on the finish line. EnergySource Drink Citrus, ZERO tabs and Energy Gels in a mix of flavours will be around the route. Fuel your way to success!



TheTriathlonCoach.com - Coaching Partner

Simon Ward is a health and wellness coach and leader of the SWAT Inner Circle. SWAT is a high-quality, cost-effective triathlon coaching community providing structured programmes, coaching support and guidance to like-minded triathletes to help them achieve their health and performance goals. Simon has over 25 years of coaching at the highest level and he's been the official Outlaw coach since the very first race in 2010 with unrivalled experience in helping athletes reach the start line in great shape.



Got to Tri

Got To Tri specialise in overseas training camps/holidays. Our aim is to provide triathletes with opportunities to train in great places with like-minded people. We have been operational in Spain and Mallorca since 2015. Our hotel partners in Mallorca always have the perfect triathlon set up with a 25m pool, fully serviced bike garage and access to incredible mountains and coastline for running and open water swimming.



Halo ID

Halo ID is a passionate community of endurance athletes. We offer world-class coaching for all ability levels, from first-timers new to the sport right through to the seasoned Pro. Our mission and goal is to help our members become faster, stronger, and more successful on their journey towards achieving their goals on race day. Through communication, connection, customization and motivation backed by expert advice from our certified coaches we strive to provide an unparalleled experience so every athlete can unlock their true potential, and of course have loads of fun along the way.



Erdinger

Is ERDINGER Alkoholfrei one of your rituals? Have you noticed that whenever you do something regularly you get into certain habits? Maybe it's putting on one running shoe before the other, kissing a good luck charm, listening to an inspiring podcast or some favourite music, it could be wearing a 'lucky' garment, each one will develop over time and will be personal to every individual.

The team at ERDINGER Alkoholfrei noticed that these routines were an integral part of an active lifestyle yet, for everything that people do before putting on their running shoes, or jumping on their bike, they also noticed that there is only one ritual at the end - reaching for a cold can of ERDINGER Alkoholfrei.



OSB Events - The Organising Team

OSB Events is a multi-award-winning sporting events company. Started in 1991, we have hosted hundreds of events for hundreds of thousands of competitors. Iain Hamilton founded OSB Events as a college project and has built a business employing a dedicated work force. As a full time, experienced event management company, we organise each & every event with the same commitment & care, so you can be confident that you'll have an enjoyable and safe race experience.

EVENT EXPO

Event Expo for 2023 will be on Saturday 8 July (09:30 to 17:00) and Sunday 9 July (09:00 and 17:00). We will have a number of retailers in attendance for the 2 days. Currently confirmed at the Event Expo are:



HUUB

HUUB is a premium endurance sport apparel and equipment brand with an ethos of continuous improvement and deliverance of speed in all its products.



Dolan Bikes

We will have a selection of bikes and offers at the Expo and a limited time period discount for after the show. Come and speak to the team who can help you through getting your next new bike.



Triharder

Tri Harder are passionate, independent triathlon retailers based in Norfolk with customers across the UK. We have been at Outlaw races for 8 years with retail and mechanical support and love the events. The Tri Harder stand will be packed full of race essentials and dripping with top brands to tempt you before and after the race!after the race!



Raceskin Official Outlaw Merchandise

Raceskin's award-winning triathlon clothing is the first choice for elite athletes and first race novices. Our triathlon, cycling and swim apparel incorporates the latest in design and technology to optimise performance, helping you train better and race faster. Check out our range of men's and women's triathlon inspired clothing, including tri suits, swim suits, cycle kit and order online.



Framed

Treasure your race day experience in the best way possible. Here at Framed we make custom frames for your race day memorabilia. Each frame is personalised to every customer. We have Self Assembly and Assembled By Us options. We look forward to seeing you at the Outlaw Expo!



Big Bobble Hats

Be bold, be bright, be seen Big Bobble Hats!



TAP Adventures

We organise and manage awesome adventures and challenges in the UK and across the world. We also work with top sports teams and athletes to create and execute leading sports training camps in amazing locations. New for 2023 we are introducing Layer. Our brand new sports and outdoor apparel company. Drop by and say hello.



Speed Hub

Speedhub is a Triathlon Shop and Bike Fitting Studio based in Lutterworth, Leicestershire. At Speedhub, we are passionate about cycling and triathlon and we love what we do. We pride ourselves in providing high standard, top class Retul bike fits that will completely revolutionise the bike riding experience, as well as selling a wide range of the best triathlon gear.



FANTASTIC CLUBS



Ely Tri Club

A friendly, active and diverse club catering to first time triathletes and GB age groupers alike. The club has a high ratio of qualified coaches to deliver quality training and development for those seeking to get fitter or compete in any, or all three disciplines of swimming, cycling and running and activators to support the coaches to ensure sessions can go ahead all year round. Having recently moved to our new pool, the 8 lane Hive in Ely, we can welcome new members to the best facilities in Cambridgeshire. Any membership enquiries can be sent to membership@elytriclub.co.uk



Kings Lynn Tri Club

Small but perfectly formed, KLTC is a relatively new tri club, formed in 2013 and taking in members from across North and West Norfolk. We have a huge range of ages and abilities and are renowned for our outgoing and inclusive approach to training and events. We run a fun and friendly short sprint event in May each year from Oasis, Hunstanton, with a main aim of encouraging new participants into enjoying the world of swim, bike, run as much as we all do! More info on our friendly, local club can be found at www.kltri.co.uk



Runners-next-the-Sea

Runners-next-the-Sea is an England Athletics affiliated running club located on the North Norfolk Coast. Established in 2013, the club has grown to well over 100 members and boasts a committed and experienced coaching team. In the summer months club training takes place in Holkham Park or on the beach. In winter months it's in either Wells or Fakenham. You can find out more at www.rnts.co.uk



THANKS TO

To the Volunteers, Crew and Officials that help to organise all of our events, North Norfolk District Council, Holkham – a truly amazing venue, all of our sponsors and finally you the athlete.

FURTHER INFORMATION

Any questions related to the event can be answered by emailing info@outlawtriathlon.com or call the office on 01522 699950. You can chat to other Outlaws and ask questions via [www.Facebook.com/OutlawTriathlon](https://www.facebook.com/OutlawTriathlon). You can also follow us on twitter via [@OutlawTriathlon](https://twitter.com/OutlawTriathlon).

All the information here is believed to be true at the time of going to press. Changes 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 OSB Events, reproduction of this text or style is forbidden.

