




Spectator Guide

Friday 12th – Sunday 14th July 2019

-  **2.4 mile swim**
-  **112 mile bike**
-  **26.2 mile run**

A spectating and info guide for the UK's premier long distance triathlon.

This guide will help you get around and watch the IRONMAN UK event, as well as transport and road closure information.

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What is **IRONMAN**®?

Ironman is a triathlon comprising of a 2.4mile swim, 112 mile bike ride and then a full 26.2 mile marathon all to be completed consecutively within 17 hours.

Ironman was founded in 1978 when some athletes in Hawaii were discussing who the fittest athlete would be. One of the group, John Collins, suggested they settle the debate by combining the three existing long-distance competitions already on the island: the Waikiki Rough Water Swim (2.4mi), the Around-Oahu Bike Race (112mi), and the Honolulu Marathon (26.2mi) into a single event.

13 athletes completed that first race and since then the sport has grown into a global series with over 60,000 athletes competing each year.

Bolton has been the proud host of Ironman for the last 11 years.





Friday 12th July

NIGHTRUN Bolton, presented by IRONMAN is a new addition this year, making the sporting event a 3-day festival weekend.

The 5k fun run starts at 7pm and is open to all over the age of 16. The course starts on Le Mans Crescent, heading through the town centre, and into Queens Park. Runners will then come back to town, finishing in Victoria Square on the same finish line as Ironman UK athletes.

Each participant will receive a Night Run t-shirt with every finisher receiving a Night Run medal. Participants will also receive a free drink that they can enjoy in our brand new Festival Zone where there will be live music, a bar, food and seating.

If you've not signed up already then there's still time
www.ironmanuk.com – or just turn up on the day.



IRONKIDS Bolton is the biggest in the world with over 3000 stars of the future taking to the streets of Bolton which sold out in a matter of hours.

IRONKIDS is a run only children's event for 3-14 year olds. All children will finish under our famous IRONMAN Finish Arch in Victoria Square. To find out more visit **www.ironkids.co.uk**



Military Division

The IRONMAN Military Division is open to amateur active duty Military personnel, regardless of country, gender or branch of service.

IRONMAN's military ties date back to the inaugural event, co-created by U.S. Navy Commander John Collins and his wife Judy and the first race was won by US Navy Communications Specialist Gordon Haller. The runner-up spot at the inaugural event went to US Navy Seal John Dunbar, while third that day went to US Marine Dave Orlowski.

The 2019 IRONMAN UK Military Division will be offering 10 qualification slots exclusively to athletes who are in active military duty. Military slots will be allocated per the standard slot allocation with each age group category that has a starting athlete being automatically allocated one slot. Prior to race day at least one slot will be allocated to each male and female Military Age Group. Final slot allocation will be determined on race day based on the number of starters in each Military Age Group.

Similar to the qualifying process for the IRONMAN World Championship for Age Group athletes, if there are no starters in a particular Military Age Group, the slot will be moved to the next calculated Military Age Group within the gender. Slot allocation and roll down for Military athletes will be conducted during the same ceremony as Age Group athletes.



2.4 miles



Athletes will complete a two-lap swim course which is based at the Pennington Flash Country Park in Leigh, Greater Manchester.

Starting at 6am the swim takes place 11 miles from Bolton town centre and starts from the eastern side of the lake.

The first athlete transition is based here on the picnic area next to the golf course.

Hotspots

You can watch the swim from the water's edge at the Flash.

ACCESS

There is no vehicle access to Pennington Flash on race day.

Spectators can park in Morrisons Supermarket Car Park, Leigh Sports Village, Leigh, WN7 4JY.



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112 miles

The 112 mile Ironman bike course starts with an 11 mile point to point cycle from Pennington Flash to join the two-lap circuit at Horwich.

New for 2019, bikes will pass Transition 2 at Queens Park and ride alongside the run course through Bolton town centre. The bike course then travels East towards Bury, before heading North through Ramsbottom where the scenic, undulating ride really starts. The course continues through the breathtaking Lancashire countryside before heading down the famous Sheephouse Lane, through Rivington, down Chorley New Road and back to Queens Park for Lap 2.

» Transition

Transition 2 is based at Queens Park this year located 10 minutes walk from Bolton Town Centre. This is where the athletes change from the bike to the run section.

The first athlete is expected into T2 any time from 11.15am and they will be almost 6 hours into their journey. The final cut off for the bike course is 4.30pm at T2.

Hotspots

Due to the new bike course for 2019, spectators can now view cyclists from Le Mans Crescent as they pass through the Le Mans Crescent Arch before heading out of Bolton towards Brightmet. There will be support at the 17 and 65 mile point in Bolton Town Centre as the route turns left into Le Mans Crescent from Black Horse Street.

Another option to view the cyclists is Rivington Green. Here athletes will have descended the infamous Sheep House Lane.





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26.2 miles



The run starts from Transition 2 at Queens Park.

The IRONMAN UK race course finishes with a 26 mile point to point run. This starts from T2 at Queens Park and athletes use Spa Road. From here athletes head into the town centre passing along Bark Street and Knowsley Street and turning for their laps on Victoria Square and looping the Town Hall in sight of the finish line.

Athletes will get a warm welcome when they cross the finish line on Victoria Square in the heart of Bolton town centre. This area is not just for the finish as the race course will bring athletes into sight of the finish line three times on their run laps as they loop around Le Mans Crescent and Bolton Town Hall.

The first athlete will finish in around 8 hours 30 mins so will be due in shortly after 2pm.

By the time they finish the athletes will have unbelievably covered over 140 miles! The final cut off time for athletes is 17 hours after the race start at 11pm.

Hotspots

The run is best viewed from numerous hotspots in Bolton town centre as here you will see athletes three times before they return for a fourth time to the finish funnel. These include Queens Park where you will see athletes run past the park's lakes and rose gardens and Chorley New Road where the athletes complete their out and back laps amongst a now famous throng of cheering supporters and Boltonians.

There will be lots of Family Fun activities in the town centre and Queens Park such as food, drink, games and music making them great bases for family hotspots.

From Le Mans Crescent you can see the athletes pass the iconic arches. From here you can also watch the athletes enter Victoria Square to tackle the last leg of the race before finishing under the infamous Ironman gantry.



140.6 miles

How to view the finish

The finish area is based in the heart of Bolton. Plenty of shops will be open for food and drinks during the day to fuel your support for those out on the course. New for 2019 there will also be a Festival Zone located on Oxford Street where spectators and athletes can enjoy live music, a bar, food and a seating area.

The Expo and Merchandise tents will also be located outside Bolton Town Hall.

There will be lots of Family Fun sporting activities throughout the town centre to keep the kids entertained while you wait for your Ironman to come round on the next loop.



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Access and parking

Main Event Site: The Albert Halls, Victoria Square, Bolton, BL1 1RU

The following multi-storey car parks are free on race day:

- Topp Way, Duke Street, BL1 2DJ
- Deane Road, Wellington Street, BL3 5DX
- Octagon, Great Moor Street, BL1 1TN

Swim Start: Pennington Flash Country Park

Parking is available at the Morrisons supermarket car park (WN7 4JY) on race mornings which is a 5 minute walk from the swim start area. Cars must be on site by 5.45am and will be locked in until at least 8.45 am. **Vehicles will be able to exit this car park throughout the event by travelling South.**

Finish Line: Victoria Square, Bolton, BL1 1RJ

Spectator Shuttle Buses

Adult Spectator Ticket = **£5**

Child Spectator Ticket = **£3**

Children aged 2 and under = **Free**

Please note: All tickets must be purchased at registration prior to Sunday 14th July. There will be no tickets on sale on race morning.

03:20 – 05:20 – Great Moor Street to Swim Start

08:30 – 10:30 – Swim Start to Great Moor Street

Spectators may use the buses but up until 04:40 athletes will be prioritised, until all the athletes have got to the swim start.

Spectators can take the shuttle bus back to Black Horse Street after the last swimmer has exited on the bike at 08:30.

There will be a shuttle bus taking spectators from Great Moor Street to Rivinton Barn/ Rivington Green in 2019.

ROAD CLOSURES - 14th July 2019

There will be many road closures in and around Bolton, Wigan, Bury, Blackburn and Darwen and Lancashire on the day of the event. Marshalls will be present to allow access for emergency services, residents, and businesses.

For a full list of road closures, visit www.ironmanuk.com and click on Road Access tab



 #IRONMANUK

 IRONMAN UK

Festival

12TH-14TH
JULY 2019

ZONE

NIGHT RUN
BOLTON UK Presented by IRONMAN

IRONKIDS

IRONMAN
UK  BOLTON
ENGLAND

With the introduction of Night Run on Friday 12th July, we're turning IRONMAN weekend into a 3 day celebration with our brand new Festival Zone!

Located on Oxford Street, the Festival Zone features a live music stage with performers across the whole weekend, a bar, delicious food and a seating area.

Friday 12th July – 6pm until 11pm
Saturday 13th July – 9am until 5pm
Sunday 14th July – 10am until 9pm

www.visitbolton.com


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FAMILY FUN AT

13th-14th July

IRONKIDS

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Come and support this year's participants and have fun at our free family events:

Bolton Town Centre

Saturday 13th 8.30am - 5.30pm,
Sunday 14th 10am - 7pm

Henna and face painting, giant garden games, ping-pong, wrestling, fairground rides, climbing wall, running track, e-sports, Rugby League World Cup 2021 activity, Community Leisure Trust fitness challenge, live music stage, roaming bands and street entertainment.

Queens Park

Sunday 14th
from 12noon - 7pm

Live music stage with various acts throughout the day, fairground rides, delicious food and refreshments.

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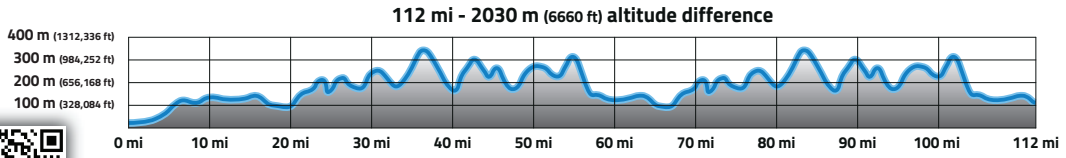
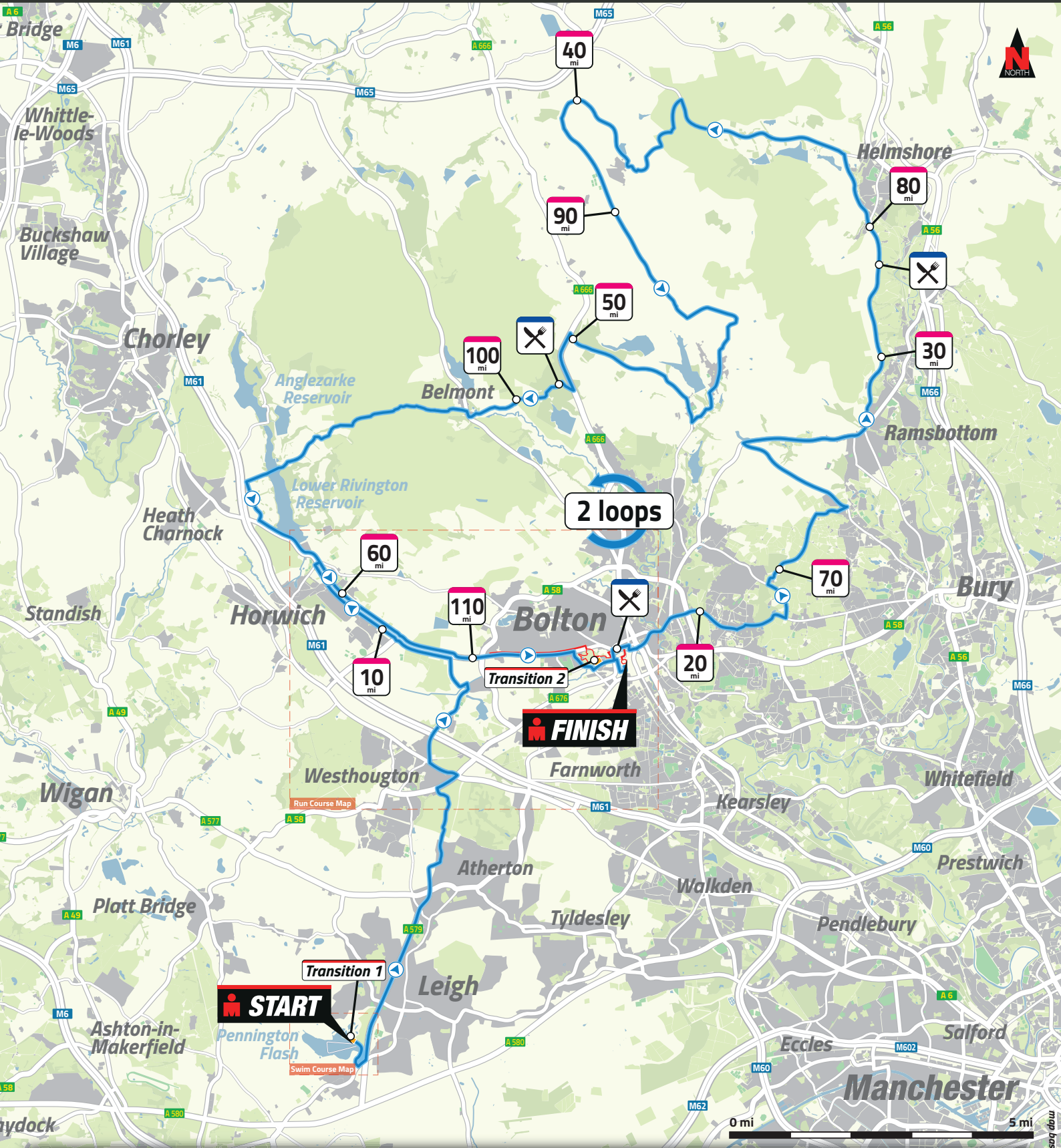
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RÖKA

2019 OFFICIAL GLOBAL WETSUIT AND SWIM PARTNER

IRONMAN
EUROPEAN SERIES





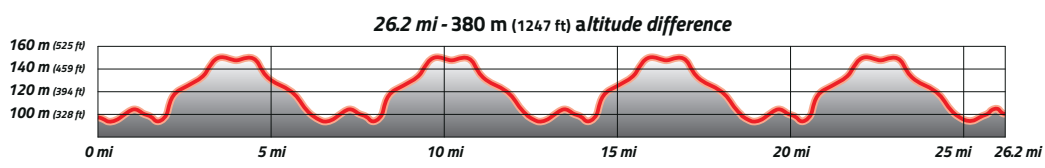
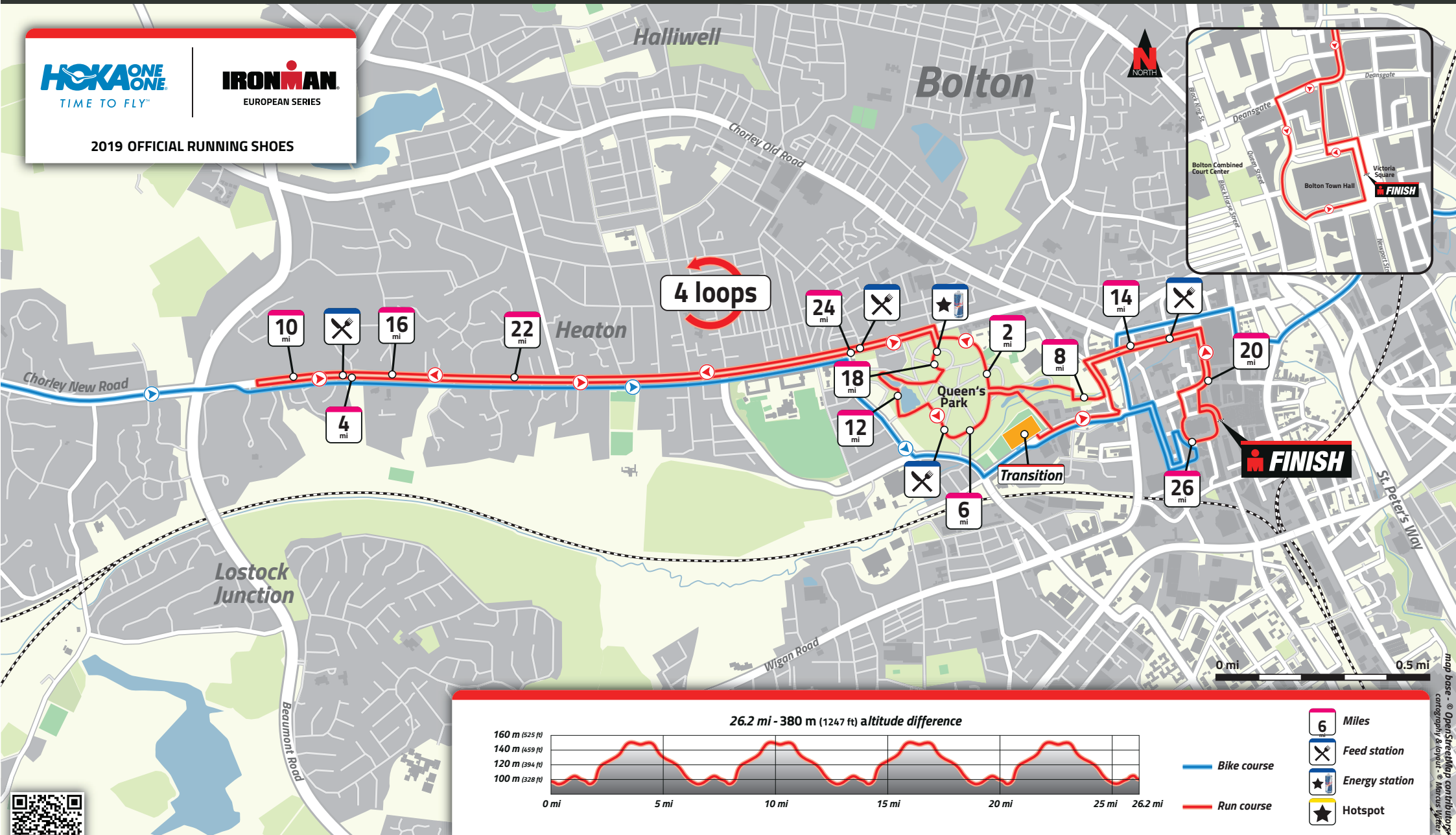
-  Swim course
-  Bike course
-  Run course
-  20 Miles
-  Aid station



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IRONMAN
EUROPEAN SERIES

2019 OFFICIAL RUNNING SHOES

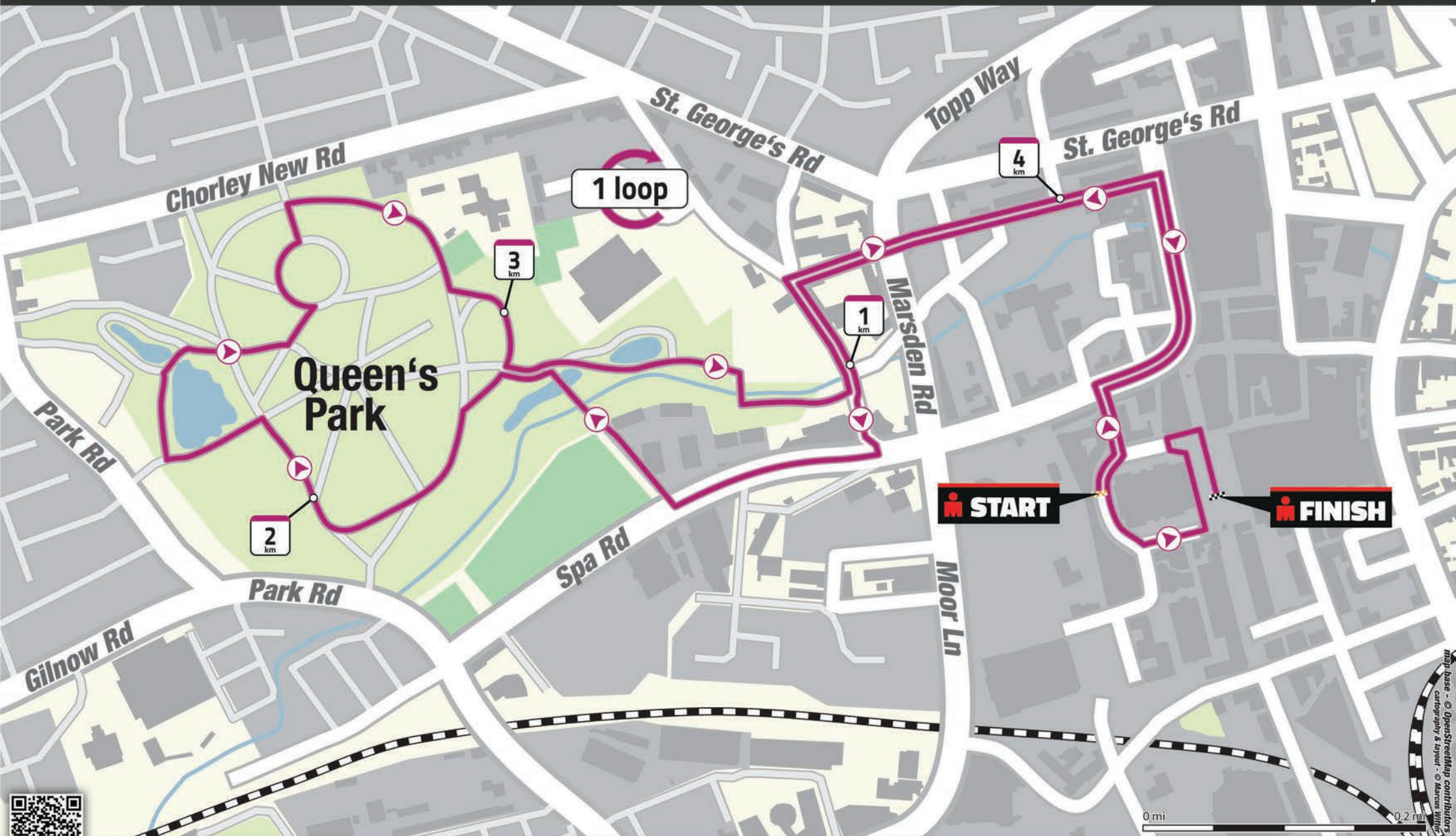


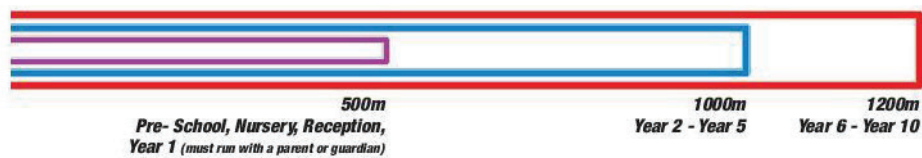
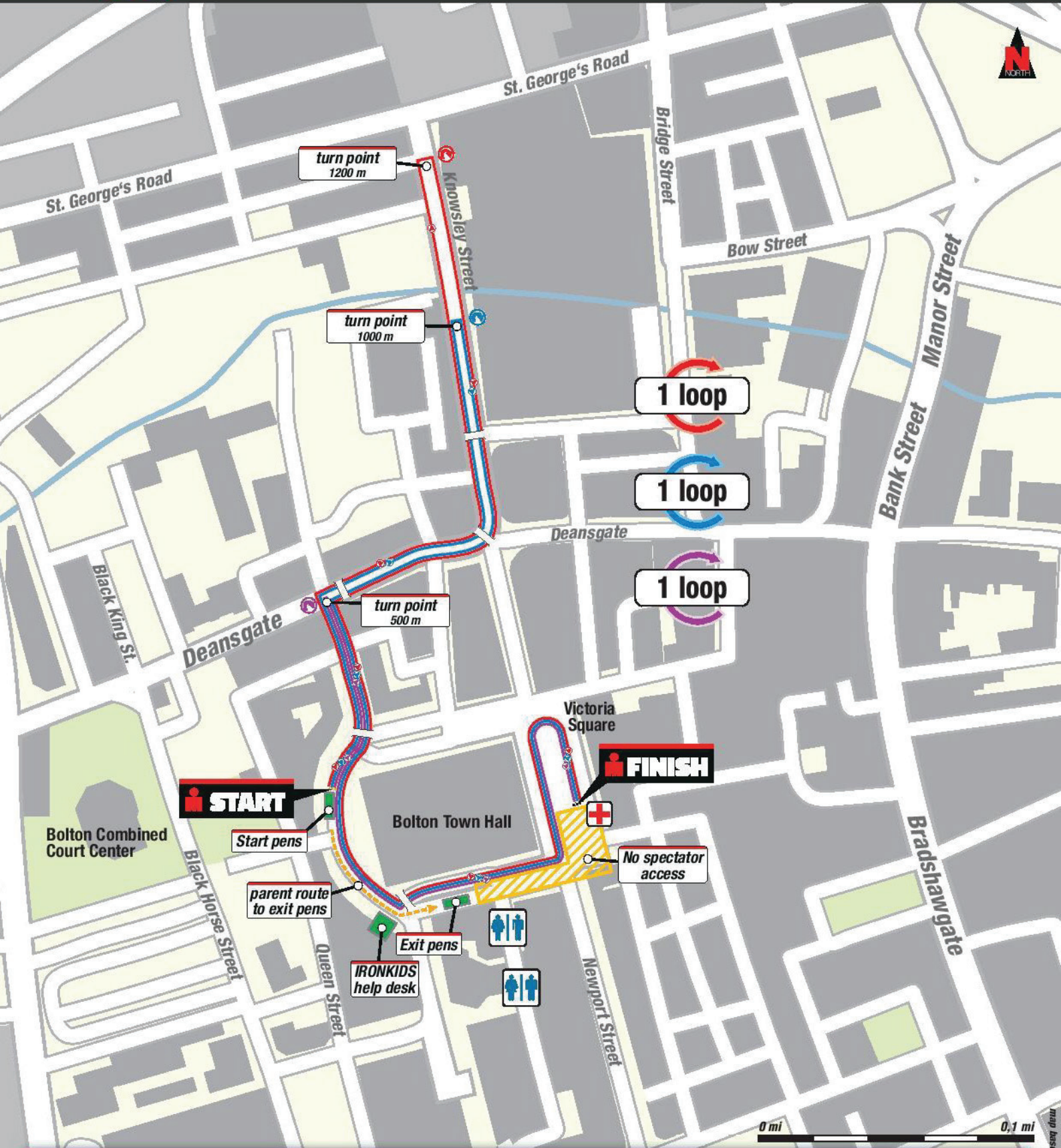
- 6 Miles**
- Feed station**
- Energy station**
- Hotspot**


Bike course

Run course







-  First Aid
-  Toilets
-  Crossing Point

