





IRONMAN[®]

UK  BOLTON ENGLAND


Spectator Guide

30th June - 2nd July 2023

- NIGHT RUN**
BOLTON UK Presented by IRONMAN
Friday 30th June
5pm - 10pm
- IRONKIDS**
Saturday 1st July
9am - 5pm
- IRONMAN**
UK  BOLTON ENGLAND
Sunday 2nd July
12noon - 9pm

This guide will help you watch and enjoy IRONMAN UK in Bolton.

Visit
Bolton

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Friday 30th June

Night Run returns to mark the start of this year's IRONMAN UK weekend on the evening of Friday 30th June.

The 5K and 10k events start at 7pm and will see hundreds of men and women, aged 16 plus, run around the town centre on closed roads.

The course begins 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.





IRONKIDS®

Saturday 1st July

Bolton's IRONKIDS event is the biggest in the world and is always hugely popular.

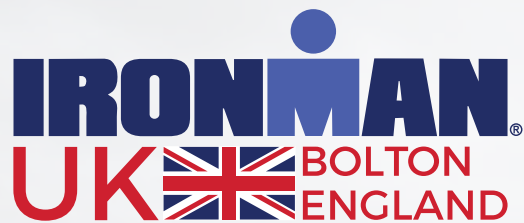
Over 4,000 children and young people aged 3-15 take part along the town centre route, cheered on all the way by friends, family and supporters. All the runners receive a t-shirt and a finishers medal.

There's music, a fantastic festival finish down the IRONMAN red carpet, plus food and drink vendors on Oxford Street. A children's fun zone has face painting, football, a climbing wall and a cave bus.

Watching the action

IRONKIDS takes place along Le Mans Crescent and Deansgate before finishing in Victoria Square as the runners reach the finish line beneath the famous IRONMAN arch.





Sunday 2nd July

IRONMAN is a triathlon comprising of a 2.4 mile 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.

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

Bolton has been the proud host of IRONMAN UK for 14 years.





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.

Watching the Action

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.
There is no parking at Leigh Sports Village.**



Free parking is available in Morrisons supermarket car park on Sale Way, WN7 4JY. However, please note that parking is limited to three hours with fines for over-staying. Please check the car park closing time before leaving your car.



112 miles

The 112-mile IRONMAN UK bike course starts with an eight-mile point to point cycle from Pennington Flash to join the three-lap circuit at Chorley New Road.

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 Edgeworth where the scenic, undulating ride really starts. The course continues through the countryside before heading back to Queens Park for lap two and three.

» Transition

Transition 2 is based at Queens Park, 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 shortly after 12noon and they will be about six hours into their journey. The final cut off for the bike course is 5pm at T2.

Watching the action

Spectators can view the cyclists from the arch on Le Mans Crescent before they head out of Bolton towards Brightmet. This is a great place to support the athletes as they will pass here three times on their bikes.

Spectator hotspots along the bike course are Smithills Dean Road (with a farm, café, family activities, parking and a footpath for safe viewing), and Egerton village (with local shops, pubs and restaurants at the foot of a long descent).



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26.2 miles



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.

The first athlete is expected to finish soon after 3pm.

By the time they finish the athletes will have covered over 140 miles!
The final cut off time for athletes is 17 hours after the race start at 11.30pm.

Watching the action

The run is best viewed from numerous locations in Bolton town centre as here you will see athletes several times before they return for the final time to the finish line. 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.

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 famous IRONMAN gantry.



Finish
area

140.6 miles

How to view the finish

The finish line is 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.

As well as an expo and merchandise area, there will also be a festival zone. The festival zone will feature music, street performers, food, drink and a bar.

In Queens Park on Sunday 2nd July there will also be a pop-up music stage featuring local artists.



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Access and parking

Main Event Site: Queens Park, Bolton, BL1 4AG

The following multi-storey car parks are available 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

There is NO VEHICLE ACCESS to Pennington Flash on Sunday.

There is no parking at Leigh Sports Village.

Free parking is available at Morrisons supermarket but is limited to three hours, with fines for over-staying.

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: Shuttle bus tickets must be purchased on **Active PRE-EVENT.**

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

07:30 – 10:30 – Swim Start to Great Moor Street

Spectators may use the buses but up until 05:00 athletes will be prioritised, until all the athletes have got to the swim start.

Spectator shuttle buses will return to Great Moor Street, with the first shuttle bus leaving Leigh Sports Village at 07:30.

ROAD CLOSURES - Friday 30th June to Sunday 2nd July

There will be many road closures in and around Bolton, Wigan, Bury and Blackburn with Darwen during IRONMAN weekend. Marshalls will be present to allow access for emergency services, residents, and businesses.

For a full list of road closures, visit www.ironman.com/im-uk-course and click on Traffic Impact.





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It's back!

NIGHT  **RUN**
BOLTON UK Presented by IRONMAN

 **IRONMAN**[®]
UK  BOLTON
ENGLAND

IRONKIDS[®]

Come along, watch the action and support this year's participants.

Bolton Town Centre
Friday 30th – Night Run, 5pm – 10pm
Saturday 1st – IRONKIDS, 9am – 5pm
Sunday 2nd – IRONMAN, 12noon – 9pm

Queens Park
Sunday 3rd - 12noon - 7pm
Pop-up acoustic music stage with local artists

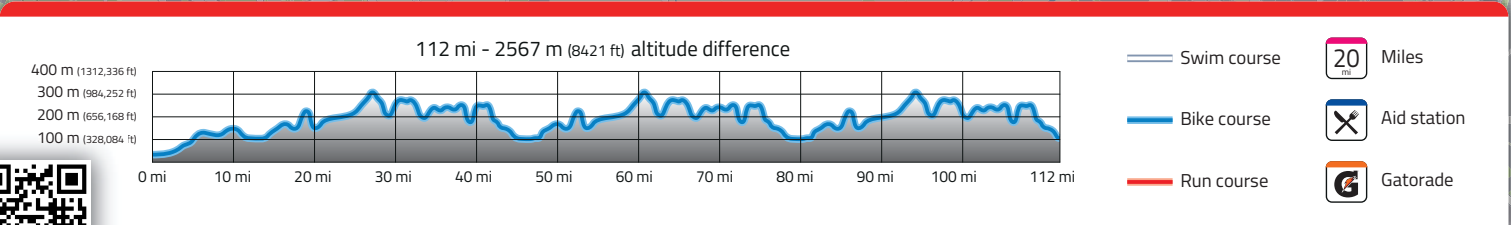
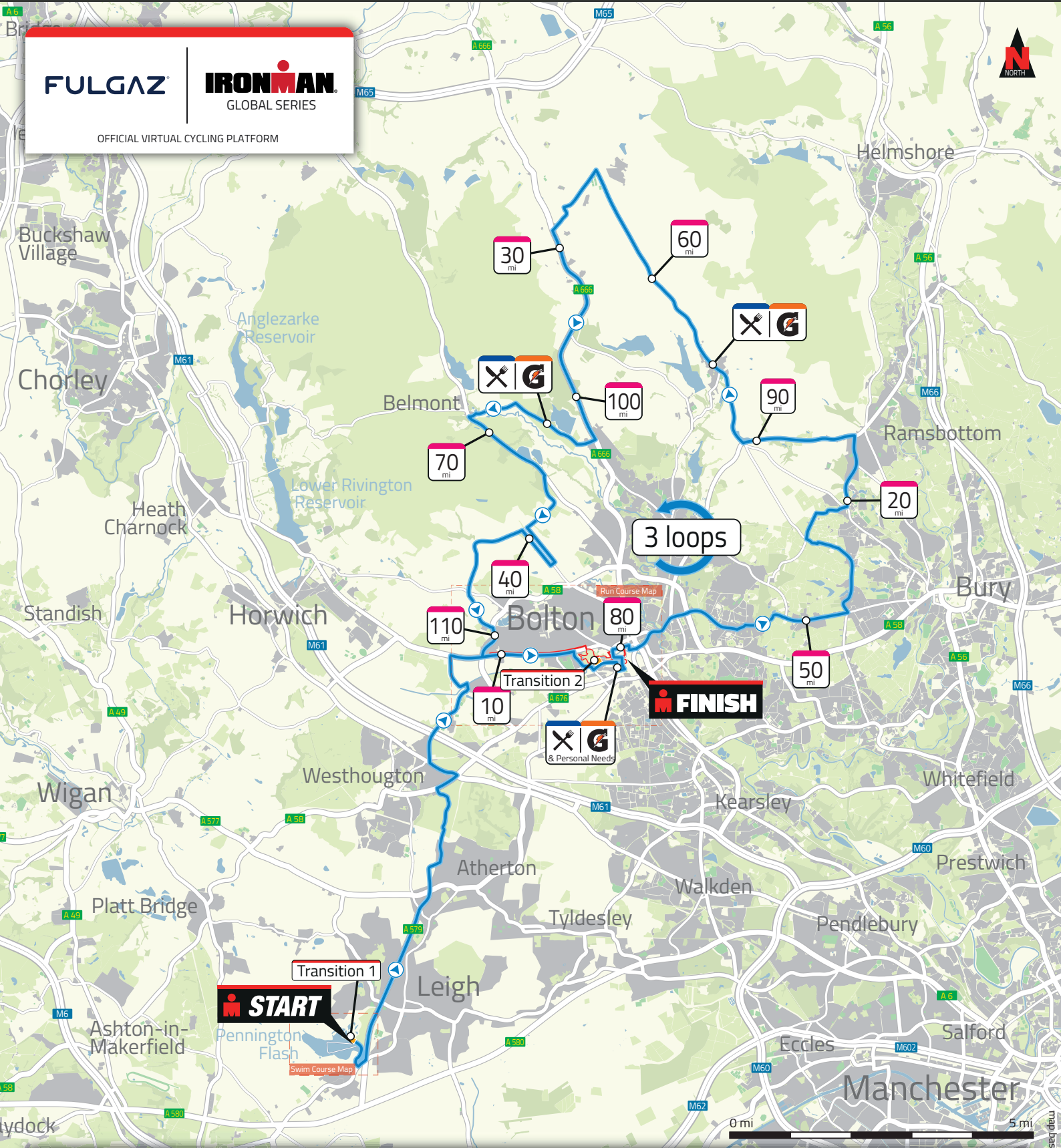
festival
ZONE **FAMILY FUNZONE**
Returning this year!

Bolton Council

RŌKA | **IRONMAN**
 EUROPEAN SERIES
 OFFICIAL GLOBAL SWIMWEAR PARTNER



FULGAZ | **IRONMAN**
GLOBAL SERIES
OFFICIAL VIRTUAL CYCLING PLATFORM






OFFICIAL RUNNING SHOES

