

IRONMAN
70.3  **BOLTON ENGLAND**

Spectator Guide

Friday June 28 - Sunday June 30 2024

NIGHT RUN
BOLTON UK Presented by IRONMAN

Friday June 28
5pm - 10pm

IRON KIDS

Saturday June 29
9am - 5pm

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Sunday June 30
10am - 5pm

Visit
Bolton

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Friday June 28

Night Run Bolton UK returns to mark the start of this year's IRONMAN 70.3 Bolton weekend on the evening of Friday June 28.

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.

Watching the action

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 70.3 athletes.

Need some refreshments?

There's music, food and drinks in the Albert Bar, plus outdoor food and drinks in the festival zone outside the Albert Halls





IRONKIDS®

Saturday June 29

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

Over 5,000 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 medal.

Our children's fun zone on Deansgate has popular activities like face painting, bikes, a climbing wall and cave bus. Plus there's live entertainment, food and drink in the Albert Bar, along with outdoor food and drink in our festival zone outside the Albert Halls.

Watching the action

IRONKIDS takes place along Le Mans Crescent and Deansgate before finishing in Victoria Square as the runners reach the finish line along the red carpet.

Share your race [@visitbolton](#)



Sunday June 30

IRONMAN 70.3 is a triathlon made up of a 1.2 mile swim, a 56 mile bike ride and a 13.1 mile half marathon, completed one after the other within eight and a half 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 15 years.





1.2 miles



Athletes will complete a one-lap swim course at Pennington Flash Country Park in Leigh, Greater Manchester.

Starting at 6:15am 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 and Parking

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.



56 miles

The 56-mile bike ride departs from the swim leg at Pennington Flash and circles the local area twice before heading north to Bolton.

The cyclists peddle past Westhoughton to reach Chorley New Road, where they turn left and begin two out-and-back laps along the road between The Crown pub and the junction with Chorley Old Road.

Along the way they detour to take on the steep climb up Old Kiln Lane, as well as down Beaumont Road.

Transition

Transition Two is based at Queens Park, located ten 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 Transition Two shortly after 8.50am, almost three hours into their journey. The final cut off for athletes to finish the bike course is 12.45pm at Transition Two, where they will switch to the run route, the third and final leg of the race.

Watching the action

The Retreat bar and restaurant on Chorley New Road is a great place to see the athletes on the bike and run routes. Both head along Chorley New Road, meaning that the competitors pass by multiple times.

Another good spot to view the action is The Crown pub in Horwich, which the athletes will pass several times. Old Kiln Lane, with its long climb and fast descent, is also a great place to cheer on the riders.





13.1 miles



The IRONMAN 70.3 race course finishes with a 13.1 mile run.

This starts from Transition Two at Queens Park. 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 10am.

By the time they finish the athletes will have covered over 70 miles!

The final cut off time for athletes is 8.5 hours after the race start at 3.45pm.

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 there will also be live music as you watch the athletes run past the park's lakes and gardens.

On Chorley New Road, The Retreat bar and restaurant makes a great spot to view the action.

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.

IRONMAN_UK

IRONMAN ENGLAND



70.3 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 in Crompton Place, there will also be a festival zone at the Albert Halls with live music from local performers, food and a bar.





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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 (£3 all day)
- 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 before the event.

03:45am – 5:45am– Great Moor Street to Swim Start

7:30am – 9:30am– 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 June 28 to Sunday June 30

There will be temporary road closures in and around Bolton and Wigan during IRONMAN 70.3 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/im703-bolton-course and click on Traffic Impact.

IRONMAN UK

ROAD CLOSED


28 June to

30 June

www.ironman.com

Enjoy the action

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

 **NIGHT RUN**
BOLTON UK Presented by IRONMAN

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IRONKIDS

Bolton Town Centre
Friday 28 – Night Run, 5pm – 10pm
Saturday 29 – IRONKIDS, 9am – 5pm
Sunday 30 – IRONMAN 70.3, 10am – 5pm

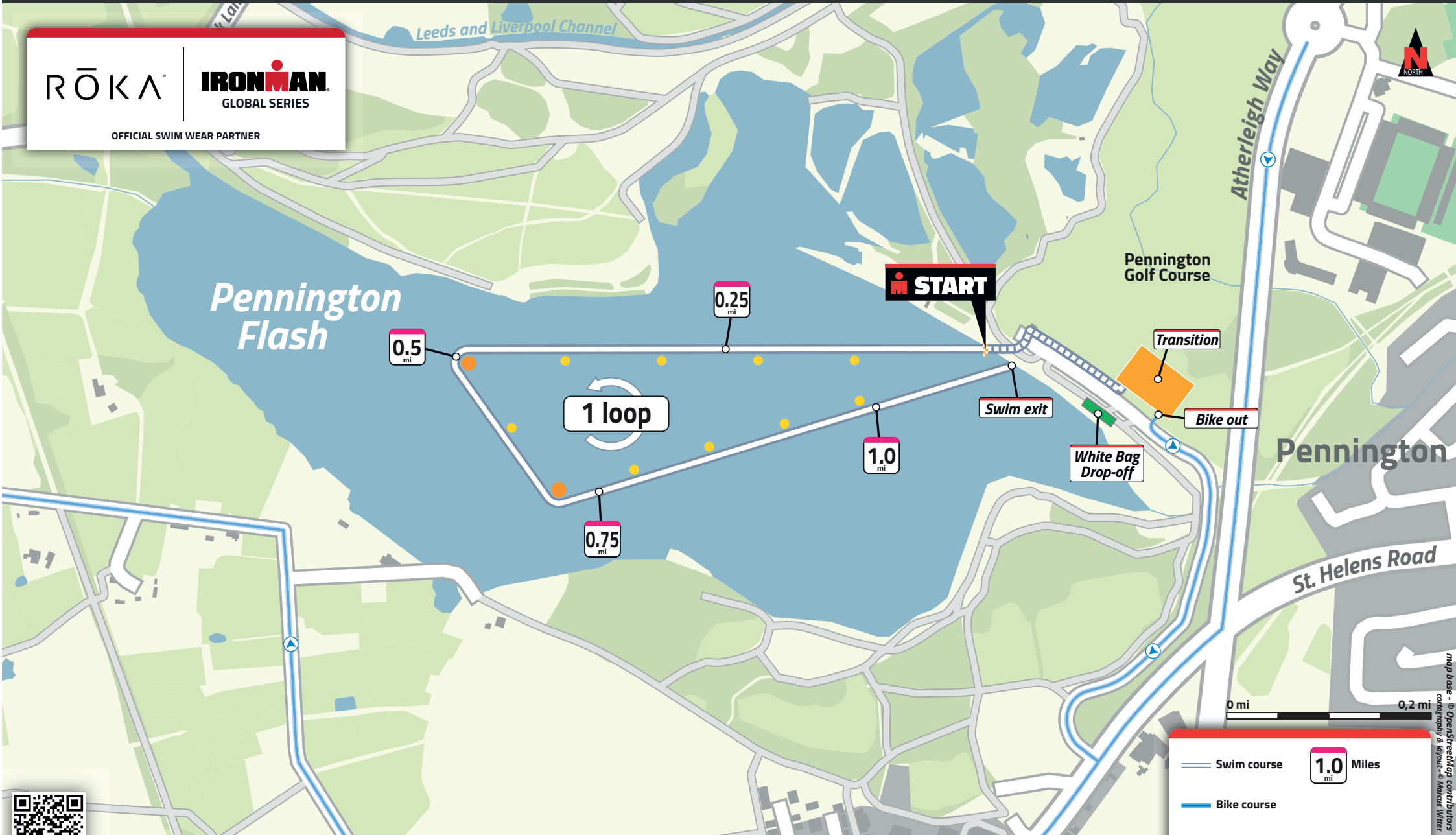
Queens Park
Sunday 2nd - 12noon - 7pm
Pop-up acoustic music stage with local artists

Festival
ZONE
Albert Halls

FAMILY FUN ZONE
Deansgate

Bolton Council

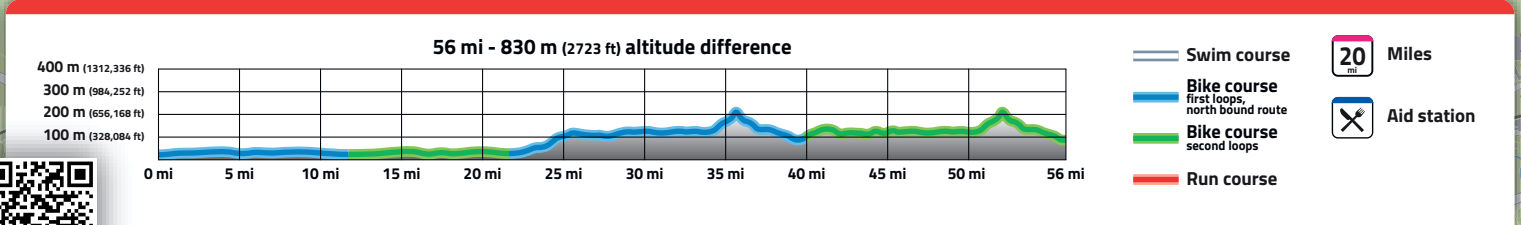
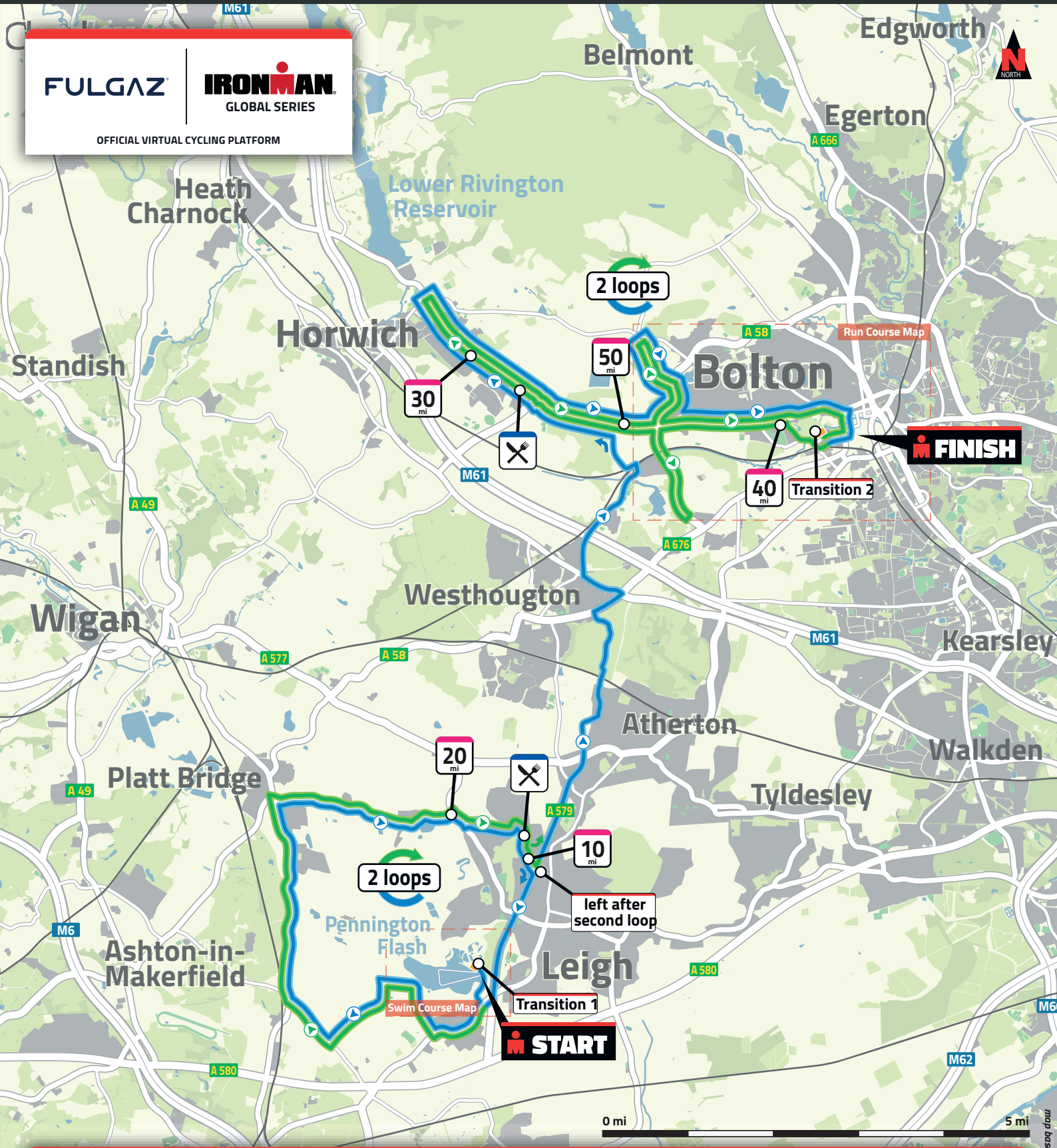
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OFFICIAL SWIM WEAR PARTNER



Swim course 1.0 Miles
Bike course



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



HOKA | **IRONMAN**
GLOBAL SERIES
OFFICIAL RUNNING SHOE

