




# Spectator Guide

1st July - 3rd July 2022

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

**A spectating and information guide for the UK's premier long distance triathlon event.**

This guide will help you get around and watch the IRONMAN UK event.

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# What is **IRONMAN**®?

**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 13 years.





## Friday 1st July

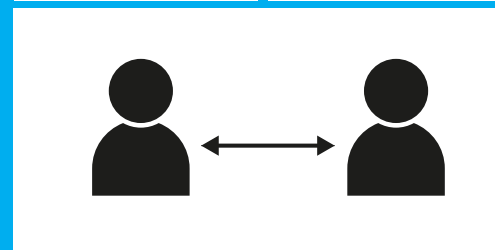
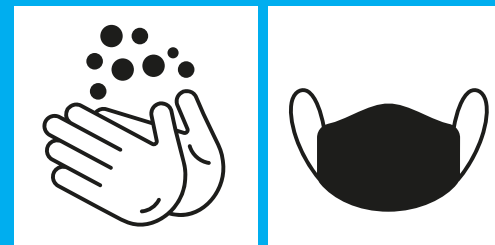
**Night Run returns to mark the start of this year's IRONMAN UK weekend on the evening of Friday 1st July.**

The 5K fun run starts 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.



## COVID is still here



While Bolton is famous for the support we give the IRONMAN UK athletes, we need to remember that COVID is still here.

Please remember – hands, face, space, fresh air.



# 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

Due to the new bike course for 2022, spectators can now view cyclists from Le Mans Crescent as they pass the Le Mans Crescent Arch before heading 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 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 four times on their run laps as they loop around Le Mans Crescent and Bolton Town Hall.

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

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 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.





# 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 and a Family Fun Zone close to the finish line.

The festival zone will feature music, street performers, food, drink and a bar.

The family fun zone will keep children happy with face painting, a climbing wall, fairground games, football, a caving bus, arts and crafts and of course ice cream.

In Queens Park on Sunday 3rd 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.

Spectators can take the shuttle bus back to Great Moor Street after the last swimmer has exited on their bike.



# ROAD CLOSURES - Sunday 3rd July 2022

There will be many road closures in and around Bolton, Wigan, Bury and Blackburn with Darwen 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.ironman.com/im-uk-course](http://www.ironman.com/im-uk-course) and click on Road Access tab







# It's back!

**NIGHT**  **RUN**  
BOLTON UK Presented by IRONMAN

**Bolton Town Centre**  
Friday 1st – Night Run, 5pm – 10pm  
Saturday 2nd – IRONKIDS, 10am – 5pm  
Sunday 3rd – IRONMAN, 12noon – 8pm



**IRONMAN**  
UK  BOLTON  
ENGLAND

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

**IRONKIDS**

*Festival*  
**ZONE** **FAMILY  
FUNZONE**

Returning this year!

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

**Bolton  
Council**

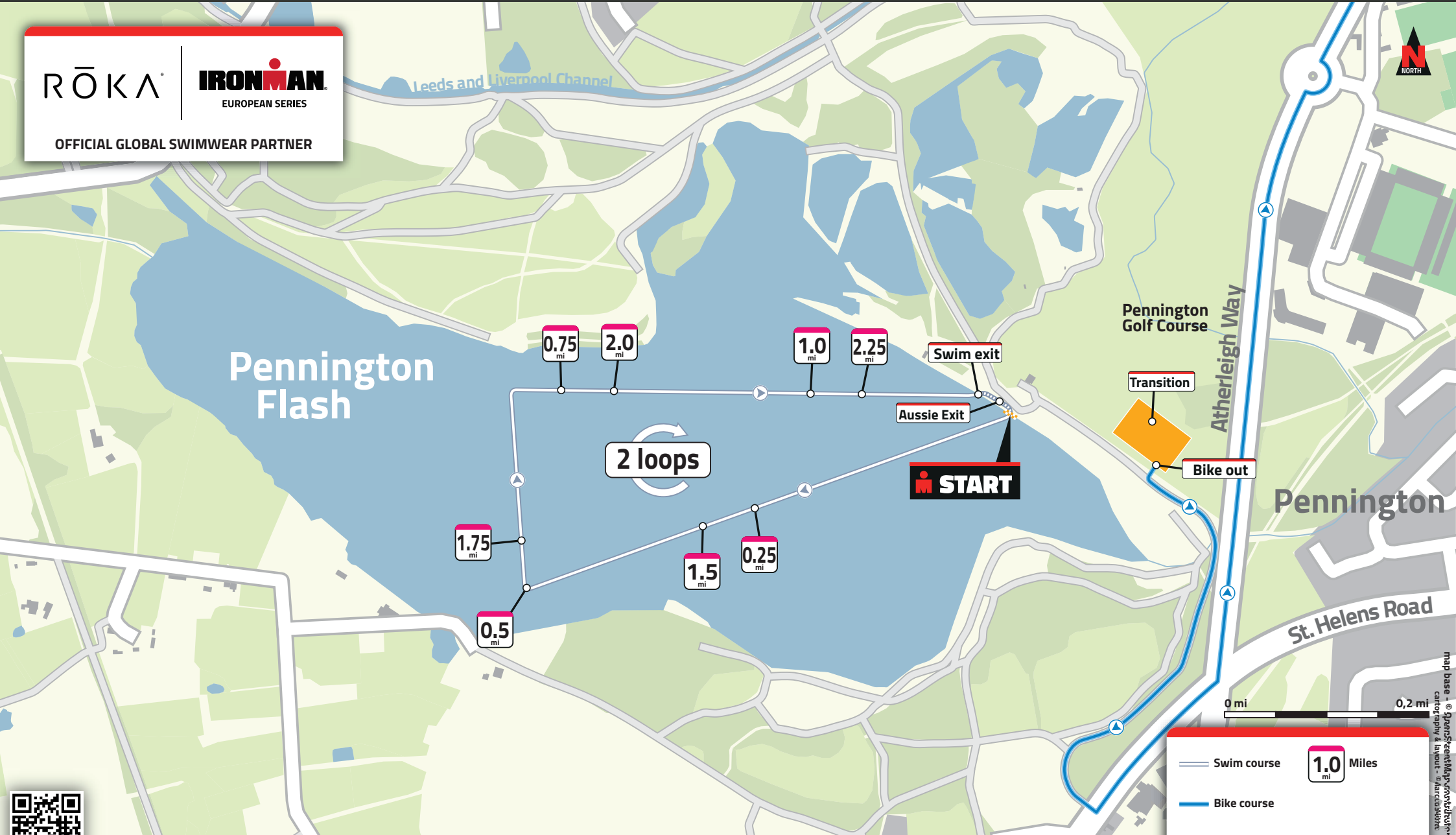


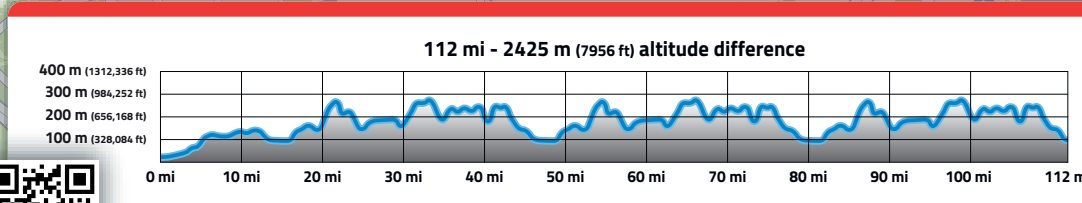
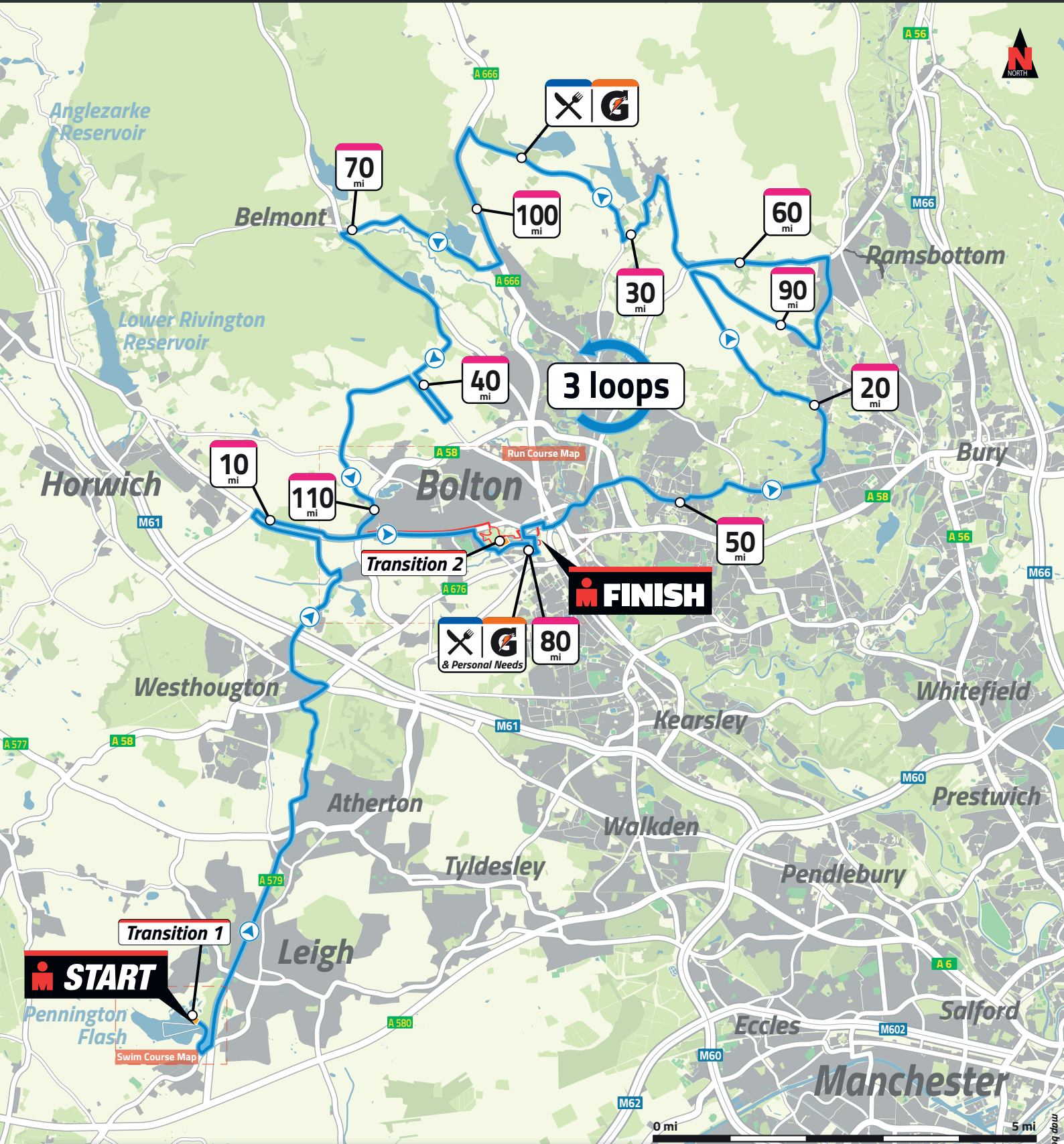


**RÖKA**

OFFICIAL GLOBAL SWIMWEAR PARTNER

**IRONMAN**  
EUROPEAN SERIES





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







OFFICIAL RUNNING SHOES

