

SWIM BIKE RUN

Athlete Guide - Sunday 2nd July 2023



WELCOME WORDS



Welcome to IRONMAN UK Bolton 2023!

You have already completed 99% of the distance you will cover on your journey from the start of your training, to the finish line in Bolton on July 2nd. The IRONMAN UK team have that last 1% of the journey ready for you and can't wait to see you on the start line at Pennington Flash.

Take confidence that you are ready, and remember that every stroke, pedal and step of the race is just another small part of that last 1%. Many of those steps won't be easy but I can guarantee that those last few down the red carpet and across this finish line will be some of the best steps you have ever taken.

Our friends and colleagues in Bolton and the surrounding towns take huge pride in providing the venue for you to take on this challenge. Our heartfelt thanks go to our amazing hosts Bolton Council, along with the neighbouring boroughs of Wigan, Bury and Blackburn with Darwen, through which you will pass during the day.

Each of these locations not only contribute their time and roadways, but also provide the hundreds of volunteers that you will see at the aid stations, course turns, transitions, swim, finish area and so on. Please do take the time to join us in showing our appreciation to these incredible people whenever you can throughout the weekend.

Good luck, and remember you only have 1% of the journey left to go.

-Your IRONMAN UK Race Director, Dean Smith

WELCOME WORDS



I'm proud to welcome this year's IRONMAN athletes, their families and friends to Bolton.

With restaurants, theatres, museums, shopping, country walks and more, Bolton has plenty on offer to make your visit a memorable one.

I know that despite the lovely countryside it passes through, Bolton's IRONMAN route is a challenging one. But we're also famous for our warm welcome and enthusiastic support, so expect to be cheered on loudly.

As a keen runner myself, I'm full of admiration for the challenge you're taking on and I wish you the very best of luck!

- Chief Executive, Bolton Council, Sue Johnson

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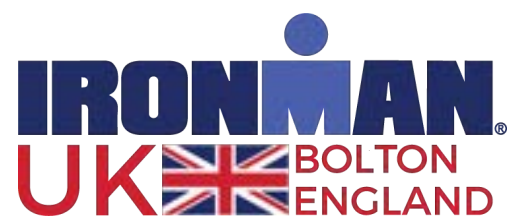
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2023 IRONMAN UK RACE SCHEDULE

Subject to change

Race Briefing will be announced one week prior to Race Day

THURSDAY 29TH JUNE

15:00 / 19:00	Athlete Registration	Crompton Place, Bolton
15:00 / 19:00	EXPO & Official Merchandise Store	Crompton Place, Bolton
15:00 / 19:00	IRONKIDS Registration	Bolton Town Hall
15:00 / 19:00	Night Run Registration	Bolton Town Hall

FRIDAY 30TH JUNE

09:00 / 18:00	Athlete Registration	Crompton Place, Bolton
09:00 / 18:00	EXPO & Official Merchandise Store	Crompton Place, Bolton
09:00 / 18:00	IRONKIDS Registration	Bolton Town Hall
09:00 / 18:00	Night Run Registration	Bolton Town Hall
10:00 / 18:00	Transition 2 Open - Red Bag Check-in	Queens Park, Spa Road
19:00 / 21:00	Night Run	Le Mans Crescent, Bolton

SATURDAY 1ST JULY

08:00 / 14:00	Athlete Registration	Crompton Place, Bolton
08:00 / 16:00	EXPO & Official Merchandise Store	Crompton Place, Bolton
08:30 / 17:00	Transition 2 Open - Red Bag Check-in	Queens Park, Spa Road
09:00 / 16:00	IRONKIDS	Le Mans Crescent, Bolton
09:00 / 17:00	Transition 1 Open - Blue Bag/Bike Check-in	Pennington Flash, Wigan
10:00 / 11:00	Official Swim Practice (Registered Athletes)	Pennington Flash, Wigan
17:00 / 17:45	IRONPRAYER	Bolton Town Hall

SUNDAY 2ND JULY

03:20 / 05:20	Shuttle Bus Pick-up (Spectators from 05:00)	Great Moor Street, Bolton
04:00 / 05:45	Transition 1 Open	Pennington Flash, Wigan
06:00	IRONMAN UK Self-seeded Rolling Start	Pennington Flash, Wigan
07:30 / 10:30	Spectator Shuttle Bus Pick-up	Leigh Sports Village
12:00 / 21:00	Official Merchandise Store	Crompton Place, Bolton
17:30 / 23:45	Transition 2 Open - Bag/Bike Collection	Queens Park, Spa Road

MONDAY 3RD JULY

09:00 / 13:00	Official Merchandise Store	Crompton Place, Bolton
10:00 / 13:00	Awards and Slot Allocation	Bolton Town Hall



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TOP 5 THINGS TO DO IN BOLTON

QUEEN'S PARK

Officially one of the best parks in the country, having been awarded a 'Green Flag Award' for the best green spaces in the UK. It is also an important landmark for the 2023 IRONMAN UK weekend – not only does the IRONMAN run course travel through here, but it also hosts our Night Run event on the Friday evening.



SMITHILLS HALL

Set on the edge of the West Pennine Moors, Smithills Hall is one of the oldest and best-preserved manor houses in the North West of England. Visit for free and pop into the Tea Room while you're there to sample the large menu of homemade and locally sourced produce.



SHOPPING TRIP

Shop till you drop in Bolton town centre, home to the UK's best retailers and independent specialists at Market Place Bolton. Don't forget to visit our award-winning market too where you will find extensive varieties of fruit and veg, fish and meat and our fantastic lifestyle hall.



BOLTON MUSEUM

With free family-friendly events and exhibitions available all year round, enjoy the fascinating story of Bolton, its places and people, alongside displays of Art, Egyptology, Archaeology, Botany and Zoology. Located on Le Mans Crescent, just seconds from the IRONMAN finish on Victoria Square.



ALBERT HALLS BOLTON

Drop by our fantastic all-round live entertainment venue, watch a show at the grand theatre or settle in for drink at the luxurious Albert Bar – all set within Bolton's famous town hall right in the heart of the town.



For more information: <https://www.bolton.gov.uk/visitbolton>
Tourist Information Centre:

Central Library, Le Mans Crescent, Bolton, BL1 1SE



Are you ready?

Get planning your trip with Visit Bolton

IRONMANUK VisitBolton
IRONMAN England visitbolton

Get access to exciting offers and latest updates

Download the *Discover* mobile app today

Everything you love. Everywhere.



Scan to download the app now!



Discover the best Bolton has to offer on IRONMAN weekend!

Available in Bolton, Farnworth and Kearsley, Horwich and Blackrod, Little Lever and Westhoughton

Available on the App Store | Get it on Google Play



Discover Bolton's history and heritage with the free TrailTale App!

Scan here to download the free TrailTale app today!



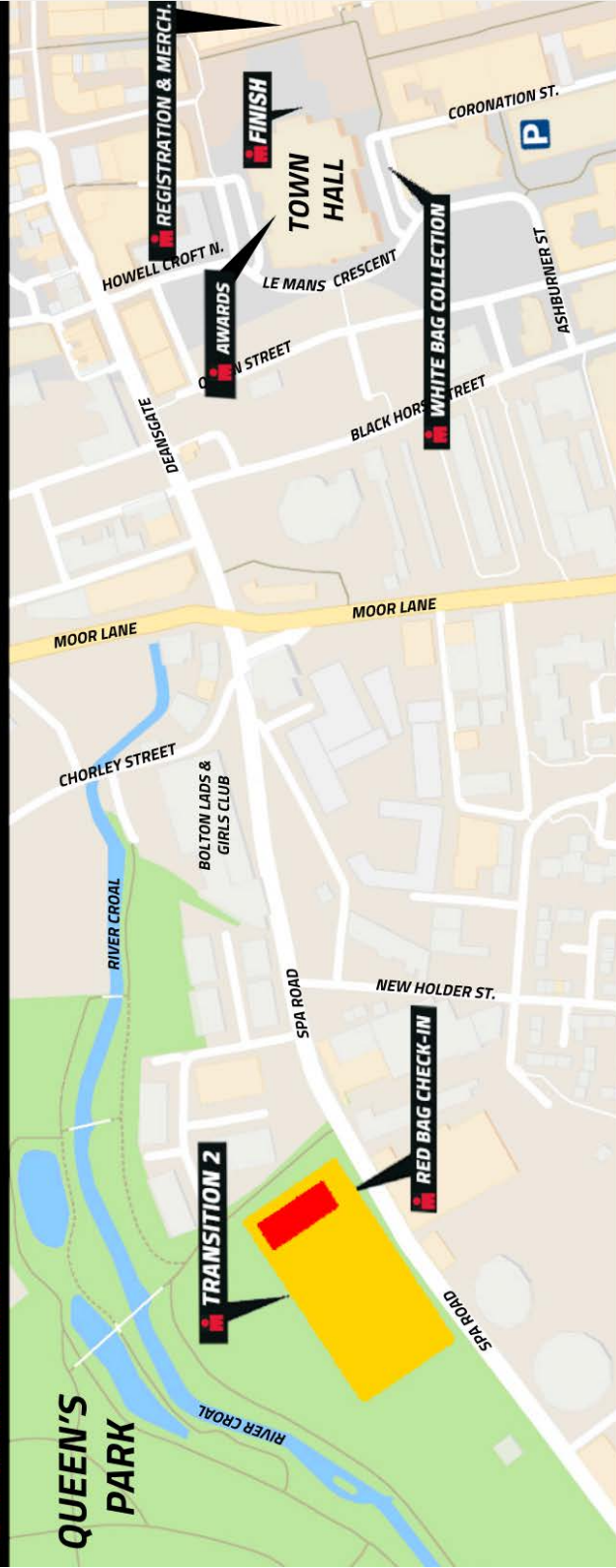


- Discover the Bolton you never knew existed!
- Get outside this year to explore!
- 10 trails across the borough, how many can you complete?
- What will you discover on your doorstep?



EUROPEAN UNION
Bolton Council

TOWN CENTRE MAP



IMPORTANT LOCATIONS

IMPORTANT LOCATIONS TO NOTE

Registration - Crompton Place

EXPO and the Merchandise Store - Crompton Place

Swim Start and Transition 1 - Pennington Flash

Transition 2 - Queen's Park

The Finish Line - Victoria Square

Shuttle Bus Departure - Great Moor Street

DIRECTIONS

Registration & EXPO:

Crompton Place, Victoria Square, Bolton BL1 1RU

Swim Start & Transition 1:

Pennington Flash, Leigh, Wigan, WN7 3UG

Pennington Flash – Saturday

There is access to Pennington Flash on Saturday to rack your bags/bike. Please be aware that there will be no parking at Leigh Sports Village on Saturday or Sunday.

Pennington Flash – Sunday

There is NO VEHICLE ACCESS to Pennington Flash on Sunday.

All athletes and spectators are recommended to take the shuttle bus from Great Moor St in Bolton on Race Morning, 03:20-05:00 Athletes only. From 05:00 spectators with pre-purchased ticket. Click here for more information

Alternatively athletes can be dropped off by supporters at the Leigh Sports Village and walk across with the shuttle bus passengers.

Transition 2:

Queen's Park, Spa Road, Bolton, BL1 4AG

Finish Line:

Victoria Square, Bolton, BL1 1RU

By Train: The nearest mainline station is Bolton.

By Bus: There are various buses to Bolton town centre depending on where you are coming from. Please see here for bus routes.

PARKING

BOLTON TOWN

Below are the various car parking sites available in the town centre of Bolton. These are all within walking distance of the Shuttle Bus, Transition and the Finish Line.

Parking at the Octagon Theatre MSCP and Surface car park tend to get very busy on race morning with people parking here for the shuttle bus. If you are coming with spectators, we kindly ask that they drop you off first and then park in Deane Road or Topp Way to ensure athletes who need to park for the shuttle bus have priority to make their Race Day easier.



PARKING

BOLTON TOWN

Car parking is available from all normal facilities in Bolton Town centre on Friday and Saturday and athletes can choose where to park at their own discretion.

The three main long stay car parks with capacity on Friday, Saturday and Sunday are:

1. Topp Way, Duke Street, BL1 2DJ

What 3 Words – daisy.edit.pound

Max Height – 2.20m

No time restrictions

More information regarding costs etc can be found [here](#)

2. Deane Road, Wellington Street, BL3 5DX

What 3 Words – burst.decide.divisions

Max Height – 2.20m

No time restrictions

More information regarding costs etc can be found [here](#)

3. Octagon Theatre MSCP, Great Moor Street, BL1 1SN

What 3 Words – landed.amused.economies

Max Height – 1.90m

No time restrictions

More information regarding costs can be found [here](#)

You can check out all Bolton NCP car parks [here](#).

IRONKIDS – Thursday to Saturday

For registration, we would suggest parking in the [Octagon Theatre MSCP](#) as this is closest to IRONKIDS registration and is just a 5-minute walk.

PENNINGTON FLASH/T1 - Saturday

You will only be able to park at Pennington Flash to drop your blue bag and bike at Transition 1. Alternatively, you could be dropped off at Leigh Sports Village which is a short walk around the Holiday Inn hotel to reach transition.

PARKING FOR SHUTTLE BUS

4. Octagon Theatre Surface, Great Moor Street, BL1 1SJ

What 3 Words – play.policy.booth

Max Height – 1.90m

Opening times Mon to Sun – 24hrs

More information regarding costs etc can be found [here](#)

3. Octagon Theatre MSCP, Great Moor Street, BL1 1SN

What 3 Words – landed.amused.economies

Max Height – 1.90m

Opening time: 4am Sunday

More information regarding costs can be found [here](#)

[Parking for other areas, continued on next page](#)

PARKING CONT.

PARKING FOR SPECTATORS

Pennington Flash - Sunday

Please be advised there is **NO VEHICLE ACCESS** to Pennington Flash on Sunday.

Leigh Sports Village – Sunday, Spectators

Please be aware that there is no parking available at Leigh Sports Village. We advise all athletes and spectators to use the shuttle bus from Bolton town centre.

Morrisons, Leigh - Sunday, Spectators

While there is no parking available at Pennington Flash or Leigh Sports Village, there are some spaces available at the nearby Morrisons. There is a strict 3-hour maximum stay at this car park, with ANPR cameras in place and fines issued automatically. If you choose to use this car park, please arrange your arrival and departure time accordingly. The use of this car park will be at your own risk and subject to space availability. Please also check the car park signs on arrival.

BOLTON TOWN CENTRE – Sunday

We recommend parking in the same multi-storey NCP car parks as we do for Friday and Saturday. As a reminder these are below:

Topp Way, Duke Street, BL1 2DJ
Deane Road, Wellington Street, BL3 5EQ
Octagon Theatre MSCP, Great Moor Street, BL1 1SN

Octagon Theatre is the closest to the Finish Line but all these car parks are in short, walking distance.

*Please be aware that IRONMAN hold no responsibility for where you park or any tickets you may incur from this advice, nor will IRONMAN cover any charges incurred. This is only advice to help athletes.



SHUTTLE BUSES

There will be shuttle buses to and from swim start at Pennington Flash, running from 03:20 - 05:00 for athletes only and 05:00 for spectators (with pre-purchased ticket) on Sunday 2nd July.

Athletes can use the shuttle buses free of charge. You will need to be wearing your event wristband, which you will receive at registration.

Spectators will need to purchase a shuttle bus ticket **before** Sunday morning. These can be purchased by the athlete through their Active profile as an Additional Purchase from 6 weeks out from the event. Athletes can follow the link below to access their Active Profile. Please show your confirmation email to the bus driver.

Shuttle Bus Ticket Prices:

Adult Spectator Ticket (16+) = £5

Child Spectator Ticket = £3

Children aged 2 and under = FREE

Bus Times

Great Moor Street – Pennington Flash

03:20 - 05:00 (Athletes)

05:00 - 05:20 (Spectators)

Leigh Sports Village – Great Moor Street

07:30 - 10:30

Athletes will be prioritised on buses to Pennington Flash to ensure that they arrive at the Swim Start on time.

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

Active Profile - Additional Purchases

COLLECTION / DROP OFF POINTS

Great Moor Street, Bolton

- Outside the University of Bolton building

[what3words - ///areas.like.exchanges](#)



Sale Way, Pennington Flash

- outside Leigh Sports Village

[what3words - ///liquid.galleries.prevents](#)



If you don't have your own transport, getting to Pennington Flash on Saturday with your bike and bags can be difficult. This year, we are offering transport for those who are unable to get there themselves. Please note this service is very limited but should you need help, please contact us at uk@ironman.com for more information - this is a first come, first served service.

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Curated to meet the needs of IRONMAN athletes, enjoy a range of enhanced services such as priority check-in, dedicated bike maintenance, bike and bag return to your hotel post-race and much more.

- Dedicated line for bib package collection
- Low bib number
- Priority bike racking
- Early Access to IRONMAN store before public opening
- Dedicated morning bag drop off
- 24/7 access to a NIRVANA Athlete Manager on site
- Medal engraving
- Bike service from NIRVANA throughout Event Week (excluding parts)
- Priority Lane bike drop
- Race site familiarisation tour and Q&A with IRONMAN ambassador
- Access to dedicated NIRVANA bike mechanics in transition pre-race
- Pre-event access to dedicated Nirvana Athlete Service Manager
- Pre-event Group Video Call with Race Director
- Fast Track to Swim Start
- Convenient Drop of Street Gear at Swim Start
- Hosted bike and bag drop off
- Access to Athlete VIP Shuttle (NIRVANA transport from hotel to event site)
- Delivery of bike and bags from transition to hotel

CONTACT US

To hear more about how Nirvana can enhance your IRONMAN experience and best prepare you for your race, email the team:

contactus@nirvanasportstravel.com

nirvanasportstravel.com



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IRONPRAYER

Race Chaplains

The IRONMAN Race Chaplains are available over race weekend for confidential, non-judgmental support. If you want a confidential chat, help, encouragement or just to see a friendly face then you can find them at the Race Village, or message them on 07884 181033.

They will be floating onsite at Crompton Place across the registrations days and at the below areas on Saturday afternoon and Sunday.

Saturday - IRONPRAYER at The Lancaster Suite, Bolton Town Hall

Race Day – at Swim Start, in T1, T2 and at the Finish Line!

IRONPRAYER

Saturday 1st July at 17:00

The Lancaster Suite, Bolton Town Hall, BL1 1RU

This is an opportunity to meet for an informal short service of reflection and encouragement before race day. Athletes, families, supporters, volunteers and the local community are welcome to join us. We will pray for the event and for any concerns surrounding it, and share some of our race experiences and our hopes and fears for race day.



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REGISTRATION ESSENTIALS

Registration will be at Crompton Place opposite Bolton Town Hall steps in Victoria Square, Bolton, BL1 1RU

ATHLETE REGISTRATION TIMES

Thursday 29th June / 15:00 - 19:00

Friday 30th June / 09:00 - 18:00

Saturday 1st July / 08:00 - 14:00

Athlete Check-In will NOT be open after these hours. If you do not check-in during the designated Athlete Check-In hours you will not be able to race.

WHAT YOU'LL NEED TO BRING

- A valid photographic ID

- Your [Registration QR Code](#), from your confirmation email and it will be re-sent during race week

- [Race Licence from an ITU-affiliated](#) national governing body or have purchased a [British Triathlon Day Licence](#)

If you do not own a Triathlon Licence, please [purchase one prior to coming to registration](#) via the link below for £6.

BUY YOUR RACE LICENCE IN ADVANCE HERE

Once purchased, please bring the confirmation email to site with you as this will be requested at registration. If you require further information regarding a Race Licence, please see the next page.

If you bought a Race Licence through Active when registering, confirmation will be included in your Race Week email.



STOP ARE YOU RACE READY?

This is a British Triathlon permitted event. British Triathlon and IRONMAN Competition Rules require you to become a member of the sport and obtain a race licence in order to race.

TAKE ACTION NOW

1

I am already a British Triathlon Home Nation member.

No action. Show proof of membership at registration.



2

I am not a British Triathlon Home Nation member and live in Britain.

Buy a day membership and show proof at registration.

BUY NOW ▶ bit.ly/BritTriIRONMAN



3

I am not a British Triathlon Home Nation member and live outside of Britain.

FIND OUT MORE NOW ▶
bit.ly/BritTriIRONMAN



For further information please email events@britishtriathlon.org



REGISTRATION

Registration will be at Crompton Place opposite Bolton Town Hall steps in Victoria Square, Bolton, BL1 1RU

WHAT YOU'LL RECEIVE AT REGISTRATION

Upon registering, athletes will receive a backpack containing the following:

BIB Number (please note; your race number will be assigned on-site)

Wristband

Swim Cap

Helmet Sticker

Bike Sticker

Bag Sticker x 3

Transition Bags (white, blue and red)

WHEN TO USE

ID Wristband

Your wristband will be placed on your wrist in registration. You must wear this from this point until the awards collection as this is essential for access into the athlete only areas.



Event Swim Cap

You will be given a swim cap to wear for the race. It is compulsory that this is worn on Race Day, as well as the Swim Practice in Pennington Flash if you wish to practice during our allocated time.



BIB Number

Your BIB number and stickers will be printed on site. You must wear this on your back for the bike and front for the run (it is compulsory for all athletes to wear). It is strongly recommended that you get a race belt to save you time in transition, and for ease of transition from bike to run.



Race Stickers

You will be issued a sheet of 6 stickers; these are for you to number your kit with. There will be one for your bike, helmet and transition bags, which must all be used. The smallest sticker will be placed on your wristband by a volunteer.



Blue Bike Bag

Contains the kit you need for the bike discipline, including your helmet and BIB number. After you have used your blue bag for the swim-to-bike transition, use this bag to pack your swim gear in.



Red Run Bag

Contains the kit you need for the run discipline. After you have used your red bag for the bike-to-run transition, use this bag to pack your bike gear in, including your helmet.



White Bag

This is your after-race bag, it is for you to put any additional clothing you wear before the race and anything you may require after the race. You will need to drop this at the designated area at swim start and it will be transported to the finish line for you.



TRANSITION BAGS

Please ensure that you stick the numbered stickers firmly on the bags before you put your gear in them. You will have access to your blue bag from 04:00 to 05:45, race day, to make any final changes!

You cannot mark these bags, other than with your race number sticker. Any marking will be removed by referees and may result in a penalty. You cannot store bike pumps in any of the bags. There will be on-site mechanics at each transition should you need their assistance.

TRANSITION BAGS

We appreciate that the different colour bags can be confusing and trying to remember what goes in and comes out of each. To help, we have put together the diagram below.

If you choose to use a white bag, this will contain street wear and needs to be handed in before you start the race on race morning but please note you don't have to use this. We do not advise leaving valuables in your white bag, nor track pumps and ask that you don't overfill it. Please note IRONMAN are not responsible for the contents of the bags.

WHAT TO PACK IN EACH BAG BEFORE THE RACE



Include: clothes for after the race, towel, shoes

Drop off: on race morning

Collection: at the finish line after the race



Include: helmet, glasses, bike shoes, socks, bib number

Drop off: at Transition 1 with your bike on Saturday

Collection: from Transition 2 after the race



Include: running shoes, hat

Drop off: at Transition 2 on Friday/Saturday

Collection: from Transition 2 after the race

WHAT TO DO DURING THE RACE



Take out: helmet, sunglasses, bike shoes, socks, bib number



Put back in: wetsuit, goggles, swim hat



Take out: running shoes, hat



Put back in: helmet, sunglasses, bike shoes, socks, bib number

BIKE AND BAG RACKING

TRANSITION 1 - Pennington Flash

Saturday 1st July 09:00 - 17:00

PENNINGTON FLASH

You must rack your helmet, bike and bag together on Saturday. Your corresponding wristband will be checked upon entering transition. Without these you will not gain access into transition.

Be ready before you get to the entrance of transition. You must have your helmet on with the strap fastened and sticker on the front, your race number stickers on the seat post of your bike and your blue transition bag with the sticker in the space provided. Without all these items, you will not be able to rack your bike and bag.

Athletes are responsible for ensuring that their bike and helmet are in safe, working order, IRONMAN will not be responsible for any bike failures. There will be bike mechanics at bike check in on Saturday to help with any minor alterations.

When racking your bike, please take your time to familiarise yourself with transition, knowing where the entries and exits are. There will be volunteers in transition to answer any questions, ask them now, don't wait until race day. Security will be onsite overnight on Saturday and on Sunday morning.

TRANSITION 2 - Queens Park

Friday 30th June 10:00 - 18:00

Saturday 1st July 08:30 - 17:00

QUEENS PARK

You will need to rack your red run bag here on Friday or Saturday. Your bag must have your race number stickered on it, and your corresponding wristband will be checked. Without these you will not gain access into transition.

TIMING

You will collect your timing chip as you enter Transition 1, in Pennington Flash, with the QR code on your wristband. The timing strap needs to be worn on your left ankle during the entire race.

Your timing chip is on loan to you, failure to return the chip will result in a £50.00 fee being charged.

Timing results will show your swim time, bike time, run time, finish time, transition splits, overall and age group ranking.

If you lose your timing chip during the race you must notify a timing official in transition who can issue you with a replacement, so you can continue.

Important - Only athletes with verifiable electronic timing data will be eligible to accept a World Championship slot or receive an award in their Age Group.



I WANT MORE

ALL WORLD ATHLETE PROGRAM



ALL WORLD ATHLETES



AWA GOLD athletes will receive the following onsite benefits:

- Low BIB numbers
- AWA logo on BIB
- Priority bike racks
- Priority access at registration
- Priority access bike check-in
- AWA swim cap



AWA SILVER athletes will receive the following onsite benefits:

- Low BIB numbers
- AWA logo on BIB
- Priority bike racks
- Priority access at registration
- Priority access bike check-in
- AWA swim cap



AWA BRONZE athletes will receive the following onsite benefits:

- AWA logo on BIB
- Priority access at registration
- Priority access bike check-in
- AWA swim cap

All AWA athletes will receive a neon pink swim hat with the race logo on and also one AWA swim hat. These will be given at registration



If you have any questions regarding your AWA status or any other queries surrounding AWA, please get in touch with our team on the email address below:

triclubemea@ironman.com

IRONMAN. TRICLUB



JOIN THE PROGRAM

WWW.IRONMAN.COM/TRICLUBS

@IRONMANTRICLUB



SWIM PRACTICE

Saturday 1st July 10:00 - 11:00

PENNINGTON FLASH, WIGAN

The swim practice will take place at the official swim start location of IRONMAN UK. All athletes must have registered and collected their athlete wristband from registration before they are able to join the swim. Entry to the swim will be closed 15 minutes before athletes are due to exit the water and all athletes need to exit the lake promptly after their practice.

Swimming in Pennington Flash at any other time is forbidden. Therefore, swim practice can take place only at the designated practice time and within the designated area. Insurance cover on these days is only for competitors of the IRONMAN UK event.

Athletes without a wristband or IRONMAN UK Swim Cap cannot enter the water. Please note you do not need to book a time slot to come to swim practice.

IMPORTANT INFORMATION ABOUT BIO SECURITY FOR YOUR WETSUIT AND SWIM EQUIPMENT

We are committed to protecting the shoreline at Pennington Flash. Please ensure your spectators honour the barrier placements and please make sure they do not walk on the water's edge. It is important we ensure no invasive species or diseases enter the waters at Pennington which can affect fish and other wildlife.

Please follow the CHECK, CLEAN & DRY guidelines below to ensure your wetsuit and swimming equipment is suitable:

CHECK your wetsuit for live organisms.

All clothing and equipment should be thoroughly inspected, and any visible debris (mud, plant or animal matter) should be removed and left at the water body where it was found. Particular attention must be paid to the seams and seals of wetsuits. Any pockets of pooled water should be emptied.

CLEAN and wash your wetsuit thoroughly. Use hot water where possible.

All clothing and equipment should be carefully contained, e.g. in plastic bags, until these facilities can be found. Washings should be left at the water body where the equipment was used or contained and not allowed to enter any other watercourse or drainage system (i.e. do not put them down the drain or sink).

DRY your wetsuit - some species can live for many days in moist conditions.

Make sure you don't transfer water elsewhere. Thoroughly drying is the best method for disinfecting clothing and equipment. Clothing and equipment should be thoroughly dry for 48 hours before it is used elsewhere. Some non-native species can survive for as many as 15 days in damp conditions and up to 2 days in dry conditions, so the drying process must be thorough.

RULES AND REGULATIONS

Withdrawal Pre-Race

If you wish to withdraw from the race prior to the race start (after you have registered) please inform the help desk at registration and return your timing chip. If you do not return your timing chip you will be charged £50 for its replacement. If registration has closed, please email uk@ironman.com with your name and bib number to confirm you will not be racing.

It is important that you let us know if you are not racing so all athletes are accounted for and we know you are safe.

Withdrawal During The Race

Any athlete withdrawing from the race at any point must report to a staff member, please ask for the team leader of the area you are in. They will take your bib number and report them to race control. Any athlete who fails to report their withdrawal may result in suspension from future IRONMAN events. Athletes who receive medical assistance from our medical team are exempt from this rule.

Rules & Regulations

IRONMAN enforce a series of regulations to maintain safety, sustainability and a fair racing experience for all athletes. Every athlete should ensure that they are aware of the rules. Please see the full 2023 IRONMAN rules [here](#).

PLEASE NOTE THE FOLLOWING LOCAL RULES


- Littering will result in a penalty
- Bib numbers must be worn on the back for bike and front for the run
- Any graffiti painted on the road will result in disqualification of the athlete (chalk can be used)


General Rules


- Outside assistance is not allowed. Friends, family members, coaches or supporters may not bike, drive or run alongside an athlete, may not pass food or other items to an athlete
- No iPods, video recording, listening or recording devices are allowed
- Athletes who abuse Race Officials will be disqualified
- Athletes who fail to follow instructions of a Race Official will be disqualified
- If, in the view of the Race Officials, an athlete is unable to complete that section of the course within the cut off time, they may be withdrawn from the race immediately
- Disc brakes are now allowed globally

Penalties

Penalties can be issued by referees, motorcycle marshals and other race officials using the following card system.

 Yellow Card – 60 second penalty

 Blue Card – 5 Minute Penalty

 Red Card – Disqualification

If you break a rule on the course, a referee will show you a card and report your race number to the penalty staff. You must serve your penalty in the penalty box located in transition. A red card will result in an immediate withdrawal from the race.

CUT OFFS



SWIM Cut off - 2 hours 20 minutes

Starts when YOU cross the timing mat. If you do not make the swim cut-off, you cannot start the bike leg.



BIKE Cut off - 10 hours 30 minutes

There are also three intermediate cut-offs on the bike course, in accordance with the approved traffic plan that coincide with the opening of public roads to traffic. The overall cut off is based on when you crossed the timing mat.

These will only affect athletes who will not be able to make the overall cut-off, based on the average speed they have cycled to these points. Times are based on the last swimmer taking the full 2 hours 20 minutes for the swim and then maintaining the slowest average speed required to complete the course.

- The first cut off will be at *the end of lap two, outside transition (mile 79.4)*
- The second cut off will be at *Watery Lane (mile 96.8)*
- The third cut off will be *at Transition 2 (end of the bike course)*

The times for these intermediate cut offs will be communicated in the Race Briefing which is available online from one week before the race. Please watch and make sure you are aware of cut off times.

Athletes who do not make these cut-offs may not remain on the course, they will be collected by the sweep vehicles. IRONMAN reserves the right to remove an athlete from the event at any stage if, in the view of the officials, they are unable to complete that leg of the event within the cut off. If you do not make the bike cut-off, you may not start the run leg.



RUN - 17 hours

Besides the official overall run cut-off time, there will be an additional cut-off on the run course.

- This last lap cut off will be on *Deansgate (19.9 miles)*

Cut-off athletes will be removed from the race in order to maintain accurate times and places in the race results. If DNF'ed, you will not be eligible for awards or World Champs. Please be aware that you could cross the finish line and be DNF'ed after the race, based on the final timing verified by the timing company. This will be because you failed to complete the bike in the required time or the run *within 17 hours* from when you crossed the timing mat.

RACE DAY

TRANSITION

We recommend you arrive a minimum of 90 minutes before the swim start. Please note the transition closing time of 05:45am. It is better to be prepared and relaxed before the race, than rushing to get ready if you are running late.

PLEASE NOTE: the route to the swim start is narrow and for athletes only. Spectators must stay in the designated spectator areas, and not accompany athletes on the walk down.

You will have access to your bike and blue bag in T1 but not to your red bag in T2 prior to the race start. Now is the time to put your drinks bottles and nutrition on your bike, check it is in the right gear to start and pump up your tyres if needed.

We suggest you arrive with your base layer swimming gear already on.

Again, take this time to familiarise yourself with your surroundings, where your bike is located etc.

Do not attempt to mark your bike or racking area. Any markings will be removed by race officials and you may be penalized.

If you discover you have forgotten anything in the morning, race number, timing chip or swim hat, please notify an IRONMAN official as soon as possible so there is time to obtain a replacement.

WHITE BAG DROP

Athletes wanting to hand in their white bags will need to drop these at the designated white bag area on the way to swim start. This area will be located at the trucks outside transition. Athletes must drop their white bags by 05:45am.

White bags will be transported to the finish line, where you will be able to collect them upon completion of the race.

GET SOCIAL

Share your IRONMAN UK experience across your profiles with #IMUK

Stay connected with IRONMAN UK across our social channels to be on top of all the latest news and exciting events:

Facebook: IRONMAN England

Instagram: IRONMAN_UK

Twitter: IRONMAN_UK

FOR FRIENDS AND FAMILY



TRACK YOUR **ATHLETE**

Live results and tracking available via the IRONMAN Tracker App!

FEATURES INCLUDE:

Live Web Tracker: See times and current pace within seconds of a participant crossing each checkpoint. Estimated times will be provided based on current pace.

Live Leaderboard: See who is winning via the Live Leaderboard. Top runners in each category will be displayed in real-time as they lead the way through the course.

Real-time Facebook / Twitter Notifications: Get automatic updates as progress is made on the course. As a spectator, the results of the participant you are tracking can be posted to your Facebook or Twitter feed automatically allowing friends and family to share in the excitement! If you are a participant, claim your profile and enable Facebook or Twitter notifications. Your stats will post live as you pass each checkpoint.

Live Map Tracking: Participant locations will be plotted on the Interactive Course Map as progress is made on course. The position of each participant is estimated based on the most recent timing received from the bib read. NOTE: Participants do not need to carry their phones for this feature to work.

Mobile App: Features include Live Participant Tracking, Push Notifications, Leaderboards, Map Tracking, Event Messages, Event Info and more!

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SWIMMER ON THE PLANET

SWIM

Swim start will be at Pennington Flash, Leigh, WN7 3UG

GPX Swim Course

Pennington Flash will host the start and the swim of IRONMAN UK. The two laps with a total distance 2.4 miles will begin and finish at Pennington Flash with athletes swimming clockwise.

This event will incorporate a rolling swim start for age group athletes. There will be a one-minute warning before the start horn goes off, there will not be a countdown.

Age group athletes will enter the water in a continuous stream through a controlled access point at 6:00 am. The timing chip will register each athlete's start time when they cross the timing mat at the swim entry ramp. There will be no warmup in the water prior to the start, so make sure you prepare properly in the assembly area.

Athletes will be directed to self-seed on race morning based on their anticipated swim time. Volunteers will be in the staging area with signs and will assist with this process. Being as accurate as possible with your self-seeding will make for the best swim.

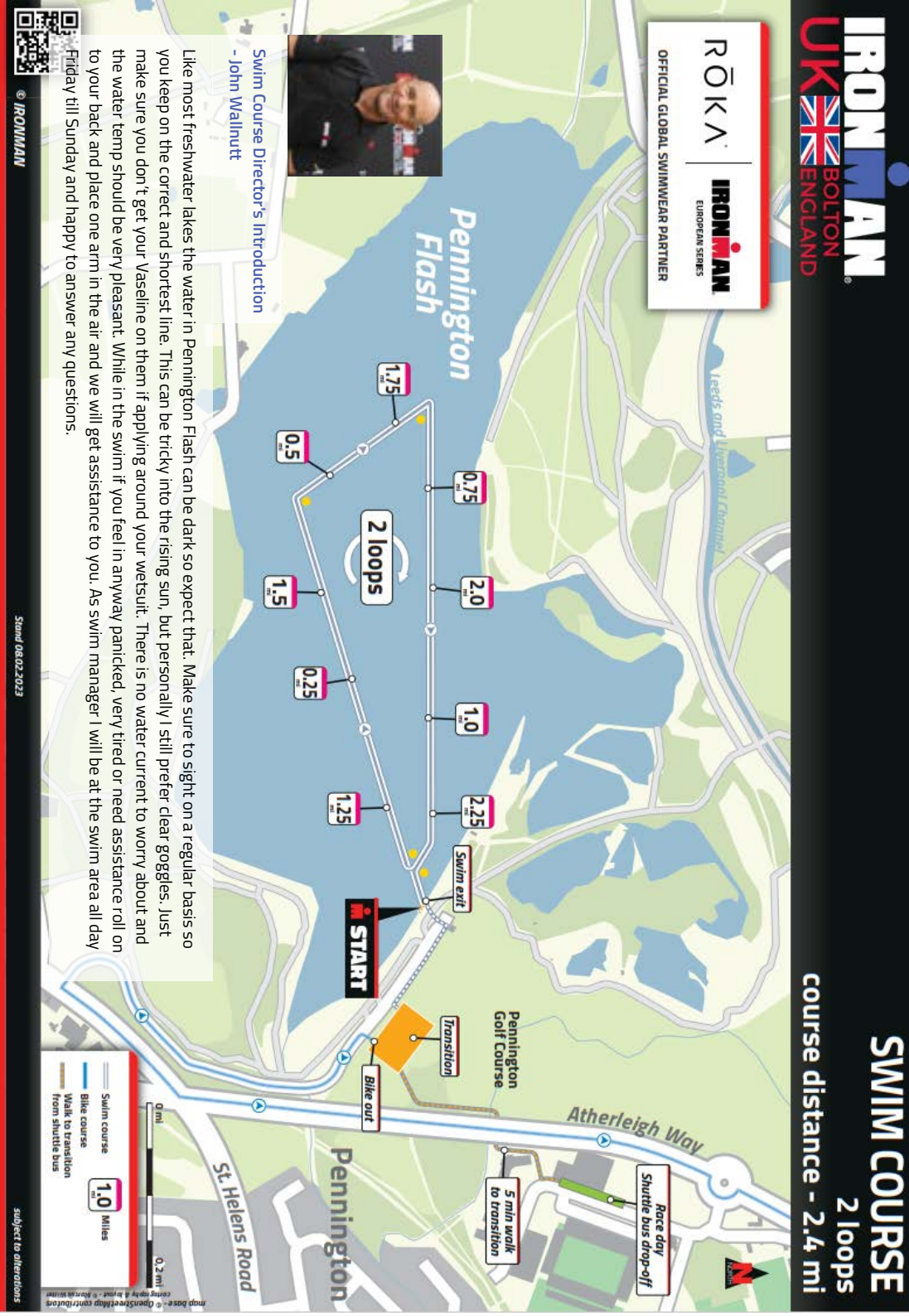
We strongly advise that you seed yourself accurately according to your estimated swim time. There is no advantage to starting early if you are not a strong swimmer. The swim, bike and finish line cut offs will be applied to your individual start time.

New for 2023: There will be no 'Aussie Exit' at the end of lap 1 this year. This means that in 2023 you will complete 2 laps of the 1900m swim course without exiting the water, passing through a large yellow inflatable timing 'gate' at the end of the first lap and turning right onto your 2nd lap. Upon completion of your second lap you will turn left onto the exit ramp.

Athletes have 2 hours 20 minutes to complete the swim course from their start time registered by the timing chip. The bike out will close 2 hours 30 minutes after the last starter, any athletes still in transition will not be allowed on the bike course.

If you are not an experienced open water swimmer, we strongly recommend that you:

- Ensure that you place yourself at the back of the rolling start seeding
- Stay calm
- If you run into trouble, lie on your back and hold an arm in the air to attract the attention of a kayak, which will come to you. You may hold onto the kayak to catch your breath and then continue swimming, always following the kayaker's instructions, however if it is necessary a rescue boat will come to return you to land



SWIM COURSE RULES

1. Athletes must wear the swim cap provided by race
2. No fins, gloves, paddles, or flotation devices (including pull buoys) of any kind are allowed
3. Neoprene or any other booties are prohibited unless the water temperature is 18.3 degrees or colder
4. When the use of wetsuits is forbidden, clothing covering any part of the arms below the elbows and clothing covering any of the leg below the knee is deemed illegal equipment and is not permitted
5. Compression sleeves or compression calf guards/socks may NOT be worn during non-wetsuit swims, but may be worn upon completion of the swim
6. Swim goggles and facemasks may be worn. Snorkels are prohibited
7. No individual paddlers or escorts allowed. The course will be adequately patrolled by boats, canoes and paddleboards
8. Any assistance required during the swim will result in disqualification if forward progress was made. Athletes are permitted to use kayaks and boats as aid, as long as forward progress is not made. Course officials and medical personnel reserve the right to remove athletes from the course if determined medically necessary
9. The swim course will close 2 hours and 20 minutes after the last athlete enters the water. Each athlete will have 2 hours and 20 minutes to complete the 2.4 mile swim. Individual athletes who take longer than 2 hours and 20 minutes to complete the swim will receive a DNF. IRONMAN officials reserve the right to pull athletes off the course who exceed any established course time cut-offs

SWIM TO BIKE TRANSITION

After the swim, you will follow the barriered route back to Transition. You will then collect your blue bag from the bag tent and proceed outside to the tent to change into your bike clothing. If you need to fully change, change tents are available. Nudity outside of these tents is not permitted.

After you have changed, place your wetsuit and swim equipment into the blue bag and deposit it with volunteers on your way to the bike racking area. You must be fully ready to cycle, with your helmet straps fastened before moving your bike.

Your blue bag will be transported to T2 for collection after you finish.

WETSUIT RULES

Wetsuits are recommended for all athletes in water temperatures between 16C and 24.5C. If the water temperature exceeds 24.5C, wetsuits will not be permitted. For water temperature below 16C, wetsuits are compulsory.

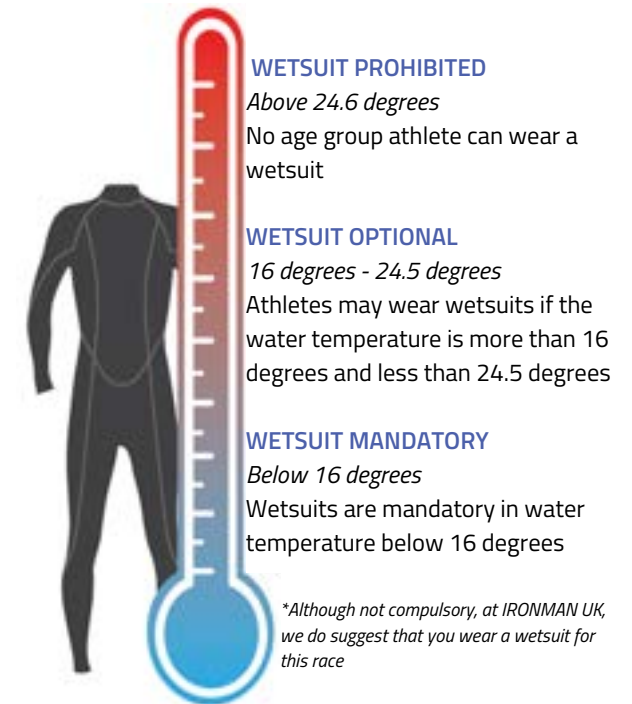
Prohibited Wetsuit: Wetsuits cannot measure more than 5 mm thick.

SWIMWEAR POLICY (non-wetsuit legal swims only)

Swimwear must be 100% textile material. Simply put, this would generally refer to suits made only from nylon or Lycra that do not have any rubberized material such as polyurethane or neoprene. Swimwear must not cover the neck, extend past the elbow, nor extend past the knees.

Swimwear may contain a zipper. A race kit may be worn underneath swimwear. Compression gear may be worn during non-wetsuit swims provided that it is made of 100% textile material and that material does not extend past the elbows or knees.

Any compression wear that extends past the elbows or knees will not be permitted in non-wetsuit swims (this includes compression sleeves, compression socks, or compression tights).





JESSE THOMAS
2x IRONMAN CHAMPION

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BIKE

The bike course will start at Pennington Flash and end at T2, Queens Park

GPX Bike Course

The three-loop 112 mile (180.2 km) bike course runs in an anti-clockwise direction. Athletes will travel from Pennington Flash to Bolton for the first few miles, before taking on the three-loop bike course. The course then continues through the northern countryside before finishing in Bolton town centre.

Medical Assistance on the Course

If you feel unwell or unable to continue the race, please let an official know. If you see a fellow athlete looking unwell and struggling to continue the best thing you can do for them is to alert an official out on the route so that medical help can be requested urgently. If they are "wobbly" on their legs, unable to focus and or appear confused, you can help them by supporting them to the ground safely and lifting their legs in the air to help get blood back to their heart and brain. Do not try and support them to continue the race as this can have a detrimental effect to their health.

Bike Mechanical Assistance on the Course

There will be mechanics on course to assist with serious mechanical issues. The mechanics and race officials will not assist with repairing punctures and you should be self-sufficient when it comes to minor mechanical issues.

While the Support Team may, at their discretion, provide spare parts to athletes, you will be required to visit the mechanics when you have completed the race to pay for these items. The mechanics will be following the course and are not on call, we cannot guarantee a response time, and this is dependent on demand and locations.

Drafting

Drafting is when you enter someone's slip stream. The minimum distance between two athletes is 12 metres measured from the leading edge of the front wheel. An athlete may enter the draft zone of another athlete, but must be seen to be progressing through that zone. A maximum of 25 seconds will be allowed to pass through the zone of another athlete - if you remain in this zone without overtaking, you will receive a blue card.

A 'pass' occurs when the overtaking athlete's front wheel passes the leading edge of the front wheel of the athlete being overtaken.

It is then up to the overtaken athlete to drop back 12m within 25 seconds, so they are not drafting. Re-passing by the overtaken athlete prior to dropping out of the draft zone will incur a drafting penalty. Athletes cannot block another athlete from passing.



BIKE COURSE RULES

1. Bicycles must be racked in a manner such that the majority of the bicycle is on the athlete's side of the bike rack.

2. No tandems, fixed-gear bikes, recumbents, fairings, or any add-on device designed exclusively to reduce resistance are allowed. Any new, unusual, or prototype equipment will be subject to a determination of legality by the event organizer and/or Head Referee.

3. The sole responsibility of knowing and following the prescribed cycling course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever.

4. Athletes must obey all traffic laws while on the cycling course unless otherwise specifically directed by an official, race monitor or designee with actual authority. Failure to do so may result in disqualification.

5. No athlete shall endanger himself or another athlete. Athletes who intentionally present a danger to any athlete or who, in the judgment of the Head Referee, appear to present a danger to any athlete may be disqualified.

6. Helmets, bike shoes, and other cycling gear cannot be placed around the athlete's bike in transition. Shoes and shirt must be worn at all times.

7. Cameras, phone cameras, and video cameras are prohibited unless permission is given by IRONMAN. If permission is given by IRONMAN, it is the athlete's responsibility to notify the Head Referee prior to race start. Athletes seen with a camera, phone camera, or video camera without permission will be disqualified.

8. Athletes must wear a bike helmet number on the front of their helmet.

9. A CPSC-approved helmet is required during the entire bike portion including in and out of transition. Athletes riding without an approved helmet or chinstrap not fastened may be disqualified. Alterations to a hard-shell helmet, which affect its integrity, are not allowed.

10. No individual support allowed. Ample aid and food stations will be provided. Friends, family members, coaches, or supporters of any type may NOT bike, drive, or run alongside athlete, may not pass food or other items to athlete and should be warned to stay completely clear of all athletes to avoid the disqualification of the athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort.

Rules continued on next page.

11. Do not litter. Any item that needs to be discarded, including but not limited to water bottles, gel wrappers, energy bar wrappers, broken bike parts, or clothing items, may only be discarded in the trash drop zones at each aid station. Any littering on the bike course will result in disqualification. We are privileged to be able to hold this race in an area of outstanding natural beauty and all have a responsibility to leave it unspoiled.

12. Athletes must be individually responsible for repair and maintenance of their own bike. Athletes should be prepared to handle any possible mechanical malfunction. Assistance from official race personnel is permitted.

13. Athletes may walk bike, if necessary, but may not make progress on the bike course unaccompanied by their bicycle.

14. Bike inspection is not mandatory and will not be provided at Bike Check-In, although technicians will be available. Athletes are ultimately responsible for their own bikes. However, race officials may at their own discretion make final judgment as to the soundness of the bike.

15. Headphones, headsets which are inserted in or covering the ears are not allowed during any portion of the event.

16. Please be aware that you could be DNF'ed after the race based on final timing verified by the timing company which shows that you failed to meet the cut off applicable to your start.

17. Helmet mirrors or mirrors attached to the bike or body are prohibited unless needed for a verifiable medical reason. Athletes granted permission to use a mirror will be ineligible for awards or World Championship entry slots. Athletes using a mirror without permission will be disqualified.

18. Athletes may not use communication devices of any type, including but not limited to cell phones, smart watches, Bluetooth enabled or "smart" helmets, and two-way radios, in any distractive manner during the Race. A "distractive manner" includes but is not limited to making and receiving phone calls, sending and receiving text messages, playing music, using social media, taking photographs, and mounting the device to a bike for purposes of using the device like a bike computer. Using a communication device in a distractive manner during the Race will result in disqualification.

19. Cycling with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sport top/sports bra at all times during the cycling segment of the Race. Uniforms with a front zipper may be unzipped to any length, provided, the zipper is connected at the bottom of the uniform at all times and the top of the uniform covers the shoulders.

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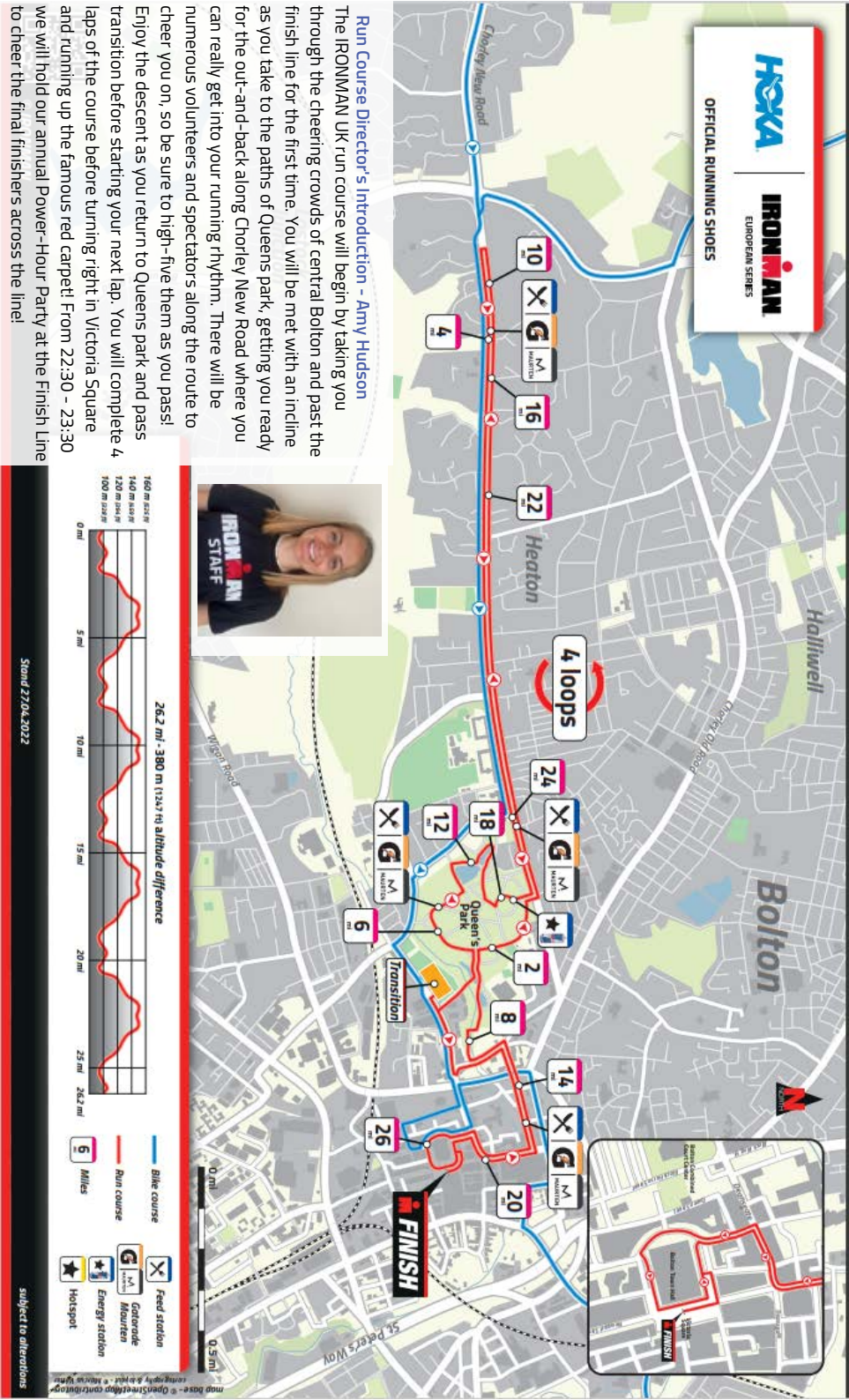
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RUN COURSE

The run will start at T2, Queens Park and end at the Finish Line, Victoria Square

GPX Run Course

The run course laps around Bolton town centre before ascending through the scenic Queens Park to Chorley New Road. Athletes will then pass numerous spectator hotspots before finishing at Victoria Square.

The course is only marked during race week and uses barriers, tape and cones in some places to mark the route.

- Athletes have 17 hours after their individual start to complete the race
- No form of locomotion other than running, walking or crawling is allowed
- Athletes are encouraged to wear appropriate footwear due to the varied terrains

Please be aware that you could be DNF'ed after the race based on final timing verified by timing company which shows that you failed to meet the cut off applicable to your start.

FINISH LINE POLICY

Friends and/or family members are not permitted to cross the finish line or enter the finish chute with participating athletes. This policy will allow each competitor adequate time to celebrate their accomplishment without interfering with other finishers and ensure the safety of all athletes, volunteers and fans. Athletes who choose not to respect the policy will receive an automatic disqualification (DSQ).

RUN COURSE RULES

1. Athletes may run, walk, or crawl

2. Athletes must wear their IRONMAN issued bib number in front of them clearly visible at all times on the course. Bib numbers identify the official athletes in the race. Folding, cutting the bib number, intentional alteration of any kind, or failure to wear race number is strictly prohibited and may result in disqualification

3. Headphones or headsets which are inserted to or covering the ears are not allowed during any portion of the event

4. Cameras, phone cameras, and video cameras are prohibited unless permission is given by IRONMAN. If permission is given by IRONMAN, it is the athlete's responsibility to notify the Head Referee prior to race start. Athletes seen with a camera, phone camera, or video camera without permission will be disqualified

5. Athletes are expected to follow the directions and instructions of all race officials and public authorities

6. The sole responsibility of knowing and following the prescribed running course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever.

7. No individual Support Vehicles or pacers are allowed. This is an individual endurance event. Teamwork as a result of outside assistance, which provides an advantage over single competitors, is not allowed. Individual support vehicles or non-athlete escort runners will result in disqualification. A non-athlete escort runner includes athletes who have withdrawn from the race, have been disqualified or have finished the race. Supporters of any type may NOT bike, drive, or run alongside the athlete, may not pass food or other items to athlete and should stay completely clear of all athletes to avoid the disqualification of the athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort. It IS permissible for an athlete who is still competing to run with other athletes who are still competing

8. Running with a bare torso is prohibited. Athletes must wear a shirt, jersey or sports top/sports bra at all times during the run segment on the race. Uniforms with a front zipper may be unzipped to any length, provided that the zipper is connected at the bottom of the uniform at all times and the top of the uniform covers the shoulders. The uniform should be fully zipped when crossing the finish line.

9. The run course will officially close 17 hours after the last athlete enters the water

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2023 OFFICIAL SPORTS DRINK

ON-COURSE NUTRITION PRODUCTS

BIKE COURSE

Gatorade Ready-to-Drink Bottles (750 ml)

Gatorade products have the FLUIDS to help replace what you sweat out, ELECTROLYTES to aid in rehydration, and CARBS to help refuel working muscles. The 750 ml Thirst Quencher bottles will be available for touchless collection.

226ers Race Day Bar

226ers Race Day Bars are rich in carbohydrates and organic ingredients such as dates, pumpkin seeds, sunflower oil, and raisins. These easy-to-chew, gluten-free, vegan bars will be available on the bike course in different flavors, with or without BCAAs.

226ers Vegan Gummy Bars

30g energy bars that are easy to chew, digest, and carry. Perfect in both training and competitions, giving your body the energy it needs while maintaining a high level of physical performance.

RUN COURSE

Red Bull Energy Drink

Red Bull Energy Drink is a lightly carbonated, functional beverage containing taurine, caffeine, B-vitamins, and sugars. One 250 ml can contains 80 mg caffeine, about the same as a cup of coffee. The product will be served on the run course diluted with water in paper cups.

Gatorade Powder

Gatorade products have the FLUIDS to help replace what you sweat out, ELECTROLYTES to aid in rehydration, and CARBS to help refuel working muscles. Pre-filled cups will be available for athletes to collect contactlessly.

Maurten GEL 100 & GEL 100 CAF 100

These are true gels: a biopolymer matrix filled with a unique blend of fructose and glucose (ratio of 0.8:1) which enables uptake of up to 100 grams of carbohydrates per hour. GEL 100 CAF 100 contains 100 mg of caffeine. Both contain no added flavors, preservatives or colorants and are vegan-friendly.

226ers Vegan Gummy Bar

30g energy bars that are easy to chew, digest, and carry. Perfect in both training and competitions, giving your body the energy it needs while maintaining a high level of physical performance.



AID STATIONS AND NUTRITION

BIKE COURSE

LOCATION

Aid stations on the bike course will be located at the miles and locations below;

Black Horse Street: Miles 12.1, 45.6, 79.2

Bolton Road, Hawkshaw: Mile 21.5, 55.1, 88.7

Longworth Road: Mile 34.4, 68, 101.7

NUTRITION AVAILABLE

Each feed station will contain the following:

- Gatorade Thirst Quencher
- Water
- Bananas (AS2 only)
- 226ers Bars (Dark Chocolate, White Chocolate and Strawberry, Apple and Cinnamon, Banana and Ginger)
- 226ers Gummy bars (Mango, Lime, Cherry and Cola) b
- Maurten Gel 100 (AS3 only)

Water from these feed stations will be handed out in 750ml bike specific drink bottles.

Gatorade will be handed out in Gatorade Endurance Plastic bottles with sport cap that fit in bike cages.

You will also be able to access your Personal Needs bag if you choose to use this at mile 12.1, 45.6, 79.2

RUN COURSE

LOCATION

There will be four stations on the run course, approximately 1.5 miles apart.

NUTRITION AVAILABLE

Each feed station will contain the below:

- Gatorade Thirst Quencher
- Maurten Gel 100
- Water
- Cola
- Bananas
- Salted snacks
- Jelly babies
- 226ers Gummy bars (Mango, Lime, Cherry and Cola)
- Red Bull

The drinks and nutrition will be handed out by volunteers who will ensure that stock is continually replaced so you are able to collect nutrition as you go past (subject to availability).

























































There will also be a Red Bull 'Energy Station' in Queens Park, which will be passed 4 times.

Cups and gels should be thrown in the bins provided, not on the ground. Athletes will be issued a penalty if caught littering by a race official.

AID STATION BREAKDOWN

To give an overview of all the nutrition and products available to you on the course, we have broken down exactly what should be available to you at each aid station and the mile the aid station will be at. Please note that this is dependent on stock quantities available to the volunteers at the aid station and is subject to change.

Bark Street Aid Station on the run is two way which is why you will have the opportunity to pass these twice on one lap.

AID STATION SUMMARY - IRONMAN UK 2023										
IRONMAN UK  BOLTON ENGLAND		 WATER	 GATORADE ISOTONIC	 COLA	 SWEETS	 SALTED SNACKS	 Red Bull RED BULL	 226ERS ENERGY BARS	 BANANA	 MAURTEN ENERGY GEL
MARKER (MILES)	LOCATION									
BIKE COURSE										
12.1, 45.6, 79.2	BLACK HORSE STREET			X	X	X	X		X	X
24.5, 58.2, 91.7	BLACKBURN ROAD			X	X	X	X			X
34.4, 68, 101.7	LONGWORTH ROAD			X	X	X	X		X	
RUN COURSE										
0.5, 1.5, 7, 8, 13, 14, 19.5, 20.5, 25.5	BARK STREET									
2.1, 8.5, 14.7, 21	REDBULL	X	X	X	X	X		X	X	X
2.2, 8.6, 14.8, 21.2	BOLTON BOYS SCHOOL								X	
4, 9.8, 16, 21	RAVENSWOOD DRIVE									
6, 12, 18, 24.8	QUEENS PARK PAVILION								X	

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2023 OFFICIAL NUTRITION BAR PARTNER

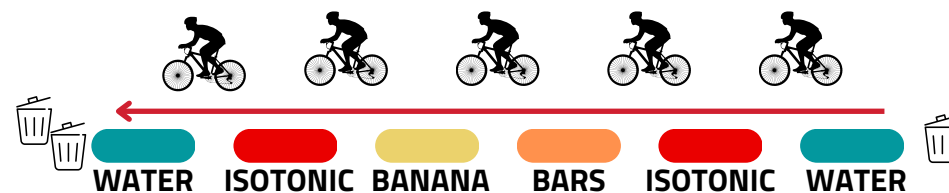


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ON COURSE NUTRITION

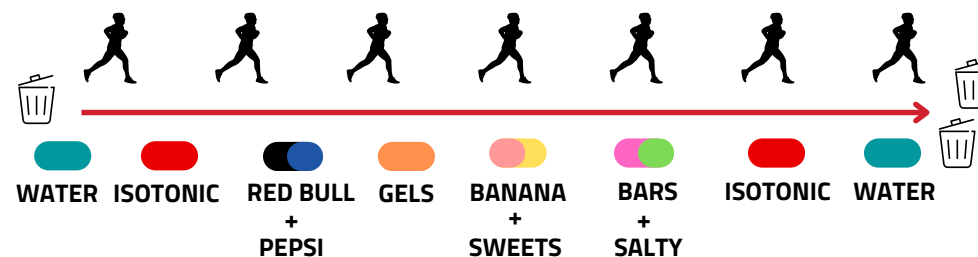
BIKE COURSE

The aid stations layout will be as per the image below for the bike course (subject to alterations):



RUN COURSE

The aid stations will be laid out as per the image below for the run course (subject to alterations):



Please remember littering on the course will lead to disqualification. Therefore, please use the bins provided. The layout is subject to change.

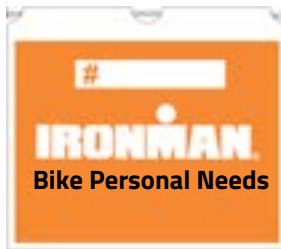
PERSONAL NEEDS BAGS

Optional additional nutrition and supplies

Personal needs bags are for athletes who would like additional equipment or nutrition whilst out on the bike and run course. This can include anything from inner tubes and clothing to sun cream and socks.

If you wish to use one of these bag, you will be required to request one in advance by adding this through your Additional Purchases via the link below (there is no additional cost for this). We only have a limited number available and these will be allocated on a first come, first served basis which you can then pick up in registration from the Help Desk. These will not be available to collect onsite if you have not pre-ordered.

PRE ORDER PERSONAL NEEDS



Bike Personal Needs

Located at: 12.1, 45.6, 79.2 miles



Run Personal Needs

Located at: 6, 12, 18 and 24 miles

Please note: The contents of this bag will NOT be returned to you after the race, so do not add any valuables.

Don't try this on race day*



* A bold statement from the brand that wants to sell you the product, sure. But getting used to nutrition is one thing many athletes don't prioritize in training. Some even risk it all by trying new products on race day. So, use whatever you've trained with or get used to what you're getting on-course. In this case the GEL 100 and GEL 100 CAF 100.

Find exclusive offers for IRONMAN registered athletes on: maurten.com/ironman

A STEP AHEAD OF YOUR TRAINING PLAN?



Explore more here.

RED BULL GIVES YOU WIIINGS. 

FIRST TIMER INFORMATION

We are here to support you every step of the way to have the best experience possible at your first IRONMAN event so have included some information below that may be useful to you if you haven't raced with us before. Have a great race!

1. What do I need to bring to registration?

- ID (e.g. passport, driving licence)
- QR code from email confirmation or race week email
- Race Licence (BTF or Triathlon Federation approved)

2. When do I receive my timing chip?

- At bike check in

3. Do I receive a race pack prior to the race?

- No, all race materials will be given to you at onsite registration on Thursday 29th June, Friday 30th June or Saturday 1st July

4. What's my BIB number?

- This race does not pre allocate BIB numbers before registration opens. BIB numbers will be allocated on a first come first serve basis during registration onsite (AWA Gold and Silver, and Tri Club Pole Position athletes are still reserved lower BIB number ranges).

5. I've registered on site but now don't want to race, what should I do?

- Please send an email to uk@ironman.com as soon as possible to let us know that you won't be racing, this is really important so we know you're safe before the race starts

6. Can I rack my bike on race morning?

- No, you must attend bike check in between 09:00 and 17:00 on Saturday. No exceptions can be made

7. What goes in the transition bags?

- **WHITE BAG** = streetwear (any clothes you arrive in on race morning or want after the race (your white bag will be transported to the finish line)
- **BLUE BAG** = bike gear (e.g. helmet)
- **RED BAG** = run gear (trainers, cap, sun cream)

8. How do I get to transition 1/race start on race morning?

- There is a shuttle bus from Great Moor Street, running from 03:20 - 5:00 for athletes only. Spectators can join the busses (with a pre-purchased ticket) from 05:00

9. What shall I arrive in on race morning?

- We advise that you come in your trisuit and wetsuit rolled down to your waist with a jumper on to keep warm. There are no specific changing areas in the morning so please arrive ready to race

FIRST TIMER INFORMATION

10. Can I access transition on race morning?

- Yes! You can access transition from 04:00 - 05:45 so you can add your bike computer and any different food or drink to your bike on race morning, if needed

11. Do I need to wear a wetsuit?

- A wetsuit is mandatory for water below 16 degrees, we encourage you to wear a wetsuit between 16 and 24.5 degrees and you are not allowed to wear a wetsuit above 24.5 degrees (unless informed otherwise on race week due to specific racing conditions)

12. Do I have to use a triathlon specific or TT bike?

- No, this is your choice but the bike must be a road bike with drop handle bars, flat-bar bikes are not permitted

13. Will there be mile markers on the bike and run course?

- Yes, there will be 10 mile markers on the bike course and mile markers on the run

14. Can my family and friends hand me things?

- No, you are not allowed any outside assistance during the race

15. What is Personal Needs and how do I use it?

- Personal needs bags must be requested via your Additional Purchases before coming onsite and then collected from the Help Desk. They can be used for any supplies you may need on the bike and run course ie nutrition, sun cream or blister patches. These will be on the course for you to pick up when you need but please note that you will not get them back unlike the white, red and blue bags.

16. Can my family run down the Finish Line with me?

- No, you will be disqualified if you bring anyone on to the course that is not participating in the race

17. Are there showers after the race?

- No, there are not showers in Athlete Village

18. Where will my white bag be after the race?

- Your white bag will be waiting for you in the post race area, shortly after the Finish Line

19. How do I get my blue bag after the race?

- Your blue bag will be transported to T2 so you can collect both bags and your bike from there after the race

FIRST TIMER INFORMATION

Top tips from our team:



Look after each other



Make sure emergency contact is not someone who is racing and someone who will be there on race day and their mobile number is on the back of your BIB



If you raced the bike, you'll walk the run - don't push yourself too hard



Taper 2/3 weeks before the event. Don't try to catch up with missed training. Take the time to rest and try to get as much sleep as possible. You are likely to feel tired the week of the race and get pains and aches - this is normal so don't panic!



Never try anything new on race day - stick to what you know! For both kit and nutrition



Familiarise yourself with the walk to swim start from transition, swim exit to T1, bike out and bike into T2 and then the run out of T2. This will help when the race day nerves kick in and to help you find your bags and bike quicker



There are four disciplines in an IRONMAN, Swim - Bike - Run - Nutrition You need to practice your nutrition and use what is going to be given out on the course



Enjoy your red carpet moment and make sure you smile coming over the Finish Line - you've worked hard for that moment!

FIRST TIMER INFORMATION

Some useful words from our Head Referee:

All IRONMAN events have time limits for completing each element of the event and these are rigorously enforced. There are several reasons for this:

- The roads are only closed for a fixed length of time and we have to allow the local residents and businesses back onto the roads at the agreed time
- The volunteers and marshals need to be released from their duties at the agreed time, we can't expect them to stay for an indefinite period

- This is an IRONMAN event. Part of being able to say that you have completed a 70.3 or a full IRONMAN is that you completed it within the cut offs. You must complete each discipline within an allotted time from the start of your race ie from when you go over the start timing mat at the beginning of the swim. As all the UK events now have a rolling start, this will be a different time of day for each athlete

If, the rolling start begins at 06:00 and ends at 06:30, there will be 30 minutes from 08:20 to 08:50 when some athletes could be over the cut off and some within, depending on where they started in the rolling start. Officials can see each athlete's individual swim times and will stop any that have not made the cut. The same process happens at the end of the bike section.

In addition to these cut off times there are intermediate cut off points on the bike and run course. These are fixed time of day cut offs and are not dependent on the athlete's start time. They are carefully calculated to ensure that if you are stopped at one of these points you would not have been able to get to the end of the bike or run section within the rolling cut off. In a multi lap swim there may also be an end of first lap cut off.

These intermediate cut off times and distances will be in the event information and the race briefing for each event.

The only fair way we can apply the cut offs is to use the times that we advertise, so an athlete will be stopped if they are 1 second or 1 hour over the allowed time.

If you have any questions about cut offs, please ask the team at the Athlete Services Desk in Registration.

FIRST TIMER INFORMATION

Quick Puncture Repair

We like to see everyone get to the finish line and even though we have bike mechanics out on the course, you should be able to replace a punctured inner tube yourself and here are some pointers. We recommend you practice this before racing and carry at least three repair kits in case you are unlucky to have several.

Your puncture repair kit will need the following:

- New inner tube (make sure the valve is long enough if you have deep rim wheels)
- 2 or 3 levers (make sure these are strong as cheap ones can bend)
- 2 x CO2 canisters OR an inflator/pump

To mend your puncture, you will need to:

- Remove the wheel. If it's the back wheel, move your gears so the chain is on the smallest cog on the back wheel -this makes it easier to put back on
- Check the tyre outside to see if anything is stuck in it i.e a thorn, glass, nail, tack etc and remove
- Use the tyre levers to remove the tyre - this is the hardest part. Place the two levers under the rim of the tyre, about three inches apart and push down until part of the tyre rim pops over the wheel rim. Remove one of the levers and place under the tyre rim a further two or three inches away and keep doing this until one side of tyre is all over the rim
- Remove the existing inner tube. Remember to unscrew the ring from the valve
- Run your fingers along the inside of the tyre tube to make sure nothing is sticking through that could puncture the new inner tube (be careful not to cut your fingers). This is usually why new inner tubes puncture as soon as you inflate them. If you hit a pothole and punctured, it's likely that you won't have anything stuck in the tyre but always good practice to check
- Take out your new inner tube and open the valve, blowing a small amount of air into the tube -this will help it sit correctly under the tyre-Insert the valve into the wheel rim hole and push the inner tube into place
- Starting at the valve, put the tyre back into place, making sure the inner tube is not getting pinched
- Push the valve so the rim of the tyre goes under the valve and screw the ring on to the valve
- Moving away from the valve, push the tyre wall back over the rim doing as much as you can before needing a lever
- For the last bit reverse the lever and place under the tyre, making sure not to pinch the inner tube and force the tyre rim back into place
- Place the wheel back on your bike, making sure to tighten it before inflating
- Inflate your tyre (making sure the valve is open) using a CO2 cannister or pump. If using a CO2 canister, inflate till tyre is hard. This will leave some air still in your canister - keep this in case you need to top up or are unlucky enough to get another puncture

SUSTAINABILITY

REDUCING OUR EVENT IMPACT



At our IRONMAN UK events we are striving towards reducing our negative environmental impact through the careful planning process to prioritise waste management and to re-use and upcycle materials.

Below are some of the initiatives in place at our events:

- **Excess bags** from the 2021 edition of our UK events have been **upcycled** and are being made into the **2023 Athlete backpacks**
- Backpacks unable to be **recycled** were **redistributed to past participants**
- **80,400** Plastic bottles from the event have been collected and upcycled into our Volunteer bags
- **Excess food** and clothes **donated** to local charities and foodbanks
- **Over 1 tonne** of **medals recycled** at the end of the season
- **Finisher T-shirts** recycled at the end of the event
- **Transition bags** are made from **recycled sea plastic** and are **recyclable**
- **Rain Ponchos** made from **grain**
- **On-site bib printing** - since 2021, we have saved over 283KG worth of printed materials

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POST RACE INFORMATION

FINISH LINE & ATHLETE RECOVERY

IRONMAN rules state that spectators cannot cross the finish line with you. If an athlete comes down the finish line with a spectator, they will be disqualified. Please ensure your spectators are aware of this, as it is for safety as well as fairness to other athletes.

After you have finished the race you will receive your medal, and then enter the recovery area. Here you can help yourself to some food and drink. Your white bags and finisher t shirts will also be in this area. The recovery area is an athlete only area.

BIKE & BAG COLLECTION

Transition will open at 17:30 until 23:45 for the collection of bikes and bags. You will need to show your wristband with corresponding number with your bike and bags as well as return your timing chip to take your items from transition. It is recommended that you check you have all your items before you leave. Under no circumstances will athletes be allowed to take their property before this time. All bike and bags must be collected on race day.

If you would like a supporter to collect your bag and bikes on your behalf during the opening times, you must bring them to registration so they can be registered to do so.

MEDAL ENGRAVING

Medal engraving will be located in the Athlete Village area post race. Medal engraving is £20 and can be pre-purchased in the registration platform.

LOST & FOUND

During race week, Lost & Found will be available at the help desk in registration and awards after race. Once the event is over, please contact uk@ironman.com to locate any missing items and schedule returns. Shipping fees will apply. If you find an item, please hand it in to the nearest member of staff.

*All unclaimed items will be donated after 30 days

RACE PHOTOGRAPHY

Your race is in safe hands! Sportograf will be at IRONMAN UK to cover your race. 24 – 48 hours after the end of the race your personal race photos will be available.

A selection of your personal race images will be automatically and free posted to your Facebook timeline as soon as the photos are available. Simply click on the link, type in your BIB number and accept the installation of the app to your profile.

RESULTS

Results will be available live on www.ironman.com/uk the day after the event. If you have a query with your result after the race, please report it ASAP via email to uk@ironman.com. Queries after this time must be emailed to uk@Ironman.com with full details. All queries are compiled and resolved with the timing company within 7 days of the event.



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F O T O
S P O R T O G R A F . C O M
F L A T

WORLD CHAMPS SLOT ALLOCATION

Qualifying Slots: This event offers **65 Female** Age Group Qualifying Slots to the 2023 VinFast IRONMAN World Championship in Kailua-Kona, Hawai'i on October 14, 2023, and **100 Male** Age Group Qualifying Slots to the 2023 VinFast IRONMAN World Championship Nice, France on September 10, 2023. Please note, slot allocations are subject to change and may be verified, [here](#).

To accept a slot to the 2023 VinFast IRONMAN World Championship, qualified athletes must claim their slot in-person at the Rolldown Ceremony at the advertised time and location, and must be checked in at the entrance to the awards/slot roll down ceremony.

Date: Monday 3rd July 2023

Time: 10:00

Location: The Albert Halls, Bolton Town Hall

Photo ID is required to be presented and payment must be made at this point in time. Once payment is completed, athletes will receive a registration invite for the relevant world championship event in the following days, and **this must be completed to be registered for the event.**

Other Information:

Only Age Group Athletes are eligible to receive Age Group World Championship Qualifying Slots. Athletes holding current Professional or Elite status with any World Triathlon Member National Triathlon Governing Body, WTC's Pro Membership program or having raced as an elite athlete in any international events during the calendar year, are not eligible for Age Group Slots. Athletes may not at the time of the event, nor at the time of the World Championship event they qualified for, hold Professional or Elite status.

Any change in an athlete's status prior to any event participation or a qualified World Championship event must be disclosed to WTC immediately. Failure of the athlete to make such disclosure will be cause for disqualification from such event and may result in sanction from WTC Events.

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WORLD CHAMPS SLOT ALLOCATION

How does the Age Group Slot Allocation work?

'Age Group' refers to a grouping of athlete peers based on their gender and age range. For example, 'Male 25-29' is one Age Group, and 'Female 25-29' is another. Your Age Group is determined by your age as of 31st December of the year of the event. For example, if you are Male and turn 25 in 2023, then your Age Group Category for any race in 2023 is M25 – 29.

The Slot Allocation Process

The following Slot Allocation Process will be conducted for each gender separately

Before Race Day

- Each Age Group with registered athletes is tentatively allocated one slot each (an "Initially Allocated Slot")
- All other slots available for the race (the "Proportionally Allocated Slots") are not allocated until race day

On Race Day

- If there are no starters in an Age Group, then that Age Group's Initially Allocated Slot is removed and pooled with the Proportionally Allocated Slot
- The Proportionally Allocated Slots are then distributed among all Age Groups based on the number of starters in each Age Group. This allocation is based on the ratio of athletes in each Age Group within the gender, i.e., the more athletes in an Age Group, the more slot allocations they receive

After the Race

Before Roll Down:

- If there are no finishers in an Age Group that had one or more starters, then the Initially Allocated Slot for that Age Group is re-allocated, within the same gender, to the Age Group with the highest ratio of starters to slots

During Roll Down:

- If any slot allocated to an Age Group is unclaimed (after Roll Down for that Age Group is completed), then that unclaimed slot is re-allocated, within the same gender, to the Age Group with the highest ratio of starters to slots



SIDE EVENTS

Night Run UK 2023

If you're in Bolton on Friday, come and join us for a fun, pre-race leg-loosening 5K or 10K, with musical entertainment around the course and a festival finish, including food and drinks at the finish line in Victoria Square!

All Night Run finishers receive:

- IRONMAN red carpet finish
- Medal
- T-shirt
- Drink

[Sign up here: 2023 Night Run UK](#)



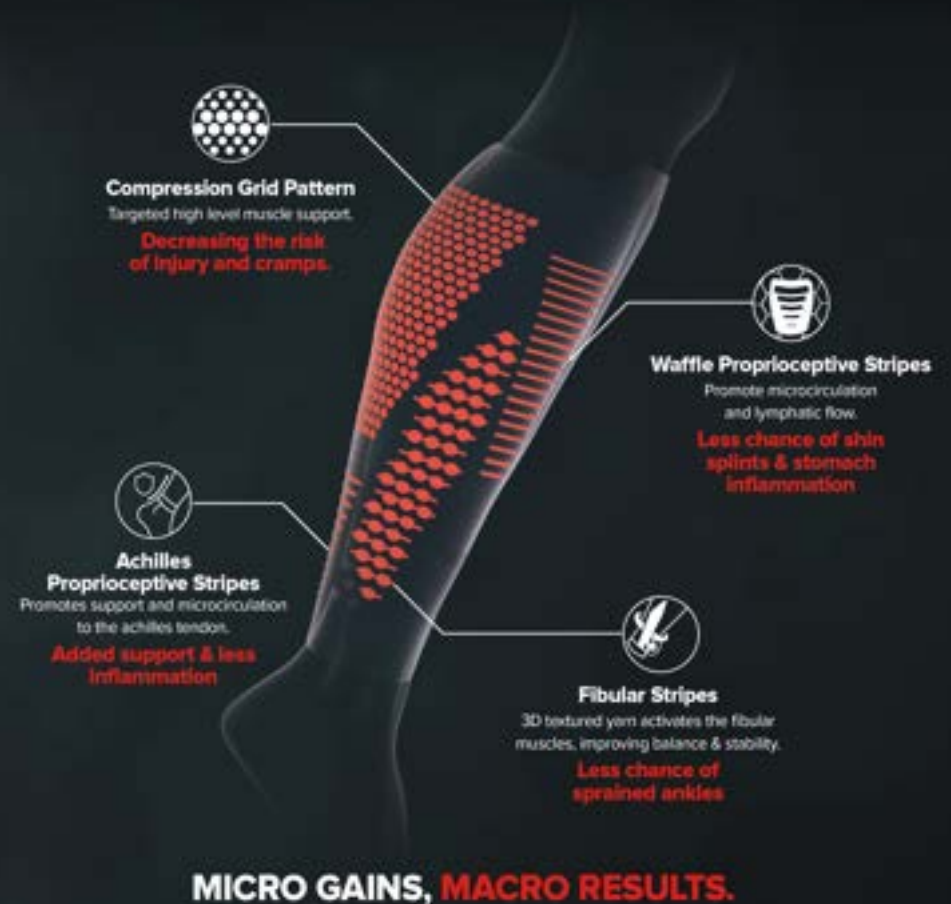
IRONKIDS UK 2023

Saturday sees the world's biggest IRONKIDS run taking place in central Bolton. 4000 children, between 3 - 15 years old, will be taking on the 1.5km, 1k or 500m courses from 9:00 - 16:00.

You can expect the town to be filled with fun things to do for the children from climbing walls to face painting.

With our Night Run event on Friday evening too, it's set to be a weekend that the whole family can get involved with.

Do stop by, show your support and join the atmosphere building towards your own race day!



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