NIGHT RUN
BOLTON UK
Presented by IRONMAN

FRIDAY, 10TH JULY 2020
Le Mans Crescent, Bolton, 7PM
Entry: £10 plus 8% Active Fee
INTRODUCTION

Night Run will take place in Bolton on Friday 10th July 2020 as part of the IRONMAN UK weekend. The event will see athletes aged 16+ complete a 5km out and back run along Knowsley Street and Bark Street, into Queens Park for a reverse loop of the same course as the IRONMAN UK run course, out onto Spa Road and back to the iconic IRONMAN Finish Line in Victoria Square.

These Event Instructions include all the information you need for Registration and for Race Day. Please take time to read through the information below.

The event is participation focused, followed by a post-race festival.

5km Start Time: 19:00
Start Line: Le Mans Cres, Bolton
Finish Line: Victoria Square, Bolton
Finish Line Festival: 19:00 – 23:00
Festival Location: Victoria Square & Oxford Street


BEFORE RACE DAY

ADVANCED ENTRIES
Advance online entries are available at [https://www.ironman.com/im-uk-register](https://www.ironman.com/im-uk-register) from 12 midday on Friday 7th February 2020. Online entries cost £10 (+ 8% Active fee) and will close at Midnight on Friday 3rd July. Advanced entry is recommended to avoid disappointment.

ON SITE ENTRIES
Walk up entries will be available on site if the race does not sell out at a cost of £10 (+ 8% Active fee) at the Registration Desk, Albert Halls, Victoria Square during the following times:

- Wednesday 8th July 17:00 – 19:00
- Thursday 9th July 15:00 – 19:00
- Friday 10th July 09:00 – 18:00

REGISTRATION & RACE PACK COLLECTION
Night Run race packs will need to be collected from the Night Run Registration Desk during the times stated above. You will need to collect your t-shirt from Albert Hall and wear it when taking part in Night Run. Your requested t-shirt size will be shown on your Race Bib.

RACE PACK CONTENTS

- 1 x Night Run T-shirt – this should be worn on Race Day.
- 1 x Night Run Race Number – please write your emergency contact details on the back before Race Day.
- Your Race Bib will contain a tear off strip, entitling you to a free non-alcoholic or alcoholic beverage once you have completed the race. (ID will be required)

Night Run T-SHIRT POLICY
You indicated your t-shirt size when you signed up to the race. This is the t-shirt size you will receive when you register. This policy is to ensure that every athlete gets the t-shirt size that they requested.

- If you would like to double check the size you have ordered, please email us at uk@ironman.com
- If you would like to change this t-shirt size, please log-in to your Active account and update your details.
- If after you have collected your t-shirt from Registration and would like to change sizes, you can head to the registration desk and wait for another athlete to swap with you. Alternatively, you will need to return to the Help Desk after the race. T-shirt sizes will then be reallocated on a first-come, first-serve basis. No size changes will be made before this time.
HOW TO GET THERE

RACE START ADDRESS: Le Mans Crescent, Bolton, BL1 1SA.

Night Run is in a busy, city centre location. There is public transport available and plenty of parking. Please note that registration for IRONKIDS and IRONMAN is also taking place on Friday, therefore the town centre may be busier than usual.

CAR PARKING: For town centre parking there are plenty of public car parks. Free parking over the weekend is available in Topp Way (BL1 2DJ), Deane Road (BL3 5DX) and Octagon (BL1 1TN) multi-story car parks. Disabled parking is available at Cheadle Square (BL1 1EZ).

BUS: There are regular bus services around Bolton, for up to date information please visit the Great Manchester Public Transport website: www.tfgm.com

TRAINS: Bolton train station is situated 0.8 miles from the event site and is within easy walking distance. Alternatively, there is a taxi rank located just outside the station entrance.

START TIME & START PENS

The start time will be at 19:00 on Friday 10th July 2020 on Le Mans Crescent.

Start Pens will open at 18:30.

Start pens are self-seeding based on your estimated finish time. Runners can enter the start pen 30 minutes prior to the start. The pens will enable a comfortable starting position for runners and walkers of all paces. When the air horn sounds, the first wave will be released. The rest of the participants will be held at the start line. At predetermined intervals (approximately every 2 minutes), the next pen will be released. By using this staggered starting method, the pack will be spread out and allow every runner to settle into their racing rhythm.

EVENT DAY CHECKLIST

- Race Number
- Event t-shirt
- Running Shoes, suitable for running on gravel pathway and grass terrain.
- Wet weather clothing
- Post Event Warm Clothing
- Water
- Safety pins

BAGGAGE

Please note, there are no baggage storage facilities at Night Run UK.
MEDICAL NOTES
Please ensure you write your medical details and emergency contact info on the back of your race number.

MORE INFORMATION
For further information please visit www.ironman.com/uk email uk@ironman.com or call +44 (0) 1235 433560

COURSE & CUT OFF
There is an interactive course map on this link: Night Run, Bolton 2019
The official course time limit for Night Run UK is 2 hours, after this time the road closures will be lifted, and runners will need to move onto the footpaths.
A tail bike / walker will follow the last runner.

RACE DAY HELP DESK
The Help Desk is located inside Albert Halls, Victoria Square and will be open:

- Friday 10th July 18:00 – 19:00

FINISH LINE FESTIVAL
A finish line festival hosted by Bolton Council will be taking place from 19:00 – 23:00. Family and friends are free to join you in the festival area. In addition to the concert, you will be able to collect your free alcoholic / non-alcoholic drink, purchase event merchandise and refuel at one of the many foods and drink vendors.
If you are lucky enough to look under 25, please don’t be offended if you are asked to provide ID when getting your drink. Please drink responsibly.

WE LOOK FORWARD TO SEEING YOU ON RACE DAY.