

RACE DAY SCHEDULE

02/07/2023

- 06:00 IRONMAN UK starts, Pennington Flash
- 06:50 First athlete expected on the bike course
- 08:50 Final Swim Cut Off
- 12:00 First athlete expected on the run course
- 15:00 First athlete expected to finish, Victoria Square
- 17:00 Final Bike Cut Off
- 23:30 Final Cut Off
- 12:00 - 21:00 Merchandise Store, Victoria Square

WHAT IS IRONMAN?

IRONMAN is a triathlon comprising of a 2.4 mile swim, a 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 suggested that they combine the three existing long distance events on the island to settle the debate.

13 athletes completed that first race and since then the sport has grown into a global series with 60,000 athletes competing each year across over 170 races worldwide.

IRONMAN WORLD CHAMPIONSHIP 2023

Each IRONMAN race is a qualifying event for World Championships, held in either Nice, France or Kona, Hawaii - dependent on their gender and the year. 5 year age bands divide the athletes, as well as gender, where they can earn a slot for the World Championships.

Athletes range in age from 18 to 80+ and come from a wide variety of sporting backgrounds.

At IRONMAN UK, there are 100 slots available for the men's 2023 World Championships in Nice, France and 65 available for the women's World Championships in Kailua-Kona, Hawaii. These will be allocated during the Awards Ceremony, post race.

NIGHT RUN & IRONKIDS

Friday night sees the return of Night Run - a timed fun run on part of the IRONMAN UK run course. Starting at 19:00 and with a post-race celebration area afterwards - why not get involved?

5K Entries - [Sign up here](#)
10K Entries - [Sign up here](#)

Taking place on Saturday 1st July, 09:00 - 16:00, IRONKIDS UK is the biggest in the world with over 4,000 stars of the future taking to the streets of Bolton.

IRONKIDS is a run only children's event for 3-14 year olds. All children will finish under the famous IRONMAN Finish Arch in Victoria Square.

ACCESS ON RACE WEEKEND

& PARKING

There will be a number of road closures in and around Bolton, Wigan and Lancashire on the day of the event. Marshals will be present to allow access for emergency services, residents, and businesses. Middlebrook Retail and Leisure Park is open as usual, although there will be some traffic diversions in place. For a full list of road closures, visit www.ironman.com/uk.

MAIN EVENT SITE - Bolton Town Hall
Victoria Square, Bolton, BL1 1RU

The following multi-storey car parks can be used:
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 car access to Pennington Flash on Race Day. Athletes and spectators are advised to use the shuttle bus provided.

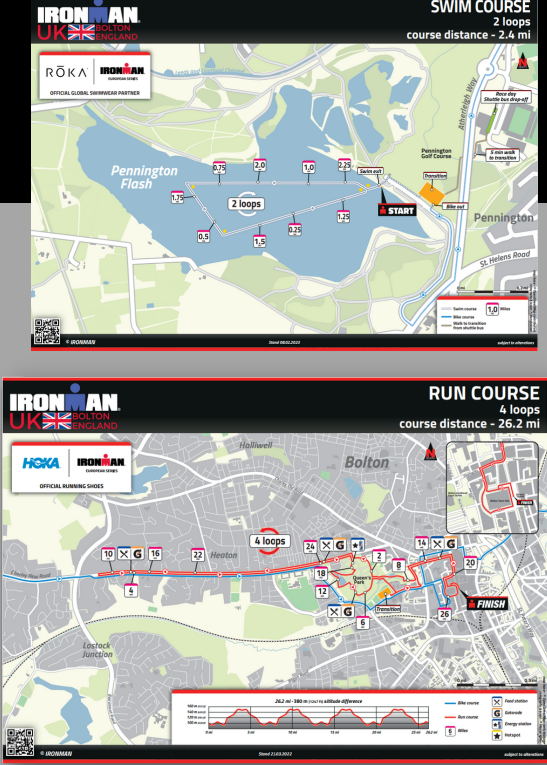
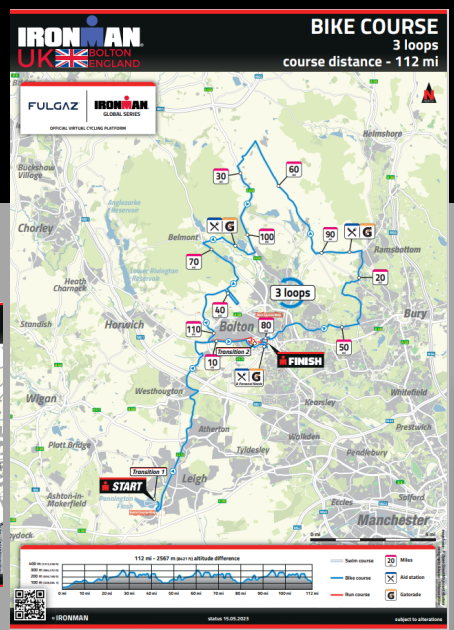
SPECTATOR

SHUTTLE BUSES

Adult Spectator Ticket = £5.00
Under 16 Spectator = £3.00

PLEASE NOTE: Tickets can be purchased online via the Athlete Guide or at registration prior to Sunday 2nd July. Spectators can use the shuttle buses but please be aware that athletes will be prioritised until 05:00.

03:20 - 05:20 Great Moor Street to Swim Start
07:30 - 10:30 Swim Start back to Great Moor Street



THE COURSES

SWIM

2.4 miles - 2 laps with a rolling start. A change for this year sees athletes stay in the water rather than the usual Aussie-exit.

BIKE

The IRONMAN UK bike course starts with a 9 mile point to point cycle from Pennington Flash to Bolton to join the three-loop circuit. The course then travels east through central Bolton towards Bury where athletes turn

left in Ainsworth at the Rose and Crown hostpot. From there the course heads north through Tottington and Hawkshaw, past the Walves reservoir and through Edgeworth onto the new section, passing over the highest point on the course on the way to Darwen. From there the course turns South West, eventually hitting the challenging Smithills Dean Road and then the descent back to central Bolton for laps 2 and 3 or in to T2 in Queens park on the last lap.

RUN

From T2, the run course will lap around Bolton Town Centre before ascending through Queens Park onto Chorley New Road. Athletes will pass numerous spectator hotspots along the out and back leg before descending past the lakes and rose gardens of Queens Park to return to the Town Centre. The course has 4 anticlockwise laps where athletes will collect lap bands on Chorley New Road before finishing outside the Town Hall.

HOTSPOTS

ROSE AND CROWN, AINSWORTH HOTSPOT

There will be support at the 17, 51 and 85 mile points just outside Ainsworth as the route turns left past The Rose and Crown on Cockey Moor Road on to Lowercroft Road.

Reaching the area is from the South so you avoid the road closures. From Pennington Flash you can use the A527 north after 10am or the B5215 before 10am. Then travel towards Bolton and use Bury New Road to reach Ainsworth and The Rose & Crown Pub.

SMITHILLS DEAN ROAD HOTSPOT

The athletes turn left off Scout Road down Smithills Dean Road, the hotspot will be either side of this road as athletes will ride down and up, three times. Use the same route as above then travel towards Bolton and use the A666 north and left onto the A58 to the bottom of Smithills Dean Road. The nearby Smithills Open Farm is a great place to take children while your athlete completes their next lap.

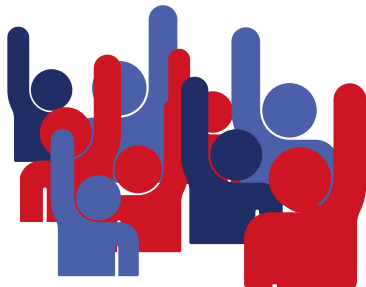
QUEENS PARK

This will be a great family base for the day and full of entertainment. This location offers the best opportunities for you to see your athlete as they complete the run course as they run through the park a total of eight times!

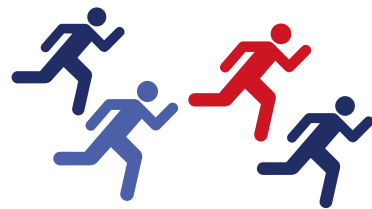
Download our IRONMAN Tracker App which will give regular updates on the progress of your athlete

Instagram - @Ironman_UK FB - IRONMAN England #IRONMANUK

Write your words of support...



882 volunteers
who we couldn't put on the
race without



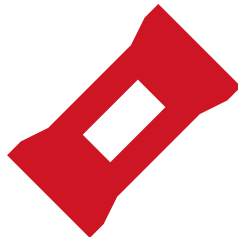
2023 IRONMAN UK has
621 first timers
so give them an extra cheer



80,400 plastic bottles
will be recycled to make
our volunteer bags

12,800

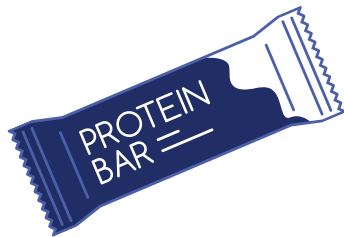
banana halves
handed out



8,358
gels handed
out

3,200

bars handed
out



4 birthdays
on race day



88%
men

12%
women



youngest athlete

18

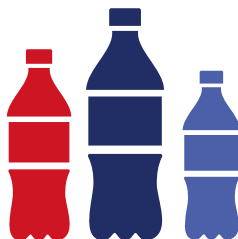


oldest athlete

73

8,500 litres

of isotonic given out



43

countries
represented

91%

representing GBR



40,000 sustainable
bamboo cups

in total will be used on race day

GOOD LUCK TO ALL OUR ATHLETES!

