



NIGHT RUN

BOLTON UK Presented by IRONMAN



Start Time: 19:00

INTRODUCTION

Night Run will take place in Bolton on Friday 30th June as part of the 2023 IRONMAN UK weekend. The event will see athletes aged 11+ complete a 5KM or 10KM course, beginning on Le Mans Crescent and heading out to Queens Park before returning to Victoria Square and finishing under the iconic IRONMAN finish line. The 5KM course will be one lap and the 10KM course two laps. New for this year, the race will be timed so although it is participation focused, it can be competitive for those who want it to be - however, please note that no prize money or awards will be given. Participants will receive a t-shirt at registration and a finisher's medal upon completion.

Please take time to read through the information below, as these event instructions include all the everything you need to know for registration and race day.

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BEFORE EVENT DAY

NON POSTED PACKET OPTION

If you didn't opt for a posted pack, you must go to registration to collect this.

These will include:

1 x Night Run Race BIB

1 x Night Run T-shirt- this should be worn on race day

Safety pins

Please write your emergency contact details on the back before race day

POSTED PACKET OPTION

You do not need to attend registration

You will receive your race packs in the post, which will include:

1 x Night Run Race BIB

Safety pins

T-shirts can be collected from registration or the help desk.

Please write your emergency contact details on the back before race day

NIGHT RUN REGISTRATION ADDRESS

Bolton Town Hall, Victoria Square, Bolton, BL1 1RU

NIGHT RUN REGISTRATION OPENING TIMES

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

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

If you have received your pack in the post, please collect your t-shirt from Registration or the Help Desk located at the start line before the race.

TO REGISTER, YOU WILL NEED:

- To show your confirmation email (on phone or print-out).
- A form of photo ID with you (e.g. drivers licence or passport).



BEFORE EVENT DAY

ON-SITE ENTRIES

Walk up entries are available on site at registration.

Entry Cost: £18 for 5K / £28 for 10K *(plus 9% processing fee - Active Fee)*.

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.

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 registration has closed. T-shirt sizes will then be reallocated on a first-come, first-serve basis. No size changes will be made before this time.

EVENT WAIVER

You will have signed the event waivers when you registered online.

ENTRIES

Race entries are non-transferable and non-refundable, but your distance can be changed.

Please note; there will be a fee when transferring from the 5KM to the 10KM.



EVENT DAY

HOW TO GET THERE

Athletes and spectators will be making use of town centre car parks, and as a result, Bolton Town Centre is expected to be very busy. Please ensure to give yourself plenty of time to arrive, park, and reach the start line ready for 19:00.

EVENT ADDRESS

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 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. For example 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).

PUBLIC TRANSPORT

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

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.



EVENT DAY

HELP DESK ADDRESS

Le Mans Crescent, Bolton, BL1 1SA

At the bottom of the steps to the Bolton Museum (please refer to the map at the back of these Event Instructions).

HELP DESK OPENING TIMES

Friday 30th June - 18:00-19:00

START TIME

The race will start at 19:00. Please be in Le Mans Crescent, ready to enter the start pens from 18:30. The start pens will be divided into estimated finish times, so please select the start pen that is closest to your expected finish time. There will be a staggered release from the pens with the fastest runners starting at 19:00. This allows all runners to get straight into a comfortable running rhythm, and ensures everyone has smooth run around the course and across the finish line.

TIMING CHIP

Your timing chip is attached to the backside of your race BIB. Please do not bend, pierce or remove this, as this will affect the accuracy of your result.

RESULTS

You will be able to view your result straight after the race at [HERE](#).



EVENT DAY

EVENT DAY CHECKLIST

You will need to take with you on race day:

- Night Run Race BIB (attached to the front of your t-shirt).
- Safety pins
- Running shoes

It is highly recommended that you take:

- Wet weather clothing
- Post event warm clothing
- Extra water

BAGGAGE

There will be a bag drop located at the Athlete Village in Victoria Square. You may use your own small bag with a maximum size being 50cm x 30cm x 20cm. Please drop your bag off in the Athlete Village between 18:00 and 18:45. When dropping off your bag, ensure the baggage tag from your BIB is firmly attached to your bag - this is at no extra cost.

Please do not leave any valuables cash or jewellery in your bag.

The event is not responsible for lost or stolen items.

TOILETS

There will be toilets available at the start, 4.8KM and at the Finish Line.

EVENT DAY

AID STATION SUMMARY



WATER



MARKER (KM)

LOCATION

RUN COURSE

5.2

LE MANS CRESCENT



There is an Aid Station on the course for the 10KM race **only** at 5.2KM. This will have water and Gatorade in 170ml cups. The Aid Station will be located just after the 5KM/10KM race split.

AVAILABLE PACERS

5KM Target Time	10KM Target Time	Mins/KM
20:00	40:00	04:00
22:00		04:24
	45:00	04:30
25:00	50:00	05:00
	55:00	05:30
28:00		05:36
30:00		06:00
	01:00:00	06:00
35:00	01:10:00	07:00
40:00	01:20:00	08:00

COURSE & CUT OFF

Runners will need to keep at a minimum of 12 minutes/km for the 10km and 16 minutes/km for the 5km. If any runner falls behind this pace, they may be withdrawn from the race at any point. The official course time limit for Night Run is 1 hour 45 minutes. After this time the road closures will be lifted, and runners will need to move onto the footpaths.

A tail walker will follow the last runner.

FIRST AID INFORMATION

The First Aid Team is a dedicated group of medical professionals. First Aid stations will be located at the start, and finish, with medical staff roaming on bicycles in hi-viz clothing. In order to help our medical team help you, it is critical that you fill out the medical history information on the back of your race number.



EVENT DAY

FAQ's

- Headphones are **not** allowed to be worn by athletes during the race.
- There will be an Aid Station for the 10KM course at 5.2KM. There is no Aid Station for the 5KM.
- Pushchairs and dogs are **not** allowed on the course.

FINISH LINE

Each athlete who crosses the finish line will collect a medal and post race refreshments.

Athletes 18+ will also receive a free alcoholic beverage. Please collect this from the Bolton Gin Company mobile bar in Victoria Square using the token at the bottom of your BIB.

If you appear to be below 25, you will be asked to provide an acceptable form of ID to verify your age.

MORE INFORMATION

For further information please visit www.ironman.com/im-uk-register or email: uk@ironman.com

WE LOOK FORWARD TO WELCOMING YOU ON RACE DAY!

COURSE MAP

