



Volunteer **GUIDE**

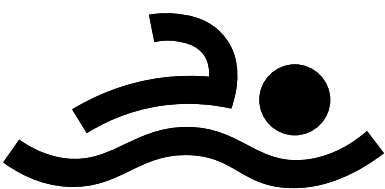


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WELCOME TO THE TEAM!



Hi I'm Megan, your volunteer co-ordinator for this year's event! Please look out for me on event days with any questions, queries or a chat!

Welcome to your Volunteer Guide for IRONMAN 70.3 Bolton 2024!

The team and I are super excited and grateful to welcome you to the team, you are a crucial part to our events so thank you for volunteering. We hope you have a memorable and fun experience whilst volunteering with us.

Please use this guide for event information and to help answer frequently asked questions about this year's event.

CONTACT DETAILS

When you arrive for your shift, your Team Leader will provide you with the phone numbers you need. Make sure to **save these into your phone**. Your Team Leader or your Volunteer Coordinator should **ALWAYS** be your first point of contact

☎ Volunteer Coordinator: 07507303017

✉ megan.march@ironman.com

SCHEDULE OF EVENTS



Please see your volunteer confirmation email for specific volunteer date & timings.

THURSDAY 27TH JUNE

15:00 / 19:00	IRONKIDS Registration	Bolton Town Hall
15:00 / 19:00	Night Run Registration	Bolton Town Hall

FRIDAY 28TH 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 29TH JUNE

08:00 / 15:00	Athlete Registration	Crompton Place, Bolton
08:00 / 16:00	EXPO & Official Merchandise Store	Crompton Place, Bolton
08:30 / 16:00	Transition 2 Open - Red Bag Check-in	Queens Park, Spa Road
09:00 / 17:00	IRONKIDS	Le Mans Crescent, Bolton
09:00 / 17:00	Transition 1 Open - Blue Bag/Bike Check-in	Pennington Flash, Wigan
10:00 / 12:00	Official Swim Practice (Registered Athletes)	Pennington Flash, Wigan
17:45 / 18:30	IRONPRAYER	Bolton Town Hall

SUNDAY 30TH JUNE

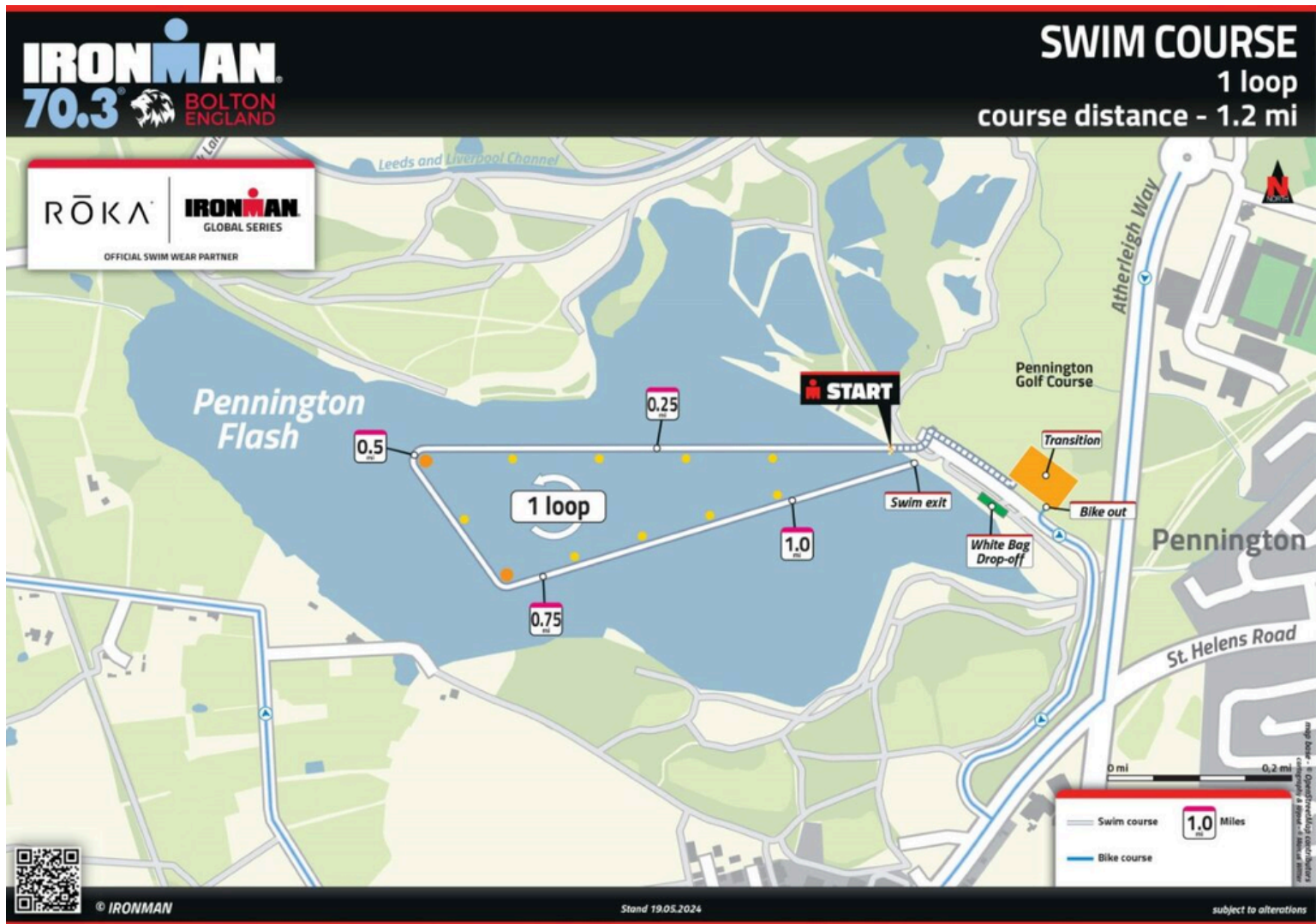
03:45 / 05:45	Shuttle Bus Pick-up (Spectators from 05:15)	Great Moor Street, Bolton
04:30 / 06:00	Transition 1 Open	Pennington Flash, Wigan
06:15	IRONMAN 70.3 Bolton Self-seeded Rolling Start	Pennington Flash, Wigan
07:30 / 09:30	Spectator Shuttle Bus Pick-up	Leigh Sports Village
09:00 / 17:00	Official Merchandise Store	Crompton Place, Bolton
13:15 / 17:15	Transition 2 Open - Bag/Bike Collection	Queens Park, Spa Road
16:00 / 16:30	Timing / results objections	Bolton Town Hall
17:45 / 19:15	Awards and Slot Allocation	Bolton Town Hall

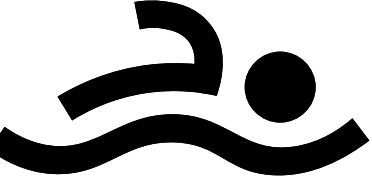


SWIM INFORMATION

Swim Route: 1.2 Miles

1 Loop





SWIM INFORMATION

Frequently asked questions

How is the start organised?

IRONMAN 70.3 Bolton will implement a self-seeded rolling start.

Athletes will be directed to the start line on race morning based on their expected swim time. Age group athletes will enter the water from 06:15 - 07:15 in a continuous stream through a controlled access point. The timing chip will register each athlete's individual start time when they cross the timing mat at the swim entry.

Do athletes have to wear a wetsuit?

A wetsuit is mandatory for water temperature below 16 degrees. We encourage athletes to wear a wetsuit between 16 and 24.5 degrees. They are not allowed to wear a wetsuit above 24.5 degrees (unless informed otherwise on race week due to specific racing conditions).

Do athletes have to wear a swim caps

The official swim cap must be worn during the swim course. Athletes can wear their own swim cap under the official swim cap.

What is the cut-off time for the swim?

Athletes have 1 hour 10 minutes from their individual start time to complete the swim course

Are neoprene hats, gloves, or socks allowed?

Neoprene hats can be used underneath the official swim hat if desired. Gloves are not allowed. Neoprene socks are ONLY allowed when the water temperature is 18.3°C (65°F) or colder. Race Organisers will make this call on Race Day. If athletes are medically required to wear socks and gloves they must contact Bolton70.3@ironman.co.uk before the event.

Can athletes take off their wetsuit at the swim exit?

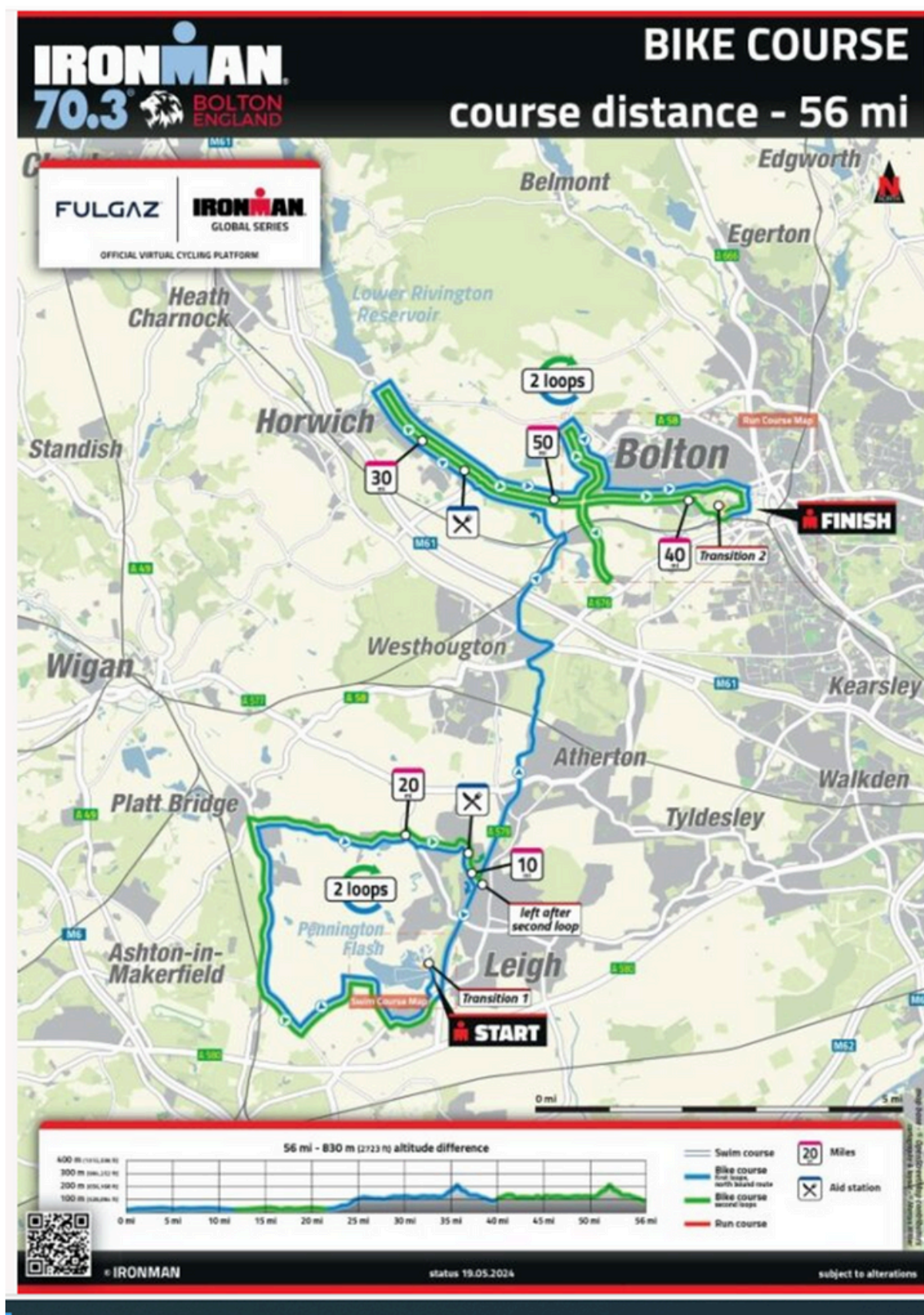
No – wetsuits can only be taken down to waist level before entering transition.



BIKE INFORMATION

Bike Route: 56 Miles

2 Loops





BIKE INFORMATION

Frequently asked questions

Will there be mechanical assistance for athletes' bikes?

There are bike mechanics available roaming the course, they are not on call, but will come to assistance as soon as they can. Athletes should be able to fix their own minor technical issues during the race e.g fix a puncture.

What is the cut-off time for the bike?

Athletes will have 5 hour 30 minutes from their individual start time to complete the swim and bike course.

What to do if an athlete want to drop-out on the bike course?

Vehicles will be roaming the bike course and will follow the last athlete. If an athlete wants to drop out they can get in one of the vehicles and will be brought back to Transition 2

Will there be bike catching?

There will be no bike catching in the transition area, athletes must rack their own bikes.

Are there feed stations on the Bike Course?

Yes – the bike course has 2 aid stations that the athletes will pass 4 times in total.

What do athletes do with litter when on the Bike Course?

There will be designated litter zones located at the feed stations on the course. Littering outside of these zones will result in an automatic disqualification (DQ).



RUN INFORMATION



Run Route: 13.1 Miles
2 Loops





RUN INFORMATION

Frequently asked questions

What is the cut-off time for the run?

Athletes will have 8 hours 30 minutes from their individual start time to complete the whole race.

What do athletes do with their litter when on the Run Course?

There will be designated litter zones located at the feed stations on the course. Littering outside of these zones will result in an automatic disqualification (DQ).

Are there feed stations on the Run Course?

Yes – there are 4 feed stations on the course: at miles 1.1, 2.8, 3.4, 5.5, 7.1, 8.6, 9.4, 11.5, 13.

When will athletes see their results?

Results will be available live on <https://www.ironman.com/im703-bolt-on-results> the day after the event. Paper copies of the provisional results will be printed and displayed on site once the race has finished on race day

Can athletes have people run through the finish line with them? bikes?

Spectators will not be allowed to run down the finish line. This area must be kept clear for safety reasons and any athlete who crosses the finish line with a spectator will be disqualified (DQ). This includes carrying children.

TRANSITION 1 & TRANSITION 2 INFORMATION

It is recommended that athletes arrive in Transition 1 at least 90 minutes before the swim start.

Transition 2 Bike + Bag Check Out closes at 17:15

Frequently asked questions

How should athletes arrive on race morning?

We advise that athletes arrive dressed in their trisuit with their wetsuit rolled down to their waist.

Will water be provided?

Yes- Water bottle refill will be available in both transitions and on every bike feed station in bottles and in cups at every run feed station.

Are there changing tents?

If athletes wish to get fully changed there will be changing tents in transition 1 & 2

Extra Info

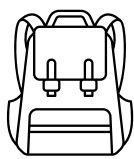
Transition 1

Once in transition 1 athletes should collect their blue bag and place their swim kit (wetsuit, goggle, and swim cap) in this bag. This bag should be placed at the drop off area at the exit of T1.

Transition 2

Once in transition 2 athletes should collect their red bag and change into their run gear, placing their bike gear in the red bag. Athletes must re-rack their red bag in T2.

ATHLETE BAGS



BLUE

Bike Bag

This should contain the gear needed for the bike course, including their helmet, bib number, shoes (if not clipped onto the bike), layers, nutrition, etc.

***Drop off in
Transition 1***

***Pennington Flash,
Wigan***

***Saturday 29th
June 09:00 - 17:00***

RED

Run Bag

This contains the gear needed for the run course, including their running shoes, socks, nutrition, etc.

***Drop off in
Transition 2***

***Queens Park, Spa
Road***

***Friday 28th June
10:00 - 18:00
Saturday 29th
June 08:30 - 16:00***



WHITE

Optional Bag

This bag is for any additional clothing athletes would like to wear on the day or require directly after the race e.g flipflops or a hoodie - (NO VALUABLES)

***Drop off by swim
start on race
morning***

KEY LOCATIONS

Volunteer Registration	Crompton Place
Athlete Registration	Crompton Place
Swim Practice	Pennington Flash, Wigan
Swim Start	Pennington Flash, Wigan
Transition 1	Pennington Flash, Wigan
Transition 2	Queens Park, Spa Road
Post-race	Victoria Square
Town Centre Parking	Topp Way Multi Story Car Park, BL1 Deansgate Car Park BL1 1EZ Octagon Car Park, BL1 1SN
Train Station	The nearest mainline station is Bolton Interchange, BL3 6DT
Finish Line	Victoria Square
Night Run Registration	Bolton Town Hall, BL1 1RU
IRONKIDS Registration	Bolton Town Hall, BL1 1RU
Night Run Start	Le Mans Crescent
IRONKIDS Start	Le Mans Crescent

SHUTTLE BUS DETAILS



30/06/2024

Town Centre —————→ Pennington Flash

First Bus Departs: 03:45 Last Bus Departs 05:45

Pennington Flash —————→ Town Centre

First Bus Departs: 07:30 Last Bus Departs 09:30

VOLUNTEERS TRAVEL FOR FREE WHEN WEARING THEIR VOLUNTEER T-SHIRT!

- Bikes are permitted on the buses, however it is space dependent.
- No eating or hot drinks on the busses
- No dogs except Guide Dogs

NIGHT RUN INFORMATION

5k/10k



Event Overview

Athletes can choose from either a 5k or 10k run through the Bolton Town Centre, the perfect event for locals and those prepping for IRONMAN 70.3 Bolton. This year will also see official chip timing return, providing race results for competitive runners, and a record of progress for those new to taking on 5k or 10k events.

DATE: 28/06/24

START TIME: 19:00

VENUE: Le Mans Crescent

Course Map



IRONKIDS

INFORMATION

Event Overview

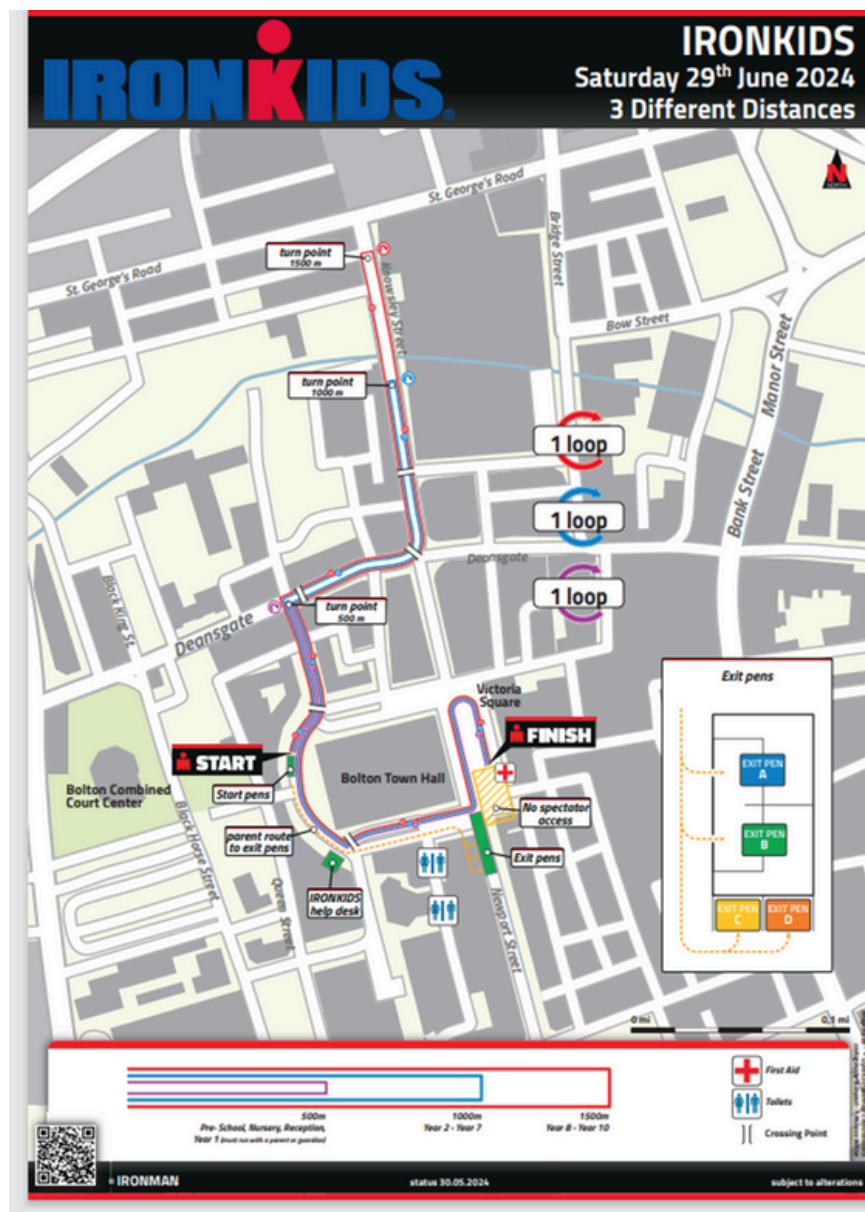
IRONKIDS UK is a 'run only' event for up to 6,000 children aged 3-15 years. It's all about fun and healthy living. IRONKIDS UK is focused on participation and fun and aims to inspire children to lead a healthy and active lifestyle. Each child will receive an IRONKIDS T-shirt to participate in, and an IRONKIDS medal once they cross the finish line under the iconic IRONMAN finish gantry.

DATE: 29/06/24

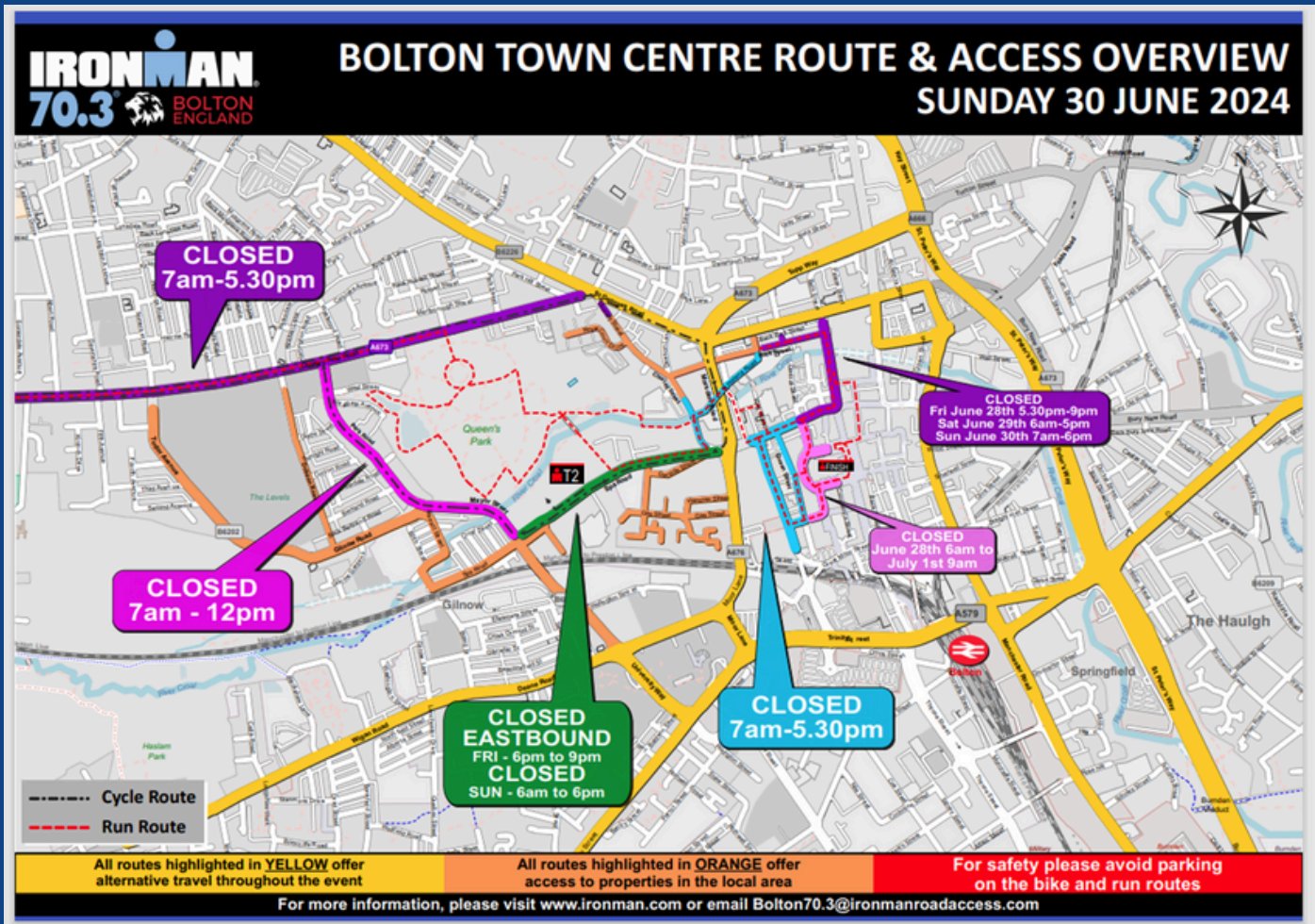
START TIME: 09:00

VENUE: Le Mans Crescent

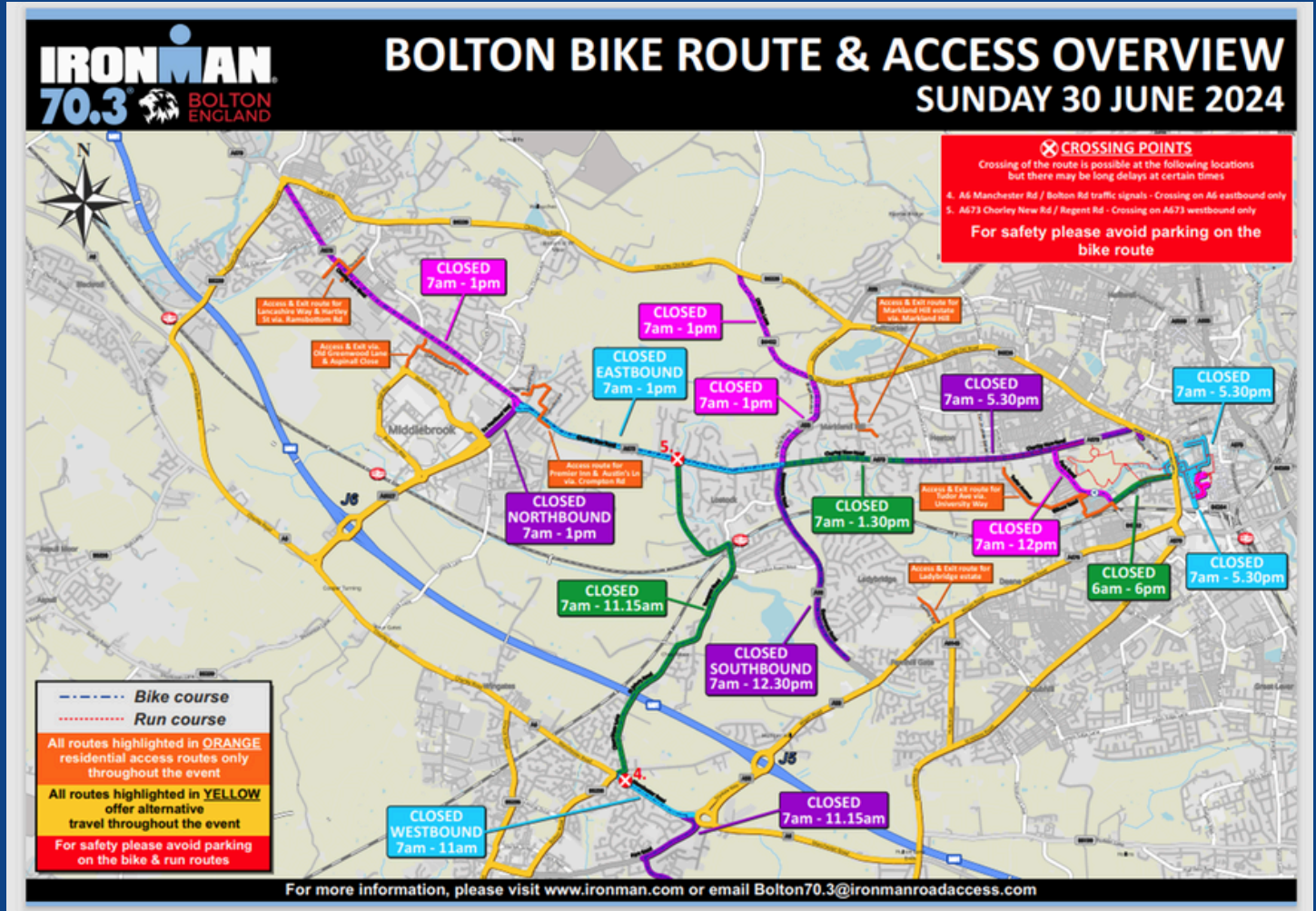
Course Map



ROAD CLOSURE DETAILS

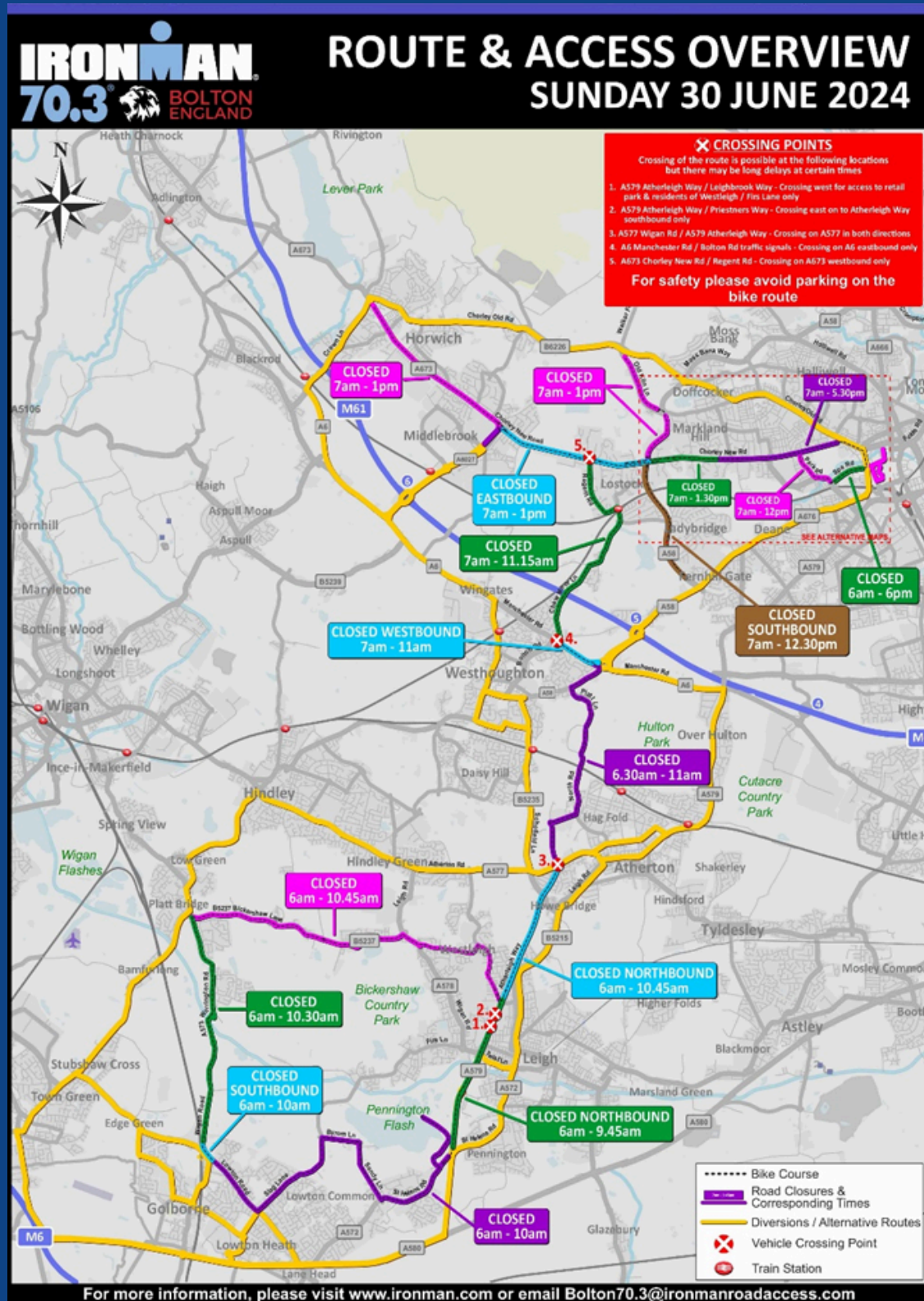


ROAD CLOSURE DETAILS



ROAD CLOSURE

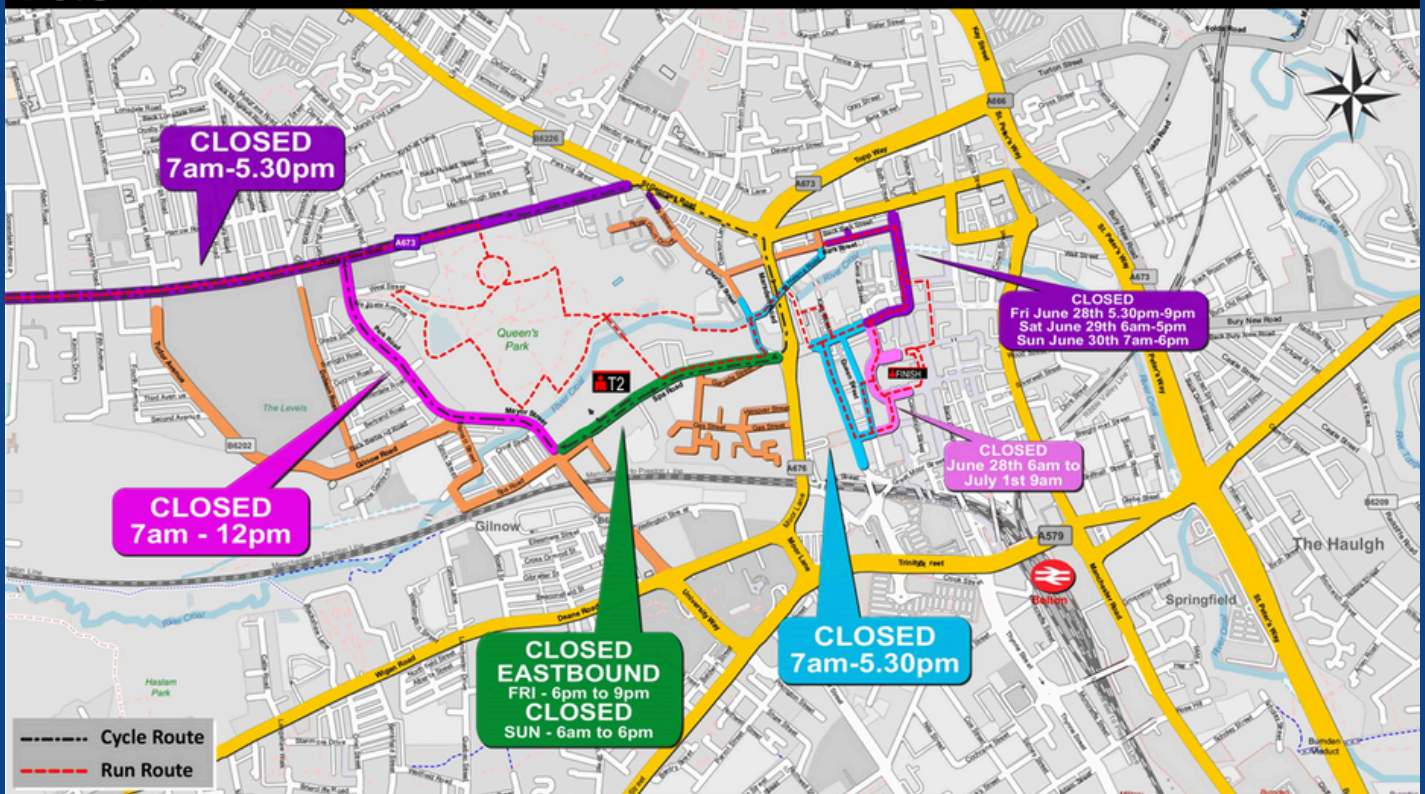
DETAILS



ROAD CLOSURE DETAILS



BOLTON TOWN CENTRE ROUTE & ACCESS OVERVIEW SUNDAY 30 JUNE 2024



All routes highlighted in **YELLOW** offer alternative travel throughout the event

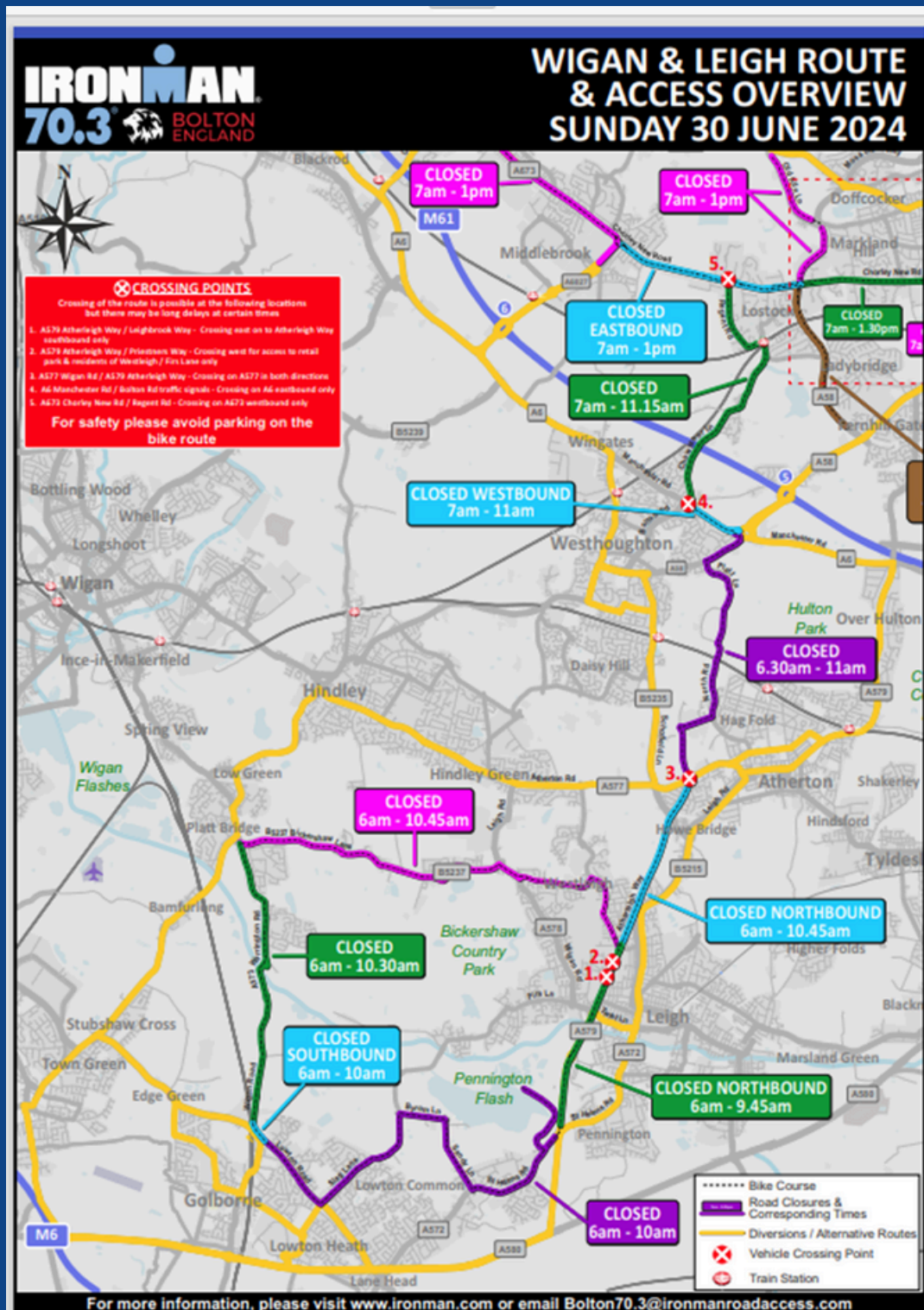
All routes highlighted in **ORANGE** offer access to properties in the local area

For safety please avoid parking on the bike and run routes

For more information, please visit www.ironman.com or email Bolton70.3@ironmanroadaccess.com

ROAD CLOSURE

DETAILS

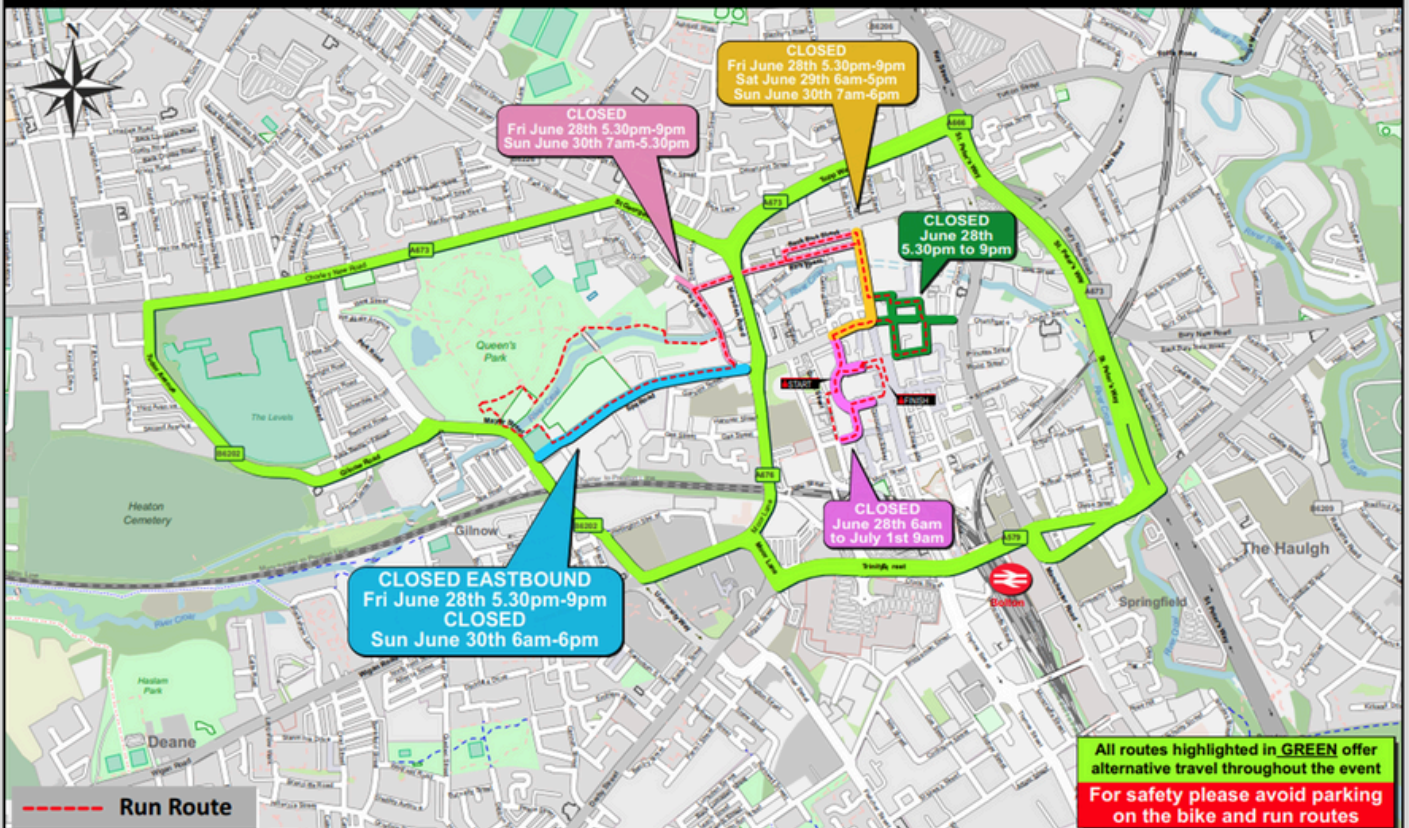


ROAD CLOSURE

DETAILS

NIGHT RUN
BOLTON UK Presented by IRONMAN

BOLTON TOWN CENTRE ACCESS OVERVIEW
FRIDAY 28 JUNE 2024



For more information, please visit www.ironman.com or email Bolton70.3@ironmanroadaccess.com

It is important that you look after yourself whilst volunteering. The shifts can be long and in tough weather conditions. Here are some tips to help you look after yourself on event days!

TIPS

- Bring suitable clothing!
If hot: sun-cream, sun-hat, sunglasses, light coloured clothing
If cold: waterproof clothing, handwarmers, Spare pair of socks, if you're working outside !
- Hydrate! Drink plenty of fluids to keep yourself hydrated
- Bring snacks. Snacks are provided in your volunteer bag but if there is anything you particularly fancy bring this along.
- Take breaks. Speak to your team leader to organise suitable breaks.
- Fully charge your phone and bring a portable charger (if you can).
- Foldable chair (if in a position that requires standing for a long period of time).
- Most importantly ENJOY! This is your chance to have a memorable day with IRONMAN whilst supporting our athletes. Feel free to bring accessories or costumes to make this day fun!



**THERE WILL BE NOWHERE TO STORE VALUABLES –
PLEASE REMEMBER THAT VOLUNTEER BAGS ALL LOOK THE SAME SO BE CAREFUL WHEN STORING
YOUR VALUABLES IN YOUR BAGS.**

VOLUNTEER FURTHER INFORMATION

Medical Information

Firstly do not panic!

Do not give first aid – unless you are trained and confident to do so.

Protect the casualty from further injury, or other athletes from falling over them, also ensure you are out of harms way.

Do not move the casualty if there is any indication of neck or back injury otherwise move them to a safe location (where they can easily be evacuated).

Call for help – Team Leader, Volunteer Co-ordinator or nearby Medical Staff.

Stay with the casualty until help arrives and reassure them.

If you cannot directly contact your Team Leader or Volunteer Coordinator via their mobile contact numbers, please use word of mouth or body language to draw the attention of a member of staff with a radio towards you.

You may be asked by the medical team for the below information when reporting the casualty:

- Info of the person (athlete, staff, spectator, volunteer, etc)
- Athlete number (if applicable)
- Condition / Status
- Location

Once you've completed your shift:



Once your shift is over, we encourage volunteers to continue to be involved with the event by doing any extra where you can, but also to enjoy your time with IRONMAN!

Volunteers are more than welcome to watch the race at different points and cheer on the athletes as they pass.

The IRONMAN team are always looking to improve our races each season and to do this we need to ensure we acquire as much feedback as possible with each race. After the race, we will send you a feedback form and we would be grateful if you could tell us about your experience as a volunteer. Whether it is about your volunteer position, the race itself, or any other matter; we look forward to receiving your feedback.

Share your volunteering experience with us! Spread the word about #IM703Bolton

THANK YOU!

Thank you for taking the time to read our IRONMAN 70.3 Bolton Volunteer Guide. We hope you now feel equipped to volunteer!

Also please note an online volunteer briefing will be uploaded to our Facebook page on **Tuesday 18th June at 16:00.**

 IRONMAN Volunteers UK & Ireland

We hope you have a great time volunteering with IRONMAN!

HAVE FUN!

