



# SPECTATOR GUIDE

## What is IRONMAN 70.3?

IRONMAN 70.3 is a half-distance IRONMAN triathlon comprising of a 1.2 mile swim, a 56 mile bike ride and then a 13.1 mile half marathon, all to be completed consecutively on the same day within 8 hours 30 minutes.

IRONMAN was founded in 1978 when athletes in Hawaii were discussing who was the fittest athlete. One suggested that they combine the three existing long distance events on the island to settle the debate.

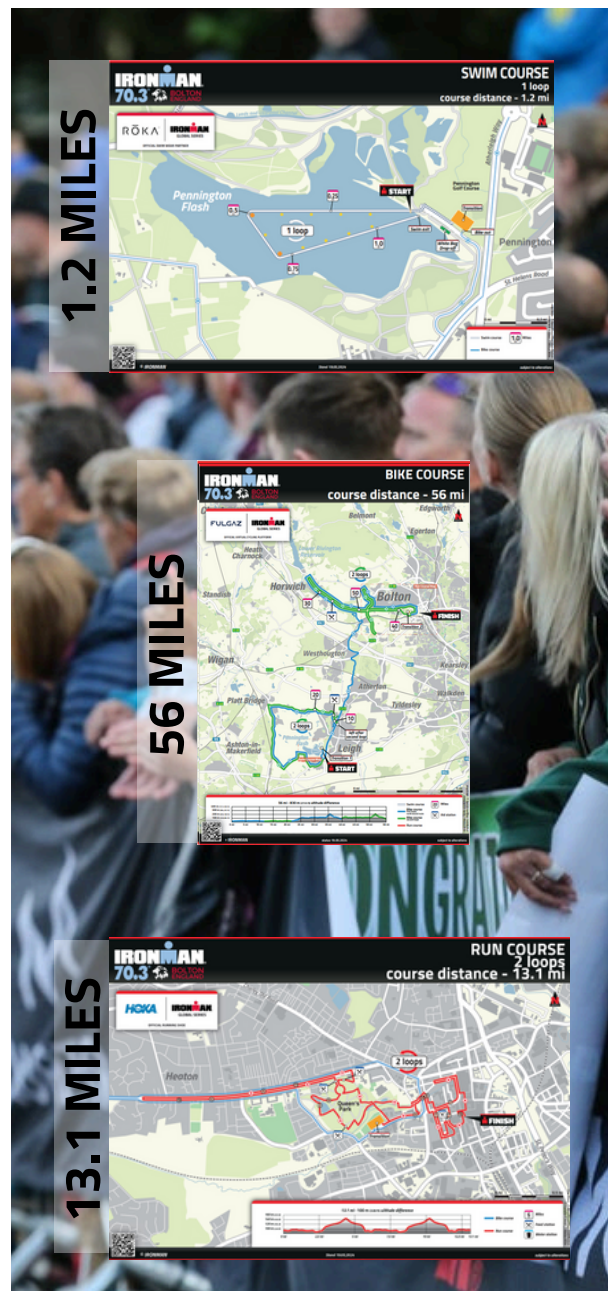
13 athletes completed that first race and since then the sport has grown into a global series with 60,000 athletes competing each year across over 170 races worldwide.

## Spectator Rules

- It is not permitted for a spectator to assist an athlete in any way (e.g. puncture, provision of nutrition etc.)
- It is forbidden to follow an athlete on the course (e.g. to run alongside an athlete, to follow an athlete on a bike etc.)
- It is forbidden for a spectator to cross the finish line with an athlete. This will result in the disqualification of the athlete.

## Track your athletes

Track your athletes in real time and check their results with the IRONMAN Tracker App.



## RACE DAY SCHEDULE

03:45 - 05:45	Shuttle Bus Pick-up (Spectators from 05:15)
06:15	Age Group 70.3 Bolton Swim Start
07:30 - 09:30	Shuttle Bus returning to Great Moor Street
09:00 - 17:00	IRONMAN Village Official IRONMAN Store
17:45	IRONMAN 70.3 Awards Ceremony & Slot Allocation

## IRONMAN 70.3 WORLD CHAMPIONSHIP

IRONMAN 70.3 Bolton offers qualifying slots for the Vinfast IRONMAN 70.3 World Championship.

The 2024 edition will take place in Taupo, New Zealand on the 14th and 15th December 2024.



# ACCESS, PARKING AND SHUTTLE

2024 IRONMAN 70.3 Bolton

There will be a number of road closures in and around Bolton and Wigan area on Sunday 30th June. Marshals will be present to allow access for emergency services, residents, and businesses. For more information about road closures, please visit the [IRONMAN 70.3 Bolton website](#).

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

## Shuttle Bus

On race morning, there will be a shuttle bus service operating between Bolton Town centre and the Swim Start at Pennington Flash. This service will be available to athletes from **03:45** and to spectators (with a pre-purchased ticket) from **05:15**.

### Bus Times

Great Moor Street - Leigh Sports Village

**03:45 - 05:45** (athletes)

**05:00 onwards** (spectators)

A shuttle bus service will be available to transport spectators back to Great Moor Street from **07:30 - 09:30**.

Travel for athletes will be free of charge. However, you must be wearing your event wristband.

Spectators are required to purchase a shuttle bus ticket in advance. This can be arranged through their athlete's Active profile as an additional purchase. Tickets will also be available to purchase at Registration. Please show your confirmation email to the bus driver as proof of ticket purchase.

## Pennington Flash - Saturday

Parking will be available at Pennington Flash on **Saturday**.

## Pennington Flash - Sunday

Please be advised there will be **NO VEHICLE ACCESS** to Pennington Flash on Sunday (race day)

## Leigh Sports Village – Sunday, Spectators

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

## Morrisons, Leigh - Sunday, Spectators

There are a limited number of parking spaces at Morrisons, Leigh. There is a strict 3-hour maximum stay limit at this carpark, enforced by ANPR cameras and automatically issued fines. 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 parking availability. Please carefully check the parking signs on arrival.

## Bolton Town Centre – Sunday

We recommend parking in the NCP multi-story car parks in Bolton Town centre. All carparks listed below are a short walk from the event site. The Octagon Theatre is the closest to the finish line.

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

\*Please be aware that IRONMAN holds no responsibility for where you park or any parking fines that you may incur from this advice, nor will IRONMAN cover any charges incurred. This is only advice and information may not be up to date. Please always refer to parking signage when parking in Bolton during race weekend.

# FESTIVAL WEEKEND

2024 IRONMAN 70.3 Bolton



Friday night sees the return of Night Run – a timed fun run on part of the IRONMAN 70.3 Bolton 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 29th June, 09:00 – 17:00 on the streets of Bolton.

IRONKIDS is a run-only children's IRONMAN event for 3-16 year olds. All children will finish under the iconic IRONMAN Finish Arch in Victoria Square.

**[Sign up here](#)**

## Questions

If you have any questions, please visit the IRONMAN 70.3 Bolton website or reach out to our Athlete Services team.

**<https://www.ironman.com/im703-bolton>**

**[70.3bolton@ironman.com](mailto:70.3bolton@ironman.com)**

# SPECTATOR HOTSPOTS

2024 IRONMAN 70.3 Bolton

## Atherleigh Way

Only a short walk from the swim start, Atherleigh way has a great view of the bike course.

What three words: [///bottled.beak.movies](#)

## The Retreat - Chorley New Road

See your athlete on multiple occasions on the bike and the run course.

What three words: [///these.public.level](#)

## The Crown Pub Horwich

The perfect spot to relax and watch your athlete at a turning point on the bike course.

What three words: [///prepare.hardback.widgets](#)

## Old Kiln Lane Climb

A great location to support your athlete up one of the more difficult sections of the bike course. Athletes pass this point twice.

What three words: [///roofs.tuned.storms](#)

## Le Mans Crescent/ Bolton Town Centre

The heart of the IRONMAN Festival weekend, Le Mans Crescent is a great spot to spectate the run course.

What three words: [///term.limes.dining](#)

## St Luke's Church, Lowton, WA32JA

This church on the bike course will be offering coffees to spectators on race day.

What three words: [///dishes.upstarts.names](#)