




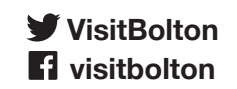
# Spectator Guide

Friday 2nd July - Sunday 4th July 2021

-  **2.4 mile swim**
-  **112 mile bike**
-  **26.2 mile run**

**A spectating and information guide for the UK's premier long distance triathlon.**

This guide will help you get around and watch the IRONMAN UK event, while staying COVID-safe.



# What is **IRONMAN**®?

**IRONMAN is a triathlon comprising of a 2.4 mile swim, 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 of the group, John Collins, suggested they settle the debate by combining the three existing long-distance competitions already on the island: the Waikiki Rough Water Swim (2.4mi), the Around-Oahu Bike Race (112mi), and the Honolulu Marathon (26.2mi) into a single event.

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

Bolton has been the proud host of IRONMAN for 12 years.





## Friday 2nd July

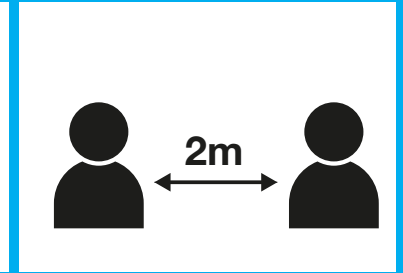
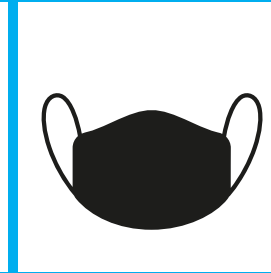
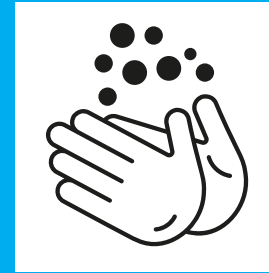
After the inaugural event in 2019, Night Run returns to mark the start of this year's IRONMAN UK weekend on the evening of Friday 2nd July.

The 5K fun run starts at 6.30pm and will see hundreds of men and women, aged 16 plus, run around the town centre on closed roads.

The course begins on Le Mans Crescent, heading through the town centre and into Queens Park. Runners will then come back to town, finishing in Victoria Square on the same finish line as IRONMAN UK athletes.



## Be COVID-safe



**While Bolton is famous for the support we give the IRONMAN UK athletes, this year it's vital that spectators stay COVID-safe.**

Everyone who wants to enjoy the spectacle and show their support should:

- Take a COVID-19 lateral flow test before heading to the event. Tests are available from the council.
- Wash your hands regularly while at the event and use the hand sanitising units that will be available.
- Follow the usual social distancing rules.
- Remember – hands, face, space, fresh air.

Council staff will be working as COVID officers and will be on hand to remind people of these safety precautions, as well as handing out face coverings and signposting people to the nearest hand sanitising units.

Extensive COVID security for athletes is being led by IRONMAN UK.

# 2.4 miles



Athletes will complete a two-lap swim course which is based at the Pennington Flash Country Park in Leigh, Greater Manchester.

Starting at 6am the swim takes place 11 miles from Bolton town centre and starts from the eastern side of the lake.

The first athlete transition is based here on the picnic area next to the golf course.

## Watching the Action

You can watch the swim from the water's edge at the Flash.

### ACCESS

**There is no vehicle access to Pennington Flash on race day.**

Spectators can park in Morrisons Supermarket Car Park, Leigh Sports Village, Leigh, WN7 4JY.

**The car park closes at 10am on race day.**



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# 112 miles

The 112-mile IRONMAN bike course starts with an eight-mile point to point cycle from Pennington Flash to join the three-lap circuit at Chorley New Road.

New for 2021, bikes will pass Transition 2 at Queens Park and ride alongside the run course through Bolton town centre. The bike course then travels East towards Bury, before heading North through Edgeworth where the scenic, undulating ride really starts. The course continues through the breath-taking Lancashire countryside before heading down the famous Sheephouse Lane, through Rivington, down Chorley New Road and back to Queens Park for lap 2 and 3

## Transition

Transition 2 is based at Queens Park, located 10 minutes walk from Bolton Town Centre. This is where the athletes change from the bike to the run section.

The first athlete is expected into T2 any time from 11.30am and they will be almost 6 hours into their journey. The final cut off for the bike course is 4.55pm at T2.

## Watching the Action

Due to the new bike course for 2021, spectators can now view cyclists from Le Mans Crescent as they pass through the Le Mans Crescent Arch before heading out of Bolton towards Brightmet. There will be support at the 17, 49 and 30-mile points in Bolton town centre as the route turns left into Le Mans Crescent from Black Horse Street.

Another option to view the cyclists is Rivington Green. Here athletes will have descended the infamous Sheep House Lane.



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## 26.2 miles



The run starts from Transition 2 at Queens Park.

The IRONMAN UK race course finishes with a 26 mile point to point run. This starts from T2 at Queens Park and athletes use Spa Road. From here athletes head into the town centre passing along Bark Street and Knowsley Street and turning for their laps on Victoria Square and looping the Town Hall in sight of the finish line.

Athletes will get a warm welcome when they cross the finish line on Victoria Square in the heart of Bolton town centre. This area is not just for the finish as the race course will bring athletes into sight of the finish line three times on their run laps as they loop around Le Mans Crescent and Bolton Town Hall.

The first athlete will finish in around 8 hours 30 mins so will be due in shortly after 2.30pm.

By the time they finish the athletes will have unbelievably covered over 140 miles! The final cut off time for athletes is 17 hours after the race start at 11.27pm.

## Watching the Action

The run is best viewed from numerous locations in Bolton town centre as here you will see athletes three times before they return for a fourth time to the finish funnel. These include Queens Park where you will see athletes run past the park's lakes and rose gardens and Chorley New Road where the athletes complete their out and back laps.

From Le Mans Crescent you can see the athletes pass the iconic arches. From here you can also watch the athletes enter Victoria Square to tackle the last leg of the race before finishing under the famous IRONMAN gantry.

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Finish  
area

# 140.6 miles

## How to view the finish

The finish area is based in the heart of Bolton. Plenty of shops will be open for food and drinks during the day to fuel your support for those out on the course.

The expo and merchandise tents will be located in Queens Park.

Athletes and spectators will be entertained by street performers and music in Bolton town centre, plus a pop-up acoustic music stage with local artists in Queens Park.

New for 2021, spectators can watch all the action of the finish line on a big screen in Queens Park.



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## Access and parking

### **Main Event Site: Queens Park, Bolton, BL1 4AG**

The following multi-storey car parks are free on race day:

- 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 VEHICLE ACCESS to Pennington Flash on Sunday. Spectators can park in Leigh Sports Village (Sale Way, Leigh, WN7 4JY). This is also the best location for athletes to be dropped off, as it is a short walk around the Holiday Inn hotel to reach transition. Vehicles can exit south towards the A580.

### **Finish Line: Victoria Square, Bolton, BL1 1RJ**

## Spectator Shuttle Buses

Adult Spectator Ticket = **£5**

Child Spectator Ticket = **£3**

Children aged 2 and under = **Free**

**Please note:** Shuttle bus tickets must be purchased on **Active PRE-EVENT.**

**03:20 – 05:20** – Great Moor Street to Swim Start

**08:30 – 10:30** – Swim Start to Great Moor Street

Spectators may use the buses but up until 04:40 athletes will be prioritised, until all the athletes have got to the swim start.

Spectators can take the shuttle bus back to Black Horse Street after the last swimmer has exited on the bike at 08:30.

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# ROAD CLOSURES - Sunday 4th July 2021

There will be many road closures in and around Bolton, Wigan, Bury, Blackburn and Darwen and Lancashire on the day of the event. Marshalls will be present to allow access for emergency services, residents, and businesses.



For a full list of road closures, visit [www.ironman.com/im-uk-course](http://www.ironman.com/im-uk-course) and click on Road Access tab

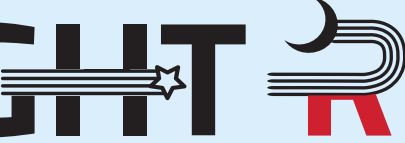


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 IRONMAN UK

**It's back!**

  
SUPERSAPIENS  
**IRONMAN**<sup>®</sup>  
UK  BOLTON  
ENGLAND

**NIGHT**  **RUN**  
BOLTON UK Presented by IRONMAN

**Bolton Town Centre**  
Friday 2nd - Night Run, 6pm - 9.30pm  
Sunday 4th - Ironman, 12noon - 7pm  
Street performers and music

**Queens Park**  
Sunday 4th - 12noon - 7pm  
Pop-up acoustic music  
stage with local artists

**Joining us for this  
year's event?**  
Please take a COVID-19 test first -  
see [www.bolton.gov.uk/testing](http://www.bolton.gov.uk/testing)

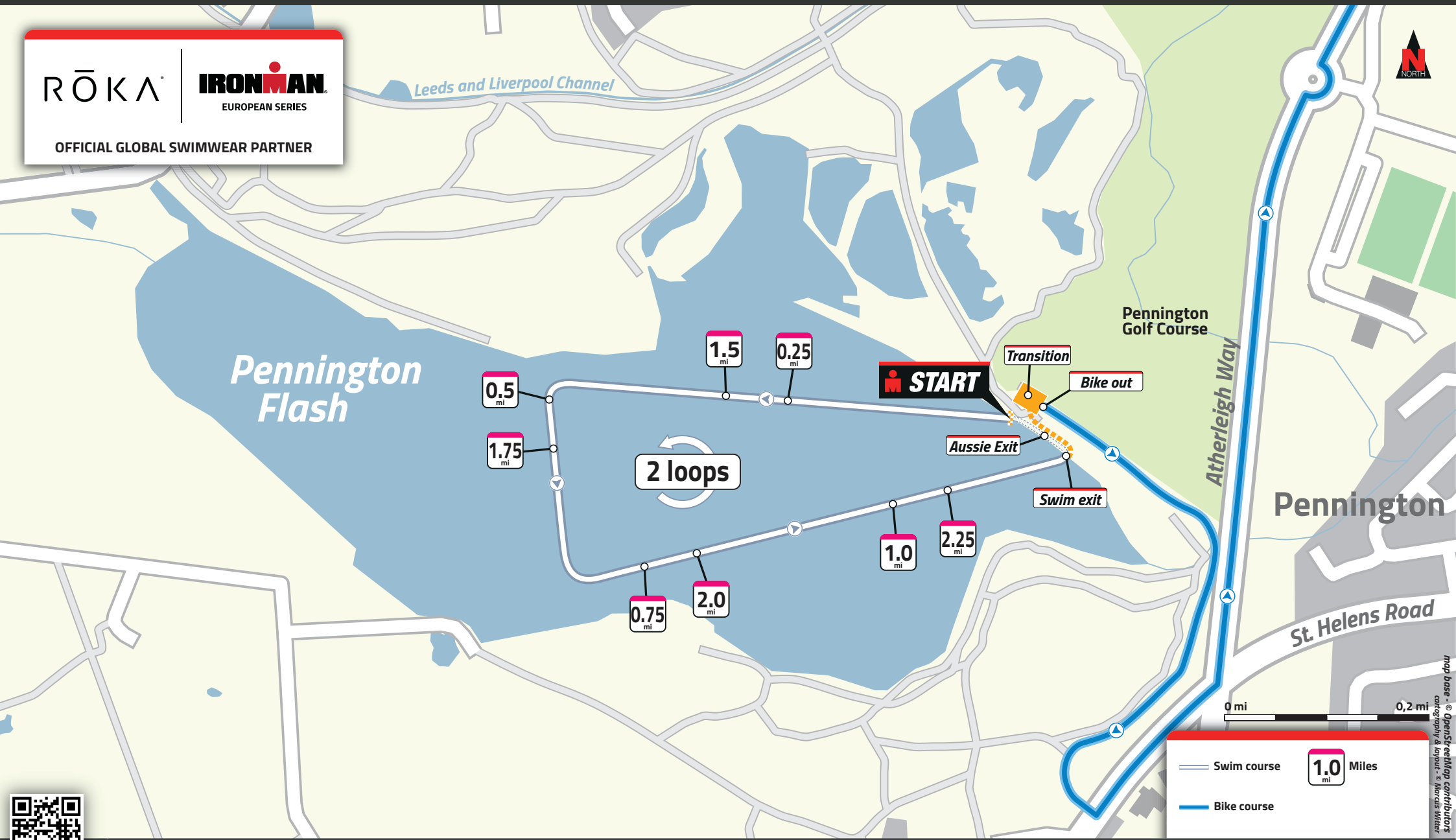
**2nd - 4th July**

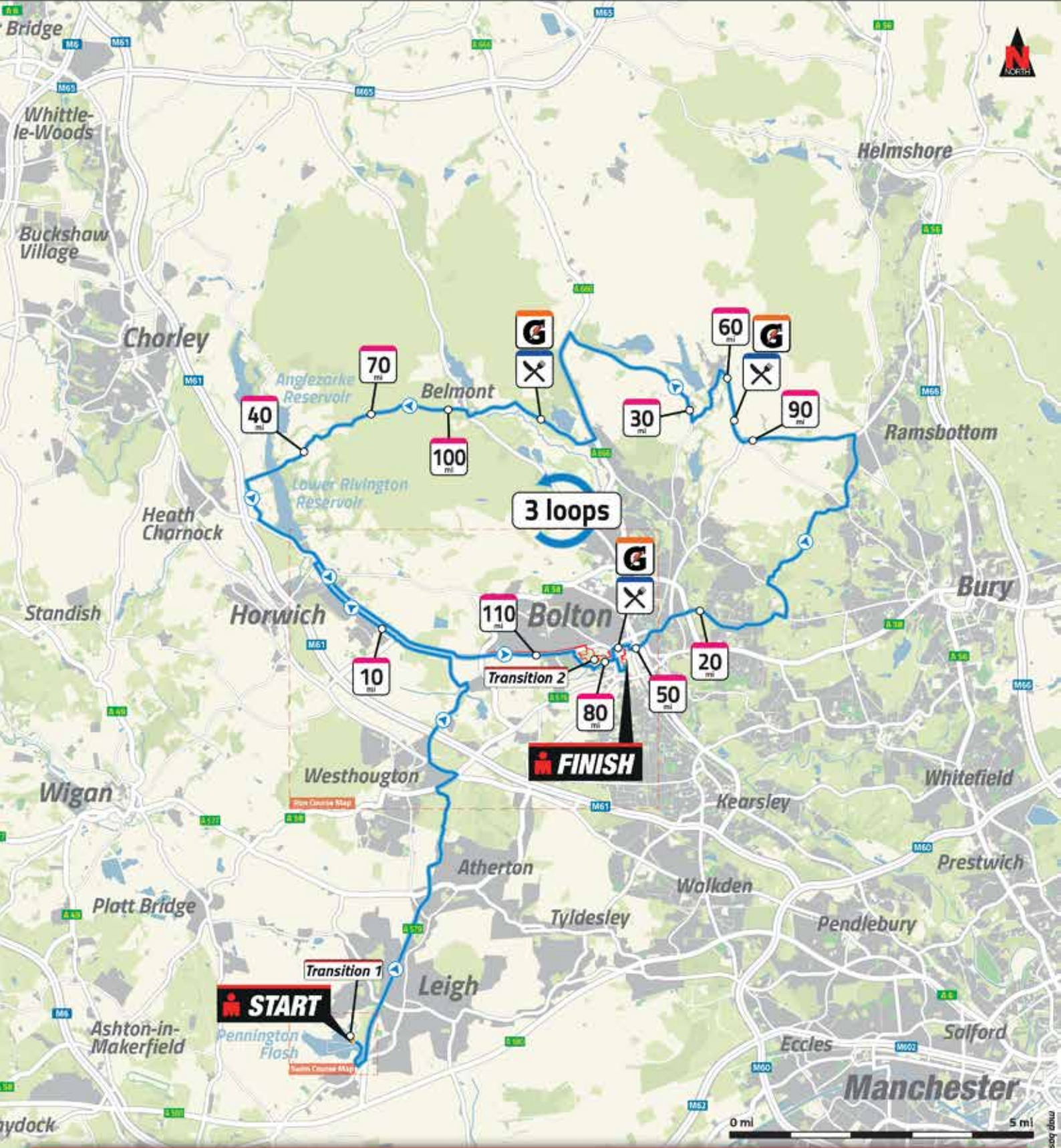
Come along, watch the action and  
support this year's participants.

**Bolton  
Council**



**RŌKA** | **IRONMAN**  
 EUROPEAN SERIES  
 OFFICIAL GLOBAL SWIMWEAR PARTNER





- Swim course
- Bike course
- Run course
- 20 Miles
- Aid station

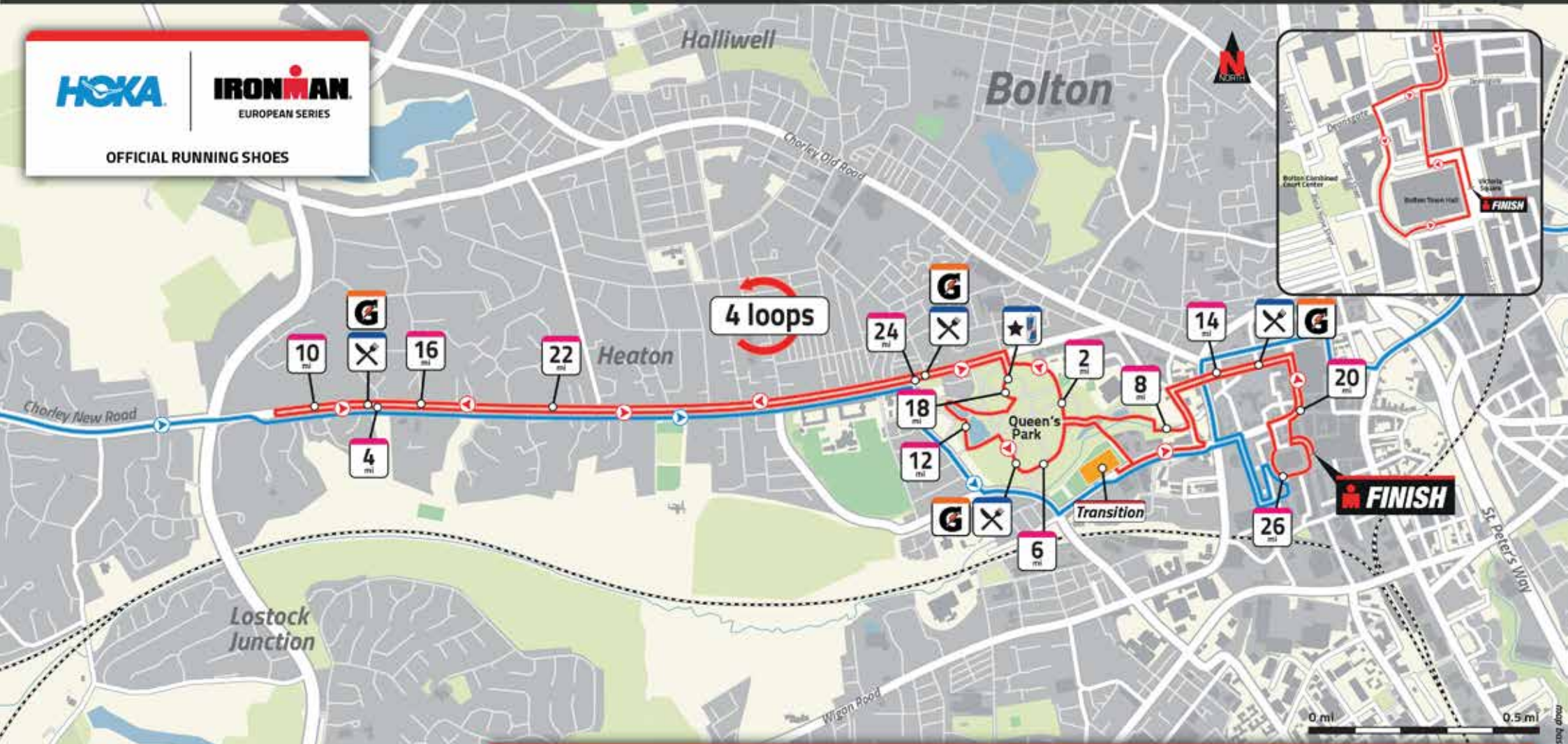


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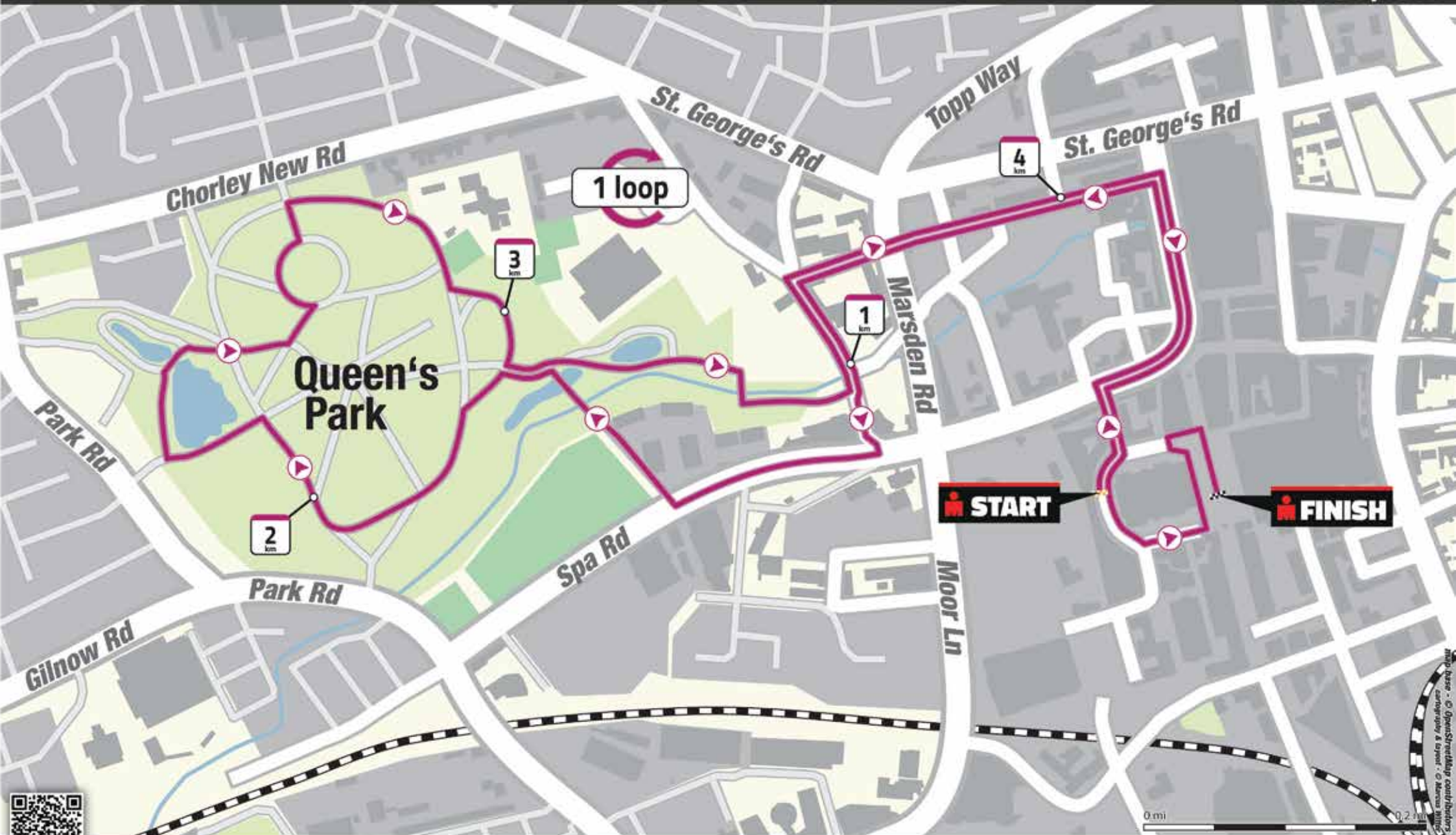
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 EUROPEAN SERIES

OFFICIAL RUNNING SHOES



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