



**IRONMAN®**  
**70.3®**  **BOLTON**  
**ENGLAND**

## Spectator Guide

Friday June 6 - Sunday June 8 2025

**NIGHT RUN**  
BOLTON UK Presented by IRONMAN

Friday June 6  
7pm - 9pm

**IRONKIDS®**

Saturday June 7  
9am - 5pm

**IRONMAN®**  
**70.3®**  **BOLTON**  
**ENGLAND**

Sunday June 8  
10am - 5pm

VISIT  
**Bolton**

 VisitBolton  
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# NIGHT RUN

BOLTON UK Presented by IRONMAN

## Friday June 6

**Night Run Bolton UK marks the start of this year's IRONMAN 70.3 Bolton weekend on the evening of Friday, June 6.**

Starting at 7pm, over 1,000 people will take to the streets of the town centre to run either 5k or 10k.

There's something on offer for everyone, from keen club runners to those who run just for fun.

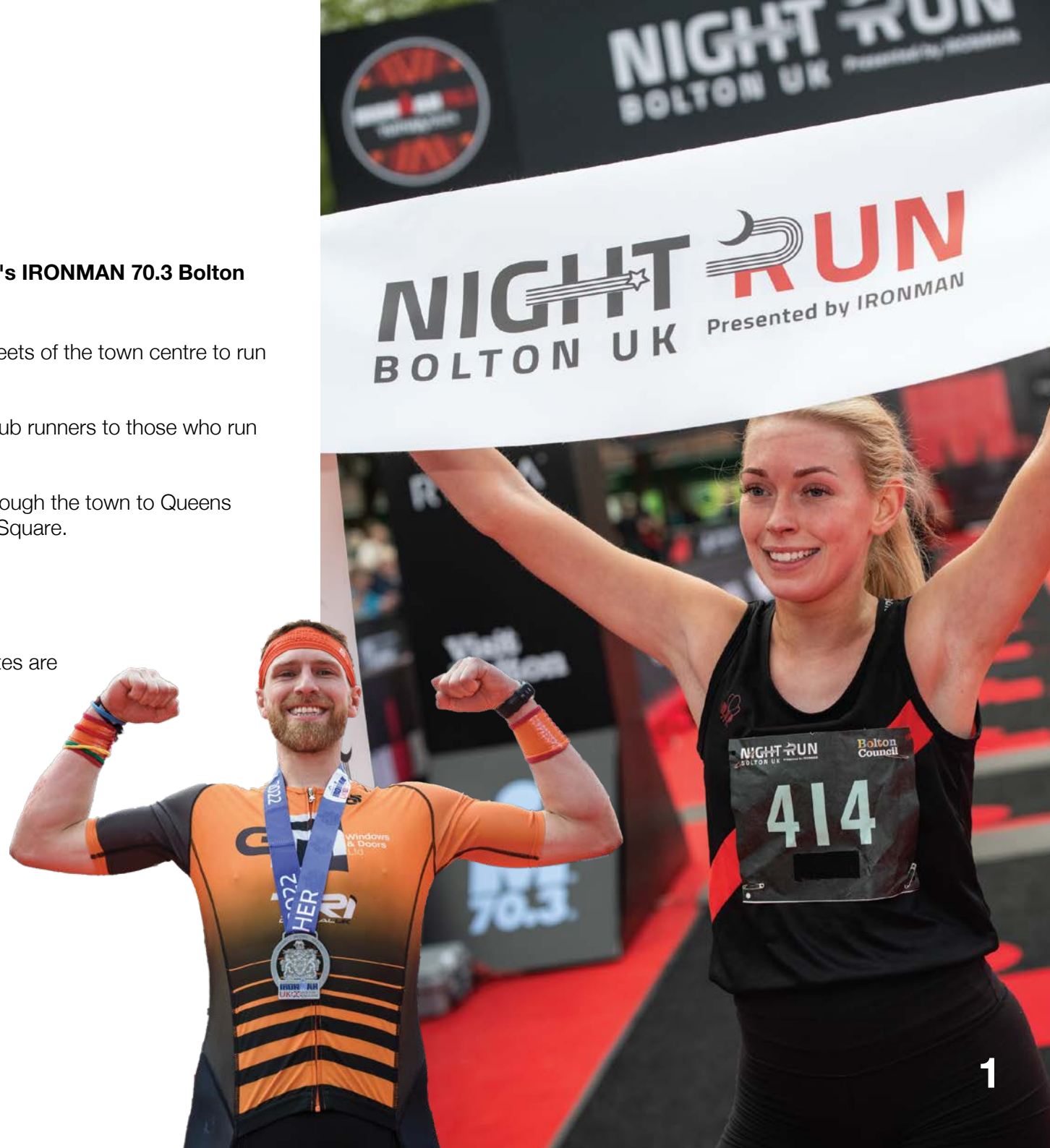
The route begins on Le Mans Crescent and heads through the town to Queens Park before finishing in front of the crowds in Victoria Square.

## Watching the action

Great places to see the action and cheer on the athletes are Elizabeth Park, Queens Park and Victoria Square.

### Need some refreshments?

Delicious food and drink from around the world is on offer at Bolton Market's new Food Hall. Many town centre shops and restaurants will be open as normal.





## Saturday June 7

**Bolton's IRONKIDS event is the biggest in the world and is always hugely popular.**

Over 5,000 children and young people aged 3-15 take part along the town centre route, cheered on all the way by friends, family and supporters. All the runners receive a t-shirt and a medal.

Before and after the run, there's loads to keep the family happy in the children's fun zone in Elizabeth Park, with face painting, crafts, a climbing wall and more.

## Watching the action

IRONKIDS takes place along Le Mans Crescent and Deansgate before finishing in Victoria Square as the runners reach the finish line along the red carpet.

Share your race **@visitbolton**







**Sunday June 8**

**IRONMAN 70.3 is a triathlon made up of a 1.2 mile swim, a 56 mile bike ride and a 13.1 mile half marathon, completed one after the other within eight and a half hours.**

IRONMAN was born in 1978 when a group of athletes in Hawaii were debating who was the fittest. 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 racing each year.

Bolton has been the proud host of IRONMAN UK for 16 years.







**1.2 miles**



Athletes will complete a one-lap swim course at Pennington Flash Country Park in Leigh, Greater Manchester.

Starting at 6:15am 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 and Parking

**There is no vehicle access to Pennington Flash on race day.**  
**There is no parking at Leigh Sports Village.**

Free parking is available in Morrisons supermarket car park on Sale Way, WN7 4JY. However, please note that parking is limited to three hours with fines for over-staying. Please check the car park closing time before leaving your car.



# 56 miles

The 56-mile bike ride departs from the swim leg at Pennington Flash and circles the local area twice before heading north to Bolton.

The cyclists peddle past Westhoughton to reach Chorley New Road, where they turn left and begin two out-and-back laps along the road between The Crown pub and the junction with Chorley Old Road.

Along the way they detour to take on the steep climb up Old Kiln Lane, as well as down Beaumont Road.

## » Transition

Transition Two is based at Queens Park, located ten 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 Transition Two shortly after 8.50am, almost three hours into their journey. The final cut off for athletes to finish the bike course is 12.45pm at Transition Two, where they will switch to the run route, the third and final leg of the race.

## Watching the action

The Retreat bar and restaurant on Chorley New Road and The Crown pub in Horwich are great spots to see the athletes on the bike and run routes. The athletes pass both locations several times.

Old Kiln Lane, with its long climb and fast descent, is another great place to cheer on the riders.







# 13.1 miles



The IRONMAN 70.3 race course finishes with a 13.1 mile run.

This starts from Transition Two at Queens Park. 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.

The first athlete is expected to finish soon after 10am.

By the time they finish the athletes will have covered over 70 miles!

The final cut off time for athletes is 8.5 hours after the race start at 3.45pm.

## Watching the action

The run takes place in and around the town centre. Here you will see the athletes several times as they loop around the course before heading to the finish in Victoria Square.

Elizabeth Park offers an excellent viewing spot from which to cheer on the athletes.

On Chorley New Road, The Retreat bar and restaurant is also an ideal location.

The iconic finish along the red carpet in Victoria Square is always popular with supporters, who come here to cheer the tired but excited athletes towards the finish line in front of the town hall.





# 70.3 miles

## How to view the finish

The finish line is 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.

Plus there is delicious food and drink at Bolton Market's new food hall.







## Access and parking

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

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

- Topp Way, Duke Street, BL1 2DJ (£3 all day)
- 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.

There is no parking at Leigh Sports Village.

Free parking is available at Morrisons supermarket but is limited to three hours, with fines for over-staying.

### **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 before the event.

**03:45am – 5:45am**– Great Moor Street to Swim Start

**7:30am – 9:30am**– Swim Start to Great Moor Street

Spectators may use the buses but up until 05:00 athletes will be prioritised, until all the athletes have got to the swim start.

Spectator shuttle buses will return to Great Moor Street, with the first shuttle bus leaving Leigh Sports Village at 07:30.



## **ROAD CLOSURES - Friday June 6 to Sunday June 8**

With thousands of people taking part, including large numbers of children, temporary road closures are needed to ensure the safety of residents, competitors and spectators. Marshalls will be present to allow access for emergency vehicles, residents and businesses

For a full list of road closures, visit [www.ironman.com/races/im703-bolton/traffic-impact](http://www.ironman.com/races/im703-bolton/traffic-impact)



**IRONMAN UK**

**ROAD CLOSED**

**6 June 6am to**

**8 June 9am**


**[www.ironman.com](http://www.ironman.com)**



# Enjoy the action

Enjoy the action and show your support for fabulous people taking part.

**NIGHT RUN**  
BOLTON UK Presented by IRONMAN

**IRONMAN**  
70.3<sup>®</sup>  **BOLTON ENGLAND**

**IRONKIDS**<sup>®</sup>

**Bolton Town Centre**  
Friday 6 – Night Run, 5pm – 10pm  
Saturday 7 – IRONKIDS, 9am – 5pm  
Sunday 8 – IRONMAN 70.3, 10am – 5pm

*Festival*  
**ZONE**  
Bolton Market  
Food Hall

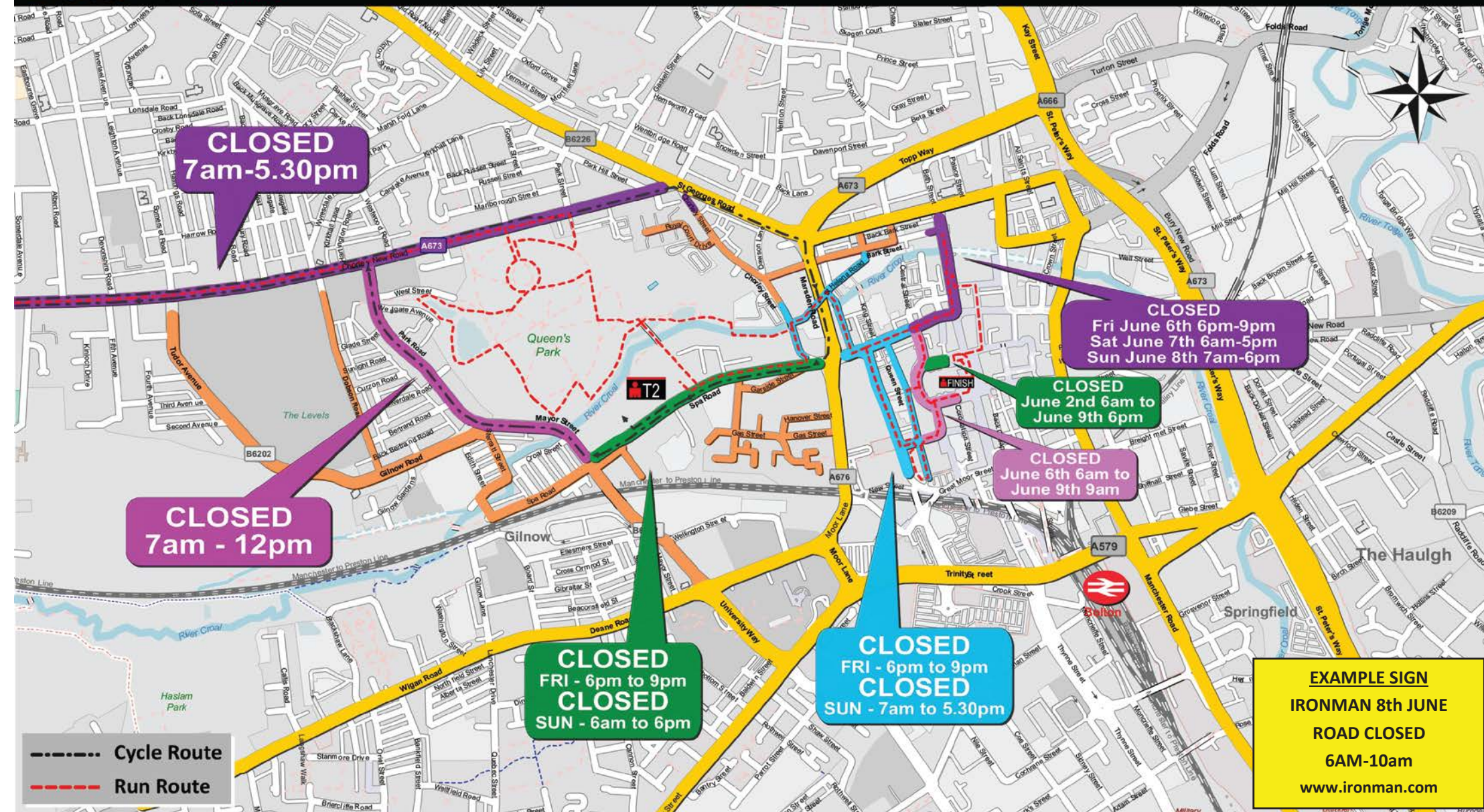
**FAMILY  
FUNZONE**  
Elizabeth Park

**Bolton  
Council**



# BOLTON TOWN CENTRE ROUTE & ACCESS OVERVIEW

## SUNDAY 8 JUNE 2025



### EXAMPLE SIGN

**IRONMAN 8th JUNE**  
**ROAD CLOSED**  
**6AM-10am**  
[www.ironman.com](http://www.ironman.com)

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](http://www.ironman.com) or email [Bolton70.3@ironmanroadaccess.com](mailto:Bolton70.3@ironmanroadaccess.com)



# BOLTON BIKE ROUTE & ACCESS OVERVIEW

## SUNDAY 8 JUNE 2025

