



# ATHLETE GUIDE

1.9KM SWIM - 90KM BIKE - 21.1 KM RUN



8th June 2025



@ironman\_uk



IRONMAN England

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# WELCOME MESSAGES

Welcome to IRONMAN 70.3 Bolton!

The IRONMAN UK team and I are looking forward to welcoming you to IRONMAN 70.3 Bolton, a town centre which has hosted electric IRONMAN finish lines since 2009. This year will be no different which a packed festival weekend schedule including your SOLD-OUT race on Sunday.

At IRONMAN we are continually striving to give our athletes the best race experience possible, spectators a great day out and local communities a spectacle to be proud of. Your race will start with a 1 loop 1.2 mile swim in Pennington Flash Nature Reserve. After navigating the swim, you will head out on the bike course which takes in two loops of the area surrounding Pennington flash before you head north to complete a further 2 loops on the flat and fast circuit around Bolton Town. After leaving your bike in T2 and slipping into your running shoes, you'll have 2 loops of the run course, taking in the best of Bolton Town centre including Elizabeth Park, Le Mans Cresent & Queens Park before turning into Victoria Square, running down the iconic Red Carpet and soaking in the legendary atmosphere at the foot of the Town Hall steps.

Our friends at Bolton Town Council and neighbouring Wigan Council take huge pride in providing what is a fantastic venue for one of the most well-known triathlons in the UK. Hosting an event of this scale would simply not be possible without a combination of fantastic IRONMAN staff and groups of dedicated volunteers, of which, Bolton possesses some of the best! A huge thanks goes to Bolton and Wigan Boroughs, both of which you will pass through on the day, and a special thanks must also go to the amazing local communities that support you along the course.

Please be sure to read this Athlete Guide carefully and watch the Athlete Briefing, paying extra attention if you're a first timer to gain a full understanding of the weekend. You have trained, you have suffered, and you have motivated yourself to this point. The race is just the tip of the iceberg when you take into consideration the hours you have spent in the pool, pedalling away, treading tarmac and visualising this weekend. Go out there and give it your all, look after yourself and your fellow athletes and most importantly don't forget to celebrate your achievements!

I look forward to seeing you all on the start line for IRONMAN 70.3 Bolton 2025

Lewis Peacock  
Race Director



Welcome to Bolton for IRONMAN 70.3 Bolton.

You are all amazing for taking on this challenge. As someone who has taken part myself, I know you are going to be incredibly proud of yourselves.

Bolton has so much to offer you while you are here. We have fantastic places to eat and drink, wonderful theatres, great shopping, beautiful historic halls, fun outdoor activities, a wealth of accommodation and so much more. Check out [visitbolton.com](http://visitbolton.com) to make the most of your visit.

During the event you'll be racing in the stunning scenery of Bolton town centre, which has provided a backdrop for film and TV productions like Peaky Blinders, Fool Me Once, Cobra and Coronation Street to name but a few!

Recognised as one of the friendliest places in the UK, you will also enjoy a warm welcome and fabulous support throughout your time here.

Just like all of you taking part in this awesome event, Bolton is Born to Perform, and I look forward to you bringing your performance to our stage.

I wish you every success, and above all, just enjoy it!

Sue Johnson  
Chief Executive Bolton Council



# EVENT SCHEDULE

TIME	DESCRIPTION	LOCATION
<b>THURSDAY 5TH JUNE</b>		
15:00 - 19:00	IRONKIDS Registration	Bolton Town Hall - 2nd Floor
15:00 - 19:00	Night Run Registration	Bolton Town Hall - 1st Floor
<b>FRIDAY 6TH JUNE</b>		
09:00 - 18:00	70.3 Athlete Registration	Bolton Town Hall - 1st Floor
09:00 - 18:00	Expo & IRONMAN Merchandise Store	Victoria Square, Bolton
09:00 - 18:00	IRONKIDS Registration	Bolton Town Hall - 2nd Floor
09:00 - 18:00	Night Run Registration	Bolton Town Hall - 1st Floor
12:00 - 18:00	Transition 2 Open - RED Bag Check-in	Queens Park, Spa Road
19:00 - 21:00	Night Run	Le Mans Crescent, Bolton
<b>SATURDAY 7TH JUNE</b>		
08:00 - 15:00	70.3 Athlete Registration	Bolton Town Hall - 1st Floor
08:00 - 16:00	Expo & IRONMAN Merchandise Store	Victoria Square, Bolton
08:00 - 15:00	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
11:00 - 13:00	Official Swim Practice (registered athletes only)	Pennington Flash, Wigan
16:30 - 17:15	IRONPRAYER	Bolton Town Hall
<b>SUNDAY 8TH JUNE</b>		
<b>*70.3 RACE DAY</b>		
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
<b>06:15</b>	<b>Self-Seeded Rolling Start</b>	<b>Pennington Flash, Wigan</b>
07:30 - 09:30	Spectator Shuttle Bus Pick Up	Leigh Sports Village
09:00 - 17:00	IRONMAN Merchandise Store	Victoria Square, Bolton
13:15 - 17:15	Transition 2 Open for Mandatory bike & bag checkout	Queens Park, Spa Road
16:00 - 16:30	Timing and Results Objections	Bolton Town Hall - 2nd Floor
17:45 - 19:15	Awards Ceremony & Slot Allocation	Bolton Town Hall - 2nd Floor



# IRONMAN COMPETITION RULES

2025 IRONMAN 70.3 Bolton will be sanctioned by the rules included in the IRONMAN 2025 Competition Rules. For more information regarding these rules, please visit the following webpage: <http://www.ironman.com/rules-and-regulations>.

The British Triathlon Federation will sanction and enforce all rules outlined in the [IRONMAN 2025 Competition Rules](#).

Please inform your family, friends, coach and supporters that they are not allowed to accompany alongside you in the race, and that you are not allowed to receive any outside assistance. If this is not respected, you will be penalized.

**For safety reasons it is vital that if an athlete drops out of the race at any time (especially before, during or after the swim) the athlete MUST inform a race official about this.**

You are expected to follow directions and instructions from all race officials, race marshals and race management. Only race marshals have the authority to disqualify an athlete. All lifeguards and medical personnel have ultimate and final authority to remove an athlete from the race if the athlete is judged to be physically incapable of continuing the race without risk of serious injury or death.

Fraud, theft, abusive treatment of volunteers or other acts of poor sportsmanship are grounds for immediate disqualification and will result in the athlete being suspended from any race in the IRONMAN series in the future.

## MEDICAL

There will be medical assistance and facilities throughout the race. In the finish area medical staff will be ready to assist you after completing the race.

Competing in an IRONMAN race may cause serious damage to the body. Please bear in mind that the right hydration before and during the race can be vital for your success in the race.

Remember that you race at own risk, and that the race organizers cannot be held responsible for any injury, damage - or in extreme cases, death - during the race.

This is a long-distance endurance event, so we advise all participants only to start the race if they have trained well, feel fit and don't have any physical problems – especially regarding the vital organs. If you have had problems with irregular heart rhythms in training, we would highly recommend that you see a specialist for a health check prior to the race.

## ANTI DOPING

As a condition of participation in each IRONMAN and IRONMAN 70.3 events, all registered athletes are required to acknowledge and abide by IRONMAN's Anti-Doping Rules.

In accordance with the Anti-Doping Rules, all registered athletes are subject to in and out-of-competition testing<sup>1</sup> and are encouraged to learn and understand all applicable rules and obligations prior to registering for events (including, without limitation, the World Anti-Doping Agency's anti-doping rules governing Prohibited Substances and Therapeutic Use Exemptions).

When in doubt, athletes are encouraged to ask questions and to seek advice from qualified medical professionals.

SUMMARY OF GENERAL COMPETITION RULES	PENALTIES	CARD
Public nudity or indecent exposure	DSQ	
Littering outside of the trash/rubbish drop zones	DSQ	
Using unsportsmanlike behavior	DSQ and potential suspension	
Failure to follow the prescribed course	DSQ	
Failure to wear a shirt or sport top during the bike or run	30 second time penalty served in penalty tent (BIKE) or next to the referee (RUN) if remedied, DSQ if not remedied promptly	
Accepting assistance from anyone other than Race Referees, Race Officials or other Race participants in accordance with the Competition Rules	If it is possible to amend and return to the original situation then a 30 second time penalty served in penalty tent (BIKE) or next to the referee (RUN) will be assessed, If not: DSQ	
Giving another athlete a complete bike, frame, wheel(s), helmet, bike shoes, running shoes or any other item equipment which results in the donor athlete being unable to continue with their own Race	DSQ of both athletes	
Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information	DSQ and potential suspension	
Not stopping in the next penalty tent after being obliged to do so	DSQ	
Use of communication devices of any type, including but not limited to two-way radios, cell phones, smart watches, smart helmets, ... in any distractible manner during the race.	DSQ	
Use of any device that will distract the athlete from paying full attention to their surroundings, including but not limited to making and receiving phone calls, sending and receiving text messages, using social media, taking photographs, and using a device as a bike computer.	DSQ	

# REFEREE'S MESSAGE



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Triathlon is an individual event, and it's your responsibility to understand the rules and avoid penalties. The referee's decision on POSITION violations is final, with no protests or appeals. Protests by athletes penalized for judgment calls, or for a penalty which has already been served, will not be considered. Please treat other athletes, all volunteers, and your referees with courtesy and consideration. Not doing so is UNSPORTSMANLIKE CONDUCT and may result in disqualification.

All the rules can be found in the [IRONMAN 2025 Competition Rules](#) and the particularities of the race in this athlete guide. Please note that the IRONMAN Competition Rules will be strictly enforced on race day.



**1st Blue Card:** 2 minute time penalty

**2nd Blue Card:** second 2 minute time penalty

**3rd Blue Card:** DSQ

*Example: Drafting. Please note that drafting penalties are non-appealable.*



**30 second time penalty served in the penalty tent (BIKE) or next to the race referee (RUN).**

*Example: Blocking the progress of other athletes.*



**Disqualification (DSQ).**

*Example: Non-compliant material or equipment and littering.*

## BLUE CARD

The athlete will be disqualified if they receive three BLUE CARD penalties.

Drafting is the only violation that will result in a BLUE CARD violation and an athlete will incur a time penalty. **PLEASE NOTE:** This is a non-appealable penalty (to be served in the penalty tent, located in transition 2).

## YELLOW CARD

Yellow card violations (stop and go penalty) require an athlete to stop 30 seconds in the penalty tent (BIKE) or to stop next to the referee during 30 seconds (RUN). IRONMAN Competition Rules still allow an athlete to be disqualified for repeated rule violations should an athlete receive excessive YELLOW CARD violations.

## RED CARD

Athlete shown a red card has committed a rule violation

## Local rules

Littering will result in disqualification in UK races.

## STANDARDISED NOTIFICATION PROCESS FOR BLUE CARD PENALTIES

### THE RACE REFEREE WILL:

- Call out your race number and notify you that you have received either a BLUE CARD for drafting, or a YELLOW CARD for any other penalty.
- The race referee will show you the corresponding coloured card.
- Instruct you to report to the **next penalty tent** on the course.

Official hearing: In the event of a protest, the head referee and official timer will be available in Bolton Town Hall, next to the awards venue, from 16:00-16:30. No appeals will be accepted after this time.

# 2025 RULE UPDATES

It is the responsibility of each athlete to read and understand the rules in their entirety. However, you will find below the main updates for the 2025 season.

## Article III. PENALTIES - Section 3.01 GENERAL

- **3.01 (a) and 3.01 (b)**
- Blue Card violations for **IRONMAN events** now result in a **3-minute time penalty** (previously was 5-minutes)
- Blue Card violations for **IRONMAN 70.3 events** now result in a **2-minute time penalty** (previously was 5-minutes)

## Section 3.03 DISQUALIFICATION

- **3.03 (b)** - A red card or disqualification from the Event may be issued to an athlete for severe rule violations including, but not limited to, **repeated rule violations, fraud/misrepresentation** (e.g., unauthorized transfer of a racing bib or timing chip to another athlete), disregard for directives given by Race Referees or Race Officials, or dangerous or unsportsmanlike conduct;

## Article IV. SWIM CONDUCT - Section 4.01 GENERAL

- **4.01 (a)** - Each swimmer must wear an official swim cap provided by the Race Officials. **If two caps are worn, the official swim cap must be worn on the outside**, at all times during the swim segment.
- **4.02 (f)** - Neoprene swim caps are allowed when wetsuits are permitted.

## Article V. BIKE CONDUCT - Section 5.02 EQUIPMENT

- **5.02 (c)** - Water Bottles and Hydration Systems

1. Front Mounted Water Bottles and Hydration Systems mounted to components attached to the bike that rotate around the steering axis (e.g., cockpit extensions, top tube, headset, stem, head tube) must have a combined maximum volume capacity of **no more than two (2) litres** (this excludes water bottles and hydration systems located inside the frame triangle of a bicycle or inside the bicycle frame) (DSQ).
2. Rear Mounted Water Bottles and Hydration Systems are limited in size, capacity, dimension and location as set forth below:
  - (i) Cannot contain **more than two (2) water bottles\*** (DSQ); and
  - (ii) Must not exceed **one (1) litre capacity per bottle\*** (DSQ).

\*Excludes water bottles and hydration systems located inside the frame triangle of a bike or inside the bike frame.

## Section 5.03 BIKE SPECIFICATIONS

- **5.03 (c)** - Aero bar extensions must **not extend beyond the leading edge of the front wheel**; (DSQ)

## Article VI. RUN CONDUCT - Section 6.03 FINISH LINE CONDUCT

- Friends, family members (**including children**), and/or other spectators are not permitted to cross the finish line or enter the finish chute with participating athletes. **Animals are also not permitted** to cross the finish line or enter the finish chute with participating athletes. (DSQ)

## Article VII. TRANSITION AREA CONDUCT - Section 7.01 GENERAL

- **7.01 (g)** - Any applicable Time Penalty received in the Transition Area will be served **at the spot of the rule infraction**.

## Article VIII. PHYSICALLY CHALLENGED / INTELLECTUAL DISABILITY OPEN DIVISION - Section 8.05

- **8.05 (c)** - Special Teams are permitted to have up to **two (2) Handlers** per applicable Event.

## Article IX. HANDCYCLE (« HC ») DIVISION - Section 9.03 BIKECONDUCT

- **9.03 (g)** - HC athletes must have a high visibility safety flag mounted to the rear of their handcycle. The top of the safety flag should measure a minimum of **1.2 meters/4 feet from the ground**. The high visibility safety flag must be a minimum of 21 centimetres/8 inches in height by 28 centimetres/10 inches in length.



# HEALTH & MEDICAL INFO

- Your safety is our primary concern. The medical team will be staffing the medical facilities at next to athlete village on race day. Medical resources will also be available while you are out on course or on call via our staffing team.
- If you are not feeling well on race morning, we strongly advise that you do not to start the event. If you decide to not start the event, you must inform a race official so we can officially withdraw you from the event.
- If you start to feel unwell at any point during race day, we urge you to seek help rather than continue.

## DO NOT BE AFRAID TO ASK FOR HELP

If at any time during the race you experience chest pain or discomfort, shortness of breath, light-headedness (*dizziness*), numbness around the mouth or in hands, difficulty concentrating, or stop sweating please stop immediately and seek medical attention. A medical evaluation does not constitute outside assistance.

**You will not receive a penalty or be disqualified for receiving a medical evaluation, or for having someone help you in getting medical assistance.**

## Manage your Health and Safety on Race Day – RACE HEALTHY, RACE SMART!

Please visit our Athlete Smart web page for more information regarding your health pre-race and during competition:



## MEDICAL INFORMATION

- If you have a known medical condition, we highly advise that you take the following steps:
- Please stop by the "Athlete Services help desk" at Athlete Check-In to get a special race day wristband on which you should write the details of your medical condition(s).
- Please also write the details of your medical condition(s) on the back of your athlete bib, which you will receive in your race packet.
- The medical information that is placed on your wristband and athlete bib will provide medical staff or emergency services with essential information.
- If you have any questions or concerns about providing medical information, please stop at the "Athlete Services help desk."

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## SWIM



Raise and wave your hand, which will alert the water safety team that you need help. If able, you should express that you are in need of help by yelling "help." You can also grab onto a kayak, paddle board or nearby boat. You will not be disqualified for grabbing onto any of these safety items during the race.



## BIKE

If you are at an aid station, let someone know you are in need of medical help. If you are not at or near an aid station – STOP – and let someone know you need medical help. Anyone can help – another athlete, a volunteer, a staff vehicle, event support vehicle or event moto out on course; even a spectator. Have them alert the nearest aid station or staff member that you need medical assistance. Make sure you provide your bib number to initiate your care.

## RUN



If you are at an aid station, let someone know you are in need of medical help. If you are not at or near an aid station – STOP – let someone know you need medical help. Anyone can help – another athlete, a volunteer, a staff vehicle, event support vehicle or event moto out on course; even a spectator. Have them alert the nearest aid station or staff member that you need medical assistance. Make sure you provide your bib number to initiate your care.

If a fellow athlete needs help, please use the same steps listed above to get the athlete medical assistance. You will not be disqualified or receive a penalty for assisting a fellow athlete in medical need. On the bike and run course, make sure to provide the bib number of the athlete in need of help.

After you have finished the race: please do not leave the post-race area until you are able to drink without vomiting, stand without dizziness and feel okay. If you are not feeling well, please come to the event medical tent to be evaluated by the medical team before leaving the recovery area.



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## Elevate your IRONMAN journey with incredible offers

Race towards IRONMAN victory around the globe and benefit from our amazing offers. With flights operating to and from major hubs, you can also connect to over 170 destinations worldwide, via Hamad International Airport in Doha.

Exclusive offers for IRONMAN athletes and fans worldwide when travelling to and from events\*:



Save up to **10%**  
as registered athlete



Earn **2,000** Bonus  
Avios in Economy  
Class and **4,000** in  
Business or First Class



Enjoy enhanced  
flexibility with one  
complimentary date  
change



Carry your race bike  
as checked baggage  
at no additional cost

Visit [qatarairways.com/IRONMAN](http://qatarairways.com/IRONMAN)

\*Terms and conditions apply.

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# TOP 5 THINGS TO DO IN BOLTON

## QUEEN'S PARK

Having been awarded a 'Green Flag Award', Queens Park is widely regarded as one of the best parks in England. It is also an important landmark for the 2025 IRONMAN 70.3 UK weekend – not only does the IRONMAN 70.3 run course travel through this park, but it also hosts our Night Run event on the Friday evening.



## SMITHILLS HALL

Set against a backdrop of West Pennine Moorland, Smithills Hall is one of the oldest and best-preserved manor houses in the North West of England. Visit for free and pop into the Tea Room while you're there to sample the large menu of homemade and locally sourced produce.



## SHOPPING TRIP

Shop till you drop at Market Place Bolton, home to some of the UK's best retailers and independent specialists. Don't forget to visit the award-winning fresh food market stalls in the lifestyle hall, where you'll find extensive varieties of fruit, veg, fish and meat.



## BOLTON MUSEUM

With free family-friendly events and exhibitions available all year round, enjoy the fascinating story of Bolton, its places and people, alongside displays of Art, Egyptology, Archaeology, Botany and Zoology. Located on Le Mans Crescent, just a short walk from the IRONMAN finish on Victoria Square.



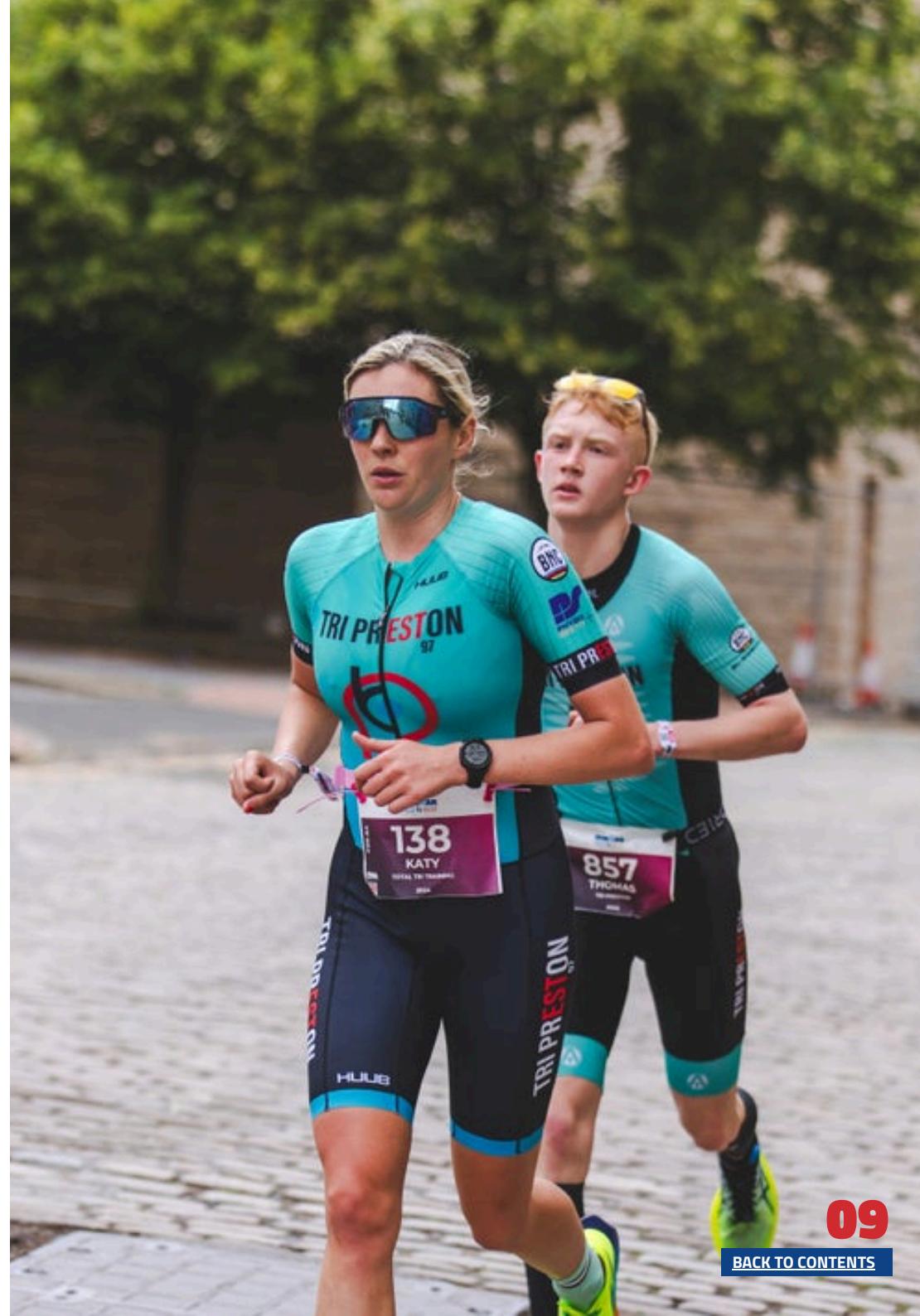
## ALBERT HALLS BOLTON

Drop by our fantastic all-round live entertainment venue, watch a show at the grand theatre or settle in for drink at the luxurious Albert Bar – all set within Bolton's famous town hall right in the heart of the town.



## For more information

[Please see the Visit Bolton page here.](#)



# SHUTTLE BUS

Shuttle buses will be available for athletes on race day, running to and from Pennington Flash from 03:45.

Athletes have access to the shuttle bus service free of charge. Your athlete wristband will be your ticket to travel.

All additional shuttle bus tickets will need to be pre-purchased prior to race day. Athletes can pre-purchase up to 5 spectator shuttle bus tickets, to do so:

- Visit your [IRONMAN Profile](#) and find your IRONMAN 70.3 Bolton registration
- Click '*Manage Registration*' and in the new window click the settings drop down button, and select '*Edit Order*'.
- From here you can purchase spectator shuttle bus tickets.

Alternatively, tickets can be purchased at the info point in the expo area.

**PLEASE NOTE:** All shuttle bus tickets must be purchased prior to race day.

## Shuttle Bus Ticket Prices:

Adult Spectator Ticket (16+) = £5

Child Spectator Ticket = £3

Children aged 2 and under = FREE

## Shuttle Bus Times:

Great Moor Street - Pennington Flash

03:45 - 05:45

(spectators from 05:15)

Pennington Flash - Great Moor Street

07:30 - 10:30

## PLEASE NOTE:

Athletes will be prioritised on buses to Pennington Flash, to ensure they arrive at Swim Start on time.

## Shuttle Bus Collection/Drop off Points:

Great Moor Street, Bolton

- Outside the University of Bolton building

Atherleigh Way, Pennington Flash

- Outside Leigh Sports Village



POWERED BY  
**NIRVANA**

The **IRONMAN Experience powered by NIRVANA** is suitable for all Athletes, elevates your IRONMAN journey, from race Registration to Finish Line!

## ESSENTIAL PACK

Exclusive benefits and priority access, providing everything you need for a successful IRONMAN racing experience.

## HIGHLIGHTS INCLUDE

- Low bib number.
- Race Director video.
- Pre-race Bike Mechanic tune up service.
- Race Site Tour / Q+A.
- Priority bike racking inside transition.
- NIRVANA Bike Mechanic, inside transition on race day.

## PREMIUM PACK

Enhance your Essential Pack. With extra support and services, maximising your event experience.

Limited Premium Packs available.

## HIGHLIGHTS INCLUDE

- Everything included in the Essential Pack.
- Race day transport (Pre + Post Race).
- Fast track to swim start.
- Collection of bike & bags from transition.
- Delivery of bike & bags to accommodation.
- Pre-race Bike Mechanic unpack, build & tune up service.



nirvaneurope.com

Scan the QR code to book and view ALL benefits within the IRONMAN Experience Powered by NIRVANA

**"I will never do an IRONMAN race without NIRVANA again. They took all the stress out of the process"** - M Congdon, 2024

# ACCESS & PARKING



## Pennington Flash - Saturday

Parking will be available at Pennington Flash on **Saturday only**. There is a fixed charge of £2.50 per vehicle for stays over 30 minutes. Please pay at one of the ticket machines or by scanning the ticket QR code (not compatible with Apple Pay) before leaving the park.

## Pennington Flash - Sunday

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

## Leigh Sports Village – Saturday

There will be spaces available in Car Park 4, a short walk from Pennington Flash. . Spaces are limited, but the parking is free of charge and with vehicle congestion likely at Pennington Flash during bike check in, we advise athletes to park at Leigh Sports Village whenever possible.

## Leigh Sports Village – Sunday, Spectators

Please be aware that there is **NO** parking available at Leigh Sports Village. 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

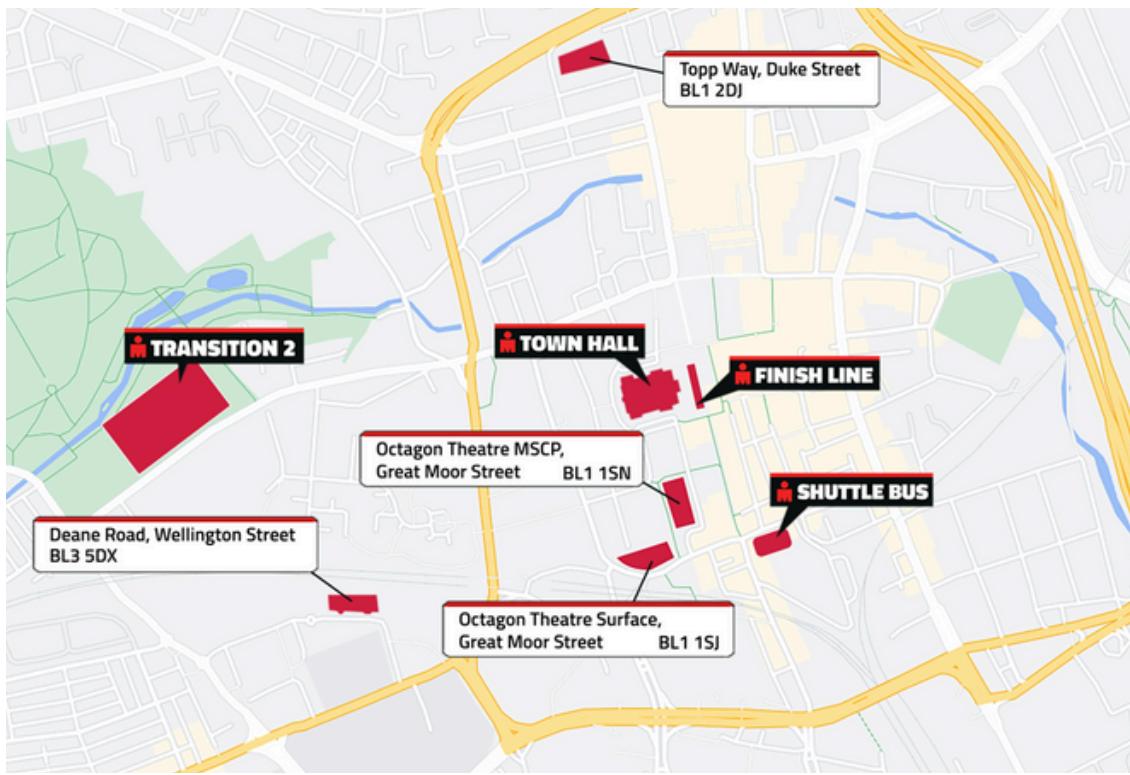
There will be no parking available at Transition 2 Queen's Park throughout the weekend with enforcement officers active on Spa Road and nearby roads. The Deane Road and Octagon Car parks are both around 10 minutes' walk and are accessible throughout the road closures.

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

The below map outlines the main car parks available to athletes and spectators during the race weekend. All car parks listed are within walking distance of the shuttle bus, transition 2 and the finish line.

Please be aware that parking at the Octagon Theatre MSCP and Surface Car Park tend to get very busy on race morning.

If you are travelling with spectators, please have them drop you at the shuttle bus stop before parking on Deane Road or Topp Way. This helps to keep the car park free for other athletes.



# REGISTRATION INFORMATION

## REGISTRATION LOCATION

Bolton Town Hall - 1<sup>st</sup> Floor



## OPENING TIMES

- Friday 6th June: 09:00 - 18:00
- Saturday 7th June: 08:00 - 15:00

It is compulsory that athletes register and collect their race packs within the times stated above and on the Event Schedule.

There will be NO late registrations, please consider this when organising travel arrangements.

## PLEASE BRING THE FOLLOWING ITEMS TO REGISTRATION WITH YOU...

### 1. RACE LICENCE

- If you are a UK resident: Your British Triathlon annual race licence or if you do not hold an annual British Triathlon membership, please purchase a Race Pass by following this link [BRITISH TRIATHLON RACE PASS](#).

If you are a UK resident, but a member of an international governing body, you must ensure that your race licence provides liability insurance for you to race in the UK OR purchase a One Day Race Pass from British Triathlon via the link above.

- If you are an overseas resident: you will need to bring your Race Licence from a World Triathlon Affiliated national governing body (please check that your Race Licence provides liability insurance cover for you to race in the UK) OR proof of public liability insurance. For more information, please see the [British Triathlon website](#).

### 2. PHOTO ID - a passport or driving licence.

### 3. REGISTRATION QR CODE received in your confirmation email and will be sent again during race week (please note internet can be limited onsite so please have these ready before you arrive).

## BIB NUMBER

You must wear your bib on your back for the bike and on the front for the run. It must be attached with two points. You can use safety pins if you wish but a tri-belt is recommended.

Please note this race does not pre-allocate BIB numbers before registration opens. BIB numbers will be allocated on a first come first serve basis during registration onsite (AWA Gold and Silver, and Tri Club Pole Position athletes are still reserved lower BIB number ranges).



## ID WRISTBAND

A wristband with a QR code will be placed on your wrist when you collect your bib. This wristband will identify you as an official athlete and must be worn during the whole race weekend.

The wristband is required for medical identification purposes and gives you access to all athlete areas during, before and after the race. You will not be allowed to remove your bike and/or equipment from the transition areas after the race if your wristband is not attached to your wrist. You will also need to wear this for Awards and Slot allocation.

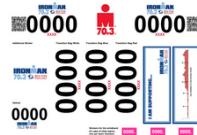


Relay teams will be issued with three wristbands. Please note, the team must attend registration together.



## SWIM CAP

You will be given a swim cap to wear for the race. This is compulsory to wear for the race. If you wish to wear another swim cap, please wear underneath.



## RACE STICKERS

You will also have a sheet of stickers; please place relevant sticker on your bike, helmet and bags: 3 stickers for the RUN, BIKE and STREET WEAR bags, 1 sticker for the seat post of your bike, 1 sticker to stick on the front of your helmet, 1 sticker will be stuck onto your wristband.



## BACKPACK & TRANSITION BAGS

You will receive your athlete backpack containing your transition bags. More information on transition bags on the next page.

## ATHLETE T-SHIRT

You should collect your athlete t-shirt from the t-shirt collection desk inside registration once you have received your race number, and other registration items. Please note, size swaps will not be available until after the race. Any spare t-shirts will be available for t-shirt swaps at the awards ceremony.

# TRANSITION BAGS

You will receive three transition bags, along with your numbered sticker sheet at registration. Please ensure you stick the numbered stickers on the bags before putting your gear in them. Please do not overfill your bags, or leave any valuables in transition.

IRONMAN are not responsible for the contents of the transition bags.

## WHAT IS EACH BAG FOR?

DURING



SWIM >

70.3  
BIKE BAG

BIKE >



BIKE >

70.3  
RUN BAG

DURING

AFTER



RUN >

70.3  
STREET WEAR

RUN >

**Before race:** Fill with gear needed for the bike course, including your helmet with sticker on the front, bib number, sunglasses, etc.  
**During race:** Take out bike gear and fill with used swim gear. Drop at blue bag drop point before heading to your bike.

**Before race:** Fill with gear needed for the run course, including your trainers.  
**During race:** Take out run gear and fill with used bike gear, including your helmet. Rerack on the hook.

**Before race:** Place your shoes and warm clothes in here before the swim and drop on the way to swim start.  
**After race:** Collect from the post race area.

## WHITE BAGS

All athletes will be provided with a white (street wear) bag at registration. These are used to store any clothes or items that you might have with you before the race, or would like access to after the race. The use of the white bag is **optional**.

White bags can be dropped off on race day outside transition 1 on the way to swim start from 04:30 to 06:00. They will then be moved to the finish line for you to access post-race.

Please do not store any valuables in your white bag, IRONMAN are not responsible for the contents of the bag.

# BIKE & BLUE BAG CHECK-IN

## TRANSITION 1 - BIKE & BLUE BAG CHECK-IN

📍 Pennington Flash, Wigan

⌚ Saturday 7th June, 09:00 - 17:00

You must rack your BIKE and BLUE transition bag together at Transition 1. Your athlete wristband will be checked upon entering transition. Without this you will not gain access into transition.

### Please be prepared for the following inspections:

- A visual inspection of the bike (wheels with disc brakes are allowed).
- A brake system check
- Check of your helmet (please have your helmet on your head and fastened as you enter transition)
- A check that the race numbers are on your bike and your helmet and a check of your athlete wristband.

### Please note:

- You must rack your bike and your BIKE bag according to your number.
- Bike covers are NOT ALLOWED.
- Your helmet must be inside your BIKE bag.
- Shoes and nutrition can be clipped onto your bike on race morning.
- Make sure you have packed all your BIKE gear for Transition 1 in the BIKE bag. Don't forget to put your bib number in the bag.

When racking your bike, please take your time to familiarise yourself with transition, knowing where the entries and exits are. There will be volunteers in transition to answer any questions, ask them now, don't wait until race day.

[TRANSITION 2 INFORMATION ...](#)

# RED BAG CHECK-IN

## TRANSITION 2 - RED BAG CHECK-IN

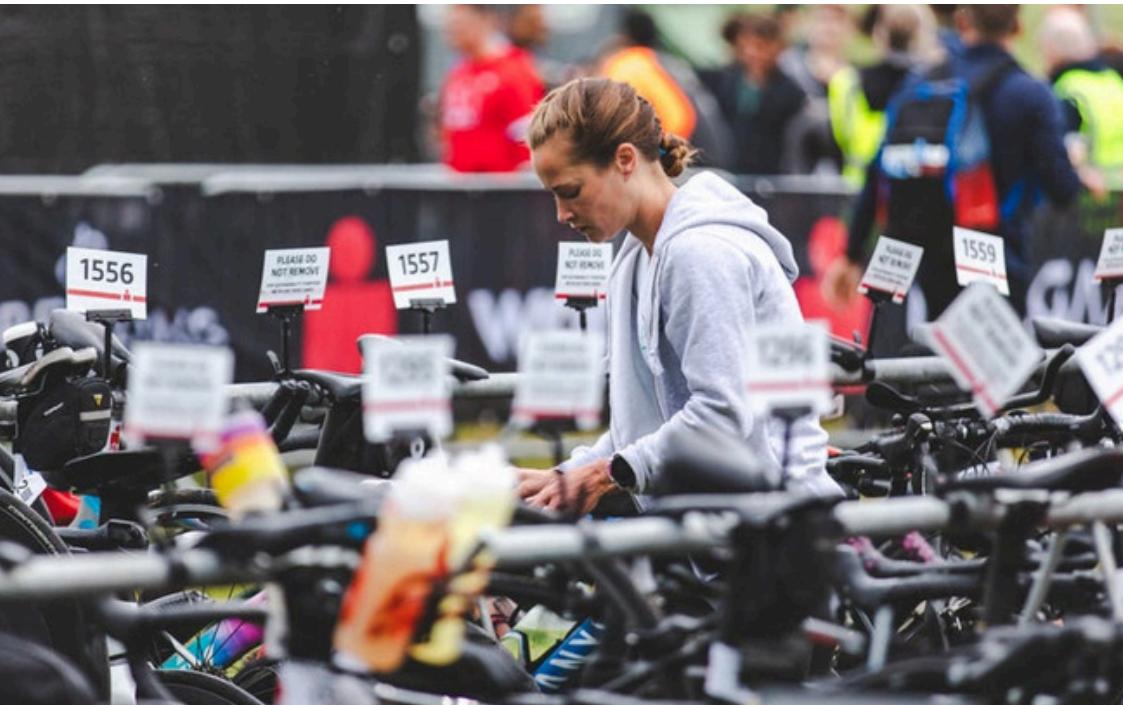
 Queens Park, Spa Road, Bolton

 Friday 6th June, 10:00 - 18:00  
Saturday 7th June, 08:00 - 15:00

You must rack your RED bag in transition 2. Please check you have packed all your gear required for the run course into your red bag, and have your athlete wristband ready to show as you enter transition.

Please familiarise yourself with transition 2 as you drop your red bags. Make sure you know where your bag is located, where the entrance and exits are, and where the toilets are located.

Please note: All blue bags will be moved from transition 1 to transition 2 for collection post-race. You can find all post-race information, [HERE](#).



# RACE BRIEFING



The race briefing will be published online from the Monday of race week. It is compulsory to watch this race briefing, so please take the time to watch it carefully and ask any questions that you may have to your Athlete Services team. Please direct any questions to [bolton70.3@ironman.com](mailto:bolton70.3@ironman.com), our team is always happy to help!

# TIMING CHIP

## YOU WILL RECEIVE YOUR TIMING CHIP AT BIKE CHECK IN

 T1 - Pennington Flash  Saturday 7th June  09:00 - 17:00



### What is the timing chip for?

The timing chip will register your individual start time as you cross the timing mat at the swim start. It will also provide your swim time, bike time, run time, finish time, Transition splits, and overall and age group ranking.

### When and where do I wear the timing chip?

Your timing chip must be worn on your left ankle during the entire race. You must return your timing chip at the Finish Line.

Your race timing chip is loaned to you. You MUST return the chip to the timing company at the finish line or you will be charged for its replacement.

### What if I lose my timing chip?

If you lose your timing chip on the course, please alert an IRONMAN official. You will be provided with a replacement chip when you arrive in Transition. If you lose your timing chip on the run course, please alert an IRONMAN official before you cross the Finish Line.

# OPEN DIVISION CUT OFF TIMES

The Open Division has been created to expand further inclusion opportunities for our athletes. This participatory division provides a welcoming and inclusive field for able-bodied athletes that cannot or do not wish to race in a competitive age or gender group.

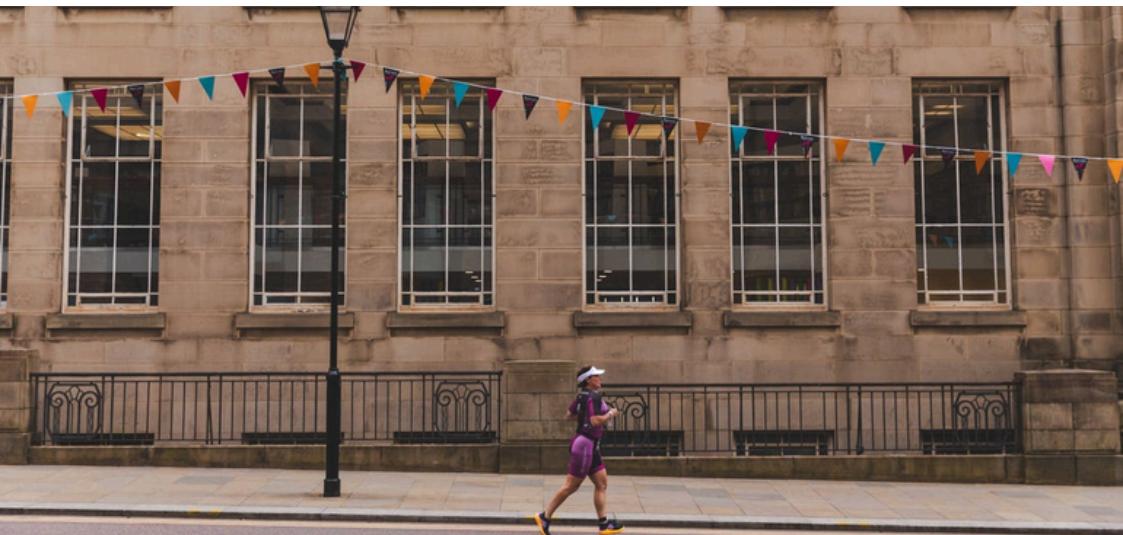
## Athletes registered for the Open Division *will not* be eligible for:

- Age Group for Awards
- World Championship Slots
- Age Group AWA Ranking (open division athletes will still receive floor Age Group Ranking points that will count towards TriClub team points if applicable)

There will not be a leader board for the Open Division in the IRONMAN Tracker App on race day, but athletes will still be able to be tracked by their friends and family via their bib number on the IRONMAN Tracker App. Results can be viewed by searching the athlete name on our [results page](#) but will not be visible in the general results leader boards.

More information about the Open Division can be found [HERE](#).

If you have selected this division in error, you may race under a different division - you can do so by editing your entry for this event in your IRONMAN profile (registrations) prior to race day or email us at [bolton70.3@ironman.com](mailto:bolton70.3@ironman.com)



Swim, bike and run final cut off times are based on each athlete's individual start time.



### SWIM Cut off - 1 hours 10 minutes

Each athlete will have 1 hour 10 minutes to complete the swim course once they cross the timing mat. Any athlete who takes longer than 1 hour and 10 minutes to complete the swim will not be allowed to continue and will receive a DNF.



### BIKE Cut off - 5 hours 30 minutes

Each athlete will have 5 hours 30 minutes to complete the swim and bike course once they cross the timing mat at swim start.



### RUN Cut off - 8 hours 30 minutes

Each athlete will have 8 hours 30 minutes to complete the course once they cross the timing mat at swim start.

Please be aware that you could cross the finish line and be DNF'ed after the race, based on the final timing verified by the timing company.

IRONMAN reserves the right to remove an athlete from the course and disqualify them if our course staff determines there is no possibility that the athlete could finish the given discipline (swim, bike, run) before the posted cut-off times based on an athlete's location, time, and average speed up at that point.

Further information about cut offs can be found [HERE](#).

## TIMING/RESULTS OBJECTIONS

Bolton Town Hall

Sunday 8th June

16:00 - 16:30

Any timing or results objections must be voiced to a **race referee during the race** or between 16:00 - 16:30 on Sunday in Bolton Town Hall (Dido Suite - 2nd Floor). This is located in the room next to the Awards Stage.

More information about Athlete's right of protest and appeal can be found in section **3.06** of the [IRONMAN Competition Rules](#).

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[www.compressport.com](http://www.compressport.com)

# IRONPRAYER

## Race Chaplains

The IRONMAN race chaplains are available over race weekend for confidential, non-judgemental support. If you want a chat, help, encouragement or just to see a friendly face then feel free to come and find us at registration or transition, or message us on 07884181033 (Pat).

## Locations:

Saturday - Registration, Transition and IRONPRAYER  
Race Day - at Swim Start, in Transition and at the Finish Line!

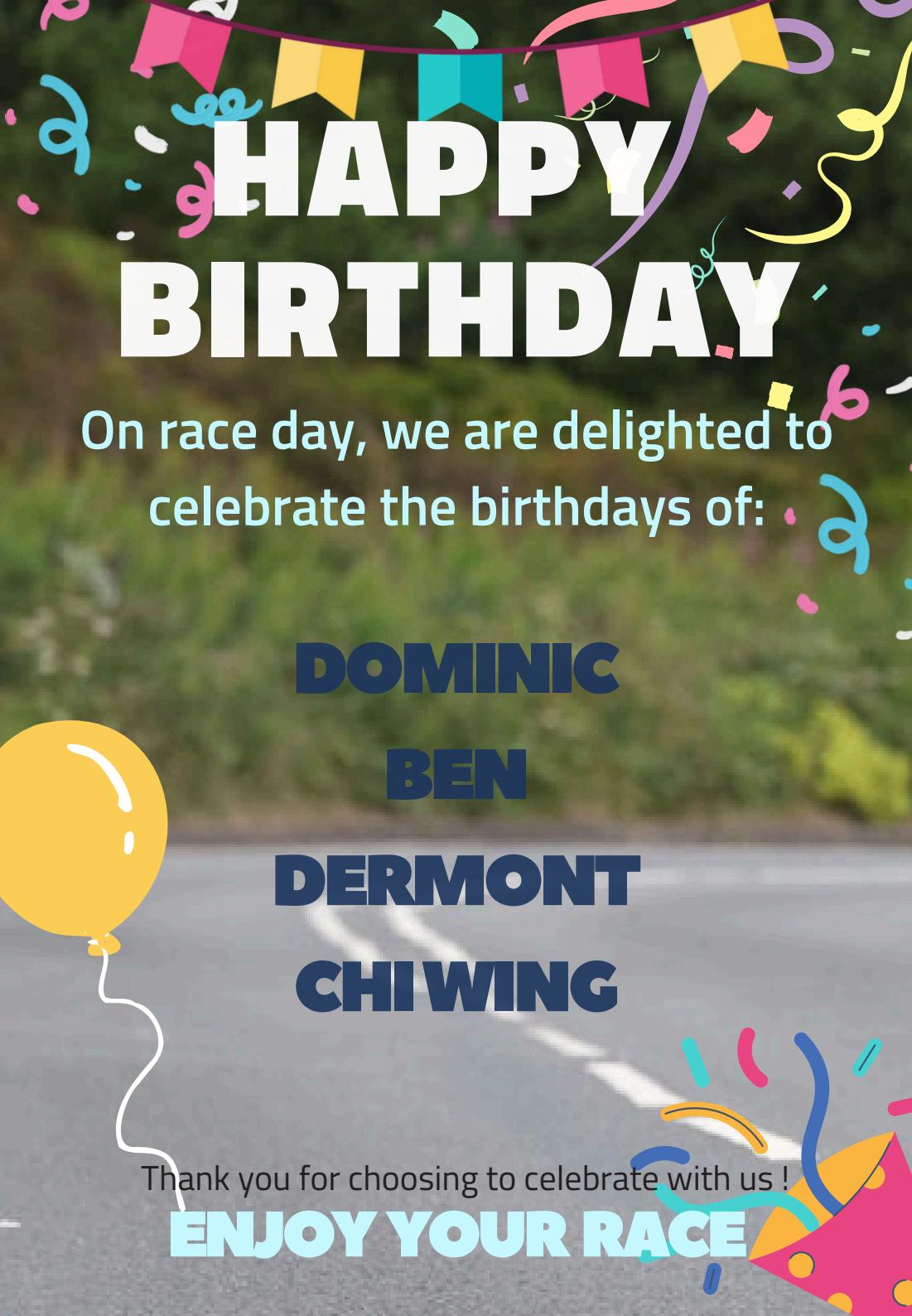
## IRONPRAYER

This is an opportunity to meet for an informal short service of reflection and encouragement before race day. Athletes, families, supporters, volunteers and the local community are welcome to join us. We will pray for the event, and share some of our race experiences and hopes for race day.

 Bolton Town Hall

 Saturday 7<sup>th</sup> June

 16:30



# RELAY TEAMS

The majority of information in the Athlete Guide applies to relay teams, with regards to timings and requirements to register and rack. Where there are variations due to team logistics, we have provided the information. We also have a dedicated [RELAY GUIDE](#).

## RACE PACK

As a relay team you will receive **three** athlete backpacks as well as:

- 2 x Race BIBs – one for the bike, one for the run
- 3 x ID Wristbands – one for each team member
- 1 x Swim Hat
- 1 x Sticker Sheet – for the bike and transition bags

## RELAY MEET POINT

In Transition there will be large purple flags marked 'RELAYS'. This is the area where you may exchange your timing chip. Please make sure all team members are aware of these areas when racking on Saturday.

Please stay within the relay area until your team member hands over the timing chip.

## RELAY REGISTRATION

Registration for all athletes will take place on Friday and Saturday (please note the we kindly ask for you to attend at the same time as your team captain). All members must have completed their registration and signed their waivers before attending registration.

You will need to bring your ID and race licence. Relay team members will each need to provide a Race Licence from an WT-affiliated national governing body or have purchased a Day Licence.

Teams will confirm the details of their athletes at registration. Any changes must be made at the help desk. Please note, you will not be able to change team members at registration, you will only be able to change their details. Any changes to team members must be made no later than 10 days before race day. Any changes after this date will not be accepted.

## RULES & REGULATIONS

Please make sure that you are familiar with the [general rules for IRONMAN](#) and the specific rules that relate to each discipline for the relevant athlete. These are outlined in this athlete guide. It is the responsibility of each team member to understand the course they must complete, and what time they must be in place for the swim start, changeovers and the finish.



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IRONMAN WORLD CHAMPION 2023 4X  
2ND AT IRONMAN WORLD CHAMPIONSHIP

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GLOBAL SERIES

2025 OFFICIAL FOUNDATIONAL NUTRITION SUPPLEMENT



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[maurten.com](http://maurten.com)

M.

ON-COURSE

# NUTRITION

## PRODUCTS



### Maurten Solids BIKE & RUN COURSE

The Official Performance Bar to the IRONMAN Global Series is Maurten's Solid. It reinvents by removing everything but the essentials. It is the perfect compliment to your Hydrogel fueling. Maurten Solid 160 is a two-piece, oat- and rice-based chewable fuel – 1 pack, 2 mini-bars. 40 grams of carbohydrates split into equal 20-gram servings for optimized fueling. Your go-to fuel – fast, light, low-fiber, and carbohydrate-rich.

### Maurten Gels BIKE & RUN COURSE

GEL 100 and GEL 100 CAF 100 are the official Hydrogel Sports Fuel to the IRONMAN Global Series. Both gels deliver 25g of carbohydrates per sachet through a unique blend of fructose and glucose (ratio of 0.8:1). The GEL 100 CAF 100 includes 100mg of caffeine per serving. The gels are unique. The Hydrogel Technology creates a firmer structure - not a runny syrup like traditional energy gels, so it's easier to consume during the race. There are no added colors, preservatives or flavors.

# BIKE AID STATIONS

Located at:

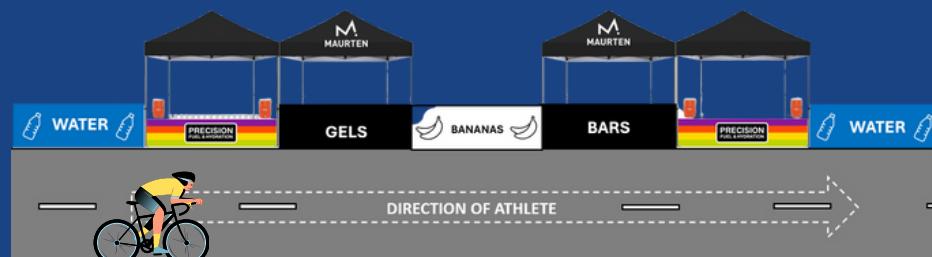
- Mile 9.6
- Mile 21.1
- Mile 29.2
- Mile 45.5

## NUTRITION AVAILABLE AT BIKE AID STATIONS

Each aid station will contain the following:

- Water \*
- Precision Hydration \*
- Bananas
- Maurten Energy Bars (Chocolate & Vanilla)
- Maurten Energy Gels
  - GEL 100 (non-caffinated) = BLACK
  - GEL 100 CAF 100 (caffinated) = WHITE

\*Water and Precision Hydration will be handed out in 750ml bike bottles



MEDICAL will be available at all bike aid stations. If you feel unwell, please stop and ask for help. You will not receive a penalty for receiving a medical evaluation or asking for medical help.



Please use the bins provided. If you are caught littering outside of the litter zones, you will receive a disqualification.



# RUN AID STATIONS

Mile 1.1  
Mile 2.7  
Mile 3.2

Mile 5.5  
Mile 7.1  
Mile 8.6

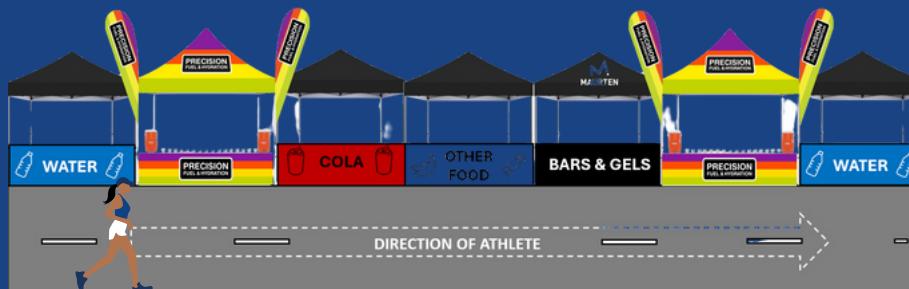
Mile 9.1  
Mile 11.4  
Mile 13

## NUTRITION AVAILABLE AT RUN AID STATIONS

Each aid station will contain the following:

- Water \*
- Precision Hydration \*
- Cola \*
- Bananas
- Sweet and salted snacks
- Maurten Energy Bars (Chocolate & Vanilla)
- Maurten Energy Gels
  - GEL 100 (non-caffeinated) = BLACK
  - GEL 100 CAF 100 (caffeinated) = WHITE

\*Drinks will be handed out in small paper cups



MEDICAL will be available at mile 5.5 and 11.5. If you feel unwell, please stop and ask for help. You will not receive a penalty for receiving a medical evaluation or asking for medical help.

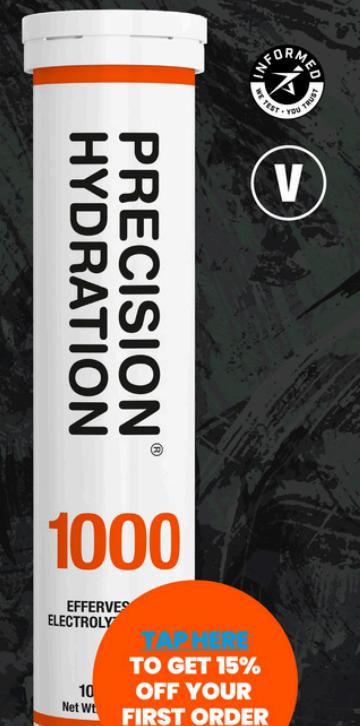


Please use the bins provided. If you are caught littering outside of the litter zones, you will receive a disqualification.

# IRONMAN® EUROPEAN SERIES

## HYDRATION BRIEFING

- [PH 1000 electrolyte drink](#) on-course to help you hit your **fluid & sodium numbers** (Delivers 1,000mg of sodium per litre)
- Served pre-mixed in bottles on the bike, paper cups on the run
- Other drinks such as water, sparkling water and cola also available
- “Decoupling” your fueling from your hydration can be [beneficial during longer endurance races](#), e.g. getting most of your energy from gels/chews/bars & keeping your bottles for fluid/electrolytes, so you can drink more if it's hot, without overdoing your carbs, etc
- A selection of Maurten products and other snacks will be available to help you hit your carb targets, if not carrying your own fuel
- Use the [free online planner](#) to dial in your race strategy



# RACE DAY



## ARRIVAL IN THE MORNING

Pennington Flash

Sunday 8th June

04:30 - 06:00

We recommend arriving at transition a minimum of 90 minutes before the swim start. Please note the transition closing time of 06:00. It is better to be prepared and relaxed before the race, than rushing to get ready if you are running late.

**PLEASE NOTE:** Entry into transition is for athletes only. Your spectators will need to wait outside the transition area for you. Please also consider there is no vehicle access to Pennington Flash on race morning - there are shuttle buses available.

You will have access to your bike and blue bag prior to the race start, there will be NO red bag access on race morning. Now is the time to put your drinks bottles and nutrition on your bike, check it is in the right gear to start and pump up your tyres if needed. Pumps will be provided in transition, please do not bring your own unless you have a family member or friend to leave it with - no bike pumps in white bags!

Take time to familiarise yourself with your surroundings, where your bike and bags are located. Please do not attempt to mark your bike or racking area, any markings will be removed by race officials.

If you discover you have forgotten anything in the morning e.g. race number, timing chip or swim hat, please notify the athlete services team in transition as soon as possible and we will provide you with a replacement.

Toilets will be available in transition, at swim start, at all bike and run aid stations and at the finish line.

## WHITE BAG DROP

Pennington Flash

Sunday 8th June

04:30 - 06:00

White bags are optional, but for athletes who wish to use their white bag to store their street wear clothes or clothes for after the race, these can be dropped at the drop point between transition and swim start on race morning. The white bags will then be available to collect at the finish line post-race.

## RACE DAY CHECKLIST

- |  |  |
|--|--|
| <input type="checkbox"/> Timing Chip           | <input type="checkbox"/> Flip Flops                                |
| <input type="checkbox"/> IRONMAN Swim Cap      | <input type="checkbox"/> Bike Bottles / Nutrition (attach to bike) |
| <input type="checkbox"/> Goggles               | <input type="checkbox"/> Bike Computer (attach to bike)            |
| <input type="checkbox"/> Ear Plugs / Nose Clip | <input type="checkbox"/> White Streetwear Bag                      |
| <input type="checkbox"/> Wetsuit               |  |

## BIKE ASSISTANCE

There will be bike mechanics available in transition on race morning. They will be able to assist with any last minute bike problems however, it is every athlete's responsibility to ensure their bike is good condition prior to the race.

There will also be bike mechanics roaming the bike course. It is not guaranteed that a bike mechanic will be able to reach you quickly on the course if you experience an issue. We recommend that you carry basic tools and at least one spare innertube with you during the race. You should also have an understanding of how to deal with a puncture and any basic mechanical issues.

# SWIM

1.2 MI

PENNINGTON FLASH

06:15

GPX ROUTE

STRAVA



## ROKA SWIM START

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

Prior to the race start, athletes will be directed to self-seed based on their anticipated swim time. Volunteers will be in the staging area with signs and will assist with this process. Being as accurate as possible with your self-seeding will make for the best swim.

From 06:15 athletes will begin to enter the water in a continuous stream for one hour until 07:15. The timing chip will register each athlete's start time when they cross the timing mat at the swim start.

There will be no warm up in the water prior to the start, please make sure that you prepare properly in the assembly area.

## CUT OFF TIME

**The swim cut off time is 1 hour and 10 minutes.**

Every athlete will get 1 hour and 10 minutes to complete the swim course regardless of their start time. Any athlete who fails to complete the course in 1 hour and 10 minutes will not be allowed to continue and will receive a DNF. IRONMAN reserves the right to remove any athlete from the course who exceeds any established course time cut-off.

## WETSUIT RULES

Wetsuits may be worn in water temperatures up to and including 24.6°C (76.1°F). Wetsuits are prohibited when the water temperature is above 24.6°C and mandatory when the water temperature is below 16°C.

### Prohibited wetsuits

Water Rover Wetsuits cannot measure more than 5 mm thick. De Soto Water Rover and Speedo Elite Triathlon wetsuits with forearm reinforcement are NOT permitted.

### Swimwear policy (non-wetsuit legal swims only)

Swimwear must be 100% textile material. This generally refers to suits made only from nylon or Lycra that do not contain any rubberised material such as polyurethane or neoprene.

Swimwear must not cover the neck, extend past the elbow, or extend past the knees.

Swimwear may contain a zipper. Race kit may be worn underneath swimwear.



## SWIM COURSE RULES

- It is forbidden for athletes to wear their bib number during the swim (DSQ).
- It is forbidden to hand over all or part of one's equipment to a third party when leaving the water.
- No fins, gloves, paddles, or flotation devices (including pull buoys) of any kind are allowed.
- Swim goggles and facemasks may be worn. Snorkels are prohibited.
- Athletes cannot stop in the flow zones of the transition area (YELLOW card - 30 second penalty).
- Any assistance required during the swim will result in disqualification if it contributes to the forward progress of the athlete.
- IRONMAN officials and medical staff reserve the right to remove athletes from the course if deemed medically necessary.

**Lost chip reminder** - If you lose your timing chip in the water, please notify an IRONMAN official as soon as you reach transition and they will provide you with a new chip.

23

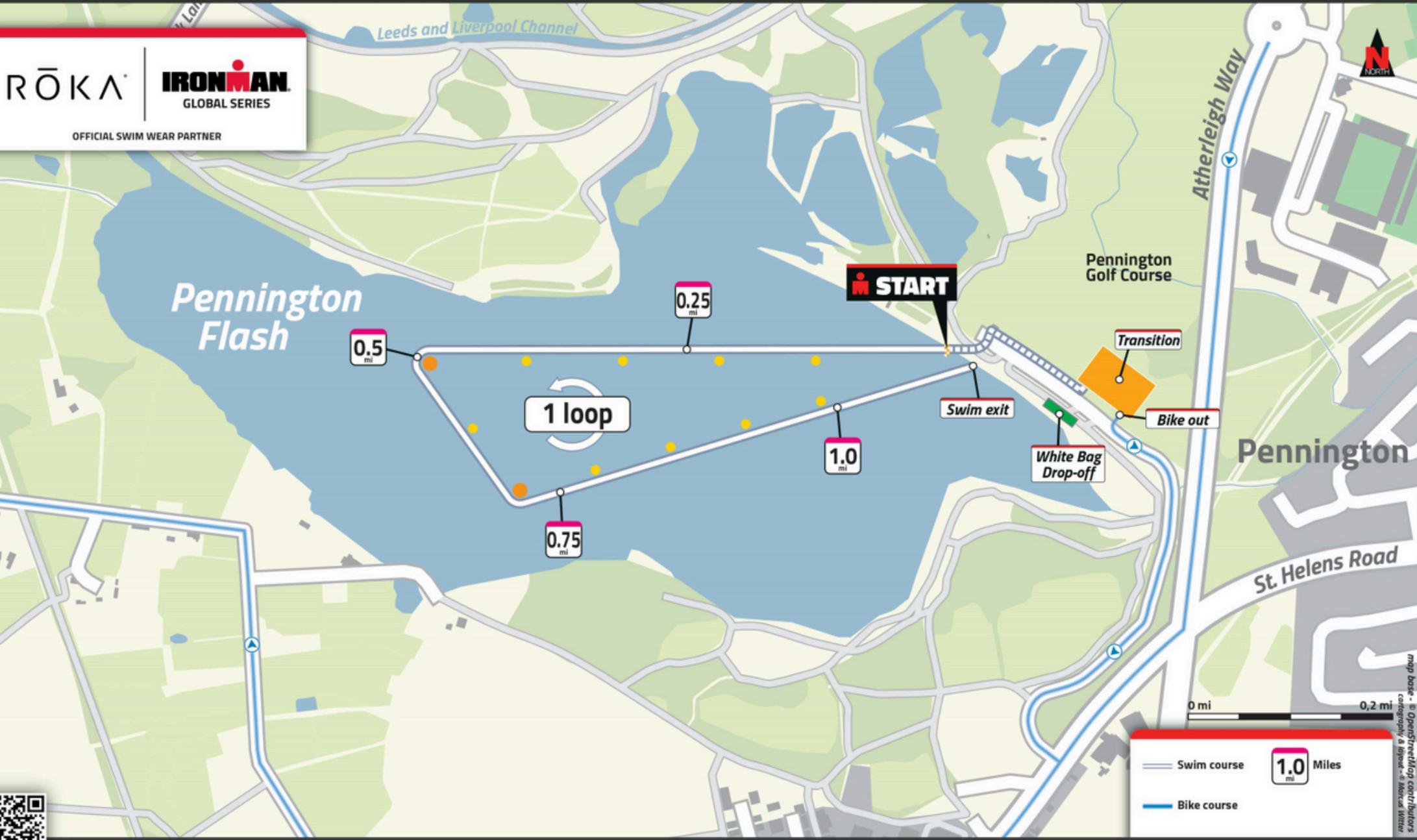
BACK TO CONTENTS

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

## SWIM COURSE

1 loop

course distance - 1.2 mi



# OPEN WATER SWIM PREPARATION TIPS

An open water swim in a triathlon is significantly different from swimming in a pool. To alleviate stress, it is important that you arrive on race day healthy, fit and prepared. Here's a top 10 checklist to help you prepare:

## 1. PREPARE FOR RACE CONDITIONS

Race day should not be your first open water swim. Make sure some of your training replicates real race conditions, including water temperature, proximity to other swimmers, orientation (includes water clarity, depth and distance perception), and wearing a wetsuit if needed.

## 2. RACE IN SHORTER EVENTS

Proper training is the best way to reduce anxiety. It's also a good idea to race shorter distance triathlons or single-sport events (for example, an open water swim event), as well as join clinics and club activities to prepare yourself for open water conditions.

## 3. LEARN ABOUT COURSE DETAILS

It's important to prepare yourself mentally as well as physically prior to race day. Thoroughly review the race website, event athlete guide and pre-race communication to familiarize yourself with the course. Keep in mind that every body of water is different- educate yourself on water currents and surf conditions, if applicable. Study the event schedule to plan for optimal arrival and preparation.

## 4. ENSURE HEART HEALTH

As an athlete in training, you should take the proper steps to assess your health with your physician. The American Heart Association and European Society of Cardiology offer suggestions for cardiac screening of competitive athletes. These include a physical exam as well as an assessment of your family history, personal heart health and may include a recommendation of additional diagnostic studies. Wherever you live, we recommend you consult with your physician before you race.

## 5. PAY ATTENTION TO WARNING SIGNS

While training, if you experience chest pain or discomfort, shortness of breath, light-headedness (dizziness) or blacking out, or have any other medical concerns or symptoms, consult your doctor immediately.

## 6. DON'T USE NEW GEAR ON RACE DAY

Focus on controlling as many factors as you can on race day. You should never race using equipment you haven't trained with, this is not the time to test new gear. Make sure your wetsuit fits properly and that your goggles, swim cap and other accessories work properly. Prepare for the unexpected with backups of all your gear.

## 7. WARM UP ON RACE DAY

Arrive early enough on race day for an adequate warm- up prior to start. Spend between 5 and 10 minutes loosening up your muscles with arm swings and other gentle movements. A light jog or brisk walk can also help increase circulation and prepare your body to race. Please note there will not be an acclimatisation zone to utilise prior to getting in the swim area.

## 8. CHECK OUT THE COURSE

Get comfortable with the course by checking out water conditions, the swim entry and exit layouts, as well as turn buoy colours and locations.

## 9. START EASY – RELAX AND BREATHE

Follow the race day instructions regarding the swim start format that have been provided in this athlete guide. For this event, with a self-seeded swim start, don't overestimate your ability. Please line up in the appropriate position based on instructions provided in the event athlete guide. Don't race at maximum effort from the start - ease into your swim. Relax and focus on your breathing as you settle into a sustainable pace.

## 10. BE ALERT AND ASK FOR HELP

In a race setting always stop at the first sign of a medical problem. The IRONMAN Competition Rules allow for competitors to stop or rest at any time during the swim. If you or a fellow athlete needs help, raise your hand to alert a lifeguard or safety boat.

Feel free to hold on to an object such as a raft, buoy or paddle board. As long as you don't use it to move forward, you won't face disqualification.

RÖKΛ



LUCY CHARLES-BARCLAY  
2023 IRONMAN WORLD CHAMPION

MAVERICK X2

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Julia C. — Seattle, WA

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# TRANSITION

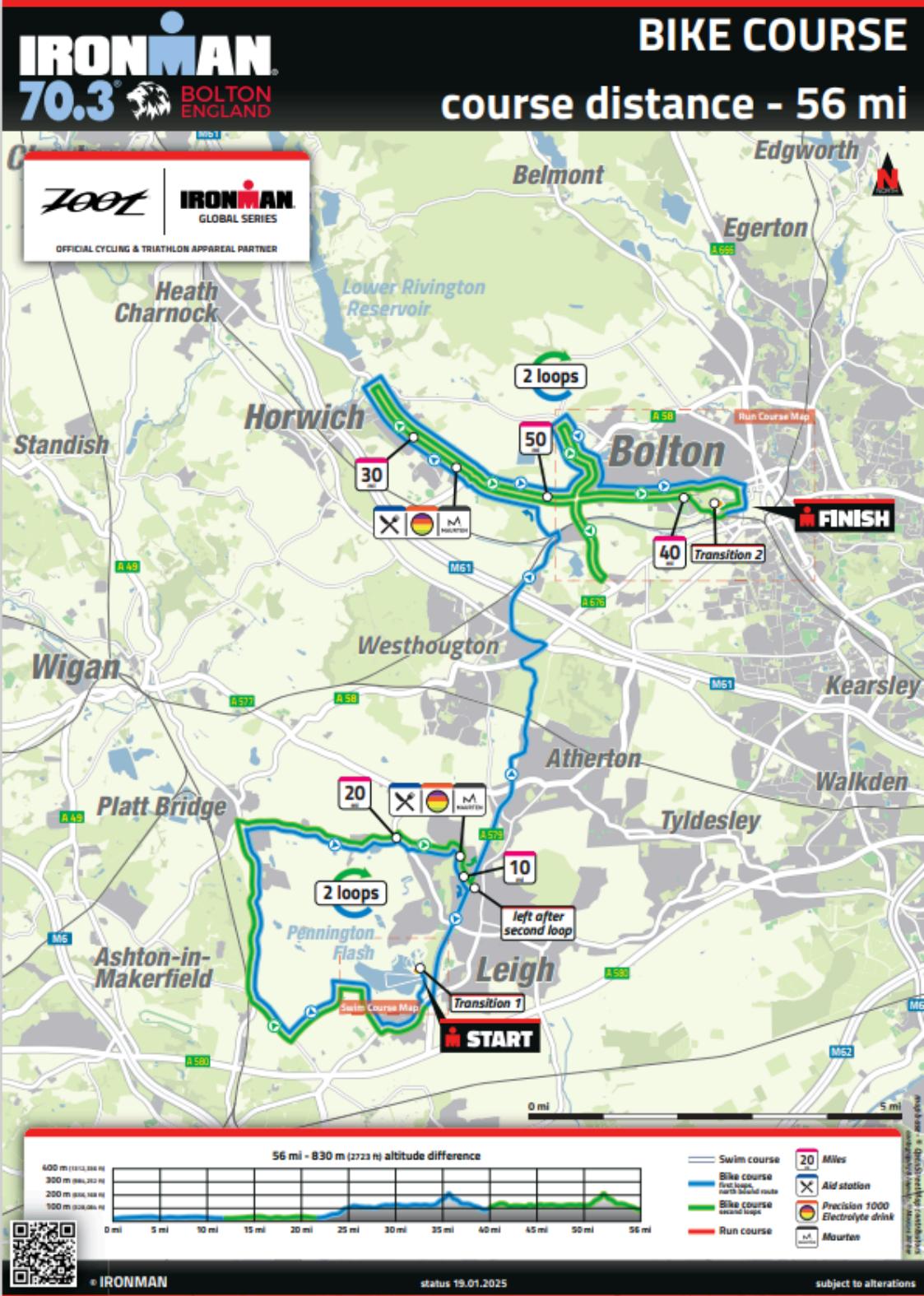
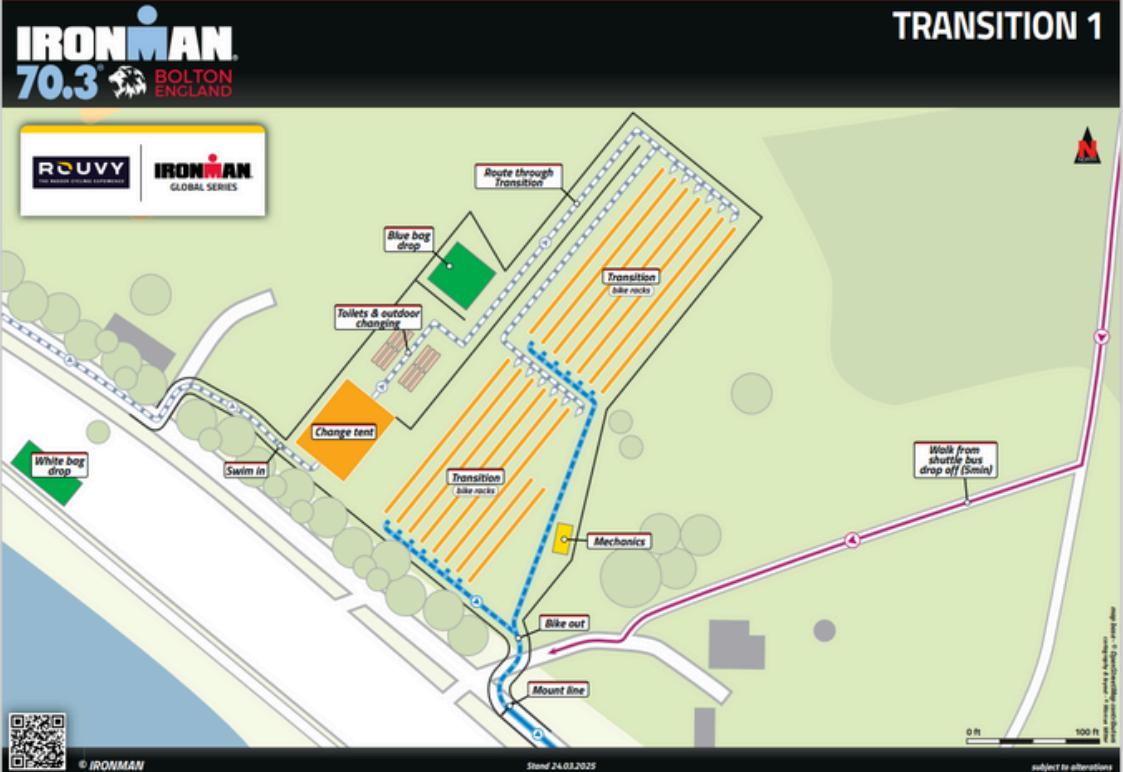
## T1 - SWIM TO BIKE

When you get out of the water, follow the clearly marked course to Transition.

Once in Transition, collect your blue transition bag, change into your bike kit, and place your wetsuit and goggles inside your blue bag. Then please take your blue bag to the drop off area outside the change tent, before heading to your bike.

There will be nude changing tents available should you wish to change completely.

Please note that your helmet must be fastened with the chin strap closed before touching your bike. Please do not get on your bike until after you have crossed the mount line, located by the bike out arch. Penalties will be issued to any athletes who fail to follow these rules.



# BIKE

56 MI



STRAVA



GPX ROUTE

## ZOOT BIKE COURSE

The 56-mile (90km) bike course, starts with two-loops of Pennington Flash before heading north into the town of Bolton. The second part of the course incorporates two loops of the town and is sure to have some great support from spectators. The course is largely fast and flat. After completing the loop of central Bolton for a second time, the bike course concludes at Transition 2 in Queens Park.

## KEY BIKE RULES

- It is mandatory to obey traffic regulations.
- No tandems, fixed-gear bikes, recumbents, fairings, or any add-on device designed exclusively to reduce resistance are allowed. Any new, unusual, or prototype equipment will be subject to a determination of legality by the event organizer and/or Head Referee.
- Per IRONMAN Competition Rule 5.01 (m), placing any bottles/hydration or any other insert located in the front of an athlete's race suit is prohibited.
- Specificity of drafting: Athletes must keep six bike lengths of clear space between bikes except when passing. Failure to do so will result in a drafting violation. Drafting is prohibited (blue card)
- Overtaking athletes may pass on the right for up to 25 seconds but must move back to the left side of the road, after passing. Failure to complete a pass within 25 seconds will result in a drafting violation. Athletes may not back out of the draft zone once it is entered (drafting violation).

## CUT OFF TIME

Every athlete will get **5 hours and 30 minutes** to complete the swim and bike course regardless of their start time. Any athlete who fails to complete the course in this time will not be allowed to continue and will receive a DNF.

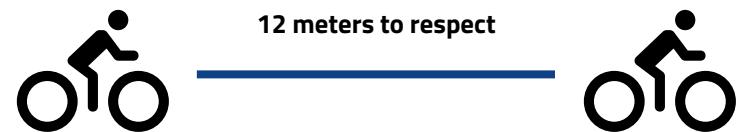
## DRAFTING

Athletes must keep 12m (six bike lengths) of clear space between themselves and the next athlete except when passing. Failure to do so will result in a drafting violation.

Drafting is prohibited and is a blue card violation.

When overtaking, athletes are permitted to pass on the right for up to 25 seconds, but must move back to the correct side of the road after passing.

Failure to comply with this rule will result in a drafting violation.



### Blue Card - BIKE

The blue card is used to control drafting:

- 1 blue card offense: **2 minute penalty**
- 2 blue card offenses: **2 minute penalty**
- 3 blue card offenses: **DSQ**

If you receive a blue card penalty, you must report to the penalty tent in T2 to serve this penalty. Please make sure that the referee has correctly noted your bib number so that IRONMAN have a record that the penalty has been performed.

### Yellow card - BIKE

If you receive a yellow card penalty, you must report to the penalty tent in T2 to serve this penalty. The penalty tents are located at the entrance of T2. Please make sure that the referee has correctly noted your bib number.

All the rules can be found in the [2025 IRONMAN regulations](#).



# RIDE THE REVOLUTION



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# TRANSITION

## T2 - BIKE TO RUN

When you arrive at transition, please make sure to dismount your bike before crossing the dismount line at the entrance. Failure to do so will result in a penalty.

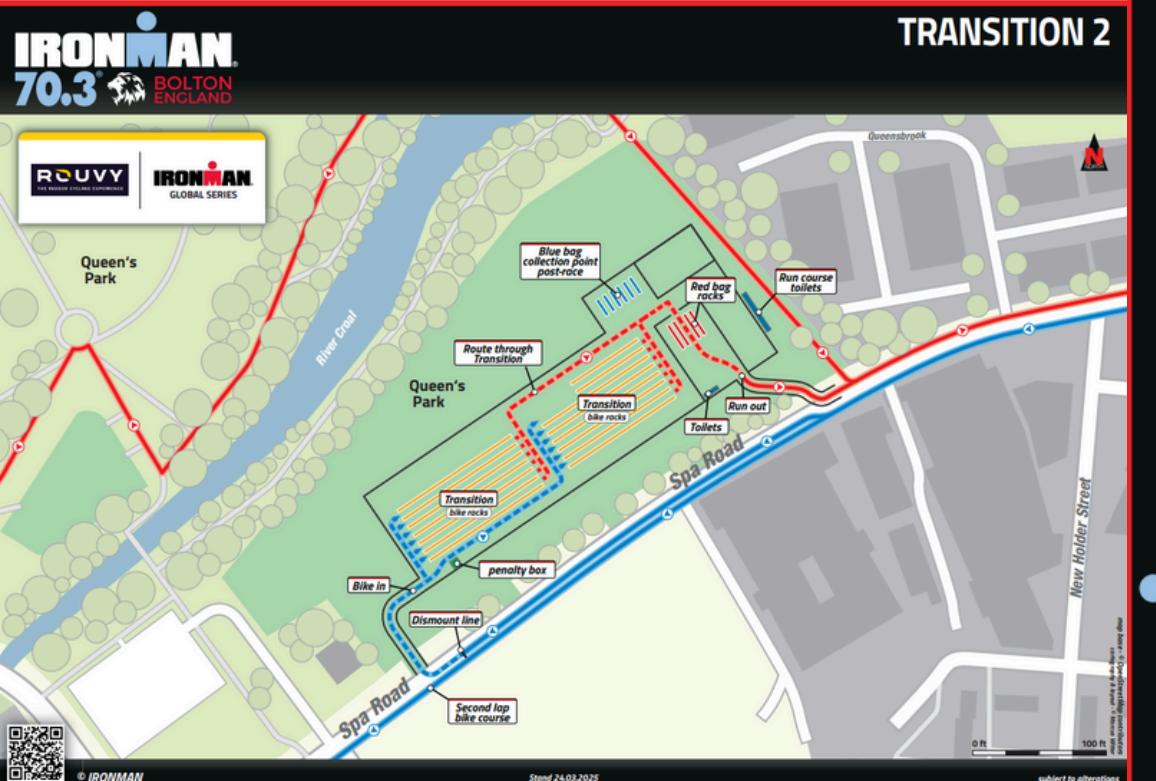
Once inside transition, please re-rack your bike at your allocated number and follow the one way system around transition.

After you have collected your bag, changed into your run gear and attached your bib facing forwards on your body, you should re-rack your red transition bag on the peg labelled with your bib number.

Please note that there will be nude changing tents available should you wish to change completely. Nudity in the main area of the transition tent will result in a DSQ.

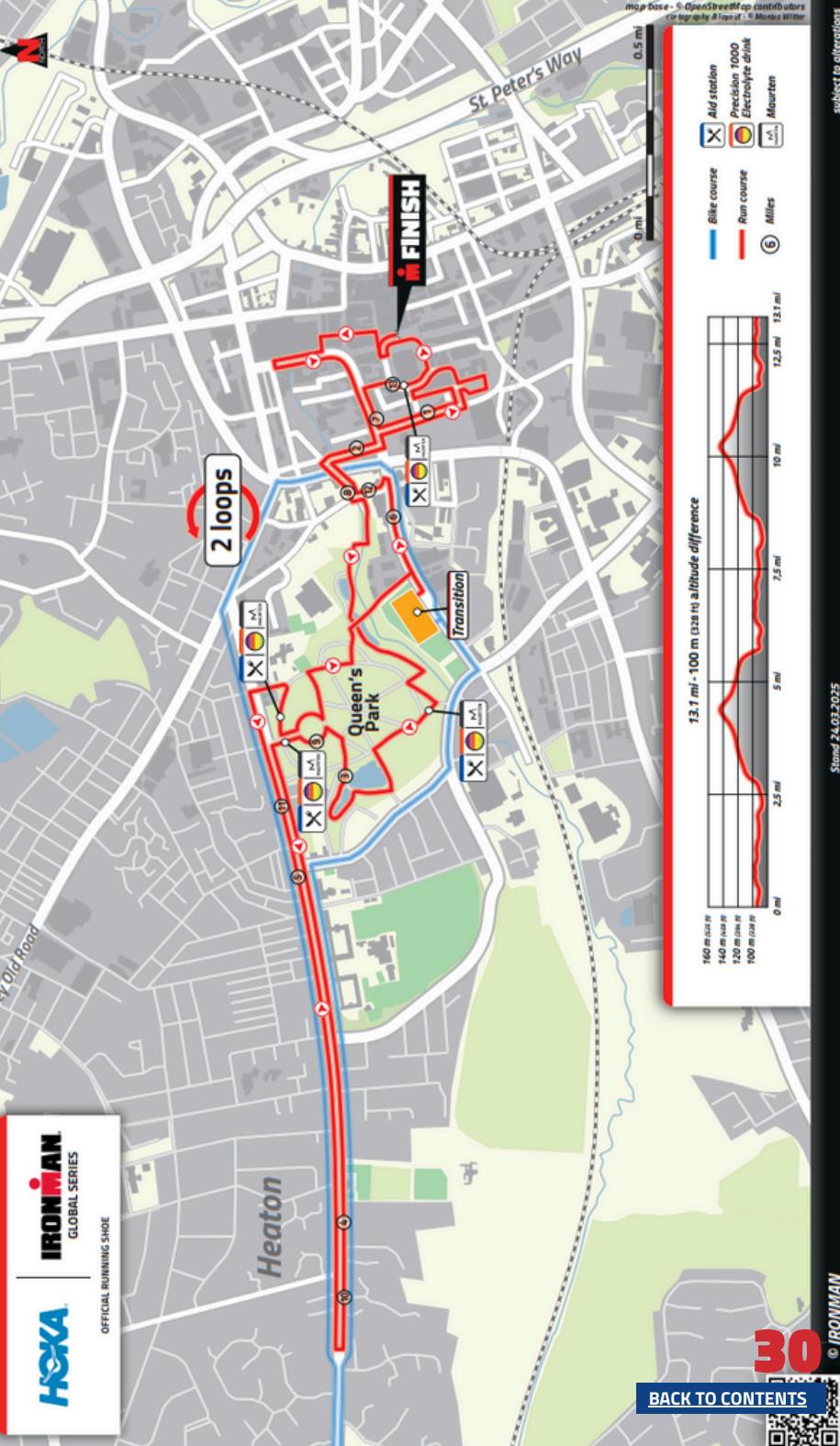
### Cut Offs

You must have completed the bike course 5 hours 30 minutes after starting the race. If you fail to meet this cut off, you will not be permitted to exit onto the run. Please note, there will also be intermediate cut offs on the bike course. More information can be found [HERE](#).



## RUN COURSE

2 loops  
course distance - 13.1 mi



# RUN

13.1 MI

STRAVA

GPX ROUTE

## HOKA RUN COURSE

The two-loop 13.1-mile (21.1km) run course laps around Bolton Town Centre before ascending through the scenic Queen's Park onto Chorley New Road.

After descending back through Queen's Park, athletes will then return to the crowds and historic buildings of central Bolton before hitting the iconic IRONMAN 70.3 finish line in front of Bolton Town Hall.

## FINISH LINE

As you approach the finish line, please make sure that your bib is on your front, and your trisuit is zipped up.

You must cross the finish line alone. Fans, children, or pets are not allowed to enter the course, this will result in a DSQ.

Your timing chip will be collected at the finish line.

## KEY RUN RULES

Athletes may run, walk, or crawl. Coaching is allowed only from the side-lines. Coaches are not permitted to follow athletes on the course. Athletes cannot accept help from anyone during the race.

### Drop out

If you need to drop out, please inform a referee or a member of the IRONMAN team of your decision.

### Yellow card - RUN

30 seconds stop & go penalty.

If you are issued a yellow card, you must stop immediately next to the referee who issued it. The referee will then inform you when you have served your penalty and are free to continue.

## CUT OFF TIME

The run course will close 8 hours and 30 minutes after the final athlete starts the swim.

Each athlete or relay team will have 8 hours and 30 minutes to complete the entire course. Any athlete or relay team that takes longer than 8 hours and 30 minutes to complete the entire course and does not finish before the run course is closed will receive a DNF.

Any athlete or relay team who takes longer than 8 hours and 30 minutes to complete the entire course but crosses the finish line before the run course is closed will receive a NC (Not Classified) in the race results and will not be eligible for age group awards or for World Championship slots.



# EVERYBODY BONDI



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# AFTER THE RACE

... CELEBRATE!!



## POST-RACE AREA

- Receive your medal as you cross the finish line - medal engraving is available.
- Hand in your timing chip to our volunteers.
- Refuel with our post race food options.
- Don't forget to collect your white Street Wear bag!

## RESULTS

Results will be available on the IRONMAN Tracker App during the event day, and the final results will be published on the IRONMAN Website the following day. Timing/Results objections must be reported in the times specified - [MORE INFO.](#)

## BIKE & BAGS CHECK OUT

Transition 2, Queens Park Sunday 8<sup>th</sup> June 13:15 - 17:15

All collections from Transition 2. T2 will be open to collect your red and blue bags, and your bike from 13:15 until 17:15. No late collections will be permitted.

## AWARDS CEREMONY

Bolton Town Hall Sunday 8<sup>th</sup> June 17:45 - 19:15

Join us at our Awards Ceremony to see some race day highlights from our media team, and to celebrate all our accomplished athletes!

Trophies will be awarded for the Top 3 athletes in each age category, the top 3 relay teams in each category, as well as the top 3 Tri Clubs.

\*Please note that attendance is mandatory at the Awards Ceremony in order to claim your award. No awards will be handed out after the ceremony has finished.

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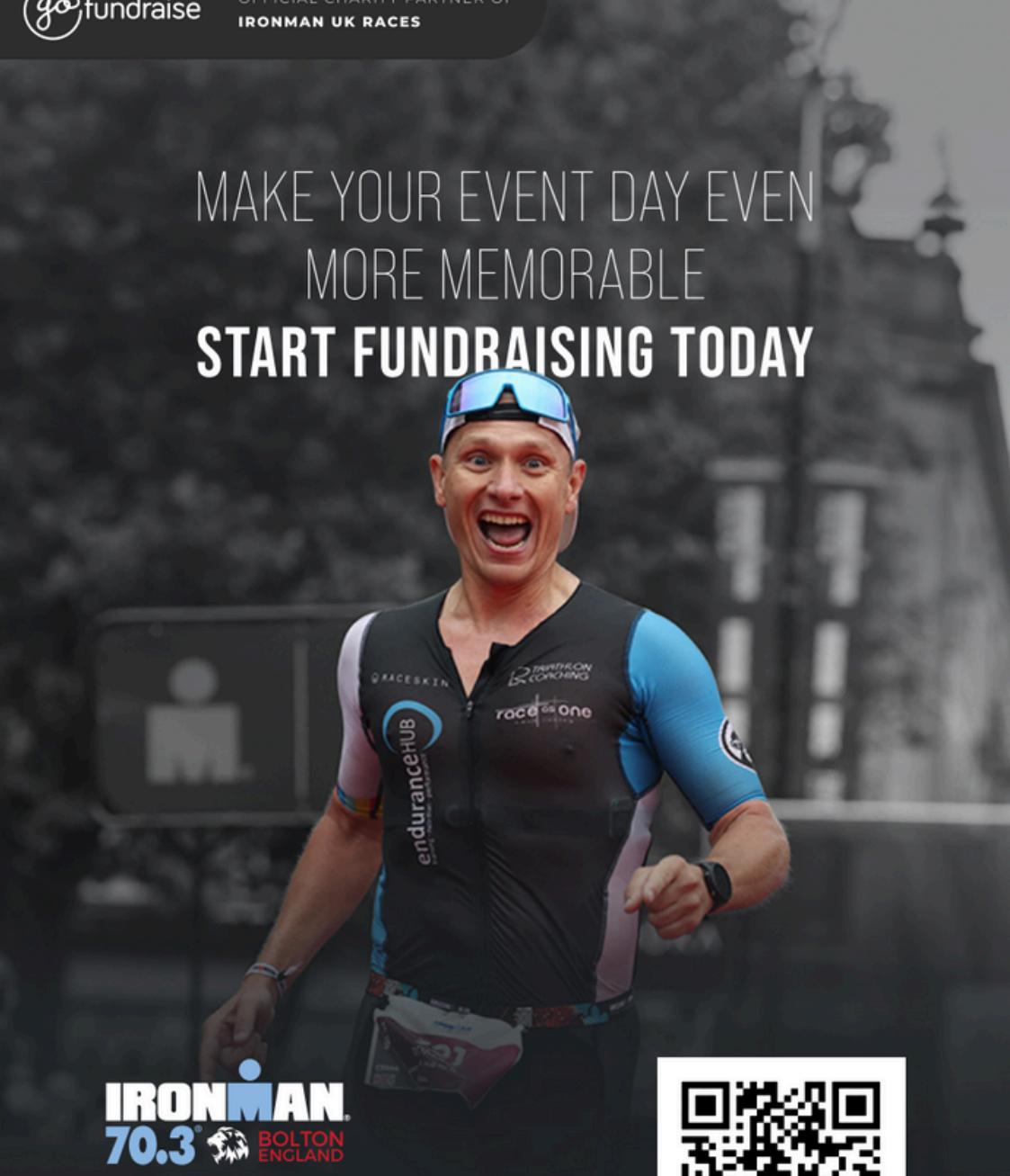
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70.3 BOLTON  
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FUNDRAISE FOR A CHARITY  
CLOSE TO YOUR HEART



# RACE PHOTOS

**Sportograf** is proud to be the official photographic service of the athletes at IRONMAN 70.3 Bolton.

Sportograph will provide you with their «Foto-Flat» which includes all your amazing personal content from various prime locations along the course, as well as beautiful photographs of the scenic views and the race day in general.

Order your race images here: [IRONMAN 70.3 Bolton Race Photos](#)

Help Sportograph to take your best photos:

- Please be sure to keep your number visible in front of your HELMET to help us identify more of your photos.
- Check out our photo spots and smile for the camera - even if it hurts!
- Celebrate when you cross the finish line! Don't worry about stopping your watch, the timing company will ensure an accurate record of your achievement.



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# WORLD CHAMPIONSHIP SLOT ALLOCATION

## SLOT ALLOCATION CEREMONY

Bolton Town Hall

Sunday 8th June

17:45 - 19:15

### QUALIFYING SLOTS

This event offers slots for the 2025 IRONMAN 70.3 World Championship in Marbella, Spain held on November 8-9th, 2025. Please note, slot allocations are subject to change and may be verified, [here](#).

#### 50 qualifying slots for age group athletes

If you qualify during 2025 IRONMAN 70.3 Bolton, you will be eligible to participate in the 2025 *IRONMAN 70.3 World Championship in Marbella, Spain* only.

Participation in the slot allocation ceremony is mandatory for all athletes wishing to claim a qualifying slot. Since not all the participants are willing to get the qualification, qualifying slots will be proposed to the following athletes according to their official ranking in the age group until the slot allocation is over.

*No slots will be awarded after the ceremony.*

Please ensure you have a valid photo ID and be prepared to pay the registration fee by credit card only. We do not accept Apple Pay, cash or cheques.

**The amount is €771.79 (EUR) - inclusive of all fees & taxes.**

*It is your responsibility to ensure you have all necessary documents and visas to travel to the IRONMAN World Championship. Please check travel requirements before accepting your slot.*

### RULES

To accept a slot to the 2025 *IRONMAN 70.3 World Championship*, qualified athletes must claim their slot in-person at the Roll-down Ceremony.

### IRONMAN PROFILE

To ensure a smooth registration process for the IRONMAN 70.3 World Championship, please make sure you have an IRONMAN profile and are familiar with your login credentials.

### How does the Age Group Slot Allocation Work?

"Age Group" refers to a grouping of athlete peers based on their gender and age range. For example, 'Male 25-29' is one Age Group, and 'Female 25-29' is another. Your Age Group is determined by your age as of December 31st of the year of the event. For example, if you are Male and turn 25 in 2025, then your Age Group Category for any race in 2025 is M25 – 29.

The following Slot Allocation Process will be conducted for each gender separately:



### BEFORE RACE DAY

Each Age Group with registered athletes is tentatively allocated one slot each (an "Initially Allocated Slot"). All other slots available for the race (the "Proportionally Allocated Slots") are not allocated until race day.

### ON RACE DAY

If there are no starters in an Age Group, then that Age Group's Initially Allocated Slot is removed and pooled with the Proportionally Allocated Slot.

The Proportionally Allocated Slots are then distributed among all Age Groups based on the number of starters in each Age Group. This allocation is based on the ratio of athletes in each Age Group within the gender, i.e., the more athletes in an Age Group, the more slot allocations they receive.

### AFTER THE RACE

#### BEFORE ROLL DOWN

If there are no finishers in an Age Group that had one or more starters, then the Initially Allocated Slot for that Age Group is re-allocated, within the same gender, to the Age Group with the highest ratio of starters to slots.

#### DURING ROLL DOWN

If any slot allocated to an Age Group is unclaimed (after Roll Down for that Age Group is completed), then that unclaimed slot is re-allocated, within the same gender, to the Age Group with the highest ratio of starters to slots.

### OTHER INFORMATION

Only Age Group Athletes are eligible to receive Age Group World Championship Qualifying Slots. Athletes holding current Professional or Elite status with any World Triathlon Member National Triathlon Governing Body, WTC's Pro Membership program or having raced as an elite athlete in any international events during the calendar year, are not eligible for Age Group Slots. Athletes may not at the time of the event, nor at the time of the World Championship event they qualified for, hold Professional or Elite status.

Any change in an athlete's status prior to any event participation or a qualified World Championship event must be disclosed to WTC immediately. Failure of the athlete to make such disclosure will be cause for disqualification from such event and may result in sanction from WTC Events.

# NIGHT RUN

BOLTON UK

Presented by IRONMAN

📍 Le Mans Crescent

📅 Friday 6th June

⌚ 19:00

Friday night sees the return of Night Run - choose from either a 5k or 10k run through Bolton Town centre through part of our IRONMAN 70.3 Bolton run course.

Right on the doorstep for locals and a perfect shake out run for those prepping for IRONMAN 70.3 Bolton. Perfect for competitive runners, and a record of progress for those new to taking on 5k or 10k events.

**SOLD OUT!**

[VIEW EVENT INSTRUCTIONS](#)



# IRONKIDS.

📍 Le Mans Crescent

📅 Saturday 7th June

⌚ 09:00-17:00

IRONKIDS is back again over this years IRONMAN weekend.

IRONKIDS is a run-only children's IRONMAN event for 3-16 year olds. It's all about fun and healthy living, and the perfect way to get the kids involved with your IRONMAN dream!

Entry includes an IRONKIDS T-shirt and finisher's medal!

**SOLD OUT!**

[VIEW EVENT INSTRUCTIONS](#)



[BACK TO CONTENTS](#)

# TOP TIPS



Look after each other



Make sure your emergency contact is not someone who is racing and someone who will be there on race day and their mobile number is on the back of your bib



If you raced the bike, you'll walk the run - don't push yourself too hard



Taper 2/3 weeks before the event. Don't try to catch up with missed training. Take the time to rest and try to get as much sleep as possible. You are likely to feel tired the week of the race and get pains and aches - this is normal so don't panic!



There are four disciplines in an IRONMAN, Swim - Bike - Run - Nutrition You need to practice your nutrition and use what is going to be given out on the course



Never try anything new on race day - stick to what you know! For both kit and nutrition



Familiarise yourself with the walk to swim start from transition, swim exit to T1, bike out and bike into T2 and then the run out of T2. This will help when the race day nerves kick in and to help you find your bags and bike quicker



Enjoy your red carpet moment and make sure you smile coming over the Finish Line - you've worked hard for that moment!

# QUICK PUNCTURE REPAIR

We like to see everyone get to the finish line and even though we have bike mechanics out on the course, you should be able to replace a punctured inner tube yourself and here are some pointers. We recommend you practice this before racing and carry at least three repair kits in case you are unlucky to have several.

## Your puncture repair kit will need the following:

- New inner tube (make sure the valve is long enough if you have deep rim wheels)
- 2 or 3 levers (make sure these are strong as cheap ones can bend)
- 2 x CO2 canisters OR an inflator/pump

## To mend your puncture, you will need to:

- Remove the wheel. If it's the back wheel, move your gears so the chain is on the smallest cog on the back wheel -this makes it easier to put back on
- Check the tyre outside to see if anything is stuck in it i.e a thorn, glass, nail, tack etc and remove
- Use the tyre levers to remove the tyre - this is the hardest part. Place the two levers under the rim of the tyre, about three inches apart and push down until part of the tyre rim pops over the wheel rim. Remove one of the levers and place under the tyre rim a further two or three inches away and keep doing this until one side of tyre is all over the rim
- Remove the existing inner tube. Remember to unscrew the ring from the valve
- Run your fingers along the inside of the tyre tube to make sure nothing is sticking through that could puncture the new inner tube (be careful not to cut your fingers). This is usually why new inner tubes puncture as soon as you inflate them. If you hit a pothole and punctured, it's likely that you won't have anything stuck in the tyre but always good practice to check
- Take out your new inner tube and open the valve, blowing a small amount of air into the tube –this will help it sit correctly under the tyre-Insert the valve into the wheel rim hole and push the inner tube into place
- Starting at the valve, put the tyre back into place, making sure the inner tube is not getting pinched
- Push the valve so the rim of the tyre goes under the valve and screw the ring on to the valve
- Moving away from the valve, push the tyre wall back over the rim doing as much as you can before needing a lever
- For the last bit reverse the lever and place under the tyre, making sure not to pinch the inner tube and force the tyre rim back into place
- Place the wheel back on your bike, making sure to tighten it before inflating
- Inflate your tyre (making sure the valve is open) using a CO2 cannister or pump. If using a CO2 canister, inflate till tyre is hard. This will leave some air still in your canister – keep this in case you need to top up or are unlucky enough to get another puncture



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# SUSTAINABILITY VOLUNTEERS

## REDUCING OUR EVENTS' IMPACT ON THE ENVIRONMENT

At our IRONMAN UK events we are striving towards reducing our negative environmental impact through careful planning of waste management and the re-use and upcycle of event materials.

Below are some of the initiatives in place at our events:

- Over 5% of athletes chose to **plant a tree** instead of collecting an event t-shirt at our 2024 UK races
- IRONMAN bike bottles are made from **biobased sugar cane**
- All 2025 **event bottles** will be **returned and recycled**, including all other sport bottles from the bike course
- **Volunteer bags** are made from **recycled ocean waste plastic**, with more than **10 plastic bottles recycled per bag**
- **Excess food** and clothes **donated** to local charities and foodbanks
- All unused **finisher t-shirts, athlete bags and medals** are donated or recycled at the end of the season
- Transition bags are made from **recycled materials**
- Rain ponchos are made from **grain**
- On-site bib printing – since 2021, we have saved over **875kg of paper** from our UK events alone

Please join us in saying a huge thank you to our volunteers!

We just want to take this moment to thank all our volunteers for taking time out of their day to make this event possible. We truly would not be able to do this without you!

Think about your day as an athlete and how long you are on your feet and please consider the time volunteers dedicate to making your dreams possible! Be considerate, polite and thank them when you can!



# GOOD TO KNOW

## QUESTIONS

If you have any questions please don't hesitate to get in touch at:

[bolton70.3@ironman.com](mailto:bolton70.3@ironman.com)

## LOST AND FOUND

During race week, all lost and found items will be stored safely. Please alert a member of staff if you have lost any items. Once the event is over, please contact [bolton70.3@ironman.com](mailto:bolton70.3@ironman.com) to locate any missing items and to arrange their return.

*\*Please be aware that shipping charges will apply and all unclaimed items will be donated after 30 days.*

## SAFETY AND SECURITY

**Athletes:** Safety first, please do not take any unnecessary risks.

Be sure to include details of your emergency contact in your IRONMAN Profile, as well as on the back of your bib.

**Coaches and spectators:** If an athlete is no longer visible on the tracker, it may only be a faulty timing chip. In the event of an incident, the organisation will reach out to the designated emergency contact directly.

If you are on site, please speak to a member of staff.

## If you witness an accident or health problem:

Please alert a member of the IRONMAN team and contact the emergency services on 999. When contacting security or emergency hotlines, please:

- stay calm
- be specific about the information that you provide
- provide the athlete's bib number
- indicate your exact location (e.g. name of marshal position), the reason for you call, and the presence of witnesses.

# GET SOCIAL

Share your IRONMAN 70.3 Bolton experience across your social media profiles with #IM703BOLTON

Stay connected with IRONMAN UK across our social channels to keep on top of all the latest news and exciting events:



Download the IRONMAN Tracker App to track athletes, view live leaderboards and view the courses all in one place!



@ironman\_uk  
@ironmaneurope



## 2024 HIGHLIGHTS

Experience or relive the thrill and energy of race day - watch our 2024 highlights and get excited for what's ahead!

A thumbnail for a 'Race Rewind' video. It features a large crowd of spectators in front of a classical building, likely the Bolton Town Hall. The IRONMAN logo is in the top left corner. Overlaid text reads '2024 IRONMAN 70.3 Bolton | Race Rewind' and 'RACE REWIND IRONMAN 70.3 Bolton'. A YouTube play button icon is in the bottom right corner. The bottom of the thumbnail shows banners for Santini, Visit Bolton, and EKOI.