

Baxters
LOCH NESS
MARATHON
and Festival of Running



23 September 2018
Baxters Loch Ness Marathon
RACE GUIDE
lochnessmarathon.com



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NEW* Runners' Café

coffee, cake, soup...
 come and sit, chill or chat
 to other runners

SPORTS EXPO

leading sports brands to try
 and buy all weekend...

Festival on Race Day...

Scottish music, food fayre, whisky, ice
 cream, kids activities to name a few

SUPER HERO



Congratulations to every super hero running to raise funds for Macmillan Cancer Support. We've pledged to raise £100,000 for this great cause in our 150th anniversary year.

Working with
MACMILLAN.
CANCER SUPPORT

Welcome

Malcolm Sutherland

Event & Race Director, Loch Ness Marathon

We look forward to welcoming you to the 2018 Baxters Loch Ness Marathon & Festival of Running. We have runners coming from all over the world to take part and we hope you enjoy your visit to this stunning part of Scotland.

We would like to thank Baxters Food Group for their fantastic support as title sponsor for the last 17 years, working with us to make the Loch Ness Marathon & Festival of Running the world-class event it is today.

Thanks too to our support sponsors & partners: EventScotland, Clif Bar, Highland Spring, Nuun, Run4It, JBT & Parceling, Highland Council, Police Scotland, AIMS, Arnold Clark, HSPC, JogScotland and Scottish Athletics.

A huge thank you is extended to the local residents, communities and businesses along the race routes for their support and cooperation; and a special mention for the many individuals, charities and organisations who volunteer over the event weekend for their invaluable support.

We are delighted to be partnered with Macmillan Cancer Support, Alzheimer Scotland, Highland Hospice and MS Society Scotland and our 13 affiliate charities, who are all doing incredible work to help others and improve lives. Over the last 16 years, runners have raised a staggering £9.95m and we wish all those running for charity this year all the very best with their fundraising.

Everything you need to know about the race weekend is here, so please take time to read these important instructions carefully to ensure you have an enjoyable and safe event experience. Please also refer to our website, Facebook, Twitter and Instagram to keep up to date.

There's so much happening over the race weekend, we hope you'll bring your friends and family along to the Event Village to cheer runners on and enjoy our Runners' Café (new for 2018), Sports Expo, the Baxters Food & Drink Fayre, kids' activities and live music.

We would like to wish you all the very best with your final few weeks of training and look forward to seeing you all at the start line on 23 September.



Audrey Baxter
Executive Chairman
and Group CEO

Baxters is proud to be the title sponsor of the Loch Ness Marathon once more in what is a very special year for us.

2018 marks our 150th anniversary. The business has evolved from its inception in 1868 as a small grocery store in Fochabers to one of the UK's best-loved food producers.

Like Baxters, the Loch Ness Marathon has also evolved throughout the 17 years we have partnered the event with the introduction of the River Ness 10K, 5K and Wee Nessie. There are now even more opportunities for seasoned runners, novices and families alike to enjoy the warm welcome and spectacular scenery while keeping healthy and active.

As part of our 150th anniversary celebrations we have pledged to raise £100,000 for Macmillan Cancer Support. Some of our staff and many other runners are taking part today to raise funds to help this and other deserving charities. There is a real sense of community spirit at the event which reflects our own commitment as a company to work with and support the local community whenever we can.

I'd like to wish all the runners the very best of luck for the big day, whichever race you are tackling.






**LET NOTHING GET IN
THE WAY OF YOUR DAY**

BRAVE BY NATURE



**PROUD TO BE THE OFFICIAL
WATER PARTNER OF THE BAXTERS
LOCH NESS MARATHON &
FESTIVAL OF RUNNING**

 to recycle



TITLE SPONSOR



In 2018 Baxters is celebrating 150 years as one of the UK's best-loved food producers, from its inception as a small grocery store in 1868 to the current day, with leading brands and over 150 products to its name. For four generations, the Baxter family has been creating the finest soups, preserves, condiments, beetroot and chutneys with 150 years of family know how and expertise going into every product.

This year Baxters is continuing its long history of sponsoring the Loch Ness Marathon & Festival of Running. The event reflects the company's commitment to supporting the local community and providing food full of goodness to encourage healthy and active lifestyles.

www.baxters.com

SUPPORT SPONSORS



EventScotland is a team within VisitScotland's Events Directorate and is working to make Scotland the perfect stage for events. By developing an exciting portfolio of business, sporting and cultural events EventScotland is helping to raise Scotland's international profile and boost the economy by attracting more visitors. Major events in Scotland this year and beyond include; Glasgow 2018 European Championships, 2019 European Athletics Indoor Championships, The 2019 Solheim Cup and UEFA EURO 2020. Follow us @**EventScotNews** or www.eventscotland.org



Clif Bar & Company is a leading maker of nutritious and wholesome foods, including **CLIF**® Bar energy bar and Builder's® Bar, a great-tasting protein bar. Focused on sports nutrition and snacks for adventure, the family and employee-owned company is committed to sustaining its people, brands, business, community and planet. For more information on Clif Bar & Company, please visit www.clifbar.co.uk, check out our Facebook page at [Facebook.com/ClifBar](https://www.facebook.com/ClifBar) and follow us on **Twitter** @ClifBar.



Staying hydrated during sport and exercise is essential for best performance and as the UK's number 1 brand of bottled water, **Highland Spring** is proud to be the Official Water Partner of the Baxters Loch Ness Marathon & Festival of Running for the 11th year running. Highland Spring is sourced from protected organic land underneath the Ochil Hills in Perthshire, Scotland. For more information visit www.highlandspring.com or follow us on Facebook or Twitter.



JBT is a well-established provider of distribution services, and is recognised widely as a Scottish operator that provides unrivalled customer service at competitive prices. Today, JBT has 250 employees, 85 vehicles and 150 trailers and has depots in Inverness, Aberdeen, Bathgate, East Kilbride, Orkney and Shetland. JBT provides nationwide distribution on a daily basis from full loads to single pallet deliveries and has recently opened daily connections throughout Europe. www.jbt.co.uk



nuun active is packed with electrolytes, a light flavour and clean ingredients making it the perfect sports drink to keep you hydrated during your run. The electrolytes found in nuun alleviate cramps, help muscle function and burn energy efficiently. Using only plant based ingredients nuun is vegan, gluten free, dairy and soy free. www.nuun.com



Started as a sister company to JBT, **Parcelinq** provides the best in next day home and business to business parcel delivery service throughout the Highlands of Scotland. The strength of the business is its geographical focus on deliveries within a remote area that create complexities that many national carriers are unable to appreciate and respond to. The priority for the business is to bring to the local community a delivery service that they can trust, owned and operated by people from the very region in which they serve. www.parcelinq.co.uk



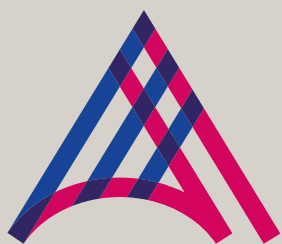
Run4It are delighted to support this year's Loch Ness Marathon and are offering you an exclusive **save 15% voucher**, to help get your training off to the best possible start. The team are committed to helping you improve your run... offering great product, great customer service, and expert honest advice on everything from training to nutrition and recovery! You can use your voucher in **Run4It's 8 shops across Scotland** or online at run4it.com. In store we offer free +runlab video analysis with every shoe fit, to make sure we find shoes with the right level of support and cushioning for you.

PARTNERS





— GET
C L O S E R
T O T H E
A C T I O N



 EUROPEAN ATHLETICS
INDOOR
CHAMPIONSHIPS
GLASGOW 2019

Europe's athletics elite are heading to Glasgow next year for the European Athletics Indoor Championships 2019.

Don't miss seeing Europe's finest shine in Scotland.

The competition will be one of the biggest events on the athletics calendar in 2019 as it returns to the city after a gap of 29 years.

Glasgow will welcome over 600 athletes including Olympic, World and European medallists from around 45 countries, as well as our ambassador Laura Muir as she aims to defend at least one of her European Indoor Championship titles.

Get closer to the action than ever before!

Tickets are on sale now for next year's event, which takes place on 1–3 March at Glasgow's Emirates Arena.

Keep up with the latest news and updates:



@glasgow2019



/Glasgow2019

**Tickets
on sale
now!**

1–3 March 2019

**Don't miss out, secure your tickets at
Glasgow2019athletics.com**

OFFICIAL PARTNERS



HOST INSTITUTIONS



race

weekend timings

Saturday 22 September

10.00-18.00

Pre-race registration
for Marathon,
River Ness 5K and
Wee Nessie at the
Event Village,
Bught Park,
Inverness IV3 5SQ

10.00-18.00

Sports Expo & Runners'
Café at the Event Village -
all runners, friends
and family welcome!

Free entry.

Sunday 23 September

06.45-07.15 Marathon runners arrive
at the Inverness Ice Centre, Bught Drive,
Inverness IV3 5SR to be transported by
bus to the marathon start

07.30-07.45 Buses depart Inverness Ice Centre
for the marathon start

08.00-09.30 Pre-race registration for the
River Ness 5K at the Event Village

08.00-09.45 Pre-race registration for the
Wee Nessie at the Event Village

09.00-16.00 Festival of Running including
Sports Expo, Baxters Food & Drink Fayre,
kids' activities, live music and pipe band, open
to the public at the Event Village. Free entry.

10.00 Start of Baxters Loch Ness Marathon

10.00 Start of Baxters River Ness 5K

10.15 Start of Wee Nessie

10.45 Start of Baxters River Ness 10K/Corporate
Challenge

12.45 Prize-giving for the Baxters River Ness 10K/
Corporate Challenge at Event Village

14.00 Prize-giving for the Baxters Loch Ness
Marathon at Event Village

*the festival is great place
for families to hang out
before and after event!*





New for 2018: Runners' Café

Kick off your race weekend with a visit to our new Runners' Café and Scotland's only Expo dedicated to runners, both open during Registration on Saturday 22 September, 10:00-16:00.

Free entry for all.

Grab a coffee, cake, Baxters Hearty soup or whatever takes your fancy from our street food vendors in the Runners' Café, listen to our Expo shows, chat with other runners from around the world or just chill out with some traditional Scottish music.

Join BBC Radio Scotland's Bryan Burnett and former international marathon runner, Fraser Clyne, for a series of bitesize shows throughout the afternoon. They will be joined by various experts from the running world to advise you on how to get it right on the day and tips for achieving best performance including a look at the marathon course, race day nutrition, kit, shoes and some exciting giveaways!

SPORTS EXPO

The Sports Expo offers a great range of running products and offers from leading sports brands all weekend. So, whether it's some new gear to run in, something to measure your performance, some fuel to get you around or something to help you recover, we promise you'll be spoilt for choice. There will also be free sampling, product trials, demos, prize draws and some marathon sized offers exclusively for Loch Ness runners. Open all weekend with free entry for all.



Festival on Race Day

Whether you're a runner or a spectator, there is lots going on at the Event Village during the Baxters Loch Ness Marathon & Festival of Running for you to enjoy, including the **Sports Expo, Baxters Food & Drink Fayre, pipe band, live music and kids' activities.** **Free entry for all.**

A delicious selection of ready-to-eat food and drink from around the Highlands will be on offer from local producers and our title sponsor, Baxters at the Food & Drink Fayre. Expect to find soup, venison burgers, stovies, baked potatoes, hog roast to home-baking and ice cream. You can also enjoy whisky and spirit tasting and locally crafted beers.

A range of kids' activities will be on offer including bungee trampolines, bouncy castles, inflatable slide, merry-go-round, balloon modelling and face painting.





OFFICIAL MERCHANDISE

Our exciting new range of official merchandise is now available, featuring t-shirts, hoodies, running tops, beanies and caps, on our onlineshop and will also be available to purchase at the Expo over the race weekend.

www.lochnessmarathon.com/shop



RUN LOCH NESS IN 2019!

Entry to the 2019 Baxters Loch Ness Marathon & Festival of Running, taking place 6 October 2019, will open on Monday 24 September at www.lochnessmarathon.com

KEEP IN TOUCH



@lochnessmarathon



@nessmarathon



@lochnessmarathon

www.lochnessmarathon.com

Share your Loch Ness experience with us by using hashtag #runlochness



PARKING

All runners and spectators coming to the Festival of Running are advised to avoid parking in the Bught Park area as it will be very busy. Where possible we recommend:

- **Using public transport**
- **Car sharing**
- **Parking in the centre of town and walking along the river to the Event Village at Bught Park (approx. 1 mile). See map opposite.**

Saturday 22 September

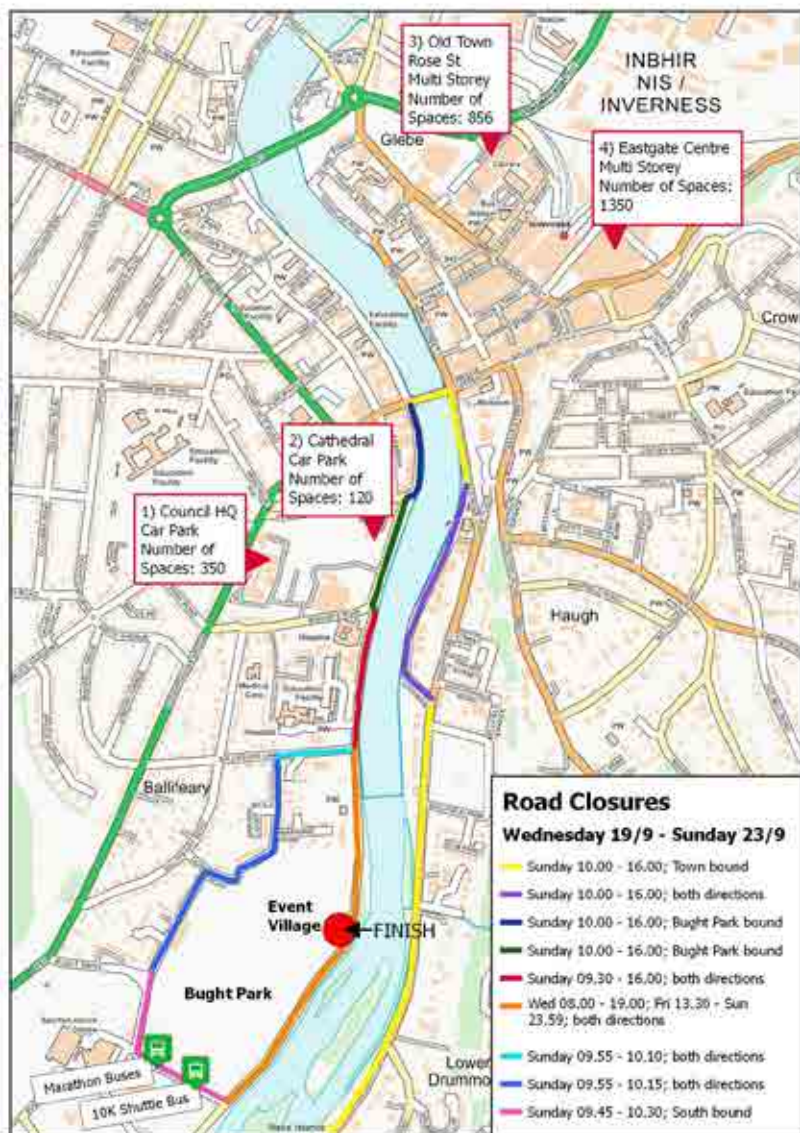
Parking is available at the following public car parks. Please note parking charges may apply.

1. Highland Council HQ Car Park, Glenurquhart Road, Inverness, IV3 5NX
2. Cathedral Car Park, Ness Walk, Inverness, IV3 5NN
3. Old Town Rose Street Multi- Storey, Farraline Park, Inverness, IV1 1NH
4. Eastgate Centre Multi-Storey Car Park, 11 Eastgate, Inverness IV2 3PP

Sunday 23 September

- Marathon Runners – Limited parking will be available for marathon runners ONLY at Bught Park early on Sunday morning. Please note access is from Glenurquhart Road only.
- 5K Runners/Spectators coming to Bught Park – please see map for parking options.
- 10K/Corporate Challenge Runners - parking is limited at the 10K start. Please follow signs and marshals' instructions directing you to parking areas.
- Disabled car parking is available on Sunday at Bught Park, although please note this is located approx. 400m from the Event Village and is on grass. Please follow the signs to 'Marathon Parking'.

We encourage all runners to be dropped off or to car share where possible.



TEMPORARY TRAFFIC RESTRICTIONS

Please note that temporary traffic restrictions will be in place along the race routes and around the Event Village on Sunday, which are detailed on our website. Bught Road which runs alongside Bught Park is the only road closure in place on Saturday.



LOCH NESS MARATHON 2018

RACE INSTRUCTIONS

Saturday 22 September

10.00 - 18.00 Pre-race registration at the Event Village at Bught Park, Bught Road, Inverness, IV3 5SQ

10.00 - 18.00 Sports Expo & Runners' Café at the Event Village – all runners, friends and family welcome (free entry).

Sunday 23 September

06.45 - 07.15 Runners arrive at the Inverness Ice Centre, Bught Drive, Inverness IV3 5SR for bus transport to the Marathon start.

07.30 - 07.45 Buses depart from outside Inverness Ice Centre

07.45 - 08.20 Bus pick-up from various locations on South Loch Ness (pre-booking essential by 10 September), **see page 15**.

08.15 Bus pick-up from Drumnadrochit Tourist Information Centre, IV63 6TX (pre-booking essential by 10 September)

08.40 Bus pick-up from Fort Augustus Tourist Information Centre, PH32 4DD (pre-booking essential by 10 September)

08.45 Buses begin to arrive at Marathon Start

09.00 - 16.00 Festival of Running including Sports Expo, Baxters Food & Drink Fayre, live music and kids' activities open to the public at the Event Village. Free entry.

10.00 Start of Baxters Loch Ness Marathon

14.00 Prize-Giving at Event Village

REGISTRATION

All Marathon runners must attend pre-race registration between 10.00-18.00 on Saturday 22 September at the Event Village, to collect your race number (this includes your tear off baggage label and timing B-Tag), safety pins and post-race food ticket.

Please note you will be required to show a form of photo ID in order to receive your marathon race pack. If you are unable to make registration in person, you can get a friend to register for you. They need to bring photo ID for themselves as well as a signed authorisation letter from you confirming that they can collect your race pack; please email us for a template letter.

A small number of massage therapists will be available during registration offering massage and taping in return for a donation to charity.

Please note there are absolutely no race day entries for the Marathon, and strictly no transfers between races or transfer of places to another runner. We do not operate a deferment system.

CHECK YOUR DETAILS

Please visit www.lochnessmarathon.com for a full list of race numbers (available w/c 3 Sept). Please check that your name, club and age category are correct.

Please note results and prize giving are based on the information provided by the runner at the time of entering and it is your responsibility to advise the Organisers of any changes or amendments by logging-in to your Active account by 3 September OR telling us at registration.

RACE PACK – IMPORTANT INFORMATION

- Race Number – please complete the emergency contact and medical information on the reverse of your race number and attach it to the front of your running top using the safety pins provided.
 - Please ensure that your race number is attached to the FRONT of your running top and visible at all times during the race and when you cross the finish line.
 - If you have a medical condition, provide as much information as possible on the reverse of your race number and put a red cross on the front. This is so our medical teams are aware of any existing medical condition should you require assistance on the course.
 - Please do not deface your race number or swap numbers with other runners - this is contrary to Scottish Athletics' regulations and will lead to your disqualification.
 - Baggage Label – a corresponding baggage number is attached to your race number. This should be torn off the race number and attached to the top of your kit bag on race day.
 - Timing B-Tag – this is attached to the back of your race number and should not be removed. Please ensure your race number is attached to the front of your running top and is not obscured by anything e.g. water belt or bum bag. The chip will automatically start recording your time when you cross the start line.
-

TRANSPORT TO THE MARATHON START

- All marathon runners are transported by bus to the Start from outside the Inverness Ice Centre at Bught Park which is located a 10 minute walk from the Event Village. Please arrive between 06.45-07.15.
 - Please note that there will be portable toilets located next to the bus departure point, and the bus journey takes approx. one hour. Buses will NOT stop after leaving the Ice Centre until they arrive at the Marathon start.
 - It is not possible for spectators to be transported to the Start.
-

TRANSPORT FROM DRUMNADROCHIT/ FORT AUGUSTUS TO MARATHON START

- For those staying on north-side Loch Ness, buses will leave from Drumnadrochit Tourist Information Centre at 08.15 and Fort Augustus Tourist Information Centre at 08.40.
- **Pre-booking essential.** If you require pick up from Drumnadrochit or Fort Augustus, please e-mail info@lochnessmarathon.com by 10 September.
- Please note we do NOT provide return transport to Drumnadrochit or Fort Augustus after the race.

TRANSPORT FROM SOUTH LOCH NESS TO MARATHON START

For those staying on south-side Loch Ness, buses will leave from 6 locations as follows:

07.30 Does – opposite Does Inn

07.45 Junction of Inverfarigaig Pass/B852

07.55 Lower Foyers Junction with B852

08.00 Foyers Stores

08.15 Junction of B862 & B852

08.25 Whitebridge Hotel

- **Pre-booking essential.** If you require pick up from any of these locations, please e-mail info@lochnessmarathon.com by 10 September.
- Please note we do NOT provide return transport to these locations after the race.

BAGGAGE

- At the Start, you should place your kit bag in the appropriate baggage vehicle. All baggage vehicles will be labelled with a range of numbers corresponding to race numbers.
- Ensure you have securely attached your baggage label to your bag. It is strongly recommended that items are placed in a waterproof bag or plastic bag within your kit bag to protect them from the weather.
- Once your bag is on the baggage vehicle, you will not see it again until the Finish, and will not be able to retrieve items before the start.

THE START

- The Organisers ask that all runners be considerate at the Start, listen to marshals' instructions, and use only the portable toilets provided. We will not tolerate antisocial behaviour.
- Please be aware that weather conditions can change and deteriorate rapidly in the Scottish Highlands and you should bring appropriate clothing to keep warm and dry at the start in case of adverse weather.

THE ROUTE

- The Marathon starts on the high ground between Fort Augustus and Foyers (B862) and drops down to the banks of Loch Ness at Foyers (B852). From there, the route follows the Loch's south-eastern shore, heading north-east towards Dores on the northern tip of the loch. From Dores, the race heads directly into the centre of Inverness (B862), turning left over the main bridge in the town centre, and left again for the last half mile along the River Ness to the finish at the Event Village, Bught Park in the centre of Inverness.
- See Google Map [here](#)
- The marathon takes place on tarmac roads which are closed to all forms of traffic; access is allowed for emergency services and official event vehicles.
- Please note that one section of the route is left lane closure only. This is from the village of Dores to the finish where traffic will be travelling on the opposite carriageway. Runners must take extra care on this section and keep in the left-hand lane at all times.
- The Organisers reserve the right to alter the route if operationally required.

DRINK & FEED STATIONS

- There are 8 Highland Spring water stations, 3 Nuun hydration stations and 4 Clif Bar feed stations along the marathon route.
- Highland Spring water is provided in 330ml screw-top bottles, Nuun is provided in cups and there will be Clif Bar Shot Bloks and Gels at the feed stations.

2.9 miles Highland Spring water station

6.1 miles Clif Bar feed station

6.15 miles Highland Spring water station

8 miles Nuun hydration station

9.6 miles Highland Spring water station

13.5 miles Clif Bar feed station

13.6 miles Highland Spring water station

15.8 miles Nuun hydration station

17.3 miles Highland Spring water station

19.9 miles Clif Bar feed station

20 miles Highland Spring water station

21.5 miles Nuun hydration station

23.2 miles Clif Bar feed station

23.25 miles Highland Spring water station

24.6 miles Highland Spring water station





LOOK OUT FOR...

highland hospitality, jellybabies, pipeband, goosebumps, meeting people from all over the globe and any ripples in the loch!

LITTERING

- It's a privilege to run alongside iconic Loch Ness and through Inverness, so please do everything you can to keep it free from litter and dispose of your rubbish responsibly.
- Please keep your rubbish in your pockets and get rid of it at the drink or feed stations where litter bins are available. Please use litter bins and do not drop litter.
- There will be litter bins provided at the start, each drink and feed station along the route and the Event Village.
- **In addition, there are clearly signed 'Litter Drop Zones'**, which will be small sections of the road approx. 1 mile after each drink and feed station where you will be permitted to discard your litter. When using these zones, please take care to ensure you discard your litter at the **LEFT** edge of the road to reduce the risk of hazard to runners behind you.
- Littering in any other locations along the route will **NOT** be tolerated.
- Please help us to keep Loch Ness and Inverness clean and tidy.

TOILETS

Portable toilets are available at the start and at every water station along the marathon route. There are also portable toilets at the Event Village and the bus departure point.

MILE MARKERS

There are ascending mile markers along the route.

TEMPORARY TRAFFIC RESTRICTIONS

We have priority on all roads throughout the Marathon, however please keep to the left hand side of the road at all times as it might be necessary for emergency and official vehicles to travel along the route.

Please note that one section of the route is left lane closure only. This is from the village of Dores to the finish where traffic will be travelling on the opposite carriageway. Runners must take extra care on this section and keep in the left-hand lane at all times.

Details of temporary traffic restrictions are available on our website.

SLOW RUNNERS

We would ask runners expecting to take longer than 5 hours to use the pavement on the left hand side through Inverness as roads start to open again to traffic and race organisers start dismantling the course from 15.00 onwards.

Please note that safety support and water will be available along the route until 17.00.

RETIRING

For runners retiring along the route, there is a sweep bus that follows the rear of the field. Please notify a marshal or an event official at the nearest drink or feed station or one of our medical team if you wish to retire, and then indicate to the bus as it passes that you wish to be collected. For safety reasons, please do not leave the course without informing an event official.



THE FINISH

- The Finish line is at the Event Village at Bught Park alongside the River Ness. The Finish Zone is a secure area with no public access. Once across the Finish line, you will be presented with your finisher's medal, finisher's t-shirt and a goody bag.
- There is also a complimentary post-race meal (Baxters soup and main course) for all marathon runners available in the Runners' Food Tent. Don't forget your food ticket (included within your race pack).
- You should retrieve your own kit bag from the baggage vehicles as quickly as possible. Baggage vehicles will be clearly signed by race number.
- Friends and family cannot enter the Finish Zone but can wait within the Event Village to meet up with runners. A clearly signed Meeting Point is available.

SHOWERS & CHANGING

Showers are located at Bught Stadium within Bught Park, approx. 300m behind the Event Village, refer to map on page 12. A changing tent is located within the Event Village. Please note that showers/changing are NOT available within Inverness Sports Centre.

BOOK YOUR POST-RACE MASSAGE NOW

Did you know post-race massage aids recovery, boosts circulation, removes lactic acid and promotes relaxation? Don't be disappointed and book in now by emailing caroline@athletesangels.com. A 10-minute massage costs just £10. **You definitely deserve it!**

SPECTATORS

- The final 4 miles through Inverness provide the best vantage points for spectators.
- Everyone is encouraged to come to the Event Village to welcome home all runners, and enjoy the entertainment and festival atmosphere.
- Please note that there is strictly NO spectator or vehicle access to the marathon start due to traffic restrictions and logistical and safety reasons.
- For safety reasons, it is NOT permitted to accompany any runners by bike or to cycle along any section of the marathon route.
- Please refer to the temporary traffic restrictions on our website.



USE OF HEADPHONES

Please note that wearing headphones is NOT permitted in any of the races under Scottish and UK Athletics rules. We DO allow the use of headphones that use bone conductor technology, which allow the wearer to be aware of their surroundings. However, this is at your own risk and if an incident occurs as a result of, or made worse by, you wearing bone conductor headphones you may be held liable.

MEDAL & iTaB

A medal will be given to every runner as you cross the Finish line. If you ordered an iTaB at the time of entry, you don't need to do anything - just wait for your iTaB to arrive in the post after the event. If you still need to order your iTaB, engraved with your name and finish time, visit

www.itab.us.com



FIRST AID & MEDICAL CARE

The Red Cross will provide first aid and medical care in both static and mobile units. First Aid will be located at the start, every drink station and at the Event Village. If you wish to retire at any point during the race, please approach one of our medical or marshal teams. Should runners not be allowed to continue for medical reasons or require hospital treatment, Event HQ will be notified.

RESULTS

Results for the Loch Ness Marathon will be posted on our website www.lochnessmarathon.com on Monday 24 September.

Please note results and prize giving are based on the information provided by you at the time of entering and it is your responsibility to advise the Organiser of any changes or amendments by logging-in to your Active account by 3 September OR telling us at pre-race registration.

PHOTOS

Marathon-Photos is the Official Event

Photographer, and will capture your exciting moments at the Loch Ness Marathon.

Marathon-Photos is the leading event photography company in the world, photographing over 700 mass participation events in over 35 countries. Participants will be able view their photos and video within 24 to 48 hours after the event, and a FREE personalised Event Certificate will be available to download.

www.marathon-photos.com

points to remember before leaving for the race

- Get dressed in tried and tested gear, pin your race number to the front of your running top before leaving home or your accommodation, and ensure your race number is not obscured e.g. by a water belt or bumbag.
- Remember to attach your baggage label to the top of your kit bag. This is a tear off number attached to your race number.
- DO NOT BE LATE for transport departure to Marathon Start on race day. Timings are very tight and transport WILL NOT wait for late arrivals. If you miss our transport, you will be unable to run due to restricted control of transport at the Start.
- Please be aware that weather conditions can change and deteriorate rapidly in the Scottish Highlands and you should bring appropriate clothing to keep warm and dry at the Marathon start in case of adverse weather.
- Lubricate all moving parts liberally with Vaseline.
- Many runners use a bin liner to keep warm at the start of the race. Please place your liner at the side of the road when you discard it, so that it does not cause danger to other runners.
- Do not alter direction suddenly, particularly at drink and feed stations, and try to steer a course for a table where there are fewer runners.
- Ensure you re-hydrate fully in the days before the event and drink regularly along the route especially in warm weather.
- Do take it easy until you are well past the halfway mark. You should be able to have an intelligible conversation with those around you!
- We hope your training has gone well, and would like to remind you that if you have recently had a bad cold or have been ill it is important to seek medical advice prior to the event. Also if your training has not gone to plan, we ask you give serious consideration to your ability to run the marathon.





If you have friends and family with you, why don't they enter the Baxters River Ness 10K or 5K. There's also the Wee Nessie for under 5s.

Entry for all races is available online until 3 September, with limited 5K and Wee Nessie entries available over race weekend.
www.lochnessmarathon.com

Be Greener

The Highland Council-led initiative Carbon CLEVER has a target of a carbon neutral Inverness in a low carbon Highlands by 2025. This ambitious goal requires us all to do our bit to help mitigate against climate change and make the Highlands an even better place to live and to visit. With this in mind, please remember the following:

- If you are staying in Inverness the night before the event, please walk to the Event Village or 10K start.
- If staying a little further afield, we would encourage you to car share wherever possible.
- It's a privilege to run alongside iconic Loch Ness and through Inverness, so please do everything you can to keep it free from litter and dispose of your rubbish responsibly, and use recycling bins provided. Please see 'Littering' section.
- We work with a local charity to recycle any clothing discarded at the race starts, along the route or at the Event Village.

RUN FOR CHARITY

We encourage all runners to fundraise for one of our official charities. Please refer to page 30 for list of official charities or visit: www.lochnessmarathon.com/run-forcharity

GETTING HERE & WHERE TO STAY

The Event Village at Bught Park, Inverness, IV3 5SQ is approx. 1 mile from Inverness town centre bus and train stations, and 11 miles from the airport. Please visit our website for information on getting to Inverness and where to stay. Visit www.trafficscotland.org for regular travel updates.

CAR HIRE

Our official car hire partner is Arnold Clark Car & Van Rental. Arnold Clark is offering all runners and supporters a **20% discount** off their best web rate on car rental. To book, visit arnoldclarkrental.com quoting promotional code **BAXT** or call **0141 567 0561**. Terms and conditions apply.

ACCOMMODATION

Running a marathon, 10K or 5K is enough of a challenge without having to worry about how to get there, where to stay and what to do after. Make sure that your weekend all goes to plan! For travel information, accommodation, where to eat and what to see and do, visit www.visitinvernesslochness.com.

GOVERNMENT ADVICE

In conjunction with the Government advisory messages around the threat to crowded places and mass gatherings, we recommend participants familiarise themselves with the Run, Hide, Tell advice and consider downloading the CitizensAID app here: www.citizenaid.org

Thank You

We would like to extend our special thanks to the many individuals, charities and organisations who volunteer over the weekend, and to all the communities, businesses and organisations located along the race routes for their support and assistance both before and during the event.



150 years of goodness



In 2018 Baxters is celebrating 150 years as one of the UK's best-loved food producers and its 17th year sponsoring the Loch Ness Marathon and Festival of Running.

Generations have enjoyed the finest soups, preserves, condiments, beetroot and chutneys, all lovingly created by the Baxter family. Just like the Loch Ness Marathon, there's something for everyone, whether it's packing in the protein with Hearty soups as part of your training or pre-race toast and tasty Raspberry Jam for your Wee Nessies.

The Baxters story began 150 years ago when George Baxter opened his grocery shop in the village of Fochabers, near Inverness. But one thing has remained constant throughout – the company's commitment to creating delicious recipes full of goodness.

Perfect for busy people trying to live healthily, Baxters products offer convenience without compromising on taste thanks to wholesome, balanced ingredients. This commitment to supporting healthy lifestyles goes beyond the products it makes and into local communities. This is why the company has sponsored the Loch Ness Marathon since its inception.

Baxters not only wants its products to taste good but to help people feel good too.

The popular Hearty range is rich in protein and provides up to three portions of your five a day in one tin full of flavour, from Butternut Squash, Sweet Potato, Chilli Lime to Smoked Bacon and Lentil.

Protein is one of the body's building blocks and is essential for repairing muscle. It also keeps your metabolism ticking over, boosts energy and keeps blood sugar levels stable. Grabbing a filling tin of Hearty soup two to four hours before a run is perfect for providing healthy, slow release energy to fuel your body.

Good luck!





DID YOU KNOW?

Baxters' iconic Royal Game is high protein, very low in fat and great added to stew. There's even a limited edition tin bearing one of the original labels to celebrate the 150th anniversary

Ginger is another super spice which is rich in anti-oxidants, aids digestion and boasts anti-inflammatory properties – you can find it in Super Good Tomato, Orange and Ginger Soup

Three varieties of Hearty soups pack in a massive three of your five recommended portions of veg and fruit a day – Tomato, Chorizo and Mixed Bean as well as the Butternut Squash flavours. Just add an apple and a banana to your lunch box and you're done

Beetroot is rich in nitrates which help muscles use oxygen more efficiently – luckily Baxters has been Britain's biggest beetroot producer since the 70s so you'll always be able to get your hands on some



improve your run

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EVENT WEEKEND

EXPO

OPENS 10AM // SATURDAY 22ND SEPT

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TRIGGERPOINT
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RONHILL

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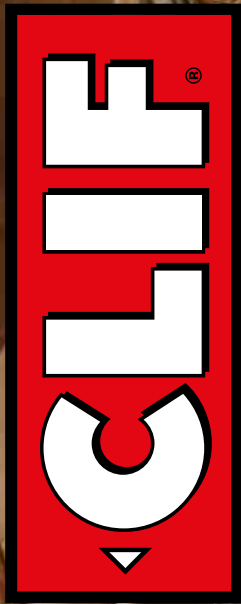
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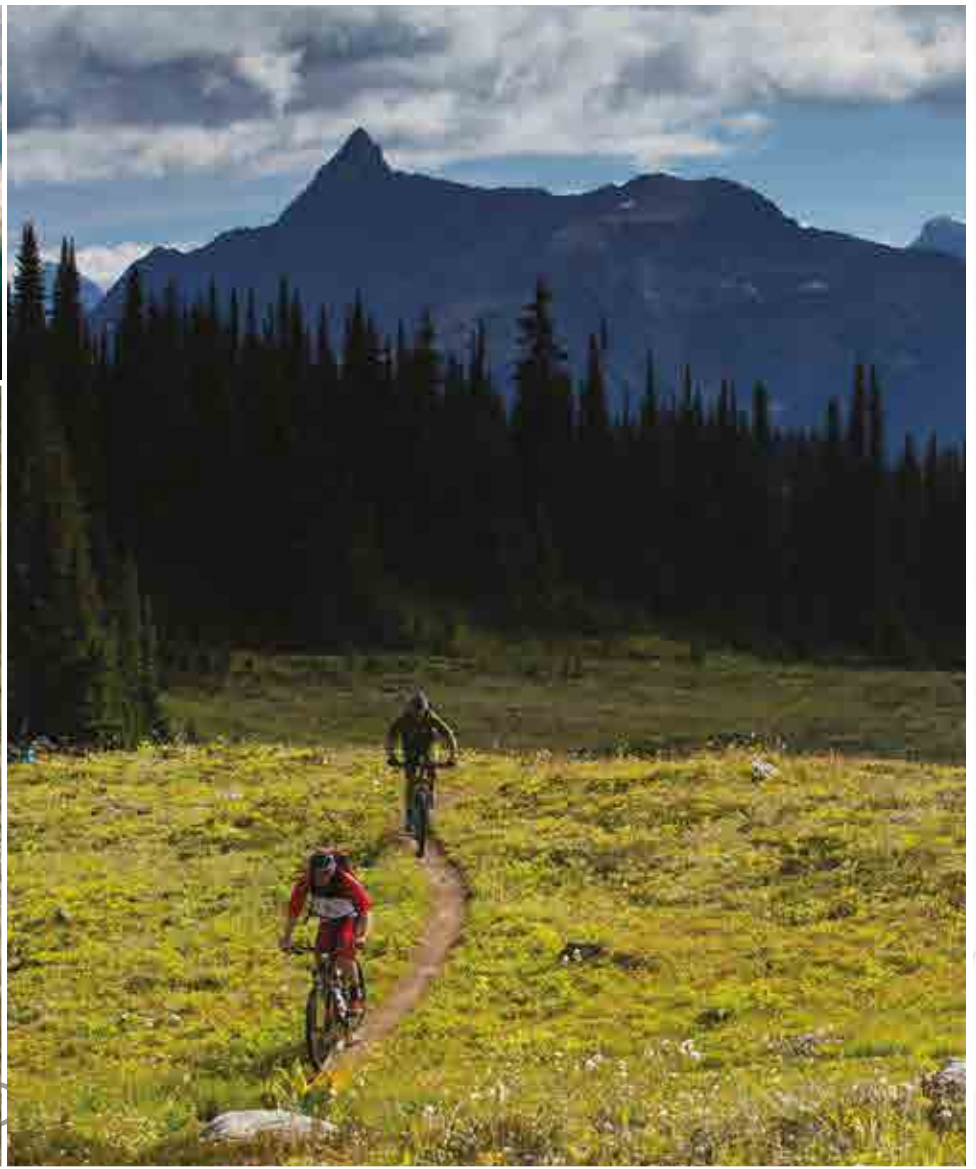
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HUMAN PERFORMANCE. MULTIPLIED.

PLUS FREE SAMPLING, PRODUCT TRIALS, DEMOS AND PRIZE DRAWS!

VISIT: RUN4IT.COM

A top-down view of several glass bowls filled with different types of nuts and seeds, including almonds, hazelnuts, and flaxseeds, arranged on a wooden surface.

FEED YOUR ADVENTURE™



WE ARE FOODIES AND ATHLETES PASSIONATE ABOUT MAKING DELICIOUS, NUTRITIOUS FOOD IN A WAY THAT'S GOOD FOR PEOPLE AND THE PLANET.

CLIF BAR®

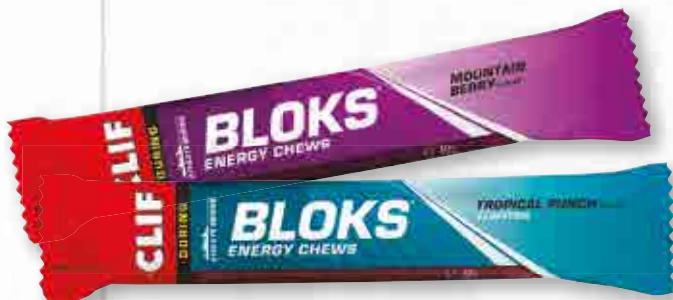
CLIF BAR is the first energy bar we made, thoughtfully crafted and inspired by athletes and foodies in the CLIF kitchen. CLIF BAR is made with a blend of nutritious, wholesome ingredients, such as organic rolled oats, to help Feed Your Adventure®.

CLIF BAR encourages you to push farther, stay strong and celebrate, share and inspire moments of outdoor adventure.



CLIF® BLOKS® ENERGY CHEWS

CLIF BLOKS Energy Chews provide quick, chewable nutrition for athletes who are training and racing. BLOKS come in a portable, easy-to-access package that makes it easy to eat during long outings or races.



CLIF® Nut Butter Filled

CLIF Nut Butter Filled is a new kind of energy bar that is organic and brings together two great foods—a creamy nut butter filling inside a bar made with organic oats. CLIF Nut Butter Filled Energy Bars are available in three delicious flavours: Chocolate Hazelnut, Chocolate Peanut Butter and Peanut Butter.



CLIF® SHOT™ ENERGY GEL

CLIF SHOT Energy Gel is a quick source of carbohydrates for endurance athletes during training or racing. It is made with organic ingredients such as organic dried cane syrup, and comes in packaging with a Litter Leash® to minimize the impact on the places where you race and train.



RUN FOR CHARITY

Make your marathon miles count by fundraising for one of our official charities. There are lots to choose from, all doing incredible work to help others and improve lives. Take a look below and check out www.lochnessmarathon.com/run-for-charity/



Join #TeamAlzScot!



Challenge yourself and be part of **#TeamAlzScot** in the year's Baxters Loch Ness Marathon!

Every penny raised will help us make sure nobody faces dementia alone. Our localities across Scotland are committed to providing the best possible care, support and information for everyone living with dementia, as well as making sure that people with dementia and their carers are recognised and valued in their local communities.

Secure your guaranteed charity place for a discounted rate of £35: bit.ly/AlzScotCAP2018

Every step you take will help us to make a difference, so sign up now!

Help Keep Your Hospice Running

by participating in Baxter's Festival of Running and Loch Ness Marathon.

Sunday 23 September 2018

Marathon | 10k corporate challenge (teams of 4) | 10k | 5k

www.highlandhospice.org/baxters

Contact Jenna Hayden on 01463 246474
or j.hayden@highlandhospice.org.uk

Highland Hospice, Ness House, 1 Bishops Road, Inverness IV3 5SB.
Highland Hospice is a registered Scottish Charity No: SC011227

Highland Hospice 



MS Society

**Baxter's Loch Ness
Marathon and Festival
Of Running**

We invite YOU to join the #MSSuperstarsTeam

Guarantee your spot in the team today, we will be with you every step of the way.

We're the MS Society. Our community is here for you through the highs, lows and everything in between. We understand what life's like with MS. Together, we are strong enough to stop MS.

0131 335 4063 | msfundraising@msociety.org.uk | msociety.org.uk

Multiple Sclerosis Society. Registered charity nos 1139257 / SC041990. Registered as a limited company in England and Wales 07451571



Image by Paul Campbell

Registered with
FUNDRAISING
REGULATOR



GOOD LUCK



It's not too late to join the team!

Join us and make your Loch Ness experience extra special. We'll give you the best support and cheers all along the course. Most importantly every step you take will help people with cancer live their lives as fully as they can.

To join the team,
click on the links below:

- [Loch Ness Marathon](#)
- [River Ness 10K](#)
- [River Ness 5K](#)

Join Team Macmillan

We're delighted to partner again with the Baxters Loch Ness Marathon & Festival of Running as the official charity. Every year we welcome hundreds of people to run with Team Macmillan and this year we'd love for you to join us.

You'll be joining a team of incredible people who are working hard to make their run count and support people living with cancer. Your support will mean we can help people with cancer live life as fully as they can.

This will be the **10th year** that we've partnered with the Loch Ness Marathon. In that time over 2,000 Team Macmillan runners have crossed the finish line, raising over £630,000 to support people living with cancer. And this year we hope to cross the £700,000 milestone.

You can use your challenge to make a difference. All we ask is that you raise as much as you can.

Good luck
and we look
forward to
welcoming
you to the
team!

As a thank you,
you will receive:

- ✓ a free running top
- ✓ training plans and expert fundraising advice
- ✓ support all along the course from our noisy cheer points
- ✓ a free massage at our hospitality tent once you've crossed the finish line



0300 1000 200 | running@macmillan.org.uk
macmillan.org.uk/lochness



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Optimal hydration for all levels of activity.

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- Soy & dairy free
- Safe for clean sport
- 10 calories

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10 MARCH 2019

½ MARATHON | 5K

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½ marathon, total achievement

www.invernesshalfmarathon.co.uk



