



LOCH NESS  
MARATHON  
*and Festival of Running*



6 October 2019

Baxters River Ness 5K/Wee Nessie

# RACE GUIDE

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



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## 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...

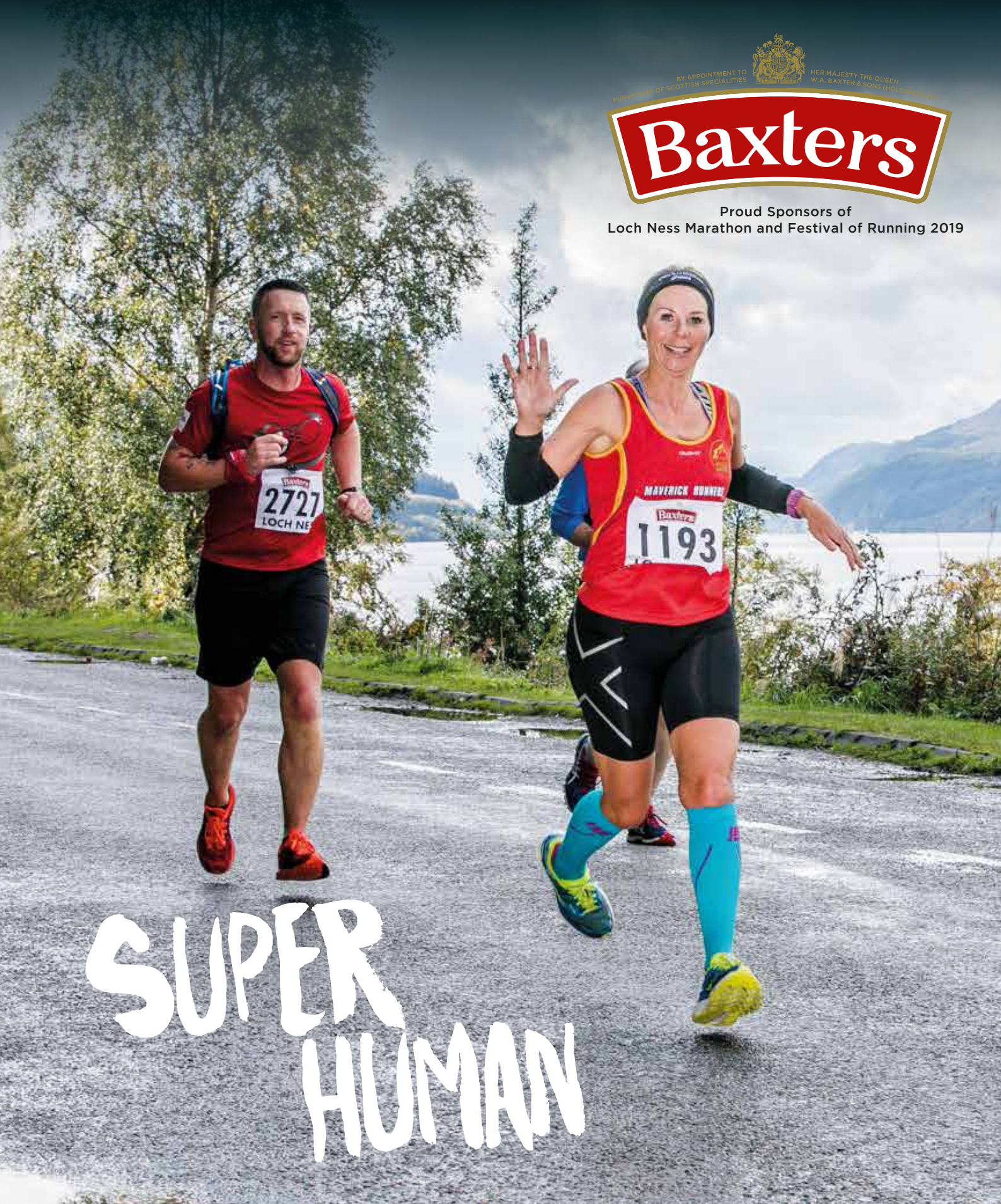
## Festival on Race Day...

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





Proud Sponsors of  
Loch Ness Marathon and Festival of Running 2019



# SUPER HUMAN

Good Luck to everyone running to raise funds for Macmillan Cancer Support. Last year at Baxters, we pledged to raise £100,000 for this great cause and are proud to say we exceeded our target and raised over £117,000!

Working with

**MACMILLAN.  
CANCER SUPPORT**



# Welcome

**Malcolm Sutherland**

Event & Race Director, Loch Ness Marathon

We look forward to welcoming you to the 2019 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 18 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, Hoka, Gore, HIGH5, Run4It, JBT, Highland Council, Police Scotland, Marathon Tours, Walkers Shortbread, Arnold Clark 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 and Highland Hospice and 14 additional charity partners, who are all doing incredible work to help others and improve lives. Over the last 17 years, runners have raised a staggering £10.4m 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 soak up the festival atmosphere.

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 6 October.



**Audrey Baxter**  
Executive Chairman  
and Group CEO

## **Baxters is proud to be the title sponsor of the Loch Ness Marathon for the 18th year running.**

The event continues to reflect the company's commitment to supporting the local community and providing food full of goodness to encourage a healthy and active lifestyle. We are delighted to have been part of the event from the beginning, working with and supporting the team to help make the Loch Ness Marathon & Festival of Running the world-class event it is today.

Last year we pledged to raise £100,000 for Macmillan Cancer Support as part of our 150th year anniversary celebrations. Many of our staff got involved, doing everything from bungee jumps to mud runs and tackling the Loch Ness Marathon. We also launched an on-pack promotion featured on our famous soups to help raise awareness and funds. We are proud to announce that we exceeded our initial target and raised over £117,000!

The funds raised will help to fund two Macmillan nurses for over a year providing support to 367 people living with cancer in the UK, as well as their family and loved ones. Well done to everyone who is running to raise money for Macmillan or another charity on the day. I'd like to wish all the runners the very best of luck.

# RINCON

THE ULTRA-LIGHT,  
UBER-CUSHIONED SPEEDSTER

CHASE YOUR AMAZING



**HOKA** ONE ONE®



# TITLE SPONSOR



In 2018 Baxters celebrated 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](http://www.baxters.com)

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## 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; The 2019 Solheim Cup, LEN European Short Course Swimming Championships 2019 and UEFA EURO 2020.

Follow us @EventScotNews or [www.eventscotland.org](http://www.eventscotland.org)



**HOKA ONE ONE®** produces premium performance footwear for athletes of all types. Initially distinguished by their extra-thick midsoles, HOKA shoes were first embraced by competitive ultrarunners because of their enhanced cushioning and inherent stability, and today are designed to meet the running, walking and fitness needs of a wide variety of users. HOKA's road running, trail running, hiking and fitness shoes appeal to serious runners and fitness enthusiasts alike who enjoy the shoes' unique ride and performance characteristics. For more information, visit [hokaoneone.eu](http://hokaoneone.eu) or follow @hokaoneone\_eu #timetofly





For over 30 years **GORE® WEAR** have been engineering products to enhance your experiences. The world leading fabric technologies deliver functional apparel that sets new standards in comfort and protection. Giving you the confidence to set new standards in running, cycling and beyond. Be the first to experience the latest technologies from the inventors of GORE-TEX® products. We are therefore delighted to be associated with the Loch Ness Marathon as the official Sports Apparel partner in 2019 and look forward to meeting with you all at the event and supporting you as the intensity of your training increases ahead of the big day. On behalf of **Team GORE #always evolve**



**HIGH5** are a UK leading Sports Nutrition Brand that specialise in endurance sports. We have a range of trusted gels, drinks and bars which help you to be at your ultimate best, any day. At HIGH5 we're passionate about making sure you achieve your goals, however big or small they may be; whether you're a new starter or an elite professional. We've been on the Sports Nutrition scene for over 20 years and love constantly looking for new ways to make our products perform better, taste better and be more convenient. HIGH5 are committed to creating nutritious products with amazing natural flavours. <https://highfive.co.uk/>



**Run4It** are delighted to support this year's Loch Ness Marathon and are offering participants a 15% discount to help get their training off to the best possible start. Run4It pride themselves on offering great product, quality customer service and expert, honest advice to help improve your running experience! You can use your voucher in Run4It's **8 shops** across Scotland or online at [run4it.com](http://run4it.com). In store, Run4It offer a free analysis and shoe fitting service, called +runlab and can recommend models best suited to your running style and needs.



**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](http://www.jbt.co.uk)

## PARTNERS



# Scotland

## The Perfect Stage



EventScotland is a proud supporter of the Baxters Loch Ness Marathon and Festival of Running.

Having supported the event since 2005, it is an important part of our annual portfolio of sporting events and has grown to become one of the largest and most prestigious mass participation events in the UK; attracting thousands of runners of abilities from all over the world to take on its picturesque route.







Its breath-taking course along the south-eastern shores of Loch Ness, across the River Ness and to the finish in Inverness showcases one of Scotland's most spectacular locations and why we are the perfect stage for events.

It also provides the perfect build up to the Year of Coasts and Waters 2020, which will celebrate with a year-long programme of events and activities. From water inspired myths and legends to historic harbours, sweeping coastlines to the very best in seafood, whisky, wildlife and wellness – Scotland's enviable reputation for unspoiled beaches, rich natural and cultural heritage and thrill-seeking adventure activities will be showcased throughout the year.

EventScotland is part of VisitScotland's Events Directorate and is working to make Scotland the perfect stage for events. By developing an exciting portfolio of sporting and cultural events EventScotland is helping to raise Scotland's international profile and boost the economy by attracting more visitors.

Future events in the pipeline for Scotland include; LEN European Short Course Swimming Championships Glasgow 2019, UEFA EURO 2020, the Sprint World Orienteering Championships 2022, the 2023 Island Games and the inaugural 2023 UCI Cycling World Championships.

To find what else is on offer visit: **[visitscotland.com/events](https://visitscotland.com/events)**



# race

## weekend timings

### Saturday 5 October

#### 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.**

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

### Sunday 6 October

**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, street food zone, 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







## Runners' Café

Kick off your race weekend with a visit to our Runners' Café and Scotland's only Expo dedicated to runners, both open during Registration on Saturday 5 October, 10:00-16:00.

**Free entry for all.**

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

Join BBC Scotland's **Bryan Burnett** for a series of Q&A sessions throughout the afternoon. He will be joined by **Vassos Alexander**, one of the UK's best known sports presenters, seasoned endurance runner with sub-3hr marathon PB and author of two best-selling books on running.

Also joining them will be **Tom Craggs**, renowned UK running performance coach with a fantastic record of coaching runners from beginners through to GB elite athletes; and **Fraser Clyne**, former international marathon runner and five times Scottish marathon champion.

They will advise you on how to achieve your best performance on race day 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. **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. Expect to find soup, venison burgers, stovies, baked potatoes, hog roast to home-baking and ice cream. Expect to find everything from soup, burgers, seafood, curries, hog roasts to pancakes, home-baking and ice cream. You can also sample locally crafted beers and gin.

**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 online shop and will also be available to purchase at the Expo over the race weekend.

[www.lochnessmarathon.com/shop](http://www.lochnessmarathon.com/shop)



## RUN LOCH NESS IN 2020!

Entry to the 2020 Baxters Loch Ness Marathon & Festival of Running, taking place 4 October 2020, will open on Monday 7 October at

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

### KEEP IN TOUCH



@lochnessmarathon



@nessmarathon



@lochnessmarathon

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

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





# 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 5 October

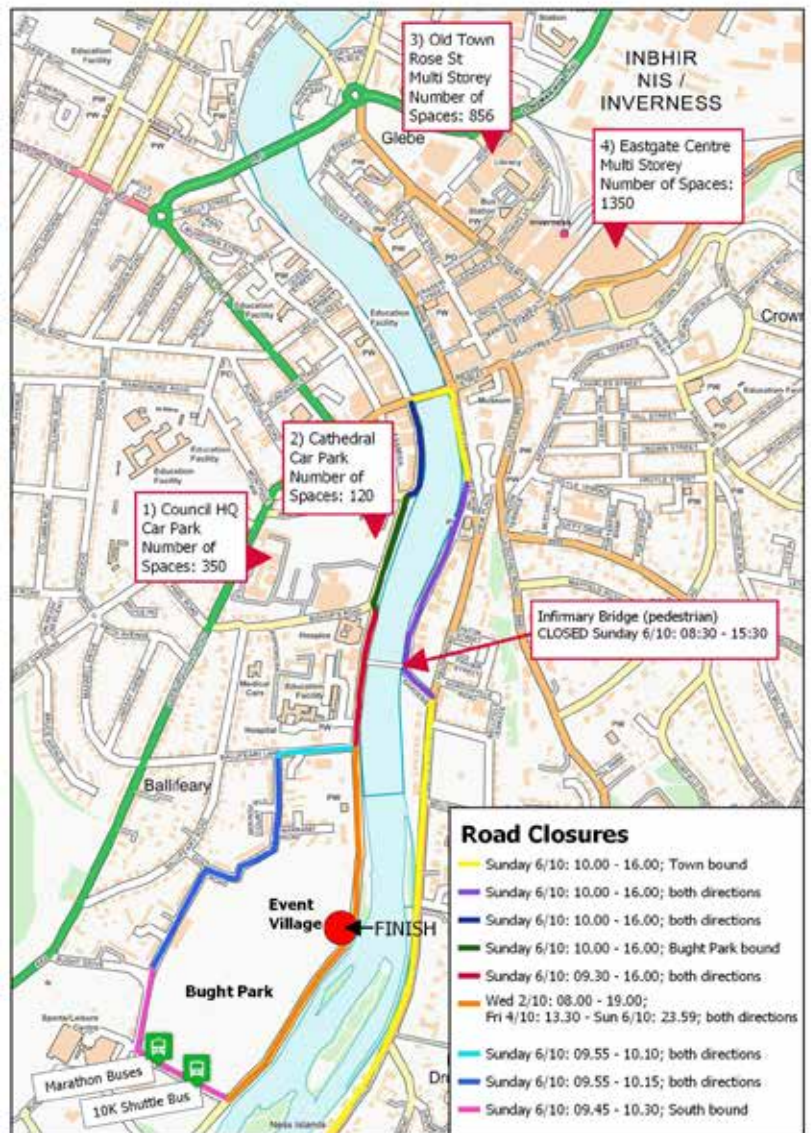
Parking is available at the following public car parks. Please note parking charges may apply.

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 6 October

- 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.



# BAXTERS RIVER NESS 5K

## RACE INSTRUCTIONS

### Saturday 5 October

**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 6 October

**08.00 - 09.30** Pre-race registration at the Event Village at Bught Park

**09.00 - 16.00** Festival of Running including Sports Expo, street food, live music and kids' activities open to the public at the Event Village. Free entry.

**10.00** Start of River Ness 5K at Bught Park

### ENTRY TO THE 5K

The Baxters River Ness 5K follows a flat course in Inverness, starting and finishing at Bught Park, and is ideal for shorter distance runners, those new to running, families, children and wheelchair entrants.

Entry fees are £12.50 online (£13 for race weekend entry). Entry fee includes finisher's medal, finisher's t-shirt, goody bag, water and post-race Baxters soup.

A limited number of 5K entries are available subject to race capacity over the race weekend but we recommend entering in advance or on the Saturday to avoid disappointment.

**All children aged 8 and under must be accompanied by an adult who should also enter the 5K.**

### REGISTRATION

All 5K runners must attend pre-race Registration to collect their race number between 10.00-18.00 on Saturday 5 October and 08.00-09.30 on Sunday 6 October.

Please allow at least an hour before close of registration if you plan to collect your race number on Sunday.

**Schools & Clubs Entries:** your team coordinator will collect a pack containing all race numbers for your school or club at 5K Registration.

### RACE NUMBER

- Please visit [www.lochnessmarathon.com](http://www.lochnessmarathon.com) for a full list of race numbers (available w/c 2 Sept).
- 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 the doctor and 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

There is no dedicated baggage storage facility for 5K runners at the Event Village however any bags can be left in the Changing Tent at your own risk. Please note this tent is not supervised.

## THE START

The 5K will start at 10.00 at the Bught Park including a fun aerobic warm-up. Please note experienced and club runners should start at the front and fun runners, younger children, wheelchairs and buggies and walkers should position themselves to start towards the back of the field. Please follow marshals' instructions carefully. **All runners aged 8 and under MUST be accompanied by an adult.**

## THE ROUTE

The 5K starts at Bught Park and heads along Ness Walk, turns left into Ballifeary Lane and left again at Springfield Gardens, before going around Bught Park and crossing the River Ness into Ness Islands. The route then follows Ness Bank into the centre of Inverness, turning left over Ness Bridge and left again immediately after the bridge into Ness Walk, along Bishops Road and Bught Road to finish at Bught Park. **See Google Map [here](#)**

## 5K ROUTE MAP



## WHEELCHAIR ENTRY

The race is wheelchair accessible and we welcome wheelchair entries. Parents/carers wishing to escort wheelchair participants are also required to enter the 5K. Please email [info@lochnessmarathon.com](mailto:info@lochnessmarathon.com) if you wish to enter as a wheelchair participant.

## DISCOUNTED ENTRY FEES FOR SCHOOLS, YOUTH CLUBS & DISABILITY GROUPS

There are reduced entry fees available for teams from schools, youth clubs and disability groups. Please email [info@lochnessmarathon.com](mailto:info@lochnessmarathon.com) for entry forms and guidelines. All team entries must be received by 24 September.

## SPECTATORS

- Everyone is encouraged to come to the Event Village to welcome home all runners and enjoy the entertainment and festival atmosphere.
- For safety reasons, it is not permitted to accompany runners or cycle along the 5K route.
- Please refer to the temporary traffic restrictions on our website.

## THE FINISH

- The Finish 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 you will be presented with your finisher's medal, finisher's t-shirt and a goody bag.
- 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.
- All 5K finishers receive complimentary Baxters soup available in the Runners' Food Tent – don't forget your food ticket (handed out at registration).



## USE OF HEADPHONES OR EARPHONES

Please note that wearing headphones or earphones is NOT permitted in any of the races under Scottish and UK Athletics rules. We DO allow the use of headphones or earphones 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 is made worse by you wearing bone conductor headphones or earphones, you may be held liable.

## TEMPORARY TRAFFIC RESTRICTIONS

We have priority on all roads along the 5K route however please note that some sections of the route are left lane closure only where traffic will be travelling on the opposite carriageway. Runners must take extra care on this section and keep in the left-hand lane.

Please keep to the left-hand side of the road at all times as it may be necessary for emergency and official vehicles to travel along the route.

Details of temporary traffic restrictions are available on [our website](#).



## LITTERING

It is a privilege to run 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 Event Village where litter bins are available. Please use litter bins and do not drop litter.

## SHOWERS & CHANGING

Showers are located at Bught Stadium within Bught Park, approx. 300m behind the Event Village. 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 [info@athletesangels.com](mailto:info@athletesangels.com).

A 10-minute massage costs just £10. You definitely deserve it!

## TOILETS

There are portable toilets located at the Event Village (start and finish location).

## 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, 2.5km mark, the finish and 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

The Baxters River Ness 5K is not chip timed and there are no official results.

## PHOTOS

**Marathon-Photos** is the Official Event Photographer and will capture your exciting moments at the Baxters River Ness 5K. 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](http://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.
- 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 5K.







## BAXTERS WEE NESSIE RACE INSTRUCTIONS

### Saturday 5 October

**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 6 October

**08.00 - 09.45** Pre-race registration at the Event Village

**09.00 - 16.00** Festival of Running including Sports Expo, street food, live music and kids' activities open to the public at the Event Village. Free entry.

**10.15** Start of the Wee Nessie in Bught Park

### ENTRY TO THE WEE NESSIE

The Wee Nessie is open to children aged 5 and under on the day of the race. Entry fee is £5 and entry is online at [www.lochnessmarathon.com](http://www.lochnessmarathon.com).

Entry fee includes finisher's medal, t-shirt, water and fruit.

A limited number of Wee Nessie entries are available subject to race capacity over the race weekend however we recommend you enter in advance to avoid disappointment.

### REGISTRATION

All Wee Nessie runners must collect their race number and t-shirt from pre-race Registration between 10.00-18.00 on Saturday 5 October and 08.00-09.45 on Sunday 6 October.

Please allow at least an hour before close of registration if you plan to collect your race number on Sunday.

### TOILETS

There are portable toilets located at the Event Village.

### FIRST AID & MEDICAL CARE

The Red Cross are located within the First Aid Tent in the Event Village.

### THE ROUTE

The Wee Nessie starts and finishes in Bught Park and follows a short circular route of approx. 800m around the park which children can run, jog, walk or toddle at their own pace. Parents and carers are welcome to accompany younger children, and buggies are also welcome. Any parents and carers not running with their child should stand at the finish line to meet them as they cross the finish line.



# SUSTAINABILITY

The Baxters Loch Ness Marathon & Festival of Running is committed to making the event as sustainable as possible and we continuously review our processes to reduce waste and maximise recycling. As part of this, we are aiming to reduce and eventually remove all single use plastic from the event. We're encouraging all our sponsors & partners, charities, runners and volunteers to join us.

2019 will see a phased introduction of paper cups at 45% of drink stations along the marathon course, which includes two water stations and three electrolyte drink stations.

Water will be provided in paper cups at 100% of the drink stations along the 10K route.

For the first time in 2019, we will provide water in a reusable drinks bottle at the finish line to all finishers of the marathon, 10K and 5K.

It is a privilege to run alongside Loch Ness and through Inverness and we encourage all runners, spectators and general public coming to the event to dispose of their rubbish responsibly.

Litter bins are provided at the drink and gel stations along the race routes and there are clearly signed 'Litter Drop Zones' approximately 1 mile after each station where runners can discard their litter. All plastic bottles and paper cups are collected and taken to our recycling partner. There are clearly signed recycling and general waste bins throughout the Event Village.

We ensure all surplus food, water and discarded clothing is collected for reuse, recycling or donated to local charities and those in need.

We are committed to using local suppliers and contractors for the event and buy all supplies locally, wherever possible. We ensure our t-shirts and medals are shipped not flown. We order only what is necessary, to reduce waste.

We are encouraging all our caterers to consider using alternatives to single use plastic, e.g. bamboo cutlery, compostable paper plates and cups.

The goody bag provided to finishers is a Bag for Life which can be reused.

The bag containing the finisher t-shirt is biodegradable and compostable and can be disposed with local food waste, and postage bags for merchandise orders are also biodegradable.

We produce race branding, signage and marshal bibs without dates where possible for re-use in future years.

All runners and volunteers register online, with all our communications via website, email or social media, reducing printing and paper waste.

We encourage all participants, spectators and volunteers living or staying in Inverness to consider walking to the Event Village or 10K start; those coming from further afield are encouraged to use public transport or car share wherever possible.

We provide free bus transport for all marathon runners from Inverness and various locations around Loch Ness to the marathon start and a free shuttle bus is provided to 10K runners to return to the start to collect their vehicles, therefore reducing traffic around Inverness and Loch Ness.



## 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 24 September,  
with limited 5K and Wee Nessie entries available over  
race weekend, subject to race capacity.

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



### 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](http://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](http://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](http://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](http://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.citizensaid.org](http://www.citizensaid.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.**



# Baxters

## BEEETROOT

Baxters Beetroot really is the pick of the crop!



It was in 1928 that Baxters first added their secret vinegar recipe to the freshest beetroot and began the journey to producing the nation's favourite beetroot. Since then, we've made it our mission to make every jar of Baxters beetroot the most flavoursome and succulent available. Today, all of our beetroot is grown on the best soils in Britain by a small dedicated group of Farmers, freshly picked from field to factory. That way you can enjoy proper beetroot flavour at its fullest and finest with the right amount of crunch.



It's packed with powerful antioxidants, essential nutrients and is a great source of fibre, it's no wonder we love beetroot at Baxters. Associated with numerous health benefits, including improved blood flow, lower blood pressure, and increased exercise performance, beetroot deserves a place in every marathon runner's diet. Whether you chop it into a salad, add it to your favourite sandwich or blitz it into a delicious hummus, our famous beets will help you go the extra mile.



# WE MAKE SUPER



You know all Baxters soups are good, so what makes our 'Super Good' soups even more Super? The secret lies in our 'feel good' ingredients in every can. Perfectly balanced with delicious flavours and fresh veggies, eating well really does feel great!

With flavour and ingredients to support health such as omega 3 fats, antioxidant rich spices, quality protein, fibre, whole grains and an array of nutrient packed vegetables. Each super-good ingredient has been used to make it super easy to reach a nutritionally dense and balanced diet.

To find out more about all of our products and watch our Super new TV ad, visit us at [www.wemakesuper.com](http://www.wemakesuper.com)





improve your run

OFFICIAL  
RETAIL  
PARTNER

# GETTING YOU READY FOR THE START LINE!

## YOUR RACE DAY CHECKLIST:

- ☒ Technical top & bottoms
- ☒ Running shoes
- ☒ Running socks
- ☒ Running belt
- ☒ GPS watch
- ☒ Nutrition
- ☒ Race number & safety pins

Participants can enjoy a **15% discount** in Run4It stores  
or [run4it.com](https://run4it.com) using code: **LN1915\***



0344 824 8180



[contact@run4it.com](mailto:contact@run4it.com)



[run4it.com](https://run4it.com)



\*Excludes sale products, GPS watches & gift vouchers





improve your run



LOCH NESS  
MARATHON

and Festival of Running

# EVENT WEEKEND EXPO

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**PLUS FREE SAMPLING, PRODUCT DEMOS, PRIZE DRAWS AND MORE!**

**SATURDAY 5 OCTOBER 10AM-6PM  
& SUNDAY 6 OCTOBER 9AM-4PM**

Event Village, Bught Park, Inverness IV3 5SQ



## THE FUELLING FACTS

During a marathon, more than two thirds of your energy can come from carbohydrate. Unfortunately your body is only able to store a limited amount of carbohydrate and as the miles tick by, you will deplete that store. As your carb levels fall, so does your energy, and you will find it harder to maintain your early pace. You could even hit the dreaded 'wall' — where your carb stores are so depleted that your muscles are forced to rely almost exclusively on fat as fuel.

The body finds it hard to convert fat to energy, which makes it tough to keep running at any pace. To ensure you have optimum carbohydrate levels on race day, you should carbo load in the days leading up to your event and consume carbohydrate during the Marathon.

## DURING YOUR MARATHON

Think of your body's store of carbohydrate as a relatively small fuel tank, that starts emptying as you start running. Your muscles use carbohydrate quickly and can easily deplete that store during a Marathon. If you provide your muscles with carbohydrate by consuming gel as you run, they will take less fuel from your carbohydrate store and it will last longer. The purpose of taking gel during your marathon is to delay the point at which you run out of fuel — until you cross the finish line.

Taking too much gel too quickly can and will cause stomach problems. By contrast, taking just a couple of gels at the 17 mile mark, as some people do, will only provide a short lived energy boost. Taking 2 or 3 gels every hour from the very start of your event is optimum and will mean that by mile 17, you should still have enough carbohydrate energy available for a strong finish.

## ON COURSE NUTRITION



### ENERGY GEL AQUA

Water and refreshing natural fruit juices give Energy Gel Aqua its extremely light consistency when delivering carbohydrates straight to your muscles during exercise.

### ZERO

A refreshing, great tasting sugar free electrolyte drink with zero calories for during exercise and throughout the day.

**IF YOU'RE TACKLING A MARATHON, YOU WILL HAVE TRAINED HARD FOR MONTHS TO GET IN GREAT SHAPE AND READY TO LINE UP AT THE START OF THOSE 26.2 MILES. ONE OF THE CRITICAL PIECES IN THE MARATHON PUZZLE IS YOUR RACE-DAY NUTRITION STRATEGY...**



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FUELLING PLAN HERE:**

<https://highfive.co.uk/high5-faster-and-further/#running>





# REVOLUTIONISE YOUR RUN LOCH NESS MARATHON 2019

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**#ALWAYSEVOLVE**

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# 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/](http://www.lochnessmarathon.com/run-for-charity/)

**MACMILLAN**  
CANCER SUPPORT



Life is precious



## Team AlzScot needs you!

We rely on fundraised income to support over 90,000 people in Scotland who are currently living with dementia, as well as their families and carers.

Use your place in the Baxters Loch Ness Marathon as a chance to raise vital funds.

**Find out more by visiting: [alzscot.org/lochness19](http://alzscot.org/lochness19) or by calling our Fundraising team: 0131 243 1453**

Alzheimer Scotland - Action on Dementia is a company limited by guarantee, registered in Scotland 149069. Registered office: 160 Dundee Street, Edinburgh E11 1DQ. It is recognised as a charity by the Office of the Scottish Charity Regulator, no. SC022315



**When faced with life shortening illness, death and bereavement, the people of the Highlands deserve the best possible care and support.**

**Make your run count by helping us to ensure they receive this.**

[www.highlandhospice.org/baxters](http://www.highlandhospice.org/baxters)

Contact Jenna Hayden on 01463 246474  
or [j.hayden@highlandhospice.org.uk](mailto: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 





# 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 along the course. Most importantly every step you take will enable us to help everyone with cancer live life 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 and 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.

**Every two minutes someone in the UK is diagnosed with cancer.**

With your help, Team Macmillan are aiming to raise over £70,000 at the Baxters Loch Ness Marathon and Festival of Running. This could support our front line staff to run our Macmillan Support Line phone service for 15 days. In this time, they could answer 3,585 calls and web enquiries from people who want questions answered, need practical or financial support, or just want to chat.

It's not too late to join Team Macmillan and use your challenge to help everyone with cancer live life as fully as they 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

## The difference you could make

Your fundraising could make a real difference to the lives of people affected by cancer:



**£506**

could support our welfare right advisors run the welfare rights element of our phone service for 1 hour. In this time they could on average deal with 15 cases and help secure around £20,000 in unclaimed benefits for people affected by cancer.



**£335**

could pay for a Macmillan Grant that helps a family affected by cancer take a holiday and enjoy precious time together.



**£250**

could pay for a cancer self-help and support group to set up its own website. The group could then use the website to promote itself, list the dates of meetings and encourage members to keep in touch and chat online.



**£112**

could pay for a Macmillan Support Worker for 1 day, helping people living with cancer receive the support they need.



**£50**

could help run a large Macmillan information and support centre for 1 hour, helping people affected by cancer to find information and support.



**0300 1000 200 | [running@macmillan.org.uk](mailto:running@macmillan.org.uk)**  
**[macmillan.org.uk/lochness](http://macmillan.org.uk/lochness)**

  
**ETAPE**  
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26•04•20



# GREATNESS

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1/2 marathon, total achievement

[www.invernesshalfmarathon.co.uk](http://www.invernesshalfmarathon.co.uk)

