



LOCH NESS
MARATHON
and Festival of Running

(02/10/2022)

RIVER NESS 5K & WEE NESSIE



RACE GUIDE

lochnessmarathon.com

THE BEST ROOT FOR RUNNERS.

Baxters

WE MAKE SUPER

Boost through your
five-a-day with Baxters
Beetroot.





Malcolm Sutherland
Event & Race Director,
Loch Ness Marathon



Welcome

We look forward to welcoming you to the 20th edition of the Baxters Loch Ness Marathon & Festival of Running on 2 October. We have runners coming from all over the world to take part in this milestone year and we hope you enjoy your visit to this stunning part of the Scottish Highlands.

The inaugural Baxters Loch Ness Marathon took place in 2002 with a field of 864 runners. In 2022 the Festival of Running is expected to attract 8000 runners across all the races and is on the bucket list for many more runners across the globe.

We're incredibly grateful to Baxters Food Group, who have been with us as event sponsors from the very beginning. Their support has helped us make the event what it is today.

Thank you too to our support sponsors and partners: EventScotland, Hoka, High5, Run4It, Erdinger, Marathon Tours and Caledonian Logistics.

We would also like to take this opportunity to thank Highland Council, Police Scotland, Alba Traffic Management, Scottish Ambulance Service and other agencies and organisations who have provided invaluable support and advice with the planning of the event.

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, Cancer Research UK, Highland Hospice and Sapper Support plus 30 additional charity partners, who are all doing incredible work to help others and improve lives.

Over the last 20 years, runners have raised a staggering £13.5m and we wish all those running for charity this year all the very best with their fundraising.

Everything you need to know about the event is here, so please take time to read your race guide carefully to ensure you all have a safe and enjoyable event experience. Please also refer to our website and social channels 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 Registration on Saturday 1 October.



Audrey Baxter
Executive Chairman
and Group CEO

2022 marks the 20th edition of the iconic Baxters Loch Ness Marathon and Festival of Running. Over the years, this event has grown in size and stature to firmly establish itself as one of the most iconic 'bucket list' events on the running calendar, thanks to its spectacular route, breathtaking scenery and family atmosphere.

Baxters is incredibly proud to have supported the festival since its inception, with each of the 20 events providing the perfect platform to demonstrate the ethos at the heart of our business which is to 'be different and better'. This is about our commitment to local community and charitable causes along with highlighting the importance of health and wellbeing through good food and regular exercise.

The event itself provides those taking part, whether they are striving for a goal or fundraising for an important cause, with an opportunity to achieve personal victories. We wish you all every success in your endeavours – good luck!

Finally, congratulations to the festival team for once again delivering a fantastic event and a truly memorable experience for everyone involved.

contents

- 3** Welcome
- 5-6** Sponsors & Partners
- 7** Race Weekend Timings
- 8** Planning Your Trip
- 9** Parking
- 10-11** Registration/Race Pack
- 12-13** What to expect at the Event Village
- 14** Baggage / The Start
- 15** What to expect along the route
- 16** What to expect after the race
- 17** Don't miss out
- 18** Baxters Wee Nessie
- 19** Helping our Environment
- 20** Run for Charity



THANK YOU

TO OUR SPONSORS & PARTNERS



For over 150 years Baxters has been one of the UK's best-loved food producers, from its inception as a small grocery store in Fochabers in 1868 to the present day. With leading brands and over 160 products to its name, the Baxter family has been creating the finest soups, preserves, condiments, beetroot and chutneys for four generations. 2022 marks the 20th edition of the Loch Ness Marathon and Running Festival and Baxters is proud to have supported the event since the very beginning, highlighting the company's commitment to the local community and providing food full of goodness to encourage healthy and active lifestyles.

www.baxters.com

SUPPORT SPONSORS



EventScotland is working to make Scotland the perfect stage for events by securing and supporting an exciting portfolio of sporting and cultural events. It provides funding opportunities and access to resources and information to develop the industry. EventScotland is a team within VisitScotland's Events Directorate, the national tourism organisation, alongside Business Events and Development Teams. For further information about EventScotland, its funding programmes and latest event news visit www.eventscotland.org or follow **Twitter @EventScotNews** and **LinkedIn**.



HOKA® 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 or follow **@hokaoneone_eu #FlyHumanFly**





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 **15% discount** voucher in Run4It's **8 shops** across Scotland or online at **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.



ERDINGER Alkoholfrei is THE refreshing, isotonic recovery drink, and now it's available with a natural grapefruit twist - #itsallinthemix! Still naturally brewed and still providing the perfect balance of B-vitamins and minerals but now with a choice of two refreshing flavours to help your body recover and refuel after exercise, could there be anything better to aid your training? **Order yours today** and make ERDINGER Alkoholfrei your perfect training partner for the Loch Ness Marathon – Cheers!

PARTNERS





RIVER NESS 5K & WEE NESSIE 2022

RACE INSTRUCTIONS / KEY TIMINGS

Saturday 1 October

10.00 - 18.00	Registration open	Event Village, Bught Park
10.00 - 18.00	Sports Expo & Runners Café open	Event Village, Bught Park

Sunday 2 October

07.30 - 09.00	Registration for 5K & Wee Nessie	Event Village, Bught Park
09.00-16.00	Event Village open – Expo, street food, kids' activities, live music	Event Village, Bught Park
09.30	Start of Baxters River Ness 5K	Bught Park
09.45	Start of Wee Nessie	Bught Park
10.00	Start of Baxters Loch Ness Marathon	Near Whitebridge, South Loch Ness
10.30	Start of Baxters River Ness 10K & Corporate Challenge	Culduthel Avenue, Inverness, IV2 6RE
12.30	10K/Corporate Challenge presentation	Event Village, Bught Park
14.00	Loch Ness Marathon presentation	Event Village, Bught Park

Share your Loch Ness stories & photos with us



@lochnessmarathon



@lochnessmarathon



@nessmarathon

#runlochness #lochnessmarathon



Planning your trip

The Event Village is in Bught Park, Inverness, IV3 5SQ, approx. 1 mile from Inverness town centre, bus and train stations, and 11 miles from Inverness airport.

TRAVEL TO INVERNESS

Please visit our website for information on getting to Inverness and where to stay. Visit www.trafficscotland.org for travel updates.

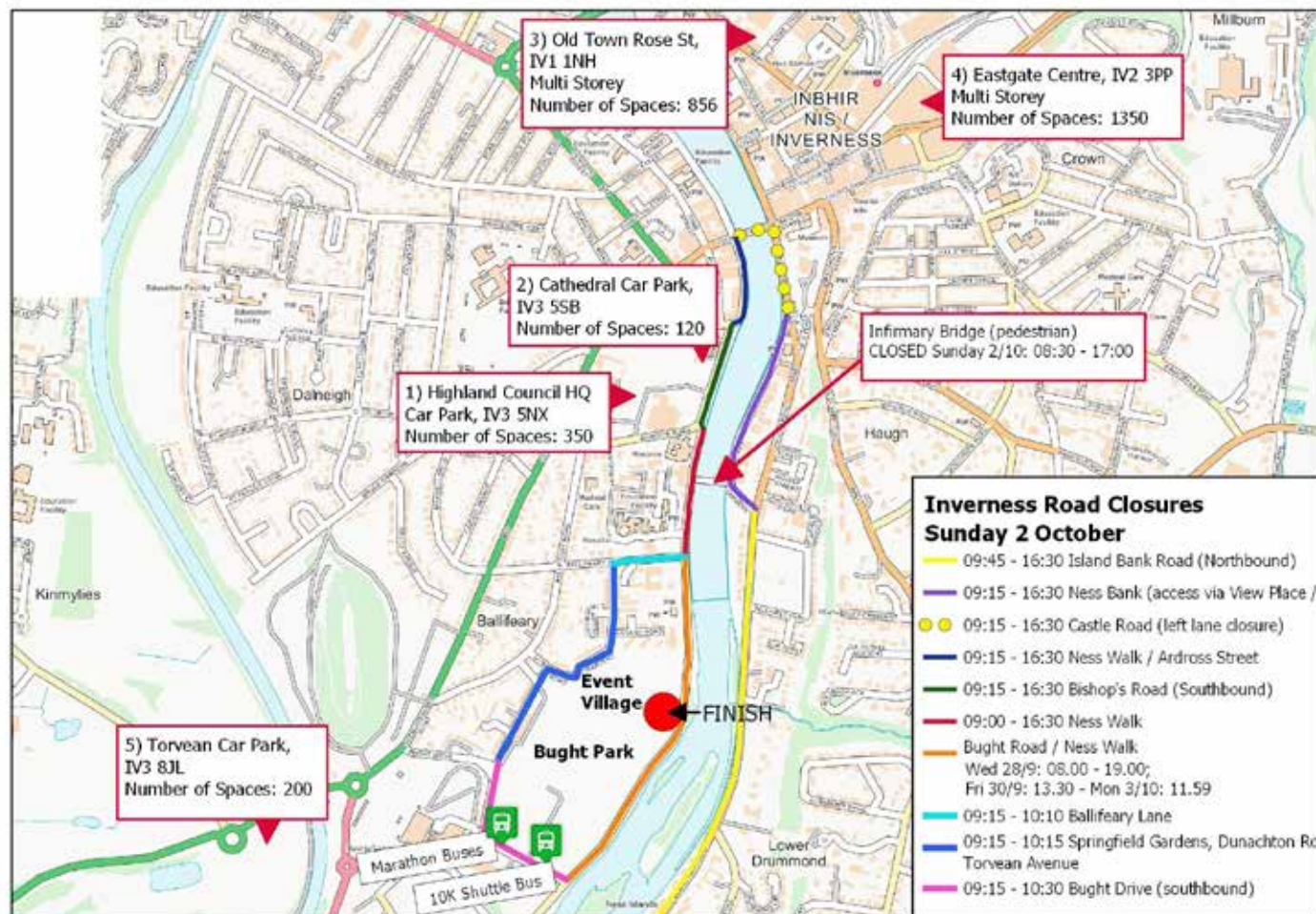
WHERE TO STAY, WHAT TO SEE & DO

Running a marathon 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 accommodation, where to eat and what to see and do, visit www.visitinvernesslochness.com.

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.

PARKING



Parking

Saturday 1 October

Event Village, Bught Park: there is **NO** parking available at Bught Park. Parking is available at the following public car parks (refer to map on page 8), parking charges may apply. Where possible we recommend car sharing, using public transport or walking to the Event Village.

- Highland Council HQ Car Park, Glenurquhart Road, Inverness, IV3 5NX
- Cathedral Car Park, Ness Walk, Inverness, IV3 5NN
- Old Town Rose Street Multi- Storey, Farraline Park, Inverness, IV1 1NH
- Eastgate Centre Multi-Storey Car Park, 11 Eastgate, Inverness IV2 3PP
- Torvean Car Park, IV3 8JL accessed from roundabout opposite Premier Inn, Glenurquhart Road

Sunday 2 October

There is **NO** parking available at Bught Park. Parking is available at public car parks (refer to map on page 8), parking charges may apply. Where possible we recommend car sharing, using public transport or walking to the Event Village.

Accessible parking is available at Bught Park, although please note this is located approx. 400m from the Event Village and is on grass. Please follow the signs to 'VIP Parking'.

There is **NO** access or parking available at the Inverness Ice Centre, Inverness Leisure Centre or Highland Rugby Club car parks.

TEMPORARY TRAFFIC RESTRICTIONS

On Sunday, temporary traffic restrictions will be in place along the race routes and around the Event Village – please plan accordingly. Bught Road is the only road closure in place on Saturday. Please refer to our website.

River Ness 5K Race Instructions

CHECK YOUR DETAILS

Please check your contact details, emergency contact information and age are all correct by logging in to **myevents.active.com**, select 'edit registration' under 2022 Loch Ness Marathon & Festival of Running. It is your responsibility to make any changes **by 31 August**.

A full list of race numbers will be available on our website from early September.

REGISTRATION

All 5K runners must attend registration to collect their race number on Saturday 1 October 10.00-18.00 OR Sunday 2 October 07.30-09.00 at the Event Village. 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 Registration.

Please note there are strictly no transfers between races. The deadline to transfer your place to another runner was 17 July 2022. As per our terms & conditions of entry, we do not offer refunds or a deferment to the next edition of the event.

Please find out your race number on our website before attending registration.

If you are unable to collect your race number, you can arrange for a friend or family member to collect it for you. The person picking up your race number must show:

- Signed authorisation from the runner to collect the race number
–you can download a template [here](#).
- Their own photo ID

RACE NUMBER

At registration, you will collect your race number, safety pins and post-race soup ticket.

RACE NUMBER

- Complete the emergency contact and medical information on the reverse of your race number.
- If you have a medical condition, provide as much information as possible on the back of your race number and put a red cross on the front so medical teams are aware of any existing medical condition should you require assistance on the course.
- Attach your race number to the FRONT of your running top, it must be visible at all times and not obscured by a water belt or vest.
- If you opted to plant a tree instead of receiving a finisher's t-shirt when you registered online, your race number will have a green band.
- Please do not deface your race number or swap numbers - this is contrary to Scottish Athletics' regulations and will lead to your disqualification.

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Registration

RACE WEEKEND ENTRIES

A limited number of 5K and Wee Nessie entries are available subject to race capacity over the race weekend however we recommend entering online by 26 September to avoid disappointment.

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

The Wee Nessie is open to children aged 5 and under on the day of the race.

WHEELCHAIR USERS

The 5K is wheelchair accessible and we welcome wheelchair users. Parents/carers wishing to escort wheelchair users are also required to enter the 5K. Please email info@lochnessmarathon.com if you wish to enter as a wheelchair user.

DISCOUNTED ENTRY FEES FOR SCHOOLS, YOUTH CLUBS & DISABILITY GROUPS

There are reduced entry fees available for teams from schools, youth clubs and disability groups. Email info@lochnessmarathon.com for entry forms. All team entries must be received by 26 September.



What to expect at the Event Village



Whether you're a runner or a spectator, there is lots going on at the Event Village over both days. Kick off your race weekend with a visit to our Runners Café and Expo on Saturday.

EXPO

Whether it's some new gear to run in, some fuel to get you around, something to help you recover or some last minute running essentials, you'll be spoilt for choice. There will also be event merchandise sampling, product trials, demos and some marathon sized offers exclusively for Loch Ness runners.

RUNNERS CAFÉ (Saturday only)

Grab a coffee and some street food and join BBC Scotland's Bryan Burnett and our guest speakers for a series of Q&A sessions throughout the afternoon. Learn how to achieve best performance on race day, nutrition, kit and some exciting giveaways. Or just chill and chat with runners from around the world and listen to traditional Scottish music and chat. Please refer to our website for schedule.

STREET FOOD & DRINK

A delicious selection of food & drink from around the Highlands will be available including a pop-up gin bar and local brewery. Expect to find everything from Baxters soup, burgers, hog roast, vegan/vegetarian options to home-baking.

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What to expect at the Event Village

LIVE MUSIC

We couldn't hold an event in the Highlands without the stirring sounds of a pipe band! There will be live music on both days, and pipes & drums on Sunday.

FOR THE KIDS

A range of kids' activities will be on offer.

ENTRY TO 5K & WEE NESSIE

A limited number of 5K and Wee Nessie (for kids aged 5 and under) entries are available over the race weekend, subject to race capacity, however we recommend entering online by 26 September to avoid disappointment.

MASSAGE

A team of massage therapists and physios will be on hand on both Saturday and Sunday.

If you have friends and family with you, why don't they enter the Baxters River Ness 10K, 5K or Wee Nessie kids race?

Entry for all races is available online until 26 September, subject to race capacity. Limited entries on race weekend for 5K and Wee Nessie. www.lochnessmarathon.com



Baggage & The Start

BAGGAGE

We recommend coming ready to run however baggage can be left during the race at the baggage area in the Event Village. Please don't put any valuables or expensive items or anything flammable or sharp in your kit bag.

THE START

The 5K will start at **09.30** on Bught Road. Please note experienced and club runners should start at the front and all other runners, younger children, wheelchair users, 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 who is also required to enter the 5K.**

RACE DAY CHECK LIST

- Get dressed in tried and tested gear.
- Pin your race number to the front of your top before leaving home or your accommodation, and check it is not obscured by a water belt or vest.



What to expect along the route

THE ROUTE

Please refer to the course map.

We have priority on all roads along the route, however please note some sections are left lane closure only where traffic will be travelling in the opposite carriageway. Take extra care on this section and keep in the left-hand lane at all times.

Please keep to the left hand side of the road at all times so that emergency and official vehicles can travel along the route if required.

We reserve the right to alter the route if operationally required.



TOILETS

Portable toilets are available at the Event Village (start and finish location).

USE OF HEADPHONES OR EARPHONES

It is not permitted to wear headphones or earphones in any of the races under Scottish and UK Athletics rules, although headphones or earphones that use bone conductor technology are permitted. 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.

LITTERING & RECYCLING

- Recycling and general waste bins are provided at the start and at the Event Village.
- PLEASE DO NOT DROP WATER BOTTLES OR ANY LITTER ANYWHERE ON THE COURSE.
- Keep your rubbish in your pockets and get rid of it at the Event Village.
- We aim to recycle every plastic bottle used at the event however plastic bottles can only be recycled if they are empty, so please remember to #DrinkDrainDrop. Only clean water bottles can be recycled, those thrown into the verges and hedgerows cannot.
- It is a privilege to run through Inverness and we encourage all runners and everyone coming to the event to dispose of their rubbish responsibly and recycle where possible.

FIRST AID & MEDICAL CARE

First Aid and medical care will be available in both static and mobile units along the course. First Aid will be located at the start, halfway point (2.5km), finish line and the Event Village. Should runners not be allowed to continue for medical reasons or require hospital treatment, Event HQ will be notified.

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.

RETIRING

If you wish to retire at any point during the race, please approach one of our medical or marshal teams. For safety reasons, please do not leave the course without informing an event official.

What to expect after your race

THE FINISH

The Finish line is at the Event Village at Bught Park, Inverness. Once you cross the finish line, please keep moving to collect your finisher items to avoid congestion.

All finishers will receive a medal, t-shirt (unless you opted to plant a tree), fruit and a goody bag.

Baxters soup and a roll will be available for all finishers in the food tent, please remember your soup ticket (included with your race number).

First aid will be available at the finish line, please notify a marshal if you or a fellow runner require medical treatment.

MEETING YOUR SUPPORTERS

The finish area is secure and extremely busy, with no access for supporters. They will be able to wait within the Event Village to meet up with runners. A clearly signed Meeting Point will be available.

SHOWERS & CHANGING

A changing tent is available in the Event Village. We are sorry there are no showers available. Please note that showers/changing are NOT available within Inverness Leisure Centre.

MASSAGE

Did you know post-race massage aids recovery, boosts circulation, removes lactic acid and promotes relaxation? Massage will be available at Registration on Saturday and after your race on a first come, first served basis. You will definitely deserve it!

SPECTATORS

Please note the Infirmary Bridge will be closed to pedestrians and cyclists 08.30-17.00 on Sunday. For safety reasons, it is NOT permitted to accompany any runners by bike or to cycle along any section of the route..



Don't miss out on...

OFFICIAL RACE PHOTOS

Your official photos will be going LIVE from the moment you pass a MarathonPhotos Live photographer around the course. Share your race number with your friends and family and they can register here to be notified as soon as your first photos are available online. They can then see your progress throughout the run. They might even buy your photos and your video as a well-done gift before you've even crossed the finish line!

Don't forget to share your photos and video on social media and with friends & family so they can share your achievement. www.marathon-photos.com



OFFICIAL MERCHANDISE

Our exciting range of official merchandise, featuring t-shirts, hoodies, running caps, buffs and mugs will be available to purchase at the Expo over race weekend.

RESULTS

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

WEE NESSIE INSTRUCTIONS

ENTRY TO THE WEE NESSIE

The Wee Nessie is open to children aged 5 and under on the day of the race. A limited number of Wee Nessie entries are available subject to race capacity over the race weekend however we recommend you enter online by 26 September to avoid disappointment.

REGISTRATION

All Wee Nessie runners must collect their race number and t-shirt on Saturday 1 October 10.00-18.00 OR Sunday 2 October 07.30-09.00 from Registration at the Event Village.

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

THE ROUTE

The Wee Nessie starts at 09.45 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.

THE FINISH

All finishers receive a medal, water and fruit. T-shirts are handed out at registration.

TOILETS

Portable toilets are located in the Event Village.

FIRST AID & MEDICAL CARE

First aid is located in the Event Village.





Helping our environment

We are committed to making the event as sustainable as possible and to minimise the event's environmental impact as we work towards a Zero Waste to Landfill event for the future. Please refer to our website for some of the ways we are eliminating waste and reducing the environmental impact of the event in 2022 however we do need your help.

RUN LOCH NESS IN 2023!

Early bird entry to the 2023 Baxters Loch Ness Marathon
& Festival of Running, taking place on 1 October,
will open on Sunday 2 October.

www.lochnessmarathon.com



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/





SUPER PLANT POWER

With many of us looking to vegan diets for foodie inspiration these days, our Plant Based soups are the perfect discovery. Super good for you and super exciting for your tastebuds.



Whether you're veggie, vegan, or just looking for tasty meat alternatives, our range of plant-based soups are packed full of fresh and wholesome ingredients, ticking off at least one portion of your five-a-day. Nutritious, convenient and always super tasty.

Since 1868, innovation has been in the Baxters DNA. We were the first brand to launch a vegetarian range back in the 1980s and we're super proud to continue that legacy of innovation with our range of vegan friendly soups. It was our very own chef, Darren Sivewright, who created the recipes for this super range. He took inspiration from cuisines around the world, experimented with novel ingredients and added flavour through spices like ginger, chilli and cinnamon to create soups that are as good for your body as they are exciting for your palate.

As with all Baxters products, each of these recipes has been personally tested by Audrey Baxter herself – 4th generation of the Baxter family – so you can be sure they show the same attention to detail and focus on quality that has made Baxters soups a family favourite for over 150 years.

With 6 delicious and exciting flavours now available, plant-based eating just got a whole lot easier.




Baxters



FOR MORE INFORMATION

Find Baxters soups at your supermarket, on the tinned goods aisle and at **[baxters.com](https://www.baxters.com)**



**THE LET'S GO
THE EXCITEMENT
THE ELECTRICITY
THE ATMOSPHERE
THE ANTICIPATION
THE CROWD NOISE
THE OOOOH
THE AHHHHH
THE SPINE-TINGLE
THE SPECTACLE
THE BUZZ IS BACK**

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I CHANGE MY WORLD.
WHEN I RUN, I FLY.

FLY HUMAN FLY
HOKA



ENERGY | HYDRATION | RECOVERY

Get your nutrition right on race day

During a marathon, more than two thirds of your energy come from carbohydrate but as the miles tick by, your stores get depleted. With your energy levels low, you will find it harder to maintain your early pace. You could even hit the dreaded 'wall'. But with the right nutrition strategy, you can keep your energy levels higher.

We are passionate about helping you achieve your goals and have put together a guide to fuel your marathon to help you get the most out of your race and enjoy your time on course.

[Get your nutrition plan now](#)

The on course nutrition →



Energy Gel Aqua

Orange and Berry

ZERO

Citrus

[Product Info](#)

[Product Info](#)



improve your run



LOCH NESS
MARATHON
and Festival of Running

JOIN US AT THE
SPORTS
EXPO

SATURDAY 1ST OCTOBER 10AM-6PM
& SUNDAY 2ND OCTOBER 9AM-4PM

Event Village, Bught Park, Inverness IV3 5SQ

Enjoy exclusive offers on running essentials
from leading sports brands





**OFFICIAL
RETAIL
PARTNER**

GETTING YOU READY FOR THE START LINE

Participants can enjoy a
15% DISCOUNT
in Run4It shops or run4it.com using
code: **LN2215***

 run4it.com  8 shops across Scotland  free +runlab shoe fitting service



*Excludes sale items, GPS watches, headphones & gift cards.

Do whatever it takes



MACMILLAN
CANCER SUPPORT

We're doing whatever it takes for people living with cancer. But without your help we can't support everyone who needs us.

Join Team Macmillan



Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). Also operating in Northern Ireland.

Join Team Macmillan

At Macmillan, we give people with cancer everything we've got. If you're diagnosed, your worries are our worries. We will move mountains to help you live life as fully as you can.

And we don't stop there. We're going all out to find ever better ways to help people with cancer, helping to bring forward the day when everyone gets life-transforming support from day one.

We're doing whatever it takes. But without your help we can't support everyone who needs us.

To join **Team Macmillan**, visit our website: <https://bit.ly/3lVMr6k>

Call us on 0300 1000 200 or email running@macmillan.org.uk



FUNDRAISING
REGULATOR

Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). Also operating in Northern Ireland.

MACMILLAN
CANCER SUPPORT



**Alzheimer
Scotland**
Action on Dementia

*Make a real difference to people
living with dementia in Scotland,
they need us more than ever.*

We are Scotland's dementia charity. We make sure nobody faces dementia alone and you can help us to do this.

Fundraise for us and know that you've made a positive impact for someone living with dementia and their loved ones.

Our friendly team will support you all the way and you'll receive a running vest to be a true hero in purple.

**Make your place matter. Find out more [here](#)
or contact Isabel Quinn at
events@alzscot.org or call 0131 243 1453.**



Image by The Galloway News

Alzheimer Scotland – Action on Dementia is a company limited by guarantee, registered in Scotland 149069. Registered office: 160 Dundee Street, Edinburgh EH11 1DQ. It is recognised as a charity by the Office of the Scottish Charity Regulator, no. SC022315



You're amazing!

Our life-saving work is only made possible by the extraordinary efforts of people like you.

Thank you to all of our runners taking part in the Baxters Loch Ness Marathon. Together we will beat cancer.

It's not too late to join our team and fundraise for research into more than 200 types of cancer.

Sign up today at: cruk.org/team



CANCER
RESEARCH
UK

Together we will beat cancer



Registered with
**FUNDRAISING
REGULATOR**

Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666), the Isle of Man (1103) and Jersey (247). © Cancer Research UK 2022.



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



SAPPER SUPPORT

Always there when needed

New Year - New You?
Why not run the Loch Ness Marathon
2nd Oct for Sapper Support

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amazon & **BEERHUNTER**



ETAPE
LOCH NESS
23•04•23



GREATNESS

YOU WON'T FIND IT ON YOUR SOFA



REGISTER YOUR INTEREST NOW FOR PRIORITY ENTRY

WWW.ETAPELOCHNESS.COM

INVERNESS
marathon^{1/2}

**RUNNING
THE HEART
AND soul
OF INVERNESS**

12 March 2023

