

LOCH

[02 \ 10 \ 22]



MARATHON



LOCH NESS
MARATHON

and Festival of Running

Baxters Loch Ness Marathon

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.

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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





LOCH NESS MARATHON 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

07.00 - 07.30	Marathon runners arrive at bus departure point in Inverness	Inverness Ice Centre, Bught Drive, IV3 5SR
07.30 - 07.50	Buses depart Inverness for the marathon start See page 13 for bus pick up locations & times around Loch Ness	Inverness Ice Centre, Bught Drive, IV3 5SR
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.

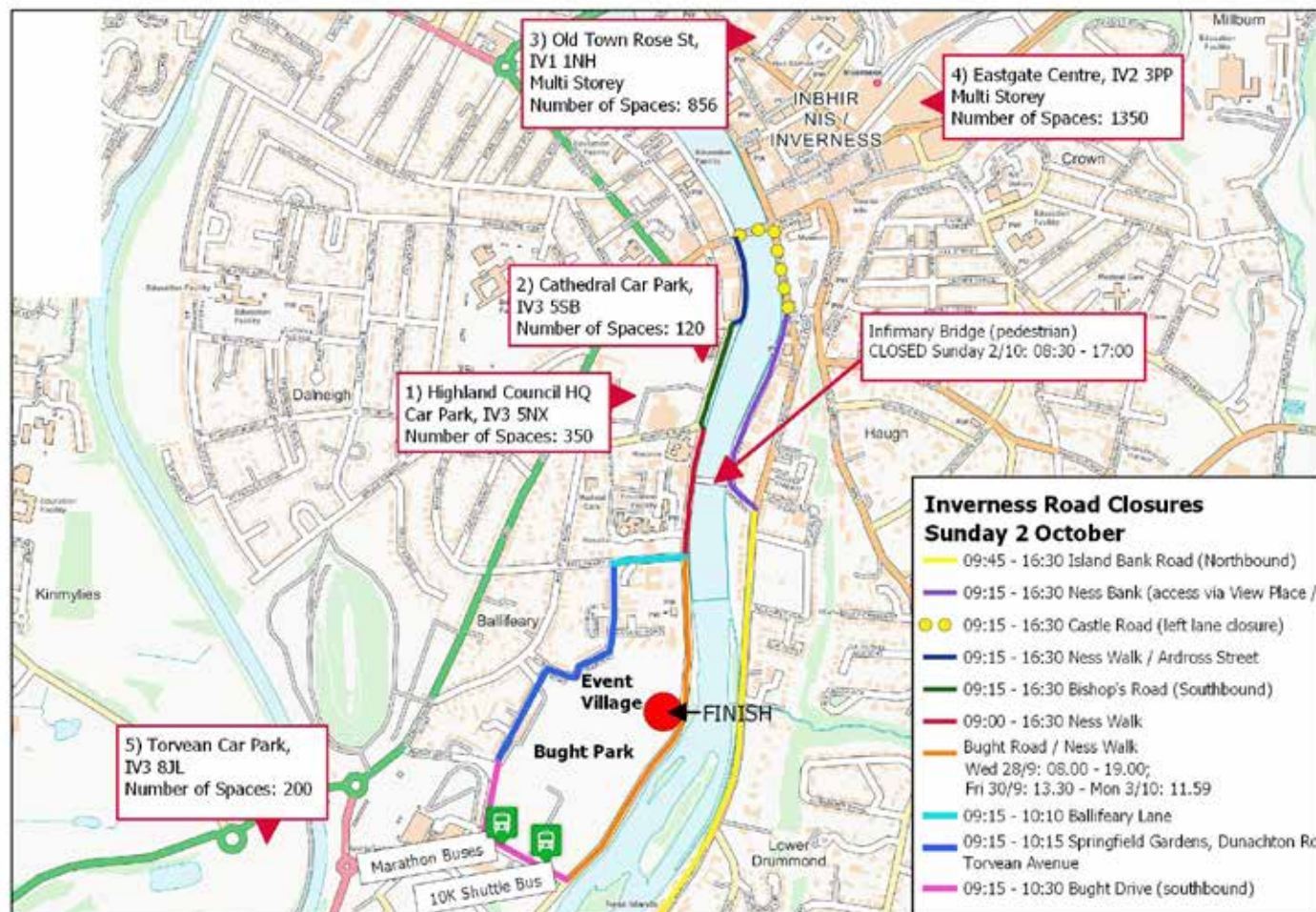
WHERE TO STAY, WHAT TO SEE & DO

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

Marathon Runners: There is **NO** parking at Event Village, Bught Park (location of bus departure point). Please consider walking where possible. Parking is available at the following public car parks, please note parking charges may apply.

- Highland Council HQ Car Park, IV3 5NX (10min walk to marathon bus pick up point)
- Torvean Car Park, IV3 8JL accessed from roundabout opposite Premier Inn, Glenurquhart Road (5min walk to marathon bus pick up point)

A drop off point is available at Bught Park, access is from Glenurquhart Road/ Bught Drive. Please follow marshal instructions and drop off quickly - no waiting allowed.

For supporters coming to Event Village: 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.

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 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.

Registration & Race Pack

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 marathon runners must attend registration to collect their race pack on Saturday 1 October 10.00-18.00 at the Event Village.

Please note there are strictly no race weekend entries for the Marathon and 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 BRING PHOTO ID (such as a passport or driver's license) and find out your race number on our website before attending registration.

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

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

RACE PACK

This contains your race number with timing chip and baggage label, 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.

TIMING CHIP

- Your timing chip is attached to the back of your race number.
- Your finishing time is based on your chip time and your chip time starts when you cross the start line.

BAGGAGE LABEL

- A tear-off baggage label is attached to your race number which should be attached to your kit bag on race day.

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



Transport to the Marathon Start from Inverness

All marathon runners are transported by bus to the marathon start from Inverness Ice Centre on Bught Drive IV3 5SR. This is a 10-minute walk from the Event Village. Please arrive between 07.00-07.30. Buses depart from 07.30-07.50

Portable toilets are located at the bus departure point and at the start. The journey from Inverness takes around one hour and buses will not stop after leaving Inverness.

Due to logistical and safety reasons, it is not possible for runners or spectators to make their own way to the marathon start.

LOCH NESS PICK-UP LOCATIONS

For those staying around Loch Ness, buses will pick-up from the following locations.

Pre-booking is essential. Please e-mail info@lochnessmarathon.com by 26 September to book your place. Return transport is not provided to these locations after the race.

North Loch Ness

08.15	Loch Ness Hub, Drumnadrochit IV63 6TX (off A82)
08.40	Fort Augustus village car park, PH32 4DF (off A82)

South Loch Ness

07.40	Dores (opposite Dores Inn, IV2 6TR)
07.55	Inverfarigaig – junction of Inverfarigaig Pass/B852
08.05	Lower Foyers junction with B852
08.10	Foyers Stores, Foyers IV2 6XU
08.25	Junction of B862 & B852
08.35	Whitebridge Hotel. Whitebridge IV2 6UN



Baggage

- A baggage label is attached to your race number, attach this to your kit bag.
- Only small kit bags such as a daysack or sports bag will be accepted.
- We recommend placing items in a waterproof bag within your kit bag to protect contents from the weather.
- We recommend you have some warm & dry clothes to change into, warm jacket, post-race soup ticket, money and post-race snacks/fuel.
- On arrival at the start, you will be directed to drop your kit bag in the baggage vehicles, these are marked according to race number.
- Please don't put any valuables or expensive items or anything flammable or sharp in your kit bag.

THE START

Keep warm & dry at the start line: weather conditions can change very quickly in the Scottish Highlands and you should bring appropriate clothing to keep warm and dry at the start in case of adverse weather. We recommend wearing some old clothes or 'throwaway' layers to keep you warm whilst waiting to start. All discarded clothing will be collected and donated to local charities.

Think layers! It's easier to take a layer off if you're getting too hot rather than the discomfort of feeling cold.

Please follow instructions from marshals when disembarking from the bus.

There will be portable toilets and male urinals at the start. We will not tolerate antisocial behaviour.



What to expect along the route

THE ROUTE

The Marathon starts at 10:00 between Fort Augustus and Foyers on the B862 (grid ref: NH460120; what3words: node.range.relieves) and finishes at the Event Village, Bught Park in Inverness. Please refer to the course map.

We have priority on all roads along the route, however 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.

The final section of the route is left lane closure only from the village of Dores to the finish where traffic will be travelling on the opposite carriageway. Take extra care on this section and keep in the left-hand lane at all times.

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



WATER STATIONS

Being well hydrated and drinking little and often is essential for achieving your best performance. Stop for drinks as you have planned in your training – remember you don't need to drink at every station, forcing yourself to drink too much water during a race is as dangerous as drinking too little.

There are 7 water stations along the marathon course at miles 2.9, 6.15, 9.6, 13.6, 17.3, 20 and 23.25, please refer to course map for locations. Water will be provided in 330ml recyclable plastic bottles with sports caps.

Try not to alter direction suddenly at water and gel stations and steer a course for a table where there are fewer runners.

Our decision to use plastic water bottles at water stations is based on a combination of runners' welfare, the importance of hydration during an endurance event and the environmental impact.

We have therefore chosen to work with Highland Spring in 2022 because their water bottles are made from 100% recycled plastic and the full bottle is recyclable including the sports cap and label.

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.

NUTRITION

There will be 4 gel stations along the marathon route providing High5 Energy Gels at miles 6.15, 13.6, 20, 23.25, please refer to course map for locations.

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 bus departure point in Inverness. Please refer to the course map for locations.

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.

MILE MARKERS

There are ascending mile markers along the route.

LITTER & RECYCLING

- Recycling and general waste bins are provided at the start, at each water and gel station along the route and at the Event Village. Please do not litter and take care to put your waste in the correct bin.
- Litter drop zones with recycling bins are located 1 mile after each water station where you can discard your water bottles, gel wrappers and other waste.
- When using these zones, take care to discard your litter at the LEFT edge of the road to reduce the risk of hazard to runners behind you.
- PLEASE DO NOT DROP WATER BOTTLES OR LITTER ANYWHERE ON THE COURSE APART FROM AT LITTER DROP ZONES OR WATER/GEL STATIONS.
- Keep your rubbish in your pockets and get rid of it at these locations.
- Only clean water bottles can be recycled, those thrown into the verges and hedgerows cannot.
- 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 alongside Loch Ness and through Inverness and we encourage all runners and everyone coming to the event to dispose of their rubbish responsibly and recycle where possible.



CUT-OFF TIME

The Loch Ness Marathon is a running event and we welcome all runners. Our aim is to support every participant, whatever their pace, from start to finish and provide the best possible experience.

The Marathon starts at 10.00 and the race cut-off time is 7 hours at 17.00. In the interests of safety and to minimise the disruption to the local community and residents, roads along the final 3 miles in Inverness start to re-open from 16.30 and the finish line and Event Village start to be dismantled from 17.00. If you think that you will take longer than 6hr 30min, we ask you to use the pavement through Inverness. Participants still on the course after the cut-off time continue at their own risk.

RETIRING

For those runners who can no longer continue, a sweep bus follows the rear of the field and will take you back to the Event Village in Inverness.

Please notify a marshal or one of our medical team at the nearest water or gel station 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.

FIRST AID & MEDICAL CARE

First Aid will be available in both static and mobile units along the course. First Aid will be located at the start, every water station, at the 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 marathon.

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, an Erdinger Alkoholfrei and a fantastic goody bag.

Retrieve your kit bag from the baggage vehicles, these will be clearly signed by race number.

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

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

The final 4 miles through Inverness provide the best vantage points for 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.

There is strictly NO spectator or vehicle access to the marathon start due to traffic restrictions and logistical and safety reasons.



Don't miss out on...

RESULTS

You will receive a text with your results on Sunday afternoon and results will be posted on our website on Monday 3 October.

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 check your details are correct by logging-in to your Active account by 31 August.

PRIZE GIVING PRESENTATION

The Loch Ness Marathon prize giving presentation takes place at 14.00 on the podium in the Event Village.

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.

I-TAB

Every race tells a story. Why not personalise your medal with an iTAB? If you wish to pre-order your iTAB, you can do so in our online shop by 26 September. If you have already purchased one, it will be posted to you by iTAB not long after the event.

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.



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.
- ✓ Attach your baggage label to the top of your kit bag. We recommend warm & dry clothes to change into, a warm jacket, money and post-race snacks/fuel.
- ✓ Allow plenty of time to get to your bus departure point on race morning as buses cannot wait for late arrivals. If you miss the bus, it is not possible to make your own way to the marathon start.
- ✓ Go to the toilet before getting on the bus! Portable toilets are located at the bus departure point in Inverness. The journey from Inverness takes around one hour and buses will not stop after leaving Inverness.
- ✓ Please be aware that weather conditions can change very quickly in the Scottish Highlands and bring appropriate clothing / layers to keep warm and dry at the marathon start in case of adverse weather.
- ✓ Lubricate all moving parts liberally with Vaseline.





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/



A top-down view of a wooden bowl filled with a thick red bean soup. The soup is garnished with sliced avocado, halved cherry tomatoes, and fresh cilantro leaves. A piece of flatbread is tucked into the top right of the bowl. Surrounding the bowl on a rustic wooden surface are various fresh ingredients: a small bowl of red beans at the top left, a lime wedge at the bottom left, and several sliced red chili peppers at the bottom right. The overall scene is bright and appetizing, emphasizing plant-based ingredients.

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**

**SCOTLAND
IS CALLING**

Scotland
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[VISITSCOTLAND.COM/EVENTS](https://visitscotland.com/events)



WHEN I MOVE MY BODY,
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.

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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



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MACMILLAN
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**Alzheimer
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**Make your place matter. Find out more [here](https://www.alzscot.org)
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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
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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
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