

All you need to know about the  
Baxters River Ness 5K and  
Wee Nessie is here



# RIVER NESS 5K + WEE NESSIE RACE GUIDE

**1 OCT 23**

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

**Baxters**  
**LOCH NESS**  
**MARATHON**  
*and Festival of Running*

# SUPER GOOD, IN MORE WAYS THAN ONE!



Give your immunity a boost with this zesty & refreshing soup. Naturally high in vitamin A, with 2 of your 5 a day and a source of protein, it's perfect for your pre-race preparation or post-race enjoyment.



BaxtersUK



baxters\_uk







# Welcome

We look forward to welcoming you to the 21st edition of the Baxters Loch Ness Marathon & Festival of Running on 1 October. We have runners coming from all over the world and we hope you enjoy your visit to this stunning part of Scotland.

We would like to thank Baxters Food Group, who have been with us as title sponsor from the very beginning in 2002. Their incredible support has helped us make the event what it is today.

Thank you too to our support sponsors and partners: High5, Run4It, Erdinger, Goodr, Body Glide, 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 for their 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 amazing support.

We are delighted to be partnered with Macmillan Cancer Support, Alzheimer Scotland, Cancer Research UK and Highland Hospice 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 £13.75M 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 30 September.



**Malcolm Sutherland**  
Event & Race Director,  
Loch Ness Marathon



**Audrey Baxter**  
Executive Chairman

Baxters Food Group is once again delighted to sponsor the Loch Ness Marathon and Festival of Running.

As the long-standing title sponsor and a family business which has its heart in the Highlands, we are enormously proud to continue to support the event which superbly showcases this stunning part of Scotland and provides a unique opportunity to participate in a truly iconic marathon.

With its incredible atmosphere and breathtaking course along the banks of Loch Ness, the event unsurprisingly attracts runners and their supporters from all over the world, bringing an extraordinary buzz to the area.

Wherever they have travelled from to complete this bucket list event, participating runners will be challenging themselves to achieve great 'ness' and perhaps also raising vital funds for a charity or good cause that is important; aligning perfectly with Baxters ethos to 'be different, be better'.

We are looking forward to another fantastic occasion organised by the wonderful festival team and we have no doubt all those who participate in any one of the events will leave with a deep sense of personal satisfaction and achievement along with unforgettable memories.

We wish you all the very best of luck!

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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 humble beginnings as a small, family run grocery store in Fochabers in Moray in 1868, the company has grown over four generations into a global organisation, renowned for its leading brands and products, ranging from soups and preserves, condiments and beetroot to pickles and chutneys. Baxters is extremely proud of its heritage and ethos to 'be different, be better'.

The company's long-standing association with the iconic Loch Ness Marathon has provided the perfect platform to celebrate both through supporting local and encouraging others to challenge themselves.

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



**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.



**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 **7 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.



Is **ERDINGER Alkoholfrei** one of your rituals? Do you lay out your kit the night before a race, put your left sock on first or have a certain play list that you listen to? We all have our own rituals before we do any activity, but ERDINGER Alkoholfrei should always be your ritual after sport! Isotonic refreshment at its best and the only recovery drink your body needs – Cheers!



**Body Glide** is dedicated to developing protective skincare products for anyone looking to be pain-free while being active. Our range of products help prevent rubbing that causes irritation, rash, chafing, blisters and raw skin, standing up to sweat, humidity and water.  
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## RIVER NESS 5K & WEE NESSIE 2023

# RACE INSTRUCTIONS / KEY TIMINGS

### Saturday 30 September

10.00 - 18.00	Registration open	Event Village, Bught Park, Bught Road, Inverness IV3 5SQ
10.00 - 18.00	Sports Expo & Runners Café open	Event Village, Bught Park

### Sunday 1 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	<b>Start of Baxters River Ness 5K</b>	<b>Bught Park</b>
09.45	<b>Start of Wee Nessie</b>	<b>Bught Park</b>
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 city 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](http://www.trafficscotland.org) for travel updates.

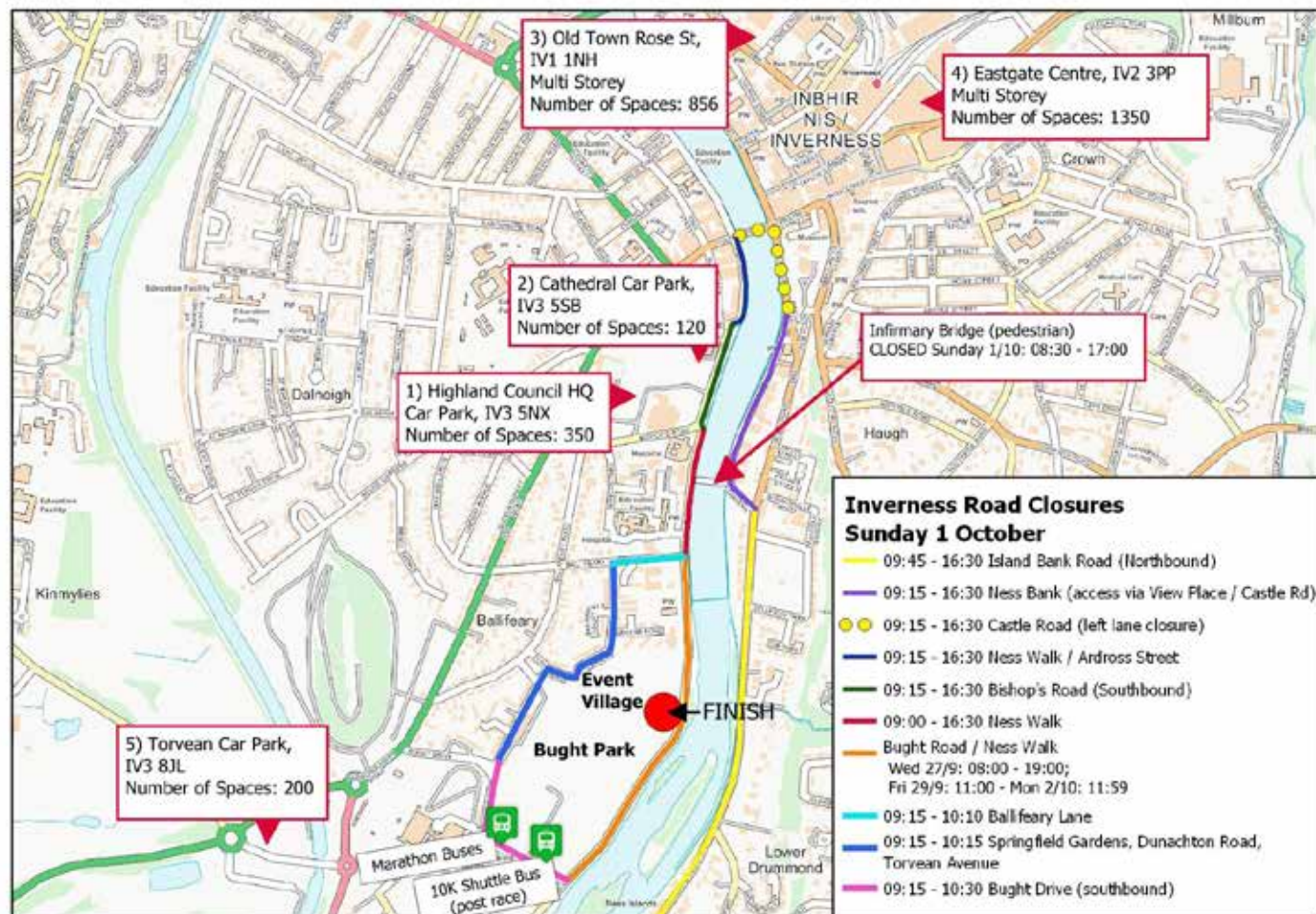
## WHERE TO STAY, WHAT TO SEE & DO

Running a 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 accommodation, where to eat and what to see and do, visit [www.visitinvernesslochness.com](http://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](http://arnoldclarkrental.com) quoting promotional code **BAXT** or call **0141 567 0561**. Terms and conditions apply.

## PARKING





# Parking

## Saturday 30 September

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**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 1 October

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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.

**Disabled parking** is available at Highland Archive Centre car park, Bught Road IV3 5RZ although please note this is located approx. 800m from the Event Village. Please follow 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.

Please be considerate towards local residents and businesses when parking around the Event Village.

## TEMPORARY TRAFFIC RESTRICTIONS

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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

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Please check your contact details, emergency contact information and age are all correct by logging in to **myevents.active.com**, select 'edit registration' under 2023 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

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All 5K runners must attend registration to collect their race number on Saturday 30 September 10.00-18.00 OR Sunday 1 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 16 July 2023. 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

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

## RACE NUMBER

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- 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.

## RACE WEEKEND ENTRIES

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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 25 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

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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](mailto:info@lochnessmarathon.com) if you wish to enter as a wheelchair user.

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

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There are reduced entry fees available for teams from schools, youth clubs and disability groups. Email [info@lochnessmarathon.com](mailto:info@lochnessmarathon.com) for entry forms. All team entries must be received by 25 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. 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 bar and local brewery. Expect to find everything from Baxters soup, burgers, hog roast, vegan/vegetarian options to home-baking.

# What to expect at the Event Village

## LIVE MUSIC

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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

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A range of kids' activities will be on offer.

## ENTRY TO 5K & WEE NESSIE

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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 25 September to avoid disappointment.

## MASSAGE

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A team of massage therapists 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 25 September, subject to race capacity. Limited entries on race weekend for 5K and Wee Nessie. [www.lochnessmarathon.com](http://www.lochnessmarathon.com)



# Baggage & The Start

## BAGGAGE

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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

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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

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- 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

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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

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

## USE OF HEADPHONES OR EARPHONES

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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

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- 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

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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

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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

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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

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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.

## SHOWERS & CHANGING

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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

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

## SPECTATORS

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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](http://www.marathon-photos.com)



## OFFICIAL MERCHANDISE

Our exciting range of official merchandise, featuring t-shirts, hoodies, running caps, buffs and keyrings 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

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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 25 September to avoid disappointment.

## REGISTRATION

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All Wee Nessie runners must collect their race number and t-shirt on Saturday 30 September 10.00-18.00 OR Sunday 1 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

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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

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

## TOILETS

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Portable toilets are located in the Event Village.

## FIRST AID & MEDICAL CARE

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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 2023 however we do need your help.

## RUN LOCH NESS IN 2024!

Early bird entry to the 2024 Baxters Loch Ness Marathon & Festival of Running, taking place on 29 September, will open on Sunday 1 October.

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







# PICK OF THE PICKLES

## Baxters new Pickles range will add crunch, punch & vibrancy to your meal.

With pickles continuing to be a top pick amongst the foodie trends of 2023, Baxters new range caters for all pickle cravings. From crunchy and tangy gherkins that can add that extra excitement to your burger, to the foodie favourite kimchi which goes perfectly with egg fried rice or simply on a grilled cheese sandwich.

Baxters have taken the time to develop the best pickles possible. The veg is picked at just the right time to ensure it's as fresh as possible, then paired with the right pickling juice to create the crunchiest, juiciest pickles full of flavour.

Always committed to using the freshest and highest-quality ingredients, the majority of the range is 100% natural, making them healthy, tasty and convenient.

Baxters very own chef, Darren Sivewright, created the recipes for the range and explains, *"At Baxters, we work tirelessly to produce tasty accompaniments to bring dishes to the next level and our new range of pickles do just that."*

*"Shoppers are looking for versatile, healthy, cupboard-ready products. Our perfectly balanced pickles are sure to add a pop of crunch and sharpness to complement many dishes, from classic pairings such as fish and chips with pickled onions to tacos and pickled red cabbage."*

As with all Baxters products, the pickles are personally tested by Audrey Baxter herself - fourth generation family member - so you can be sure they'll deliver on the taste and quality you'd expect from Baxters.

You can pick up Baxters pickles in your supermarket, with the range now available in Sainsbury's, Tesco, Asda & Morrisons.





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. HIGH5 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:**

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Orange and Berry

[Product Info](#)

**ZERO**

Citrus

[Product Info](#)





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improve your run



LOCH NESS  
MARATHON  
*and Festival of Running*

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**SPORTS**  
**EXPO**

**SATURDAY 30TH SEPTEMBER 10AM-6PM**  
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Event Village, Bught Park, Inverness IV3 5SQ

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# 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](mailto: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**





# YOUR RITUAL AFTER SPORT.



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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](mailto:events@alzscot.org) or call 0131 243 1453.**



Image by The Galloway News





# 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](https://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](https://www.highlandhospice.org/baxters)  
Contact Jenna Hayden on 01463 246474  
or [j.hayden@highlandhospice.org.uk](mailto:j.hayden@highlandhospice.org.uk)





ETAPE  
LOCH NESS  
28•04•24



# GREATNESS

YOU WON'T FIND IT ON YOUR SOFA



REGISTER YOUR INTEREST NOW FOR PRIORITY ENTRY

[WWW.ETAPELOCHNESS.COM](http://WWW.ETAPELOCHNESS.COM)

INVERNESS  
*marathon*<sup>1/2</sup>

RUNNING  
THE HEART  
AND *soul*  
OF INVERNESS

10 March 2024

'Early bird entry open now'

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

