

All you need to know about the
Baxters River Ness 10K
is here



RIVER NESS 10K

+ CORPORATE CHALLENGE

RACE GUIDE

29 SEP 24

www.lochnessmarathon.com

Baxters
LOCH NESS
MARATHON
and Festival of Running



Scottish Gift Hampers

Baxters have used their 150 years of food expertise to create delightful gift hampers perfect for Christmas, birthdays and any occasion.

Hand-packed with specially curated food and drink
Named Day Delivery / Free Delivery Over £100
Free Click & Collect available in Fochabers

Pre-order for Christmas today:

www.baxtersofscotland.com
info@baxtersofscotland.com
01343 822505





Malcolm Sutherland
Event & Race Director,
Loch Ness Marathon

Welcome

We look forward to welcoming you to the 22nd edition of the Baxters Loch Ness Marathon & Festival of Running on 29 September. 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, Coopah, 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, Highland Hospice, My Name's Doddie Foundation and Parkinson's UK plus 30 additional charity partners, who are all doing incredible work to help others and improve lives.

Over the last 21 years, runners have raised a staggering £14.2M 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 weeks of training and look forward to seeing you all at Registration on Saturday 28 September.



Audrey Baxter
Executive Chairman
& Group CEO,
Baxters Food Group

Good luck to everyone who is gearing up for great'ness' by taking part in this year's Loch Ness Marathon and Festival of Running! Once again, Baxters Food Group is tremendously proud to sponsor this iconic event.

Thanks to the course's breathtaking scenery along the banks of Loch Ness, its incredible atmosphere and our warm Scottish hospitality, the event attracts runners from all over the world to the beautiful Scottish Highlands every year.

When my great grandfather, George Baxter, started the Baxters business in nearby Fochabers in 1868, he established our visionary ethos to 'be different, be better'. Our long-standing support for the Loch Ness Marathon and Festival of Running complements that ethos perfectly, providing participants with a wonderful opportunity to really challenge themselves to be different and better.

And alongside the physical endeavours of completing the running challenges involved, we recognise the fantastic efforts of those taking part who push themselves to the limit every year to raise thousands of pounds for charities and worthwhile causes.

We are on course for another outstanding event in 2024 and as well as wishing each of you the best of luck, I would also encourage you to enjoy the amazing experience this unique event offers!

contents

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



THANK YOU

TO OUR SPONSORS & PARTNERS



Baxters is proud to be one of the UK's best-loved food producers. From humble beginnings in 1868 when a small, family run grocery store was established in Fochabers, Moray, 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.

At the company's heart is its ethos to 'be different, be better'. Baxters long-standing association with the iconic Loch Ness Marathon provides the perfect platform to demonstrate this through supporting local and encouraging others to challenge themselves.

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 products, 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!



Meet Coopah, The Run Coaching App Beat your running goals, guaranteed! Coopah are proud to be the official training partner for the 2024 Baxters Loch Ness Marathon, along with some of the UK's biggest running events. Coopah is the personal run coach in your pocket. They provide personalised training plans that are bespoke to you and your goals. Just tell them what event you're training for, what your goals are and they will do the rest! And what's more, with the code LOCHNESS2 you can get a 2 week free trial to try it out for yourself.





RIVER NESS 10K / CORPORATE CHALLENGE 2024

RACE INSTRUCTIONS / KEY TIMINGS

Saturday 28 September

10.00 - 18.00	10K Info Point open at Registration	Event Village, Bught Park, Bught Road, Inverness IV3 5SS
10.00 - 18.00	Sports Expo & Runners Café open	Event Village, Bught Park

Sunday 29 September

08.30 - 10.00	10K Info Point open at 10K start	Inverness Royal Academy, Culduthel Road, Inverness IV2 6RE
08.30 - 09.45	10K runners to arrive at 10K start	Inverness Royal Academy
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
11.30-14.45	Free shuttle bus service from Event Village back to 10K start at Inverness Royal Academy (for those who need to collect their cars after the race)	Inverness Ice Centre, Bught Drive, Inverness, IV3 5SR
12.00	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 10K start is located at Inverness Royal Academy, Culduthel Road, Inverness IV2 6RE. The Event Village and finish line 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 for travel updates.

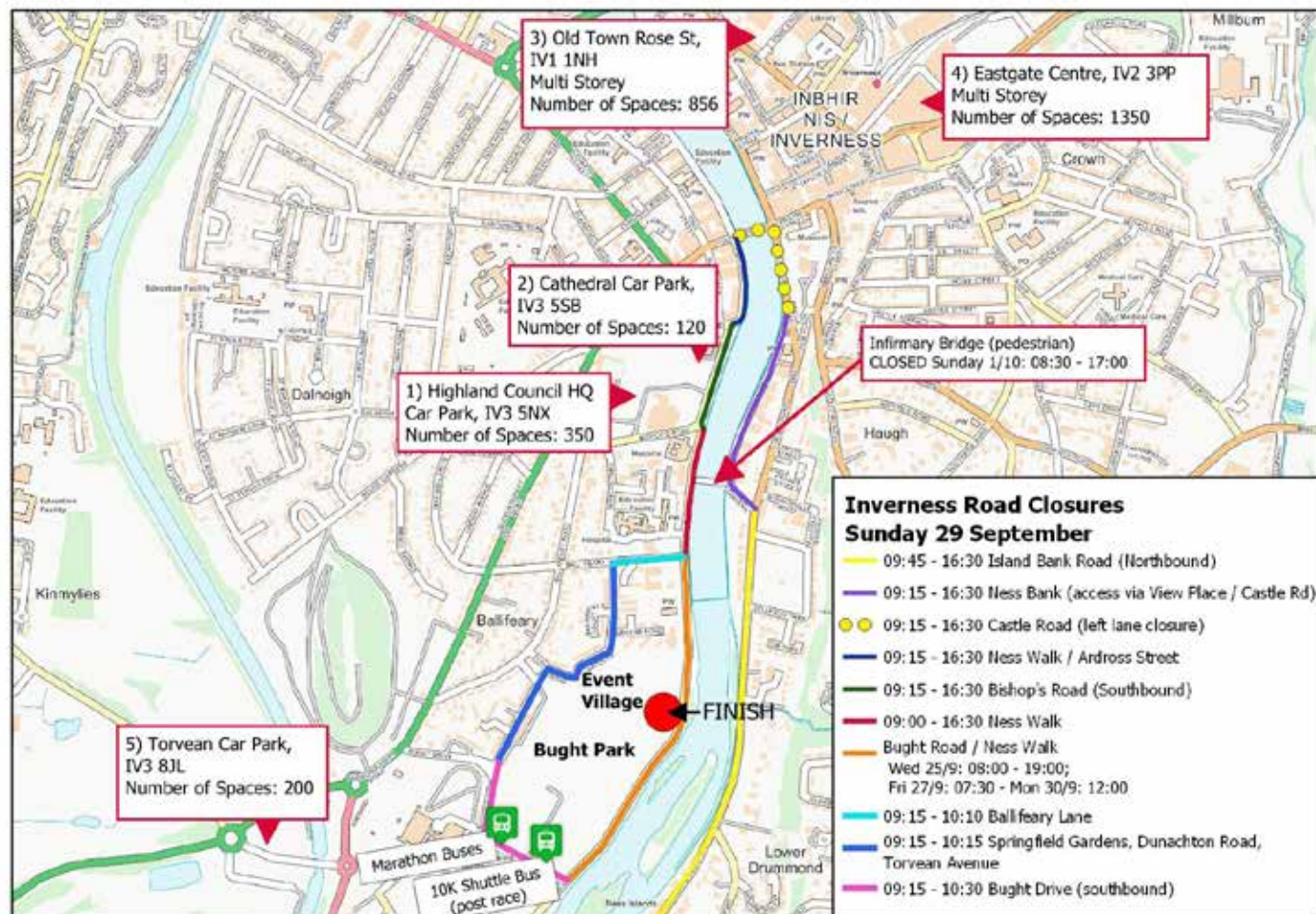
WHERE TO STAY, WHAT TO SEE & DO

Running a 10K 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 28 September

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. Please consider car sharing, using public transport or walking.

- 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 29 September

Parking at 10K Start: On race day, make your way to Inverness Royal Academy and follow signs and marshals' instructions directing you to parking areas. Please note parking is 5-10 mins walk from the start. We encourage you to car share, be dropped off or walk / cycle where possible.

Disabled parking is available at Inverness Royal Academy.

A free shuttle bus service is available **after the race** to take 10K runners from the Event Village back to Inverness Royal Academy to collect their cars between 11.30-14.45. Buses depart from Inverness Ice Centre, Bught Drive, Inverness IV3 5SR.

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. Please consider car sharing, using public transport or walking.

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 or Highland Rugby Club car parks.

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

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.

Please ensure you add the Event HQ numbers: 07512 791602 and 07598 780779 to your phone.
Please note that these numbers will be operational from 06.30 on event day and are to be used in an emergency ONLY.

Registration

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 2024 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

UK runners entered before midnight on 15 Sept:

you will receive your race pack by post in September, please allow up to 10 days for your pack to arrive

UK runners entered after 16 Sept: collect your race pack from Registration in the Event Village on Saturday 10.00-18.00 OR from the Info Point at the 10K start on Sunday 08.30-10.00.

International runners: collect your race pack from Registration in the Event Village on Saturday 10.00-18.00 OR from the Info Point at the 10K start on Sunday 08.30-10.00.

PLEASE BRING PHOTO ID (such as a passport or driver's license) to collect your race pack 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

Please note there are strictly no race weekend entries for the 10K/Corporate Challenge and no transfers between races. The deadline to transfer your place to another runner is 31 August 2024. As per our terms & conditions of entry, we do not offer refunds or a deferment to the next edition of the event.



Race Pack

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 donate to the John Muir Trust Wild Woods and Peatlands appeals 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. 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 from a local brewery and whisky distillery. 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

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 22 September to avoid disappointment.

MASSAGE

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 22 September, subject to race capacity. Limited entries on race weekend for 5K and Wee Nessie. www.lochnessmarathon.com



Baggage & The Start

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, a 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. Baggage vehicles depart at 10.00 so allow plenty of time.
- Please don't put any valuables or expensive items or anything flammable or sharp in your kit bag.

THE START

The 10K/Corporate Challenge starts at **10.30** next to Inverness Royal Academy. Please arrive between 08.30-09.45.

Please follow the signage to take up position in your predicted Start Zone (according to your predicted finish time) and listen to marshal instructions carefully.

There will be portable toilets and male urinals at the start. Please be considerate at the Start due to its proximity to local residents. We will not tolerate antisocial behaviour.



What to expect along the route

THE ROUTE

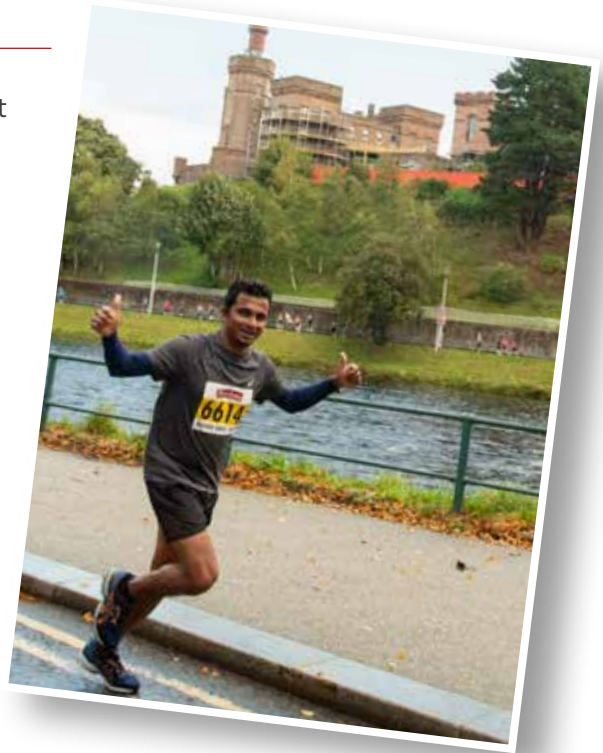
The 10K starts on Culduthel Avenue (near junction with Culduthel Road B681). What3words: ///clash.immune.forgot and finishes at the Event Village, Bught Park in Inverness. Please refer to the course map.

The first 3km of the route is on a narrow road, please be considerate to others by allowing them to overtake.

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 Holm roundabout 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 STATION

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 forcing yourself to drink too much water during a race is as dangerous as drinking too little.

There is one water station located at the halfway mark (5.3km), please refer to course map for location. Water will be provided in 330ml recyclable plastic bottles.

Try not to alter your direction suddenly at the water station 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 because their water bottles with sports cap are made from 100% recycled plastic and the full bottle is recyclable including the 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.

TOILETS

Portable toilets are available at the start, the halfway point (5.3km) and at the Event Village. 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.

What to expect along the route

KM MARKERS

There are ascending kilometre markers along the route.

LITTERING & RECYCLING

- Recycling and general waste bins are provided at the start, at the water station along the route and at the Event Village. Please do not litter and take care to put your waste in the correct bin.
- A litter drop zone with recycling bins is located 1 mile after the water station where you can discard your water bottles, gel wrappers and other waste.
- When using the zone, 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 ZONE OR WATER STATION.**
- Keep your rubbish in your pockets and get rid of it at these locations.
- 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, water station (5.3km), 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 10K.

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 donate to the John Muir Trust), fruit, an Erdinger Alkoholfrei beer and a 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.

SHUTTLE BUS

A free shuttle bus service is available **after the race** to take 10K runners from the Event Village back to Inverness Royal Academy to collect their cars between 11.30-14.45. Buses depart from the Inverness Ice Centre, Bught Drive, Inverness IV3 5SR.

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 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

The final 5km 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. For safety reasons, it is NOT permitted to accompany any runners by bike or to cycle along any section of the route. Please note dogs are not permitted within the school grounds at the 10K start.

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 30 September.

Please note results and prize giving are based on the information provided by you at the time of entering and it is your responsibility to check your details by logging-in to your Active account by 31 August.



PRIZE GIVING PRESENTATION

The 10K / Corporate Challenge prize giving presentation takes place at 12.00 on the podium in the Event Village. We regret that prizes cannot be posted overseas, please contact the Events Team to arrange collection.

OFFICIAL 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



iTAB

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 16 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 keyrings, 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.
- ✓ Lubricate all moving parts liberally.





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 however we do need your help.

RUN LOCH NESS IN 2025!

Early bird entry to the 2025 Baxters Loch Ness Marathon & Festival of Running, taking place on 28 September, will open on Sunday 29 September.

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/

MACMILLAN CANCER SUPPORT



HOW TO USE PICKLES



Pickled products are particularly popular right now, but it can be difficult to know what to do with them. Never fear! Here's a quick guide on 3 delicious pickles & ferments that you can easily incorporate into lunch and dinner.



Gherkins bring crunch, tang & sweetness to your food. They are the perfect partner to cut through rich dishes such as burgers or grazing boards with meats & cheeses. Sliced gherkins are super easy to pop into a sandwich and add a burst of flavour!

Top Dish: Beef burger with cheese & gherkins

Kimchi - don't let fermented cabbage scare you off, this Korean staple is flavoured with garlic, ginger & chilli and packs a spicy but delicious punch. It's super versatile too, making a great addition to Asian rice or noodle dishes or to spice up classic sandwiches.

Top Dish: Grilled cheese sandwich with kimchi



Kraut is a simple but special product. Typically made from just cabbage, water & salt but fermented to give a tangy flavour. It's great for adding a fresh flavour & crunch to your meals - whether that's an accompaniment to a warming stew or to top a hot dog.

Top Dish: Hot dogs & kraut with mustard

All of these products are available in most major supermarkets and on our website, add some pickled perfection to your next meal! **shop.baxters.com** ➡



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:

Energy Gel Aqua

Orange and Berry

[Product Info](#)

ZERO

Citrus

[Product Info](#)



OFFICIAL
RETAIL
PARTNER

+runlab

EXPERIENCE

*Matching shoes to runners
since 2004.*

Get your running kit sorted with

15% OFF*

in Run4it shops or run4it.com using code:

LNLM1523



run4it.com



7 shops across Scotland



free +runlab shoe fitting service

*Excludes sale items, GPS watches, headphones & gift cards.
Not to be used in conjunction with any other offer.





improve your run



LOCH NESS
MARATHON
and Festival of Running

JOIN US AT THE
SPORTS
EXPO

SATURDAY 30TH SEPTEMBER 10AM-6PM
& SUNDAY 1ST OCTOBER 9AM-4PM

Event Village, Bught Park, Inverness IV3 5SQ

Enjoy exclusive offers on running essentials
from leading sports brands



HILLY®



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



**YOUR
RITUAL
AFTER
SPORT.**



**ISOTONIC
REDUCED CALORIES
CONTAINS VITAMINS**

**ERDINGER
ALKOHOLFREI**



**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



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





ETAPE
LOCH NESS
27•04•25

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**

9 March 2025

EARLY BIRD ENTRY OPEN NOW

www.invernesshalfmarathon.co.uk

