

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



RIVER NESS 5K + WEE NESSIE RACE GUIDE

29 SEP 24

www.lochnessmarathon.com

Baxters

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MARATHON**

and Festival of Running



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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.



Malcolm Sutherland
Event & Race Director,
Loch Ness Marathon



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!

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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 5K & WEE NESSIE 2024

RACE INSTRUCTIONS / KEY TIMINGS

Saturday 28 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 29 September

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
12.00	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



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@lochnessmarathon



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#runlochness #lochnessmarathon



Planning your trip

The Event Village and the 5K start and finish line are 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.

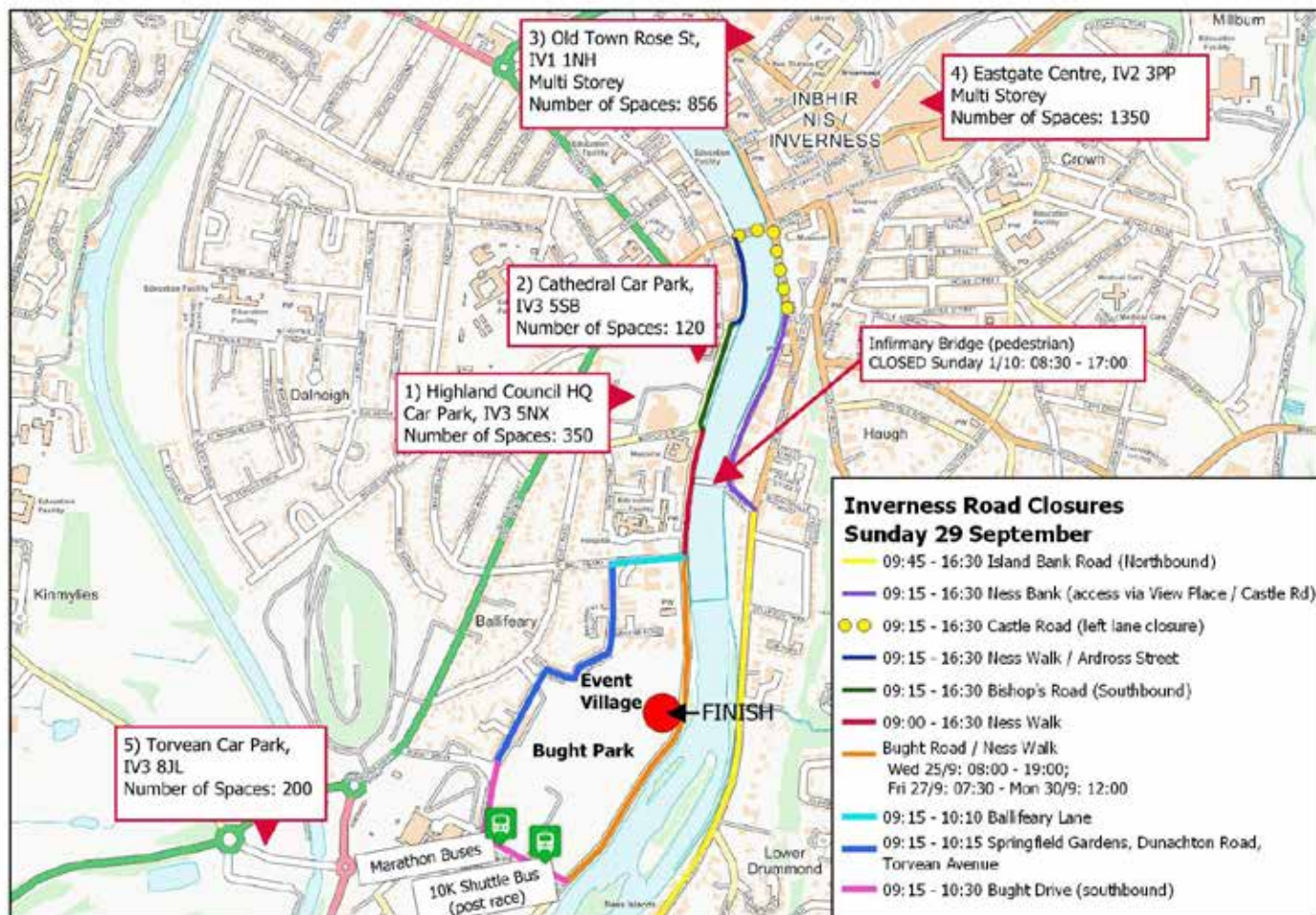
WHERE TO STAY, WHAT TO SEE & DO

Running a 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 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. 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 29 September

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

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.**

River Ness 5K Race Instructions

CHECK YOUR DETAILS

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

All 5K runners must attend registration to collect their race number on Saturday 28 September 10.00-18.00 OR Sunday 29 September 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 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.

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

- 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.

RACE WEEKEND ENTRIES

A limited number of 5K and Wee Nessie entries are available subject to race capacity over the race weekend however we recommend entering online by 22 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

Standard wheelchairs which are assisted (pushed) are permitted in the 5K. If you are taking part as an assisted wheelchair entrant your assistant/pusher will be allocated a complimentary entry into the event. Please note for safety reasons assisted wheelchair participants will be asked to start towards the rear of the field. **Please email info@lochnessmarathon.com to let us know that you intend to take part in a wheelchair and to arrange a complimentary entry for your assistant.**

DISCOUNTED ENTRY FEES FOR SCHOOLS, YOUTH CLUBS & DISABILITY GROUPS

There are reduced entry fees available for teams from schools, youth clubs and disability groups. Email info@lochnessmarathon.com for entry forms. All team entries must be received by 22 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 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

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

THE START

The 5K will start at **09.30** on Bught Road. Please note experienced and club runners should start at the front and all other runners, younger children, wheelchair users, buggies and walkers should position themselves to start towards the back of the field. Please follow marshals' instructions carefully. **All runners aged 8 and under MUST be accompanied by an adult who is also required to enter the 5K.**

RACE DAY CHECK LIST

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



What to expect along the route

THE ROUTE

Please refer to the course map.

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

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

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



TOILETS

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

USE OF HEADPHONES OR EARPHONES

It is not permitted to wear headphones or earphones in any of the races under Scottish and UK Athletics rules, although headphones or earphones that use bone conductor technology are permitted. However, this is at your own risk and if an incident occurs as a result of, or is made worse by, you wearing bone conductor headphones or earphones, you may be held liable.

LITTERING & RECYCLING

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

FIRST AID & MEDICAL CARE

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

We hope your training has gone well and would like to remind you that if you have recently had a bad cold or have been ill it is important to seek medical advice prior to the event. Also if your training has not gone to plan, we ask you give serious consideration to your ability to run the 5K.

RETIRING

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

What to expect after your race

THE FINISH

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

All finishers will receive a medal, t-shirt (unless you opted to donate to the John Muir Trust), fruit and a goody bag.

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

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

MEETING YOUR SUPPORTERS

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

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

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



Don't miss out on...

OFFICIAL RACE PHOTOS

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

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



OFFICIAL MERCHANDISE

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

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 22 September to avoid disappointment.

REGISTRATION

All Wee Nessie runners must collect their race number and t-shirt on Saturday 28 September 10.00-18.00 OR Sunday 29 September 07.30-09.00 from Registration at the Event Village.

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

THE ROUTE

The Wee Nessie starts at 09.45 in Bught Park and follows a short circular route of approx. 800m on grass around the park which children can run, jog, walk or toddle at their own pace. Parents and carers are welcome to accompany younger children, and buggies are also welcome. Any parents and carers not running with their child should stand at the finish line to meet them as they cross the finish line.

THE FINISH

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

TOILETS

Portable toilets are located in the Event Village.

FIRST AID & MEDICAL CARE

First aid is located in the Event Village.





Helping our environment

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

RUN LOCH NESS IN 2025!

Early bird entry to the 2025Baxters 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](#)



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improve your run



LOCH NESS
MARATHON
and Festival of Running

JOIN US AT THE SPORTS EXPO

**SATURDAY 28TH SEPTEMBER 10AM-6PM
& SUNDAY 29TH SEPTEMBER 9AM-4PM**

Event Village, Bught Park, Inverness IV3 5SQ

Enjoy exclusive offers on running essentials
from leading sports brands





Join Team Macmillan

We do whatever it takes for people living with cancer, but because 98% of our income comes from donors and fundraisers, we need your support.

MACMILLAN
CANCER SUPPORT

A registered charity



Why Team Macmillam?

Right now more than **3 million people** are living with cancer in the UK. By **2023** this figure will rise to **4 million**.

We're here to help everyone with cancer live life as fully as they can, by providing **physical, financial and emotional support**. We'll do whatever it takes, no matter what a person's needs are, we will listen and support them however they need us to - big or small.

To join Team Macmillan for Loch Ness Marathon 2024, visit the web page below, or call our Supporter Care Hub on **0300 1000 200**.

<https://bit.ly/JoinTeamMacLochNessMarathon2024>



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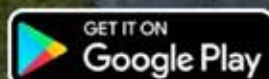
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You're amazing!

Progress is only made possible by the extraordinary efforts of people like you.

Thank you to all of our supporters – you're powering research!

It's not too late to join our team and help beat cancer.
Sign up today at: cruk.org/team

Thank
you



Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666), the Isle of Man (1103) and Jersey (247)
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Together we are
beating cancer

Highland Hospice

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

Baxters
LOCH NESS
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**Alzheimer
Scotland**
Action on Dementia

Make a difference for people living with dementia, their carers, and their families across Scotland.

We are Scotland's leading dementia charity, and we believe that nobody should have to face dementia alone.

When you run and raise funds for Alzheimer Scotland, you help us prevent dementia now, provide care today and work towards a cure for tomorrow.

We'll be with you every step of the way and we'd love to send you a free Alzheimer Scotland t-shirt or vest to wear on the day.

**Make every step count. Find out more [here](#).
Contact Lauran Farmer at events@alzscot.org
or call 0131 243 1453.**



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

IT'S NOT TOO LATE TO JOIN TEAM DODDIE!



Motor neuron disease (MND) is a terminal diagnosis, there is no cure.

But, by running for My Name's Doddie Foundation, you will help us invest in research to find effective treatments to the disease.

The incredible efforts our fundraisers go to have helped the Foundation commit over £11m to MND research so far.

To get involved, visit:
bit.ly/LochNessMNDF

**MY
NAME'S
DODDIE**
foundation



**GO TEAM
PARKINSON'S!**

**Join Team Parkinson's.
Together, we'll find a cure**

events.parkinsons.org.uk/Lochness24





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INVERNESS ^{1/2}
marathon

**RUNNING
THE HEART
AND soul
OF INVERNESS**

9 March 2025

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www.invernesshalfmarathon.co.uk

