

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



RIVER NESS 10K

+ CORPORATE CHALLENGE

EVENT GUIDE

28 SEPTEMBER 2025

Baxters
LOCH NESS
MARATHON
and Festival of Running



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SHOP HAMPERS





WELCOME

We look forward to welcoming you to the 2025 Baxters Loch Ness Marathon & Festival of Running. We have participants coming from all over the world and we hope you enjoy your visit to this stunning part of the world.

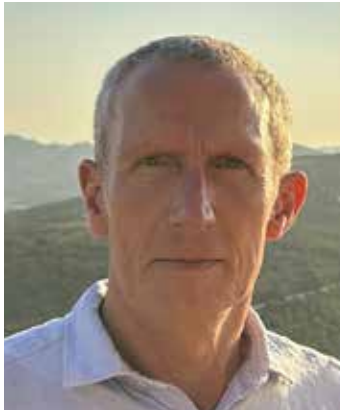
We would like to thank Baxters Food Group, who have been with us as title sponsor from the very beginning in 2002. Their incredible support has helped us make the event what it is today.

Thank you to our sponsors and partners: High5, Run4It, Erdinger, Coopah, Marathon Tours, Yellow Jersey 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 event 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 would like to wish you all the very best with your final weeks of training and look forward to seeing you in Inverness!



Malcolm Sutherland
CEO,
Loch Ness Marathon



Audrey Baxter
Executive Chairman
& Group CEO,
Baxters Food Group

It is hard to believe it's that time of year again when we welcome participants from Scotland, the UK and all over the world to the magnificent Scottish Highlands for the iconic Baxters Loch Ness Marathon and Festival of Running!

We are proud to continue our sponsorship of this wonderful event for another year. It perfectly complements our long-standing ethos and desire to 'be different, be better', which was beautifully demonstrated last year by our own team of runners, The Jam-tastics, who took top spot in the highly competitive Corporate Challenge.

With its stunning setting along the banks of Loch Ness and unrivalled atmosphere, the Baxters Loch Ness Marathon and Festival of Running is an event like no other and we know that whatever your drive or ambition to participate this year, you will also take the opportunity to 'be different, be better'.

We look forward to the excitement and buzz the occasion brings to the area as participants and their supporters gear up for 'great'ness and we wish each and every one of you all the very best for event day. We'll see you at the finish line!

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THANK YOU

TO OUR SPONSORS & PARTNERS



For nearly 160 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 into a global organisation, renowned for its leading brands and products, including soups, preserves, condiments, beetroot, pickles and chutneys.

Baxters is extremely proud of its Highland heritage and ethos to 'be different, be better'. The company is delighted to have the opportunity to celebrate both through its long-standing association with the iconic Loch Ness Marathon.

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.



improve your run

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 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.





BAXTERS RIVER NESS 10K / CORPORATE CHALLENGE 2025

EVENT WEEKEND TIMINGS

Saturday 27 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 28 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 participants 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 event)	Inverness Ice Centre, Bught Drive, Inverness, IV3 5SR
11.45	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
  LochNessMarathon

#runlochness #lochnessmarathon

Plan 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.

WHERE TO STAY, WHAT TO SEE & DO

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 participants 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

Saturday 27 September

Event Village, Bught Park: there is **NO** parking available at Bught Park. Parking is available in public car parks, refer to the map below. Parking is available in public car parks, refer to the map below, parking charges may apply.

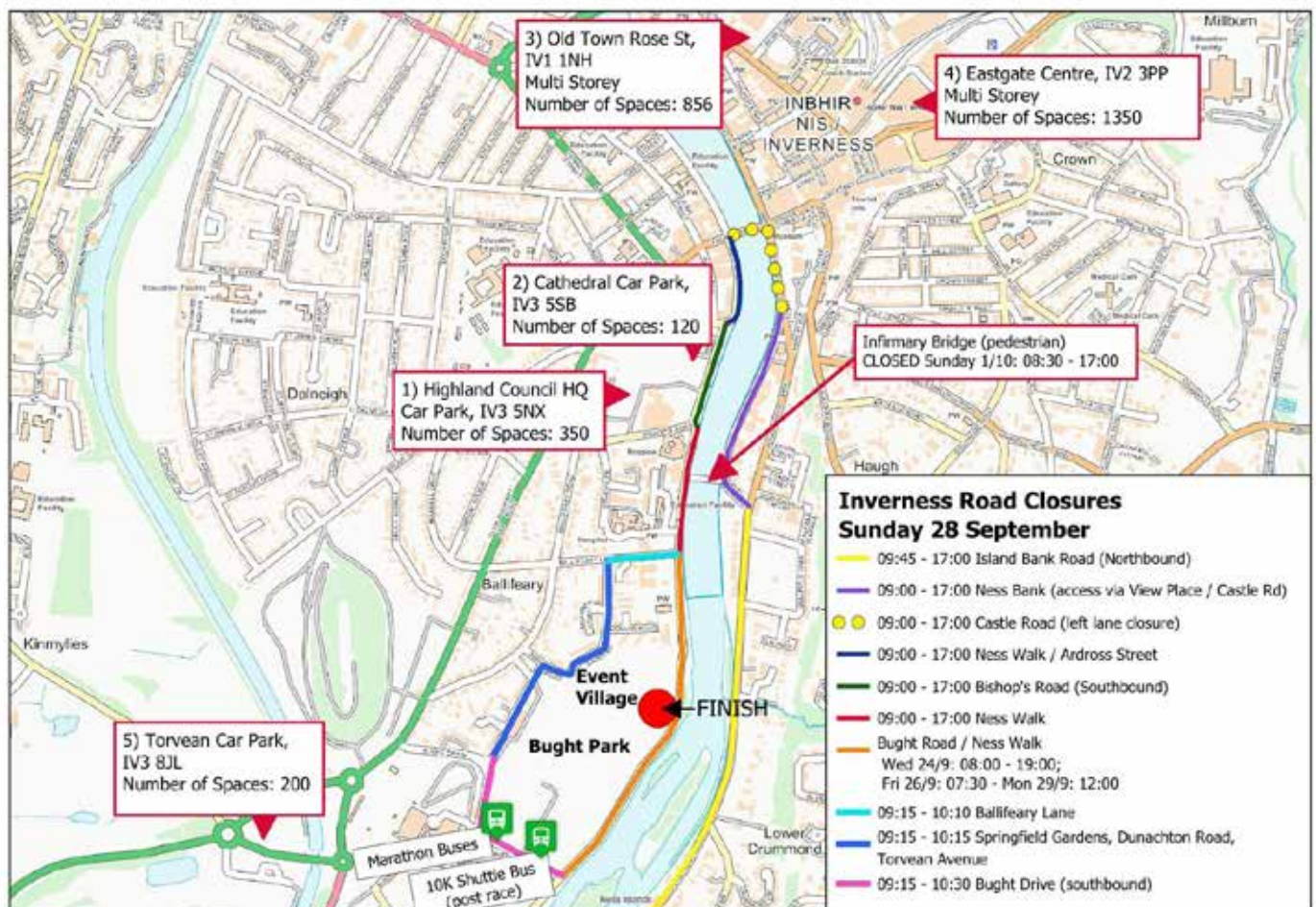
Where possible we recommend car sharing, using public transport or walking to the Event Village.

Sunday 28 September

Parking at 10K start: On the morning of the event, please, 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 event** to take 10K participants 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.



Parking 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.

Disabled parking is available on Bught Park, please note this is located 200m from the Event Village. 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, road closures will be in place along the event routes and around the Event Village – please allow extra time. Bught Road is the only road closure in place on Saturday. Please refer to our website.



Registration & Event Pack

EVENT PACK

If you live in the UK and entered before midnight on 14 September:

you will receive your event pack by post, please allow up to 10 days for your pack to arrive.

If you live in the UK and entered on or after 15 September:

you're required to collect your event 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 participants: you're required to collect your event 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 and check our website in advance to find your bib number.

If you are not able to make registration, a friend may register on your behalf. They are required to bring their photo ID as well as a signed letter or email from you (template available here) confirming permission to collect your event pack.

EVENT PACK

Your Event Pack contains your bib number with timing chip attached to the back, detachable baggage label (to attach to your kit bag) and safety pins to fix it to your top.

BIB NUMBER

- Complete the emergency contact and medical information on the reverse of your bib number.
- If you have a medical condition, provide as much information as possible on the back of your bib number and put a red cross on the front so medical teams are aware of any medical condition should you require assistance on the course.
- Attach your bib number to the FRONT of your top so it is visible at all times and not obscured by a hydration vest.
- If you opted to donate to the John Muir Trust Wild Woods and Peatlands Appeals instead of receiving a finisher's t-shirt, your bib number will have a green band.

**Please add the Event HQ numbers to your phone:
07512 791602 and 07598 780779**

**These numbers will be operational from 06.30 on event day
and are to be used in an emergency ONLY.**



What to expect at the Event Village



There is lots going on at the Event Village all weekend for participants and supporters.

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 at the Expo.

Come along to the Runners Cafe on Saturday and tune in to our guest speakers or chill with some live Scottish music.

There will also be street food, pop-up bars, family fun activities, local bands and pipes & drums.

DOGS

Dogs are welcome in the outside areas of the Event Village at Bught Park.

Assistance dogs only are permitted inside the tents and marquees.

Please be aware the Event Village will be very busy over the event weekend which can create a stressful environment for dogs.

We recommend that you leave them at home where possible.

What to expect at the start

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

When you arrive at the start, our marshals will guide you to drop off your kit bag and to take your place at the start line.

There are portable toilets at the start. Please be considerate to those around you, we do not tolerate antisocial behaviour.

Please note dogs are not permitted within the school grounds at the 10K start.

DROP OFF YOUR KIT BAG

- On arrival at the start, you can drop off your kit bag in one of the baggage vehicles.
 - Make sure your baggage label (this is attached to your bib number) is securely attached to your kit bag.
- Only small kit bags such as a daysack or sports bag will be accepted. No suitcases or loose items. We recommend placing items in a waterproof bag within your kit bag to protect contents from the weather.
- We recommend having some warm dry clothes to change into at the finish.
- Do not put any valuables or anything flammable or sharp in your kit bag.



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.

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 northbound 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 an event is as dangerous as drinking too little.

There is one water station located at the halfway mark (5.3km).

Our decision to use plastic water bottles at water stations is based on a combination of participants' 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.

TOILETS

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

USE OF HEADPHONES OR EARPHONES

Only bone conductor headphones are allowed in the event, standard headphones, earphones or earbuds are not permitted.

DOGS

For safety reasons, NO dogs, including assistance dogs, are permitted on any of the event routes or within the grounds of Inverness Royal Academy.

What to expect 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 participants 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 participants 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 participants 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 event, 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 at the finish

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 make space for other participants. Once you've collected your finisher items, please head to the baggage collection area.

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

Baxters soup and a roll is available for all finishers in the Food Tent.

FIRST AID & MEDICAL SUPPORT

First Aid will be available at the finish line, please notify a marshal if you or a fellow participant feel unwell or 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 you.

SHUTTLE BUS

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

CHANGING TENT

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 & TAPING

Massage and taping will be available at Registration on Saturday and after your event on Sunday.

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 participants by bike or to cycle along any section of the route.

Don't miss out on...

RESULTS

Results will appear on our website by the end of event day and you will also receive a text with your official time.

Please note results and prize giving are based on the information provided by you at the time of entering.

PRESENTATION

The 10K / Corporate Challenge presentation takes place at 11.45 on the podium in the Event Village. It is not possible to post prizes 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 bib number with your friends and family and they can register here to be notified as soon as your first photos are available online. Share your photos and event day experience on Facebook and Instagram.


iTAB

Official times will be provided to iTAB and you will receive yours in the post soon after the event. If you would like to order an iTAB, please head to our online shop.

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.





Event day check list

- ✓ Get dressed in tried and tested gear.
- ✓ Pin your bib 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.
 - ✓ Allow plenty of time to make your way to the start line.

Helping our environment

We are committed to making the event as sustainable as possible and to minimise the event's environmental impact. 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.

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

Entry is available online until 21 September, subject to capacity. Limited entries on event weekend for 5K and Wee Nessie.

www.lochnessmarathon.com

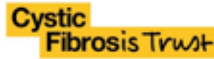


RUN FOR CHARITY

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



CRUNCH THE MILES WITH

Baxters



Some runners
say pickle juice
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cramp!

Our gherkins are
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peak freshness for
the perfect crunch





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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*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 27TH SEPTEMBER 10AM-6PM
& SUNDAY 28TH SEPTEMBER 8.30AM-5PM**

Event Village, Bught Park, Inverness IV3 5SQ

Enjoy exclusive offers on running essentials
from leading sports brands



MACMILLAN
CANCER SUPPORT

A registered charity



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Join Team Macmillan

Use your place in the Loch Ness Marathon to fundraise for Macmillan Cancer Support and make the miles count for the 3.5 million people living with cancer in the UK.

MACMILLAN
CANCER SUPPORT

A registered charity



Why Team Macmillam?

At Macmillan, we do whatever it takes to support every person living with cancer in the UK, whoever and wherever they are. But we can't do it without your support.

To join Team Macmillan, visit our webpage [here](#). You'll receive a complimentary post-run sports massage, top and goody bag, as well as the loudest and proudest cheer on the course!

Just £17 could provide a session of emotional support to a person living with cancer with a Macmillan buddy.



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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



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Cancer Research UK is a registered charity in England and Wales (1089464),
Scotland (SC041666), the Isle of Man (1103) and Jersey (247)
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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 right care, in the right place, at the right time.

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

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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

MY NAME'S DODDIE FOUNDATION

My Name's Doddie Foundation has a clear vision of a world free of motor neuron disease (MND).

The charity was founded in 2017 by rugby legend Doddie Weir OBE, following his diagnosis with MND. From the outset of his diagnosis, Doddie was driven to help others living with MND and seek ways to further research into this, as yet, incurable disease.

To date, My Name's Doddie Foundation has committed £19.5 million to MND research, plus £2 million to support people living with MND

To find out more about our events contact our Community and Events Fundraiser Finlay on finlay@myname5doddie.co.uk





Around 166,000 people live with Parkinson's in the UK. Parkinson's is on the rise. In the UK today, someone is diagnosed every 20 minutes.



Fundraisers like you power everything we do, from supporting people with Parkinson's and their families to funding groundbreaking research into new treatments. We can't do it without you.

Thank you #TeamCF

Cystic Fibrosis Trust is the charity uniting the UK to stop cystic fibrosis, a lifelong, life-limiting genetic condition affecting over 11,000 people in the UK. Your support means that we can improve care, speak out, support each other, and fund life-changing research.

No matter what you do for #TeamCF, when we join together, amazing things happen. Sign up for an event today at cysticfibrosis.org.uk/events

**Cystic
Fibrosis Trust**

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Uniting for a life unlimited