

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

A photograph of two young girls running in a race. They are wearing pink and grey athletic wear and Baxters River Ness 5K bibs with the number 10496. In the background, a man in a grey hoodie is also running. The scene is outdoors with trees and other participants visible. The image is overlaid with a red diagonal band and large white text.

RIVER NESS 5K + WEE NESSIE EVENT GUIDE

28 SEPTEMBER 2025

Baxters
LOCH NESS
MARATHON
and Festival of Running



TIMELESS SCOTTISH HAMPERS *curated to impress*



Over 150 years of culinary craftsmanship and heritage come together in Baxters' hand-packed hampers. Filled with Scottish delicacies, they make unforgettable gifts for clients, colleagues and loved ones alike.

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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.

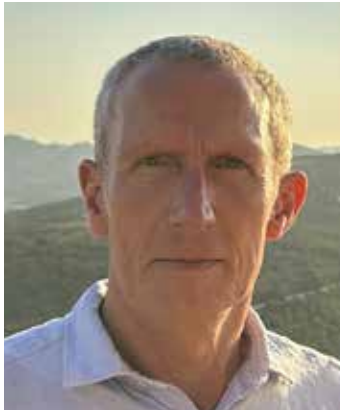
We would like to thank Baxters Food Group, who have been with us as title sponsor from the very beginning in 2002. Their incredible support has helped us make the event what it is today.

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 5K & WEE NESSIE 2025 EVENT GUIDE

Saturday 27 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 28 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
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 Event Village is in Bught Park, Inverness, IV3 5SQ, approx. 1 mile from Inverness city centre, bus and train stations, and 11 miles from Inverness airport.

TRAVEL TO INVERNESS

Please visit our website for information on getting to Inverness and where to stay.

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

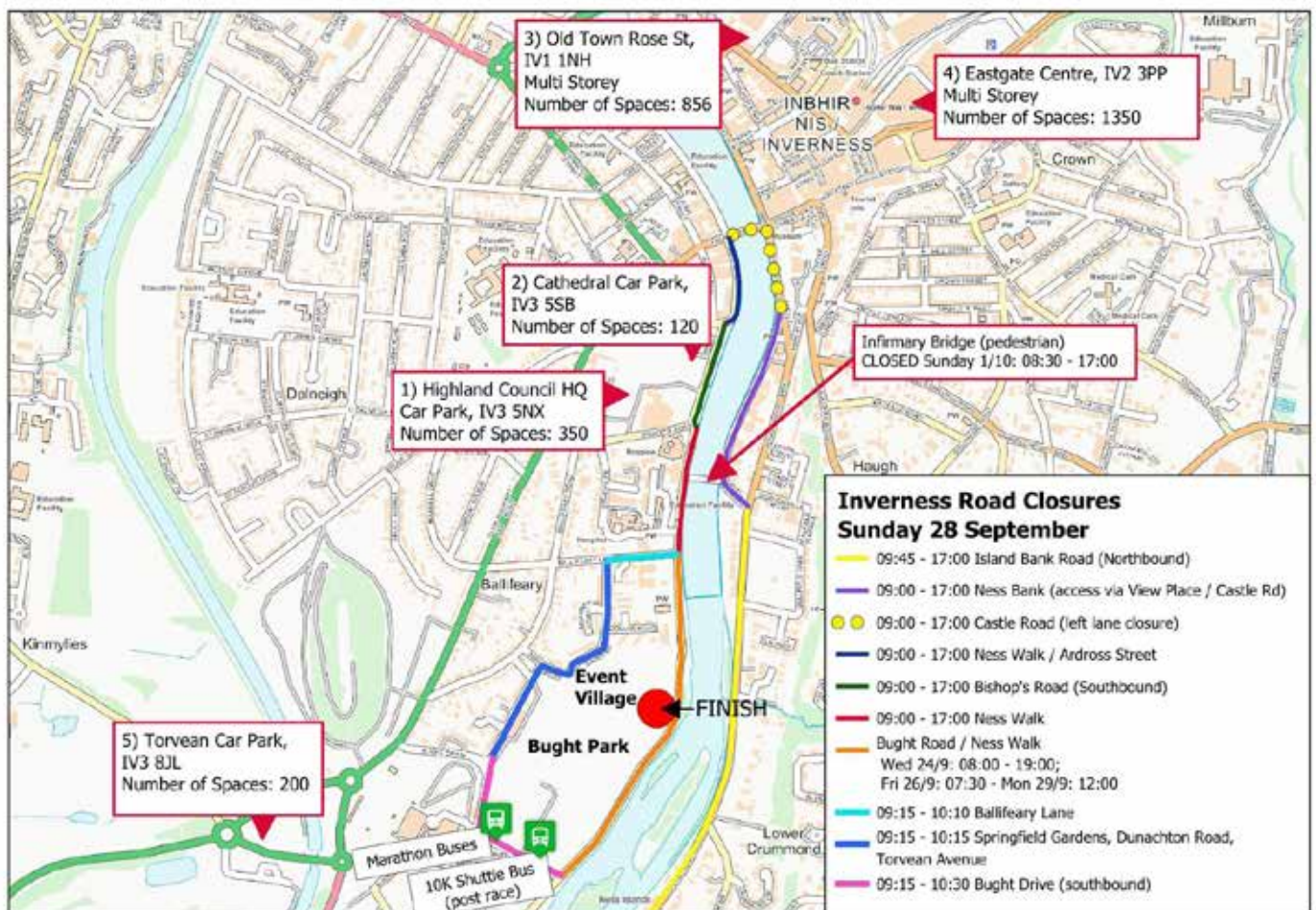
Sunday 28 September

There is **NO** parking available at Bught Park. Parking is available at public car parks (refer to map below), 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.

**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.**



Baxters River Ness 5K Event Guide

REGISTRATION

5K participants are required to attend pre-event registration at the Event Village, open from **10.00-18.00** on **Saturday 27 September** OR **07.30-09.00** on **Sunday 28 September**, to collect your bib number. Please allow at least an hour before close of registration if you plan to collect your number on Sunday morning.

Schools & Clubs Entries: your team coordinator will collect a pack containing all bib numbers for your school or club at Registration.

Please 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.

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.



EVENT WEEKEND ENTRIES

A limited number of 5K and Wee Nessie entries may be available subject to capacity over event weekend; however we recommend entering online by 21 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.

WHEELCHAIR PARTICIPANTS

Only manual wheelchairs are permitted in the 5K (motorised and racing wheelchairs are not permitted). If you are taking part as an assisted wheelchair participant, we are pleased to offer your support runner a complimentary entry into the event however they will need to enter the event and accept terms & conditions.

Please contact info@lochnessmarathon.com for more information.

DISCOUNTED ENTRY FEES FOR SCHOOLS, YOUTH CLUBS & DISABILITY GROUPS

There are reduced entry fees available for teams from schools, youth clubs and disability groups. All team entries must be received by 21 September.



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

BAGGAGE

We recommend coming ready to run however baggage can be left during the 5K 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 participants, younger children, wheelchair users, buggies and walkers should position themselves towards the back of the field. Please follow marshals' instructions carefully. **All participants aged 8 and under MUST be accompanied by an adult who is also required to enter the 5K.**

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.



What to expect along the route

THE ROUTE

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.

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, including disabled toilets, are available at the Event Village (start and finish location).

USE OF HEADPHONES OR EARPHONES

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

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 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, halfway point (2.5km), 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 5K.

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.

DOGS

For safety reasons, NO dogs, including assistance dogs, are permitted on any of the event routes.

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 make space for other participants.

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

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

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



Don't miss out on...

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.

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.

RESULTS

The 5K is not chip timed and there are no official results.



Wee Nessie Event Guide

ENTRY TO THE WEE NESSIE

The Wee Nessie is open to children aged 5 and under on the day of the event. A limited number of Wee Nessie entries are available subject to capacity over the weekend however we recommend you enter online by 21 September to avoid disappointment.

REGISTRATION

Wee Nessie participants are required to attend pre-event registration at the Event Village, open from **10.00-18.00** on **Saturday 27 September** OR **07.30-9.00** on **Sunday 28 September**, to collect your bib number.

THE ROUTE

The Wee Nessie starts at 09.45 in Bught Park and follows a 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, including disabled toilets, are located in the Event Village.

FIRST AID & MEDICAL SUPPORT

First Aid will be available at the finish line and the Event Village, please notify a marshal if you or a fellow participant feel unwell or require medical treatment.

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

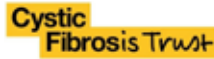


RUN FOR CHARITY

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
helps relieve
cramp!

Our gherkins are
hand-picked at
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:

Energy Gel Aqua

Orange and Berry

[Product Info](#)

ZERO

Citrus

[Product Info](#)



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until 28th September 2025

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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



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CANCER SUPPORT

A registered charity



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**FUNDRAISING
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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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YOUR RITUAL AFTER SPORT.

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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



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

Baxters
LOCH NESS
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and Festival of Running



**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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