

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

A photograph of a man and a young boy high-fiving during a race. The man, on the right, is wearing a bright yellow-green athletic shirt with a black collar and a race bib that reads 'Baxters 9519 RIVER NESS 5K'. The boy, on the left, is wearing a similar shirt and a race bib that reads 'Baxters 9504 RIVER NESS 5K'. They are both smiling and looking at each other. In the background, other runners and spectators are visible, though out of focus. The entire image has a red diagonal stripe running from the top left to the bottom right.

RIVER NESS 5K + WEE NESSIE EVENT GUIDE

27 SEPTEMBER 2026

Baxters
LOCH NESS
MARATHON
and Festival of Running



**SUPER GOOD
IN MORE WAYS
THAN ONE**





WELCOME

We're delighted to welcome you to the 2026 Baxters Loch Ness Marathon & Festival of Running. With participants travelling from across the UK and around the world, we hope you enjoy your time in Inverness and the stunning Highland scenery that makes this such a special event.

We'd like to extend our sincere thanks to Baxters Food Group, our title sponsor since the very first Loch Ness Marathon in 2002. Their longstanding support has played a huge part in the growth and success of the event over the years.

We'd also like to thank all of our sponsors and partners for their continued support in helping us deliver the event.

Our thanks also go to Highland Council, Police Scotland, Alba Traffic Management, Scottish Ambulance Service and all the other agencies and organisations whose expertise, support and hard work help make the event possible.

A huge thank you goes to the local residents, communities and businesses along the route for their patience, support and cooperation. We're also incredibly grateful to the many volunteers, charities and organisations who give their time over the event weekend - their enthusiasm and support are an essential part of the Loch Ness Marathon experience.

Finally, we'd like to wish you all the very best with your final weeks of training. We hope you enjoy the build-up, have a fantastic event and make the most of your Loch Ness experience.

We look forward to welcoming you to Inverness!



Malcolm Sutherland
CEO,
Caledonian Concepts



Audrey Baxter
Executive Chairman
& Group CEO,
Baxters Food Group

This year's Baxters Loch Ness Marathon & Festival of Running marks almost a quarter of a century of our association with this iconic event.

For almost 25 years, we have been proud sponsors and, during that time, the event has provided the perfect platform to demonstrate the visionary ethos established by my great grandfather, George Baxter, in Fochabers almost 160 years ago to 'be different, be better'. Each year thousands of runners, including many who have represented Baxters, take on the challenge to do just that.

And this year is no different. We will soon welcome runners from near and far to this glorious part of Scotland as they push themselves to great'ness' against the stunning backdrop of Loch Ness. Once again, personal goals will be achieved and huge amounts will be raised for a range of good causes.

Whatever your motivation to step up to the start line, I know the sense of accomplishment you will feel at the finish will be phenomenal!

Good luck everyone - wishing you all the very best for this year's event.

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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', which has been celebrated through the company's association with the iconic Loch Ness Marathon for almost a quarter of a century.

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.



Make your fundraising count

We're celebrating all the incredible fundraisers who have already raised thousands for good causes, what an achievement. Fundraising is a brilliant way to make even more of your event and help a cause close to your heart. Haven't started fundraising yet? There's still time! Set up your fundraising page on Enthuse, our official online fundraising partner, and personalise it with your photo and story. Then share it with friends, family and colleagues and start collecting donations for your chosen charity. Whether you're just getting started or giving your fundraising one final push before the big day, every donation makes a difference.



Ready to get started? Click [here](#) to set up your fundraising page! 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!

COO:PAH THE RUN COACHING APP

Meet Coopah, The Run Coaching App of the Baxters Loch Ness Marathon. Built by world-class coaches, backed by sports science, Coopah creates a plan based on your goals, your pace, and your schedule. Arrive at the start line race ready, chat to Coopah's UK Athletics coaches in app on anything, from fuelling to injury, strength training to kit. Use the code LOCHNESS for two weeks free & 25% off. Train smart with no wasted miles, on a plan handmade for you.



Versus Socks: Performance Socks Engineered for Every Mile

Born in 2015 in Stellenbosch, South Africa, Versus Socks set out to redefine one of the most overlooked pieces of performance gear: the sock. Frustrated by the uninspiring options available, the founders created performance socks engineered for comfort, durability and the demands of sport. From everyday training to race day, every pair is designed to go the distance. Technical materials, thoughtful construction and bold designs combine to deliver socks that perform mile after mile. Whether you're chasing a personal best or simply enjoying the run, comfort and durability come as standard. More than a sock brand, Versus is driven by innovation, craft and a relentless pursuit of better. What began in Stellenbosch has since gone global, with more than 6 million pairs sold worldwide and a place in the kit bags of runners and active people everywhere, from parkrun regulars to podium chasers.





BAXTERS RIVER NESS 5K & WEE NESSIE 2026

EVENT GUIDE

Saturday 26 September

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

Sunday 27 September

07.30 - 09.00	Registration open (5K & Wee Nessie only)	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



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.

There are good road and rail links into Inverness offering the opportunity to enjoy fabulous scenery en route.

Ember offer an affordable, electric, 24-hour bus service connecting Inverness to the rest of Scotland.

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.

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.**



Parking

It is anticipated the area around Bught Park will be very busy on event weekend and traffic flow will be slow. We encourage you to allow plenty of time and where possible, please consider being dropped off, car sharing or walking to the Event Village.

Saturday 26 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.

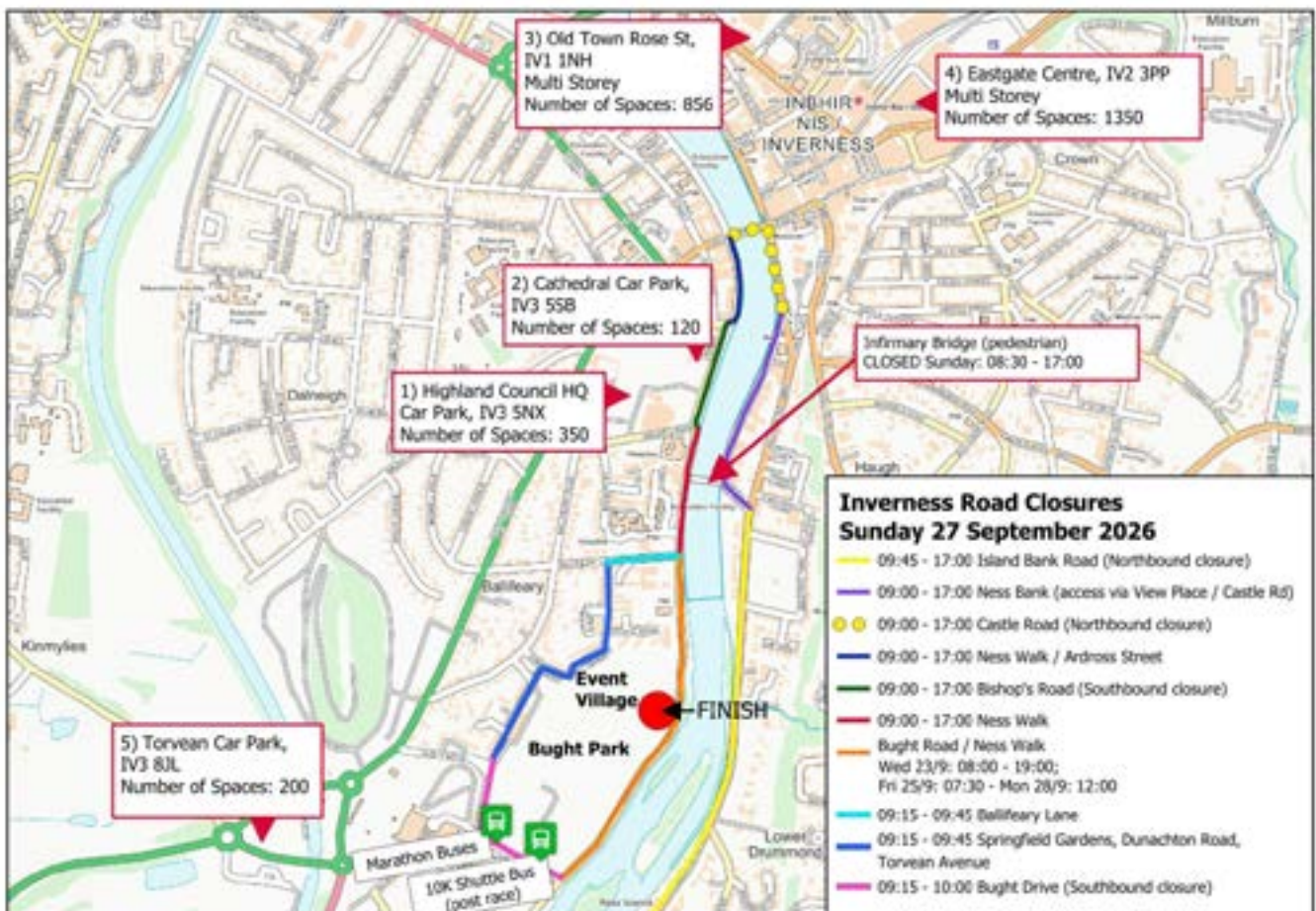
Sunday 27 September

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 on grass and is located 200m from the Event Village. Follow signs to 'VIP Parking'.

Please note there is NO parking available at the Ice Centre, Inverness Leisure, Archive Centre, Whin Park, Highland Rugby Club or in the surrounding residential streets.

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



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 26 September** OR **07.30-09.00** on **Sunday 27 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 and distribute numbers to your group.

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

- The 5K will be chip timed this year.
- 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.



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 20 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 20 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 panel of running experts 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 and t-shirt (unless you opted out during registration which will be indicated on your bib number), fruit and a fantastic goody bag.

Baxters soup and a roll are 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...

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.

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.

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.



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 may be available subject to capacity over the weekend however we recommend you enter online by 20 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 26 September** OR **07.30-9.00** on **Sunday 27 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.

Save the Date:
26 September 2027

Early bird entry
opening on event day



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



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Made
the right
way!**



**Crafted by chefs
from the heart of Scotland's larder**



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](#)



improve your run



FIND US AT THE **SPORTS** **EXPO**

SATURDAY 26TH SEPTEMBER 10AM-6PM
& SUNDAY 27TH SEPTEMBER 8:30AM-5PM

Event Village, Bught Park, Inverness IV3 5SQ

*Enjoy a curated selection of industry-leading
running brands and must-have essentials*





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PARTNER

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full-price running shoes, clothing and accessories
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LNLM2615

Valid until 27th September 2026

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BROOKS



saucony



HOKA



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.



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CONTAINS VITAMINS



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THE RUN
COACHING APP

WORLD CLASS
COACHING,
WITH YOU
EVERY STEP.



THIS IS HOW PERFORMANCE IS BUILT
USE CODE **LOCHNESS** FOR 2 WEEKS FREE

App Store Rating
4.8 ★★★★★

Play Store Rating
4.9 ★★★★★



MACMILLAN
CANCER SUPPORT

A registered charity



Registered with
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REGULATOR**



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 Macmillan?

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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