



LOCH NESS MARATHON

and Festival of Running



3 October 2021

Baxters Loch Ness Marathon

RACE GUIDE

lochnessmarathon.com



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Sports Expo

leading sports brands to try
and buy all weekend...

Festival on Race Day...

Scottish music, street food,
ice cream, to name a few



SUPER PLANT POWER

With many of us looking to vegan diets for foodie inspiration these days, our Plant Based soups are the perfect discovery. Super good for you and super exciting for your tastebuds.



Malcolm Sutherland
Event & Race Director, Loch Ness Marathon

Welcome

We are so excited to welcome you back to beautiful Loch Ness on 3 October 2021 and would like to thank you for your incredible support over the last year.

We understand that you may have questions over what the event will be like this year and would like to reassure you that our team has been working closely with local authorities and our key stakeholders to deliver an amazing event experience for everyone involved while doing everything we can to keep you safe.

Whilst the event is taking place after Scotland moved beyond Level 0 on 9th August, there will still be Covid safety measures in place during the event which we respectfully ask you to follow, both for your own safety, those around you and for our event crew, volunteers and the local community. Please take a moment to read our Covid Safety Guide and watch our video.

We would like to take this opportunity to thank Highland Council, Police Scotland, Alba Traffic Management, Scottish Ambulance Service and other agencies and organisations who have provided invaluable support and advice with the planning of the event.

We would also like to thank Baxters Food Group for their fantastic support as title sponsor for the past 19 years, working with us to make the Loch Ness Marathon & Festival of Running the world-class event it is today.

Thank you too to our sponsors and partners: EventScotland, Hoka, High5, Run4It, Erdinger, Marathon Tours and Caledonian Logistics.

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 invaluable support.

We are delighted to be partnered with Macmillan Cancer Support, Alzheimer Scotland, Cancer Research UK and Highland Hospice and 25 additional charity partners, who are all doing incredible work to help others and improve lives. Over the last 18 years, runners have raised a staggering £13m 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 these important instructions carefully along with our Covid Safety Guide and video to ensure you have an enjoyable and safe event experience. Please also refer to the event website, Facebook, Instagram and Twitter to keep up to date.

We would like to wish you all the very best with your final preparation and look forward to seeing you all at Registration on Saturday 2 October.



Audrey Baxter
Executive Chairman
and Group CEO

Baxters is proud to be the title sponsor of the Loch Ness Marathon for the 19th year running.

After a difficult 18 months and with last year's event having to be cancelled due to Covid-19 restrictions, we are absolutely delighted to be back supporting the Loch Ness Marathon and Festival of Running once again. The event continues to reflect our commitment to supporting the local community and providing food full of goodness to encourage a healthy and active lifestyle, which has become increasingly important for all of us.

We are proud to have been part of the event from the beginning, working with and supporting the team to help make the Loch Ness Marathon & Festival of Running the world-class event it is today. I would also like to take this opportunity to thank the team for all their hard work behind the scenes to deliver an amazing event experience whilst keeping everyone safe. Good luck to everyone running this year.



HebCelt, Stornoway

Scotland

The Perfect Stage

Whether it's music, food, art and culture, or sport - Scotland has a wide variety of events for you to experience and enjoy.

Why not explore some of the fantastic online and in person events at visitscotland.com/events.

EventScotland is delighted to be supporting the Loch Ness Marathon as part of Scotland's Events Recovery Fund.

VISITSCOTLAND.COM

EventScotland™

TITLE SPONSOR



For over 150 years Baxters has been one of the UK's best-loved food producers, from its inception as a small grocery store in Fochabers in 1868 to the current day. With leading brands and over 160 products to its name, the Baxter family has been creating the finest soups, preserves, condiments, beetroot and chutneys with four generations of family know how and expertise going into every product. This year Baxters is continuing its long history of sponsoring the Loch Ness Marathon & Festival of Running. The event reflects the company's commitment to supporting the local community and providing food full of goodness to encourage healthy and active lifestyles.

www.baxters.com

SUPPORT SPONSORS



EventScotland is working to make Scotland the perfect stage for events by securing and supporting an exciting portfolio of sporting and cultural events. It provides funding opportunities and access to resources and information to develop the industry. EventScotland is a team within VisitScotland's Events Directorate, the national tourism organisation, alongside Business Events and Development Teams. For further information about EventScotland, its funding programmes and latest event news visit www.eventscotland.org or follow **Twitter @EventScotNews** and **LinkedIn**.



HOKA ONE ONE® produces premium performance footwear for athletes of all types. Initially distinguished by their extra-thick midsoles, HOKA shoes were first embraced by competitive ultrarunners because of their enhanced cushioning and inherent stability, and today are designed to meet the running, walking and fitness needs of a wide variety of users. HOKA's road running, trail running, hiking and fitness shoes appeal to serious runners and fitness enthusiasts alike who enjoy the shoes' unique ride and performance characteristics. For more information, visit hokaoneone.eu or follow **@hokaoneone_eu #timetofly**





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. <https://highfive.co.uk/>



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 product, quality customer service and expert, honest advice to help improve your running experience! You can use your **15% discount** voucher in Run4It's **8 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.



ERDINGER Alkoholfrei is THE refreshing, isotonic recovery drink, and now it's available with a natural grapefruit twist - #itsallinthemix! Still naturally brewed and still providing the perfect balance of B-vitamins and minerals but now with a choice of two refreshing flavours to help your body recover and refuel after exercise, could there be anything better to aid your training? **Order yours today** and make ERDINGER Alkoholfrei your perfect training partner for the Loch Ness Marathon - Cheers!

PARTNERS





race

weekend timings

Saturday 2 October

10.00-18.00

Pre-race registration for Marathon, River Ness 5K at the Event Village, Bught Park, Inverness IV3 5SQ

10.00-18.00

Sports Expo open at the Event Village!

Free entry.

the festival is a great place for families to hang out before and after the event!

Sunday 3 October

07.00-07.30 Marathon runners arrive at the Inverness Ice Centre, Bught Drive, Inverness IV3 5SR to be transported by bus to the marathon start

07.30-07.50 Buses depart Inverness Ice Centre for the marathon start

07.30-09.00 Pre-race registration for the River Ness 5K at the Event Village

09.00-16.00 Festival of Running including Sports Expo, street food and pipe band open at the Event Village. Free entry.

09.30 Start of Baxters River Ness 5K

10.00 Start of Baxters Loch Ness Marathon

10.30 Start of Baxters River Ness 10K/Corporate Challenge

12.30 Prize giving for Baxters River Ness 10K/Corporate Challenge at Event Village

14.00 Prize-giving for the Baxters Loch Ness Marathon at Event Village



Covid-19 Safety Measures

We understand that you may have questions over what the event will be like this year and would like to reassure you that our team has been working very closely with our local authorities and key stakeholders to deliver an amazing event experience for everyone involved while doing everything we can to keep you safe.

Whilst the event is taking place after Scotland moved beyond Level 0 on 9th August, there will still be Covid safety measures in place during the event which we respectfully ask you to follow, both for your own safety, those around you and for our participants, event crew, volunteers and the local community.

Further information regarding these measures will be shared with you in our **Covid Safety Guide and **video**.**

Baxters
LOCH NESS
MARATHON
and Festival of Running



PARKING

All runners and spectators coming to the Festival of Running are advised to avoid parking in the Bught Park area. Where possible we recommend:

- **Using public transport**
- **Parking in the centre of town and walking along the river to the Event Village at Bught Park (approx. 1 mile). See map opposite.**

Saturday 2 October

Parking is available at the following public car parks. Please note parking charges may apply.

1. Highland Council HQ Car Park, Glenurquhart Road, Inverness, IV3 5NX
2. Cathedral Car Park, Ness Walk, Inverness, IV3 5NN
3. Old Town Rose Street Multi-Storey, Farraline Park, Inverness, IV1 1NH
4. Eastgate Centre Multi-Storey Car Park, 11 Eastgate, Inverness IV2 3PP

Sunday 3 October

- 5K Runners/Spectators coming to Bught Park - please see map for parking options.
- 10K/Corporate Challenge Runners - parking is limited at the 10K start. Please follow signs and marshals' instructions directing you to parking areas.
- Disabled car parking is available on Sunday at Bught Park, although please note this is located approx. 400m from the Event Village and is on grass.
- We encourage all runners to be dropped off where possible.

Parking Update for Marathon Runners

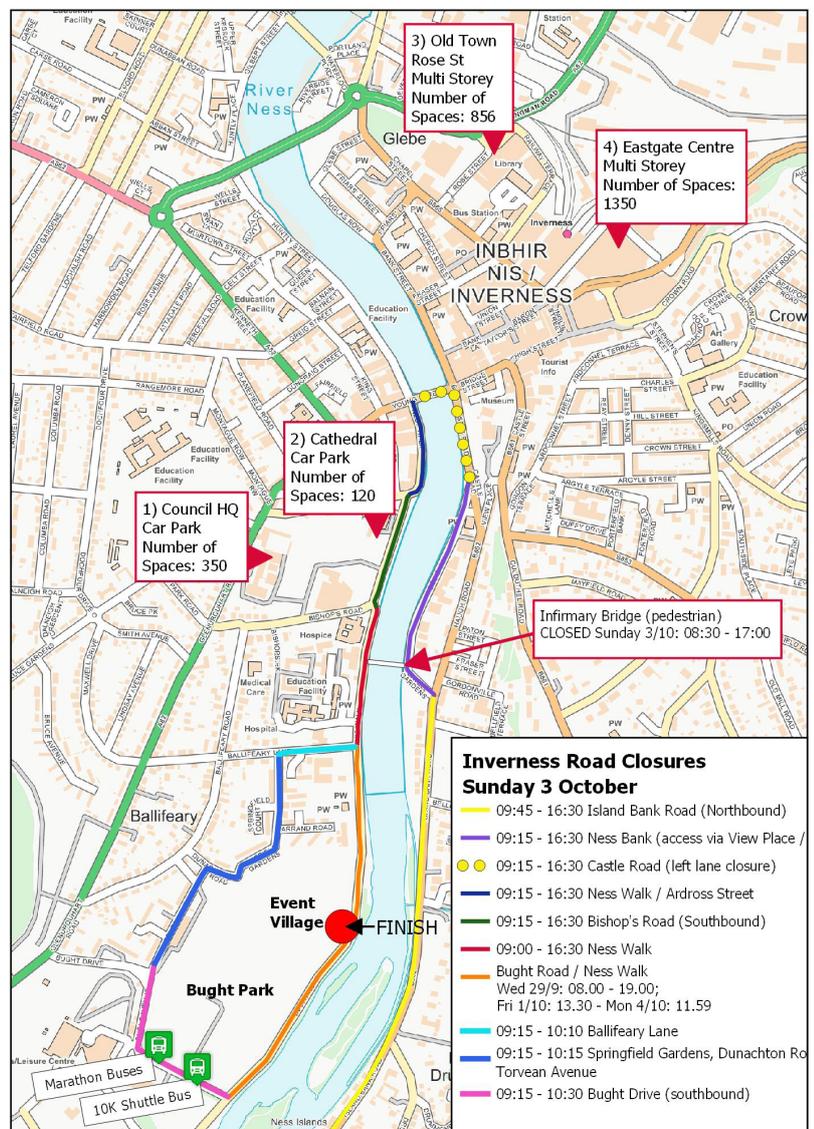
Due to grass conditions, we are unable to use the grass pitches at Bught Park for marathon runners to park on Sunday morning.

We encourage runners to be dropped off where possible at Bught Park, access is from Glenurquhart Road/Bught Drive. Please follow marshal instructions and drop off quickly - there is no waiting allowed in the drop-off area. Parking is available at the following public car parks, parking charges may apply.

Highland Council HQ Car Park, Glenurquhart Road, Inverness, IV3 5NX (10min walk to marathon bus pick up point)

Torvean Car Park, accessed from roundabout opposite Premier Inn, Glenurquhart Road (5min walk to marathon bus pick up point) What3Words ///traded.dozen.robots

There is NO access or parking available for runners at the Inverness Ice Centre, Inverness Leisure or Highland Rugby Club car parks.



TEMPORARY TRAFFIC RESTRICTIONS

Please note that temporary traffic restrictions will be in place along the race routes and around the Event Village on Sunday, which are detailed on our website. Bught Road which runs alongside Bught Park is the only road closure in place on Saturday.



LOCH NESS MARATHON 2021

RACE INSTRUCTIONS

Saturday 2 October

10.00 - 18.00 Pre-race registration at the Event Village at Bught Park, Bught Road, Inverness, IV3 5SQ

10.00 - 18.00 Sports Expo and street food open at the Event Village (free entry)

Sunday 3 October

07.00 - 07.30 Runners arrive at the Inverness Ice Centre, Bught Drive, Inverness IV3 5SR for bus transport to the Marathon start.

07.30 - 07.50 Buses depart from outside Inverness Ice Centre

07.30 - 08.35 Bus pick-up from various locations on South Loch Ness (pre-booking essential by 19 September), **see page 15**.

08.15 Bus pick-up from Loch Ness Hub, Drumnadrochit IV63 6TX (pre-booking essential by 19 September)

08.40 Bus pick-up from Fort Augustus village car park, PH32 4DD (pre-booking essential by 19 September)

08.45 Buses begin to arrive at Marathon Start

09.00 - 16.00 Festival of Running including Sports Expo, street food open at the Event Village. Free entry.

10.00 Start of Baxters Loch Ness Marathon

14.00 Prize-Giving at Event Village

REGISTRATION

All Marathon runners must attend pre-race registration between 10.00-18.00 on Saturday 2 October at the Event Village, to collect your race number (this includes your tear off baggage label and timing chip), safety pins and post-race soup ticket.

Please note you will be required to show a form of photo ID in order to receive your marathon race pack. If you are unable to make registration in person, you can get a friend to register for you. They need to bring photo ID for themselves as well as a signed authorisation letter from you confirming that they can collect your race pack; please email us for a template letter.

A small number of massage therapists will be available during registration offering massage and taping in return for a donation to charity.

Please note there are absolutely no race day entries for the Marathon, and strictly no transfers between races or transfer of places to another runner. We do not operate a deferment system.

CHECK YOUR DETAILS

Please check your contact details, emergency contact information and age are all correct on our database.

Log-in to myevents.active.com, select 'edit registration' under 2021 Loch Ness Marathon & Festival of Running. Please note that it is your responsibility to make any changes to your details by 19 September.

Whilst the event is taking place after Scotland moved beyond Level 0 on 9th August, there will still be Covid safety measures in place during the event which we respectfully ask you to follow, both for your own safety, those around you and for our event crew, volunteers and the local community.

Please take a moment to read our Covid Safety Guide and watch our video.



RACE PACK – IMPORTANT INFORMATION

- Race Number – please complete the emergency contact and medical information on the reverse of your race number and attach it to the front of your running top using the safety pins provided.
- Please ensure that your race number is attached to the FRONT of your running top and visible at all times during the race and when you cross the finish line.
- If you have a medical condition, provide as much information as possible on the reverse of your race number and put a red cross on the front. This is so our medical teams are aware of any existing medical condition should you require assistance on the course.
- Please do not deface your race number or swap numbers with other runners - this is contrary to Scottish Athletics' regulations and will lead to your disqualification.
- Baggage Label – a corresponding baggage number is attached to your race number. This should be torn off the race number and attached to the top of your kit bag on race day.
- Timing Chip – this is attached to the back of your race number and should not be removed. Please ensure your race number is attached to the front of your running top and is not obscured by anything e.g. water belt or bumbag. The chip will automatically start recording your time when you cross the start line.
- For 2021 we have partnered with Trees not Tees. If you opted to plant a tree instead of receiving your official finisher's t-shirt when you registered online, you will have a green band on your race number. Please do not collect your finishers t-shirt and Trees not Tees will plant a tree on your behalf.

TRANSPORT TO THE MARATHON START

- All marathon runners are transported by bus to the Start from outside the Inverness Ice Centre at Bught Park which is located a 10 minute walk from the Event Village. Please arrive between 07.00-07.30.
- We will be following Scottish Government guidelines on bus transport. Please note that face coverings are mandatory on bus transport to the start.
- Due to logistical and safety reasons, it is not possible for runners or spectators to make their own way to the marathon start.

TRANSPORT FROM DRUMNADROCHIT/ FORT AUGUSTUS TO MARATHON START

- For those staying on north-side Loch Ness, buses will leave from Loch Ness Hub, Drumnadrochit IV63 6TX (off A82) at 08.15 and Fort Augustus village car park, PH32 4DF (off A82) at 08.40.
- **Pre-booking essential.** If you require pick up from Drumnadrochit or Fort Augustus, please e-mail info@lochnessmarathon.com by 19 September.
- Please note we do NOT provide return transport to Drumnadrochit or Fort Augustus after the race.

TRANSPORT FROM SOUTH LOCH NESS TO MARATHON START

- For those staying on south-side Loch Ness, buses will leave from 6 locations as follows:
- 07.40 Dores (opposite Dores Inn)
 - 07.55 Inverfarigaig – junction of Inverfarigaig Pass/B852
 - 08.05 Lower Foyers junction with B852
 - 08.10 Foyers Stores
 - 08.25 Junction of B862 & B852
 - 08.35 Whitebridge Hotel
- **Pre-booking essential.** If you require pick up from any of these locations, please e-mail info@lochnessmarathon.com by 19 September.
 - Please note we do NOT provide return transport to these locations after the race.

THE START

- The start has been designed and carefully calculated to accommodate a safe distance between runners. However we ask you all to respect others and give space to those around you.
- Scottish Government recommends wearing a face covering in outdoor crowded areas including queuing for toilets, baggage and buses.
- We have staggered the arrival of buses at the start. Please follow marshals instructions and signage.
- The Organisers ask that all runners be considerate at the Start, listen to marshals' instructions, and use only the portable toilets provided. We will not tolerate antisocial behaviour.
- Please be aware that weather conditions can change and deteriorate rapidly in the Scottish Highlands and you should bring appropriate clothing to keep warm and dry at the start in case of adverse weather.

THE ROUTE

- The Marathon starts on the high ground (grid ref: NH460120; what3words: node.range relieves) between Fort Augustus and Foyers (B862) and drops down to the banks of Loch Ness at Foyers (B852). From there, the route follows the Loch's south-eastern shore, heading north-east towards Dores on the northern tip of the loch. From Dores, the race heads directly into the centre of Inverness (B862), turning left over the main bridge in the town centre, and left again for the last half mile along the River Ness to the finish at the Event Village, Bught Park in the centre of Inverness.
- See Google Map [here](#)
- The marathon takes place on tarmac roads which are closed to all forms of traffic; access is allowed for emergency services and official event vehicles.
- Please note that one section of the route is left lane closure only. This is from the village of Dores to the finish where traffic will be travelling on the opposite carriageway. Runners must take extra care on this section and keep in the left-hand lane at all times.
- The Organisers reserve the right to alter the route if operationally required.

WATER STATIONS

Being well hydrated and drinking little and often is essential for achieving your best performance.

There are 7 water stations along the marathon course, see locations below, water will be provided in 330ml recyclable plastic bottles with sports caps.

We would encourage anyone that has trained with a bottle belt to wear this on the day to help minimise touch points and waste.

2.9 miles	water station
6.15 miles	water station
9.6 miles	water station
13.6 miles	water station
17.3 miles	water station
20 miles	water station
23.25 miles	water station

NUTRITION

There will be 4 gel stations along the marathon route providing High5 Energy Gels.

6.15 miles	High5 gel station
13.6 miles	High gel station
20 miles	High5 gel station
23.25 miles	High5 gel station

BAGGAGE

- At the Start, you should place your kit bag in the appropriate baggage vehicle. All baggage vehicles will be labelled with a range of numbers corresponding to race numbers.
- Ensure you have securely attached your baggage label to your bag. It is strongly recommended that items are placed in a waterproof bag or plastic bag within your kit bag to protect them from the weather.
- Once your bag is on the baggage vehicle, you will not see it again until the Finish, and will not be able to retrieve items before the start.



LOOK OUT FOR...

highland hospitality, jellybabies, pipeband, goosebumps, meeting people from all over the globe and any ripples in the loch!

LITTERING

- It is a privilege to run alongside iconic Loch Ness and through Inverness, so please do everything you can to keep it free from litter and dispose of your rubbish responsibly.
- Please keep your rubbish in your pockets and get rid of it at the water and gel stations where litter bins are available. Please use litter bins and do not drop litter.
- There will be litter bins provided at the start, each water and gel stations along the route and the Event Village.
- Only clean water bottles can be recycled, those thrown into the verges and hedgerows cannot. Look out for the litter drop zones approximately 1 mile after each water station where you can discard your litter. When using these zones, please take care to ensure you discard your litter at the LEFT edge of the road to reduce the risk of hazard to runners behind you.
- Littering in any other locations along the route will NOT be tolerated.
- Please help us to keep Loch Ness and Inverness clean and tidy.

TOILETS

Portable toilets are available at the start and at every water station along the marathon route. There are also portable toilets at the Event Village and the bus departure point.

MILE MARKERS

There are ascending mile markers along the route.

TEMPORARY TRAFFIC RESTRICTIONS

We have priority on all roads throughout the Marathon, however please keep to the left hand side of the road at all times as it might be necessary for emergency and official vehicles to travel along the route.

Please note that one section of the route is left lane closure only. This is from the village of Dores to the finish where traffic will be travelling on the opposite carriageway. Runners must take extra care on this section and keep in the left-hand lane at all times.

Details of temporary traffic restrictions are available on our website.



SLOW RUNNERS

We would ask runners expecting to take longer than 5 hours to use the pavement on the left hand side through Inverness as roads start to open again to traffic and race organisers start dismantling the course from 16.00 onwards.

Please note that safety support and water will be available along the route until 17.00.

RETIRING

For runners retiring along the route, there is a sweep bus that follows the rear of the field. Please notify a marshal or an event official at the nearest water or gel station or one of our medical team if you wish to retire, and then indicate to the bus as it passes that you wish to be collected. For safety reasons, please do not leave the course without informing an event official.

THE FINISH

- The Finish line is at the Event Village at Bught Park alongside the River Ness. Once across the Finish line, you will be presented with your finisher's medal, finisher's t-shirt and a goody bag.
- There is also complimentary post-race soup for all marathon runners available in the Runners' Food Tent. Don't forget your food ticket (included within your race pack).
- You should retrieve your own kit bag from the baggage vehicles as quickly as possible. Baggage vehicles will be clearly signed by race number.

SHOWERS & CHANGING

We are sorry but there will be no showers or changing facilities available at the 2021 event. Please note that showers/changing are NOT available within Inverness Sports Centre.

BOOK YOUR POST-RACE MASSAGE NOW

Did you know post-race massage aids recovery, boosts circulation, removes lactic acid and promotes relaxation? A 10-minute massage costs just £10.

You definitely deserve it!

SPECTATORS

- Please consider limiting the number of people you bring to the event this year and encourage your supporters and spectators to avoid busy areas along the route and around the start and finish areas. We know how much it means to have your loved ones supporting you and cheering you however this is to ensure a safe experience for everyone involved and our local community.
- The final 4 miles through Inverness provide the best vantage points for spectators.
- Please note that there is strictly NO spectator or vehicle access to the marathon start due to traffic restrictions and logistical and safety reasons.
- For safety reasons, it is NOT permitted to accompany any runners by bike or to cycle along any section of the marathon route.
- Please refer to the temporary traffic restrictions on our website.



USE OF HEADPHONES OR EARPHONES

Please note that wearing headphones or earphones is NOT permitted in any of the races under Scottish and UK Athletics rules. We DO allow the use of headphones or earphones that use bone conductor technology, which allow the wearer to be aware of their surroundings. 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.

MEDAL & iTaB

A medal will be given to every runner as you cross the Finish line. If you ordered an iTaB at the time of entry, you don't need to do anything - just wait for your iTaB to arrive in the post after the event. If you still need to order your iTaB, engraved with your name and finish time, visit

www.itab.us.com



FIRST AID & MEDICAL CARE

First Aid and medical care will be available in both static and mobile units. First Aid will be located at the start, every drink station and at the Event Village. If you wish to retire at any point during the race, please approach one of our medical or marshal teams. Should runners not be allowed to continue for medical reasons or require hospital treatment, Event HQ will be notified.

RESULTS

Results for the Loch Ness Marathon will be posted on our website www.lochnessmarathon.com on Monday 4 October.

Please note results and prize giving are based on the information provided by you at the time of entering and it is your responsibility to advise the Organiser of any changes or amendments by logging-in to your Active account by 19 September OR telling us at pre-race registration.

PHOTOS

Marathon-Photos is the Official Event

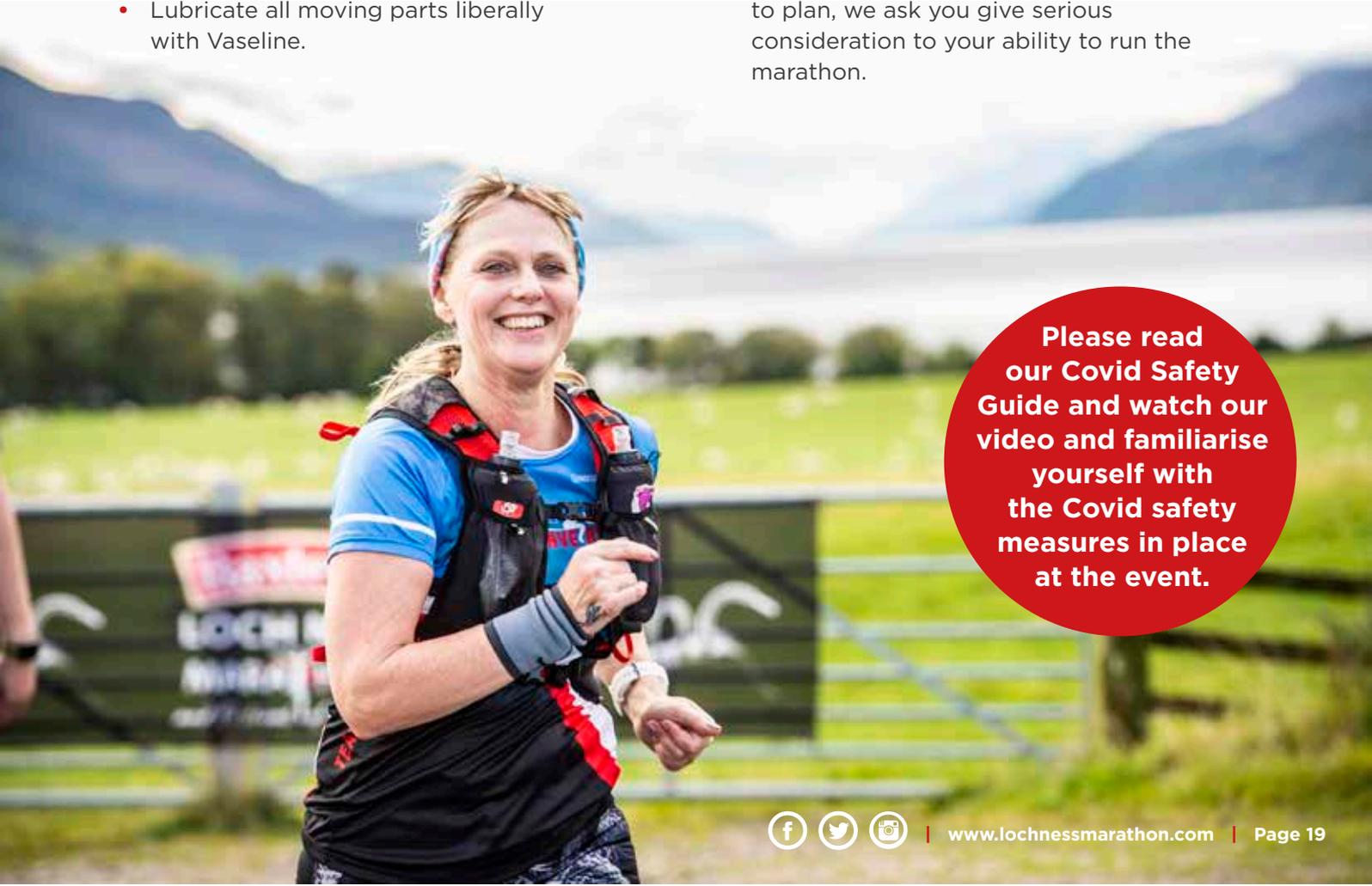
Photographer, and will capture your exciting moments at the Loch Ness Marathon.

Marathon-Photos is the leading event photography company in the world, photographing over 700 mass participation events in over 35 countries. Participants will be able view their photos and video within 24 to 48 hours after the event, and a FREE personalised Event Certificate will be available to download.

www.marathon-photos.com

points to remember before leaving for the race

- Get dressed in tried and tested gear, pin your race number to the front of your running top before leaving home or your accommodation, and ensure your race number is not obscured e.g. by a water belt or bumbag.
- Remember to attach your baggage label to the top of your kit bag. This is a tear off number attached to your race number.
- DO NOT BE LATE for transport departure to Marathon Start on race day. Timings are very tight and transport WILL NOT wait for late arrivals. If you miss our transport, you will be unable to run due to restricted control of transport at the Start.
- Please be aware that weather conditions can change and deteriorate rapidly in the Scottish Highlands and you should bring appropriate clothing to keep warm and dry at the Marathon start in case of adverse weather.
- Lubricate all moving parts liberally with Vaseline.
- Many runners use a bin liner to keep warm at the start of the race. Please place your liner at the side of the road when you discard it, so that it does not cause a danger to other runners.
- Do not alter direction suddenly, particularly at drink and feed stations, and try to steer a course for a table where there are fewer runners.
- Ensure you rehydrate fully in the days before the event and drink regularly along the route especially in warm weather.
- Do take it easy until you are well past the halfway mark. You should be able to have an intelligible conversation with those around you!
- 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 marathon.



Please read our Covid Safety Guide and watch our video and familiarise yourself with the Covid safety measures in place at the event.



Helping our Environment

We are committed to making the event as sustainable as possible and we continuously review our processes to reduce waste, single use plastic and maximise recycling – but we need your help.

After a successful phased introduction in 2019 of paper cups at 45% of drink stations along the marathon route and at 100% of the 10K water stations, we have had to make the difficult decision to revert to plastic recyclable water bottles in 2021 to minimise touch points. We plan to re-introduce paper cups in 2022.

Only clean water bottles can be recycled, those thrown into the verges and hedgerows cannot. Look out for the litter bins at the water stations and the litter drop zones approximately 1 mile after each station where you can discard your litter. There are clearly signed recycling and general waste bins throughout the Event Village. It is a privilege to run alongside Loch Ness and through Inverness and we encourage all runners and everyone coming to the event to dispose of their rubbish responsibly.

We have partnered with Trees not Tees giving runners the option to choose to plant a tree instead of receiving their official finisher's t-shirt when they registered online.

We ensure all surplus food, water and discarded clothing is collected for reuse, recycling or donated to local charities and food banks.

We are committed to using local suppliers and contractors for the event and buy all supplies locally, wherever possible and we order only what is necessary to reduce waste.

We encourage all our caterers to consider using alternatives to single use plastic, e.g. bamboo cutlery, compostable paper plates and cups.

The finishers' goody bag is a cotton tote bag which can be reused.

We produce race branding, signage and marshal bibs without dates where possible for re-use in future years.

All runners and volunteers register online, with all our communications via website, email or social media, reducing printing and paper waste.

We encourage all participants, spectators and volunteers living or staying in Inverness to consider walking or cycling to the Event Village or 10K start; those coming from further afield are encouraged to use public transport or car share wherever possible.

We provide free bus transport for all marathon runners from Inverness and various locations around Loch Ness to the marathon start and a free shuttle bus is provided to 10K runners to return to the start to collect their vehicles, therefore reducing traffic around Inverness and Loch Ness.

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

Entry for all races is available online until 19 September, subject to race capacity.

www.lochnessmarathon.com



RUN FOR CHARITY

We encourage all runners to fundraise for one of our official charities. Please refer to page 30 for list of official charities or visit: www.lochnessmarathon.com/run-forcharity

GETTING HERE & WHERE TO STAY

The Event Village at Bught Park, Inverness, IV3 5SQ is approx. 1 mile from Inverness town centre bus and train stations, and 11 miles from the airport. Please visit our website for information on getting to Inverness and where to stay. Visit www.trafficscotland.org for regular travel updates.

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.

ACCOMMODATION

Running a marathon, 10K or 5K 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 travel information, accommodation, where to eat and what to see and do, visit www.visitinvernesslochness.com.

GOVERNMENT ADVICE

In conjunction with the Government advisory messages around the threat to crowded places and mass gatherings, we recommend participants familiarise themselves with the Run, Hide, Tell advice and consider downloading the CitizensAID app here: www.citizenaid.org

Thank You

We would like to extend our special thanks to the many individuals, charities and organisations who volunteer over the weekend, and to all the communities, businesses and organisations located along the race routes for their support and assistance both before and during the event.

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A side-view photograph of three runners in motion against a grey concrete wall. The runner in the foreground is a man wearing a bright orange t-shirt, black shorts with the HOKA logo, and light blue running shoes with red and white accents. Behind him is a woman in a light blue tank top and black shorts, and another man in a dark t-shirt and black shorts. The scene is brightly lit, casting shadows on the ground.

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& SUNDAY 3 OCTOBER 9AM-4PM

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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.

We 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.

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Ahmad AS et al, British Journal of Cancer, 2015.
Registered charity numbers 1089464, SC041666, 1103 and 247.



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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/



Make a real difference to people living with dementia in Scotland, they need us more than ever.

We are Scotland's dementia charity. We make sure nobody faces dementia alone and you can help us to do this.

Fundraise for us and know that you've made a positive impact for someone living with dementia and their loved ones.

Our friendly team will support you all the way and you'll receive a running vest to be a true hero in purple.

Make your place matter. Find out more here or contact Sarah Cheung at events@alzscot.org 0131 243 1453



We can't run without you ♡



Please support your Highland Hospice



Highland Hospice, Ness House, 1 Bishops Road, Inverness IV3 5SB Highland Hospice is a registered Scottish Charity No: SC011227



Make every second count



**MACMILLAN
CANCER SUPPORT**



Macmillan Cancer Support,
registered charity in England and
Wales (261017), Scotland (SC039907)
and the Isle of Man (604). Also
operating in Northern Ireland.

We're doing whatever it takes for people living with cancer. But without your help we can't support everyone who needs us.

To join Team Macmillan, click the links below:

[River Ness 5K](#)

[River Ness 10K](#)

[Loch Ness Marathon](#)

A man in a green t-shirt and tutu is running a marathon. He is wearing a green t-shirt with 'WE'RE MACMILLAN CANCER SUPPORT' printed on it. His race bib number is 1195 and it says 'Baxters' and 'LOCH NES'. He is holding a white water bottle. Other runners are visible in the background.

Do whatever it takes

At Macmillan, we give people with cancer everything we've got. If you're diagnosed, your worries are our worries. We will move mountains to help you live life as fully as you can.

And we don't stop there. We're going all out to find ever better ways to help people with cancer, helping to bring forward the day when everyone gets life-transforming support from day one.

We're doing whatever it takes. But without your help we can't support everyone who needs us.

To join Team Macmillan, visit our website: <https://bit.ly/3lVMr6k> call us on 0300 1000 200 or email running@macmillan.org.uk

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