

**Baxters**  
**LOCH NESS**  
**MARATHON**  
*and Festival of Running*



3 October 2021

Baxters River Ness 5

# RACE GUIDE

[lochnessmarathon.com](http://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



A top-down view of a wooden bowl filled with a thick, red bean soup. The soup is garnished with sliced avocado, halved cherry tomatoes, and fresh cilantro leaves. A piece of flatbread is tucked into the top right of the bowl. Surrounding the bowl on a rustic wooden surface are various fresh ingredients: a small bowl of red beans, a lime wedge, a slice of lime, a chili pepper, and some roasted corn. The overall aesthetic is warm and inviting, emphasizing natural and healthy ingredients.

# 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.



# 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.



**Malcolm Sutherland**

Event & Race Director, Loch Ness Marathon

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\*\*](https://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](http://www.baxters.com)

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## 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](http://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](http://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](https://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*







## OFFICIAL MERCHANDISE

Our exciting range of official merchandise is now available, featuring t-shirts, hoodies, running tops and caps, on our online shop and will also be available to purchase at the Expo over the race weekend.

[www.lochnessmarathon.com/shop](http://www.lochnessmarathon.com/shop)



## RUN LOCH NESS IN 2022!

Early bird entry to the 2022 Baxters Loch Ness Marathon & Festival of Running, taking place on 2 October, will open on Sunday 3 October.

[www.lochnessmarathon.com](http://www.lochnessmarathon.com)

### KEEP IN TOUCH



@lochnessmarathon



@nessmarathon



@lochnessmarathon

[www.lochnessmarathon.com](http://www.lochnessmarathon.com)

Share your Loch Ness experience with us by using hashtag #runlochness #lochnessmarathon





# 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

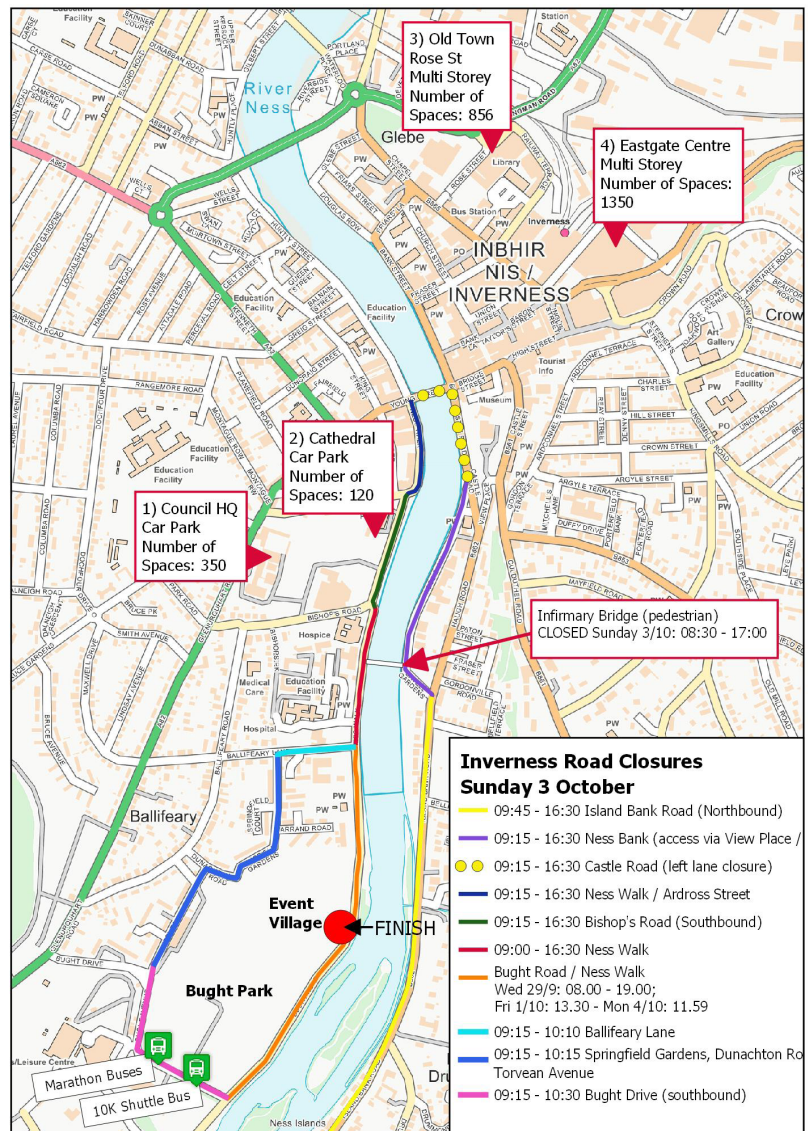
Due to grass conditions, we are unable to use the grass pitches at Bught Park for marathon runners to park on Sunday morning.

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.



# BAXTERS RIVER NESS 5K

## 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

**08.00 - 09.30** Pre-race registration at the Event Village at Bught Park

**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 River Ness 5K at Bught Park

### ENTRY TO THE 5K

The Baxters River Ness 5K follows a flat course in Inverness, starting and finishing at Bught Park, and is ideal for shorter distance runners, those new to running, families, children and wheelchair entrants.

Entry fees are £13.00 online (£14 for race weekend entry). Entry fee includes finisher's medal, finisher's t-shirt, goody bag, water and post-race Baxters soup.

A limited number of 5K entries are available subject to race capacity over the race weekend but we recommend entering in advance or on the Saturday to avoid disappointment.

**All children aged 8 and under must be accompanied by an adult who should also enter the 5K.**

### REGISTRATION

All 5K runners must attend pre-race Registration to collect their race number between 10.00-18.00 on Saturday 2 October and 08.00-09.30 on Sunday 3 October.

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

**Schools & Clubs Entries:** your team coordinator will collect a pack containing all race numbers for your school or club at 5K Registration.

### RACE NUMBER

- Please visit [www.lochnessmarathon.com](http://www.lochnessmarathon.com) for a full list of race numbers (available w/c 6 Sept).
- 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 the doctor and 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.
- 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 a t-shirt and Trees not Tees will plant a tree on your behalf.

**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.**





## BAGGAGE

We recommend coming ready to run however baggage can be left during the race at the baggage area in the Event Village.

## THE START

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

## THE ROUTE

The 5K starts on Bught Road and heads along Ness Walk, turns left into Ballifeary Lane and left again at Springfield Gardens, before going around Bught Park and crossing the River Ness into Ness Islands. The route then follows Ness Bank into the centre of Inverness, turning left over Ness Bridge and left again immediately after the bridge into Ness Walk, along Bishops Road and Bught Road to finish at Bught Park. [See Google Map here](#)

## 5K ROUTE MAP



## WHEELCHAIR ENTRY

The race is wheelchair accessible and we welcome wheelchair entries. Parents/carers wishing to escort wheelchair participants are also required to enter the 5K. Please email [info@lochnessmarathon.com](mailto:info@lochnessmarathon.com) if you wish to enter as a wheelchair participant.

## DISCOUNTED ENTRY FEES FOR SCHOOLS, YOUTH CLUBS & DISABILITY GROUPS

There are reduced entry fees available for teams from schools, youth clubs and disability groups. Please email [info@lochnessmarathon.com](mailto:info@lochnessmarathon.com) for entry forms and guidelines. All team entries must be received by 19 September.

## 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.
- For safety reasons, it is NOT permitted to accompany any runners by bike or to cycle along any section of the 10K 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.

## THE FINISH

- The Finish is at the Event Village at Bught Park alongside the River Ness. Once across the Finish you will be presented with your finisher's medal, finisher's t-shirt and a goody bag.
- All 5K finishers receive complimentary Baxters soup available in the Runners' Food Tent – don't forget your food ticket (handed out at registration).



## TEMPORARY TRAFFIC RESTRICTIONS

We have priority on all roads along the 5K route however please note that some sections of the route are left lane closure only where traffic will be travelling on the opposite carriageway. Runners must take extra care on this section and keep in the left-hand lane.

Please keep to the left-hand side of the road at all times as it may be necessary for emergency and official vehicles to travel along the route.

Details of temporary traffic restrictions are available on [our website](#).



## LITTERING

It is a privilege to run 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 Event Village where litter bins are available. Please use litter bins and do not drop litter.

## 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.

## MASSAGE

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!

## TOILETS

There are portable toilets located at the Event Village (start and finish location).

## 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, 2.5km mark, the finish and 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

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

## PHOTOS

**Marathon-Photos** is the Official Event Photographer and will capture your exciting moments at the Baxters River Ness 5K. 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](http://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.
- 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.
- Read our Covid Safety Guide and watch our video to ensure you are aware of all safety measures before attending the event.







**LOCH NESS  
MARATHON**  
*and Festival of Running*

*“So well organised and  
a great atmosphere!”*

*“A fabulous family  
friendly event. We run  
as a family every year.  
The atmosphere on  
race day is brilliant...  
and I’m always  
tempted to sign up  
to a bigger race next  
time.”*





# 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](http://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](http://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](http://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](http://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](http://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](http://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.**

# THE BEST ROOT FOR RUNNERS.

**Baxters**

WE MAKE SUPER

NEW







# SMOOTH ON DOWN THE ROAD

THE LEGENDARY CLIFTON RIDE,  
NOW EVEN SMOOTHER.

**CLIFTON 8**





improve your run

OFFICIAL  
RETAIL  
PARTNER

# GETTING YOU READY FOR THE START LINE!

## YOUR RACE DAY CHECKLIST:

- ☒ Technical top & bottoms
- ☒ Sports bra
- ☒ Running shoes
- ☒ Running socks
- ☒ Running belt
- ☒ GPS watch
- ☒ Nutrition
- ☒ Race number & safety pins

Participants can enjoy a **15% discount** in Run4It stores or run4it.com using code: **LN1521\***

0344 824 8180

contact@run4it.com

run4it.com



\*Excludes sale products, GPS watches & gift vouchers





improve your run



LOCH NESS  
MARATHON

and Festival of Running

# EVENT WEEKEND EXPO

**EXCLUSIVE OFFERS**  
FROM LEADING SPORTS BRANDS

**HOKA ONE ONE**

  
**RONHILL**

**HILLY**

**GARMIN**

**AFTERSHOKZ**

PLUS FREE SAMPLES, FREE GIFTS WITH SELECTED PURCHASES, SALE BARGAINS AND MORE!

**SATURDAY 2 OCTOBER 10AM-6PM  
& SUNDAY 3 OCTOBER 9AM-4PM**

Event Village, Bught Park, Inverness IV3 5SQ



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.

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.

[Get your nutrition plan now](#)

The on course nutrition →



**Energy Gel Aqua**

Orange and Berry

[Product Info](#)



**Energy Gel with Slow Release Carbs**

Orange and Berry

[Product Info](#)



**ZERO**

Citrus

[Product Info](#)



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1 in 2 of us  
will get it.

All of us can  
help beat it.



In the last 40 years our research has helped double cancer survival in the UK.  
Donate now to help us discover more ways to prevent, diagnose and treat cancer.

Donate now at [cruk.org/donate](https://cruk.org/donate)



Registered with  
**FUNDRAISING  
REGULATOR**

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



**CANCER  
RESEARCH  
UK**

Together we will beat cancer

# 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/](http://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](http://events@alzscot.org) or contact Sarah Cheung at [events@alzscot.org](mailto: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 with short brown hair is running on a paved path. He is wearing a bright green t-shirt with 'WE'RE MACMILLAN CANCER SUPPORT' printed on it, a green tutu, and a white race bib with the number '1195' and 'Baxters' logo. He is holding a white water bottle in his left hand. 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](mailto:running@macmillan.org.uk)



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LOCH NESS  
24•04•22



# GREATNESS

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INVERNESS  
*marathon*<sup>1/2</sup>

RUNNING  
THE HEART  
AND *soul*  
OF INVERNESS

13 March 2022

