



INVERNESS ^{1/2} marathon

RACE GUIDE

INVERNESS ½ MARATHON & 5K
8 MARCH 2020

RUNNING
THE HEART
AND *soul*
OF INVERNESS



www.invernesshalfmarathon.co.uk

WE LOOK FORWARD TO WELCOMING YOU TO THE 2020 INVERNESS ½ MARATHON & 5K ON 8 MARCH.

We would like to take this opportunity to thank our sponsors and partners: EventScotland, Run4It, High5, Highland Council, Scottish Athletics and Arnold Clark.

We are delighted to be partnered with Alzheimer Scotland, Archie Foundation, Highland Hospice, Marie Curie Cancer Care and SAMH (Scotland's national mental health charity), who are all doing incredible work to help others and improve lives. We wish all those running for charity this year all the very best with their fundraising.

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.

Everything you need to know about race day is here so please take time to read these important instructions carefully to ensure you have an enjoyable and safe event experience. Please also follow us on Facebook, Instagram and Twitter to keep up to date.

We would like to wish you all the very best with your final weeks of training and look forward to seeing you all at the start line on 8 March.

Malcolm Sutherland, Race Director



Caledonian Concepts Ltd, PO Box 26,
Muir of Ord IV6 7WZ
Email: info@invernesshalfmarathon.co.uk
Hotline: 0844 875 1411

** Calls to this number will cost 7p per minute plus your phone company's access charge*

www.invernesshalfmarathon.co.uk

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Get Social!

Facebook: [@invernesshalfmarathon](https://www.facebook.com/invernesshalfmarathon)

Twitter: [@nesshalfmar](https://twitter.com/nesshalfmar)

Instagram: [@invernesshalfmarathon](https://www.instagram.com/invernesshalfmarathon)

#runinverness #invernesshalf



OUR SPONSORS & PARTNERS



EventScotland is a team within VisitScotland's Events Directorate and is working to make Scotland the perfect stage for events. By developing an exciting portfolio of sporting and cultural events EventScotland is helping to raise Scotland's international profile and boost the economy by attracting more visitors. Follow us @EventScotNews

www.eventscotland.org



improve your run

Run4It are proud to be the official retail partner for the Inverness ½ Marathon for the 10th year running. Whether you're a seasoned runner or a first timer, Run4It are here to ensure you have the right kit to support you through many hours of training... with a huge collection of running shoes, clothing and accessories from the very best brands and a team of experts committed to helping you improve your run!

Call in to Run4It Inverness or any of our 8 shops across Scotland for product guidance, our free +runlab video analysis and shoe fitting service, and expert, honest advice on everything from training to nutrition to recovery!

www.run4it.com



RUN FOR CHARITY

Make your miles count by fundraising for one of our official charities, all doing incredible work to help others and improve lives.



Join #TeamAlzScot in the Inverness Half Marathon & 5k and make sure nobody faces dementia alone. With over 90,000 people in Scotland with dementia, demand for our help continually increases. We would not be able to make a difference to people living with dementia without fundraisers like you. Sign up today and we will be with you every step of the way.

www.alzscot.org



We are the official charity of the Highland Children's Unit. We make the difference for young children and their families while they are in hospital. The NHS provides the best possible care, we aim to make a child's stay in hospital as positive as it can be. So run for ARCHIE to help sick children in the Highlands. www.archie.org



Highland Hospice provides specialist palliative care for patients throughout the Highlands, encompassing their physical, psychological and emotional needs while providing support for carers and bereavement counselling for relatives. www.highlandhospice.org



Care and support
through terminal illness

Help us be there for people living with terminal illness to offer expert care, guidance and support. Our nurses work night and day, across the UK, providing hands-on care and emotional support. Our hospices offer specialist round-the-clock care. Every step will help people make the most of the time they have left. When you run with us you'll receive an exclusive running vest, expert running tips and lots of help to hit your fundraising target. www.mariecurie.org.uk



Around since 1923, SAMH is Scotland's national mental health charity. Today, in over 60 communities we work with adults and young people providing mental health social care support, services in primary care, schools and further education, among others. These services together with our national programme work in See Me, respectme, suicide prevention and active living, inform our policy and campaign work to influence positive social change. www.samh.org.uk

INVERNESS ½ MARATHON RACE INFORMATION



Race Day Timings

09.30-12.00 Info Desk open in Sports Hall, Inverness Leisure Centre,
Bught Lane, Inverness IV3 5SS

09.30-12.00 Baggage drop-off open at Sports Hall

12.20 Runners to assemble at start line on Bught Road

12.30 Start of the Inverness ½ Marathon on Bught Road

14.45 Prize Giving in the Sports Hall

Adverse Weather

In the event of adverse weather conditions on the day of the event, please check our website and our Facebook, Instagram and Twitter pages for updates.

Find Your Race Number

Please visit www.invernesshalfmarathon.co.uk for a full list of race numbers and check that your name, club and age category are correct. 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 Organisers of any changes or amendments by logging-in to your Active account by 1 March OR emailing info@invernesshalfmarathon.co.uk

New for 2020: Race packs will be sent by post

There is no pre-race registration for the Inverness ½ Marathon this year as all runners with a UK address will receive their race number (including tear off baggage label and timing ThinTag) and safety pins in advance by post.

Runners with an overseas address must come to Inverness Leisure Centre on Sunday between 09:30-12:00 to collect your race pack from the Info Desk in the Sports Hall. You will be required to show a form of photo ID.

Please note there are absolutely no race day entries for the ½ Marathon, and strictly no transfers between races or transfer of race numbers to another runner.

Be sure to visit our retail partner, Run4It, for all your race day essentials in the Sports Hall!

Race Number

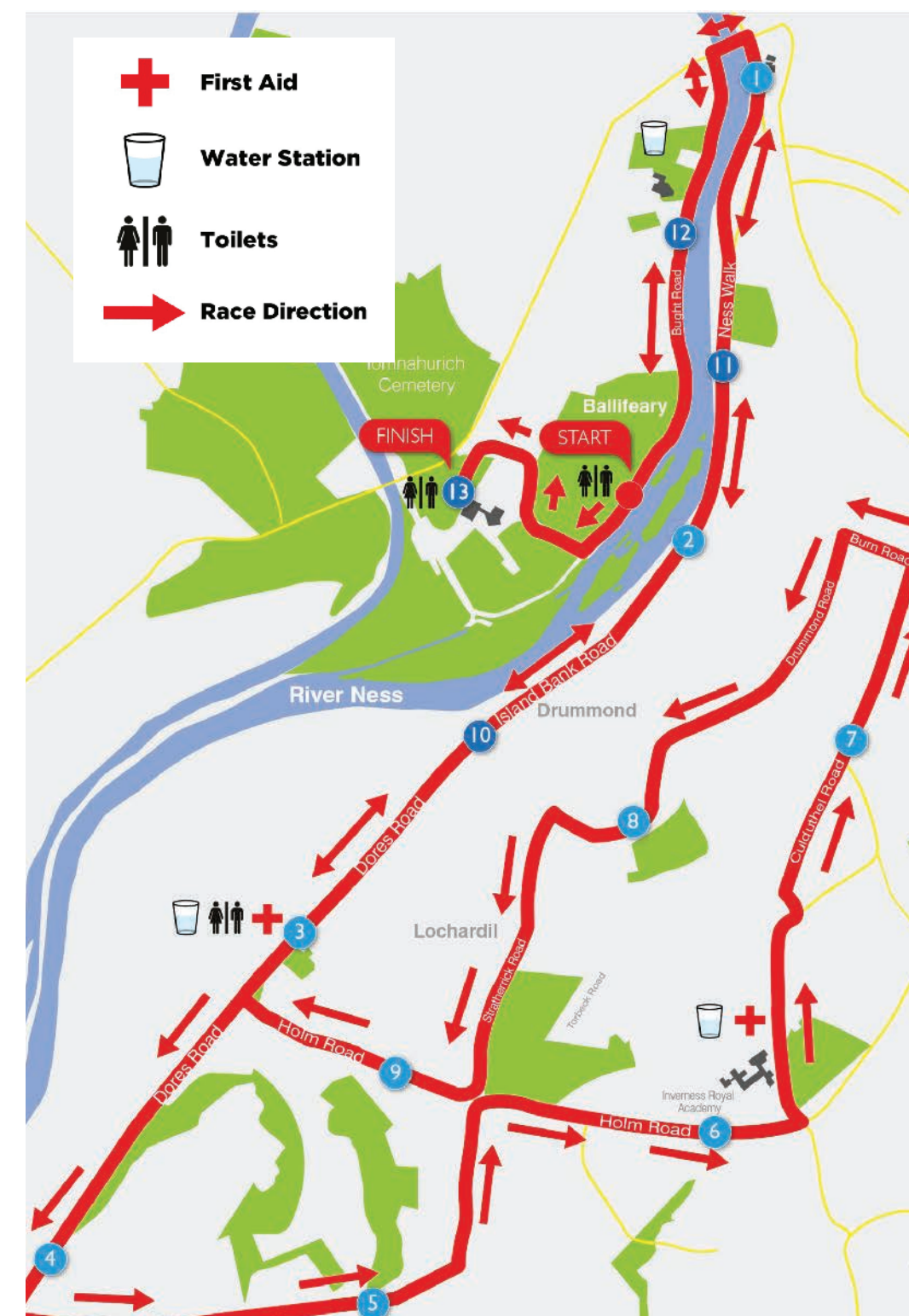
- Please complete the emergency contact and medical information on the reverse of your race number and attach it to the front of your running top using the safety pins provided.
- Please ensure that your race number is attached to the FRONT of your running top and visible at all times, be careful not to obscure it with a jacket, water belt or bumbag.
- Your timing ThinTag is attached to the reverse of your race number and should not be removed. The chip will automatically start recording your time when you cross the start line.
- If you have a medical condition, please 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.
- 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 bag.

Baggage

Baggage drop-off is available in the Sports Hall from 09.30-12.00. Please ensure you have securely attached your baggage label (attached to your race number) to your bag. Whilst there will be security in place, please do not leave any valuables as the Organisers cannot accept any responsibility for any items lost, damaged or stolen. There are secure lockers within the Leisure Centre.

The Start

- The ½ Marathon will start at 12.30 – please assemble at the start line by 12.20 at the latest.
- The start is on Bught Road about 500 metres from the Leisure Centre and parallel to the River Ness.
- There will be different start sections dependant on your expected finish time so please be aware of the section you position yourself in. If in doubt, stay near the back as you can always speed up as the race progresses.
- Keep warm at the start of the race and please be careful when discarding old clothing or bin bags so that it does not cause danger to other runners.
- Please listen out for and follow marshals' instructions.



The Route

The Inverness ½ Marathon starts on Bught Road and follows the river along Bishops Road, Ness Walk and Ardross Street before crossing Ness Bridge in the centre of Inverness and turning right into Castle Road beneath Inverness Castle. The route continues south along Ness Bank and Island Bank Road / Dores Road (B862) towards Dores. The route then turns left into Torbreck Road and continues along this quiet rural road before turning into Essich Road and through the residential areas of Lochardil and Drummond. Runners turn right at Holm roundabout and follow the B862 back into the centre of Inverness, turning left over Ness Bridge and running alongside River Ness to finish on the running track at Queen's Park Stadium at Inverness Leisure Centre.

- See google map of the route [here](#).
- The Organisers reserve the right to alter the route if operationally required.
- The route is on tarmac roads except at the finish where you cross a short grass section to get onto the running track at Queen's Park Stadium.
- Please note some sections of the course are single lane closure or open to traffic and we ask all runners to take extra care on these sections and follow signage and marshals' instructions at all times.
- Please be aware that emergency and official event vehicles may need to travel along the route.

Water Stations

Being well hydrated and drinking little and often is essential for achieving your best performance. There are 4 water stations on the course located at 3, 6, 9 and 11.5 miles and water will also be available at the finish line. A High5 Aqua gel will be available for all runners at mile 6. We are committed to reducing the carbon footprint of the event wherever possible and our aim is to reduce the amount of single use plastic as well as minimise the amount of water that is wasted.

This year, all four water stations on the course will use paper cups instead of water bottles. Some runners may be concerned about how to use paper cups, having not used them in their training or at other races. Don't worry, thousands use cups in other races and events successfully, including elite athletes – it is unlikely to cause you to lose vital minutes. A few tips:

- Stop for drinks as you have planned in your training – remember you don't need to drink at every station, forcing yourself to drink too much water during a race is as dangerous as drinking too little.
- Grab the cup and squeeze the top. This will create a funnel to control the pouring of water and also limit the amount of water splashing out.
- Remember, you don't need to get all the water down in a few seconds; you can take your time while drinking and remember to breathe.
- If you can, try this out in your training.
- When done, please throw your cup to the side of the road, within the "Litter Drop Zone", please see page 16 for more information on Littering.
- Check out this [video](#) on how to drink from a cup during a race.

Slower Runners

In the interests of safety and to return traffic flows to normal as soon as possible, the course will start closing after 2½ hours. However, marshals will remain in place until the last runner passes. Participants still on the course after this time will be responsible for their own safety and should use the pavements wherever possible.

First Aid & Medical Care

First aiders will be located at every water station. 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 medical treatment, Event HQ will be notified. For safety reasons, please do not leave the course without informing an event official or marshal.

Toilets

Portable toilets are located near the start line and on the course at approx. 3 miles and 9 miles.

Finish

The finish is on the running track at Queen's Park Stadium at Inverness Leisure Centre. The finish area is a secure area with no public access. Once across the line you will be presented with your finisher's medal, t-shirt and event giveaway before being reunited with family and friends.

Results & Prize Giving

- If you have provided us with a valid mobile number when entering the race, we will text your result to you on race day. Results will be posted on our website on Monday 9 March.
- We encourage all runners to join us in the Sports Hall where the prize giving will take place at 14.45.
- For a full list of prize categories, please see our website.
- Please note results and prize giving are based on the information provided by the runner 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 1 March or email us info@invernesshalfmarathon.co.uk

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, click [here](#).



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Scotland

The Perfect Stage


EventScotland is proud to support the Inverness Half Marathon.

Scotland is the perfect stage for outdoor sporting events; other EventScotland supported events coming up include Electric Tweedlove, Beast Race and Run the Blades.

For more information on what's on, go to visitscotland.com/events.

[VISITSCOTLAND.COM](https://visitscotland.com)

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Race Day Timings

09.30 – 12.00	Registration for 5K runners only at Inverness Leisure Centre, Bught Lane, Inverness IV3 5SS
12.20	Runners to assemble at 5K holding area
12.40	Start of the Inverness 5K on Bught Road

Adverse Weather

In the event of adverse weather conditions on the day of the event, please check our website and our Facebook, Instagram and Twitter pages for updates.

Find Your Race Number

Please visit www.invernesshalfmarathon.co.uk for a full list of race numbers.

Registration for 5K runners

All runners must register at Inverness Leisure Centre between 09.30 – 12.00 on Sunday 8 March. You should bring your email confirmation to collect your race number which includes a tear off baggage label.

Please note there are strictly no transfers between races or transfer of place numbers to another runner.

Be sure to visit our retail partner, Run4It, for all your race day essentials in the Sports Hall!

Team Entries

Your team coordinator will collect a pack containing all race numbers for your school or club entries at 5K Registration.

Race Day Entries

A limited number of 5K entries may be available on race day, subject to race capacity, so we recommend arriving early to avoid disappointment. *Please note all children aged 8 and under must be accompanied by an adult who should also enter the 5K.*

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 is 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.
- 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 bag.

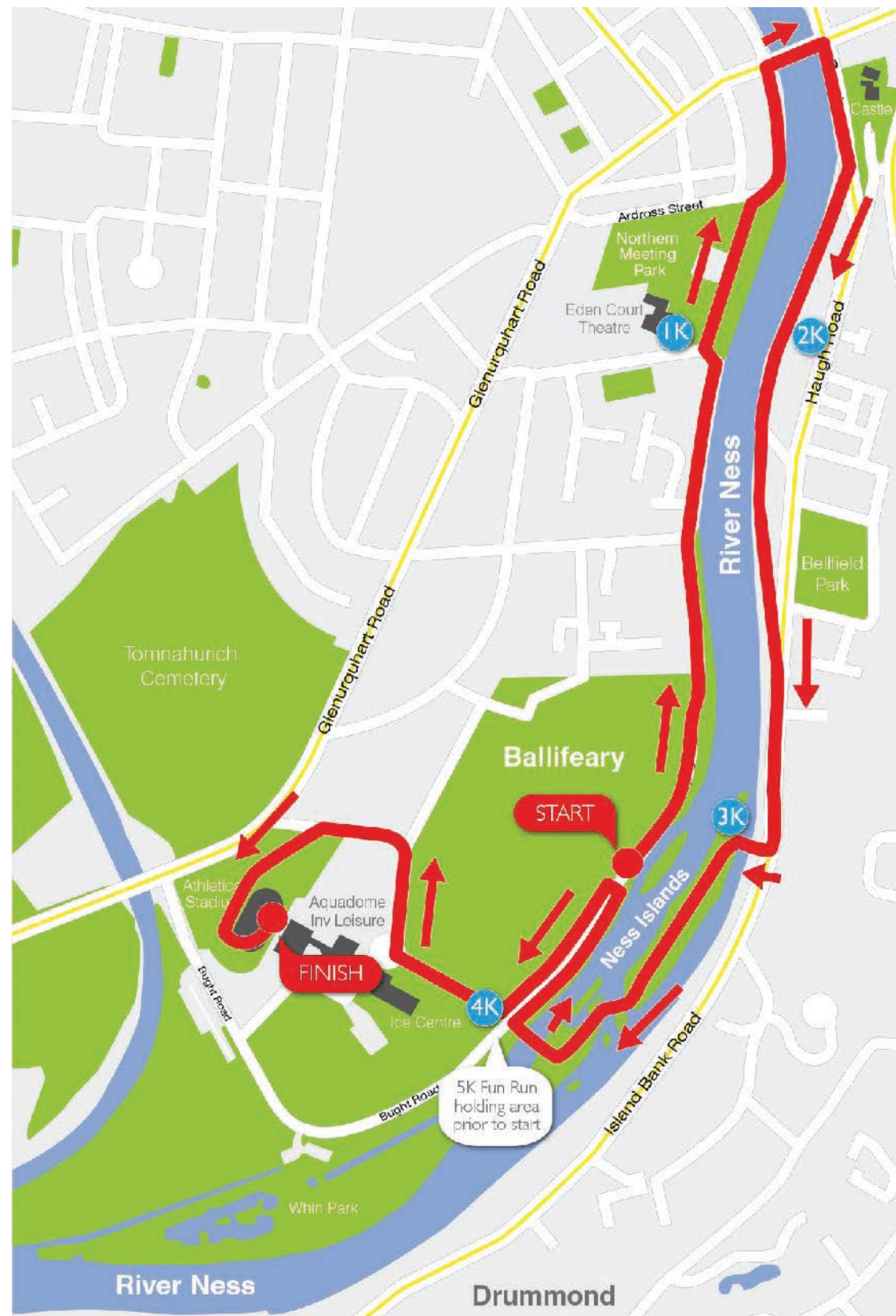
Baggage

Baggage drop-off is available in the Sports Hall from 09.30-12.00. Please ensure you have securely attached your baggage label (attached to your race number) to your bag. Whilst there will be security in place, please do not leave any valuables as the Organisers cannot accept any responsibility for any items lost, damaged or stolen. There are secure lockers within the Leisure Centre.

The Start

- The 5K will start at 12.40 on Bught Road about 500 metres from the Leisure Centre and parallel to the River Ness (the same start location as the ½ Marathon).
- All 5K runners should assemble in the Holding Area (see map on page 13) no later than 12.20; marshals will then guide you to the start. Please follow marshals' instructions carefully.
- Please note experienced and club runners should start at the front and slower runners, younger children, walkers, wheelchairs and buggies should position themselves towards the back of the field.
- All runners aged 8 and under MUST be accompanied by an adult.
- If in doubt, stay near the back as you can always speed up as the race progresses.
- Keep warm at the start of the race and please be careful when discarding old clothing or bin bags so that it does not cause danger to other runners.

INVERNESS 5K ROUTE MAP



The Route

The 5K route starts on Bught Road and follows the river along Bishops Road, Ness Walk and Ardross Street before crossing Ness Bridge in the centre of Inverness and turning right into Castle Road beneath Inverness Castle. Runners continue along Ness Bank and cross the river again via the scenic Ness Islands, turning right along Bught Road before turning back and heading up Bught Drive and into Queen's Park Stadium at Inverness Leisure Centre.

- The Organisers reserve the right to alter the route if operationally required.
- Please note some sections of the course are single lane closure or open to traffic and we ask all runners to take extra care on these sections and follow signage and marshals' instructions at all times.
- Please be aware that emergency and official event vehicles may need to travel along the route.

First Aid & Medical Care

First aiders will be located at every water station. 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 medical treatment, Event HQ will be notified. For safety reasons, please do not leave the course without informing an event official or marshal.

Finish

The finish is on the running track at Queen's Park Stadium. The finish area is a secure area with no public access. Once across the line you will be presented with your finisher's medal and event giveaway before being reunited with family and friends.

Results

Please note, the 5K is not chip timed and there are no official results or prize giving for this race.

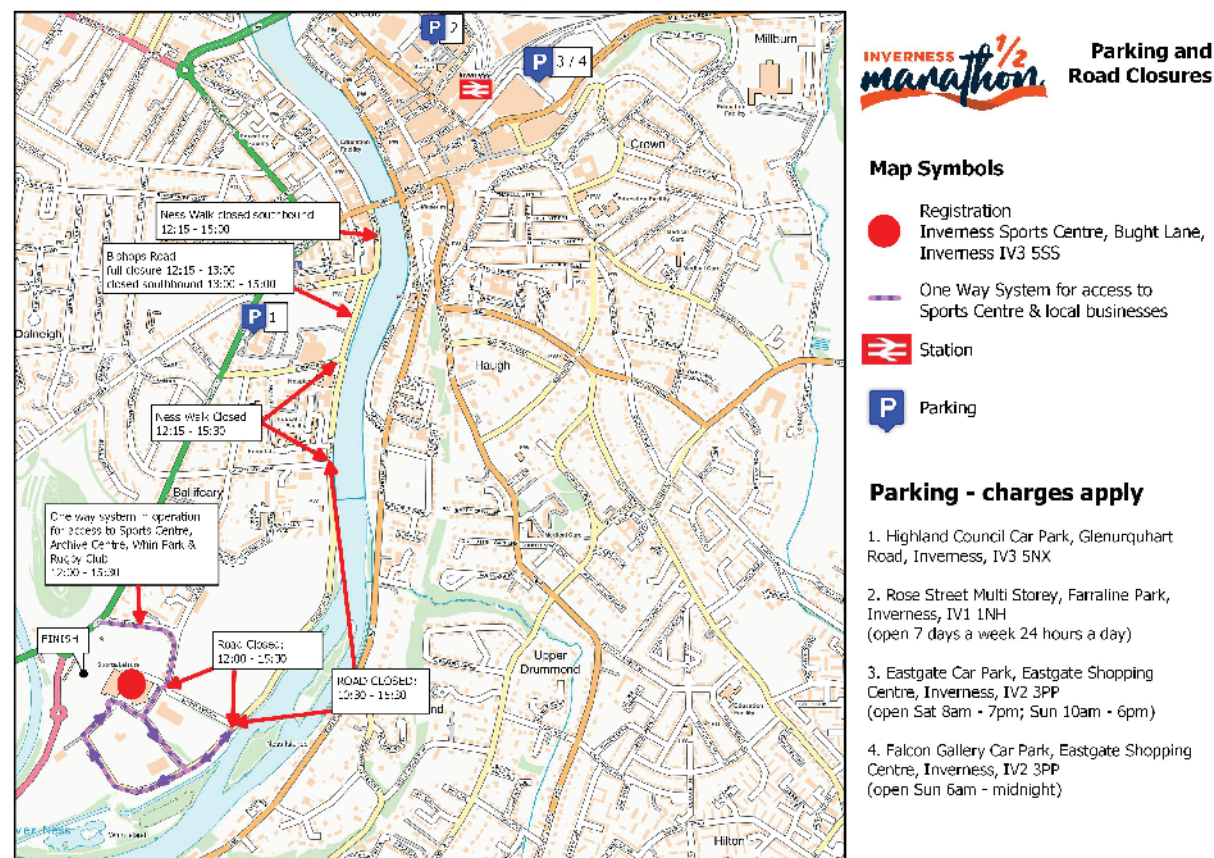
IMPORTANT INFORMATION FOR ALL RUNNERS

Temporary Traffic Restrictions

Please note that temporary traffic restrictions will be in place along the race routes and around Inverness Leisure Centre on Sunday, which are detailed on our [website](#). The Infirmary Bridge (pedestrians only) will be closed 10:30-15:30. Thank you for your co-operation and understanding.

Parking

- It is anticipated the area around Inverness Leisure Centre will be very busy on the morning of the event and traffic flow will be slow. We encourage you to allow plenty of time, park a distance away and walk to the Leisure Centre or consider car sharing or walking/cycling where possible.
- Limited parking will be available at the Inverness Leisure Centre and Highland Council car parks (parking charges apply). Please park in marked bays only as traffic wardens may be in operation.
- Please do not park at Inverness Ice Centre as this is private property and do not leave your car on the streets surrounding the Leisure Centre and Bught Park as these form part of the race route; illegally parked cars may be removed.
- Marshals will be on hand to give directions.



Littering

It's a privilege to run through Inverness, so please do everything you can to keep it free from litter and dispose of your rubbish responsibly.

- There will be litter bins provided at the start, each water station and the finish.
- After each water station there will be a clearly signed 'Litter Drop Zone' where you will be permitted to discard your cups and other litter. Please take care to ensure you discard your litter at the side 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.

Use of Headphones or Earphones

The wearing of 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 conduction 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 made worse by, you wearing these headphones or earphones you may be held liable.

Food & Drink

Hot and cold food and drink options will be available to purchase in the Sports Hall from 09.30-16.00.

Toilets, Changing & Showers

There are changing facilities, showers and toilets at the Leisure Centre. Please remember that the general public will also be using these facilities at the same time and you are asked to consider them whilst using them.

Massage

Did you know post-race massage aids recovery, boosts circulation, removes lactic acid and promotes relaxation? Massage will be available from [Inverness Therapy Clinic](#) in the Sports Hall from 09.30-16.00, 10 minutes for a £10 donation to our charity partners.

Spectators

The finish line for both races is on the running track at Queen's Park Stadium at Inverness Leisure Centre.

- We would encourage all spectators to come to the finish line and cheer runners on.
- For safety reasons it is not permitted to accompany runners on foot or by cycle along the race routes.
- Please be aware of temporary traffic restrictions in place around Inverness.
- We regret dogs are not allowed within Queen's Park Stadium.

Photos

Marathon-Photos.com is the official event photographer and will capture you in action along the race routes and as you cross the finish line. You will be able to view your photos and video within 24 to 48 hours after the event and download a FREE personalised certificate after the event. 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 and ensure your race number is not obscured e.g. by a water belt, jacket or bum bag.
- Remember to attach your baggage label to the top of your kit bag; this is a tear off number attached to your race number.
- Please be aware that weather conditions can change rapidly in the Scottish Highlands and you should bring appropriate clothing to keep warm and dry at the start in case of adverse weather.
- Do not alter direction suddenly, particularly at water stations, and try to steer a course for a table where there are fewer runners.
- Half marathon runners: Ensure you re-hydrate fully in the days before the event and drink regularly along the route especially in mild weather.
- 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.

Getting Here & Where to Stay

Inverness Leisure Centre, Bught Lane, Inverness, IV3 5SS is approx. 1 mile from Inverness city 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.traffiscotland.org for regular travel updates.

Running a half marathon 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

Our official car hire partner, Arnold Clark Car & Van Rental 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.

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](#).

Our Sustainability Policy

We are committed to making the event as sustainable as possible and we continuously review our processes to reduce waste and maximise recycling. As part of this, we are aiming to reduce and eventually remove all single use plastic from the event. We're encouraging all our sponsors & partners, charities, runners and volunteers to join us.

All four water stations on the half marathon course will use paper cups instead of water bottles. Water will also be supplied at the finish line in a paper cup.

It is a privilege to run through Inverness and we encourage all runners, spectators and general public coming to the event to dispose of their rubbish responsibly. Litter bins are provided at the drink stations along the race routes and there are clearly signed 'Litter Drop Zones' after each station where runners can discard their litter.

There are clearly signed recycling and general waste bins throughout the Leisure Centre. We ensure all surplus food, water and discarded clothing is collected for reuse, recycling or donated to local charities and those in need.

We are committed to using local suppliers and contractors for the event and buy all supplies locally, wherever possible. We ensure our t-shirts and medals are shipped not flown. We order only what is necessary, to reduce waste.

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

Finishers receive giveaways at the event but not a plastic goody bag. The bag containing the finisher t-shirt is biodegradable and compostable and can be disposed with local food waste.

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 to the Leisure Centre or race start; those coming from further afield are encouraged to use public transport or car share wherever possible.



Caledonian Concepts Ltd, PO Box 26, Muir of Ord IV6 7WZ

Email: info@invernesshalfmarathon.co.uk

Hotline: 0844 875 1411

* Calls to this number will cost 7p per minute plus your phone company's access charge



www.invernesshalfmarathon.co.uk