



INVERNESS ^{1/2} marathon

RACE GUIDE

INVERNESS ½ MARATHON
12 MARCH 2023

**RUNNING
THE HEART
AND *soul*
OF INVERNESS**



www.invernesshalfmarathon.co.uk

WE LOOK FORWARD TO WELCOMING YOU TO THE 2023 INVERNESS HALF MARATHON ON 12 MARCH.

We are very excited to be hosting the Scottish Half Marathon Championships at Inverness this year and look forward to seeing a field of top-class runners on the start line.

We would like to take this opportunity to thank our sponsors and partners: Run4It, High5, Highland Council and Scottish Athletics and our charity partners: Alzheimer Scotland, Highland Hospice, Mikeysline 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. Keep up to date by following us on social media. Don't forget to share your race day stories and photos with us too!

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 12 March.

Malcolm Sutherland, Race Director



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www.invernesshalfmarathon.co.uk

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Share your race day stories
and photos with us:

f @invernesshalfmarathon
@invernesshalfmarathon
@nesshalfmar
#runinverness #invernesshalf

Caledonian
concepts
The Event Frontrunners

THANK YOU TO OUR SPONSORS & PARTNERS



Run4It are proud to be the official retail partner for the Inverness Half Marathon for the 12th 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



As sports nutrition partner, HIGH5 wish you good luck in your final preparations for the big day!

To help you make it to the finish line, HIGH5 will be providing an Energy Gel for all half marathon runners. This is an extremely light consistency gel made from refreshing natural fruit juices and water, that delivers carbohydrates straight to your muscles as you run.

Getting your nutrition right can make all the difference to getting across the finish line and enjoying your run. That's where our nutrition guides come in – take a look at our tips when it comes to your nutrition strategy in your half marathon on our website.

Our final race day tip? Enjoy yourself... and don't forget to keep us in the loop by tagging HIGH5 in your #RaceDaySetUp

www.high5.co.uk



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



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



Mikeysline is a grass roots charity, offering confidential, non-judgemental peer support to anyone in emotional or mental health distress and/or at risk of self-harm or suicide. We were formed out of tragedy to offer hope to anyone who needs to talk or receive support. Our focus is on suicide prevention and raising awareness about mental health. We operate every evening offering text- based support options, SMS, messenger, webchat and twitter and our appointment and drop in at the Hive, Inverness. Running for Mikeysline can help save lives.

www.mikeysline.co.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 HALF MARATHON RACE INFORMATION

RACE DAY TIMINGS

Sunday 12 March 2023

10.30-12.00	Baggage drop and Info Desk open in Sports Hall, Inverness Leisure Centre, Inverness, IV3 5SS
12.20	Runners to assemble at start line on Bught Road
12.30	Start of the Inverness Half Marathon on Bught Road
14.45	Prize Giving & Scottish Half Marathon Championships presentation in the Sports Hall

PLANNING YOUR TRIP

The event is held at Inverness Leisure Centre, Inverness, IV3 5SS which is approx. 1 mile from Inverness city centre, bus and train stations, and 11 miles from Inverness airport.

TRAVEL TO INVERNESS

Please visit our website for information on getting to Inverness. Visit www.trafficscotland.org for travel updates.

WHERE TO STAY, WHAT TO SEE & DO

Running a half marathon 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, accommodation, where to eat and what to see and do, visit www.visitinvernesslochness.com.

CAR HIRE

Our official car hire partner is Arnold Clark Car & Van Rental. Arnold Clark is offering all 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.

PARKING

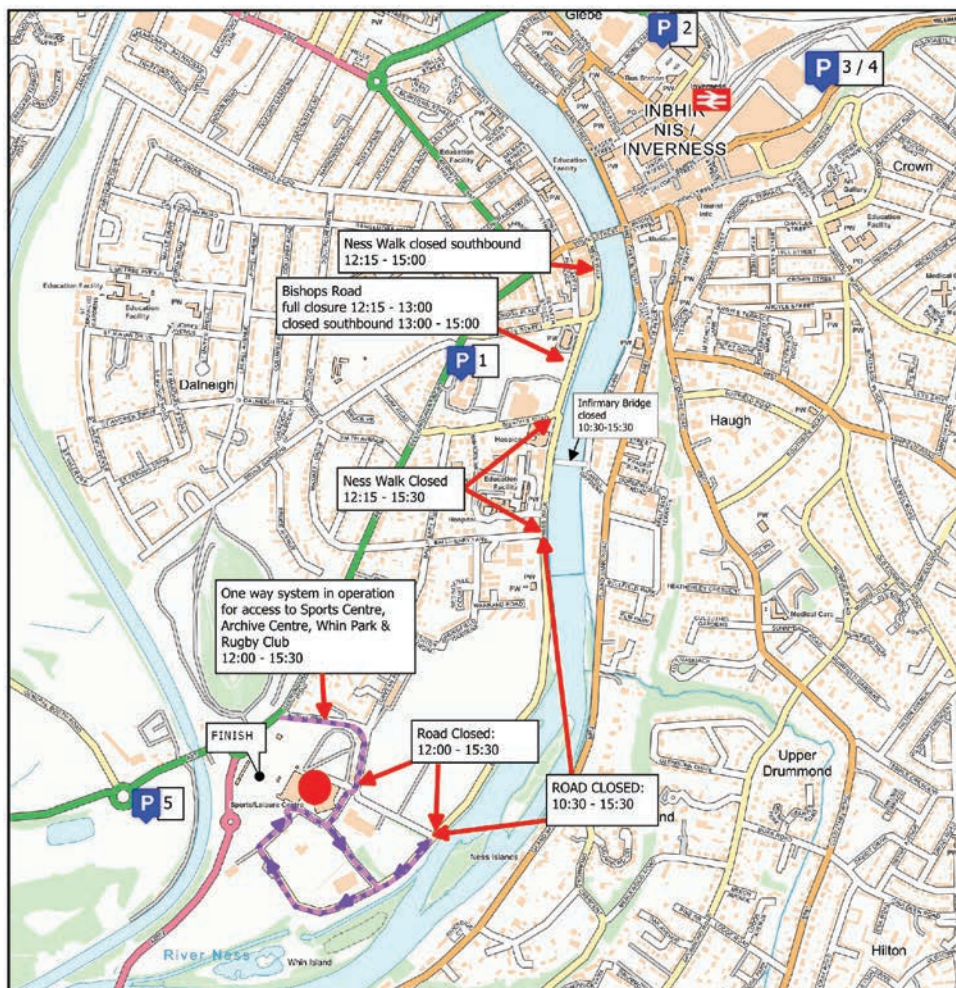
It is anticipated the area around Inverness Leisure Centre will be very busy on the morning of the event and traffic flow will be slow. We encourage you to allow plenty of time, park a distance away and walk to the Leisure Centre or consider car sharing or walking/cycling where possible.

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.

PLANNING YOUR TRIP



Parking & Temporary Traffic Restrictions

Map Symbols

- Registration
Inverness Sports Centre, Bught Lane,
Inverness IV3 5SS
- One Way System for access to
Sports Centre & local businesses
- ⇄ Station
- P Parking

Parking - charges apply

1. Highland Council Car Park, Glenurquhart Road, Inverness, IV3 5NX
2. Rose Street Multi Storey, Farraline Park, Inverness, IV1 1NH
(open 7 days a week 24 hours a day)
3. Eastgate Car Park, Eastgate Shopping Centre, Inverness, IV2 3PP
(open Sun 9am - 6pm)
4. Falcon Gallery Car Park, Eastgate Shopping Centre, Inverness, IV2 3PP
(open Sun 6am - 9pm)
5. Torvean Car Park, Inverness IV3 8JL

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.

ADVERSE WEATHER

In the event of adverse weather conditions on the day of the event, please check our website and social media for updates.

REGISTRATION AND BAGGAGE

FIND YOUR RACE NUMBER

A list of race numbers is available on our website.

REGISTRATION

UK Runners entered before midnight on 27 Feb: you will receive your race pack by post in early March.

UK Runners entered after 28 Feb: collect your race pack from Info Desk in the Sports Hall between 10.30-12.00 on race day.

International runners: collect your race pack from Info Desk in the Sports Hall between 10.30-12.00 on race day.

PLEASE BRING PHOTO ID (such as a passport or driver's license) to collect your race pack and find out your race number on our website before attending registration.

Please note there are strictly no transfers between races and the deadline to transfer your place to another runner was 29 January.

RACE PACK

This contains your race number with timing chip, baggage label and safety pins

TIMING CHIP

- Your timing chip is attached to the back of your race number.
- Your chip time starts when you cross the start line.

BAGGAGE LABEL

A tear-off baggage label is attached to your race number which should be attached to your kit bag on race day.

RACE NUMBER

- Complete the emergency contact and medical information on the reverse of your race number.
- If you have a medical condition, provide as much information as possible on the back of your race number and put a red cross on the front so medical teams are aware of any existing medical condition should you require assistance on the course.
- Attach your race number to the FRONT of your running top, it must be visible at all times and not obscured by a jacket, water belt or vest.
- Please do not deface your race number or swap numbers - this is contrary to Scottish Athletics' regulations and will lead to your disqualification.
- If you opted to plant a tree instead of receiving a finisher's t-shirt when you registered online, your race number will have a green band and Trees not Tees will plant a tree on your behalf.

BAGGAGE

- Baggage drop-off is available in the Sports Hall from 10.30-12.00.
- A baggage label is attached to your race number, attach this to your kit bag.
- Only small kit bags such as a daysack or sports bag will be accepted.
- We recommend you have some warm & dry clothes to change into, a warm jacket, money and post-race snacks/fuel.
- Please don't put any valuables or expensive items or anything flammable or sharp in your kit bag. There are secure lockers within the Leisure Centre.
- The Organisers cannot accept any responsibility for any items lost, damaged or stolen.

THE START

THE START

- The Half 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 based on expected finish times 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.
- There will be portable toilets near to the start line.

THE ROUTE

- The Inverness Half Marathon starts on Bught Road and finishes on the running track in Queens Park Stadium at Inverness Leisure Centre. Please refer to the course map on page 9.
- 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.
- We reserve the right to alter the route if operationally required.

WHAT TO EXPECT 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 Energy Gel will be available for all runners at mile 6.

Do not alter direction suddenly at water stations and try to steer a course for a table where there are fewer runners.

All four water stations on the course will use paper cups. 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.

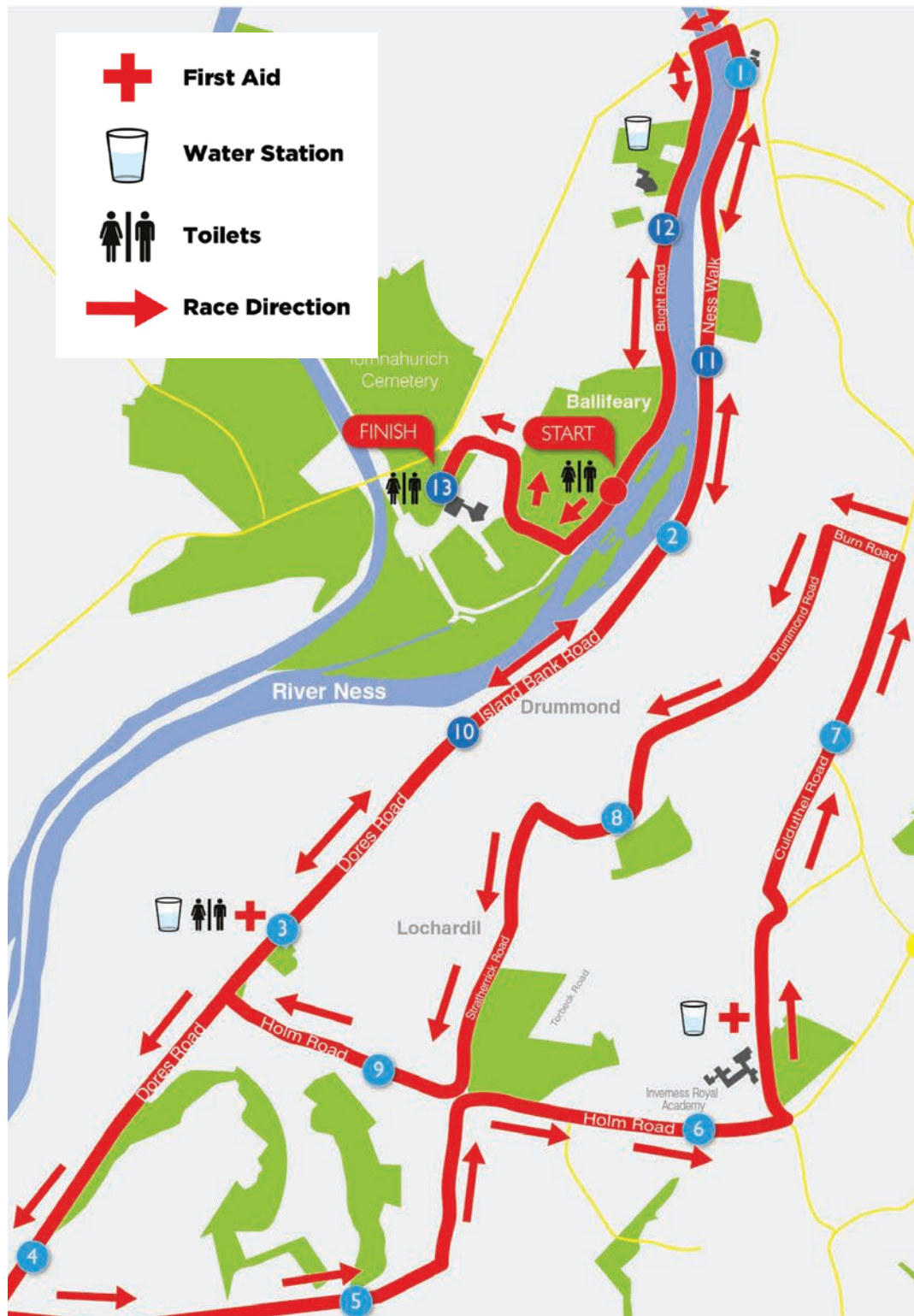
TOILETS

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

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.

INVERNESS HALF MARATHON ROUTE MAP



WHAT TO EXPECT ALONG THE ROUTE

CUT-OFF TIME

The Inverness Half Marathon is a running event and we welcome all runners to take part. Our aim is to support every runner, whatever their pace, from start to finish and provide the best possible experience.

The half marathon starts at 12.30 and the race cut-off time is 3hr 30min at 16.00. In the interests of safety and to minimise the disruption to the local community and residents, the course starts to re-open after 2hr 30min at 15.00. If you think that you will take longer than 2hr 30min, we ask you to use the pavement. Participants still on the course after the cut-off time continue at their own risk.

FIRST AID & MEDICAL CARE

First Aid will be located at the start line, every water station and finish line. Should runners not be allowed to continue for medical reasons or require hospital treatment, Event HQ will be notified.

We hope your training has gone well and would like to remind you that if you have recently had a bad cold or have been ill, it is important to seek medical advice prior to the event. Also if your training has not gone to plan, we ask you give serious consideration to your ability to run the half marathon.

RETIRING

If you wish to retire at any point during the race, please approach one of our medical or marshal teams. For safety reasons, please do not leave the course without informing an event official or marshal.

LITTERING

- Recycling and general waste bins are provided at the start, at each water station and at the finish where you can discard your cups, gel wrappers and other waste. Please take care to put your waste in the correct bin.
- PLEASE DO NOT DROP LITTER ANYWHERE ON THE COURSE.
- Keep your rubbish in your pockets and get rid of it at the bins provided at the water stations.
- It is a privilege to run through Inverness and we encourage all runners and everyone coming to the event to dispose of their rubbish responsibly and recycle where possible.

WHAT TO EXPECT AFTER YOUR RACE

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.

FOOD & DRINK

Hot and cold food and drink options will be available to purchase in the Sports Hall from 10.30-16.00.

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 and you are asked to be considerate towards 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 10.30-16.00 in return for a donation to our charity partners.

SPECTATORS

- The finish line is on the running track at Queen's Park Stadium at Inverness Leisure Centre.
- We 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.

DON'T MISS OUT ON

RESULTS

You will receive a text with your results on Sunday afternoon and results will be posted on our website on Monday 13 March.

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 check your details are correct.

PRIZE GIVING PRESENTATION

The prize giving presentation for the Inverness Half Marathon and Scottish Half Marathon Championships takes place at 14.45 on the podium in the Sports Hall.

OFFICIAL RACE PHOTOS

Your official photos will be going LIVE from the moment you pass a MarathonPhotos Live photographer around the course. Share your race number with your friends and family and they can register here to be notified as soon as your first photos are available online. They can then see your progress throughout the run. They might even buy your photos and your video as a well-done gift before you've even crossed the finish line!

Don't forget to share your photos and video on social media and with friends & family so they can share your achievement.

I-TAB

Every race tells a story. Why not personalise your medal with an iTAB? If you wish to pre-order your iTAB, you can do so in our online shop by 27 February. If you have already purchased one, it will be posted to you by iTAB not long after the event.

AND FINALLY

RACE DAY CHECK LIST

- Get dressed in tried and tested gear.
- Pin your race number to the front of your top before leaving home or your accommodation, and check it is not obscured by a water belt or vest.
- Attach your baggage label to the top of your kit bag. We recommend warm & dry clothes to change into, a warm jacket, money and post-race snacks/fuel.
- Allow plenty of time to get to Inverness Leisure Centre as the area will be busy on race morning.
- Please be aware that weather conditions can change very quickly in the Scottish Highlands and bring appropriate clothing / layers to keep warm and dry at the start in case of adverse weather.
- Lubricate all moving parts liberally with Vaseline.

HELPING OUR ENVIRONMENT

We are committed to making the event as sustainable as possible and to minimise the event's environmental impact as we work towards a Zero Waste to Landfill event for the future. Please refer to our website for some of the ways we are eliminating waste and reducing the environmental impact of the event in 2023 however we do need your help.

RUN INVERNESS IN 2024!

Early bird entry to the 2024 Inverness Half Marathon & 5K, taking place on 10 March, will open on Sunday 12 March.



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PREPARE FOR GREAT... NESS

1 OCTOBER 2023 However you make it, **make it yours**

Sign up now
www.lochnessmarathon.com

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