



# INVERNESS <sup>1/2</sup> MARATHON

1/2 MARATHON | 5K FUN RUN



SUNDAY 8 MARCH 2015



Supporting



Highland  
Hospice

PROJECT  
BUILD  
APPEAL

REBUILDING HOSPICE CARE IN THE HIGHLANDS

[www.invernesshalfmarathon.co.uk](http://www.invernesshalfmarathon.co.uk)



# Welcome to the 31st Inverness ½ Marathon & 5K Fun Run!

Who'd have thought 31 years ago that the Inverness ½ Marathon would still be going strong and gaining in size and reputation year on year! But that's exactly where this well-regarded event is at and we're delighted that you'll be joining us on 8th March 2015 to experience it for yourself.

Whether you're tackling your first ever half marathon or are a seasoned pro, we're confident you'll enjoy this predominantly flat course through the Highland capital which boasts fantastic support and a rousing finish straight at the Queen's Park Stadium. And regardless of your age or running ability, the 5K Fun Run offers something for everyone – a fun fitness challenge for all.

For the second year our official charity is the Highland Hospice, an extremely worthwhile cause that means a lot to many people from a wide area. Both races present an opportunity for runners to get involved with this, and other charities, and we wish you the best of luck with your fundraising and training.

Many people contribute to the success of the event and we would like to take this opportunity to thank all of our sponsors, partners and volunteers, not to mention all participating runners and the spectators cheering and supporting from the side-lines!

We look forward to seeing you all on Sunday 8th March!

**Malcolm Sutherland, Race Director**

Inverness ½ Marathon & 5K Fun Run

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## CONTACT

INVERNESS ½ MARATHON

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[www.invernesshalfmarathon.co.uk](http://www.invernesshalfmarathon.co.uk)

 [www.facebook.com/InvernessHalfMarathon](http://www.facebook.com/InvernessHalfMarathon)

 [www.twitter.com/nesshalfmar](http://www.twitter.com/nesshalfmar)



1/2 MARATHON | 5K FUN RUN

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## Highland Hospice – Official Charity

Congratulations on securing your place in the Inverness ½ Marathon & 5K Fun Run! If you are fundraising for the Highland Hospice we hope you have lots of friends and colleagues signed up to sponsor you? If not now is the time to pass your sponsorship form around and let everyone know what a great cause you are running for.

If you haven't chosen to run for sponsorship but think you could, it's not too late to get in touch with Carola for a sponsorship pack. We know how hard it can be to ask friends or family for sponsorship, particularly if you are an Inverness ½ Marathon veteran, which is where we can help – why not speak to Carola about having a collection can instead of a sponsor form?

And if we still can't persuade you to get sponsored for running in this event, why not take a look at our forthcoming 2015 challenge events – details in your race day goody bag. This year we are launching some brand new challenges including our 500 Challenge, all to help us reach our Project Build Appeal target of £4.5million. Help us take the Project Build to the finish line by running for Highland Hospice this year.

Contact Carola Hight on  
01463 246474 or  
[c.hight@highlandhospice.org.uk](mailto:c.hight@highlandhospice.org.uk)



## Supporting Sponsors



Staying hydrated during sport and exercise is essential for best performance and as the UK's number 1 brand of bottled water, Highland Spring is proud to be the official water partner of Inverness ½ Marathon and 5K. For more information visit [www.highlandspring.com](http://www.highlandspring.com) or follow us on Facebook or Twitter.



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Run4It are delighted to support the Inverness ½ Marathon as the Official Retail Partner and are offering a 10% pre-event discount voucher to all participants to use in any of their 7 shops or their website. Come visit us on Huntly Street in Inverness for a video analysis session with our shoe fitting experts to find the very best running shoe, use it towards some new running gear from our extensive collection or just for some advice from our friendly team of runners. [www.run4it.com](http://www.run4it.com)



Brooks® Sports, Inc. is your go-to company for anything and everything related to the run. As a leading running company that designs and markets high-performance men's and women's running shoes, apparel and accessories in more than 40 countries worldwide, we are dedicated to inspiring people to run and be active by creating innovative gear that keeps them running longer, farther, faster and happier. [www.brooksrunning.co.uk](http://www.brooksrunning.co.uk)

## Our Partners



# Car Parking, Weather, Food & Drink and Toilets, Changing & Shower Facilities



## Car Parking

Car Parking will be available at the Sports Centre and the surrounding area, including the Rugby Club and Highland Council car parks. Please do not park at the Ice Rink as this is private property and do not leave your car on the streets surrounding the Sports Centre/start area along the river as these form part of the race route. Illegally parked cars may be removed. Parking stewards will be on hand to give directions and information. Please allow plenty of time to get parked and walk to registration.

## Important - Weather!

In the event of adverse weather conditions on the day of the event, please visit [www.invernesshalfmarathon.co.uk](http://www.invernesshalfmarathon.co.uk) or [www.facebook.com/InvernessHalfMarathon](https://www.facebook.com/InvernessHalfMarathon) for any updates or alternatively call 0844 875 1411.

## Food & Drink

Hot and cold food and drink options will be available to purchase in the Sports Hall pre and post race.

## Toilets, Changing & Shower Facilities

There are male and female changing, shower and toilet facilities at the Sports Centre. Please remember that the general public will be using these facilities at the same time and you are asked to consider them whilst using them.



# Massage, First Aid and Be Greener



## Massage

Massage is available in the Sports Hall during registration and post-race for a donation to our official charity, Highland Hospice.

## First Aid & Medical Care

The Red Cross will provide first aid and medical care in both static and mobile units. 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 hospital treatment, Race HQ will be notified. For safety reasons, please do not leave the course without informing an event official or marshal.

## Be Greener

We are committed to reducing the carbon footprint of the event wherever possible. We are delighted to work with drink suppliers who are reducing the environmental impact of their products and our target is to recycle 95% of the drink containers discarded on race day. Please help us by depositing discarded water bottles and other waste, e.g. energy gels in rubbish collection points located a short distance from each drink station.

We aim to reduce the paper waste from the event. To help us achieve this we produce e-bulletins, updates and newsletters and try to minimise the amount of printed material generated from the event. Please help us reduce paper waste going to land fill by recycling any printed material we send you.

To help us reduce the travel carbon footprint of the event, we encourage car sharing or using public transport or cycling wherever possible.



# Inverness ½ Marathon

## Route Map, Race Day Timings, Check Your Details and Registration



### Race Day Timings

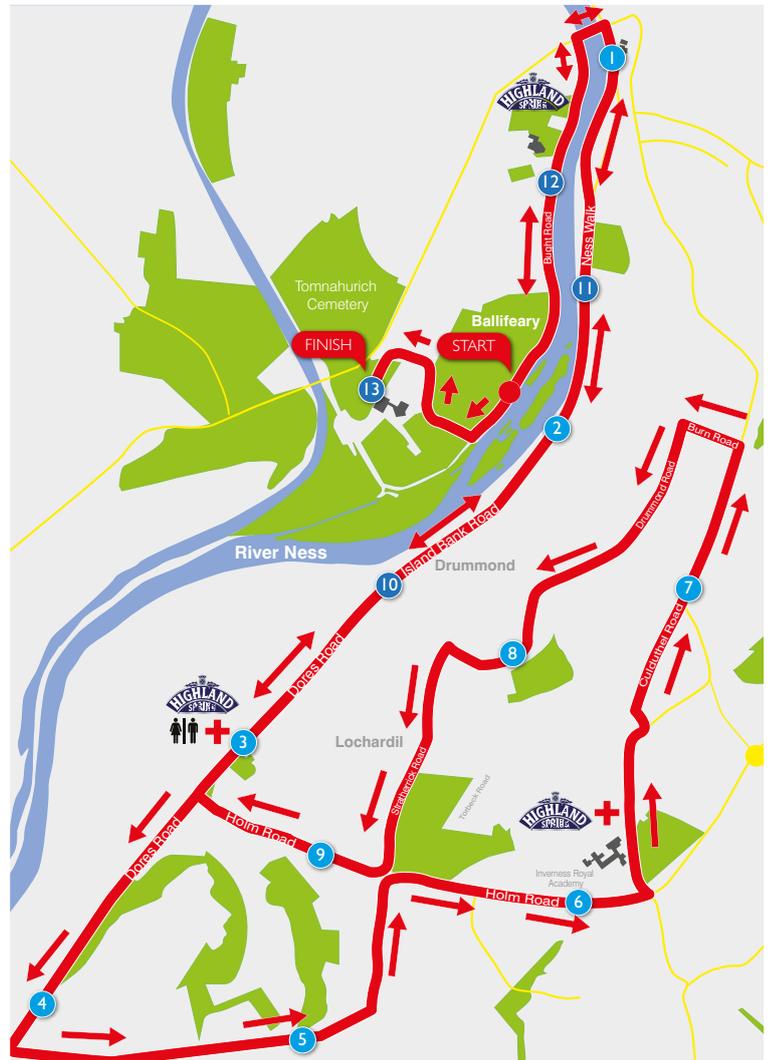
09.30 – 11.45	Registration for ½ Marathon, Inverness Sports Centre
12.15	½ Marathon runners to be assembled at start line
12.30	½ Marathon Start
14.45	½ Marathon Prize Giving in the Sports Hall

### Check Your Details

Please visit [www.invernesshalfmarathon.co.uk](http://www.invernesshalfmarathon.co.uk) for a full list of race numbers. Please check that your age/category is correct for prize giving purposes. If there are any changes, please email [info@invernesshalfmarathon.co.uk](mailto:info@invernesshalfmarathon.co.uk) by Friday 27th February. Please note that if you have entered your age incorrectly (and this affects your age category) and not notified us of any changes then you will not be eligible to win any prizes.

### Registration

All participants must register at Inverness Sports Centre between 09.30 – 11.45 on Sunday 8th March to collect your race number (this includes a tear-off baggage label and timing Bib Tag) and technical t-shirt. **Please note, there will be NO race day entries for the ½ Marathon.** You should bring your email confirmation and a note of your race number. Should you forget this, a full list of names and race numbers will be available in the Hall.



# Race Number, Timing Bib Tag and Baggage Label



## Race Number

Please complete the contact / medical information on the back of the number on race day and attach it to the front of your t-shirt using the safety pins provided. **Please ensure that your race number is attached to the FRONT of your T-shirt and visible at all times during the race and when you cross the finish line.**

Please do not deface your race number – this is contrary to Scottish Athletics' regulations and will lead to your disqualification.

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. For safety reasons, do NOT swap numbers with other runners.

## Timing Bib Tag

This is attached to your race number – do NOT remove the timing mechanism from your race number. The chip will automatically start recording your time when you cross the start mats. Your race number must be visible at all times during the race to ensure your correct time is recorded.

## Baggage Label

Baggage labels are attached to your race number. Please tear off and attach to the top of your bag in a visible place. There will be a baggage area available at the Sports Hall during registration. 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 also secure lockers within the Sports Centre (20p refundable).

# The Start, The Route, Drink Stations and Toilets



## The Start

The ½ Marathon will start at 12.30 – please make sure that you are at the start line by 12.15 at the latest. An aerobics warm-up will take place prior to the start. The start is on Bught Road about 500 metres from the Sports 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 as they could cause accidents.

## The Route

See map on [p6](#). The course is on good tarmac roads except at the finish where you cross grass to get onto the running track at Queen's Park Stadium. The route is well signposted and marshalled with accurate mile markers and directional arrows throughout. The course is predominantly flat with no testing hills. It is registered with Scottish Athletics and the route certified as accurate. We have priority on all roads along the route. However, please follow instructions from marshals at all times as it might be necessary for emergency and official vehicles to travel along the route.

Please note that the ½ Marathon route is not suitable for wheelchair entrants.

Please follow all instructions and signs at all times to ensure that the safety of runners is not compromised.

Important: in the interests of safety and to return traffic flows to normal as soon as possible, the organisers advise the course will start closing after 2 ½ 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.

## Drink Stations

There are 4 water stations on the course, thanks to our water sponsor, Highland Spring. These are situated at 3 miles, 6 miles, 9 miles and 11.5 miles and water will also be available at the finish. Water is available in 33cl bottles.

## Toilets

Portable toilets are located within the vicinity of 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 Sports 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 and goody bag and be reunited with family and friends.



## Prize Giving

We encourage all runners to join us in the Sports Hall where the prize giving will take place at 14.45. Prize winners should ensure they are in the Hall five minutes prior to this. For a full list of prize categories, please see [website](#). Please note, there is only one prize per runner (runner is awarded the prize of greatest value) although it is possible for runners to win an individual prize AND a team prize.



## Results

Results will be available from Monday 9th March at [www.invernesshalfmarathon.co.uk](http://www.invernesshalfmarathon.co.uk)

Text Results: If you have provided us with a valid mobile number when entering the race, we will be able to text your result to you on race day.

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*and Festival of Running*  
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# Inverness 5K Fun Run

## Route Map, Race Day Timings, Check Your Details, Registrations and Race Number



### Race Day Timings

09.30 – 12.00	Registration for 5K Fun Run, Inverness Sports Centre
12.20	5K runners to be assembled at Holding Area
12.30	5K runners guided to start
12.45	5K Fun Run start

### Check Your Details

Please visit [www.invernesshalfmarathon.co.uk](http://www.invernesshalfmarathon.co.uk) for a full list of race numbers.

### Registration

All participants must register at Inverness Sports Centre between 09.30 – 12.00 on Sunday 8th March. You should bring your email confirmation and a note of your race number: this will allow you to collect your race number. Should you forget this, a full list of names and race numbers will be available in the Hall. A limited number of 5K entries are available on race day, however we recommend arriving early to avoid disappointment.



### Race Number

Please complete the contact / medical information on the back of the number on race day and attach it to the front of your t-shirt using the safety pins provided. **Please ensure that your race number is visible at all times during the race and when you cross the finish line.** Please do not deface your race number – this is contrary to Scottish Athletics' regulations and will lead to your disqualification.

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. For safety reasons, do NOT swap numbers with other runners.

# Baggage Label, Holding Area, The Start and The Route



## Baggage Label

Baggage labels are attached to your race number. Please tear off and attach to the top of your bag in a visible place. There will be a baggage area available at the Sports Hall during registration. 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 also secure lockers within the Sports Centre (20p refundable).

## Holding Area

All 5K runners should congregate in the Holding Area (see map) no later than 12.20. Marshals will then guide you to the start. A fun aerobic warm-up will take place prior to the race start.

## The Start

See map on [p11](#). The 5K Fun Run will start at 12.45 prompt on Bught Road about 500 metres from the Sports Centre and parallel to the River Ness (the same start location as the ½ Marathon).

When positioning yourself at the start, please be sensible! Remember the slower you are, the nearer to the back of the group you should be. If in doubt, stay near the back as you can always speed up as the race progresses. **It is the responsibility of parents/carers to ensure that children are placed in an appropriate position that is suitable to their running ability. Walkers, those with buggies and small children (even if accompanied by adults) should start at the rear of the group.**

## The Route

The 5K route is gentle and scenic. It heads towards Inverness city centre and then takes two right turns, the first over the River Ness and the second takes you below Inverness Castle. Runners then proceed alongside the river before crossing through the Ness Islands and turning right along Bught Road and along the river before turning back and heading up Bught Drive, past the Ice Rink and into Queen's Park Stadium.



# Finish and Results



## Finish

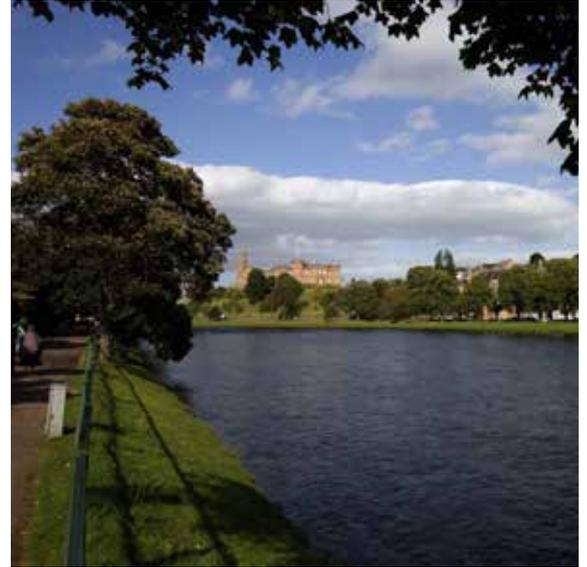
The finish is on the running track at Queen's Park Stadium. The finish area is a secure area with no public access. Once across the line you will be presented with your finisher's medal and goody bag and be reunited with family and friends.

## Results

Please note, the 5K Fun Run is not timed and there are no official results or prizes for this race.



# Accommodation, Getting here and Things to Do



## Accommodation

Inverness has a range of accommodation to suit all tastes and budgets including hotels, B&Bs, guest houses and hostels. There are several of these along the banks of the River Ness which are just a short walk from the start and finish.

## Getting Here

Inverness Airport provides direct flights from across the UK and Ireland. A bus service operates every 30 minutes from the airport into the city centre. Regular train and bus services link Inverness to major cities including Edinburgh, Glasgow and Aberdeen. Both the train and bus stations are in the city centre. Inverness can be accessed by car on the A9 from the south and north or on the A96 from Aberdeen. There are numerous car hire and taxi firms. Inverness Sports Centre is approximately one mile from the bus and train stations and 11 miles from the airport.

## Things To Do

Inverness is a scenic city in the heart of the Highlands. It has a range of restaurants, golf courses and shops to explore and Eden Court Theatre is located just off the River Ness. Famous sites such as Loch Ness and Culloden Battlefield are just a short trip away, as are great mountain bike tracks, stunning walks, impressive coastal villages and more.

For more information on all of the above, check out [www.invernesshalfmarathon.co.uk/your-visit/](http://www.invernesshalfmarathon.co.uk/your-visit/)