



INVERNESS ^{1/2} MARATHON



10 MARCH 2019

1/2 MARATHON | 5K

"Great atmosphere, well organised and what a sense of achievement – I'll be back for more" 2018 Runner

www.invernesshalfmarathon.co.uk



Welcome to the 2019 Inverness ½ Marathon & 5K

We're delighted that you will be joining us at the 35th edition of the Inverness ½ Marathon on 10 March 2019. Whether you're tackling your first ever half marathon or 5K or are a seasoned pro, we hope you enjoy the predominantly flat courses through the Highland capital.

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.

We would like to take this opportunity to thank our sponsors and partners, volunteers and local residents, communities and businesses along the route for their support.

Everything you need to know about the event is here so please take time to read these important instructions carefully to ensure you have an enjoyable and safe event experience.

We hope your training has gone to plan, wish you the best of luck and look forward to seeing you all on the start line!

Malcolm Sutherland, Race Director

CONTACT

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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



INVERNESS ½ MARATHON

½ MARATHON | 5K

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Official Charity



Congratulations on securing your place in the Inverness ½ Marathon & 5K! If you are fundraising for 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.

This year we are urging as many of you as possible to join 'Team Highland Hospice' and help us raise the £15,600 we need to fund two days of our care. If you haven't chosen to run for sponsorship but think you could, it's not too late to get in touch with Jenna for a sponsorship pack.

However much you raise, you could help us reach our target! We know how hard it can be to ask friends or family for sponsorship, particularly if you are an Inverness ½ Marathon veteran, but there are alternatives – why not speak to Jenna about having a collection can instead of a sponsor form?

Contact Jenna Hayden on 01463 246473 or j.hayden@highlandhospice.org.uk

Our Sponsors & Partners



Run4It are proud to be the official retail partner for the Inverness ½ Marathon 2019 and are offering all participants a save 15% voucher to use towards some new running gear, in any of their 8 shops or online at run4it.com until 7 April 2019. Visit their most northerly shop: Run4It Inverness at 26 Huntly Street, for free +runlab video analysis and shoe fitting, and any advice on training and race preparation!



Keep in touch

 @invernesshalfmarathon

 @nesshalfmar

 @invernesshalfmarathon

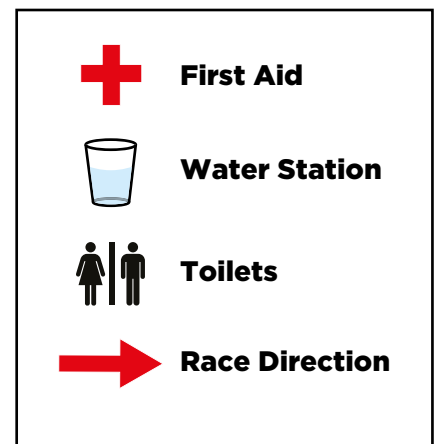
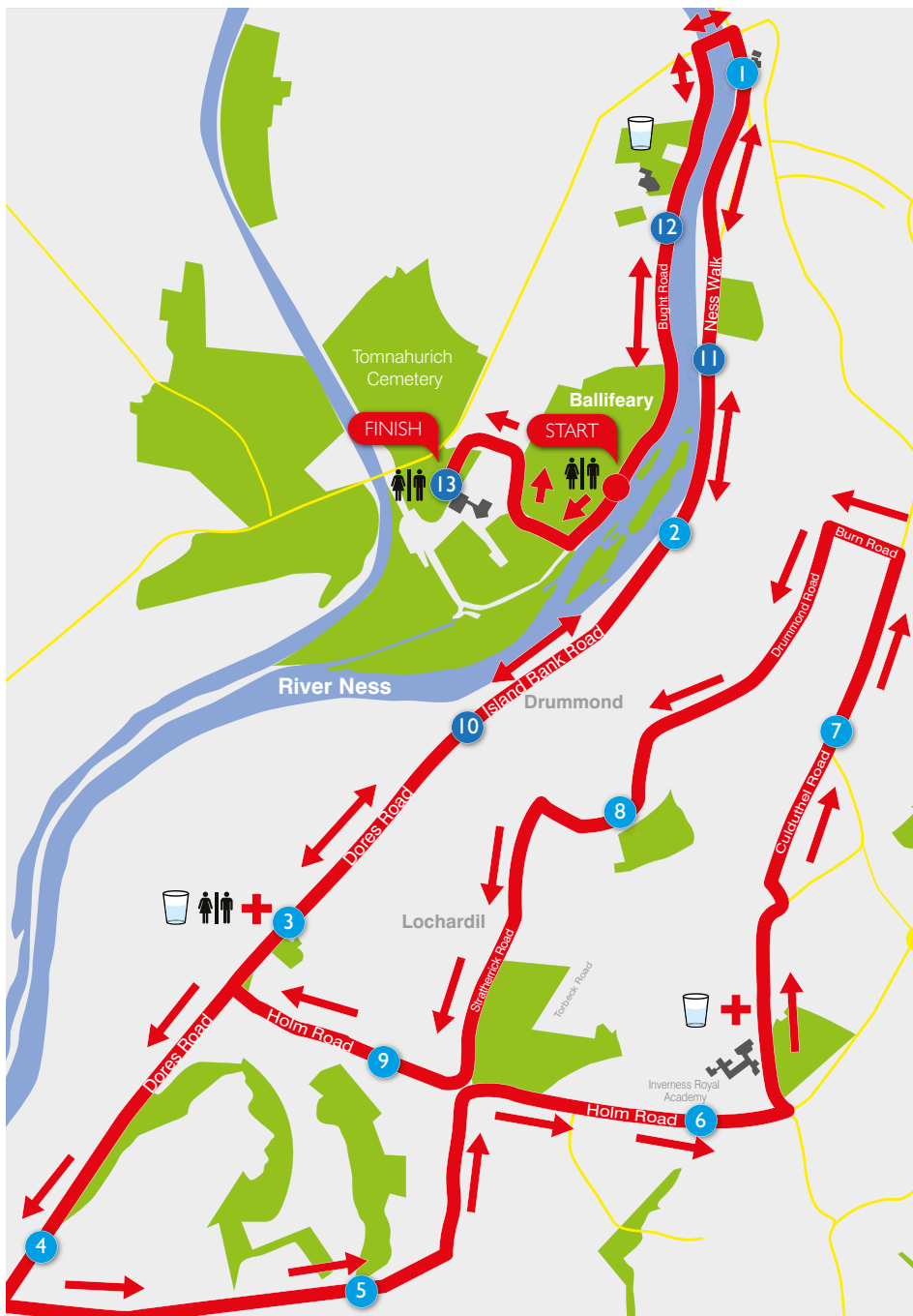
#runinverness #invernesshalf

Inverness 1/2 Marathon Race Information

Race Day Timings

Race Day Timings

| | |
|---------------|---|
| 09.30 – 11.45 | Registration for 1/2 Marathon, Inverness Sports Centre Bought Lane, Inverness IV3 5SS |
| 12.20 | 1/2 Marathon runners to assemble at start line |
| 12.30 | 1/2 Marathon Start |
| 14.45 | 1/2 Marathon Prize Giving in the Sports Hall |



Inverness ½ Marathon Race Information

Important - Weather!

In the event of adverse weather conditions on the day of the event, please visit www.invernesshalfmarathon.co.uk and our Facebook and Twitter pages for updates.

Check Your Details

Please visit www.invernesshalfmarathon.co.uk for a full list of race numbers. Please check that your name, club and age category are correct.

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 Organisers of any changes or amendments by logging-in to your **Active** account **by Friday 1 March** OR telling us at registration.

Registration

- All participants must register at Inverness Sports Centre between 09.30 – 11.45 on Sunday 10 March to collect your race number (this includes a tear-off baggage label and timing B-Tag).
- **You will be required to show a form of photo ID in order to receive your race number.**
- 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.
- If you are unable to attend registration and wish to send a friend or relative to collect your race number on your behalf, they must bring a form of photo ID for themselves as well as a signed letter of authorisation from you confirming that they can collect your race number.
- Massage and a Run4It stand selling all race day essentials will also be available during registration in the Sports Hall.

Please see page 13 for **parking** information.

Inverness 1/2 Marathon Race Information

Race Number

- Please complete the emergency contact and medical information on the reverse of your race number and attach it to the front of your running top using the safety pins provided.
- Please ensure that your race number is attached to the FRONT of your running top and visible at all times during the race and when you cross the finish line.
- If you have a medical condition, 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.
- Baggage Label - a corresponding baggage number is attached to your race number. This should be torn off the race number and attached to the top of your kit bag on race day.
- Timing B-Tag - this is attached to the back of your race number and should not be removed. Please ensure your race number is attached to the front of your running top and is not obscured by anything e.g. jacket, water belt or bum bag. The chip will automatically start recording your time when you cross the start line.

Baggage

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 secure lockers within the Sports Centre.

The Start

- The 1/2 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 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 so that it does not cause danger to other runners.
- Please listen out for and follow marshals' instructions.

Inverness 1/2 Marathon Race Information

The Route

The Inverness 1/2 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 Sports Centre.

- See route map [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.

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 cups instead of water bottles.

Some runners may be concerned about how to use 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 14](#) for more information on Littering.

Inverness 1/2 Marathon Race Information

Slow 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

Red Cross 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 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, t-shirt and be reunited with family and friends.

Results & Prize Giving

- Results will be posted on our website on Monday 11 March: www.invernesshalfmarathon.co.uk. If you have provided us with a valid mobile number when entering the race, we will text your result to you on race day.
- 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 Friday 1 March or telling us at pre-race registration.

Medal & iTab

A medal will be given to every runner as you cross the finish line. If you ordered an iTab at the time of entry, you don't need to do anything - just wait for your iTab to arrive in the post after the event. If you still need to order your iTab, engraved with your name and finish time, visit <http://www.itab.us.com/product/inverness-half-marathon/>



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you might as well do it in heaven.

Baxters

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GUARANTEED MARATHON ENTRY AVAILABLE NOW



www.invernesshalfmarathon.co.uk

5K Race Information



Race Day Timings

| | |
|---------------|---|
| 09.30 – 12.00 | Registration for 5K, Inverness Sports Centre, Bught Lane, Inverness IV3 5SS |
| 12.20 | 5K runners to assemble at Holding Area |
| 12.30 | 5K runners to start line |
| 12.40 | 5K start |

Important - Weather!

In the event of adverse weather conditions on the day of the event, please visit www.invernesshalfmarathon.co.uk and our Facebook and Twitter pages for updates.

Find Your Race Number

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

Registration

All runners must register at Inverness Sports Centre between 09.30 – 12.00 on Sunday 10 March. You should bring your email confirmation and a note of your race number to collect your race number. If you forget this, a full list of names and race numbers will be available.

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

Please see page 13 for [parking](#) information.



Schools & Clubs Entries

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

Race Day Entries

A limited number of 5K entries are available on race day, subject to race capacity, however 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.**

5K Race Information



Race Number

- Please complete the emergency contact and medical information on the reverse of your race number and attach it to the front of your running top using the safety pins provided.
- Please ensure that your race number is attached to the FRONT of your running top and visible at all times during the race and when you cross the finish line.
- If you have a medical condition, provide as much information as possible on the reverse of your race number and put a red cross on the front. This is so our medical teams are aware of any existing medical condition should you require assistance on the course.
- Please do not deface your race number or swap numbers with other runners - this is contrary to Scottish Athletics' regulations and will lead to your disqualification.
- Baggage Label - a corresponding baggage number is attached to your race number. This should be torn off the race number and attached to the top of your kit bag on race day.

Baggage

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 secure lockers within the Sports Centre.

The Start

- The 5K will start at 12.40 on Bught Road about 500 metres from the Sports 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 10) 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.

5K Race Information



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 Sports Centre.

- See 5K route map [here](#).
- 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

Red Cross 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 be reunited with family and friends.

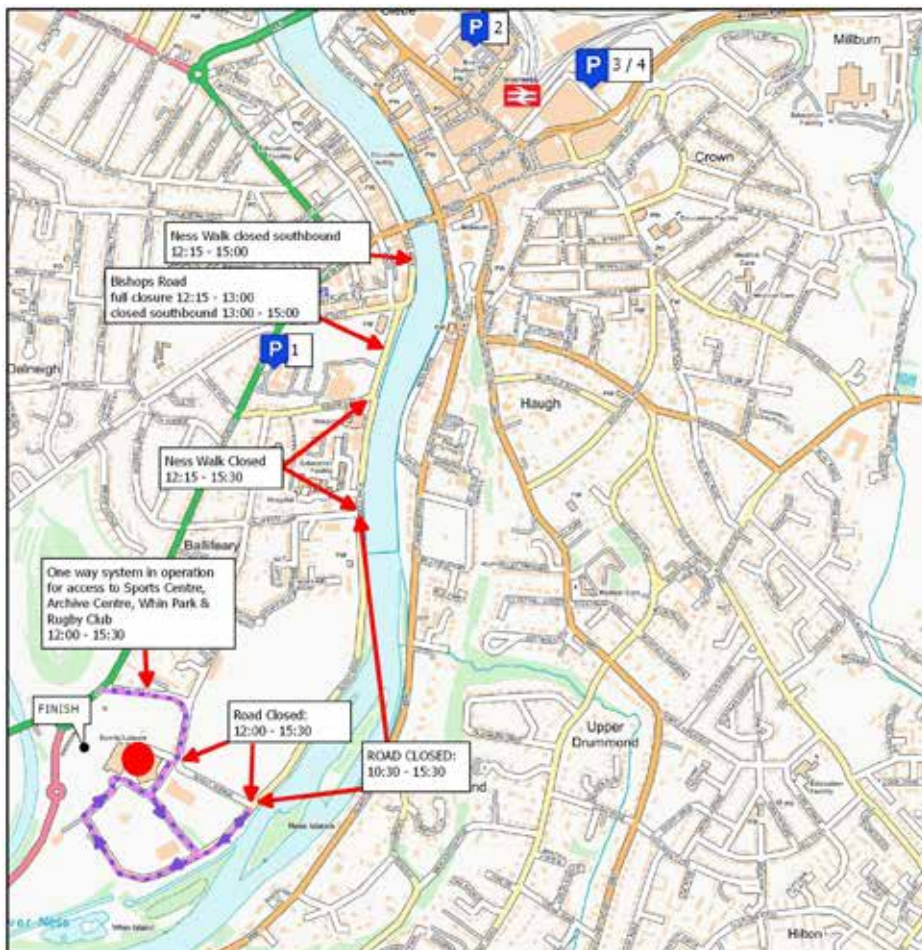
Results

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

Parking

- It is anticipated the area around Inverness Sports 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 Sports Centre or consider car sharing or walking/cycling where possible.
- Limited parking will be available at the Inverness Sports Centre and Highland Council car parks (parking charges apply).
- Please do not park at Inverness Ice Centre as this is private property and do not leave your car on the streets surrounding the Sports Centre and Bought Park as these form part of the race route; illegally parked cars may be removed.
- Marshals will be on hand to give directions.



Parking and Road Closures

Map Symbols

-  Registration
Inverness Sports Centre, Bought Lane,
Inverness IV3 5SS
-  One Way System for access to
Sports Centre & local businesses
-  Station
-  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 Sat 8am - 7pm; Sun 10am - 6pm)
4. Falcon Gallery Car Park, Eastgate Shopping Centre, Inverness, IV2 3PP
(open Sun 6am - midnight)

Temporary Traffic Restrictions

Please note that temporary traffic restrictions will be in place along the race routes and around Inverness Sports Centre on Sunday, which are detailed on our [website](http://www.invernesshalfmarathon.co.uk). Thank you for your co-operation and understanding.

Important Information for all runners



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.
- Please help us to keep Inverness clean and tidy.

Use of Headphones

The wearing of headphones is not permitted in any of the races under Scottish and UK Athletics rules. We do allow the use of headphones 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 made worse by, you wearing these headphones you may be held liable.

Food & Drink

Hot and cold food and drink options will be available to purchase in the Sports Hall during registration 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 also be using these facilities at the same time and you are asked to consider them whilst using them.

Massage

Massage will be available from [Inverness Therapy Clinic](#) in the Sports Hall from 9.30am-4pm, 10 minutes for a £10 donation, raising funds for our official charity, Highland Hospice.

Important Information for all runners



Spectators

The finish line for both races is on the running track at Queen's Park Stadium at Inverness Sports 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, see our [website](#).
- We regret dogs are not allowed within Queen's Park Stadium.

Photos

Marathon-Photos.com is the official event photographer and will capture your exciting moments at the Inverness 1/2 Marathon & 5K. 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



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 bumbag.
- Remember to attach your baggage label to the top of your kit bag. This is a tear off number attached to your race number.
- 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.
- ½ 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.

Be Greener

The Highland Council-led initiative Carbon CLEVER has a target of a carbon neutral Inverness in a low carbon Highlands by 2025. This ambitious goal requires us all to do our bit to help mitigate against climate change and make the Highlands an even better place to live and to visit. With this in mind, please remember the following:

- If you are staying in Inverness the night before the event, please consider walking or cycling to registration and the race starts.
- If staying a little further afield, we would encourage you to car share wherever possible.
- 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, using the Litter Drop Zones provided, see Littering section.
- We are committed to reducing 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 cups instead of water bottles.
- We work with a local charity to recycle any clothing discarded at the race starts, along the route or at the finish.

Getting Here & Where to Stay



Getting Here & Where to Stay

Inverness Sports Centre, Bught Lane, Inverness, IV3 5SS 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.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.

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

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.