

Loch Ness Challenge Event Information

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Event dates

Friday 20th – Sunday 22nd May 2022

Start details

Marathon 1:	Dores to Drumnadrochit - Friday 20 th May – 9am
Marathon 2:	Drumnadrochit to Fort Augustus - Saturday 21 st May – 8am
Marathon 3:	Fort Augustus to Dores – Sunday 22 nd May – 9am
Ultramarathon:	Dores to Dores – Saturday 21 st May – 10pm
Mountain Bike Challenge:	Dores to Dores – Sunday 22 nd May – 5am

Entry details

Online entry only via [SiEntries](#).

No Postal entry, no entry on the day. Closing date for entries is Friday 23rd April 2022

Entry cost

Marathons:	£60.00 per event
Ultramarathon:	£100.00
Mountain Bike Challenge:	£85.00

Entry cost includes

- Event registration and organisation
- Electronic timing and results
- Marshalled and race signage on routes
- Aid Stations providing water/ snacks / energy drinks
- Marked out routes and marshalling
- Refreshments
- Event information pack
- Bespoke item of race clothing
- Event completion medal
- First aid cover

Refunds

Up to 6 weeks prior to the day of the race you will be entitled to 50% refund if you are unable to take part. No refunds within 6 weeks of the day of the race.

Number of places

Marathon 1:	120
Marathon 2:	120
Marathon 3:	120
Ultramarathon:	200
Mountain Bike Challenge:	200

Results details

We will use chip (electronic) timing at the event and may also be manually recording your race number at checkpoints for safety reasons. Please ensure your race number is clearly visible at all times. Your time will be available as you cross the line and full results available within 24 hours.

Registration times

Marathon 1: Thursday 19th May between 5pm-8pm or on Friday 20th May, 6am-8am

Marathon 2: Friday 20th May between 5pm-8pm

Marathon 3: Saturday 21st May between 9am- 5pm.

Marathon 2 & 3 only: Friday 20th May between 5pm-8pm

Marathons – all 3 only: Thursday 19th May between 5pm-8pm or on Friday 20th between 6am-8am

Ultramarathon: Saturday 21st May between 9am- 5pm.

Mountain Bike Challenge: Saturday 21st May between 9am- 5pm.

Race numbers

Race numbers will be collected at registration and should be clearly visible at all times.

Competitor information pack

A detailed competitor information pack will be emailed (and available to download) in April 2022.

Mandatory Kit

Ultramarathon competitors will be required to provide a mandatory kit, to include:

- Mobile phone
- Sufficient water/food to last for 4 hours
- Water/wind proof top, additional base layer, hat and long running pants
- Suitable off-road running shoes
- Head torch
- Bright clothing

Mountain Bike Challenge/Gravel Challenge competitors will be required to provide a mandatory kit, to include:

- Mobile phone
- Sufficient water/food to last for 4 hours
- Wind / waterproof top
- Basic first aid kit

- Bike repair kit
- All riders must wear a certified helmet (xc or full face) at all times
- Gloves are mandatory – knee, elbow and back protection is strongly recommended
- Lights + reflective/bright clothing

Note:

- Riders should use the same frame, fork and wheels during the whole event
- All bikes must have bar plugs and be in perfect working order

There will be a kit check prior to the start of the race to ensure all competitors have the mandatory items. The above are minimum requirements, please don't skip on kit especially in cases of bad weather.

Race distances and total ascents

Marathon 1:	Dores to Drumnadrochit	26.2 miles (42km) / 770 metres
Marathon 2:	Drumnadrochit to Fort Augustus	26.2 miles (42km) / 1,250 metres
Marathon 3:	Fort Augustus to Dores	26.2 miles (42km) / 1,000 metres
Ultramarathon:	Full Loch Ness 360	80 miles (129km) / over 3,000 metres
Mountain Bike Challenge:	Full Loch Ness 360	80 miles (129km) / over 2,500 metres

Terrain

The routes for the various events include some minor roads, a mix of smooth and rough off road trail and farm tracks. The course may have narrow sections and exposed rocks, steep climbs and descents and is not suitable for beginner mountain bike riders. Potholes, rocks, rutted tracks, steep descents, banks etc are all part of what is required to be negotiated by the competitor. When you are in this environment YOU are the person primarily responsible for your own safety. Any hazards outside of those expected will be identified and marked accordingly to ensure your safety. It is the duty of each competitor to assist any other competitor who appears to be injured or in difficulty and to possibly alert the race director.

Aid Stations, Cut offs and Support Crew access points

Marathon 1 Friday 20th May

Start at Dores, **9am**

First cut-off: Canal Crossing, Inverness, **12 noon (10 miles)**

Aid station: Canal Crossing, Inverness

Second cut –off: Blackfold, **2.30pm (17 miles)**

Aid station: Blackfold

Finish: Tynchat, Drumnadrochit, **5pm latest (26.2 miles)**

Marathon 2 Saturday 21st May

Start: on Great Glen Way off A82 at Lewiston, **8am**

Aid station (water only): carpark at Bunloit

First cut off: where route splits to high and low, **10.30am (7 miles)**

Aid station: where route splits to high and low

Second cut-off: Invermoriston **12.30pm (13 miles)**

Aid station: Invermoriston

Aid station (water only): upper carpark, Fort Augustus (21 miles)

Finish: near to Morag's Lodge, Fort Augustus, **5pm latest (26.20 miles)**

Marathon 3 Sunday 22nd May:

Start: at Glendoe works road crossing, **9am**

First cut-off: Bus stop at Whitebridge, **11.30 am (10 miles)**

Aid station: Bus stop at Whitebridge

Aid station (water only): Inverfarigaig (16 miles)

Second cut-off: turn off to Fair Haired Lads Pass, **2.30 pm (19 miles)**

Aid station: Turnoff to Fair Haired Lads Pass,

Finish: Point just short of Dores, **5pm latest. (26.20 miles)**

Ultra- Marathon: Saturday 21st May

Start at Dores, **10pm**

Aid station: Canal Crossing, Inverness (10 miles)

Aid station: Blackfold (17miles)

First cut –off: Tynchat, Drumnadrochit **4.30am (26 miles)**

Aid station: Tynchat

Support Crew Access Point: at picnic area just off A82 at Lewiston

Aid station (water only): carpark at Bunloit (33 miles)

Aid station: where route splits to high and low (35.5 miles)

Aid station: Invermoriston (41 miles)

Support Crew Access Point: Invermoriston

Second cut-off: Morag's Lodge, Fort Augustus, **12 noon (49.5 miles)**

Aid station: Morag's Lodge

Support Crew Access Point: Morag's Lodge

Aid station: Bus stop at Whitebridge (62 miles)

Support Crew Access Point: Bus stop at Whitebridge

Third cut-off: where trail reaches main road at Foyers, **5pm (65 miles)**

Support Crew Access Point, Cameron's Tearoom, Foyers

Aid station: Turnoff to Fair Haired Lads Pass (71.5 miles)

Finish: Dores, **10pm latest (80 miles)**

Bike Challenge: Sunday 22nd May

Start at Dores, **5am**

Aid station: Canal Crossing, Inverness (10 miles)

Aid station: Blackfold (17miles)

First cut –off: Tynchat, Drumnadrochit **9am (26 miles)**

Aid station: Tynchat

Support Crew Access Point: at picnic area just off A82 at Lewiston
Aid station (water only): carpark at Bunloit (33 miles)
Aid station: where route splits to high and low (35.5 miles)
Aid station: Invermoriston (42 miles)
Support Crew Access Point: Invermoriston
Second cut-off: Morag's Lodge, Fort Augustus, **1pm (50 miles)**
Aid station: Morag's Lodge,
Support Crew Access Point: Morag's Lodge
Aid station: Bus stop at Whitebridge (62 miles)
Third cut-off: where trail reaches main road at Foyers, **4pm (65.5 miles)**
Support Crew Access Point: Cameron's Tearoom, Foyers
Aid station: Turnoff to Fair Haired Lads Pass (72 miles)
Finish: Dores, **7pm latest (80 miles)**

NB All aid stations and cut off distances are rounded to nearest ½ mile and exact locations may change

Responsibility

The event organisers shall not be held liable in any way for any loss, damage or accidents that may occur during any of the events. Any dangerous or disrespectful behaviour against other racers, marshals, nature, trails or spectators will lead to a time penalty depending of the level of the fault and possible disqualification. Riders must be aware that cycling is potentially dangerous.

Prizes and age categories

Prizes will be awarded for 1st, 2nd and 3rd place finishers for all events, across all categories as below:

- Overall male
- Overall female
- 40 and over male
- 40 and over female
- 60 and over male
- 60 and over female

Course marking

The course will be marked and marshalled throughout

Transport

Transport will be available from Inverness to Dores on the morning of 20th May for Marathon 1 runners and from Inverness to Dores the evening of 21st May for Ultramarathon runners and Mountain Bike Challenge riders. Transport from Dores to Inverness will be provided on 22nd May.

Accommodation

Inverness and the area around Loch Ness offers a wide variety of accommodation options, information can be found here www.visitinvernesslochness.com/where-to-stay/

Luggage Transfer

Luggage transfers will be provided for all competitors running multiple marathons

Personal drinks and items / drop bags – ultramarathon and bike challenge only

At registration, bikers can complete a baggage tag and leave one drop bag which will be transported for them to Morag's Lodge, Fort Augustus. As the bag may not be under cover, please ensure that it is in a waterproof bag. After use your bag will be transported back to Dores.

Support Crews

Support Crews (max one vehicle) are mandatory for ultra- runners and recommended for bikers and due to limited parking availability and safety requirements, strictly only at the locations specified above.

If you an ultra -runner coming from overseas and are unable to bring a support crew with you, please let us know before 25th March 2022, and we will endeavour to find local volunteers to be your support.

Support Runners

Support Runners are allowed for ultra- runners only. But we ask that if you are expecting to do well with a fast time that you do not use a support runner at any point during the race and no –one is allowed a support runner before Morag's Lodge, Fort Augustus. Also support runners can only accompany runners if they leave check points after the following times:

- Morag's Lodge, Fort Augustus – after 11am
- Foyers – after 4pm

The check point marshals will advise your support crew on your eligibility for a support runner

Aid Stations

All aid stations will provide water, snacks and energy drinks unless otherwise specified

Rubbish

Competitors should not leave any rubbish along the route. All food wrappers, drink bottles, tubes etc must be carried to the next checkpoint or rubbish disposal location. Anyone seen discarding rubbish will be disqualified.

First aid

First aiders will be present at the start/finish and along the course. If you develop medical problems please alert the nearest marshal and prompt assistance will be provided

Event Spectators

We very much encourage people to come along and show their support for all participants – there is nothing more encouraging for long distance runners or cyclists to be cheered on! List of suitable places to see participants to follow

Contact information Alan Rawlinson E: alan@visitin.com T: 01463 219219

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