

Highland Fling Race 2026

Full Race-Day Pack

29 Aug 2026 at 06:00

53.1 mi

Distance

10:06:11

Running time

8394 ft

Elevation

12:00

Aid station time

10:18:11

Total time

8

Checkpoints

16:18

Finish ETA

22 / 42

Kit selected

EMERGENCY CONTACT**John — 0000000000**

UltraPlanRun
Example

Travel & Logistics

GET TO THE START

Drive to start Milngavie, Glasgow, G62 8PG

ACCOMMODATION

Name The Tyndrum Inn

Address FK20 8RY

Booking / code AZX-1234

REGISTRATION / KIT CHECK

Opens Friday, 28 August 2026 at 17:00

Parking & Transport

Coaches to start

Coach to start

G62 8PG

Reminder set: 120 min before departure

Sat 04:00

Coaches from finish

Coach from finish

At the Green Welly, FK208RY

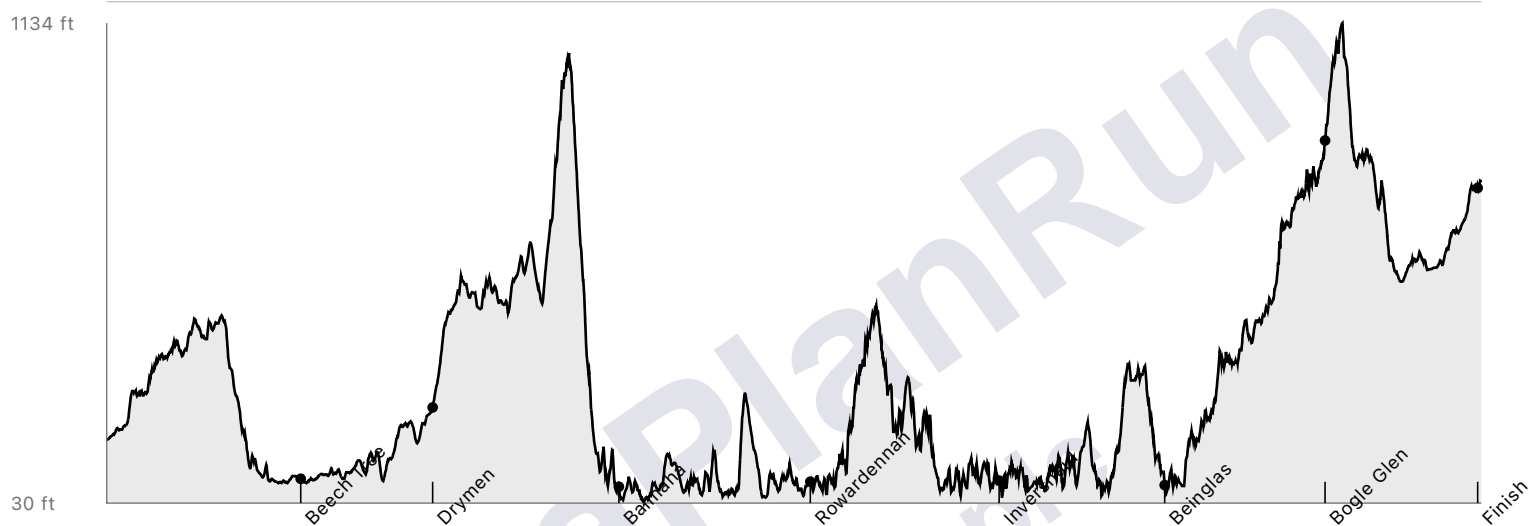
Coach will be outside the Green Welly

Sat 19:00

Checkpoints

#	Checkpoint	Dist	Cumulative	ETA	Cutoff
1	Start → Beech Tree	7.5 mi	7.5 mi	07:21	—
2	Beech Tree → Drymen	5.1 mi	12.6 mi	08:17	—
3	Drymen → Balmaha	7.2 mi	19.8 mi	09:38	—
4	Balmaha → Rowardennan	7.4 mi	27.2 mi	11:02	—
5	Rowardennan → Inversnaid	7.3 mi	34.5 mi	12:27	—
6	Inversnaid → Beinglas	6.4 mi	40.9 mi	13:42	—
7	Beinglas → Bogle Glen	6.2 mi	47.1 mi	14:59	18:00
8	Bogle Glen → Finish	5.9 mi	53.0 mi	16:18	—

Elevation



Mandatory Kit

Mandatory Kit

22 / 42 selected

- Event bib number
- Identification
- Emergency cash
- Mobile phone (fully charged)
- Race vest
- Drop bags
- Timing chip
- Waterproof jacket (taped)
- Insulated mid-layer jacket
- Waterproof trousers (taped)
- Waterproof overtrousers (taped)
- Warm base layers (synthetic or merino wool)
- Warm hat/beanie
- Spare socks
- Spare running shoes
- Gloves
- Gaiters (for muddy conditions)
- Head torch with spare batteries
- Reflective clothing
- Reflective Red LED
- Emergency bivvy bag
- Foil blanket
- Small emergency blanket
- Emergency shelter (space blanket)
- Personal medication (NO NSAID)
- Electrolyte tablets
- Extra food for weather delays
- Compression bandages
- Water purification tablets or filter
- First aid kit (basic supplies, sterile needles, alcohol swabs, blisters and cuts)
- Anti chafing kit
- Sun protection (hat, sunglasses, sunscreen)
- Insect repellent
- Whistle
- Map and compass
- GPS device
- Food and drink
- Knife or multi-tool
- Trekking poles
- Insulated sleeping pad
- Duct tape (for repairs)

Hotel Keys

UltraPlanRun
Example

Checkpoint Detail

1. Start → Beech Tree

ETA 07:21

7.5 mi

Segment

10:30/mi

Pace

9C8Q2JGG+27

Plus code

7.5 mi

Cumulative

1:20:44

Segment time

Nutrition for this checkpoint

- 1x Banana medium
- 1x HIGH5 ZERO Electrolyte Tablet tablet (750ml)
- 3x Medjool Date medium (24g)
- 2x Salt Stick FASTCHEWS 1 Chew
- Water 500 ml

2. Beech Tree → Drymen

ETA 08:17

5.1 mi

Segment

10:56/mi

Pace

9C8Q3HC8+7X

Plus code

12.6 mi

Cumulative

55:47

Segment time

Nutrition for this checkpoint

- 1x HIGH5 ZERO Electrolyte Tablet tablet (750ml)
- 2x Medjool Date medium (24g)
- 1x Stoats Apple & Cinnamon Porridge Oat Bar 50g
- Water 500 ml

3. Drymen → Balmaha

ETA 09:38

7.2 mi

Segment

11:21/mi

Pace

9C8Q3FQ2+5X

Plus code

19.8 mi

Cumulative

1:21:45

Segment time

Nutrition for this checkpoint

- | | |
|--|--------------------|
| <input type="checkbox"/> 2x Ambrosia Rice Pudding | 120g |
| <input type="checkbox"/> 1x HIGH5 ZERO Electrolyte Tablet | tablet (750ml) |
| <input type="checkbox"/> 2x Jam Strawberry | 1 tablespoon (20g) |
| <input type="checkbox"/> 1x Salt Stick FASTCHEWS | 1 Chew |
| <input type="checkbox"/> Water | 500 ml |
| <input type="checkbox"/> 1x White Bread Thick White Warburtons | 1 slice (40g) |

4. Balmaha → Rowardennan

ETA 11:02

7.4 mi

Segment

11:16/mi

Pace

9C8Q5945+F5

Plus code

27.2 mi

Cumulative

1:23:19

Segment time

Nutrition for this checkpoint

- | | |
|--|--------------|
| <input type="checkbox"/> 1x Active Root Energy Gel | 42 Grams |
| <input type="checkbox"/> 1x Active Root Sports Drink Mix | gel |
| <input type="checkbox"/> 1x Medjool Date | medium (24g) |
| <input type="checkbox"/> 2x Salt Stick FASTCHEWS | 1 Chew |
| <input type="checkbox"/> Water | 500 ml |

5. Rowardennan → Inversnaid

ETA 12:27

7.3 mi

Segment

11:43/mi

Pace

9C8Q68X7+34

Plus code

34.5 mi

Cumulative

1:25:34

Segment time

Nutrition for this checkpoint

- | | |
|---|----------------|
| <input type="checkbox"/> 3x Active Root Energy Gel | 42 Grams |
| <input type="checkbox"/> 1x HIGH5 ZERO Electrolyte Tablet | tablet (750ml) |
| <input type="checkbox"/> Water | 550 ml |

6. Inversnaid → Beinglas

ETA 13:42

6.4 mi

Segment

11:40/mi

Pace

9C8Q87HM+4G

Plus code

40.9 mi

Cumulative

1:14:38

Segment time

Nutrition for this checkpoint

- | | |
|---|----------------|
| <input type="checkbox"/> 3x Active Root Energy Gel | 42 Grams |
| <input type="checkbox"/> 1x HIGH5 ZERO Electrolyte Tablet | tablet (750ml) |
| <input type="checkbox"/> Water | 550 ml |

7. Beinglas → Bogle Glen

ETA 14:59

6.2 mi

Segment

12:11/mi

Pace

Undulating Paths

Terrain

9C8Q99R8+2Q

Plus code

47.1 mi

Cumulative

1:15:29

Segment time

13/05/2026, 18:00

Cutoff

Nutrition for this checkpoint

- | | |
|---|----------------|
| <input type="checkbox"/> 3x Active Root Energy Gel | 42 Grams |
| <input type="checkbox"/> 1x HIGH5 ZERO Electrolyte Tablet | tablet (750ml) |
| <input type="checkbox"/> Water | 500 ml |

8. Bogle Glen → Finish

ETA 16:18

5.9 mi

Segment

11:40/mi

Pace

9C8QC7MQ+G8

Plus code

53.0 mi

Cumulative

1:08:52

Segment time

Nutrition for this checkpoint

- | | |
|--|----------|
| <input type="checkbox"/> 1x Active Root Energy Gel Mix | 25 Grams |
| <input type="checkbox"/> 1x Active Root Sports Drink Mix | gel |
| <input type="checkbox"/> Water | 550 ml |

Food to Pack

Master Shopping List	37 items
<input type="checkbox"/> 10x Active Root Energy Gel	4 stops
<input type="checkbox"/> 6x HIGH5 ZERO Electrolyte Tablet	6 stops
<input type="checkbox"/> 6x Medjool Date	3 stops
<input type="checkbox"/> 5x Salt Stick FASTCHEWS	3 stops
<input type="checkbox"/> 2x Active Root Sports Drink Mix	2 stops
<input type="checkbox"/> 2x Ambrosia Rice Pudding	
<input type="checkbox"/> 2x Jam Strawberry	
<input type="checkbox"/> 1x Active Root Energy Gel Mix	
<input type="checkbox"/> 1x Banana	
<input type="checkbox"/> 1x Stoats Apple & Cinnamon Porridge Oat Bar	
<input type="checkbox"/> 1x White Bread Thick White Warburtons	
<input type="checkbox"/> Water	4.15 L (4,150 ml)

Per Checkpoint

1. Start → Beech Tree

<input type="checkbox"/> 1x Banana	medium
<input type="checkbox"/> 1x HIGH5 ZERO Electrolyte Tablet	tablet (750ml)
<input type="checkbox"/> 3x Medjool Date	medium (24g)
<input type="checkbox"/> 2x Salt Stick FASTCHEWS	1 Chew
<input type="checkbox"/> Water	500 ml

2. Beech Tree → Drymen

<input type="checkbox"/> 1x HIGH5 ZERO Electrolyte Tablet	tablet (750ml)
<input type="checkbox"/> 2x Medjool Date	medium (24g)
<input type="checkbox"/> 1x Stoats Apple & Cinnamon Porridge Oat Bar	50g
<input type="checkbox"/> Water	500 ml

3. Drymen → Balmaha

Carry from start	
<input type="checkbox"/> Water	500 ml
Drop bag at Drymen → Balmaha	
<input type="checkbox"/> 2x Ambrosia Rice Pudding	120g
<input type="checkbox"/> 1x HIGH5 ZERO Electrolyte Tablet	tablet (750ml)
<input type="checkbox"/> 2x Jam Strawberry	1 tablespoon (20g)
<input type="checkbox"/> 1x Salt Stick FASTCHEWS	1 Chew
<input type="checkbox"/> 1x White Bread Thick White Warburtons	1 slice (40g)

4. Balmaha → Rowardennan

<input type="checkbox"/> 1x Active Root Energy Gel	42 Grams
<input type="checkbox"/> 1x Active Root Sports Drink Mix	gel
<input type="checkbox"/> 1x Medjool Date	medium (24g)
<input type="checkbox"/> 2x Salt Stick FASTCHEWS	1 Chew
<input type="checkbox"/> Water	500 ml

5. Rowardennan → Inversnaid

<input type="checkbox"/> 3x Active Root Energy Gel	42 Grams
<input type="checkbox"/> 1x HIGH5 ZERO Electrolyte Tablet	tablet (750ml)

Water 550 ml

6. Inversnaid → Beinglas

3× Active Root Energy Gel 42 Grams
 1× HIGH5 ZERO Electrolyte Tablet tablet (750ml)
 Water 550 ml

7. Beinglas → Bogle Glen

3× Active Root Energy Gel 42 Grams
 1× HIGH5 ZERO Electrolyte Tablet tablet (750ml)
 Water 500 ml

8. Bogle Glen → Finish

1× Active Root Energy Gel Mix 25 Grams
 1× Active Root Sports Drink Mix gel
 Water 550 ml

UltraPlanRun
Example

Drop Bags

1 drop bag to pack

Tick off each item as you pack the physical bag. One bag per checkpoint.

3. Drymen → Balmaha

19.8 mi

- | | |
|--|--------------------|
| <input type="checkbox"/> 2x Ambrosia Rice Pudding | 120g |
| <input type="checkbox"/> 1x HIGH5 ZERO Electrolyte Tablet | tablet (750ml) |
| <input type="checkbox"/> 2x Jam Strawberry | 1 tablespoon (20g) |
| <input type="checkbox"/> 1x Salt Stick FASTCHEWS | 1 Chew |
| <input type="checkbox"/> 1x White Bread Thick White Warburtons | 1 slice (40g) |

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Example