

# Highland Fling Race 2026

Race-Day Quick Card

29 Aug 2026 at 06:00

**53.1 mi**  
Distance

**8394 ft**  
Elevation

**10:18:11**  
Total time

**16:18**  
Finish ETA

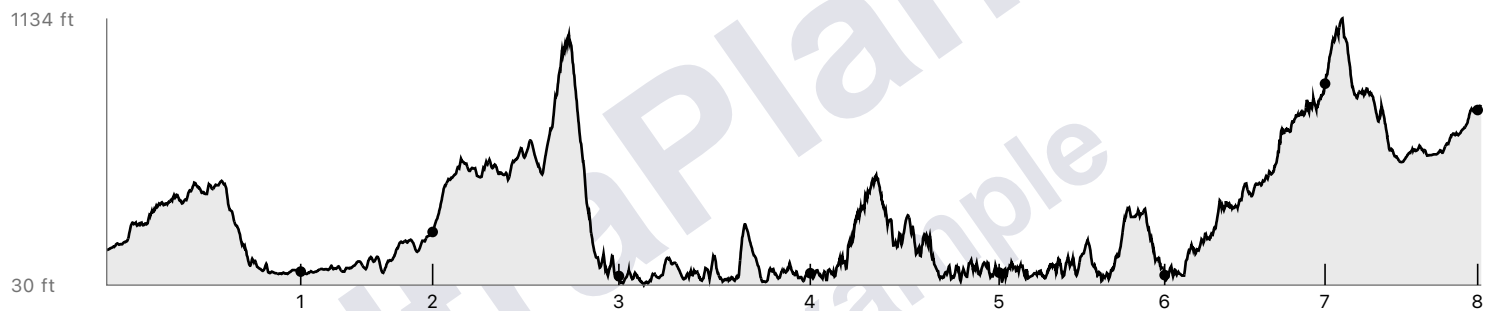
## EMERGENCY CONTACT

**John — 0000000000**

## Checkpoints

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

## Elevation



## Mandatory Kit

- |   |  |
|---|--|
| <input type="checkbox"/> Event bib number   | <input type="checkbox"/> Identification                  |
| <input type="checkbox"/> Emergency cash   | <input type="checkbox"/> Mobile phone (fully charged)    |
| <input type="checkbox"/> Race vest  | <input type="checkbox"/> Drop bags                       |
| <input type="checkbox"/> Waterproof jacket (taped)                                | <input type="checkbox"/> Warm hat/beanie                 |
| <input type="checkbox"/> Spare socks  | <input type="checkbox"/> Spare running shoes             |
| <input type="checkbox"/> Gloves   | <input type="checkbox"/> Head torch with spare batteries |
| <input type="checkbox"/> Reflective clothing                                      | <input type="checkbox"/> Emergency bivvy bag             |
| <input type="checkbox"/> First aid kit (basic supplies, sterile needles, alcohol) | <input type="checkbox"/> Anti chafing kit                |
| <input type="checkbox"/> Whistle  | <input type="checkbox"/> Map and compass                 |
| <input type="checkbox"/> GPS device   | <input type="checkbox"/> Food and drink                  |
| <input type="checkbox"/> Trekking poles   | <input type="checkbox"/> Hotel Keys                      |

## 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
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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)
<input type="checkbox"/>	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