



ANNUAL REPORT | 2017

OVERALL EVENT SPONSORS



RACE SPONSORS



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Balmoral Road Races Ltd

Board of Directors: James Knowles (Chair) | Richard Gledson.  
 RunBalmoral Management Team: Alastair Simpson | Peter Jennings | Jackie Stewart  
 | Garry Marsden | Fraser Clyne | Jane Fedo

Photography: Angus Forbes, www.angusforbesphotography.co.uk | Design and Production: Limehouse Design, Dundee





Highlights - *Message from the Chairman*

This year we celebrated 20 years of the our races, but it was a significant occasion for another reason in that it marked Event Manager Alastair Simpson’s final year at the helm of RunBalmoral. Without Alastair, RunBalmoral in all likelihood would not exist. When the original organisers decided to withdraw, after the 2004 event, Alastair was instrumental in pulling together a small group of local people who were determined to ensure it continued. With the backing of Alan Campbell, the then Aberdeenshire Council Chief Executive, Alastair took over as Race Director in 2005 and has been in charge ever since. Over this period he has overseen a tremendous growth in the scale and popularity of RunBalmoral and has been a key player in every aspect of the event. It perhaps tells you how big a role he played in that he has been replaced by TWO people, Peter Jennings and Jackie Stewart, who I am sure will continue Alastair’s fantastic work. Alastair worked alongside Peter and Jackie throughout the build-up to the 2017 races, passing on

We enjoyed another successful event over the weekend of 22nd and 23rd April, with 5,325 people entering our races and 4,123 completing them. This is a small increase on last year’s figures and is the second highest number of finishers we have experienced since detailed records were first kept in 2005. So, 77% of people who entered actually took part. This is favourably comparable with most big races in the country.

We saw some top international class athletes competing in the adult races and potential stars of the future in the children’s races. It was fantastic to see runners of all ages taking part and enjoying themselves. I was particularly amazed by the success of the Devil of Deeside Challenge, our new event, in which competitors took part in all four adult races over the two days. Over 100 people signed up for this amazing test of endurance.



his considerable expertise and guiding them through the myriad of tasks which need to be handled to ensure the success of a major event. Fellow RunBalmoral Director, Richard Gledson, and I, wish to express our wholehearted thanks to Alastair, and his wife Alice, for all that they have done and I am sure we will welcome them back as guests in the future. We also wish to thank the other members of the Management Team - Garry Marsden, Fraser Clyne and Jane Fedo who have also made a major contribution to the success of the event.

The support we get from the local community is also greatly appreciated and we are delighted to be able to give something back through our Sports Bursary programme which is now in its third year. Eleven projects across the north east were supported this year. We also continue to strengthen our links with local charities and it is superb to hear that significant amounts of money, in excess of £100,000, are raised annually for worthy causes through the efforts of runners competing at Balmoral.

We are extremely grateful that our loyal sponsors have continued with their fantastic support. Stena Drilling, ConocoPhillips, MPH Ltd and Kongsberg Maritime have been involved for many years while Apollo have been with us now for the past three years. For 2017 we were delighted to welcome Trac on board as sponsors of the 15 Mile Trail Race and the 3 mile Wee Trail Race. Also, Repsol Sinopec joined our family of sponsors by supporting our new event, the Devil of Deeside Challenge. We are hugely appreciative of the contribution from all of them, as without their backing this event could not take place. I wish especially to thank Kongsberg Maritime who have long supported the secondary schools event but are unable to continue to do so in 2018. We hope to be able to announce a new sponsor for this event in the very near future.

There are many more groups, organisations and service suppliers who contribute to the success of RunBalmoral and we have mentioned them all elsewhere in this document. To each and every one, I wish to express my sincere thanks.

We are now looking forward to, and planning, RunBalmoral 2018 and hope you will join us.

Aberdeenshire Council is another organisation which has given our event its total support and, once again, I wish to acknowledge their input. The people at Balmoral Estate must also be recognised, not only for making this wonderful venue available, but also for all the hard work put in by staff to ensure everything runs so smoothly. They even get involved in the action, with Team Balmoral taking an excellent second position behind CoPs and Joggers in the Stena Drilling-ConocoPhillips Corporate Team Challenge this year.

Chairman, Balmoral Road Races Ltd, May 2017

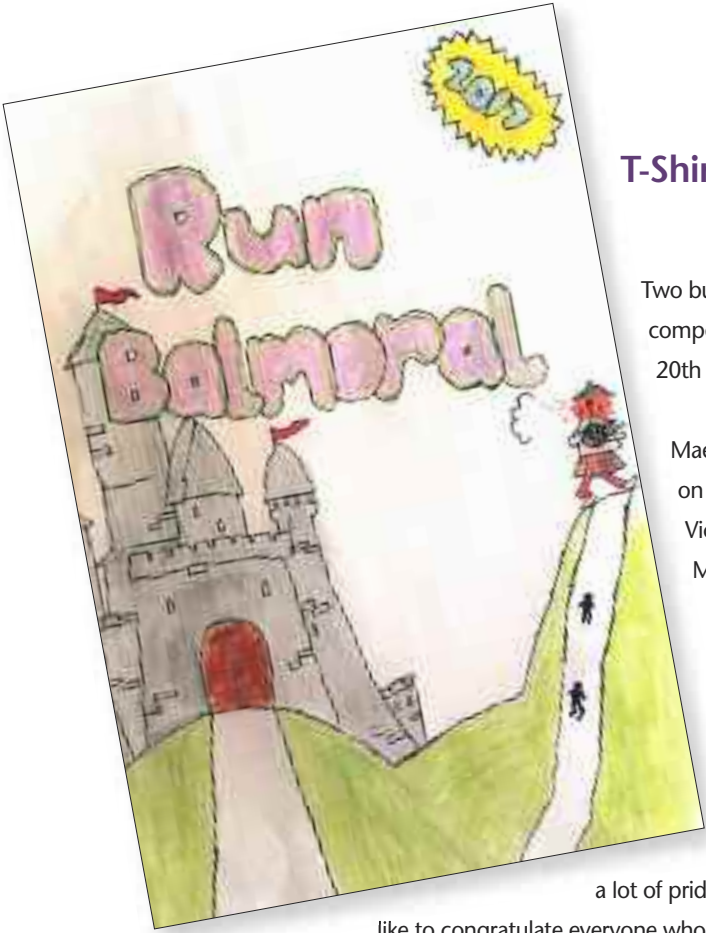




# RunBalmoral - Sports Bursary

Our Sports Bursary scheme offers some financial support to north east projects which encourage participation in active pursuits. It is now in its third year and for 2017 we have been able to support eleven different schemes. The groups and organisations to benefit are:-

- Aboyne Academy Orienteering Club** - assistance with transport to the Scottish Schools Orienteering Festival.
- Aboyne Bike Park Association** - maintenance and repair of the bike park community project.
- Banchory primary school** - purchase of equipment/kit for school running club.
- Banff Academy** - purchase of vests for the school running club.
- Clerkhill School, Peterhead** - purchase of PE equipment.
- Dales Park School, Peterhead** - purchase of boccia kit.
- Fraserburgh Running Club** - purchase of indoor junior athletics equipment to support a run, jump and throw programme.
- Inverurie Academy** - support for the Fit for Girls project.
- Mile End Primary School, Aberdeen** - purchase of vests for school running club.
- Scotstown school, Aberdeen** - purchase of gymnastic mats.
- Westhill Academy** - purchase of netball dresses.



# T-Shirt Competition

Two budding young Aberdeenshire running artists won our annual competition to have their designs worn by hundreds of runners in this year's 20th anniversary Balmoral races.

Maeve Sibson of Hill of Banchory School saw her illustration, left, appear on the t-shirts for the MPH primary schools 1.5km while Turriff Academy's Vicki Elder produced the winning composition for the Kongsberg Maritime secondary schools 2.5km, below right.

RunBalmoral Chairman James Knowles was impressed by the quality of the entries. He said: "Hundreds of designs were submitted and it was very difficult to choose the winners because the standard was so high.

"Maeve and Vicki's designs are excellent and I'm sure they will take a lot of pride from seeing the finished product on the t-shirts. I would, however, like to congratulate everyone who took part and I wish to express my sincere thanks to the parents and teachers who assisted in this process."

Both girls were presented with a £250 cheque for their schools to spend on any sports-related activity. They also received a Run-4-It goody bag, free entry to the Balmoral races and a framed print of their winning designs.



◀ Banff Academy pupils smartly kitted out in the running vests bought with the help of a RunBalmoral bursary award



▼ Maeve Sibson receives her prizes from Will Stewart (Run-4-It, far left) and Bert McIntosh (MPH Ltd, far right). Also in the picture are Maeve's mum and dad, Mike and Deirdre, twin brother Finn and older sister Emma.



▲ Rachel Smith, PE teacher at Turriff Academy, presents Vicki Elder with her prize



RunBalmoral - *Roll of Honour 2017*

<b>MPH Primary Schools 1.5km</b>		<b>MPH Primary Schools 1.5km</b>	
<b>Boys</b>	min:sec	<b>Girls</b>	min:sec
1 Samuel Nunn (Banchory)	06:00	1 Anya Morrison (East Sutherland)	06:01
2 Cluan Mitchell (Deeside)	06:02	2 Ella Creamer (Dunottar Primary)	06:31
3 Andrew Eccles (Banchory)	06:11	3 Ailsa Long (Banchory Stonehaven AC)	06:43
<b>Kongsberg Maritime 2.5km</b>		<b>Kongsberg Maritime 2.5km</b>	
<b>Boys</b>	min:sec	<b>Girls</b>	min:sec
1 Harry Hall (Aberdeen AAC)	07:22	1 Emma Swanson (Banchory Stonehaven AC)	08:37
2 Cameron Stone (Aberdeen AAC)	07:39	2 Isabella Thomson (Banchory Stonehaven AC)	08:56
3 Calvin Ramsay	07:50	3 Elizabeth McCall (Aberdeen AAC)	08:56
<b>ConocoPhillips 5km</b>		<b>ConocoPhillips 5km</b>	
<b>Men</b>	min:sec	<b>Women</b>	min:sec
1 Kenny Wilson (Moray Road Runners)	15:01	1 Morag MacLarty (Central AC)	16:58
2 Callum Symmons (Edinburgh University)	15:56	2 Jenny Bannerman (Inverness Harriers)	17:02
3 Hamish Battle (Metro Aberdeen)	16:10	3 Rebecca Eggeling (Aberdeen AAC)	17:30
<b>Stena Drilling Tartan 10km</b>		<b>Stena Drilling Tartan 10km</b>	
<b>Men</b>	min:sec	<b>Women</b>	min:sec
1 Thomas Straughan (Morpeth)	32:46:00	1 Nicola Gauld (Aberdeen AAC)	36:55:00
2 Will Mackay (Aberdeen AAC)	33:24:00	2 Fiona Thompson (Central AC)	37:00:00
3 Keith Hood (Corstorphine)	34:07:00	3 Mary McCutcheon (Giffnock North)	40:59:00
<b>Trac 15 Mile Trail Race</b>		<b>Trac 15 Mile Trail Race</b>	
<b>Men</b>	hr:min:sec	<b>Women</b>	hr:min:sec
1 Sam Hesling (Highland Hill Runners)	01:29:23	1 Ellie Buchan (Aberdeen AAC)	01:43:23
2 Callum Symmons (Edinburgh University)	01:30:31	2 Veronique Oldham (Aberdeen AAC)	01:44:15
3 Tom Roche (Insch Trail Running Club)	01:31:19	3 Anne Hartmann (PH Racing)	01:46:17
<b>Trac 3 Mile Wee Trail Race</b>		<b>Trac 3 Mile Wee Trail Race</b>	
<b>Men</b>	hr:min:sec	<b>Women</b>	hr:min:sec
1 Fergus Wood	20:02:00	1 Orla Crosby	24:33:00
2 Angus Wood	21:51:00	2 Paula Hawthorn	27:15:00
3 Fraser Wood	21:51:00	3 Jill Stander (Newburgh Jogscotland)	27:47:00
<b>Stena Drilling - Conocophillips Corporate Challenge</b>		<b>Repsol Sinopec Devil of Deeside Challenge</b>	
	hr:min:sec	<b>Men</b>	hr:min:sec
1 CoPs and Joggers	3:58:13	1 Alan Semple	03:51:17
2 Team Balmoral	4:19:55	2 Harry Smith	04:01:15
3 Is that the finish?	4:25:52	3 Peter Henry	04:09:01
		<b>Women</b>	hr:min:sec
		1 Kerry Prise	04:37:08
		2 Katie Holmes	05:06:06
		3 Sarah Dunn	05:14:07



**MPH Primary Schools 1.5km**

North of Scotland cross country champion Anya Morrison, East Sutherland Running Club, won the MPH girls' 1.5km race for the second year in a row. It was an impressive performance from the Dornoch primary school pupil whose time of 6min 1 secs was only one sec slower than the winning performance in the boys' race. Ella Creamer (Dunottar Primary School) was runner-up in 6:31 with Ailsa Long (Banchory) third in 6:43.

Banchory's Samuel Nunn won the boys' race by completing the course in 6min to finish 2secs ahead of Ballater's Cluan Mardell. Another Banchory runner, Andrew Eccles, took third spot after sharing the same time, 6:11, as fourth-placed Cults Cheetahs member Thomas Mackenzie.



Warm-up time for the MPH primary schools boys' race





# MPH Primary Schools 1.5km

◀ Samuel Nunn sprints away from Cluan Mardell to win the boys' race.



◀ Anya Morrison on her way to victory in the girls' race.



## MPH Primary Schools 1.5km



▲ Bert McIntosh (far right) with the top three girls, (LtoR): Ella Creamer, Anya Morrison and Ailsa Long.



▼ Bert McIntosh (far right) with the top three boys, (LtoR): Cluan Mardell, Samuel Nunn and Andrew Eccles.



Aberdeen AAC's Harry Hall scored a runaway victory in the Kongsberg Maritime secondary schools 2.5km. The Scottish under-15's 800m track champion sprinted home in 7min 22secs, four secs quicker than his winning time in 2016, to finish 17secs ahead of his clubmate Cameron Stone with Calvin Ramsay third in 7:50.

Hall said: "I tried to go for the record but it was out of my reach. I realised with about 350m to go that I wasn't going to get it and although I tried my best it wasn't enough. However, I am happy to be quicker than last year". "This is my last year in the schools arce so I'm aiming to give the 5Km a go in 2018. It will be interesting to see how I get on in the longer event."

Emma Swanson (Banchory Stonehaven AC), who was fourth in her age group at this year's Scottish cross country championships, won the girls' race in 8:37. Her clubmate Isabella Thomson was second in 8:56 while Elizabeth McCall (Aberdeen AAC) was third in 8:56.

Swanson said: "This is the first time I've done this race although I've been here for the primary schools races in the past. I didn't know what to expect and thought I might be able to be in the top 30 so it feels awesome to have won". I ran with another girl until about one kilometre from the end when I was able to get away. This is probably the biggest race I have won.

*Below: Start of the Kongsberg Maritime secondary schools 2.5km.*



▲ Euan Duncan of Kongsberg Maritime with Emma Swanson and Elizabeth McCall.

▼ Euan Duncan of Kongsberg Maritime with the first three boys (LtoR): Cameron Stone, Harry Hall, Calvin Ramsay.







Kongsberg  
Secondary Schools  
2.5km

◀ Harry Hall wins again



◀ All out effort from  
Emma Swanson

## Aberdeenshire Active Schools Awards

To encourage participation in the Balmoral races, Aberdeenshire Active Schools award trophies to the schools achieving the biggest number of entrants. There are three categories of prizes and Banchory Academy won the trophy in the secondary schools team competition, Banchory primary won the 'large' (i.e. roll of 100 or more) primary schools award and Finzean took the title for 'small' schools.

Pictures show Aberdeenshire Council Chief Executive Jim Savege presenting the trophies to the winning schools.

Banchory Academy winners ▶



▼ Torphins Primary winners



Banchory primary school  
pupils receive their trophy ▶







▲ Above: JKenny Wilson  
▼ Below: Morag MacLarty



## ConocoPhillips ConocoPhillips 5K

Kenny Wilson retained his title in the ConocoPhillips 5km. The Moray Road Runners club member was in fine form on Deeside, taking an early lead before sprinting home in 15min 1sec.

He said: "I was hoping to dip under the 15min mark but I'm happy enough as I was 13secs quicker than when winning last year. I was on my own after the first 500m and was able to run pretty even splits throughout, so that's fine."

Aberdeen's Callum Symmons (Edinburgh University), who was third last year, took second position in 15:56 with Hamish Battle (Metro Aberdeen) third in 16:10.

John Matheson (Metro Aberdeen) was first over-50 when finishing ninth overall in 17:14 while the over-40's award went to Willie Nicolson (Highland Hill Runners) who was 13th in 17:25.

Scottish cross country champion Morag MacLarty (Central AC) pipped title-holder Jenny Bannerman (Inverness Harriers) by four secs to win the women's prize in 16:58.

The Larbert athlete's time is the third quickest in the history of the race, being bettered only by Rhona Auckland's 15:55 course record from 2014 and her 2013 winning time of 15:55.

MacLarty, a former Scotland Commonwealth Games representative, said: "I would have been happier if it had been a little bit faster, but I felt quite tired. I did a four-week training block then tapered down and thought I'd be fine, but obviously not. I never realised Jenny was so close at the finish. I could see her at a few points on the course where we turned, but she must have been closing on me towards the end."

Aberdeen AAC's Rebecca Eggeling, who set a record time when winning last year's secondary schools 2.5Km, finished third in 17:30.

## ConocoPhillips ConocoPhillips 5K



▲ Above: Terri King (far right) with the top three women  
(LtoR): Jenny Bannerman, Morag MacLarty and Rebecca Eggeling

▼ Below: Terri King (far right) with the top three men  
(LtoR): Callum Symmons, Kenny Wilson and Hamish Battle





Start of the  
ConocoPhillips 5km



## Stena Drilling Tartan 10K

Thomas Straughan from Morpeth Harriers was a surprise winner of the Stena Drilling Tartan 10km. The Northumbrian runner was locked in a close fought battle with 2016 winner Will Mackay (Aberdeen AAC) until the top of the notorious Balmoral hill, approaching the halfway point on the course, before breaking clear and going on to score a notable victory.

He completed the testing circuit in 32min 46secs with Mackay settling for second position in 33:24 while 2009 champion Keith Hood (Corstorphine AAC) finished third in 34:07.

Straughan was delighted with the outcome, saying: "I was up here visiting my girlfriend's family who live in the area, so I arranged to enter the race. I enjoyed it. It's very well organised and the stewards really knew their jobs. I was very impressed and I'd definitely come back.

"I had a good race with Will Mackay. We were pretty much neck-and-neck all the way until the top of the hill then I was able to pull away. I didn't know the course so I just kept pushing on. The hills didn't bother me too much as I train on fairly hilly terrain back home."

Rowan Boswood finished fourth in 34:15 while fifth-placed Neil Graham, from Banchory, won the special prize as first kilted runner when completing the route in a personal best 35:21. Graham last won the kilter prize in 2008 and since then he has been focussing on cycling and triathlon races.

Aberdeen AAC's Nicola Gauld won the women's title for the second time in three years but the Scotland international had to fend off a strong challenge from the 2007 race champion Fiona Thompson (Central AC).

As was the case in the men's race, the long hill leading to the 5km point proved decisive as Gauld used her strength at this point to break clear and go on to win by five secs in 36:55.

Mary McCutcheon (Giffnock North) was third in 40:59 while Gillian Carr (Corstorphine AAC) was first over-40 when finishing fourth in 41:29.

Gauld, who finished second behind Thompson's clubmate Jennifer Wetton last year, said: "Fiona and I ran together but I pulled away going up the hill. I never made a sustained attempt to get away, it just seemed to happen. I don't think I ever had much of a lead, but I didn't want to look round at any stage to check."

Thompson was satisfied with her performance, despite narrowly missing out on top spot. She said: "I always knew that whoever was ahead at the top of the hill would probably win, and that's the way it worked out."

Sarah Knox won the women's kilter prize in 46:20.



▲ Above: Thomas Straughan



▲ Above: Neil Graham, kilter champion  
▼ Below: Nicola Gauld







▲ Above: Stuart Wyness of Stena Drilling (far right) with (LtoR): Fiona Thompson, Nicola Gault and Mary McCutcheon.

▼ Below: Stuart Wyness of Stena Drilling (far right) with (LtoR): Will Mackay, Thomas Straughan and Keith Hood.



Runners approach the top of heartbreak hill ▶

Women's kilter champion Sarah Knox with Stuart Wyness ▼



Team Stena at Balmoral ▼





## Stena Drilling-ConocoPhillips Corporate Team Challenge

Cops and Joggers won the title for the third time in five years by pipping the host side, Team Balmoral, for top spot. The winning squad included Katie Bain, Julie Hendry, David Wilkinson, Alistair Morrison, Gregor Thurlow, Dan Pearce, Jonathan Murray and Ryan Wilson.

TEAM	5K	10K	Total	TEAM	5K	10K	Total
1 CoPs and Joggers	01:17:27	02:40:46	03:58:13	9 Schist Happens	02:09:57	03:11:22	05:21:19
2 Team Balmoral	01:28:16	02:51:39	04:19:55	10 Stampers	02:14:54	03:17:28	05:32:22
3 Is that the finish?	01:24:48	03:01:04	04:25:52	11 Macmillan Cancer Support	01:46:38	03:53:25	05:40:03
4 "Call it "in progress" the noo!"	01:32:07	03:08:37	04:40:44	12 Fantastic Eight	01:50:08	04:02:03	05:52:11
5 Stena Drilling	01:55:23	02:52:24	04:47:47	13 Voluntary Service Aberdeen	02:31:31	03:21:31	05:53:02
6 Repsol Sinopec Resources UK	01:29:13	03:22:08	04:51:21	14 Aberdeenshire Council	02:01:04	04:08:33	06:09:37
7 University of Aberdeen Development Trust	01:50:40	03:15:19	05:05:59	15 CLAN	02:08:28	04:06:24	06:14:52
8 Maggie's Centres	01:54:55	03:23:50	05:18:45	16 SRUC	02:01:17	04:30:24	06:31:41

RunBalmoral Chairman James Knowles, third from right, presents the trophy to members of the Cops and Joggers team.



The Apollo duathlon produced arguably the most exciting race of the weekend as defending champion Dan Whitehead (Deeside Runners) and former 15 mile trail race winner Harry Smith (Essex Triathlon Club) engaged in an enthralling cat-and-mouse struggle for supremacy.

Smith, who revealed he had hired his bike from Whitehead’s Ballater cycle shop, overhauled the title-holder on the final 5km running stage. The former Balmoral estate worker, who is now based in the south of England, was ahead after the opening 6km run but Whitehead came out 14secs ahead after the first transition and pulled clear on the 16km mountain bike stage. Smith responded strongly, however, and powered back into the lead on the final leg to complete the course in 1hr 20min 17secs with Whitehead 26secs behind in second position.

Smith said: “There wasn’t much in it but I saw a bit of red mist going into the final run when I saw Dan in front of me so I just decided I had to go for it and did enough to win. I enjoyed the race. It’s a nice course and isn’t too technical, so it was fine.”

Alan Semple (Fleet Feet Triathletes) was third in 1:21:32. Clare Whitehead (Deeside Runners) scored an emphatic victory in the women’s race, completing the course in 1:33:03. She said: “It was a good field and I had guys to race against all the way round so I enjoyed it. I was always ahead in the women’s race. I thought if I was ahead at the end of the first run I’d be fine, and that’s how it worked out.”

Aberdeen’s Kerry Prise, the 2016 champion, was second in 1:37:58 and Aboyne’s Coralie Arthur finished third in 1:39:09.



Above: Clare Whitehead  
Below: Dan Whitehead







▲ Steven Leaper of Apollo presents prizes to top three men (LtoR): Dan Whitehead, Harry Smith and Alan Semple.

▼ Steven Leaper of Apollo presents prizes to top three women (LtoR): Kerry Prise, Clare Whitehead and Coralie Arthur.



Harry Smith





## TRAC 15 mile Trail Race

Sam Hesling (Highland Hill Runners) won the Trac 15 mile trail race in 1:29:23 with Callum Symmons (Edinburgh University), who was runner-up in the previous day's ConocoPhillips 5km, finished second in 1:30:31 while Tom Roche (Insch Trail Running Club) took third spot in 1:31:19.

Hesling, from Evanton, said: "I really enjoyed it. This is the first time I have been to Balmoral for many years and the event has grown. I found it hard running into a headwind for the first four miles. I had a battle with the other guys but eventually pulled away on a climb after eight or nine miles and I am delighted to win. It's a great course and I'd certainly like to come back again."

Ellie Buchan (Aberdeen AAC) bounced back from a troubling ankle injury to take the women's prize, completing the challenging but scenic course, which follows estate roads, forestry tracks and rough terrain, in 1hr 43min 23secs. The 2014 winner and last year's runner-up, Veronique Oldham (Cosmic Hillbashers) was second in 1:44:15 while Anne Hartmann (PH Racing Club) was third for the second year in a row in 1:46:17.

Buchan said: "I think I paced it quite well. I wasn't sure just how fit I was because of the ankle injury, so I started off quite conservatively and was fourth woman for a while.

"I gradually picked off two of the runners ahead of me then I saw Veronique in the distance. I gradually pulled her in, but it was quite tough. I eventually caught her with a couple of miles to go and after passing I was just was praying she wouldn't catch me again on the last hill."

*Right: Sam Hesling*

*Below: Out on the hill*



## TRAC 15 mile Trail Race



▲ Above: Callum Symmons, Sam Hesling and Tom Roche with Danny Hawthorn of Trac.

▼ Below: Veronique Oldham, Ellie Buchan and Anne Hartmann with Danny Hawthorn of Trac.







Ellie Buchan



### TRAC 3 Mile Wee Trail Race

It was fantastic to see so many representatives from our race sponsor, Trac, taking part in the 3 mile Wee Trail Race which was, once again, part of the 2017 jogscotland challenge series. Manging Director Danny Hawthorn finished seventh in 24:29 while his wife Paula was second in the women's division of the run in 27:15 behind Orla Crosby who won in 24:33. Jill Stander, whose husband Jan is the Trac Business Delivery Manager, finished third in 27:47.

Braemar triplets took the top three positions. Fergus Wood knocked 46secs off the course record set by Aberdeen AAC's Anisha Badial in 2016, when finishing first in first in 20:02 while his 16 year-old brothers Angus and Fraser were joint second in 21:51. Not only that but the lads helped with all their pals from Braemar with marshalling all day, manning water stations, packing goody bags and handing out medals and water.

Left to Right:  
Fergus Wood, Daniel Hawthorn,  
Orla Crosby

Below: Angus & Fraser Wood





Aberdeen competitors Alan Semple and Kerry Prise were crowned men's and women's Repsol Sinopec Devil of Deeside champions respectively at the end of two days of gruelling competition. The Challenge was introduced to mark the 20th year of the Balmoral races and we were amazed that more than 100 hardy individuals signed up to take part. Semple paced himself perfectly to win the men's title by posting a cumulative time of 3hr 51min 17secs after tackling the ConocoPhillips 5km, the Stena Drilling 10km, the Apollo duathlon and the Trac 15 mile trail race. His victory was achieved after an enthralling battle with former Balmoral estate worker Harry Smith (Essex Triathlon Club) who led Semple by 78secs after the opening day of the contest. Smith extended his advantage to 2min 33secs with a fine victory in the 28km duathlon at the beginning of day two. But everything changed during the final demanding event, the 15 mile trail race around the remoter parts of the estate, when Semple emphatically wiped out Smith's lead. He powered over the course in 1hr 36min 37secs for 10th position overall while Smith's hopes fell apart in dramatic fashion as he trudged home exhausted in 1:49:08. Semple was happy with his performance at Balmoral, but paid tribute to his main rival. He said: "Harry had a cracking opening day but he went out hard in the duathlon at the beginning of day two and probably paid the price for that in the 15 miler."

"You have to be careful with the pacing because it all comes down to the long run at the finish. If you are just a little too fast in the 5km at the beginning, that can cost you big-time later on."

"I'd love to come back and defend my title next year. It was a really good event and very well organised. It's great for those of us who like a different sort of challenge to the usual, so I hope it will be on again."



Aberdeen's Kerry Prise showed remarkable consistency over the two days of competition to win the women's prize. She finished 11th in the ConocoPhillips 5km, eighth in the Stena Drilling 10km, second in the Apollo duathlon and ninth in the Trac 15 mile trail race for a cumulative time of 4hrs 37min 8sec.

She said: "I am so pleased with how I did. I took it one race at a time and they all seemed to come together. Actually the one I found the hardest was the 5km, can you believe that? I ran a fast time by my standards so my legs were a bit sore."

"I loved the 10km, particularly being greeted by pipers and drummers at the top of the big hill around the halfway point. I really appreciated that."

"I was pleased to finish second in the duathlon before going into the 15 miler. For the first five miles I felt pretty tired but then I seemed to get into my stride again."

"But it was such a great feeling getting to the finish with all the youngsters in the crowd holding out their hands. At that point I forgot my legs were sore and just enjoyed it. I'll be back to Balmoral in 2018. It was fantastic this year and I'd like to pass on my thanks to the organisers for a great event."

*Left: Alan Semple receives his prize from Emma Cunningham of Repsol Sinopec*

*Right: Kerry Prise receives her prize from Emma Cunningham of Repsol Sinopec*







Alan Semple



Kerry Price



## Event Village and Corporate Hospitality

The Event Village plays an important and popular role in offering a wide range of facilities and activities for visitors to the estate over the race weekend, primarily on the Saturday. Charities were, as usual, given space alongside the caterers Country Flavours of Alford and other exhibitors. Our retail partner, Run-4-It, was also present. Outdoor Discovery provided a climbing wall, bungee run and superjumper while Aberdeenshire Council provided a climbing wall, Football in the Street Sports Arena body zorbing for age 16 and under, and the exciting bike track and obstacle course. There was also the Scottishathletics street sprint and the popular children's train.

Corporate hospitality is provided at the event for any company or organisation which requests this service and this year we catered for more than 500 guests. A full range of snacks, meals and drinks can be provided.



# Charities

We worked in partnership with 13 charities this year.

## GOLD Nominated Charity

- **Macmillan Cancer Support:** [www.macmillan.org.uk](http://www.macmillan.org.uk)

## SILVER Nominated Charities

- **Anchor:** [www.balmoral-group.com](http://www.balmoral-group.com)
- **CLAN Cancer Support:** [www.clanhouse.org](http://www.clanhouse.org)
- **CLIC Sargent:** [www.clicsargent.org.uk](http://www.clicsargent.org.uk)
- **Maggies Centres:** [www.maggiescentres.org](http://www.maggiescentres.org)
- **The Archie Foundation:** [www.archiefoundation.org.uk](http://www.archiefoundation.org.uk)
- **University of Aberdeen Development Trust, support dementia research:** [www.abdn.ac.uk](http://www.abdn.ac.uk)
- **VSA:** [www.vsa.org.uk](http://www.vsa.org.uk)

## Affiliated Charities

- **Charlie House:** [www.charliehouse.org.uk](http://www.charliehouse.org.uk)
- **Cornerstone:** [www.cornerstone.org.uk](http://www.cornerstone.org.uk)
- **Diabetes UK:** [www.diabetes.org.uk](http://www.diabetes.org.uk)
- **Scotland's Charity Air Ambulance:** [www.scaa.org.uk](http://www.scaa.org.uk)
- **Walking with the Wounded:** [walkingwiththewounded.org.uk](http://walkingwiththewounded.org.uk)

The response from each of our charities has once again been superb with hundreds of runners being encouraged to take part as shown by the University of Aberdeen Development Trust which had 75 runners participating. In addition to our partner charities we are aware of numerous groups and individuals who were taking part in the races to raise funds for numerous worthy causes and we estimate that in excess of £100,000 was raised for worthy causes. Included in this sum was the £2200 raised from the sales of wristbands on the day for our nominated charities.

There is no doubt that RunBalmoral is a key event in the fund raising activities which benefit many charities in the area.



## Sponsors, Partners,Event Supporters and Suppliers

RunBalmoral could not take place without our sponsors, partner organisations, service providers and volunteers. Hundreds of people contribute in a variety of ways to making the event a success and we are indebted to them all.

### Main Sponsors and Partners

Stena Drilling, ConocoPhillips, Apollo, Trac, Kongsberg Maritime, MPH Ltd , Repsol Sinopec, Aberdeenshire Council, Balmoral Estate, Run-4-It, Strathmore Water.

### Event Volunteers and Supporters

Aboyne Academy, Active Aberdeenshire, Aberdeenshire Leaders, Air Training Corps (NE Scotland Wing), Ballater and District Pipe Band, 1st Braemar Scouts, 1st Inch Scouts, Blair Gibb Complementary Therapy, Braemar Miniature Railway, Braemar Mountain Rescue, Braemoral Joinery, Crathie School, Deans of Huntly Ltd, D S Medals and Trophies, Front Runner, Friskis & Svettis, Grampian Fire and Rescue Service, Local GPs and Physios,

Local Stewards, Morrone Explorer Scout Unit, Mr and Mrs Dobbie, Police Scotland and Police Scotland Recruits, Ronnie Finnie, Royal Lochnagar Distillery, Scottishathletics, Specialist Cars Nissan, St Andrews First Aid, T-Print.

### Suppliers

Angus Forbes Photography, Ashers Ice Cream, Castle Plant, Marsh Central Insurance Services Ltd, Country Flavours of Alford, Esslemont Marquees, Field Track Ltd, Genny Hire, Graham Whyte, Grampian Event Security, Grant Considine, Greens of Haddington,Heilan Loos, Limehouse Design : Dundee, Invercauld Estate, Itab, J. Barclay, Jamie Ross, Scotcomputerservices,Scottish Communications, Marathon-photos.com, Mike McDermid, Outdoor Discovery, Resultsbase.net, Scottish Ambulance Service, Streamline, Sage Pay, The Aberdeen Movement and Running School,Trophies International, Bank of Scotland, World Pay.



Participation Stats

NUMBER OF FINISHERS PER RACE 2005-2017											
	10K	5K	Trail Race	Duathlon	Wee Trail	2.5k	1.5K B	1.5K G	Mile	Other	Total
2017	1721	738	439	191	60	169	434	371			4123
2016	1735	633	437	158	35	219	426	381			4022
2015	1823	714	429	143	37	237	449	401	x	x	4233
2014	1825	692	327		55	212	414	392	x	x	3917
2013	1855	766	297			228	452	374	x	x	3972
2012	1915	641	218			215	375	324	184	x	3872
2011	1940	732	148			184	375	308	x	x	3687
2010	1889	819	x			214	354	278	x	x	3554
2009	1999	614	x			191	524 *	x	x	x	3328
2008	1884	514	x			185	477 *	x	x	x	3060
2007	1533	227	x			165	384 *	x	x	x	2309
2006	1347	76	x			172	347 *	x	x	x	1942
2005	1384	x	x			x	x	x	x	568 +	1952

Notes: \* Combined boys and girls races + Junior race mixed ages

RUN BALMORAL 2017 ENTRY AND PARTICIPATION NUMBERS			
Race	Number who entered	Number who participated	Percentage who participated
MPH Primary Schools 1.5km Boys	508	434	85
MPH Primary Schools 1.5km Girls	435	371	85
Kongsberg Maritime secondary schools 2.5km	249	169	68
ConocoPhillips 5km	960	738	77
Stena Drilling 10km	2224	1721	77
Apollo Duathlon	255	191	75
Trac 15 Mile Trail race	613	439	72
Trac Wee Trail race	81	60	74
Total	5325	4123	77
Repsol Sinopec Devil of Deeside	108	84	69

