

**ATTACHING
YOUR
RACE BIB**



Your Bib must be **clearly visible** on the **front** of your running vest/t-shirt

Your Bib must not be altered in any way or covered by any clothing/tri belt

Do Not Bend, Twist or Fold your Bib



EVENT INFORMATION

Saturday 21st & Sunday 22nd April 2018



Primary School Races



Secondary School Race



5K Race



10K Race



Duathlon



3 & 15 Mile Trail Races



Devil of Deeside Challenge



RUN 4 IT sale

UP TO 50% OFF
end of season lines

shoes : clothing : essentials

retailing over the entire Run Balmoral weekend
you'll need to be quick...

A Very Warm Welcome to **RUNBALMORAL 2018**

This is our 21st year and to celebrate we launched the races with a wonderful coming of age birthday cake which was shared with our sponsors and charity friends. To mark the occasion we have also come up with a new medal design which is very different from the usual ones. We thought it would be appropriate to have it in the shape of a key and we are sure runners will be keen to earn one of these unique awards.



Run Balmoral has been privileged to have a number of long term sponsors to whom we are extremely grateful, especially given the difficulties the local economy has experienced in recent times. Last year Kongsberg Maritime gave notice they would not be able to continue supporting the secondary schools 2.5km in 2018.

I am, however, delighted to welcome on board the FOS Group who are now sponsoring the run. The secondary schools race has consistently attracted youngsters who have gone on to make their mark at international level. These include well-known names such as Robbie Simpson, Rhona Auckland and Naomi Lang. There is no doubt the run fulfills an important function in providing a developmental pathway along which youngsters can progress in the sport.

There is always a superb atmosphere at Balmoral over the racing weekend. This is generated not only by the runners, but also by the thousands of spectators who come along to join in the fun. Once again we have a fantastic number of entrants. The MPH Primary schools 1.5km boys' and girls' races, together with the FOS Group secondary schools 2.5km have attracted well over 1,000 runners. Close to 1,000 will compete in the ConocoPhillips 5km and the Stena Drilling Tartan 10km has around 2,300 entrants, so the Saturday programme will be as busy and exciting as ever.

Sunday also promises to be a wonderful occasion as we host the Apollo Duathlon which has achieved its biggest entry to date. We also have a large entry for the TRAC 15 Mile Trail Race while the TRAC 3 mile race continues to provide an introduction to off-road running for many participants.

The Repsol Sinopec Devil of Deeside Challenge is back for its second year. This is a gruelling contest in which competitors tackle the 5km, 10km, Duathlon and the 15 Mile Trail Race and we have bigger entry numbers for this as well which is truly remarkable.

On behalf of the Board of RunBalmoral and the Management Team, I'd like to wholeheartedly thank our sponsors, charities, volunteers, suppliers, runners and spectators, all of whom make this a tremendously vibrant event. I also wish to thank Aberdeenshire Council for its fantastic support, our retail partner Run-4-It, and Balmoral Estate for not only making this wonderful venue available, but also for all the hard work put in by staff to ensure everything runs so smoothly.

I hope you all enjoy the weekend and I wish every participant the very best of luck.

James Knowles, Chairman, Balmoral Road Races Ltd.

Run Balmoral - A True Community Event

RunBalmoral is one of north east Scotland's biggest participation sporting and community events which engages with local people in so many positive ways. Our t-shirt design competition encourages youngsters to get involved in a creative way and our Sports Bursary programme supports many fantastic initiatives geared towards encouraging young people to embrace healthy lifestyles.

Our wonderful volunteers are all drawn from the local community and the majority of our event suppliers are based in the north east. Our charity partners offer support to worthy causes within the local community and our valued sponsors play a huge role in the economic and social life of the region.

It is, in every respect, a truly fantastic example of all sectors of the community coming together in partnership to create and enjoy what is a superb family occasion.

I'd like to congratulate our 2018 t-shirt design competition winners, Heidi Paterson, 7, from Fyvie Primary School and Emma Barclay, 15, from The Gordon Schools Huntly. Their illustrations are top class and I'm sure they will be proud to see so many people wearing them.

We are supporting a record number of 18 projects through our Sports Bursary programme this year. The groups to benefit are: Banchory Academy, Bucksburn Academy Active Girls Group, Catterline School, Cults ASG primary schools, Drumoak Junior Jog Club, Durriss primary school, Dyce primary school, Harlaw Academy, Inverurie Academy Fit for Girls Group, Keig School, Kinneff school, Monymusk School, Monymusk School Parent Council, Newtonhill Primary, Skene Square Primary, Strathdon School, Tarland Primary and Riverbank School Aberdeen. I wish every success to everyone involved in these projects.



Our charity programme continues to thrive and this year I am proud to say we have been working closely with SensationALL, University of Aberdeen Development Trust, VSA, Alzheimer Scotland, Charlie House, Friends of Anchor, Walking with the Wounded, Scotland's Charity Air Ambulance, Kayleigh's Wee Stars, Diabetes UK, The Cornerstone Foundation and Sue Ryder.

Along with my fellow Director James Knowles, I would like to thank all our sponsors, volunteers, suppliers and supporters without whom an event of this scale simply could not happen.

We also, of course, fully welcome the support of the thousands of runners and spectators who come to Balmoral to participate in, and watch, one or more of the races over the weekend. Some of you are regulars who return year after year. Others will be experiencing the atmosphere for the first time. I hope you all enjoy the event and I wish all competitors the very best of luck.

Richard Gledson, Balmoral Estate





**GOOD LUCK
TO EVERYONE
TAKING PART IN THE
STENA DRILLING 10K
BALMORAL 2018**



www.stena-drilling.com



STENA DRILLING TARTAN 10K

CALL UP 1:30pm RACE START 2:00pm

THE COURSE:

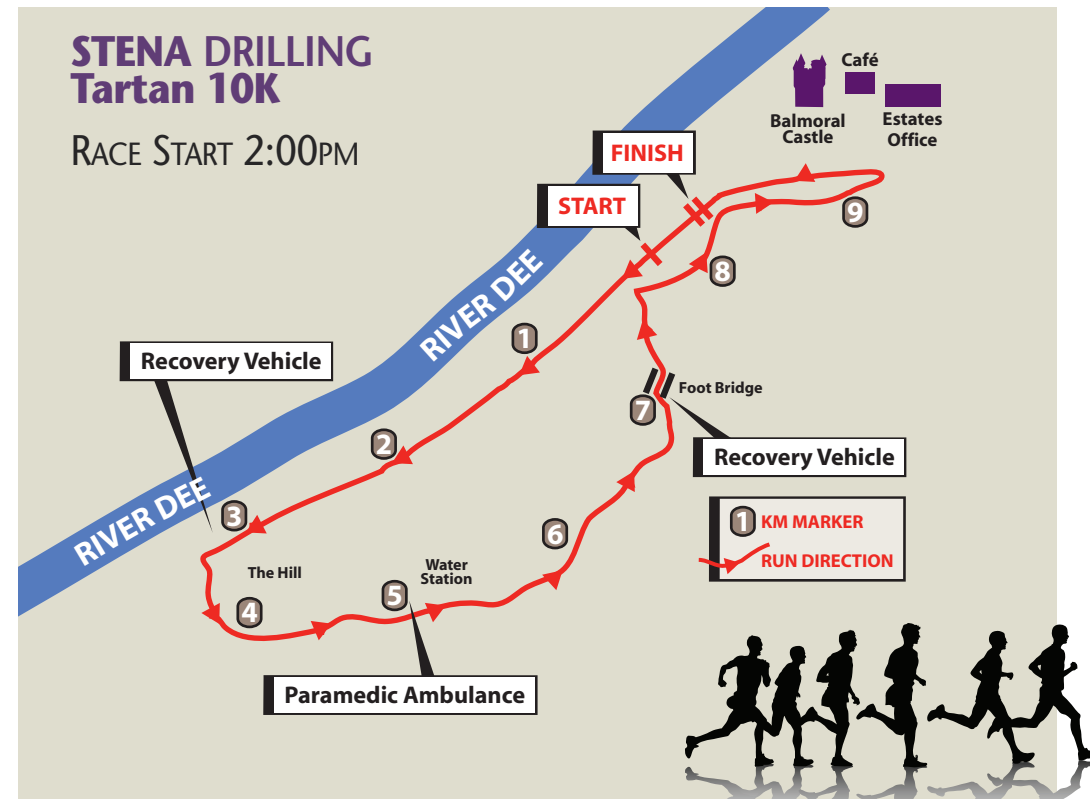
The measured course of 10K takes you through some beautiful Highland scenery and will be clearly marked and well marshalled. The early part of the course is relatively fast on smooth tarmac, however from approximately 3.5K the course rises quite steeply up through the woods of Garmaddie on the estate tracks for approximately 1.2K! The "Hill" is certainly a great challenge, and the views from the summit are truly spectacular. The top of the hill will be clearly marked and will allow you to enjoy the descent, which continues on the estate tracks for approximately 3K. Near the bottom of the hill there is a green footbridge, which needs to be negotiated with care. After this the route descends further and joins the fast, smooth tarmac for the return section back to Balmoral Castle and the final 300 metres to the finish line gantry. We are sure you will enjoy the course which has been voted by the readers of Runners World as the most scenic road race in the country, but please don't expect a fast time! Have a good run and study the map for further details. You are strongly advised not to wear racing shoes but use a sturdier training shoe with good cushioning instead.

On the hill will anyone walking please keep to the left leaving the right hand lane free for runners.

PRIZES:

First three men and women overall. First man and women in senior, Vet 40, Vet 50 and Vet 60 categories. First man (standard kilt) and woman (lightweight kilt). See our website for full list of prizes and conditions. Prize winners will be announced as soon as possible. If you think you may have won a prize please stay until the announcement is made.

PRIZE GIVING AT 3.30PM AT THE SPONSORS MARQUEE





CONOCOPHILLIPS 5K Incorporating Wheelchair Race

CALL UP 12:00noon WARM UP 12:15pm
WHEELCHAIR START 12:10pm RUNNERS START 12:30pm

THE COURSE:

The route used for this race is contained within the estate grounds. The race starts adjacent to the cricket pitch and travels west on the road adjacent to the river past West Lodge, through a shared section of road, round a left hairpin, along the top road to M4, straight on to M13, hairpin left to 5 ways junction, along the road in front of the castle and on to the finish. Lead and sweep vehicles will be in attendance.

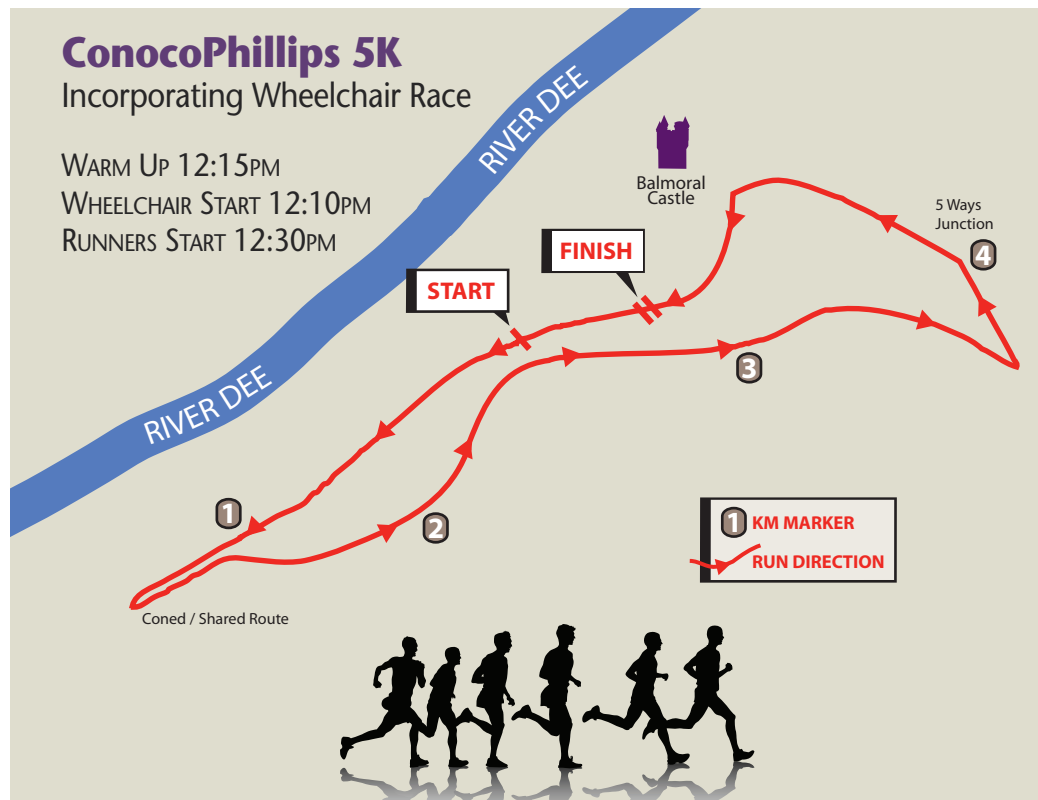
PRIZES:

First three men and women overall. First man and women in senior, Vet 40, Vet 50 and Vet 60 categories. See our website for full list of prizes and conditions. Prize winners will be announced as soon as possible. If you think you may have won a prize please stay until the announcement is made.

PRIZE GIVING AT 2.15PM AT THE SPONSORS MARQUEE

ConocoPhillips, the world's largest independent exploration and production company, based on proved reserves and production of liquids and natural gas, is delighted to be one of the sponsors of Run Balmoral.

As a company, we seek to understand the needs of the community and supporting community events where we live and work has always been a part of our ongoing commitment.



www.conocophillips.com



**FOS GROUP IS PROUD TO SPONSOR THE RUN BALMORAL SECONDARY SCHOOLS 2.5KM RACE.
GOOD LUCK TO ALL PARTICIPATING.**



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FOS provides an experienced, agile, lean and integrated engineering business delivering projects more economically and efficiently. We provide a faster return to customers by challenging the industry norm while being expert and responsible.

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FOS Group SECONDARY SCHOOLS 2.5K

CALL UP 11:30am WARM UP 11:40am RACE START 11:50am

The start is operated by age bands- the oldest at the front, the youngest at the back. Participants will be called to the assembly area prior to the warm up. Placards will be clearly displayed e.g. Secondary 1 and you should line up behind the placard indicating the school year that you are in. After the warm up you will be taken to the actual start line. To keep warm before and after the run wear warm clothing and bring waterproof clothing. If you need an inhaler etc, make sure it is brought with you on the day.

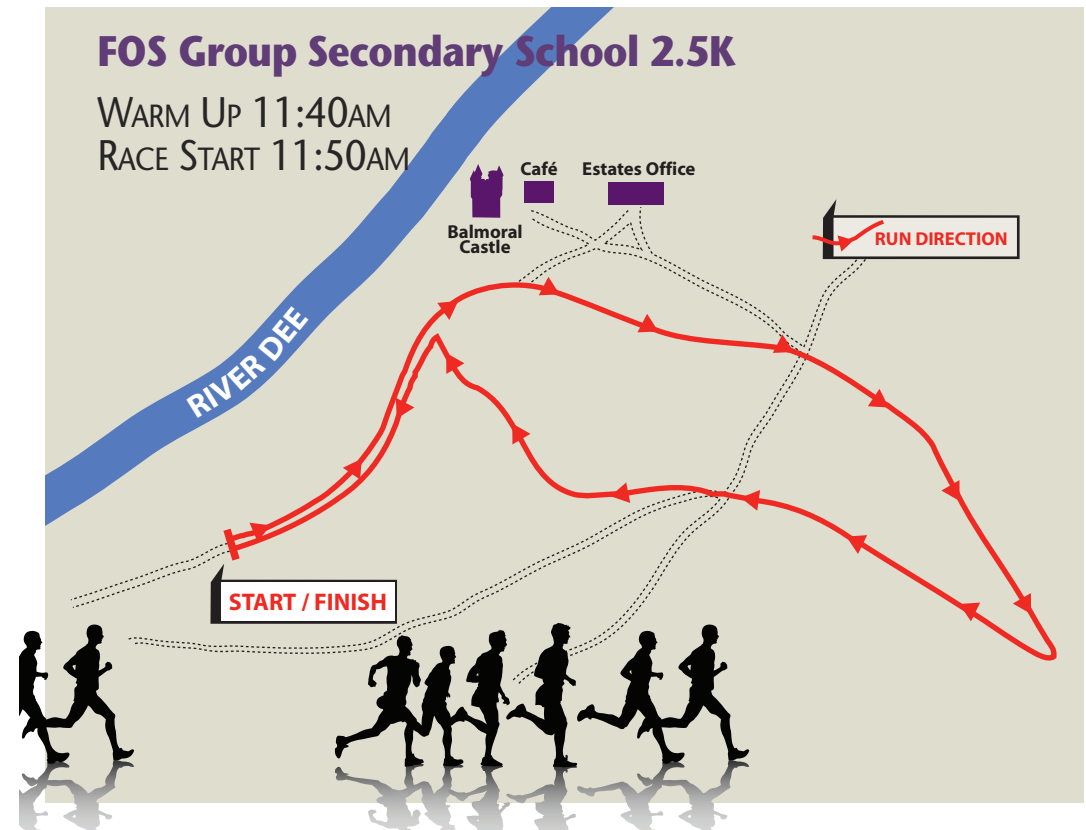
THE COURSE:

The route used for this race is contained within the estate grounds. The distance of the race is approximately 2.5K. The race will start and finish at the main finish line gantry, run in front of Balmoral Castle, right towards the 5 ways junction, straight on to East Lodge, M13 then a right hairpin back to M4, downhill by the gardens, left turn - in front of the castle and on to the finish. Lead cyclist and sweep runners will be in attendance.

PRIZES:

First three boys and girls. Aberdeenshire Active Schools Trophy (For the Aberdeenshire Secondary School with the most entrants in this race). Prize winners will be announced as soon as possible. If you think you may have won a prize please stay until the announcement is made.

PRIZE GIVING AT 1.15PM AT THE SPONSORS MARQUEE





BIRCHMOSS PLANT & STORAGE DEPOT
 ECHT, WESTHILL, ABERDEENSHIRE AB32 6XL
TEL: 01330 860751 **FAX:** 01330 860749
EMAIL: info@mphltd.co.uk
WEB: www.mphltd.co.uk

MPH

**McINTOSH PLANT HIRE
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FOR HIRE

- Low loaders 250 tonnes gross 220 tonnes carrying capacity - Largest fleet in North of Scotland
- Artic & rigid tippers
- JBC Komatsu Liebherr Terex Doosan Rock Breakers
- Visiting parties of maximum 25 people to the McIntosh museum are welcome by arrangement

EARTHWORKS

- Construction and upgrade of major road networks
- New housing and industrial land developments
- 8 golf courses constructed to date
- Key land location sites in Westhill

KNOCKBURN LOCH, STRACHAN

- Established 65 acres of private grounds and loch
- Training and conference venue
- Bespoke outdoor team building activities
- Full multimedia facilities
- A range of catering facilities and café

HEUGHHEAD FISHING, STRACHAN

- Situated approximately 2 miles upstream from the Falls of Feugh
- The beat extends to 1 mile of left bank Salmon fishing
- Fishing is separated by 5 beats
- Purpose built wooden fishing lodge provides full facilities



"Moving the Earth to Support Sport"



MPH PRIMARY SCHOOLS 1.5K

BOYS CALL UP 10:40am BOYS WARM UP 10.50am BOYS RACE START 11:00am
GIRLS CALL UP 11:05am GIRLS WARM UP 11.15am GIRLS RACE START 11:25am

The start is operated by age bands- the oldest at the front, the youngest at the back. Participants will be called to the assembly area prior to the warm up. Placards will be clearly displayed e.g. Primary 4 and you should line up behind the placard indicating the school year that you are in. After the warm up you will be taken to the actual start line. To keep warm before and after the run wear warm clothing and bring waterproof clothing. If you need an inhaler etc, make sure it is brought with you on the day.

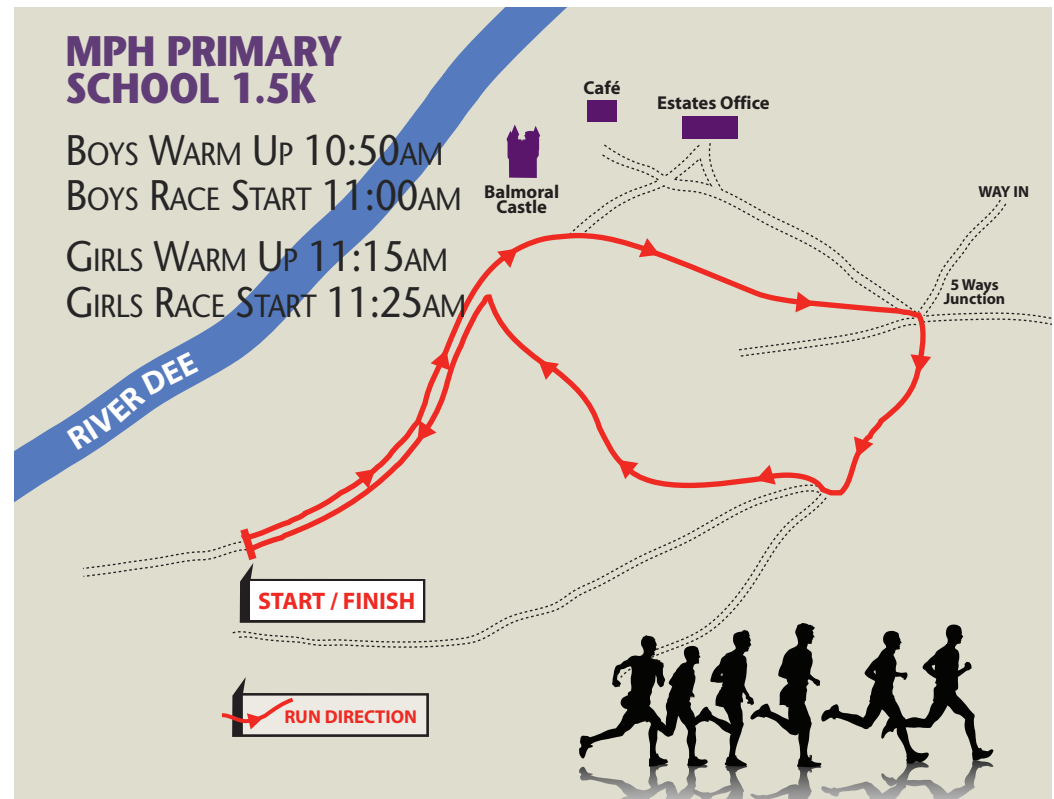
THE COURSE:

The route used for this race is contained within the estate grounds. The distance of the race is approximately 1.5K. The race will start and finish at the main finish line gantry, run in front of Balmoral Castle, right towards the 5 ways junction, right up the hill to M4, right turn downhill by the gardens, left turn in front of the Castle and on to the finish. Lead cyclist and sweep runners will be in attendance.

PRIZES:

First three boys and girls. Aberdeenshire Active Schools Trophies (For Aberdeenshire Primary Schools with rolls of 100 & over and less than 100 with the most entrants in this race). Prize winners will be announced as soon as possible. If you think you may have won a prize please stay until the announcement is made.

PRIZE GIVING AT 1.15PM AT THE SPONSORS MARQUEE



Good luck
to everyone
taking part in
Run Balmoral



Apollo provide technically led, fit-for-purpose, value engineering through the project life cycle, across Oil and Gas, Marine and Renewables and Technical Software

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Passionate about engineering



APOLLO DUATHLON

THE START: 9:30am

THE COURSE:

The route for this event is contained within Estate grounds. Runs 1 and 2 start and finish in the transition area on the gravel Target Walk.

Run 1 (6k)

Heads east along the Target Walk and up Garden Brae before turning left downhill to 5 ways junction, along in front of the Castle through the event field before turning right to the river path on the south side of the Dee. Continue to the Boat Pool before joining the Lower Estate Road. At West Lodge turn left and continue to M17. At M17 turn left up towards Purchase Cairn before descending a steep, rough path, crossing the Upper Estate Road down to the Lower Estate Road. Turn right back to the transition area. NB the Lower Estate Road can be shared with cyclists please keep to the right hand side of the cones.

Cycle route (16k)

(16k) The cycle route starts from the transition area and heads east turning left at Garden Cottage, then left at the Castle along the Lower Estate Road before turning left up to Ripe Hill. Continue up, along and down the rough track via Glen Gelder to M16 before turning right to Easter Balmoral then along the Upper Estate Road and descending Garden Brae to the transition area.

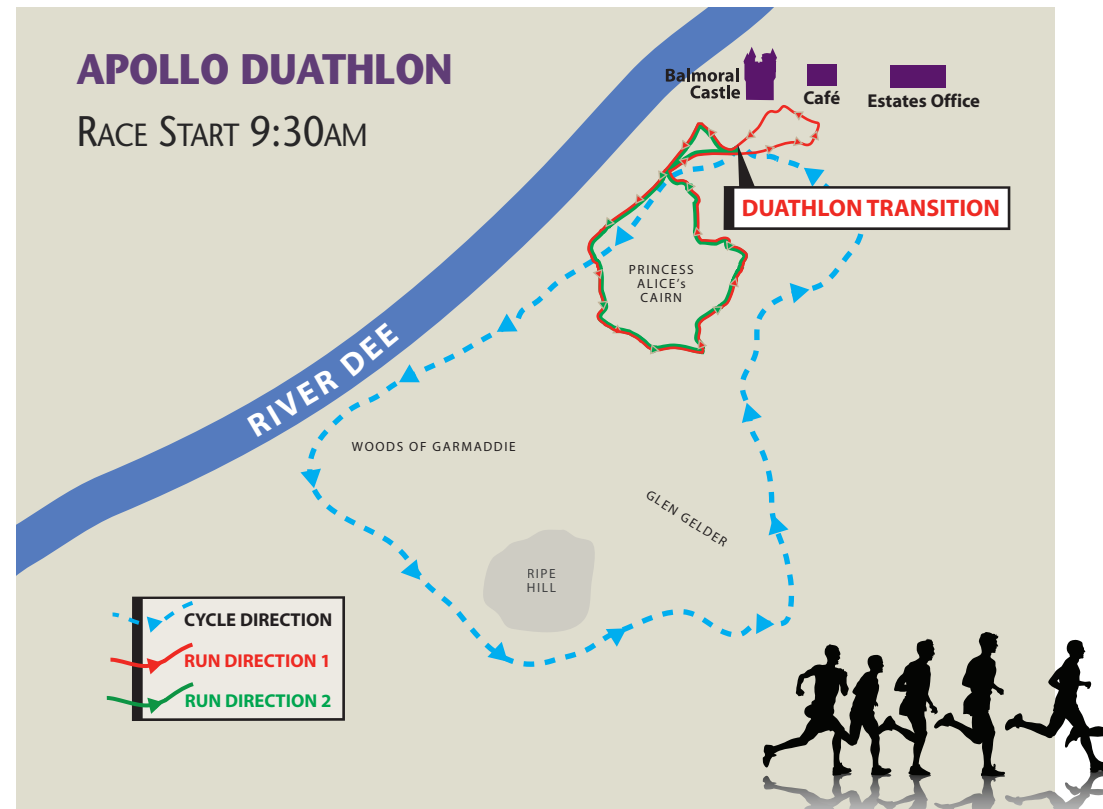
Run 2 (5k)

Head west from the transition area before turning right to the river path. The route from here is the same as Run 1 to the finish. Please ensure you adhere to the signs and marshals instructions.

PRIZES:

First three men and women overall. First man and women in senior, Vet 40, Vet 50 and Vet 60 categories. See our website for full list of prizes and conditions. Prize winners will be announced as soon as possible. If you think you may have won a prize please stay until the announcement is made.

PRIZE GIVING AT 12.00 NOON AT THE SPONSORS MARQUEE





TRAC Oil & Gas Ltd is a leading global provider of Rope Access Inspection, Repair & Maintenance services for the Oil & Gas and related industries.

We provide a comprehensive range of Engineering Support Services to enhance & support the Asset Lifecycle Programme from Initial Construction, ongoing Asset Integrity & Reliability through to Decommissioning with specific expertise and experience in working at height and difficult access locations.



TRAC are proud to be part of this prestigious event celebrating its 21st anniversary. Wishing all participants a great day out.

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TRAC 15 MILE TRAIL RACE

THE START: 1:00pm

THE COURSE:

Starting and finishing on the road adjacent to the cricket pitch, the route follows the banks of the river Dee, past the Deer park, along by the waterfalls at Garb Allt before circling Ripe Hill to Glen Gelder. Wonderful views of Lochnagar can be seen to the east and a magnificent panorama of the Cairngorms to the west. It then meanders along open moor land before descending through a pine forest to the river Dee and the finish.

PRIZES:

First three men and women overall. First man and women in senior, Vet 40, Vet 50 and Vet 60 categories. See our website for full list of prizes and conditions. Prize winners will be announced as soon as possible. If you think you may have won a prize please stay until the announcement is made.

PRIZE GIVING AT 3.30PM AT THE SPONSORS MARQUEE





TRAC 3 MILE TRAIL RACE

THE START: 1.15pm

THE COURSE:

The route for this race is contained within the Estate grounds. The race starts and finishes adjacent to the cricket ground and travels west (100m) to the edge of cricket pitch before turning right on a track to a path on the south bank of the River Dee. Continue to the Boat Pool before joining the Lower Estate Road. At West Lodge turn left and continue to M17. At M17 turn left up to Purchase Cairn before descending to the Upper Estate Road continuing to the Lower Estate Road. Turn right to finish

PRIZES:

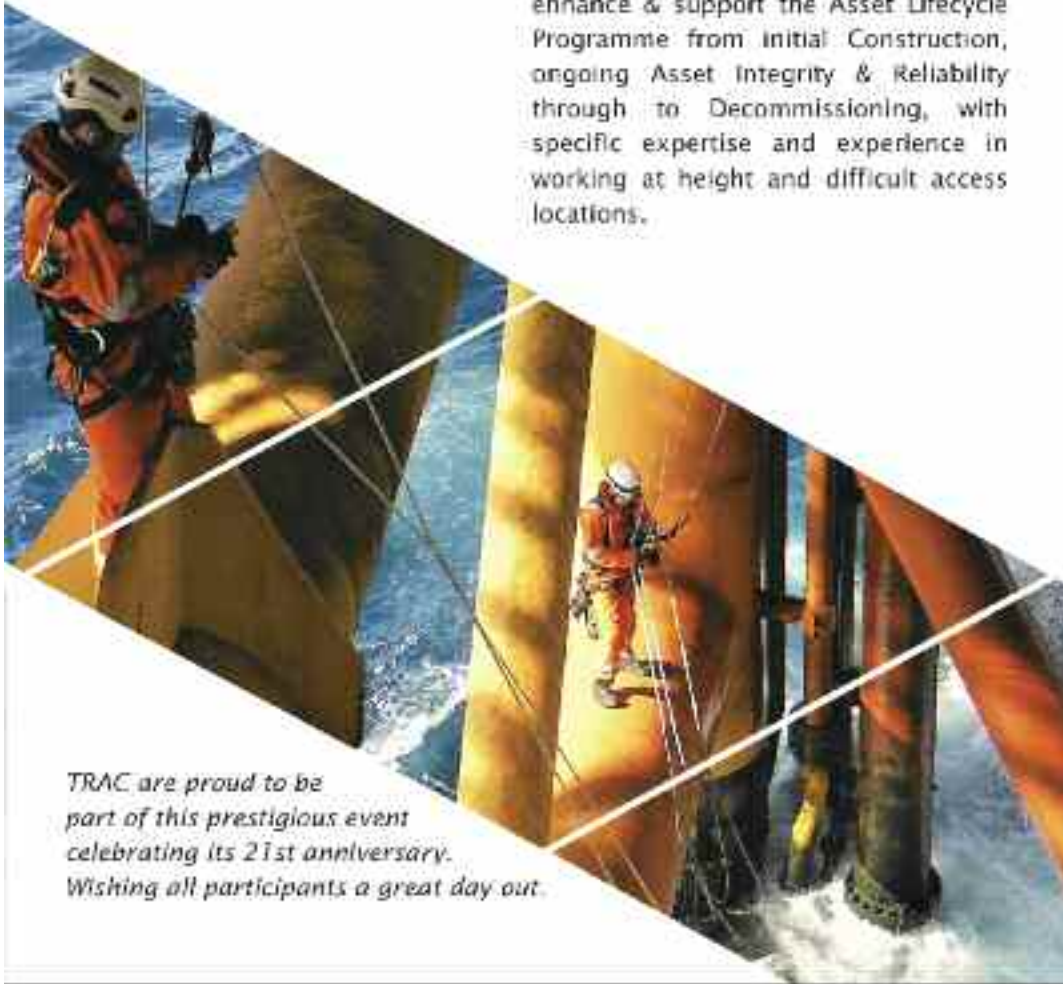
First male and female overall. First male and female in junior, senior, vet 40, vet 50 and vet 60 categories. See our website for a full list of prizes and conditions. If you think you have won a prize please stay until the announcement is made.

PRIZE GIVING TO BE ANNOUNCED ON THE DAY



TRAC Oil & Gas Ltd is a leading global provider of Rope Access Inspection, Repair & Maintenance services for the Oil & Gas and related industries.

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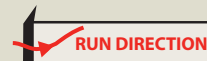
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TRAC 3 Mile Trail Race

RACE START 1:15PM





Run Balmoral 2018
THANK YOU
 to our Friends of ANCHOR runners



Why not take it to the
 next finish line and join
 us at the BHGE 10K on
 Sunday 20th May, 2018

Sign up today!

Walk, jog or run; join us in 2018 and #makeyourmark
 Call 01224 859016 or email foa@balmoral.co.uk to reserve your place



CORPORATE TEAM CHALLENGE

Who is going to break the duopoly in the Stena Drilling- ConocoPhillips Corporate Team Challenge title

In its five-year history only two teams have won the magnificent trophy, made from red deer antler and sycamore wood, which is awarded to the winners of the RunBalmoral Stena Drilling - ConocoPhillips Corporate Team Challenge. Cops and Joggers are the current holders (see photo) and they also won in 2014 and 2015, while Aberdeen Sports Village took the title in the inaugural year and again in 2016.

So who is going to break the stranglehold these two sides have on the prizes?

There's little doubt that the previous champions will face some serious competition from many other companies and organisations who will be fielding teams of eight runners to battle tooth and nail for the honour of taking this prestigious title. Each team must field four runners in the ConocoPhillips 5km and four runners in the Stena Drilling Tartan 10K. The same runners can compete in both the 5km and the 10km if they so wish - and if they feel up to it! Or a fresh line-up can be fielded in each race. The chip time of each of the four runners in each race will be added together to give an overall score and the team with the lowest combined total from the two races will win the trophy. Teams can be all male, all female or a combination of both.

The winning team will also receive a special RunBalmoral 2019 race package which includes four entries for the 10km, four entries for the 5km, hospitality and parking. There's also another prize to be awarded to one team, drawn at random from all the entries, so there's something for everyone to go for. It should be a wonderful day of competition.



Run Balmoral Chairman James Knowles, third from right, presents the trophy to members of the Cops and Joggers team, left to right, David Wilkinson, Jonathan Murray, Gregor Thurlow, Dan Pearce and Alistair Morrison.

Corporate Team Challenge Previous Winners - First held 2013

- 2013 Aberdeen Sports Village
- 2014 Cops and Joggers
- 2015 Cops and Joggers
- 2016 Aberdeen Sports Village
- 2017 Cops and Joggers

2017 Results

- 1 **CoPs and Joggers**
 5km: 01:17:27 10km: 02:40:46 Total: 03:58:13
- 2 **Team Balmoral**
 5km: 01:28:16 10km: 02:51:39 Total: 04:19:55
- 3 **Is that the finish?**
 5km: 01:24:48 10km: 03:01:04 Total: 904:25:52
- 4 **"Call it ""in progress"" the noo!"**
 5km: 01:32:07 10km: 03:08:37 Total: 04:40:44
- 5 **Stena Drilling**
 5km: 01:55:23 10km: 02:52:24 Total: 04:47:47
- 6 **Repsol Sinopec Resources UK**
 5km: 01:29:13 10km: 03:22:08 Total: 04:51:21
- 7 **University of Aberdeen Development Trust**
 5km: 01:50:40 10km: 03:15:19 Total: 05:05:59
- 8 **Maggies Centres**
 5km: 01:54:55 10km: 03:23:50 Total: 05:18:45
- 9 **Schist Happens**
 5km: 02:09:57 10km: 03:11:22 Total: 05:21:193
- 10 **Stampers**
 5km: 02:14:54 10km: 03:17:28 Total: 05:32:22
- 11 **Macmillan Cancer Support**
 5km: 01:46:38 10km: 03:53:25 Total: 05:40:03
- 12 **Fantastic Eight**
 5km: 01:50:08 10km: 04:02:03 Total: 05:52:11
- 13 **Voluntary Service Aberdeen**
 5km: 02:31:31 10km: 03:21:31 Total: 05:53:02
- 14 **Aberdeenshire Council**
 5km: 02:01:04 10km: 04:08:33 Total: 06:09:37
- 15 **CLAN**
 5km: 02:08:28 10km: 04:06:24 Total: 06:14:52
- 16 **SRUC**
 5km: 02:01:17 10km: 04:30:24 Total: 06:31:41



Supporting our local communities
and proud sponsor of the



'Devil of Deeside'



Repsol Sinopec Resources UK Limited is an
oil and gas exploration and production company
operating in the North Sea.

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THE REPSOL SINOPEC DEVIL OF DEESIDE CHALLENGE

The Devil of Deeside Challenge was introduced in 2017 to mark the 20th anniversary of RunBalmoral and it was a remarkable success with 108 hardy souls signing up and 84 actually completing the test. These numbers have been exceeded in 2018.

Aberdeen-based company Repsol Sinopec Resources UK is again supporting this exciting event which has captured the imagination of competitors from all around the country.

Participants in the Devil of Deeside Challenge have to take part in four races held over the two days of the RunBalmoral meeting. They'll start off with the ConocoPhillips 5km and the Stena Drilling 10km on the Saturday, before tackling the Apollo duathlon and the TRAC 15 mile trail race on the Sunday. The winners are those who have the best combined times (based on chip timing) from all the races.



Alan Semple receives his award from Emma Cunningham



In 2017 Alan Semple won the men's competition in 3hrs 51min 17secs while Kerry Prise was the top woman, 11th overall, in 4:37:08. Both plan to return this year.



Kerry Prise receives her award from Emma Cunningham

TIMETABLE OF EVENTS 2018

BALMORAL ROAD RACES LTD RESERVE THE RIGHT TO ALTER TIMES AS REQUIRED

SATURDAY 21st

- 9.00am Car Parks Open
- 10.50am Primary Schools Boys Warm Up
- 11.00am PRIMARY SCHOOLS BOYS START
- 11.15am Primary Schools Girls Warm Up
- 11.25am PRIMARY SCHOOLS GIRLS START
- 11.40am Secondary Schools Warm Up
- 11.50am SECONDARY SCHOOLS START
- 12.15pm 5K Runners Warm Up
- 12.30pm 5K RUNNERS START
- 1.15pm Primary/Secondary School Presentations
- 2.00pm 10K START
- 2.15pm 5K Presentation
- 3.30pm 10K Presentation

SUNDAY 22nd

- 8-9am Registration for Duathlon
- 9.30am DUATHLON START
- 12.00pm Duathlon Presentation
- 1.00pm 15 MILE TRAIL RACE START
- 1.15pm WEE TRAIL RACE START
- 3.30pm 15 Mile Presentation and Devil of Deeside presentation

MEDICAL SUPPORT: Paramedics from the Scottish Ambulance Service and first aiders from the St. Andrews Ambulance Association will be available opposite the finish funnels. Medical personnel will also be in attendance along the route. A doctor and physiotherapists will be located in the First Aid marquee by the finish.

TOILETS: Toilets are available at the estate's cafeteria and at various locations in the Event Village.

LOST PROPERTY: Enquiries regarding lost property will be handled from the Information marquee.

INFORMATION: Queries and information about the runs will be dealt with at the information marquee.

EXTREMES OF WEATHER: Please ensure you are properly hydrated and come prepared for the extremes of weather. It may be very warm and sunny, requiring sun cream or conversely very cold and wet requiring warm and dry clothing.

VOLUNTEERS: Over the weekend various local organisations provide personnel to assist with RunBalmoral. Without these volunteers the event would not go ahead. If you have the opportunity please thank them individually for their efforts.

WHAT HAVE I BEEN SENT:

ALL RACES: This pack should contain an event information sheet, 4 safety pins and a race number/timing chip.

YOUR RACE NUMBER/TIMING CHIP: This year, your timing chip is incorporated within the foam strips attached to the back of your race number. Please ensure your race number / timing chip is attached in the correct manner to the front of your outermost layer of clothing. See the back page of this information sheet for full fitting instructions.

DOCTORS ADVICE: If you have not undertaken an exercise programme before, you are strongly advised to consult your doctor for a check up. Don't have any alcohol the night before the race. Alcohol helps to cause dehydration - not good on the start line of a race.

IMPORTANT: Please write in ballpoint pen on the back of your number any medical condition that may be relevant on the day and any special treatment required to assist the medical staff should you encounter any difficulties.

MPH PRIMARY SCHOOLS RACE & KONGSBERG MARITIME SECONDARY SCHOOLS RACE: Note for parent or guardian: As a precaution, please ensure that you put an emergency contact telephone number on the FRONT of the race number.

UPDATES: Please check our website: www.runbalmoral.com for current and updated information.

WHERE IS BALMORAL

Balmoral Estate is approximately 50 miles West of Aberdeen, just off the A93 in scenic Royal Deeside and can be reached from the South on the A93 (Deeside Tourist Route) via Perth and Glenshee.

CAR PARKING: Car parks for competitors and spectators are located within the Estate and in Crathie adjacent to the A93. Participants and spectators will be free to come and go from the event whenever they wish. Delays may be experienced when exiting from car parks within the Castle Grounds when races are in progress. If possible, please share your transport with your fellow runners and family to reduce the number of vehicles on the day. Allow plenty of journey time, there is only one main road (A93) leading to Balmoral and delays are inevitable. Please be patient. Aim to get to the start and finish line for at least one hour before the advertised start times of your event. There will be plenty to see and do, so make a day of it and get there early. In addition to our normal parking arrangements car park 6 will be used for early leavers and castle visitors. See website for details.

DESIGNATED CAR PARKS: All public car parking for traffic approaching from both Ballater & Braemar is located at Balmoral. For early traffic arriving at the event, parking will be available within the estate grounds. Once the car parks are full within the estate itself the parking will revert to the designated parking outside the estate in the fields adjacent to the Visitor Centre near Crathie Church. Please follow the directional signage, instructions and advice given to you by police and stewards on the day. Parking

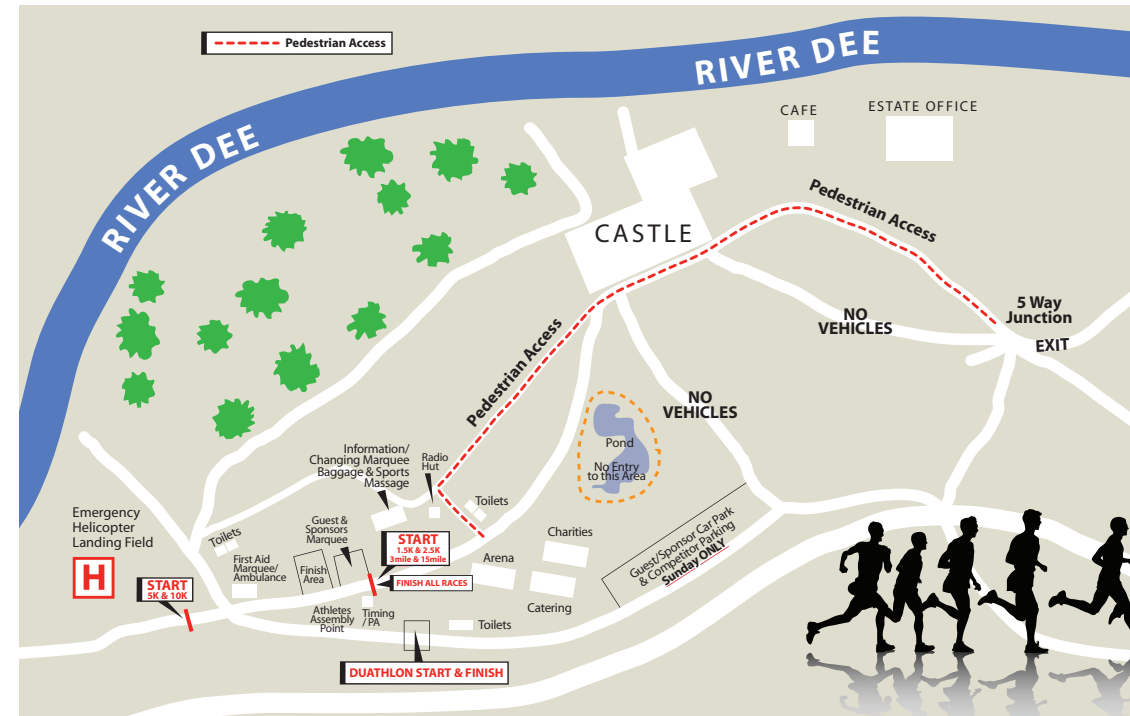
is on grass. Please only park in the designated event car parks and do not park on grass verges. Once you have parked, signs will direct you towards the start & finish areas (25 minute walk approx) or you could take one of our buses operating between the main gate and the Estate office from 9.30am - except when there are races on.

PASS HOLDERS: If you plan to arrive after 10.30am or intend to leave before the finish of the 10K, you are advised to use either car park 2 or 7. This will involve a walk to the start/finish area.

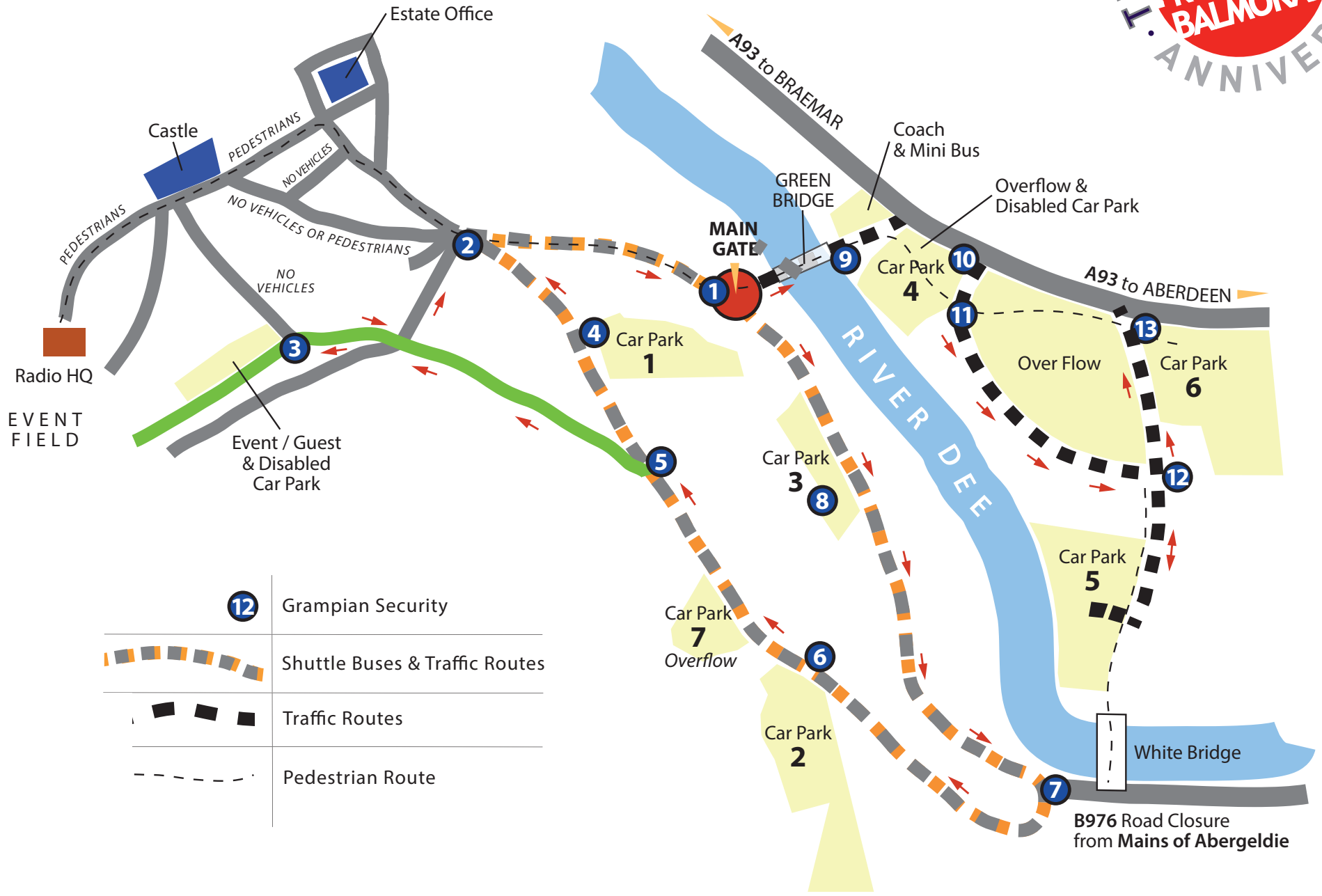
WHAT TO EXPECT AT THE FINISH?: ALL RACES: After running over the mat that will activate your timing chip you will arrive in the finishing enclosure where you will receive a bottle of water (Children will also receive a goody bag), medal and t-shirt. You can then exit the finish area and rejoin your family & friends.

BAGGAGE: You can leave your baggage with your parents or friends, or deposit it in the changing marquee. Make sure you clearly label your bag so we have a chance of returning it to you. The organisers accept no responsibility for any losses. On Saturday Crathie school will operate a safe baggage store at £1 per item.

BALMORAL ESTATE: Please don't forget to spend some time visiting the Balmoral Exhibition & Estate cafeteria which will be open all day.



Car Parking and Traffic Map | 2018



	Grampian Security
	Shuttle Buses & Traffic Routes
	Traffic Routes
	Pedestrian Route

THE EVENT VILLAGE



Take time to visit the Event Village area where we have some exciting activities and fantastic catering provided by Country Flavours of Alford.

Outdoor Discovery present their Climbing wall, Bungee run and Superjumper! You can ride these attractions as many times as you like for a minimum donation of £5. Collect a wristband from the charity marquee.

The train is also back for all those young at heart; jump on at the Braemar station. All fares go to help the local youth groups.

Aberdeenshire Council will have their Sports Village with climbing wall for all ages, Football In The Street Sports Arena and the exciting Bike Track and Obstacle Course.

Forgot some kit? Don't panic, the Run 4 It shop is on hand for all those last minute essentials.

RunBalmoral have teamed up with Marathon-Photos.com who take photographs of competitors on the course and at the finish.

The photos are available online within 72 hours of the event to every entrant as exclusive photo products. Plus every competitor will be able to download for FREE their Event Certificate.



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Registered Scottish Charity, SC043320

In January 2012, our beautiful 20 month old daughter Kayleigh was diagnosed with a terminal brain tumour (ATRT) and sadly passed away in June. We made it our mission to make her last few months the most special time of our lives, packed full of adventures and memories we would cherish forever.

Kayleigh's Wee Stars provides financial support for families where there is a child with a terminal illness. In the last 5 years, we have donated over £400,000 to almost 200 families across Scotland. We need your support to ensure we can continue to help brave families make precious memories together.

www.kayleighsweestars.co.uk

Jonathan and Anna Cordiner

Oldmeldrum, Aberdeenshire



Kayleigh Cordiner
9th May 2010 - 17th June 2012





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Aberdeenshire COUNCIL



Aberdeenshire Council Sports Village at RunBalmoral

- Climbing wall for all ages
- Football in the Street Sport Arena for all ages
- Bike track and obstacle course for all ages
- Body Zorbing for age 16 and under
- Information Stand - Find out about Events and Leisurelend projects and Active Aberdeenshire Memberships.



www.aberdeenshire.gov.uk/leisurelend

Corporate Volunteer Days

Join us for a team day with a difference



“ We wanted to provide an inspiring outdoor space for service users, staff and visitors. We're delighted with the finished product.” – BP

Team from BP 2017

Every year we touch the hearts and lives of thousands of local people. We rely on a diverse range of volunteers to enable us to deliver the vital services that we currently provide year on year, to the people of Aberdeen and Aberdeenshire. By volunteering with VSA you can help us change more local people's lives.

For more information please contact Fundraising Department
Fundraising@vsa.org.uk / 01224 212021

Charlie House

Thank you to the many participants this weekend raising funds for Charlie House. This will help us to provide support to children with complex disabilities and life-limiting conditions and their families across the North East of Scotland. Including:



**PRACTICAL AND EMOTIONAL SUPPORT
FOR INDIVIDUALS OR THEIR FAMILIES**

ACTIVITIES FOR ALL

SHORT FAMILY BREAKS

Check our website to find out how much more we do
and how you can help us.

www.charliehouse.org.uk



info@charliehouse.org.uk

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2018 BALMORAL CHALLENGE

By Gracious Permission of Her Majesty The Queen

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HAVE A ROYAL ADVENTURE & SUPPORT OUR WOUNDED

23 JUNE | 3 ROUTES (15KM - 30KM) | 1 GOAL

A TO B & STRATEGY COURSES TO TEST YOUR TEAM

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Directly support a wounded ex serviceman or woman by challenging your team of four to take on our unique and unforgettable charity walk on the historic Balmoral Estate.

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2017 participant



REGISTRATION NOW OPEN



w: wwwtww.org.uk | e: andy@wwwtww.org.uk | t: 01263 863 902

Registered charity in Scotland (SC047760) and in England & Wales (1153497) | Photo credit: David Brown Photography

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Friskis&Svettis exercise classes are suitable for all what ever you level of fitness and we offer Viking Hiking (Nordic Walking) across various venues in Aberdeen City & Shire.

Its a great way to enjoy the many health benefits of physical fitness, have fun and make new friends.

Give us a try, first class free with Balmoral medal, more details www.fsaberdeen.co.uk



kiltwalk

Get your tartan on, grab your friends, and help us raise as much money as possible for children, young people, and adults living with disabilities.

Signing up is quick and easy. Visit www.kiltwalk.co.uk, select the event you want to take part in, and choose The Cornerstone Foundation from the drop down charity list.

Aberdeen
3 June





Together we can save lives through cancer research

Let's beat cancer together

Cancer can be a word filled with fear, dread and deep sadness. Nobody knows that more than Naomi Robertson-Murray. Having lost her mum to cancer when she was a teenager, Naomi herself was diagnosed with breast cancer in October 2016. Thankfully, after months of treatment Naomi received the fantastic news that she is cancer-free. The mum of three-year old Layla and her husband Neil have now committed to raising funds for the University of Aberdeen's £4.5 million Cancer Research Programme.

Naomi said "It was a huge relief for me when I got the news I was cancer-free. I want more people who have cancer to have that feeling, which is why I am fundraising for the University's Cancer Research Programme. It will be a great thing to have in Aberdeen."

For more information and to join Naomi in supporting our £4.5 million plan to develop a world-class Cancer Research Programme for the people of North East Scotland and beyond, please visit www.abdn.ac.uk/giving/cancer.

Looking Forward
Giving Back



The University of Aberdeen (Incorporated in Scotland) is registered in the Register of Companies in Scotland.

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www.alzscot.org/ChallengeDementia



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inspired for
2018!

Alzheimer Scotland - Action on Dementia is a company limited by guarantee, registered in Scotland 149069. Recognised as a charity by the Office of the Scottish Charity Regulator, no. SC022315 160 Dundee Street, Edinburgh, EH11 1DQ. 0131 243 1453. www.alzscot.org



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SUNDAY 20TH MAY 2018

Aberdeen Beach Ballroom

For one night only, the Beach Ballroom comes alive to the sound of an amateur choir competition, hosted by Fiona Kennedy. A truly amazing evening not to be missed with all proceeds benefitting the local vulnerable people supported by VSA.

Tickets £15 / adult; £10 concession

Available from Aberdeen Box Office

For more information please contact Fundraising Department

Fundraising@vsa.org.uk / 01224 212021

www.vsa.org.uk



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Offer valid until 2 April 2018 at participating dealers only. Private retail customers only. Finance provided by Nissan Finance, PO Box 495, Watford WD17 1BR. Subject to status. Guarantees and Indemnities may be required. You must be at least 18 and a UK resident (excluding Channel Islands). *Model shown is the Juke Acenta (shown with optional Arctic White paint at £250). **Model shown is the Qashqai N-Connecta with Glass Roof Pack (shown with optional Vivid Blue paint at £745). #Model shown is the New X-Trail N-Connecta (shown with optional Monarch Orange paint at £745). Minimum customer deposit of 10%. Offers based on 10,000 miles pa, excess mileage 8p per mile. †3 Year/60,000 miles (whichever comes first) manufacturer warranty, excludes wear and tear. Terms apply. **Pan-European breakdown services provided by RAC Motoring Services. Terms apply. ***2 years' scheduled servicing includes labour and certain parts only, and is offered only with Juke Acenta, Qashqai N-Connecta with Glass Roof Pack and New X-Trail N-Connecta when financed with 37 months' 0% APR PCP Nissan Finance Product. Mileage limits from 54,000 apply. Servicing must be by a franchised Nissan dealer at specified intervals and further terms apply. For full T&Cs see www.nissan-offers.co.uk/termsandconditions. Offers not available in conjunction with any schemes or other offers. MPG figures are obtained from laboratory testing, in accordance with 2004/3/EC and intended for comparisons between vehicles and may not reflect real driving results. (Optional equipment, maintenance, driving behaviour, road and weather conditions may affect the official results.) Information correct at time of print. Model shots shown are for illustration purposes only. Nissan Motor (GB) Ltd, The Rivers Office Park, Denham Way, Rickmansworth, Hertfordshire WD3 9YS. Specialist Cars Nissan, a trading name of the John Clark Motor Group, is acting as a finance broker and not a provider. We may receive a commission from the finance provider for the introduction.



Congratulations to all who took part in the 2018 Run Balmoral weekend, from gold charity partners SensationALL



SensationALL is a local charity that aims to improve the lives of children and adults with disabilities and their families in the Grampian area, through practical support, training and therapeutic activities led by highly experienced professionals.



SensationALL is so-called because we believe that individuals with MSN and their families should ALL have access to appropriate specialist services, without restrictions on age, location or diagnosis. This includes equal access to leisure activities and opportunities that can develop learning, friendships and promote positive mental health as part of lifelong learning and growth. We aim to empower our users (both children and adults) and their families with the confidence, social and life skills to achieve their full potential.

Our specialist support includes:

- Early play and communications
- Sign posting
- Stay-and-play sessions
- Adult social "life skills" group
- Informal "tea and tips" sessions
- Music therapy and inclusive choir
- Training workshops
- State-of-the-art Sensory Room

Visit www.sensationall.org.uk for a full list of our services.

Contact

SensationALL
Old Schoolhouse
Westhill Road
Westhill
Aberdeenshire
AB32 6FT

Email:

info@sensationall.org.uk

Phone:

01224 246699

Mobile:

07789 393399

Website:

<http://www.sensationall.org.uk>



Scottish Charitable Incorporated
Organisation. Registered Charity No.
SC043156



ACKNOWLEDGEMENTS

The Board & Management Group of Balmoral Road Races would like to take this opportunity to thank the sponsors and partners who contribute to the staging of this flagship running event:



And for operations support at the event thanks to: Police Scotland, Grampian Event Security, Scottish Ambulance Service and the Banffshire Partnership.



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WHAT YOUR
PERSONAL
BEST IS.**

**JUST THAT YOU
HAVE ONE.**

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**Do More
Strathmore**

RUN BALMORAL

1st INSCH SCOUTS



1st Insch scouts and explorers are pleased to continue their long running association with Run Balmoral.

2017 proved to be another busy year for the group which now runs two beaver colonies, two cub packs a scout troop and explorer unit. Each of the sections provided a busy schedule of events and activities.

This year we have started looking at fundraising for a number of our members who have been selected to attend the Blair Atholl International Patrol Jamboree during the summer plus we have one explorer and a leader heading to the World Scout Jamboree in America next summer.

Scouting today provides challenge and adventure for young people aged between 6 and 25, including males and females. It is all about fun with a purpose - helping members to achieve their potential as individuals and active members of society.

If you are interested in joining either as a youth member, leader or helper you can get more information and contact details from the following sources.

Gordon District t: 0845 83 87 990 w: www.gordondistrictscouts.org.uk e: info@gordondistrictscouts.org.uk

Enquiries about Scouting in Scotland contact Scottish Headquarters on 01383 419073 between 9am and 5pm Monday to Friday



The Air Training Corps (ATC) is a national youth organisation that was founded in 1941. Now over 75 years old, the organisation offers exceptional opportunities to young adults to participate in a wide range of activities: flying/gliding, national and international camps, adventure training (walking, rock climbing, canoeing, mountain biking and many more.

The personal development of cadets is high on the agenda for our qualified staff. All cadets going through the organisation can achieve qualifications leading to nationally recognised award schemes. We still have a very strong link to our parent service that provides guidance to the staff and cadets of the ATC.

Adults joining the organisation can gain qualifications and enable the youth of tomorrow to meet their expectations.

There are over 1000 squadrons across the UK with 18 within the North East of Scotland. There will be a unit close to you, so why not come along and find out what you can be!

North East Scotland Wing Air Training Corps
Contact us: t: 01224 708807 e: aco-whq-nescotland-wexo@mod.uk
w: www.neswac.co.uk fb: [facebook.com/neswac](https://www.facebook.com/neswac)

