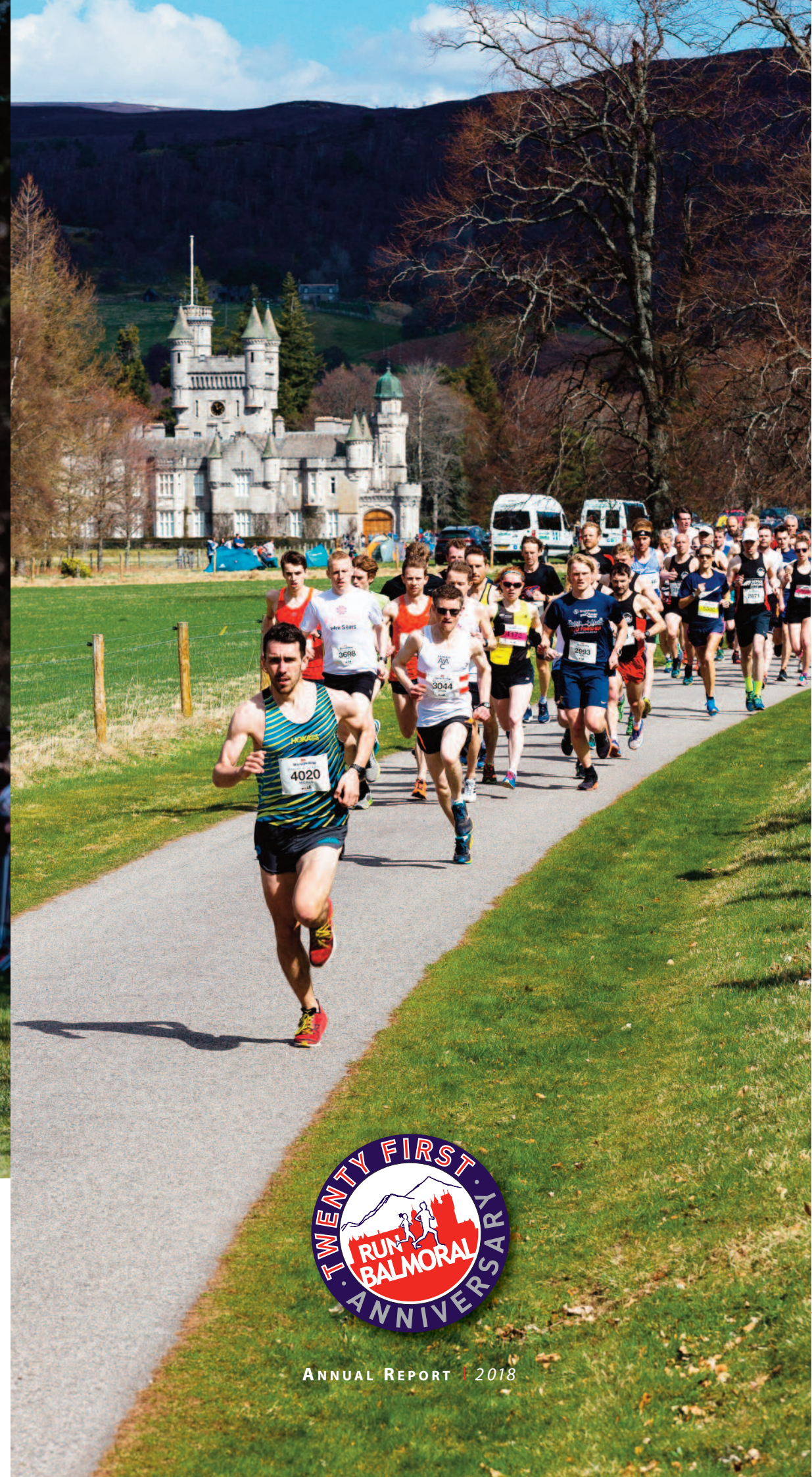




Balmoral Road Races Ltd

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

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



ANNUAL REPORT | 2018

OVERALL EVENT SPONSORS



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Highlights - *Message from the Chairman*

The 2018 Run Balmoral weekend was a huge success. A record number of 5,559 runners entered our races and 4,467 actually took part over the two days, representing an 80% turnout, up 3% from 2017. We witnessed course records being set in the men's divisions of the ConocoPhillips 5km and in the Apollo duathlon and a remarkable 110 people completed the Repsol Sinopec Devil of Deeside Challenge. A huge number of spectators came along to enjoy the occasion with competitors being joined by family and friends, many of whom set-up picnics on the grass, especially on the Saturday when we were blessed with beautiful weather. There was a happy carnival atmosphere generated by all those who came along.

Sports Bursary programme supports many fantastic initiatives geared towards encouraging young people to embrace healthy lifestyles.

A large number of volunteers, who do a wonderful job, are drawn from the local community and the majority of event suppliers are based in the north east. 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.



As it was our 21st anniversary year, the medals given out to runners were in the shape of a key and this novel design seemed appropriate for the occasion and proved popular with the participants.

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 the

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.

We are privileged to have a number of long term sponsors to whom we are extremely grateful, especially given the difficulties the local economy has experienced recently. Stena Drilling, ConocoPhillips and MPH Ltd have been involved for many years while Apollo, Trac and Repsol Sinopec have continued to extend their association with us. Last year Kongsberg Maritime gave



notice they would not be able to continue supporting the secondary schools 2.5km in 2018 but we were delighted to welcome on board the FOS Group who took over sponsorship of the run. The secondary schools race has consistently attracted youngsters who have gone on to make their mark at international level. Banchory runner Robbie Simpson recalls finishing 14th in this race when he first took part and he has gone on to become a top class international athlete, winning a bronze medal for Scotland in the 2018 Gold Coast Commonwealth Games in Australia. There is no doubt the children's runs fulfill an important function in providing a developmental pathway along which youngsters can progress in the sport.

We are hugely appreciative of the contribution from all our race sponsors, and from Aberdeenshire Council, as, without the backing of all these organisations, the event could not take place.

The contribution made by the team at Balmoral Estate, led by my fellow Director, Richard Gledson, is also immense, not only for making this wonderful venue available, but also for the dedicated work by staff to ensure everything goes so smoothly. Thanks are also extended to colleagues at Run-4-It, our retail partner, who also make a significant contribution to the success of the event.

I also wish to thank the other members of the Management Team - Jackie Stewart, Peter Jennings, Garry Marsden, Fraser Clyne and Jane Fedo who all play a key role in ensuring everything runs smoothly.

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.

Planning is already underway for RunBalmoral 2019 which will take place over the weekend of 27th-28th April. I hope you will join us then.

James Knowles, Chairman, Balmoral Road Races Ltd, May 2018.

James Knowles



RunBalmoral - Sports Bursary

Our Sports Bursary scheme has this year provided financial support to 18 projects which encourage young people to participate in active pursuits. We have been offering the bursaries for the past four years and 32 projects have received financial backing until now. The number of awards in 2018 is, however, the most made in any one year so far.

James Knowles, Run Balmoral Chairman, said: "We have once again had a tremendous amount of interest in the bursary scheme but the value of the bids far outweighed the funding we have been able to make available. We are, nevertheless, able to support, at least in part, many of the projects proposed to us and we hope our contribution will have a big impact.

"All of the applications were fantastic and we had some tough decisions to make.

"I was amazed by the variety of bids we received and I am pleased that we can support so many of them. It's great to be able to back initiatives such as the junior jog clubs at Drumoak, Durris and Dyce primary schools, as well as the Get Keig Moving project and the Monymusk Muddy Run. But our input isn't restricted to running-based activities. We are also supporting Catterline and Kinneff schools to send pupils to snow sports lessons and Strathdon school to send children to swimming lessons.

"The Sports Bursary programme is part of our continuing commitment to making Run Balmoral an event which not only provides an opportunity for thousands of people to take part in our weekend programme of races, but also makes a wider contribution to the health and well-being of the north east community."



Pictured top to bottom:
BA Girls Jogging Club & Tarland Sports Club

The successful bids were:

- Banchory Academy:** Purchase of long-sleeved running tops
- Bucksburn Academy Active Girls After School Group:** Support for karate, dance, trampolining and cheerleading tutors
- Catterline School:** Support for travel to snow sports lessons
- Cults ASG primary schools:** Support for organising and participating in a mini golf festival
- Drumoak Junior Jog Club:** Designing, printing and purchasing of t-shirts
- Durris Primary School:** Purchase of equipment for a junior jog club
- Dyce Primary School:** Purchase of equipment for a junior jog club
- Harlaw Academy:** Purchase of running jackets and/or travel to Balmoral races.
- Inverurie Academy Fit for Girls Group:** Athletics coaching
- Keig School:** Equipment for Get Keig Moving Project
- Kinneff School:** Support for travel to snow sports lessons
- Monymusk School:** Purchase of netball/football kit
- Monymusk School Parent Council:** Support for the Monymusk Muddy Run
- Newtonhill Primary:** Purchase of sports equipment
- Skene Square Primary School:** Purchase of kit bags and kit
- Strathdon School:** Support for travelling to swimming lessons
- Tarland Primary School:** Purchase of running kit
- Riverbank School Aberdeen:** Purchase of running kit

T-Shirt Competition

Heidi Paterson, 7, and Emma Barclay, 15, were the winners of our 2018 T-shirt design competition after their designs were chosen from a large number of top quality submissions.

Heidi, a P3 pupil at Fyvie Primary School, saw her fantastic illustration appear on the t-shirts for the MPH primary schools 1.5km while Emma, a student at The Gordon Schools Huntly, produced a wonderful composition for the FOS Group secondary schools 2.5km.

James Knowles, Chairman of Run Balmoral, praised the high standard of designs. He said: "We received so many exciting and imaginative drawings, so it was very difficult to choose the winners. Heidi's and Emma's are excellent and I'm sure they took a lot of pride from seeing the finished product on the t-shirts on race day. 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 travelled to the Run-4-It shop in Aberdeen where they were each 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 copy of their winning designs. Heidi was joined by her dad Aly and her class teacher Fiona MacNab, while Emma was accompanied by mum Karen and teacher Diane Harper. Bert McIntosh of MPH Ltd presented Heidi with her award while Jonathan White of FOS Group gave Emma her prize.



The Heidi Paterson design



The Emma Barclay design

Left to right: Will Stewart (Run-4-It Manager), Fiona MacNab, Heidi Paterson, Bert McIntosh (MPH Ltd), Aly Paterson



Left to right: Will Stewart (Run-4-It Manager), Diane Harper, Jonathan White (FOS Group), Emma Barclay, Karen Barclay



RunBalmoral - Roll of Honour 2018

(Gun times except for Corporate Challenge and Devil O'Deeside results which are based on chip times)

MPH Primary Schools 1.5km		MPH Primary Schools 1.5km	
Boys	min:sec	Girls	min:sec
1 Thomas Reynolds (Moray Road Runners)	5:40	1 Beth Collins (Dundee Hawkhill Harriers)	6:09
2 Matthew Brown (Banchory Stonehaven)	5:56	2 Anna Mcneill (Aberdeen AAC)	6:20
3 Adam Mckeown	5:57	3 Hope Thomson	6:35
FOS Group 2.5km		FOS Group 2.5km	
Boys	min:sec	Girls	min:sec
1 Josh Benton (Deeside Runners)	7:32	1 Emma Swanson (Banchory Stonehaven AC)	8:24
2 Ross Macmillan (Aberdeen AAC)	7:32	2 Shannon Brown (Mearns Academy)	8:51
3 Calum Dempster	7:41	3 Caitlyn Christie	8:54
ConocoPhillips 5km		ConocoPhillips 5km	
Men	min:sec	Women	min:sec
1 Kenny Wilson (Moray Road Runners)	14:42	1 Jenny Bannerman (Inverness Harriers)	17:01
2 Callum Symmons (Aberdeen AAC)	15:10	2 Anna Macfadyen (Edinburgh University)	17:46
3 Jason Kelly (Stonehaven RC)	16:35	3 Clare Stewart (Banchory Stonehaven)	18:22
Stena Drilling Tartan 10km		Stena Drilling Tartan 10km	
Men	min:sec	Women	min:sec
1 Andrew Douglas (Inverclyde AAC)	32:16	1 Clare Bruce (Metro Aberdeen)	38:35
2 Owain Bristow (Aberdeen AAC)	35:12	2 Ali Matthews	41:13
3 Mark McCluskie (JSK RC)	35:49	3 Kerry Prise	42:04
Apollo Duathlon		Apollo Duathlon	
Men	hr:min:sec	Women	hr:min:sec
1 Rob Brookes	1:18:25	1 Coralie Arthur	1:34:02
2 Dan Whitehead (Ballater Bike Station)	1:18:44	2 Clare Whitehead (Ballater Bike Station)	1:35:53
3 Alan Semple (Fleet Feet)	1:20:18	3 Kerry Prise	1:38:21
Trac 15 Mile Trail Race		Trac 15 Mile Trail Race	
Men	hr:min:sec	Women	hr:min:sec
1 Andy Douglas (Inverclyde AC)	1:20:39	1 Debbie Greig (Metro Aberdeen)	1:38:49
2 Kyle Greig (Metro Aberdeen)	1:23:40	2 Veronique Oldham (Cosmic Hillbashers)	1:45:39
3 Callum Symmons (Aberdeen AAC)	1:28:25	3 Nicola Duncan (Carnethy)	1:47:19
Trac 3 Mile Trail Race		Trac 3 Mile Trail Race	
Men	min:sec	Women	min:sec
1 Fergus Wood	20:26	1 Morgan Mcgovern	23:23
2 Angus Wood	20:46	2 Alison Pilichos (Metro Aberdeen)	23:27
3 Clint Hutchison	21:39	3 Rachel Hardman (Deeside Runners)	25:13
Stena Drilling - Conocophillips Corporate Challenge		Stena Drilling - Conocophillips Corporate Challenge	
	hr:min:sec		hr:min:sec
1 Cops and Joggers	4:05:12		
2 Stena Drilling	4:30:30		
3 Sue Ryder - Dee View Court	4:39:31		
Repsol Sinopec Devil of Deeside Challenge		Repsol Sinopec Devil of Deeside Challenge	
Men	hr:min:sec	Women	hr:min:sec
1 Alan Semple (Fleet Feet)	3:50:49	1 Molly Ralphson (Trawden AC)	4:53:51
2 Johnny Lawson (Portobello)	3:54:01	2 Nicolle Hamilton	5:05:33
3 Harry Smith	3:57:38	3 Samantha Rendall (Deeside Runners)	5:08:48

Aberdeenshire Active Schools Awards

▼ Banchory Academy

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 this year Banchory Academy won the trophy in the secondary schools competition, Banchory Primary won the 'large' (i.e. roll of 100 or more) primary schools award and Tarland took the title for 'small' schools. The trophies were presented by Councillor Anne Stirling.



Banchory Primary ►



Tarland ►





MPH Primary Schools 1.5km

Every year close to 1,000 youngsters take part in the MPH primary schools boys' and girls' races and it is here that we may see budding stars of the future taking part. Some previous winners have gone on to make their mark at a higher level, but not always in running events. The 2009 winner, Dionne Milne, from Mosstodloch primary, is now one of Scotland's top discus throwers having won numerous age group national titles and is this year's Scottish universities and colleges champion. Then there's Banchory Stonehaven's Claire McGarvey, winner of the girls' race in 2013 who is now a Scottish schools high jump champion.

This year Thomas Reynolds (Moray Road Runners) won the boys' race when completing the 1.5km course in 5min 39secs while there was a fantastic battle for second position with Matthew Brown pipping his Banchory Stonehaven AC clubmate Adam Mckeown to get the verdict by just one second in 5:56. Beth Collins (Dundee Hawkhill Harriers) was a clear winner of the girls' contest when clocking 6:09 to finish 10secs ahead of Anna Mcneill (Aberdeen AAC) while Hope Thomson was third in 6:34.



MPH
Primary Schools
1.5km

Thomas Reynolds
(Moray Road Runners)



Lillie Noble finishes the MPH
Primary schools run



Beth Collins
(Dundee Hawkhill Harriers)



▲ Left to Right: Hope Thomson, Beth Collins Anna Mcneill, Bert McIntosh (MPH Ltd)

▼ Left to Right: Adam Mckeown, Thomas Reynolds, Matthew Brown, Bert McIntosh (MPH Ltd)



There was a thrilling finish to the FOS Group secondary schools 2.5km with Josh Benton (Deeside Runners) outsprinting Ross Macmillan (Aberdeen AAC) to win by one sec in 7min 31secs while Calum Dempster was third in 7:40.

Josh is a regular competitor at Run Balmoral, having won the MPH primary schools race in 2015 after finishing third in 2014. He is now making a mark on the Scottish junior hill running scene and looks to have a promising future. He will certainly be hoping to follow in the footsteps of the 2006 race winner, Robbie Simpson, who is now one of the world's top mountain runners and also won a bronze medal in the Gold Coast Commonwealth Games marathon in Australia this year.

Emma Swanson (Banchory Stonehaven AC) won the girls' title for the second year in a row when recording 8:24, an improvement of 13secs on her 2017 time. Shannon Brown (Mearns Academy) was second in 8:51 and Caitlyn Christie finished third in 8:53.

Runners head off in the FOS Group 2.5km





▲ Jonathan White (FOS Group), Calum Dempster, Josh Benton, Ross Macmillan

▼ Jonathan White (FOS Group), Caitlyn Christie, Emma Swanson, Shannon Brown.



◀ Josh Benton left about to outsprint Ross Macmillan



◀ Emma Swanson on way to victory



▲ Above: Kenny Wilson
▼ Below: Jenny Bannerman



ConocoPhillips ConocoPhillips 5K

Scotland international Kenny Wilson was in record-breaking form when completing a hat-trick of wins in the ConocoPhillips 5km. The Moray Road Runners club member sprinted through the finishing tape in 14min 42secs to slice four secs off the previous course record set in 2013 by Central AC's Rio 2016 Olympic Games athlete Andy Butchart.

Wilson had never broken the 15min barrier in his two previous Balmoral wins, so was understandably delighted with his performance. He said: "I hadn't thought too much about the record until someone mentioned it to me last week. But after 2km, I was off the pace so I didn't think it would happen. But I pushed on and fortunately managed to get it. "I'm very pleased because I didn't really taper back on my training. It's also great to get a record at Balmoral as the event has such a great tradition."

Callum Symmons (Aberdeen AAC) stayed with Wilson for the opening half of the race before falling back to finish runner-up for the second year in a row while Jason Kelly (Stonehaven Running Club) caught James Adamson on the line to take third spot by one sec in 16:34.

Scotland international Jenny Bannerman (Inverness Harriers), competing at Balmoral for the fourth year in a row, notched her second title in 17:01, the fastest time she has achieved on the Deeside course. She said: "I would have preferred being under 17min but I'm happy. I always enjoy competing at Balmoral because there is such a great atmosphere here."

Great Britain junior cross country international Anna Macfadyen (Forres Harriers) was second in 17:46 with Scotland junior international Clare Stewart (Banchory Stonehaven AC) third in 18:21.

ConocoPhillips ConocoPhillips 5K



▲ Above: Ross Stalker (ConocoPhillips), Clare Stewart, Jenny Bannerman, Anna Macfadyen

▼ Below: Ross Stalker (ConocoPhillips), Jason Kelly, Kenny Wilson, Callum Symmons



Start of the
ConocoPhillips 5km



Stena Drilling Tartan 10K

Great Britain mountain racing international Andy Douglas (Inverclyde AC) won the Stena Drilling Tartan 10km in a canter but admitted it was only a warm-up for the following day's Trac 15 mile trail race, which he went on to win as well.

The Edinburgh-based Caithness athlete cruised up the notorious Balmoral hill, making it seem effortless, and stretched out on the descent to fly to the finishing line in a time of 32min 16secs. It was the third time he has won the race, his previous successes coming in 2010 and 2012, while in 2015 he won the trail race in what remains a course record 1:18:30.

It all served as a useful part of Douglas's build-up towards the 2018 mountain running season during which he hoped to represent Great Britain with distinction, as he has in the past, in both the European and world championships.

Aberdeen AAC's Owain Bristow finished second in 35:12 with JSK Running Club's Mark McCluskie third in 35:48, both men featuring on the podium at Balmoral for the first time.

Claire Bruce score an emphatic victory in the women's division of the 10km, recording 38:35 when finishing 16th overall from a field of 1906 starters. The Metro Aberdeen runner, who battled to overcome injuries and illness over the winter was delighted with her performance.

She said: "I am pleased with my run given the stage I have reached with my training and the time is alright. It was quite hot and a bit windy otherwise I might have been closer to 38min.

When I look back at the list of women who have won this race in the past, it feels really good to have joined them."

Kinloss to Lossiemouth half marathon champion Ali Matthews finished second in 41:13 with 2017 Devil of Deeside champion Kerry Prise third in 42:04.

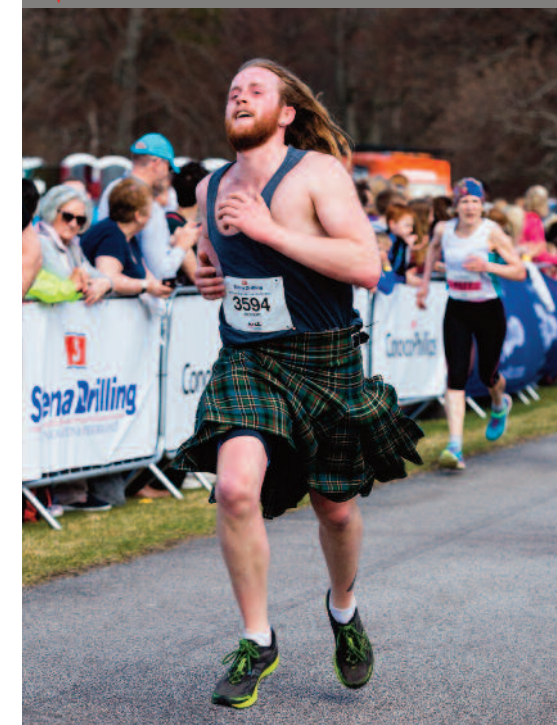
Robert Miller won the prize as the first kilted man in the race when completing the course in 46:37 while Liz Stewart was first woman in 50:18.



▲ Andy Douglas



▲ Above: Clare Bruce
▼ Below: Robert Miller





▲ Claire Bruce, Ali Matthews and Erik Ronsberg (Stena Drilling) ▼ Erik Ronsberg (Stena Drilling), Mark McCluskie, Andrew Douglas and Owain Bristow



10km runners set off from the castle ▶



Nearly there ▼



On their way ▲

A helping hand at the end of the 10km ▶



Stena Drilling-ConocoPhillips Corporate Team Challenge

Cops and Joggers secured the prestigious title for the fourth time in the six-year history of the competition with victory over Stena Drilling in another thrilling contest. The magnificent trophy, made from red deer antler and sycamore wood, will therefore once again be held by the ConocoPhillips team.

CORPORATE TEAM CHALLENGE - WINNERS - FIRST HELD 2013

2013	Aberdeen Sports Village
2014	Cops and Joggers
2015	Cops and Joggers
2016	Aberdeen Sports Village
2017	Cops and Joggers
2018	Cops and Joggers

▼ *Julie Hendry, a member of the successful Cops and Joggers team, was also first in the over-40 age group in the ConocoPhillips 5km - pictured with Ross Stalker.*



Each team had to field four runners in the ConocoPhillips 5km and four runners in the Stena Drilling Tartan 10K. The same runners were able to compete in both the 5km and the 10km if they so wished. Or it was open to field a fresh line-up in each race.

First three teams:-

1. Cops and Joggers 4hr 5min 12sec
2. Stena Drilling 4:30:30
3. Sue Ryder - Dee View Court 4:39:31

The scoring runners for Cops and Joggers in the two races were:

Team Position	5K	10K
1	Tom Jenkins (18:05)	Ryan Smith (40:57)
2	Julie Hendry (19:49)	Karl Lebedis (41:24)
3	Alistair Morrison (19:55)	Jonathan Murray (41:28)
4	Keith Dunnett (20:38)	Russell Willox (42:56)
5	David Wilkinson (22:40)	Keith Dunnett (47:37)

▼ *James Knowles (Chairman, RunBalmoral) presents the trophy to Russell Willox, Jonathan Murray, Karl Lebedis, Ryan Smith, David Wilkinson (non-counting) and Tom Jenkins.*



Rob Brookes enjoyed a record-breaking victory in the men's division of the Apollo duathlon, the outcome of which was in doubt until the final kilometre.

The Cosmic Hillbashers club member, who won the Highland Cross duathlon a few years ago, was lying in third position at the end of the opening 6km run. Portobello's Johnny Lawson led with the 2016 champion, Dan Whitehead (Ballater), in second position just a few metres ahead of Brookes.

Lawson dropped back on the 16km mountain bike stage which ended with Brookes and Whitehead locked together in a fascinating duel.

It was only towards the end of the final 5km run that Brookes edged ahead to win by 19secs with a combined time of 1:18:25.

He said:"Dan sprinted off on the second run and I began to settle for second position. However, on the long uphill section I managed to claw back a little of his lead and on the descent I was able to sprint past him and get enough of a lead."

Whitehead, whose wife Clare finished second in the women's race had to settle for the runner-up spot for a second year in a row.

Aboyne's Coralie Arthur won the women's division of the race by completing the course in a combined time of 1hr 34min 2secs to finish a little under two mins ahead of Ballater's Clare Whitehead who had won in 2017.

Arthur's time was five mins quicker than she recorded over the same course when finishing third twelve months ago.

She was delighted with her success but admitted that the Deeside race was only part of her training for an exciting overseas challenge in July.

Arthur said:"I'll be representing Great Britain in the world cross triathlon championships at Svendborg in Denmark. The Apollo duathlon was an ideal race for me to do as well, as part of my training for Denmark, but I really never expected to win.

"Clare would usually be well ahead of me but I think she was having problems with her bike when I overtook her.

"I'm more of a swimmer and cyclist than a runner, so the 5km and 6km runs were hard for me. But I really enjoy this event. The mountain bike course is amazing with a good mix of uphill and downhill. I can't recommend it highly enough."



Above: Rob Brookes
Below: Coralie Arthur





▲ Steve Leaper (Apollo), Alan Semple, Ron Brookes, Dan Whitehead.



◀ Coralie Arhur receives duathlon prize from Steve Leaper

Brookes and Whitehead on the run ►



On the rack and ready to go ▼



In Transition ▲

Whitehead leads Brookes - cat and mouse ►





TRAC 15 mile Trail Race

Andy Douglas showed few, if any, signs of fatigue from having won the previous day's Stena Drilling Tartan 10km as he skipped to a second impressive victory within less than 24 hours. The Great Britain mountain running international zipped over the testing circuit of the estate in 1hr 20min 39secs to finish three minutes ahead of his closest challenger.

Douglas was satisfied with his weekend's work, saying: "I wanted to test myself before setting off to Colorado for three weeks of altitude training prior to the start of the mountain running season. So, it worked out well, it was exactly what I was hoping for. I always enjoy competing at Balmoral and this year was no different."

Great Britain trail running international Kyle Greig (Metro Aberdeen), who would go on to win the Scottish ultra-trail running title the following week, was runner-up in 1:23:40 while Callum Symmons (Aberdeen AAC), who was second in 2017, finished third in 1:28:25. Symmons had finished second in the previous day's ConocoPhillips 5km. the 2016 race winner, Michael O'Donnell (Inverness harriers), was fourth in 1:29:03.

A few years ago Debbie Greig planned to cycle from her home in Aberdeen to compete in the Balmoral races but, sadly, was knocked off her bike within mins of setting off and sustained serious injuries which threatened to end her sporting career. She has bounced back from that horrendous experience to make a name for herself on the running and triathlon scene – and she finally made it to Balmoral this year, along with husband Kyle, to compete in the Trac 15 mile trail race.

The Scottish duathlon champion was in great form and secured a clearcut victory by completing the course in 1:38:39 to finish 77secs outside the women's record set by Carnethy's Great Britain mountain running international Angela Mudge five years ago.

She said: "I enjoyed it. The course was stunning but the sting in the tail, the long hill with a few miles to go that everyone talks about, was a lot tougher than I expected. I wish I had known about the course record as I might have gone harder, but I was happy enough."

Left to Right: Andy Douglas, and left, competitors enjoying the trail



Veronique Oldham (Cosmic Hillbashers), who won in 2014, finished runner-up for the third year in a row – (behind three different athletes) - clocked 1:45:39 while Ireland international Nicola Duncan (Carnethy) was third in 1:47:19.



TRAC 15 mile Trail Race



▲ Above: Left to right: Danny Hawthorn (Trac), Callum Symmons, Andy Douglas, Kyle Greig

Below: Left to right: Danny Hawthorn (Trac), Nicola Duncan, Debbie Greig. ▼





Debbie Greig



TRAC 3 Mile Race

Braemar's Fergus Wood retained his title in the TRAC three mile trail race when recording 20min 26sec while his triplet brother Angus was second in 20:46. Fergus was outside the course record of 20:02 he set 12 months earlier, but it was still a fine performance. Clint Hutchison, who made a brave effort to stay with Fergus in the early stages, finished third in 21:38

Mora McGovern, who was fourth overall, held off a strong challenge from Alison Pilichos (Metro Aberdeen) to win the top women's prize by four secs in 23:23 while Rachel Hardman (Deeside Runners) was third in 25:13.



Above left to right: Fergus Wood leads Clint Hutchison. Mora McGovern on her way to victory

Below: Running along the banks of the River Dee



Above: RunBalmoral chairman James Knowles presents prizes to Fergus Wood, above, and Mora McGovern below



Lancashire athlete Molly Ralphson was singing the praises of the Run Balmoral race weekend after winning the toughest title on offer during the two- day meeting.

The Trawden AC runner won the women's trophy in the Repsol Sinopec Devil of Deeside Challenge in which athletes had to race in the ConocoPhillips 5km and the Stena Drilling Tartan 10km on the first day before stepping up a gear to tackle the 27km Apollo duathlon followed by the Trac 15 mile trail race on day two.

Ralphson,44, completed the test in a combined time of 4hr 53min 51sec while Nicolle Hamilton (Alyth) was runner-up in 5:05:33,Sam Rendall (Deeside Runners) finished third in 5:08:48 and the over-50 prize went to Ruth Mackenzie (Deeside Runners) in 5:24:17.

The 2017 winner, Aberdeen's Kerry Prise, pulled out with an injury during the final race after having led the competition to that point.

Ralphson said:"The first day here was quite hard for me as I don't normally enjoy road racing, but I have to say the whole thing has been absolutely fantastic.

"The duathlon was my favourite race, because it's good for me to have a biking stage, and I finished fourth overall in it and first in my age group.

Below: Devils ready for action



"I felt strong on the trail race, finishing 16th, but I had absolutely no idea I had won the overall prize. It's impossible to tell where you are in the Devil because you don't know where everyone around you finished in the other races. It's so cool to win but it was a big surprise.

"The whole Balmoral event was brilliant.There was such a great atmosphere and the children's races were brilliant. It is so well organised, everything went like clockwork and, of course, the good weather helped. I'll certainly be going back to my club to start shouting about it."

Aberdeen's Alan Semple retained the men's title in 3:50:49 while Portobello's Johnny Lawson was runner-up in 3:54:02 and Harry Smith, runner-up in 2017, took third spot in 3:57:39. Edinburgh's Robert Watson won the over-50's title when placing fourth overall in 3:59:47.

Below: Devils on the run



Repsol Sinopecs Daisy Dunnett presents prizes to Alan Semple, above, and Molly Ralphson below.





▲ Left to right: Daisy Dunnett (Repsol Sinopec), Sam Rendall, Molly Ralphson, Nicolle Hamilton

▼ Left to right: Daisy Dunnett (Repsol Sinopec), Harry Smith, Alan Semple, Johnny Lawson



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. The miniature railway was again popular. Corporate hospitality is provided at the event for any company or organisation which requests this service and this year we catered for more than 700 guests over the two days.





Charities

Our charity programme continues to thrive and this year we are proud to say we have been working closely with 11 organisations. We estimate that in excess of £100,000 has been raised by participants taking part in the 2018 Balmoral races.

GOLD Nominated Charity

- SensationALL www.sensationall.org.uk/

SILVER Nominated Charities

- Alzheimer Scotland www.alzscot.org
- Friends of Anchor www.balmoral-group.com/friendsofanchor/index.php
- Charlie House www.charliehouse.org.uk
- Kayleigh's Wee Stars kayleighsweestars.co.uk
- Sue Ryder Dee View Court www.sueryder.org/DeeViewAppeal
- University of Aberdeen Development Trust, support dementia research www.abdn.ac.uk
- Walking with the Wounded walkingwiththewounded.org.uk
- VSA www.vsa.org.uk

Affiliated Charities

- The Cornerstone Foundation www.cornerstone.org.uk
- Scotland's Charity Air Ambulance www.scaa.org.uk



Life is precious



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, FOS Group, 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 Insch Scouts, Blair Gibb Complementary Therapy, Braemar Miniature Railway, Braemar Mountain Rescue, Crathie School, Deans of Huntly Ltd, Derek Nutten, Frisks & Svettis, Grampian Fire and Rescue Service, Jim

Wood, 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, Scott Fraser, Stuart Grant, Weleda, Willie Meston.

Suppliers

Angus Forbes Photography, Banffshire Partnership Ltd, Castle Plant, Marsh Central Insurance Services Ltd, Country Flavours of Alford, D S Medals and Trophies, Esslemont Marquees, Field Track Ltd, Front Runner, Gareth Guy, Genny Hire, Grampian Event Security (Jim Wilkin), Grant Considine, Greens of Haddington (Andrew Green), Heilan Loos, Limehouse Design (Ian Milne), Invercauld Estate, Itab, J. Barclay, Jamie Ross, Scotcomputerservices, Scottish Communications, Marathon-photos.com, Mike McDermid, Nixon Hire, Outdoor Discovery, Resultsbase.net, Scottish Ambulance Service, SHB Land Rover Hire, The Aberdeen Movement and Running School, T-Print, Trophies International.

Participation Stats

NUMBER OF FINISHERS PER RACE 2005-2018											
	10K	5K	15 Mile Trail	Duathlon	3 Mile Trail	2.5K	1.5K B	1.5K G	Mile	Other	Total
2018	1906	790	497	230	44	202	422	376			4467
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 2018 ENTRY AND PARTICIPATION NUMBERS						
	2018			2017		
	Number Entered	Number Participated	%Age	Number Entered	Number Participated	%Age
MPH Primary Schools 1.5km Boys	462	422	91	508	434	85
MPH Primary Schools 1.5km Girls	410	376	92	435	371	85
FOS Group secondary schools 2.5km	264	202	77	249	169	68
ConocoPhillips 5km	971	790	81	960	738	77
Stena Drilling 10km	2450	1906	78	2224	1721	77
Apollo Duathlon	286	230	80	255	191	75
Trac 15 Mile Trail race	656	497	76	613	439	72
Trac 3 Mile Race	60	44	73	81	60	74
Total	5559	4467	80	5325	4123	77
Repsol Sinopec Devil of Deeside	142	110	77	108	84	69

Note: Individual race numbers include Devil entrants

