

ATTACHING YOUR RACE BIB

RESULTSBASE

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

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...



EVENT INFORMATION

Saturday 27th & Sunday 28th April 2019



Primary School Races



HARROGATE
SPRING WATER

Secondary School Races



5K Race



10K Race



3 & 15 Mile Trail Races



Devil of Deeside Challenge

A Very Warm Welcome to **RUNBALMORAL 2019**

Welcome to the 22nd annual Run Balmoral races. This year we are excited to be providing every finisher with the first in a unique series of five medals to be presented between now and 2023, each featuring an iconic landmark within and around the Balmoral estate. The 2019 medal will showcase Lochnagar while in subsequent years we will include the Auld Brig o' Dee, Balmoral Castle, Crathie Kirk and Albert's Cairn. I am sure these will become collectible items and runners will want to acquire a complete set.



Run Balmoral has been privileged to have a number of long term sponsors to whom we are extremely grateful, especially given the challenging economic environment in which we all live. We are delighted this year to welcome Bristow and Harrogate Spring Water to our family of sponsors. They will provide backing for the 15 Mile, 3 Mile Trail and 2.5 Mile Secondary Schools races, thereby playing a key role in our Sunday programme.

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 secondary schools 2.5km always attract large numbers of enthusiastic youngsters. The Stena Drilling Tartan 10km and the ConocoPhillips 5km will, as usual attract huge number making the Saturday programme as busy and exciting as ever.

Sunday also promises to be a wonderful occasion as we host the Apollo Duathlon and the Bristow 15 Mile Trail Race and the Bristow 3 Mile Trail Race.

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

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 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 project 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 2019 t-shirt design competition winners, Abby Dear from Fishermoss School in Portlethen and Erin Sutherland from Kemnay Academy. Their illustrations are top class and I'm sure they will be proud to see so many people wearing them. As a result of Abby and Erin's success, we donated £250 to each of their schools to use on a sports related project of their choice.

We are also supporting 10 projects through our Sports Bursary programme this year. The groups to benefit are: Aberdeen AAC (with Northfield and Seaton area Primary Schools), Banchory Academy Running Club, Banchory Primary Running Club, Bramble Brae Primary Young Joggers, Gilcomstoun Primary School, Hill of Banchory Primary School, Inverurie Gymnastic Club, Mill O Forest Primary School, Old Rayne Primary School and St Machar Academy. I wish success to everyone involved in these projects.

Our charity programme continues to thrive and this year I am proud to say we are working closely with Sue Ryder Dee View Court, Kayleighs Wee Stars, VSA, SensationALL, Aberdeen University Trust, Charlie House, Friends of the Neonatal Unit, Cornerstone and Scotland's Charity Air Ambulance.



Commonwealth Games marathon bronze medal winner Robbie Simpson, fourth from left, with some of our charity reps.

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



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.

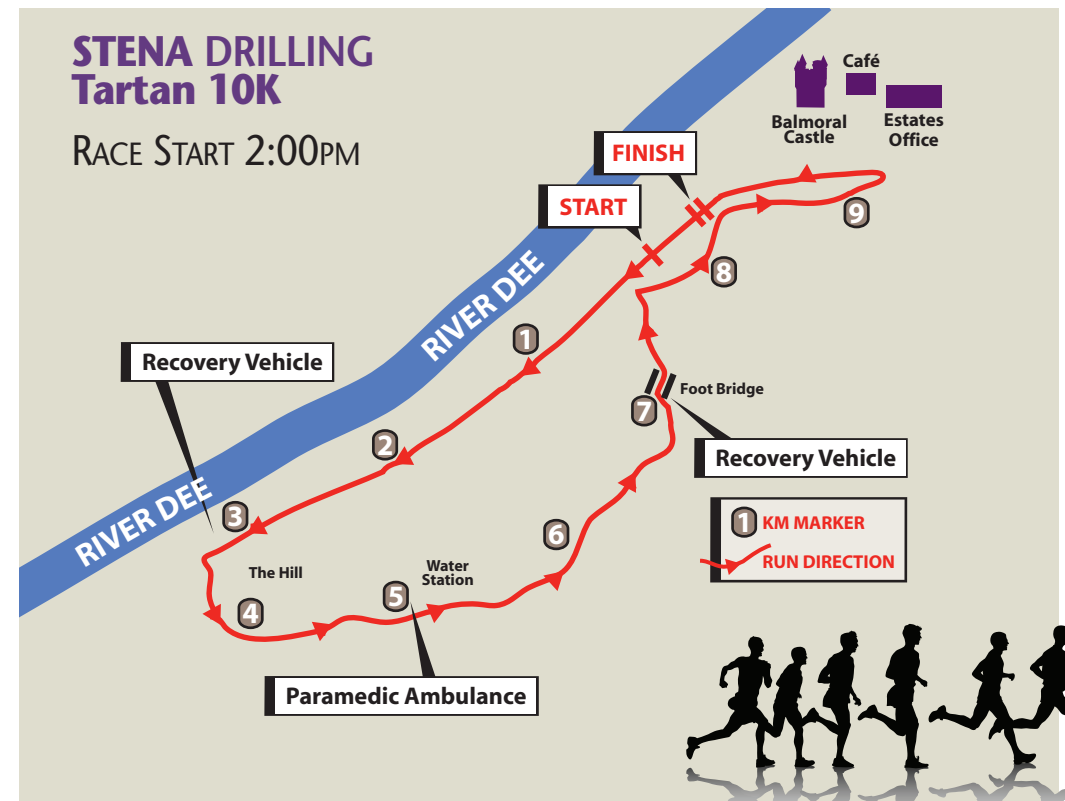
PRIZE GIVING AT 3.30PM AT THE SPONSORS MARQUEE



**GOOD LUCK TO EVERYONE
TAKING PART IN THE
STENA DRILLING 10K
BALMORAL 2019**



www.stena-drilling.com





CONOCOPHILLIPS 5K

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.

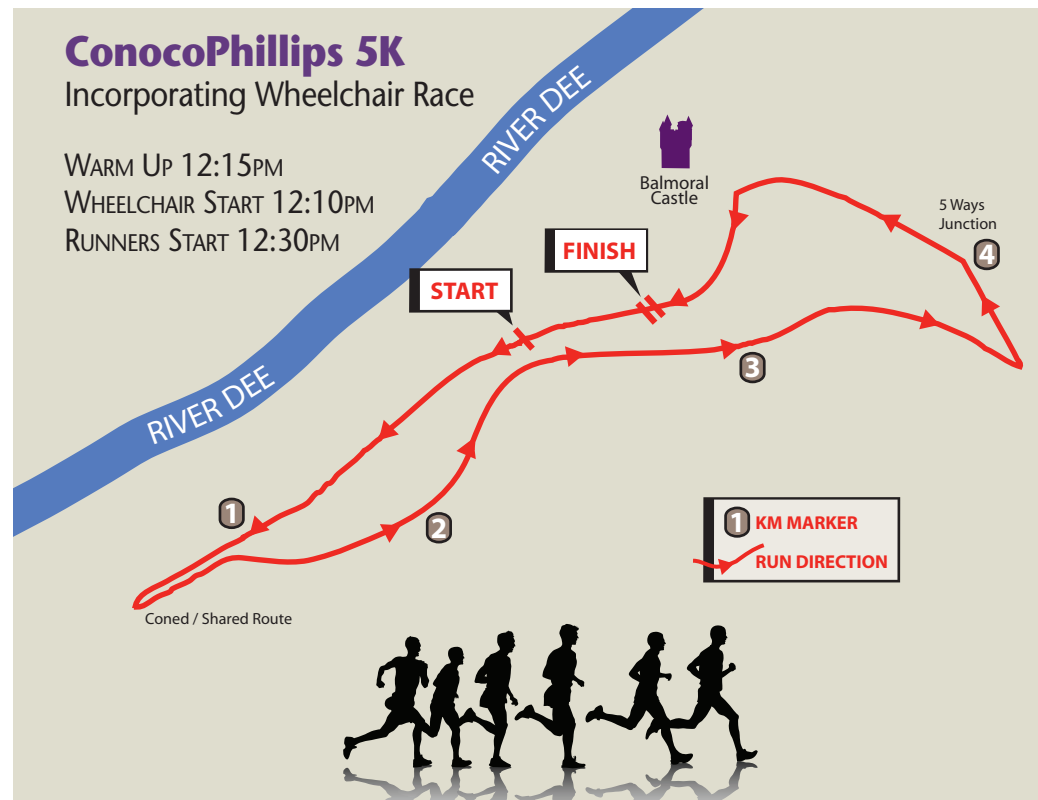
PRIZES:

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.





HARROGATE SPRING WATER 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.

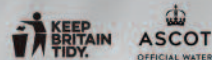
PRIZE GIVING AT 1.15PM AT THE SPONSORS MARQUEE

ALWAYS SPARKLING
EVEN WHEN IT'S STILL

BRITAIN'S NO.1 PREMIUM BOTTLED WATER BRAND
VOTED BEST SPARKLING WATER IN THE WORLD

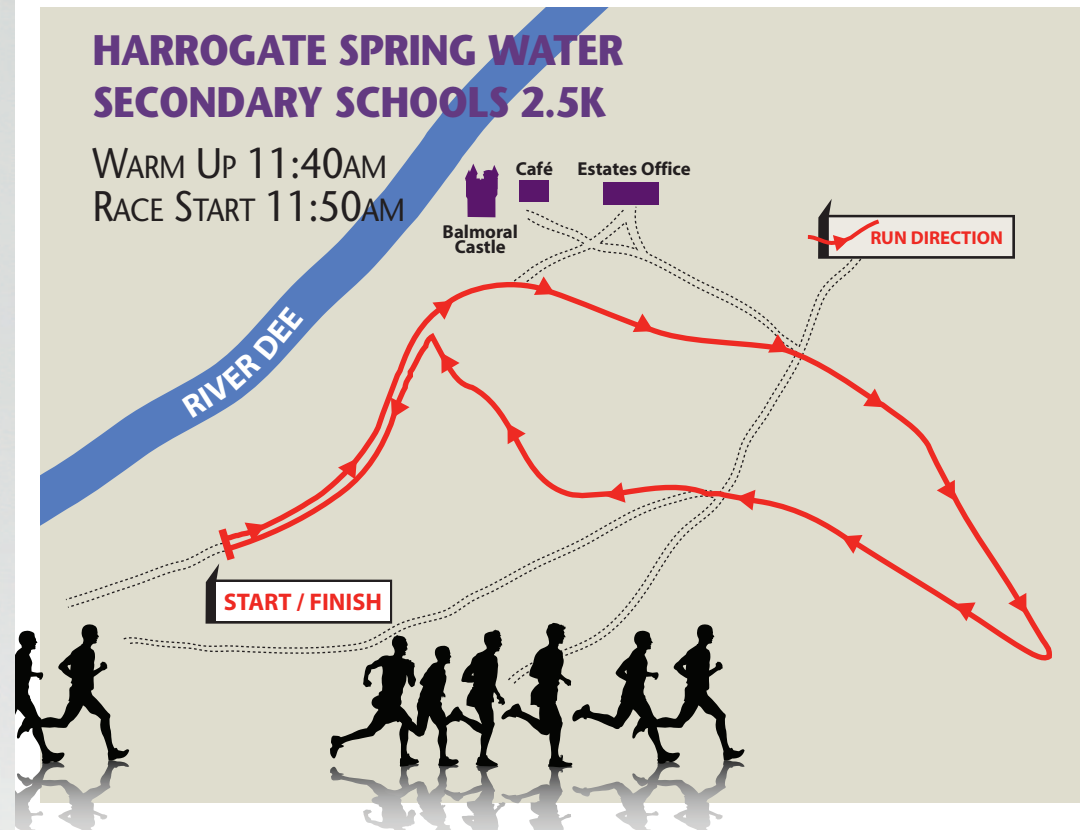


HARROGATESPRING.COM #DRINKORIGINAL



HARROGATE SPRING WATER SECONDARY SCHOOLS 2.5K

WARM UP 11:40AM
RACE START 11:50AM





MIGHTY MAC



MPH MUSEUM



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HEUGHHEAD
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MPH

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- 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.

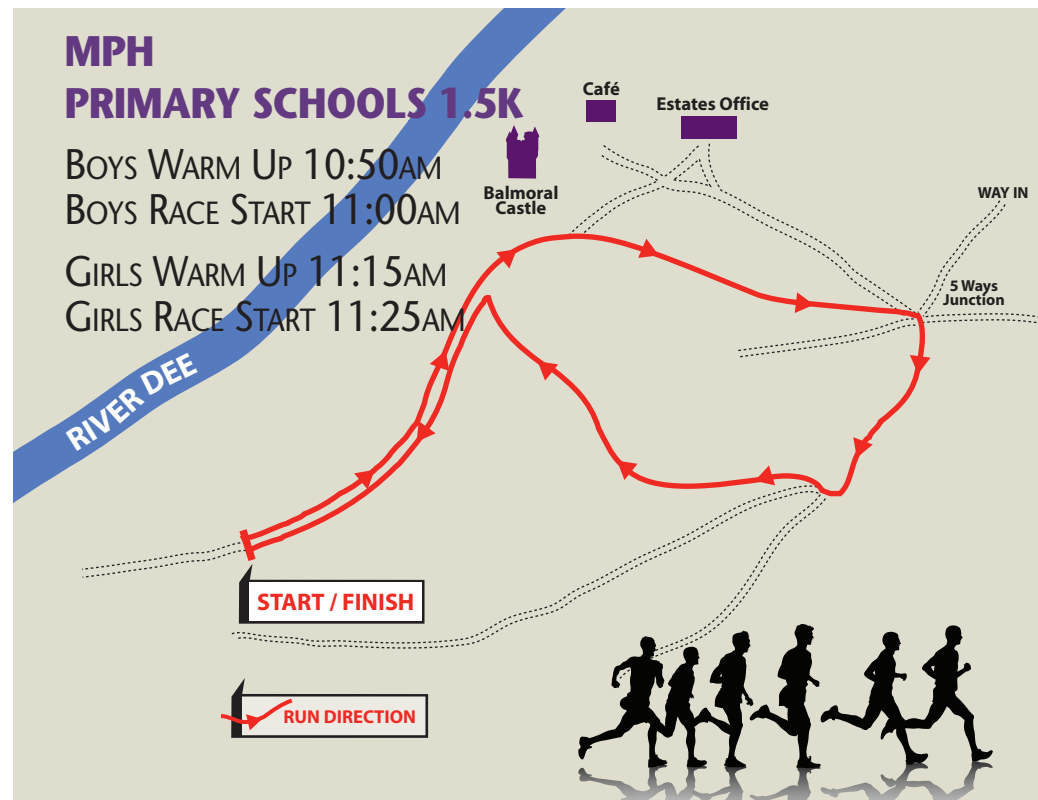
THE COURSE:

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.

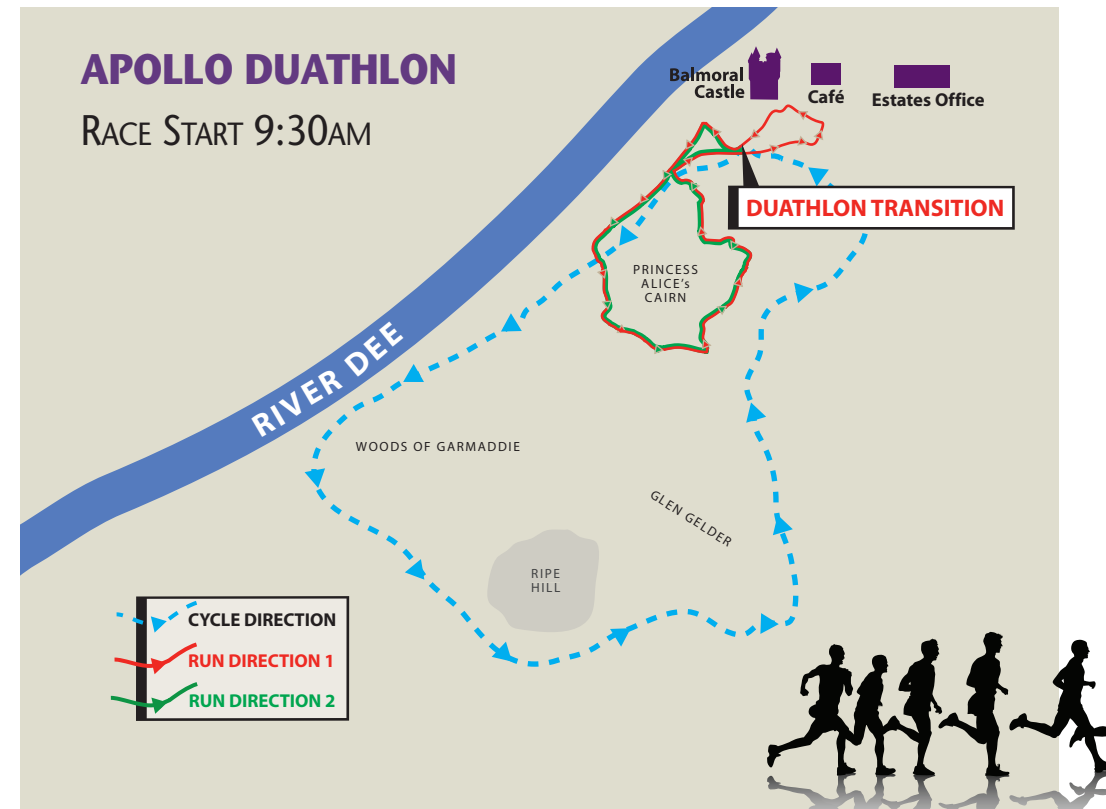
Run 2 (5k)

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





BRISTOW 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

OUR COMMITMENT TO YOU



Bristow: maintaining the highest standards all day, every day. Our relationships are built on trust and integrity - dedicated to bringing you home safely, while helping you achieve your business objectives. Whether you are boarding our aircraft for the first time, or have flown with us throughout our 64-year history, THANK YOU.



WWW.BRISTOWGROUP.COM





THE COMPLETE AVIATION SOLUTION



With more than 60 years of experience, Bristow is your trusted partner working tirelessly developing innovative aviation solutions – on time, on budget and without compromise. In addition to our helicopter, search and rescue, fixed-wing and unmanned aerial vehicle fleets; you get our unmatched safety culture, operational efficiencies and innovating technologies; all leading to end-to-end solutions that help you meet your business obligations; but more importantly, bring you home safely.

WWW.BRISTOWGROUP.COM



BRISTOW 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

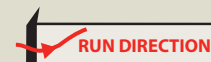
PRIZES:

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

BRISTOW 3 Mile Trail Race

RACE START 1:15PM



START / FINISH

RIVER DEE

CROFTS
WEST LODGE

1 MILE

2 MILE





CORPORATE TEAM CHALLENGE

Can anyone stop the Cops and Joggers from holding on to the Stena Drilling-ConocoPhillips Corporate Team Challenge title?

In its six-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, 2015 and 2017, 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 2020 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.

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
2018 Cops and Joggers

2018: First three teams:

1. Cops and Joggers 4hr 5min 12sec
2. Stena Drilling 4:4:30:30
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)



Run Balmoral Chairman James Knowles, left, presents the trophy to members of the Cops and Joggers team, left to right, Russell Willox, Jonathan Murray, Karl Lebedis, Ryan Smith, David Wilkinson and Tom Jenkins.



Friends
of the
Neonatal
Unit



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Come and join
us as we take
on the city that
never sleeps!

Run through the famous five
boroughs of New York while
taking part in one of the
most iconic marathons in the
world. All in aid of
Aberdeen's Neonatal Unit.



✉ Katie.Kyle@Archie.Org for more information!

Supporting our local communities
and proud sponsor of the



'Devil of Deeside'



"Driving safety, integrity and production efficiency to create a sustainable, valued and profitable business."

repsolsinopecuk.com



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 increased in 2018 with 142 entering and 110 surviving the test.

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 Bristow 5 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 prize from Daisy Dunnett (Repsol Sinopec)



Aberdeen's Alan Semple retained the men's title in 2018 with a combined time of 3hr 50min 49secs - 28secs quicker than in 2017 - while Lancashire athlete Molly Ralphson was first woman in 4:53:51



Molly Ralphson receives her prize from Daisy Dunnett (Repsol Sinopec),

TIMETABLE OF EVENTS 2019

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 & BALMORAL 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

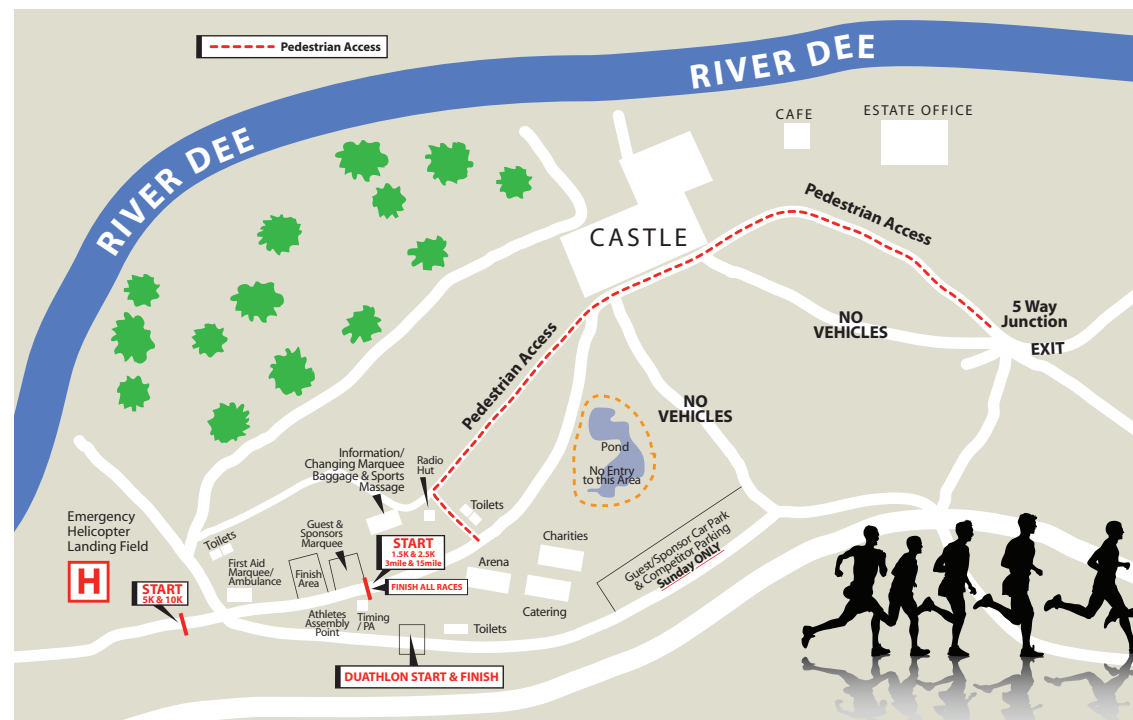
is on grass. Please only park in the designated event car parks and do not park on grass verges. Once you have parked, signs will direct you towards the start & finish areas (25 minute walk approx) or you could take one of our buses operating between the main gate and the Estate office from 9.30am -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

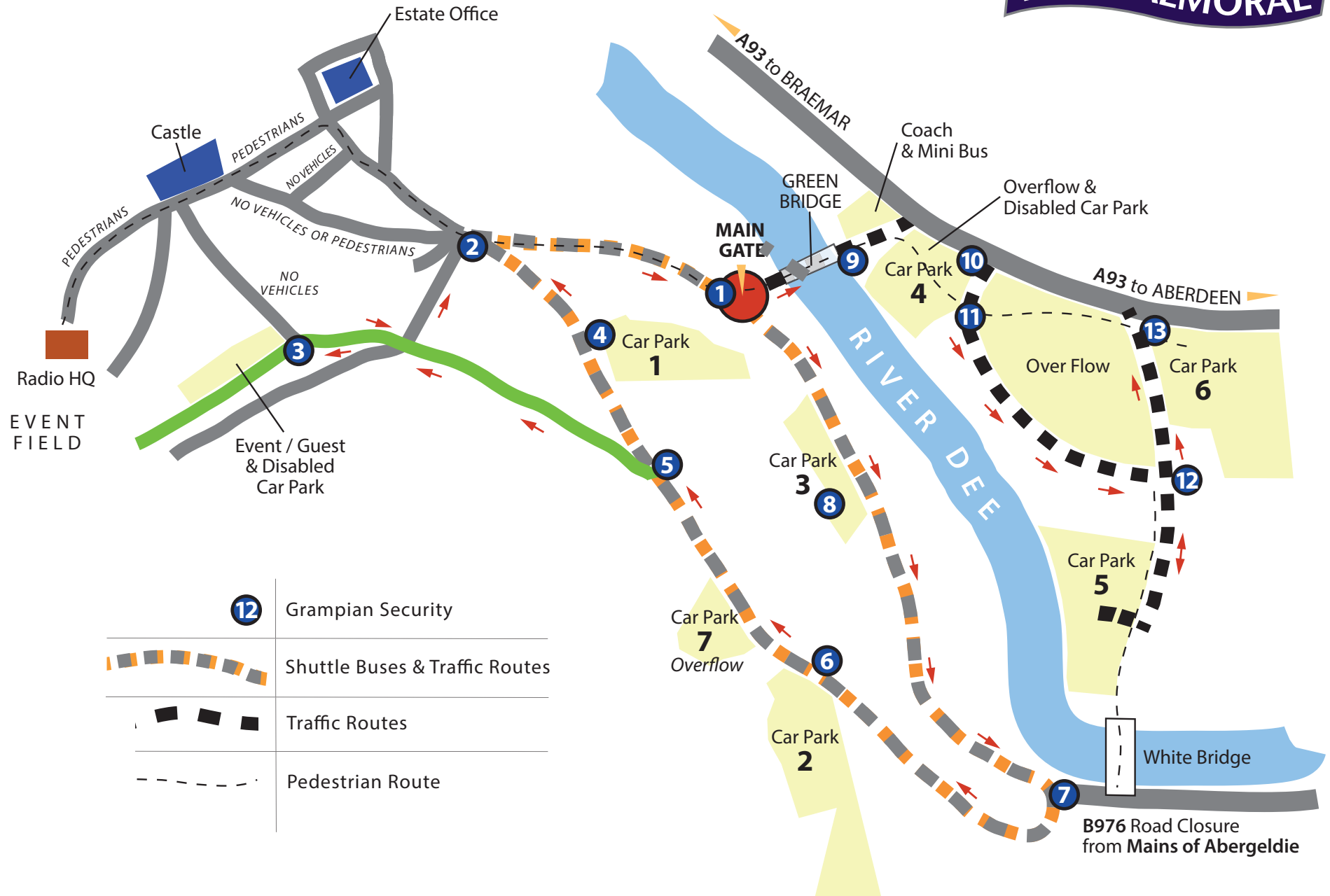
WHAT TO EXPECT AT THE FINISH?: ALL RACES: After running over the mat that will activate your timing chip you will arrive in the finishing enclosure where you will receive a bottle of water (Children will also receive a goody bag), medal and t-shirt. You can then exit the finish area and rejoin your family & 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 | 2019





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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Sue Ryder Dee View Court
Neurological Care Centre

Support the #DeeViewAppeal Brick by Brick and help build bright futures

Just imagine... you're 30 years old and your world is turned upside down by a neurological condition. You can't walk. You can't feed yourself. You can't communicate like you used to. And, you're living in an older people's home because there is nowhere else for you to go...

Sue Ryder Dee View Court is Scotland's only specialist residential neurological care centre. Based in Aberdeen, we care for people aged between 18 and 65 living with neurological conditions including Multiple Sclerosis, Huntington's Disease, Motor Neurone Disease as well as acquired brain injuries through things such as road traffic accidents or a stroke.

We desperately want, and need, to help more people currently living in unsuitable accommodation for their needs get the expert care they deserve. It's why we're expanding Dee View Court.

**To make this a reality, we need to raise
£3.9 million by August 2019.**



It's a big project and one we cannot do alone,
to find out more, or pledge your support:

visit www.sueryder.org/deeviewappeal

 /SueRyderNeuroCare

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**palliative,
neurological
and bereavement
support**

Sue Ryder is a charity registered in England and Wales (1052076) and in Scotland (SC039578). Ref. No. 06123. © Sue Ryder. Feb 2019



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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 6 years, we have donated over £550,000 to more than 250 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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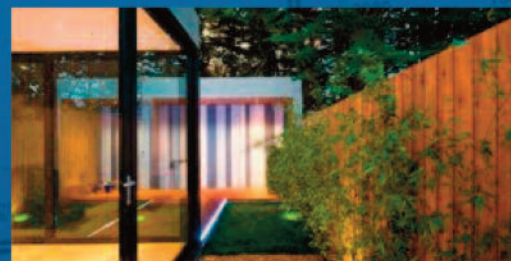
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charliehouse.org.uk/big-build-appeal

To find out more contact bigbuild@charliehouse.org.uk or call 01224 313333



Registered Charity Number: SC042643



Support that saves lives through cancer research

Let's beat cancer together



Anne Smith (right) with her sister Maggie

Cancer is on the increase. One in three people will be diagnosed with cancer in their lifetime, and experts predict that this figure will rise to one in two. It has never been more vital to support cancer research.

Less than two years ago, we launched an appeal to raise £4.5 million for the University's Cancer Research Programme. Incredibly, thanks to the exceptional generosity of so many individuals and organisations, we are almost there. Your support will bring us tantalisingly close to our target.

Aberdeen's research team is using state-of-the-art techniques to improve how cancer is diagnosed and treated and, critically, to discover how it may be prevented. Through the appeal we have already expanded the team, including the appointment of

Professor Valerie Speirs, an expert in breast cancer. With your help, we can further accelerate this vital research.

STV journalist Anne Smith knows all too well the importance of cancer research. After being diagnosed with cancer herself, and responding well to treatment, tragically she lost her sister Maggie to a more aggressive cancer. Anne said: "I'm one of the lucky ones. Eight years on I'm here and able to tell my story. I feel that it's vital that others, like Maggie, who have more aggressive cancers, get the chance of a future. They can only have the chance of a future if the research is there, so what I would say to anyone is please, please support the University of Aberdeen's medical research team and give people the chance of a future. The more research that's carried out means we're that one step closer to finding a cure."

You can donate online at
www.abdn.ac.uk/giving/cancer

For more information please contact
Lisa Chilton on 01224 274113 or
lisa.chilton@abdn.ac.uk

You can view Anne's story at
www.abdn.ac.uk/giving/baird-anchor

*We cannot thank our donors enough –
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Looking Forward
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The University of Aberdeen Development Trust is a charity registered in Scotland no. SC002938.

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"Course is great and has some great running and views. There isn't many opportunities to do a decent 10k around Aberdeen and the shire so having this on the doorstep should inspire everyone to get their running shoes on and sign up!"

Kyle Greig, Previous Winner of Westhill 10K

More details and Online Entry via: wdcsh.org/ or search **Westhill 10K**

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www.vsa.org.uk/volunteer



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Aberdeen

2 June 2019

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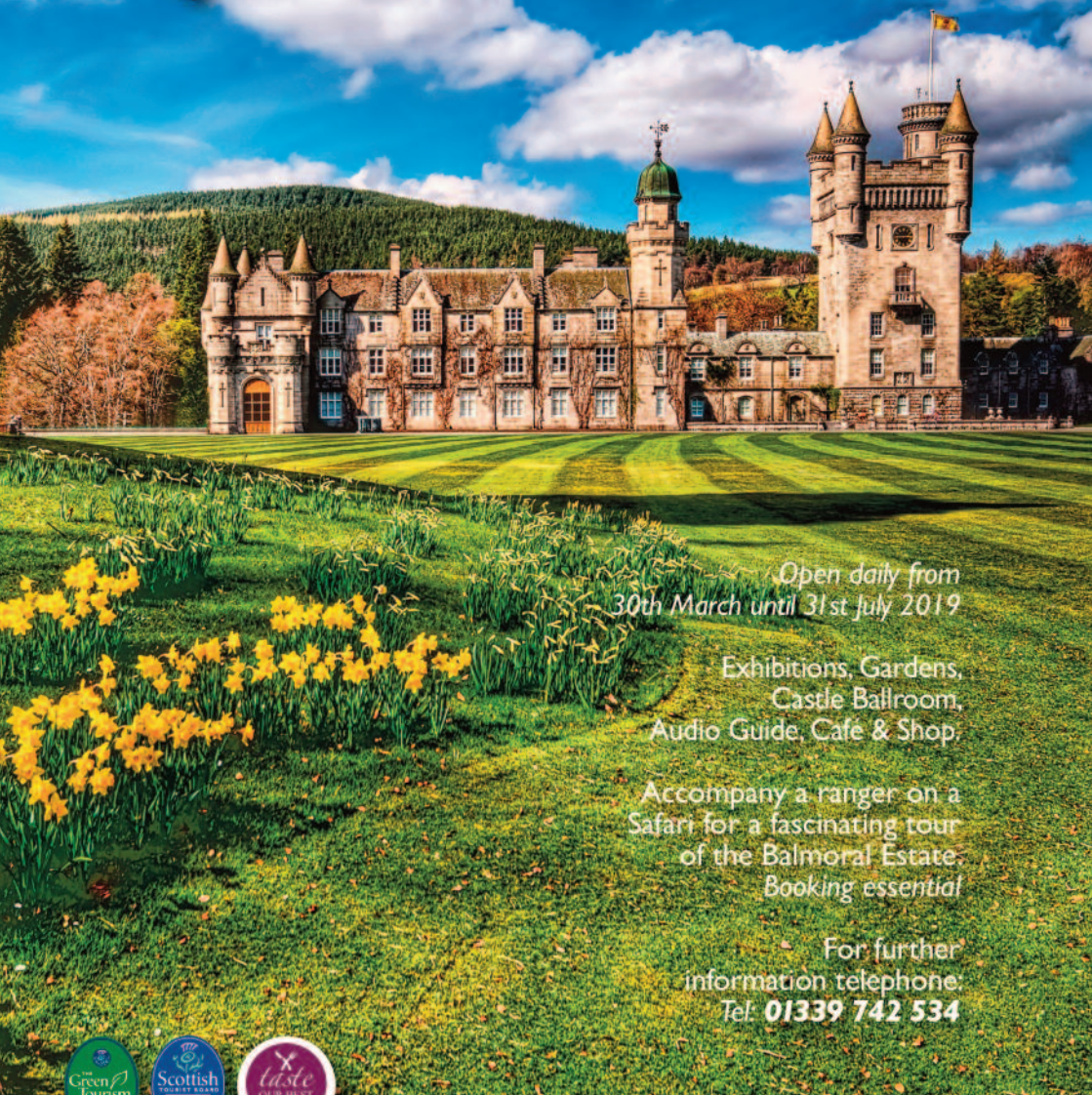
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It's a big project and one we cannot do alone,
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ACKNOWLEDGEMENTS

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.

1st INSCH SCOUTS



1st Inch 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
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