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Balmoral Road Races Ltd

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

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



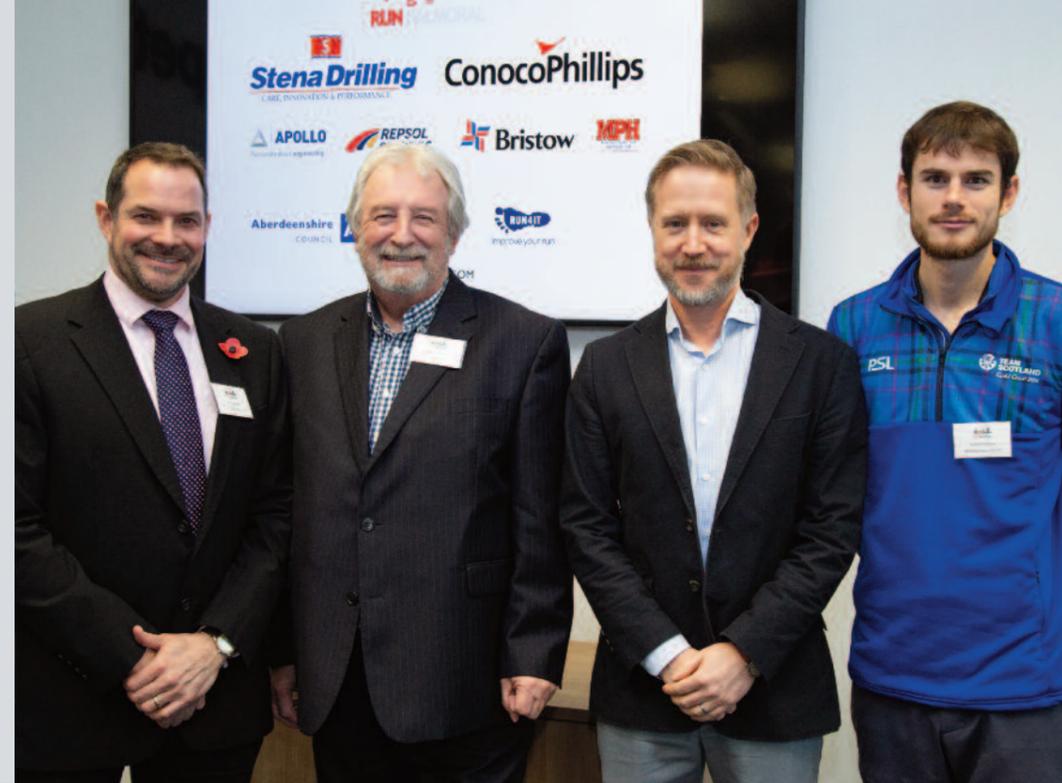
## Highlights - Message from the Chairman

I am delighted to say that for the fourth year in a row we attracted more than 5,000 entrants for our programme of eight races over the two days of Run Balmoral. Of these, more than 4,000 took part, an 80% turnout level, which is comparable with events of this scale. The fixture list is becoming increasingly crowded with many races competing for the same market, which means RunBalmoral have to be on top of our game to keep attracting such high numbers of entries. However, the Board and Management Team are not complacent and will continue to review all aspects of our event in consultation with our sponsors, affiliated charities and, of course, the local running community, and will make any changes which might enhance the event in future years.

There was also a record-breaking run from Angus Wood in the Bristow three mile trail run.

This year we provided 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 showcased 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.

RunBalmoral is one of north east Scotland's biggest participation sporting and community events which engages with local people in so many positive ways. The t-shirt design competition



Pictured left to right:  
Matt Rhodes (Bristow)  
James Knowles  
Ian McCabe (Bristow)  
Robbie Simpson



Scotland International Robbie Simpson, 4th left, with some of our charity mascots.

The large crowd of spectators enjoyed many outstanding performances over the weekend, with Dundee's Beth Collins winning the MPH primary schools girls' race for the second year in a row, Metro Aberdeen's Cameron Strachan coming within two seconds of breaking the ConocoPhillips 5km record and Caithness runner Andy Douglas winning the Stena Drilling 10km for the third time and being just seven seconds adrift of Robbie Simpson's record. Aberdeen's Alan Semple won the Apollo duathlon on his way to taking the Repsol Sinopec Devil of Deeside title for the third year in a row while Alexander Chepelin and Marie Baxter were impressive winners of the men's and women's Bristow 15 mile trail races.

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.

Amazing numbers of volunteers are all 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 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.

We are privileged to have a number of long term sponsors to whom we are extremely grateful. Stena Drilling, ConocoPhillips and MPH Ltd have been involved for many years while Apollo and Repsol Sinopec have continued to extend their association with us. RunBalmoral were also delighted to welcome Bristow on board this year as the new sponsor of our 15 mile and three mile trail races. This is the first time the company has been involved with an event of this nature and hopefully it will have proven to be an enjoyable and worthwhile experience. Harrogate Spring Water also stepped in late in the day to take title sponsorship of the secondary schools 2.5km race and we are very grateful for their contribution.

The support of all our race sponsors, and Aberdeenshire Council, is hugely appreciated, 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 put in

by staff to ensure everything goes so smoothly. Thanks are also extended to our colleagues at Run-4-It, our retail partner, who make a significant contribution to the success of the event.

There has been a change to the Management Team with Garry Marsden, the Visitor Enterprise Manager at Balmoral Estate, leaving last summer to take up a new post at Sandringham. Garry did a wonderful job for many years and we wish him well for the future. His replacement, James Hamilton-Goddard, took up post in January and was quickly and successfully pitched into his new role. I would like to thank the other members of the Management Team - Jackie Stewart, Peter Jennings, Fraser Clyne and Jane Fedo - for once again delivering a fantastic event.

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

Planning is already underway for RunBalmoral 2020 which will take place over the weekend of 18th-19th April I hope you will join us then.



James Knowles, Chairman, Balmoral Road Races Ltd, May 2019.



## RunBalmoral - Sports Bursary

The Run Balmoral Sports Bursary scheme has this year provided financial support to 10 projects which encourage young people to participate in active pursuits. Bursaries have been offered for the past five years and 42 projects benefiting hundreds of youngsters have received financial backing.

James Knowles, Run Balmoral Chairman, said: "We have once again had a tremendous amount of interest in the bursary scheme but, as is always the case, 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 we can support so many of them."

"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."

### The successful bids were:

**Banchory Academy Running Club:** Sports Kit.

**Old Rayne Primary School:** T-shirts for running club and transport to Run Balmoral.

**St Machar Academy:** Girls Football Kit.

**Mill O Forest Primary School:** Hire of bus to take pupils to Run Balmoral.

**Banchory Primary Running Club:** Purchase of run fitness training equipment

**Hill of Banchory Primary School:** Running Club t-shirts.

**Gilcomstoun Primary School:** Sports equipment.

**Inverurie Gymnastic Club:** Safety mat.

**Aberdeen AAC/Northfield/Seaton Primary Schools:** Transport to Run Balmoral.

**Bramble Brae Primary Young Joggers:** Transport to Run Balmoral and running vests.



Bramble Brae Primary



Old Rayne Runners

## T-Shirt Competition

Artistically talented youngsters Abby Dear, 11, and Erin Sutherland, 12, were the winners of our 2019 t-shirt competition after their designs were chosen from a large number of top quality submissions from schools across the north east.

Abby, a P7 pupil at Fishermoss School, Portlethen, saw her colourful illustration appear on the t-shirts for the MPH primary schools 1.5km, while Erin, who attends Kemnay Academy, produced an excellent composition for the Harrogate Spring Water secondary schools 2.5km.

Abby's success inspired other members of her family to take part in the Balmoral races with her niece Jessica joining her in the 1.5km while mum Lisa and her sister Amanda tackled the ConocoPhillips 5km

Erin's success in the secondary schools competition isn't the first time her artistic skills have been recognised, as her mum Anne, explained: "She loves art and her mosaic design was one of four chosen to be displayed outside Kintore school last year. We were proud of her for that - and now she has won this as well."

James Knowles, Chairman of Run Balmoral, praised the high standard of submissions. He said: "We received so many exciting and imaginative drawings, so it was very difficult to choose the winners."

"Abby and Erin's designs 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."

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. Abby received her prize from Bert McIntosh of race sponsors McIntosh Plant Hire Ltd while Erin was presented with her award by James Knowles, Chairman of Run Balmoral.



Run Balmoral!



▲ Abby's Presentation: Left to right - Lucy Taylor (Run-4-It), Bert McIntosh (McIntosh Plant Hire Ltd), Abby, Lisa Dear (mum), Mrs Sayer (Abby's teacher, Fishermoss School).

▼ Erin's presentation: left to right - Lucy Taylor (Run-4-It), Erin, Mark Sutherland (dad), Anne Sutherland (mum), Megan (sister), Lisbeth Paul (Kemnay Academy), James Knowles (Run Balmoral)



## RunBalmoral - Roll of Honour 2019

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

### MPH Primary Schools 1.5km

Boys	min:sec
1 Hugo Denniel ( <i>Albyn</i> )	05:45
2 Luc Macleod ( <i>Banchory Stonehaven</i> )	05:47
3 Wynn Mardall ( <i>Banchory Stonehaven</i> )	05:54

### Harrogate Spring Water 2.5km

Boys	min:sec
1 Kane Noble ( <i>Banchory Stonehaven</i> )	07:51
2 Ross Chalmers ( <i>Newburgh Dunes</i> )	07:53
3 Archie McDonald ( <i>Perth Strathhtay</i> )	07:54

### ConocoPhillips 5km

Men	min:sec
1 Cameron Strachan ( <i>Metro Aberdeen</i> )	14:44
2 Alastair Hay ( <i>Central AC</i> )	14:51
3 Kenny Wilson ( <i>Moray Road Runners</i> )	15:05

### Stena Drilling Tartan 10km

Men	min:sec
1 Andrew Douglas ( <i>Inverclyde AAC</i> )	31:37:00
2 Hamish Wolfe	33:59:00
3 Rowan Boswood	34:56:00

### Apollo Duathlon

Men	hr:min:sec
1 Alan Semple	01:20:15
2 Andy King	01:21:30
3 Dan Whitehead	01:22:38

### Bristow 15 Mile Trail Race

Men	hr:min:sec
1 Alexander Chepelin ( <i>Edin Uni</i> )	01:24:39
2 Kyle Greig ( <i>Metro Aberdeen</i> )	01:26:38
3 Jason Kelly ( <i>Metro Aberdeen</i> )	01:26:48

### Bristow 3 Mile Trail Race

Men	min:sec
1 Angus Wood	19:23
2 Fergus Wood	19:49
3 Ross Chalmers ( <i>Newburgh Dunes</i> )	20:32

### Stena Drilling - Conocophillips Corporate Challenge

	hr:min:sec
1 Cops and Joggers	3:54:00
2 Kayleigh's Wee Stars	4:07:43
3 Stena Drilling	4:18:00

### Repsol Sinopec Devil of Deeside Challenge

Men	hr:min:sec
1 Alan Semple	03:48:58
2 James Adamson ( <i>Metro Aberdeen</i> )	03:55:28
3 Paul Knight ( <i>Metro Aberdeen</i> )	04:06:11

### MPH Primary Schools 1.5km

Girls	min:sec
1 Beth Collins ( <i>Dundee Hawkhill Harriers</i> )	05:59
2 Elspeth Cruickshank	06:21
3 Isla Burns ( <i>Inverness Harriers</i> )	06:23

### Harrogate Spring Water 2.5km

Girls	min:sec
1 Hayley Brown ( <i>Fife AC</i> )	08:25
2 Jaden Lenny ( <i>Fife AC</i> )	08:33
3 Caitlin Christie ( <i>Falkirk Victoria Harriers</i> )	08:35

### ConocoPhillips 5km

Women	min:sec
1 Morag Millar ( <i>Central AC</i> )	16:19
2 Jenny Bannerman ( <i>Inverness Harriers</i> )	17:17
3 Gemma Cormack ( <i>Inverness Harriers</i> )	17:54

### Stena Drilling Tartan 10km

Women	min:sec
1 Claire Bruce ( <i>Metro Aberdeen</i> )	39:59:00
2 Ali Matthews ( <i>Metro Aberdeen</i> )	41:46:00
3 Tracy Brogan	42:40:00

### Apollo Duathlon

Women	hr:min:sec
1 Ruth Mackenzie ( <i>Deeside</i> )	01:44:26
2 Katherine Thomson ( <i>Fleet Feet</i> )	01:45:07
3 Vicky Burt ( <i>Spey Runners</i> )	01:45:22

### Bristow 15 Mile Trail Race

Women	hr:min:sec
1 Marie Baxter ( <i>JS Kintore</i> )	01:44:17
2 Kerry Prise ( <i>Metro Aberdeen</i> )	01:47:26
3 Charlotte Black ( <i>Shetland</i> )	01:48:20

### Bristow 3 Mile Trail Race

Women	min:sec
1 Morven Booth	27:00:00
2 Rosemary Leiper ( <i>Metro Aberdeen</i> )	27:53:00
3 Kirsteen Donald	29:00:00

### Repsol Sinopec Devil of Deeside Challenge

Women	hr:min:sec
1 Katherine Thomson ( <i>Fleet Feet</i> )	05:00:15
2 Ruth Mackenzie ( <i>Deeside Runners</i> )	05:14:52
3 Nicolle Hamilton ( <i>Forfar</i> )	05:17:26

## Aberdeenshire Active Schools Awards

▼ Banchory Primary

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.



▶ Emily Gilmour accepts the trophy for Banchory Academy

▶ Tarland Primary



## MPH Primary Schools 1.5km

The pathway to a life-long love affair with running can begin here with the MPH primary schools boys' and girls' races. Close to 1,000 youngsters take part every year and when we look back through the results we can see many names which now appear in our adult races. Some budding stars of the future might be on show, which is fantastic, but the most important thing is that all those taking part enjoy the occasion and might be inspired to run in other events in the years ahead.

Race starter Andy Dobbie's advice to not set off too fast was innocently ignored the moment he fired the pistol to get the MPH primary schools 1.5km races underway. A tidal wave of energy was unleashed as hundreds of youngsters sprinted off along the pathways in the shadow of the castle.

Aberdeen's Hugo Denniel, a pupil at Albyn school, was first to return, completing the course in 5min 45secs to win the boys' race by two secs from Luc Macleod of Banchory Stonehaven AC. Macleod's clubmate Wynn Mardall, from Ballater, was third in 5:54, followed by Alford's Liam Harper in 5:58.

Beth Collins came within five secs of the course record when winning the girls' race for the second year in a row. The Dundee Hawkhill Harriers club member recorded 5:59, 10secs quicker than her 2018 winning time. It's the fourth fastest time in the 14 year history of the race. Elspeth Cruickshank, from Premnay in Aberdeenshire, was runner-up in 6:21 with Isla Burns (Inverness Harriers) third in 6:23, one second ahead of Rhian Birnie (Youngmeldrum Runners).



MPH  
Primary Schools  
1.5km

◀ Hugo Denniel with  
Bert McIntosh



◀ Left to Right:  
Elspeth Cruickshank,  
Beth Collins, Isla Burns



The secondary schools race is an event which has, over the years, provided a platform for many youngsters to run in front of thousands of spectators in a beautiful traffic-free setting within the magnificent grounds of Balmoral.

Some who have taken part in the past have gone on to become top international athletes, the best known being Banchory's Robbie Simpson, the 2018 Gold Coast Commonwealth Games marathon bronze medallist, who won the secondary schools race in 2006.

Kane Noble led from the start to win this year's race. The Banchory Stonehaven AC runner burst into an early lead and went on to win in 7:51. Ross Chalmers (Newburgh Dunes Running Club) finished strongly to take second position in 7:53, one second ahead of Archie McDonald (Perth Strathtay Harriers), while Thomas Mackenzie (Aberdeen AAC) was fourth in 8:08.

Fife AC runners dominated the girls' race with Hayley Brown taking top spot in 8:25 while her clubmate Jaden Lenny was runner-up in 8:33. Caitlin Christie (Falkirk Victoria Harriers), who led in the early stages, finished third, for the second year in a row, in 8:35, with Aberdeen's Jessica Beaton (Harlaw Academy) fourth in 8:52.





◀ Setting off...

▲ Left to right: Ross Chalmers, Kane Noble, Archie McDonald with James Knowles.

▼ Left to right: Jaden Lenny, Hayley Brown, Caitlin Christie with James Knowles.



◀ Ross Chalmers (left)  
-2nd in boys race and  
Hayley Brown (right)  
- winner in girls race



▲ Above: Cameron Strachan  
▼ Below: Morag Millar



## ConocoPhillips ConocoPhillips 5K

Scotland international Cameron Strachan wasn't at all upset about narrowly missing the course record when outpacing a field of close to 800 runners in the ConocoPhillips 5km.

The Metro Aberdeen runner was in dazzling form as he sprinted clear of his rivals to complete the route in 14min 44secs, just two secs adrift of the record set by Moray's Kenny Wilson twelve months earlier.

Wilson, winner for the previous three years, was left trailing in Strachan's slipstream, eventually finishing third in 15:05 while Ali Hay (Central AC), the 2012 and 2014 race winner, took second position in 14:51.

Strachan said: "I don't really care about the record. I just wanted to win the race and when you look at the guys around me, that was enough for me to be thinking about. I knew if I was going to win I'd get a fast time in any case. It's great to have three Scotland internationals competing here and we were all together for the first 3km before it began to spread out a bit. I felt good and when I got to the corner at 4km I was pretty sure I'd win as I felt I still had enough to give. I've been doing a lot of miles in training recently but I took a couple of days off this past week and eased off. That certainly seemed to have paid off."

Wilson was disappointed that his winning streak at Balmoral has come to an end, but admits there was little more he could have done. He said: "I tried to make a few moves, first on the uphill early on then again after about 2.5km, but I couldn't get away. I just have to accept that they were better than me on the day."

Jason Kelly (Metro Aberdeen) was fourth in 15:57 while Andrew Brown (Team East Lothian) was first over-40 in 16:47.

Morag Millar (Central CC) won the women's race and, for the second time in three years, relegated two-time previous winner Jenny Bannerman (Inverness Harriers) to the runner-up position. The Larbert-based athlete zipped round in 16:19, a time bettered by only nine men, and almost 40secs quicker than she posted on her previous visit to Deeside in 2016.

She said: "I felt much better than when I was here two years ago. There's a good atmosphere here with a nice mix of fast runners and fun runners. It's not often you get the chance to run in a place like this, so I really enjoyed it."

Bannerman, who recorded 17:17, was disappointed with her performance, saying: "I'm not sure why, but I just wasn't up for it today. I never really got going." Gemma Cormack (Inverness Harriers), the 2015 winner, finished third in 17:54 while Joanna Brown (Team East Lothian) was fourth in 18:38. Linda Mcgee (Peterhead AAC) was first over-40 in 21:27.

## ConocoPhillips ConocoPhillips 5K



▲ Above: Left to Right: Alastair Hay, Cameron Strachan, Kenny Wilson

▼ Below: Left to Right: Jenny Bannerman, Morag Millar, Gemma Cormack





There were close to 1800 runners in the Stena Drilling 10km but Great Britain mountain running international Andy Douglas barely noticed any of them as he sped to an impressive victory in 31min 37secs, just seven secs outside Robbie Simpson's 2014 course record.

The Edinburgh-based Caithness athlete, who is a member of North Highland Harriers, took the lead from the gun and was never seriously challenged as he soared up the notorious 1.5km hill which takes competitors to the halfway point on the circuit.

His lead continued to grow on the descent and by the end, as he sprinted past the castle, he was a little over two mins clear of his closest rival.

Douglas, who shortly afterwards set off for a spell of training and racing in Italy, was satisfied with the outcome. He said: "I'm happy with the run as I'm in the middle of some high mileage training. To get the record, I needed to be through halfway in about 16min but I was there in 16:30 so I knew it wasn't going to happen. But I still wanted a decent time so I pushed on down the hill and all the way to the finish.

This was Douglas's third Balmoral 10km win since 2012 and he has also twice won the 15 mile trail race, including a course record-breaking performance in 2015. He added: "I love running here. It's one of my favourite events and I'll keep coming back trying to get closer to the 10km record."

Heriot Watt University mechanical engineering student Hamsish Wolfe was runner-up in 33:59 while Edinburgh's Rowan Boswood, an ultra distance specialist, was third in 34:56.

Metro Aberdeen's Claire Bruce retained the women's title when finishing 24th overall in 39:59. She said: "I'm more than a minute slower than last year and I found it much tougher. I'm not sure why as the overhead conditions were perfect, but it was a bit slippery underfoot.

I was ahead the whole way although it's difficult to know where everyone else is in this race. I was able to glance back at 9km when we turned a corner and knew I was safe then."

Bruce's Metro clubmate Ali Matthews was runner-up for the second year in a row, clocking 41:46 while Aberdeen's Tracy Brogan was third in 42:40.

Stuart Marr won the prize as the first kilted man in the race, recording 51:10 while Fiona Wood was first kilted woman in 50:18.



▲ Andy Douglas



▲ Above: Claire Bruce  
▼ Below: Fiona Wood - kilt champ





▲ Left to Right: Alison Matthews, Claire Bruce, Tracy Brogan

▼ Left to Right: Hamish Wolfe, Andy Douglas and friend



Steve Crawford of Stena Drilling



## Stena Drilling-ConocoPhillips Corporate Team Challenge

Cops and Joggers secured the prestigious title for the fifth time in the seven-year history of the competition with victory over Kayleigh's Wee Stars and Stena Drilling. The magnificent trophy, made from red deer antler and sycamore wood, will therefore once again be held by the ConocoPhillips team.

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.

### CORPORATE TEAM CHALLENGE - WINNERS - FIRST HELD 2013

<b>2013</b>	Aberdeen Sports Village
<b>2014</b>	Cops and Joggers
<b>2015</b>	Cops and Joggers
<b>2016</b>	Aberdeen Sports Village
<b>2017</b>	Cops and Joggers
<b>2018</b>	Cops and Joggers
<b>2019</b>	Cops and Joggers

### FULL RESULTS:-

1	Cops and Joggers	03:54:00
2	Kayleigh's Wee Stars	04:07:43
3	Stena Drilling	04:18:00
4	GGRE Joggers	04:22:27
5	Sue Ryder - Dee View Court	04:36:23
6	University of Aberdeen Development Trust	04:44:52
7	BMI Healthcare	04:51:59
8	Voluntary Service Aberdeen	05:14:35
9	J Area Joggers	05:21:38
10	The Nodding Donkeys	05:35:31

Some of the successful Cops and Joggers team which included Ali Matthews Patrick Wolfe, Hamish Wolfe, Russell Willox, Matt Thompson, Jonathan Murray, and Tom Jenkins.

Hamish Wolfe, who was second in the Stena Drilling 10km, was part of the winning Cops and Joggers team along with his dad, Patrick.



## APOLLO Apollo Duathlon

Alan Semple showed remarkable powers of endurance to win the Apollo duathlon on his way to completing a hat-trick of victories in the Repsol Sinopec Devil of Deeside Challenge.

Aberdeen's Andy King led from James Adamson at the end of the first 6km run but Semple wasn't far behind in a chasing group which included previous winner Dan Whitehead (Ballater) and Paul Knight (Metro Aberdeen).

Semple, who finished 14th in the previous day's 5km (16:46) and eighth in the 10km (36:27), powered into the lead on the 16km mountain bike stage and extended his advantage on the final 5km run to complete the course in 1hr 20min 15sec. King took second position in 1:21:30 while a weary Whitehead took third position in 1:22:38.

Semple went on to complete the Devil contest by finishing fifth in the Bristow 15 mile trail run in 1:35:29 to give him a combined time of 3:48:58 for the four races - the best he has achieved over his three year domination of the competition.

He said: "It's good to get an individual race win, but it's important to pace it properly and always remember there's another run to be done. You can't go quite flat out in any one race."

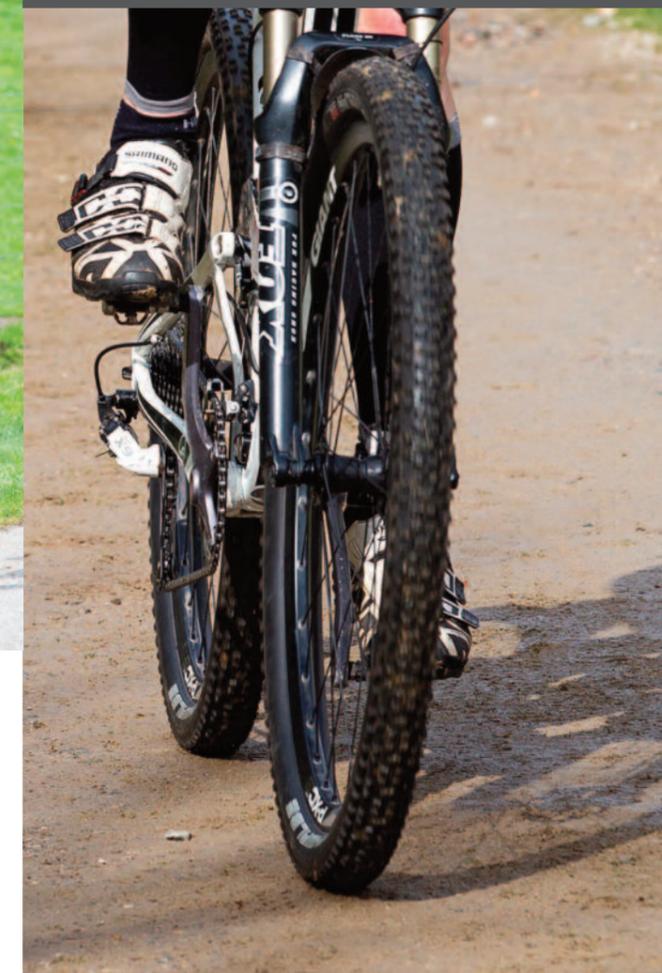
Veteran Deeside athlete Ruth Mackenzie came through strongly to win the women's duathlon in 1:44:26. Katherine Thomson (Fleet Feet) took second position in 1:45:07 while Vicky Burtt (Spey Runners), who led at the end of the opening run, was third in 1:45:22.

That result gave Mackenzie a narrow lead over Thomson and Burtt in the Devil of Deeside Challenge but it was all to change in the final round of the competition later in the day.



▲ Alan Semple on the road to victory

▼ Deeside's Ruth Mackenzie secures top spot in Apollo duathlon





▲ Left to right: Fraser Graham (Apollo), Andy King, Alan Semple, Dan Whitehead.

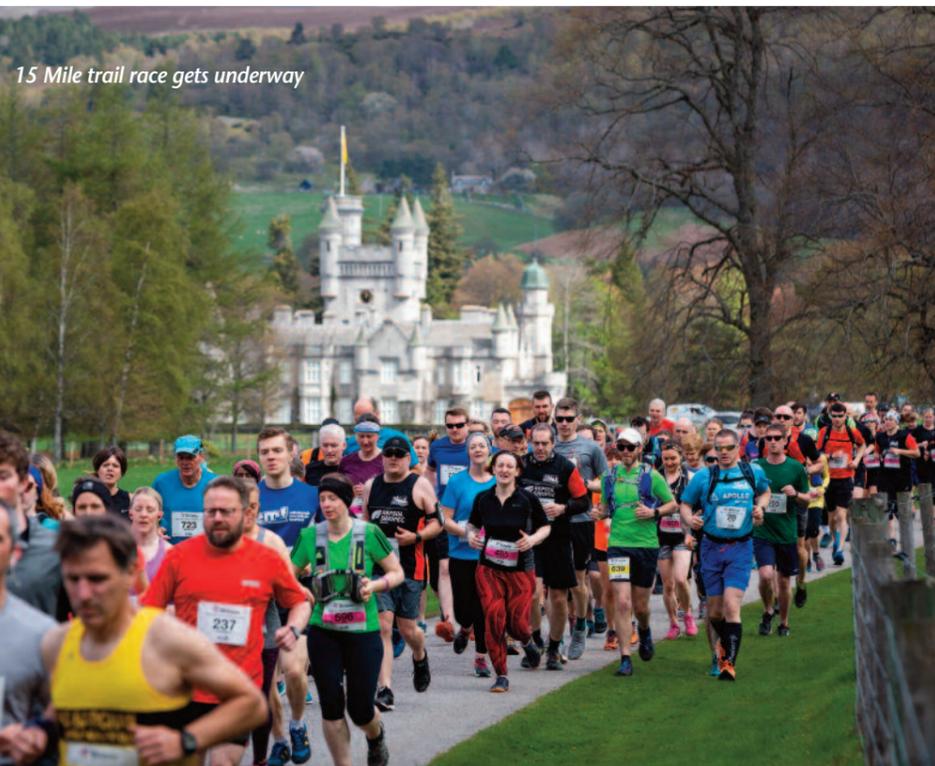
▼ Fraser Graham (Apollo), Katherine Thomson, Ruth Mackenzie.



Aberdeen's Great Britain orienteering international Alexander Chepelin explained why he wasted little time in flying clear of his rivals to win the Bristow 15 mile trail race at Balmoral Castle.

The Edinburgh University student powered over the hills and tracks of the Deeside estate, completing the testing circuit in 1hr 24min 39secs to finish two minutes ahead of Scotland ultra distance international Kyle Greig who in turn held off his Metro Aberdeen clubmate Jason Kelly to take second position with 10secs to spare.

Chepelin said: "I was with Kyle for around 5km but I put in a few surges on the climbs to get away from him. I just wanted to be on my own. I prefer it that way because if I'm running with others I feel the pace gets pushed along too much."



15 Mile trail race gets underway

"I actually wasn't quite sure how to pace it as I'm not used to this sort of distance. I had a vague idea of running at 5min 20secs mile pace if the terrain was good, but the paths were rougher than I was expecting, so that changed it."

"But it's a really nice course. I'd forgotten how beautiful the forests are around here. It certainly helps take your mind off the pain."

Despite having had less than two weeks to recover from competing in the Boston marathon, Marie Baxter (JS Kintore) scored an emphatic victory in the women's race.

The Aberdeen-based runner showed few signs of tiredness as she zipped around the course in 1:44:17. Kerry Prise (Metro Aberdeen), a former Devil of Deeside champion, was second in 1:47:26 with Shetland ultra distance specialist Charlotte Black third in 1:48:20.

Baxter said: "My legs felt remarkably fine other than when I hit some of the hills and the rougher more technical sections. I surprised myself as I really didn't know how it would go so soon after Boston. Sometimes I put too much pressure on myself, but today I went in completely relaxed and it went really well."

"It's the first time I've done this event and I really enjoyed the course but I'm still a bit shocked to have won."



▲ Matt Rhodes (Bristow) with Alexander Chepelin

▼ Matt Rhodes (Bristow) with Marie Baxter



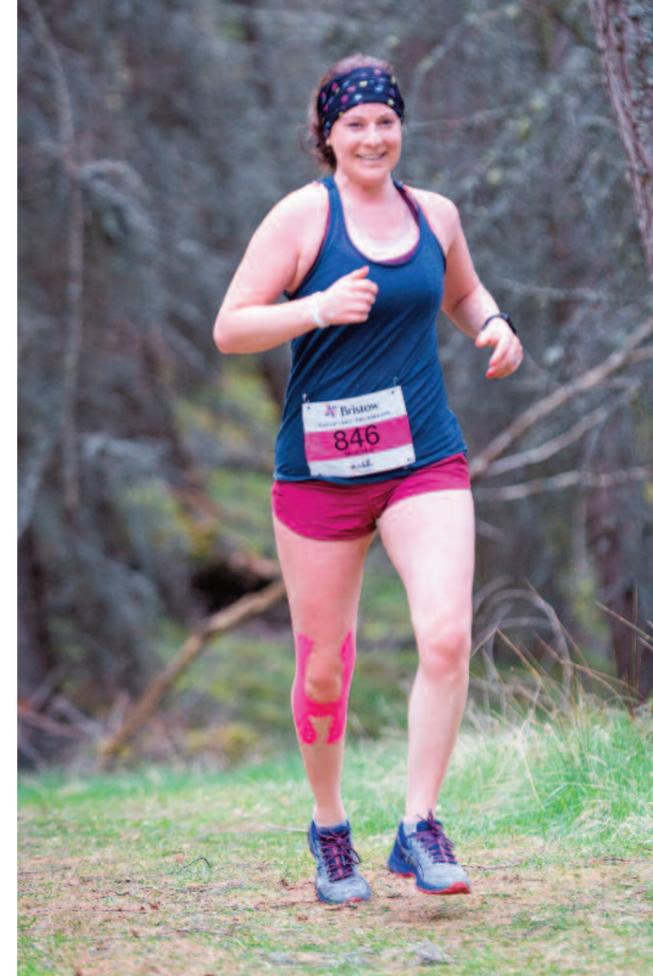
 **Bristow** Bristow 3 mile Trail Race

Braemar's Angus Wood set a record time when winning the Bristow three mile trail race after having finished runner-up behind twin brother Fergus for each of the previous two years. Angus completed the testing course in 19min 23secs with Fergus finishing 26secs behind. Ross Chalmers (Newburgh Dunes Running Club), who was second in the previous day's secondary schools 2.5km, took third spot in 20:32.

Morven Booth led home the women's field in 27:00 with veteran Rosey Leiper (Metro Aberdeen) second in 27:53 while Kirsteen Donald was third in 29:00

*Above right: Morven Booth wins 3 mile trail race and below right, Jim Addison on the run.*

*Below, top: Angus and Fergus Wood  
Below, bottom: 3 mile trail race along the river*





Alan Semple's reign as the undisputed Devil of Deeside champion continued when the Aberdeen athlete won the men's title for the third year in a row. He completed the four races in a combined time of 3hr 48min 58secs - the best tally from his three wins. He was 14th in the 5km (16:46) and eighth in the 10km (36:27) on day one. A victory in the duathlon (1:20:16) was followed by a fifth placing in the 15 mile trail race (1:35:29).

He said: "I reckon that's the best of my three wins so far. The first year you never know what to expect while the second time you go hoping to defend the title. But the third time, it's odd, because people know who you are and there's an expectation to do well and it's good to deliver on that."

"I have been pretty consistent, in terms of my times, over the three years, which is something to be pleased about."

Next up for him is the inaugural world xtreme triathlon championships in Norway where competitors will swim 3.8km in the Hardanger fjord then cycle 180km before running 42.2km to the top of Mount Gaustatoppen.

He said: "I'm looking forward to it. It's quite special to be part of the first world championships and to be one of only 40 people invited to take part."

Dunecht athlete Katherine Thomson's plan was to tackle the Devil of Deeside as nothing more than a good weekend training session - but she ended up winning the women's prize after producing a series of lifetime best performances.

Below: Devils in action



She started off with an 11th position in the women's division of the 5km in 21min 30secs. That was followed by another 11th placing in the 10km, clocking 47:13. On day two she stepped up to finish second behind Ruth Mackenzie in the duathlon (1:45:07) before completing the task with 15th position in the 15 mile trail race in 2:06:24 for a combined time of 5:00:15.

She said: "I thought I'd overdone it by getting a personal best time in the 5km but I went on to run the quickest times I've done at Balmoral for all of the races. It was meant to be a relaxed training weekend so I'll probably be in trouble with my coach."

"I did the Devil for the first time last year and finished fourth, so it's good to have done better this time. I was about nine minutes quicker in total."

"I got injured after doing the Berlin marathon last year and only got started running again in January, so I'm happy with the way things are going. It's all good training for the Celtman xtreme triathlon which I'm doing in June."

The Celtman is a race which features a 3.4km swim in the icy waters of Loch Shildaig, followed by 202km of biking over narrow Highland roads, including 2,000m of climbing, before finishing off with a 42km mountain run across the Beinn Eighe range.

Thomson said: "It's a tough one and this will be my first attempt but I'm looking forward to it."

She added: "Balmoral is such a great event and it's fantastic to see so many people doing the Devil."

▼ A brief break before the next stage

▼ Devil champion Alan Semple in trail race





▲ Left to right: Trish McLauchlan (Repsol Sinopec) with Alan Semple.

▼ Left to right: Trish McLauchlan (Repsol Sinopec) with Katherine Thomson



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. Affiliated 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 have been working closely with nine organisations.

### GOLD Nominated Charity

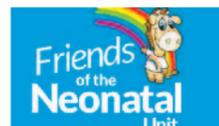
- Sue Ryder Dee View Court: [www.sueryder.org/DeeViewAppeal](http://www.sueryder.org/DeeViewAppeal)

### SILVER Nominated Charities

- Charlie House: [www.charliehouse.org.uk](http://www.charliehouse.org.uk)
- Friends of the Neonatal Unit: [archie.org/friends-of-the-neonatal-unit/](http://archie.org/friends-of-the-neonatal-unit/)
- Kayleigh's Wee Stars [www.kayleighsweestars.co.uk](http://www.kayleighsweestars.co.uk)
- SensationALL: [www.sensationall.org.uk/](http://www.sensationall.org.uk/)
- University of Aberdeen Development Trust: [www.abdn.ac.uk](http://www.abdn.ac.uk)
- VSA: [www.vsa.org.uk](http://www.vsa.org.uk)

### BRONZE Nominated Charities

- Scotland's Charity Air Ambulance: [www.scaa.org.uk](http://www.scaa.org.uk)
- The Cornerstone Foundation: [www.cornerstone.org.uk](http://www.cornerstone.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, Bristow, Harrogate Spring Water, MPH Ltd , Repsol Sinopec, Aberdeenshire Council, Balmoral Estate, Run-4-It.



### Suppliers

Angus Forbes Photography, Appin Sports, Banffshire Partnership Ltd, Castle Plant, Marsh Central Insurance Services Ltd, Country Flavours of Alford, 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, J Ross IT Ltd, Scottish Communications,

Marathon-photos.com, Mike McDermid, Nixon Hire, Outdoor

Discovery, Resultsbase.net, Scottish Ambulance Service, SHB Land Rover Hire, Telehandler Hire, Trophies International.



### 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, BMI Healthcare, Braemar Miniature Railway, Braemar Mountain Rescue, Crathie School, Deans of Huntly Ltd, Derek Nutten, Enquest, Friskis & Svetits, Grampian Fire and Rescue Service, Jim Wood, Local GPs and Physios, Local



## Participation Stats

NUMBER OF FINISHERS PER RACE 2005-2019											
	10K	5K	15 Mile Trail	Duathlon	3 Mile Trail	2.5K	1.5K B	1.5K G	Mile	Other	Total
2019	1757	778	482	197	37	143	408	342			4154
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 2019 ENTRY AND PARTICIPATION NUMBERS						
	2019			2018		
	Number Entered	Number Participated	%Age	Number Entered	Number Participated	%Age
MPH Primary Schools 1.5km Boys	446	408	91	462	422	91
MPH Primary Schools 1.5km Girls	393	342	87	410	376	92
Harrogate Spring Water Schools 2.5km	175	143	82	264	202	77
ConocoPhillips 5km	997	778	78	971	790	81
Stena Drilling 10km	2225	1767	79	2450	1906	78
Apollo Duathlon	252	197	78	286	230	80
Bristow 15 Mile Trail race	634	482	76	656	497	76
Bristow 3 Mile Race	45	37	82	60	44	73
<b>Total</b>	<b>5167</b>	<b>4154</b>	<b>80</b>	<b>5559</b>	<b>4467</b>	<b>80</b>
Repsol Sinopec Devil of Deeside	124	91	73	142	110	77

Note: Individual race numbers include Devil entrants

