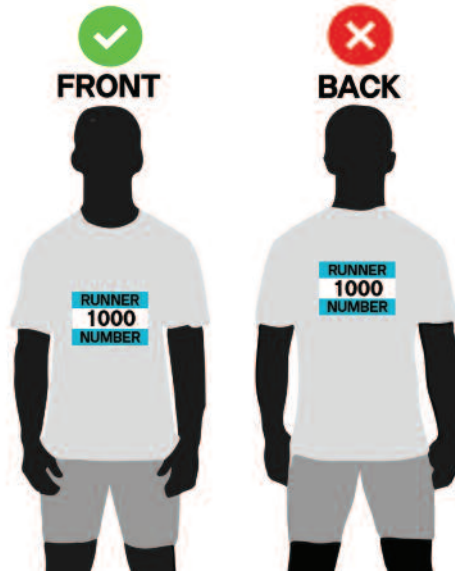
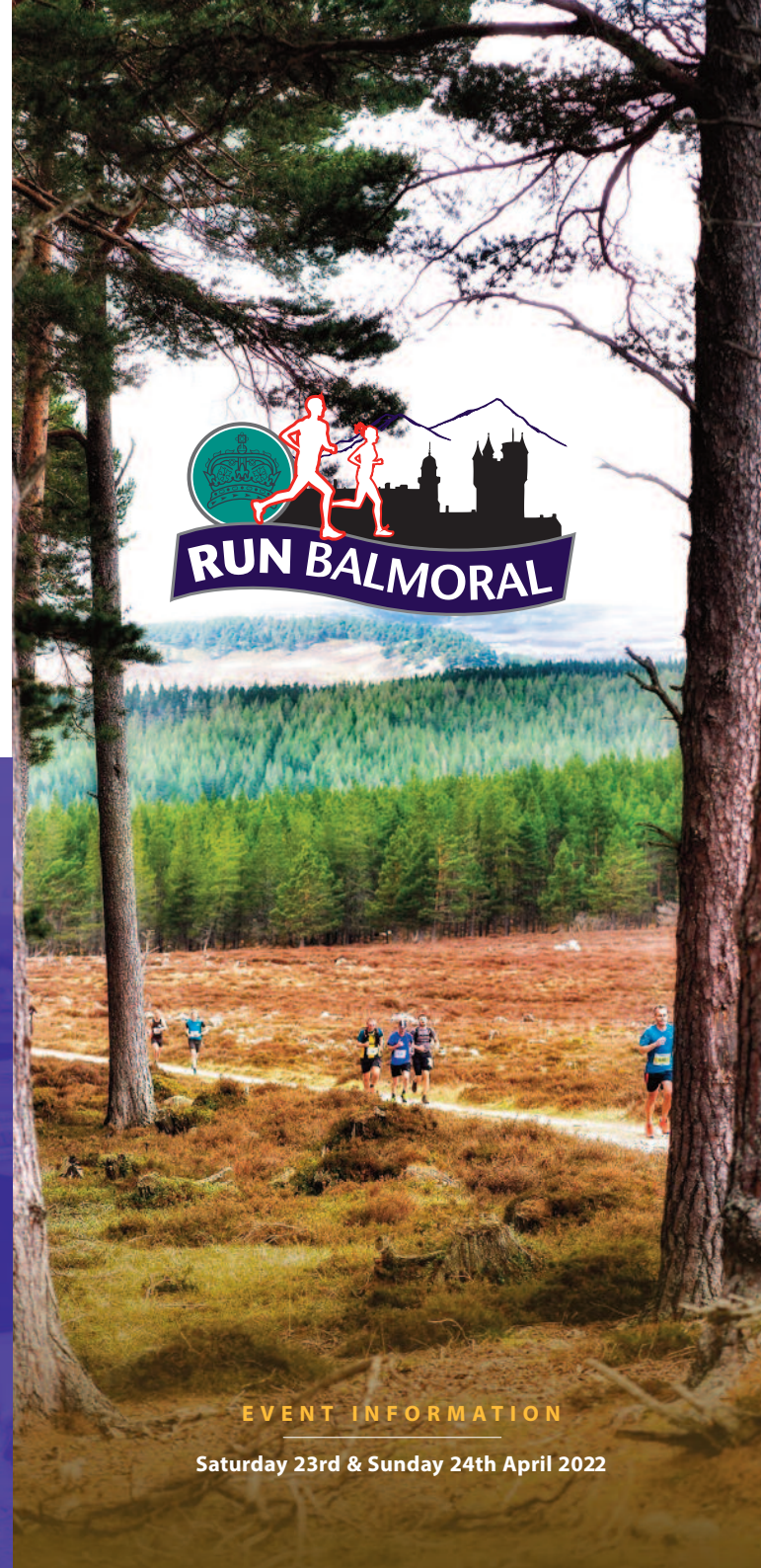


Please make sure that it is clearly visible on the **FRONT** your running top.

Do **NOT** cover the bib with any item of clothing nor bend, twist or fold the bib as this could result in no time.



GETTING YOU READY FOR THE START LINE & BEYOND



EVENT INFORMATION

Saturday 23rd & Sunday 24th April 2022

A Very Warm Welcome to **RUNBALMORAL 2022**

Welcome to the 23rd annual Run Balmoral races and family weekend. We are excited to be back after a three-year absence. The pandemic forced us to cancel the 2020 event at relatively short notice and continuing restrictions meant the 2021 races could not go ahead either. But, all through that long period we have been planning for our return.

Obviously, it has been a difficult period for everyone so I would like to thank all of you who have continued to support us. Run Balmoral could not happen without our sponsors, some of whom have been with us on a long term basis. MPH Ltd and Stena Drilling have been on board for many years while Apollo and Repsol Sinopec have also become loyal and valued partners. Bristow joined our family of sponsors in 2019 and have returned this year, bringing some exciting ideas to the table.

I am very pleased that Harbour Energy has taken title sponsorship of our 5km race. ConocoPhillips was, for a long time, a valued supporter of Run Balmoral and it's fantastic that Harbour Energy has committed to maintain this involvement. I look forward to working with them to further develop our event.

We also welcome Aon as sponsor of the secondary schools 2.5km. This is a race which has provided a platform for many future Scotland and Great Britain internationals to enjoy the experience of running in a major event for the first time. Hopefully we'll see some more stars of the future this year.

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 Aon secondary schools 2.5km, always attract large numbers of enthusiastic youngsters. The Stena Drilling Tartan 10km and the Harbour Energy 5km will, as usual attract huge numbers, making the Saturday programme as

busy and exciting as ever. Sunday also promises to be a vibrant 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 fourth 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.



We also have a thriving Albyn Hospital Event Village which offers a range of catering outlets and a number of fun activities for youngsters. We are grateful to Albyn Hospital for sponsoring this important aspect of the Run Balmoral weekend. Our retail sponsor Run4It will have a shop on site and our official charities will also have a visible presence. And, as a new initiative, we will have top quality video coverage of the event, with drone footage (weather permitting), courtesy of sponsors Tidy Green Clean (TGC).

This year we are offering runners the second in our series of five medals to be presented between now and 2025, each featuring an iconic landmark within and around the Balmoral estate. The 2019 medal showcased Lochnagar while this year we feature Balmoral Castle. In future we will include the Auld Brig o'Dee, Albert's Cairn and Crathie Kirk.

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 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.

RUNBALMORAL - Always a Thriving 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. The weekend could not take place without the remarkable partnership between our valued sponsors who play a huge role in the economic and social life of the region; the hundreds of wonderful volunteers drawn from the local area; our charity partners who offer support to so many worthy causes; and the event suppliers, the majority of whom are based in the north east. st.

Of course, I must also thank the thousands of runners of all ages who sign-up for our races. You have been extremely patient in waiting so long to be able to come here again and we are very appreciative that's so many of you were willing to have your entries carried over from 2020.

I'd like to congratulate our 2022 t-shirt design competition winner, Mia McDermid from Westpark school in Aberdeen. Mia's design was to have appeared on the 2020 t-shirts, but, as the event was cancelled because of the pandemic, it is only now that she will actually get to see her design appearing on the MPH 1.5k t-shirt. Mia is now at Northfield Academy. Her former school, Westpark, has developed an amazingly popular

running club and Mia's £250 prize for winning the competition went towards the fund-raising scheme for a track which has been constructed at the school.

Our charity programme continues to thrive and this year I am proud to say we are working closely with VSA, Kayleighs Wee Stars, Aberdeen University Development Trust, Charlie House, and Scotland's Charity Air Ambulance.

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. 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, welcome the thousands of spectators who come to Balmoral to watch the races over the weekend. 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:

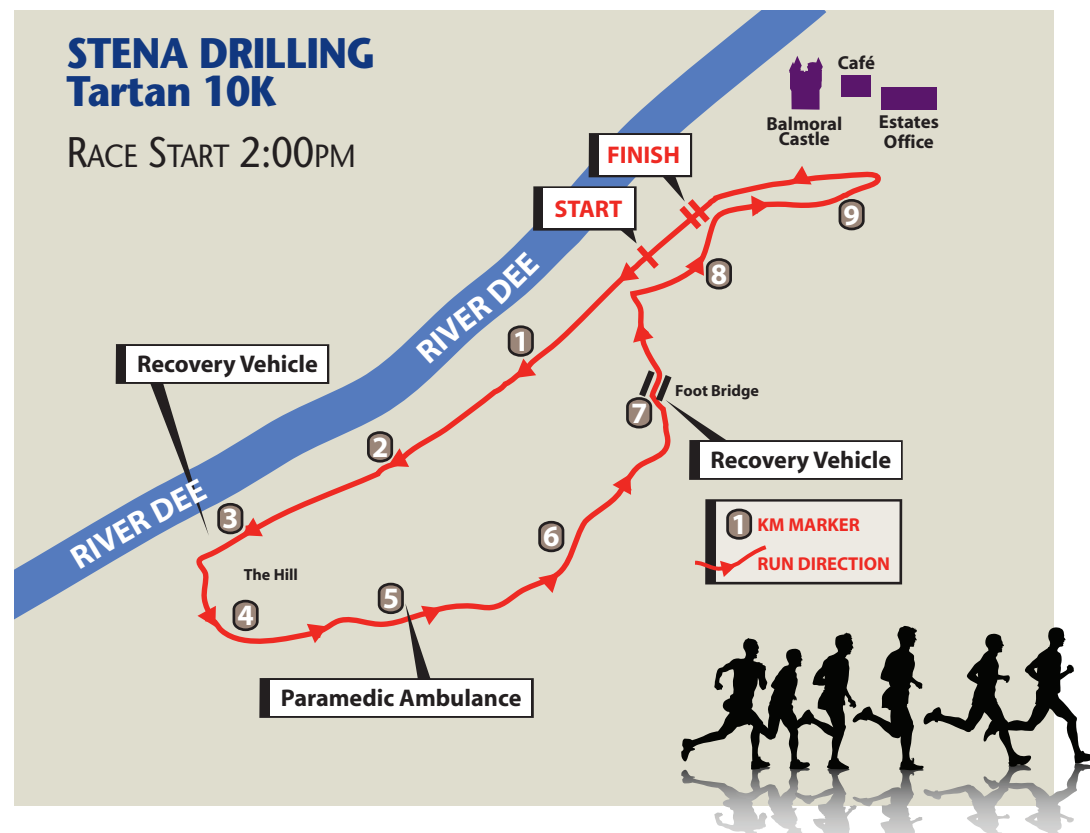
First three men and women overall. First man and women in, Vet 40, Vet 50 and Vet 60 categories.

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 2022**





5K Sponsor

RunBalmoral

Harbour Energy is proud to be a supporter of RunBalmoral.

As a company, we have an ongoing commitment to supporting the local community through events, investing in education, developing skills and encouraging enterprise.

We are proud to be part of the communities where we operate, and relationships play a vital role day-to-day in connecting us with something that is greater than ourselves.



HARBOUR ENERGY 5K

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

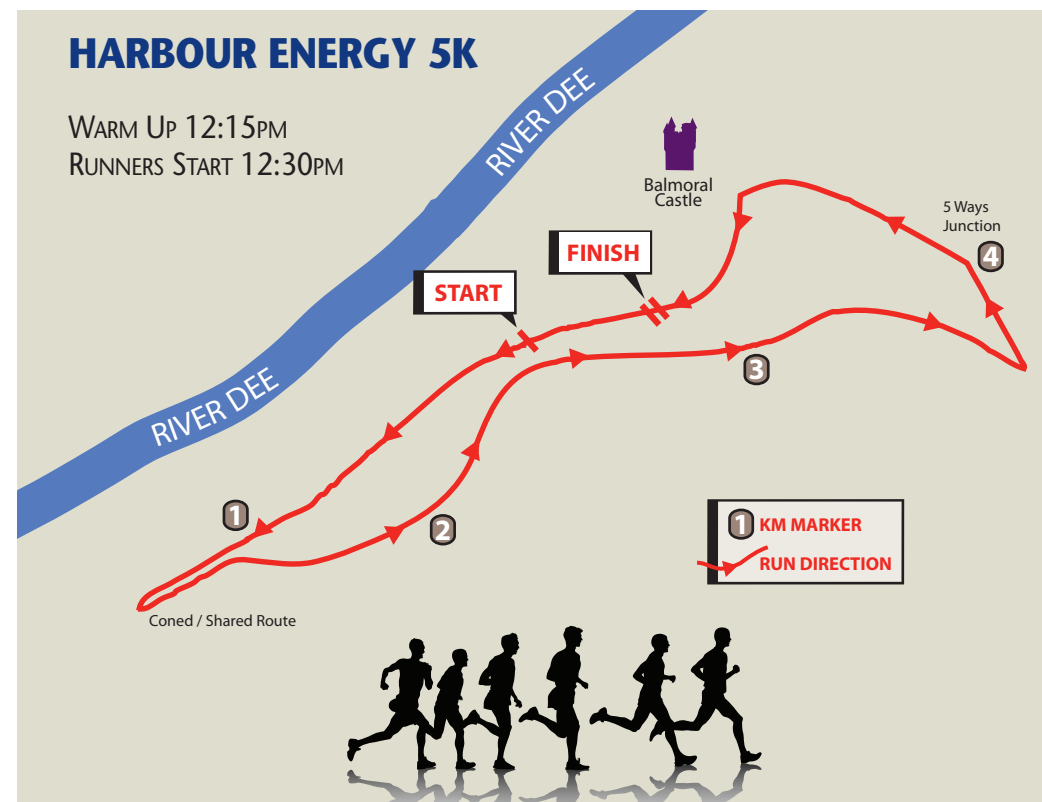
THE COURSE:

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, 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



With you every step of the way

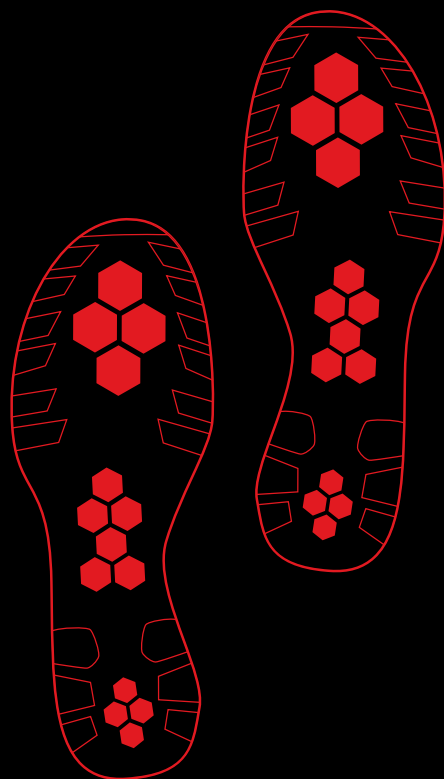
Aon's Private Clients team arrange insurance for those with a little more to protect. We provide a tailored service, understanding your requirements and creating personalised solutions from a broad range of insurers.

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AON 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.

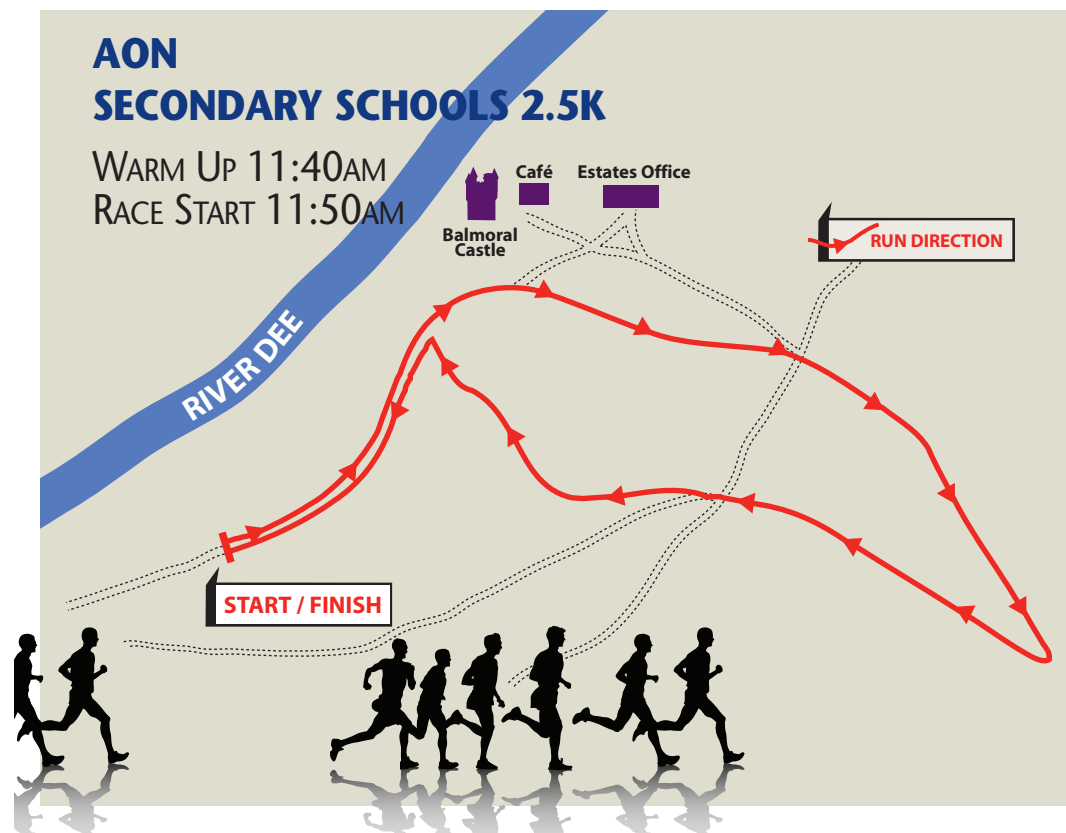
THE COURSE:

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





MIGHTY MAC



MPH MUSEUM



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MPH

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- 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.

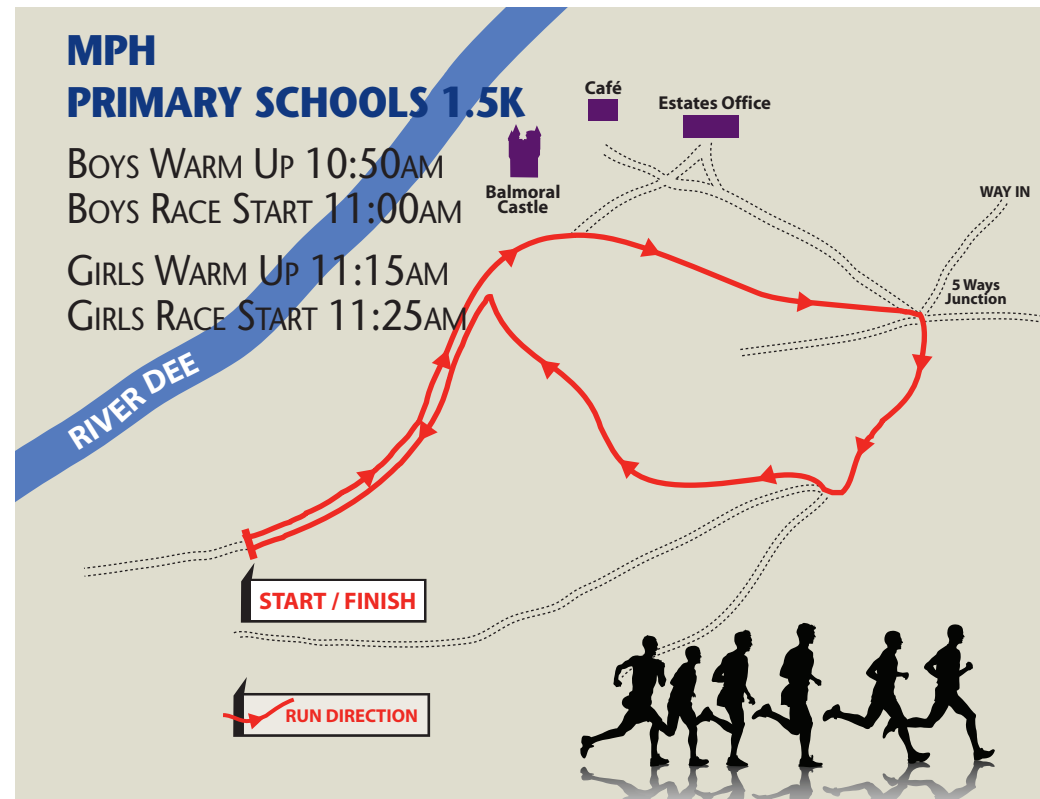
THE COURSE:

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

RUN / CYCLE / RUN

Apollo is a front-end and through-life service provider enabling clients easy access to a highly-skilled advisory and engineering capability spanning Energy Transition, Carbon Energy, Sustainable Energy, Digital Applications and Technical Placements.

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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.

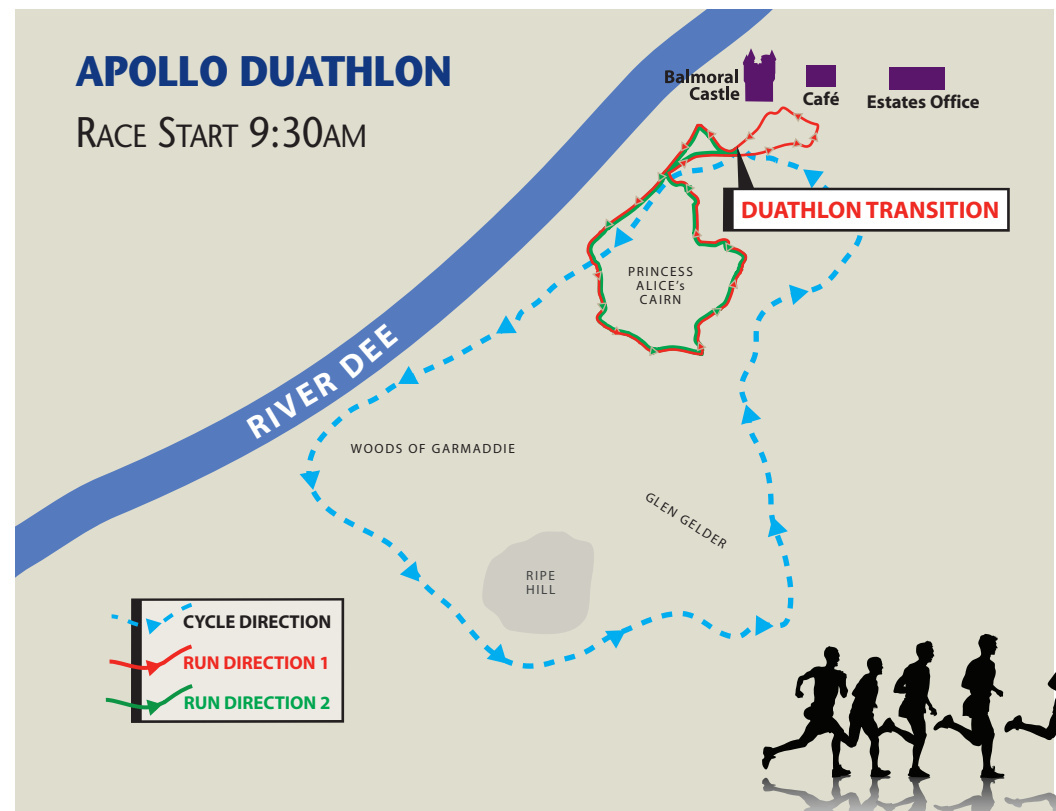
PRIZES:

First three men and women overall. First man and women in, 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

APOLLO DUATHLON

RACE START 9:30AM





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- Maintain the highest safety standards; every day and at all times,
- Foster open and honest relationships built on trust and integrity,
- Deliver high-quality efficient and reliable vertical flight solutions, and
- Help our customers achieve their business objectives safely and on-time.

Our relationships with our customers mean the world to us and our global teams are working hard every day to proudly serve you.



www.bristowgroup.com



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, 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

BRISTOW 15 MILE TRAIL RACE

START 1:00PM





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, 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

The global leader in **innovative** and **sustainable** vertical flight solutions



Whether transporting personnel to offshore energy installations, constructing or maintaining offshore wind capability, or in need of emergency medical evacuation and Search and Rescue services, Bristow has your integrated vertical flight solution. Our operational capability, underpinned by our Target Zero culture of safety, makes us your perfect flight solution partner.



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BRISTOW 3 Mile Trail Race

RACE START 1:15PM



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CORPORATE TEAM CHALLENGE

WHO IS GOING TO WIN THE STENA DRILLING-HARBOUR ENERGY CORPORATE TEAM CHALLENGE TITLE?

In its seven-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 – Harbour Energy Corporate Team Challenge.

Cops and Joggers are the current holders (see photo), having won when the event was last held, in 2019. They also won in 2014, 2015, 2017 and 2018, 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?

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
2019 Cops and Joggers

There's sure to be some keen competition between 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 Harbour Energy 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.

2019: First three teams:

| | |
|--------------------------------|-------------------------|
| 1. Cops and Joggers | 3hrs 54min 0secs |
| 2. Kayleigh's Wee Stars | 4:07:43 |
| 3. Stena Drilling | 4:18:00 |

The winning team will also receive a special RunBalmoral 2023 race package which includes four entries for the 10km, four entries for the 5km, hospitality and parking.

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





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and proud sponsor of the

'Devil of Deeside'



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

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THE REPSOL SINOPEC DEVIL OF DEESIDE CHALLENGE

The Devil of Deeside Challenge was introduced in 2017 to mark the 20th anniversary of RunBalmoral and it was a remarkable success with 108 hardy souls signing up and 84 actually completing the test. These numbers increased in 2018 with 142 entering and 110 surviving the test. In 2019 there were 124 entrants and 91 finishers. 2022 will see another large number taking on the challenge.

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 Harbour Energy 5km and the Stena Drilling 10km on the Saturday, before tackling the Apollo duathlon and the Bristow 15 mile trail race on the Sunday. The winners are those who have the best combined times (based on chip timing) from all the races.

Aberdeen's Alan Semple completed a hat-trick of wins in 2019 with a combined time of 3hr 48min 58secs, his quickest so far. Dunecht's Katherine Thompson was first woman in 5:00:15.

Devils on the run



TIMETABLE OF EVENTS 2022

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

SATURDAY 23rd

- 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 24th

- 8-9am** Registration for Duathlon
- 9.30am** DUATHLON START
- 12.00pm** Duathlon Presentation
- 1.00pm** 15 MILE TRAIL RACE START
- 1.15pm** 3 Mile TRAIL RACE START
- 3.30pm** 15 Mile Presentation and Devil of Deeside presentation

Drone Coverage

Please be aware that in addition to our usual photo/video coverage, there may also be a drone camera in operation.

Devil of Deeside

Please note Devil T Shirts and vests will be handed out at registration.

EVENT FIRST AID: Paramedics from the Scottish Ambulance Service and first aiders from the Event First Aid Service 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 various locations in the Event Village and also beside the Estate Café.

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.

DUATHLON: Timing chips to be issued on the day from Registration.

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 SCHOOL RACES & AON 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

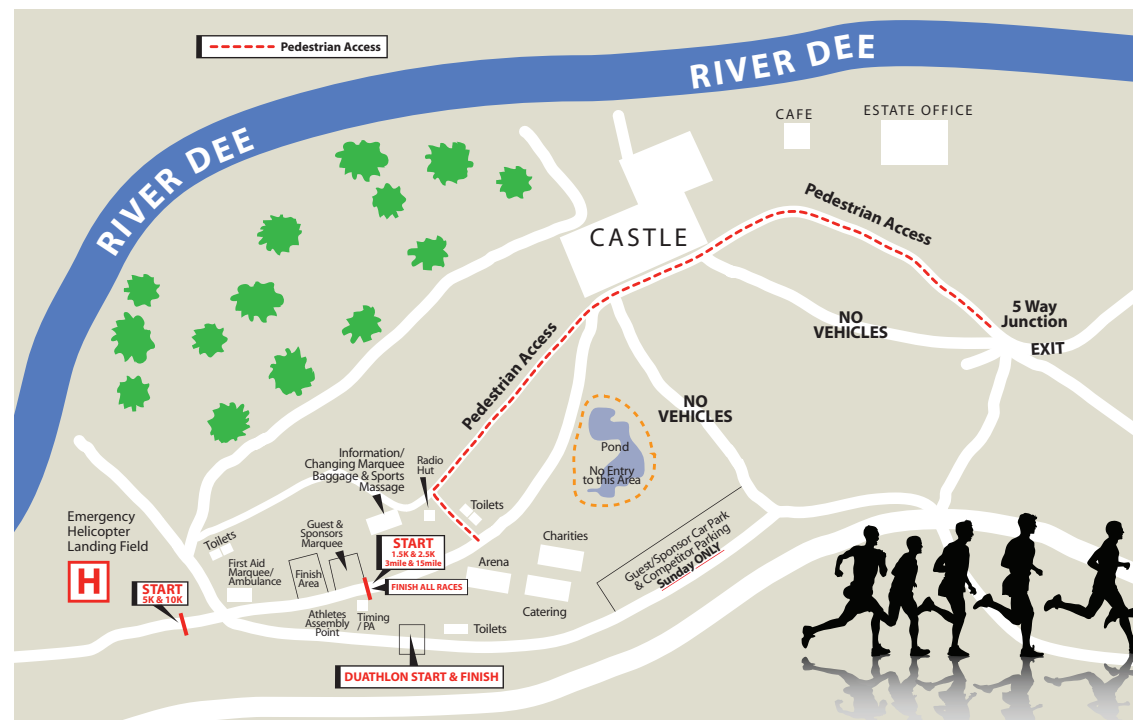
is on grass. Please only park in the designated event car parks and do not park on grass verges. Once you have parked, signs will direct you towards the start & finish areas (25 minute walk approx) or you could take one of our buses operating between the main gate and the Estate office from 9.30am -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

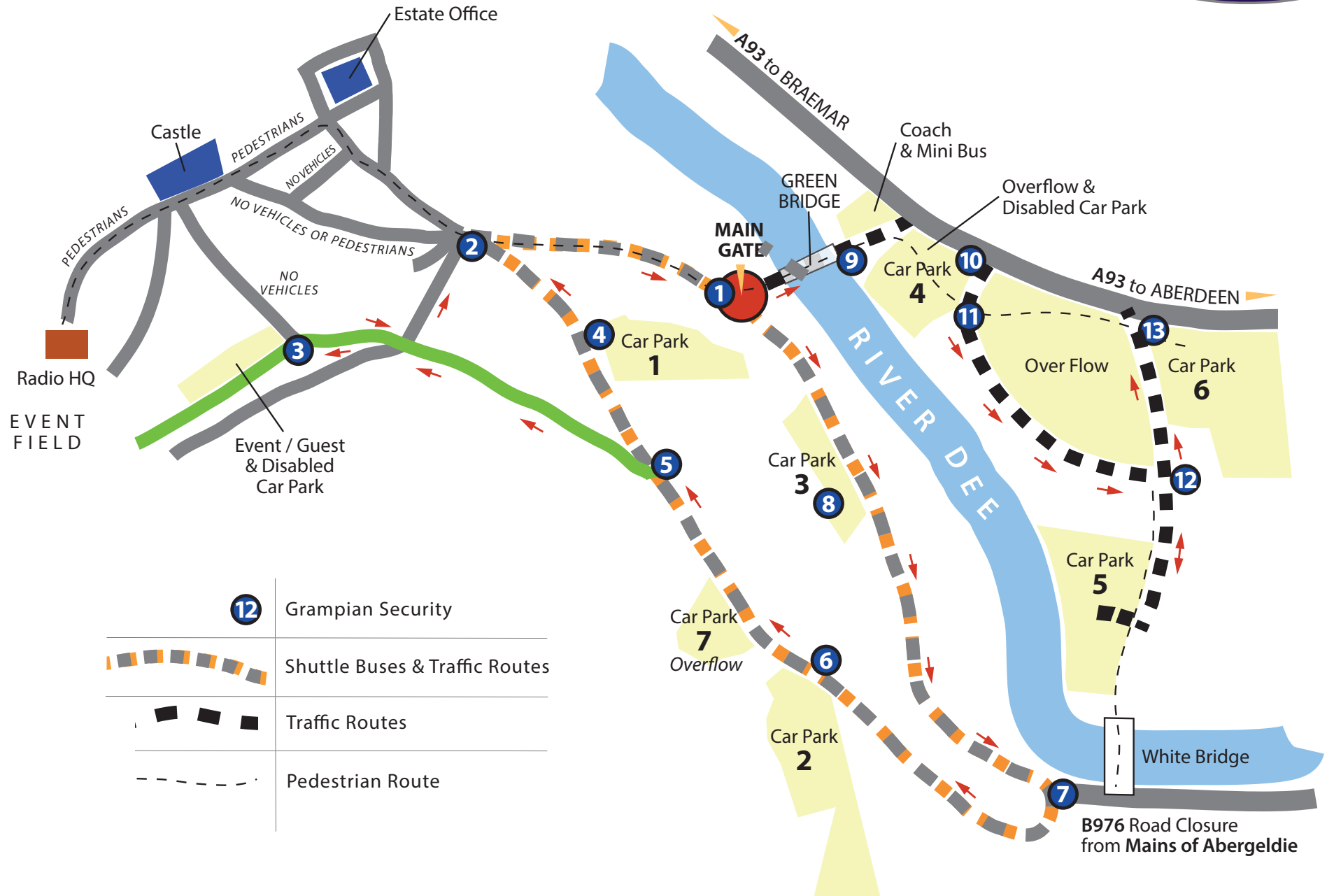
WHAT TO EXPECT AT THE FINISH?: ALL RACES: After running over the mat that will activate your timing chip you will arrive in the finishing enclosure where you will receive a medal and t-shirt - Children will also receive a goody bag. You can then exit the finish area and rejoin your family & friends.

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 & Sunday 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 | 2022



Albyn Hospital Event Village



Take time to visit the Event Village, sponsored by Albyn Hospital, 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.



Helping you back to fitness

Albyn Hospital's Sports Injury Clinic offers diagnosis and treatment of soft tissue injuries caused by participating in sports or exercise.

We have a team of experienced Sports Physiotherapists and Consultant Orthopaedic Surgeons who will assess your injury and work with you towards your recovery.

The sports injury clinic allows:

- Rapid assessment
- Access to full hospital and diagnostic facilities, including MRI
- Advanced client specific treatment - Shockwave Therapy, Sports Bracing, Taping and Sports Massage
- Running and Biomechanical Assessments

To book a consultation or for further information, please contact 01224 577426 or physio.albyn@bmihealthcare.co.uk

www.circlehealthgroup.co.uk/treatments/sports-injuries

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Volunteer at Easter Anguston Farm

VSA's 2022 Volunteer Programme is now open

Easter Anguston Farm is an operational farm, which serves as a training facility for adults with learning difficulties and other additional support needs. If you are looking for an opportunity to make a difference in your community, we would love to hear from you.

To find out more about our volunteering opportunities, visit:

vsa.org.uk

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Kayleigh's Wee Stars

MAKING MEMORIES FOR COURAGEOUS CHILDREN

In January 2012, our beautiful 20 month old daughter Kayleigh was diagnosed with a terminal brain tumour (ATRT) and sadly passed away that 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.

At that time, we met many families where there was a child with a terminal illness, but who were also coping with additional challenging situations and financial hardship.

Money is the last thing parents should have to worry about at such an impossible time, and so, with a desire to do something to help, we established Kayleigh's Wee Stars.

Since its inception 10 years ago, Kayleigh's Wee Stars has gone on to raise almost £1,000,000 and help hundreds of families with grants to ease their financial burden so they can spend precious time with their child without the worry of money.

Help us reach our 10 year anniversary fundraising target of £100,000 to ensure we can continue to support families with a terminally ill child, for many years to come.

Thank you

Jonathan and Anna Cordiner



Kayleigh Cordiner
9th May 2010 - 17th June 2012



www.kayleighsweestars.co.uk • Donate at www.justgiving.com/kayleighsweestars

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BALMORAL CASTLE & ESTATE



April 1st
"Life at Balmoral"
Exhibition Opens

April 15th, 16th, 17th
Easter Egg Quiz

April 23rd-24th
Run Balmoral

June 2nd
Ballater Pipe Band

June 2nd-5th
Balmoral Jubilee
Afternoon Tea, with live
coverage of all Jubilee
celebrations

June 3rd
Birds of Prey

June 4th
Vintage Buses
to shuttle & display

June 5th
Leeds Pipe Band

June 9th
Midsummer Night's
Dream
outdoor performance

June 10th Othello
outdoor performance

July 3rd Awful Auntie
outdoor performance

July 26th Peter Rabbit
outdoor performance

August 2nd
Close for summer season



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Exhibitions, Gardens, Castle Ballroom, Audio Guide, Coffee Shop & Mews Gift Shop



For further information www.balmoralcastle.com

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Our mission is to find a suitable donor for every patient with blood cancer or a blood disorder who needs a stem cell transplant.

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DKMS is a registered charity in England and Wales (1150056) and Scotland (SC046917). Limited company registered in England and Wales (08151279).

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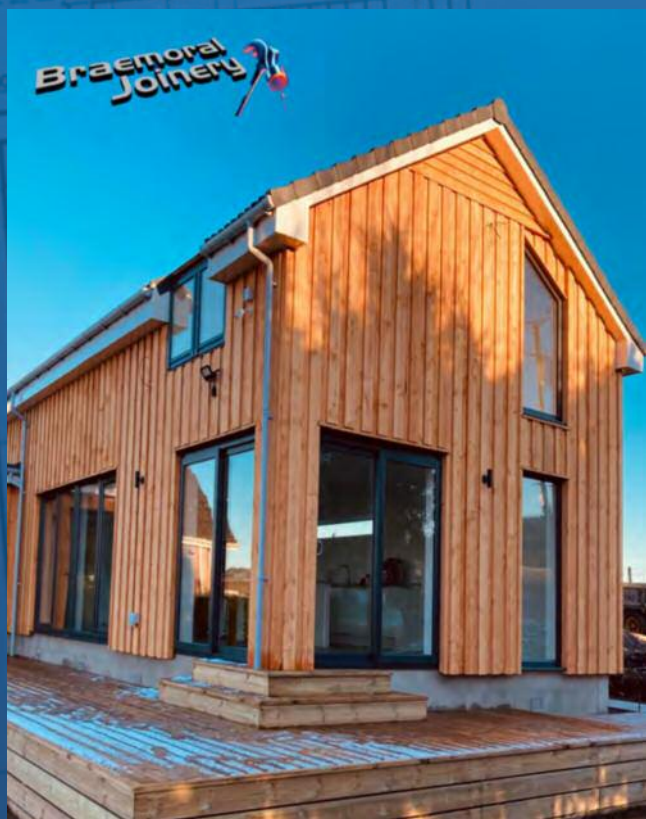
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COTAG 4x4 RESPONSE

SUPPORTING THE COMMUNITY IN TIMES OF NEED

The Community Offroad Transport Action Group

Founded in 2004 and is a member of the nationwide UK 4x4 Response network, established to support emergency services and communities in time of need. COTAG 4x4 Response serves the Grampian region with a dedicated team of volunteers, each of whom has undertaken training for the safe use of 4x4 vehicles and associated equipment, on and off the public highway.



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RESPONSE



SCAN ME

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

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

This year we have started looking at fundraising for a number of our members who have been selected to attend the Blair Atholl International Patrol Jamborette 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 Royal Air Force Air Cadets (RAFAC) is a national youth organisation founded in 1941. Now over 80 years old the organisation offers exceptional opportunities to young adults to participate in a wide range of activities:- flying and gliding, national and international camps, adventure training (walking, climbing, canoeing, mountain biking) and many more.

The personal development of cadets is high on the agenda for our qualified staff. All cadets progressing through their careers can achieve qualifications leading to nationally recognised award schemes such as BTEC. RAFAC have a very strong link to our parent service that provides guidance to the staff at cadets alike.

Adults joining the organisation as staff can also gain recognised qualifications and enable the leaders of tomorrow to meet their aspirations and expectations.

There are over 1000 squadrons nationally with over 25 in the north of Scotland. There will be a squadron close to you so come along and find out what we do!

Find us here

Facebook: <https://www.facebook.com/NorthScotlandWingRAFAC>

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