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Photography: Angus Forbes, Fay Vincent, Colin Rennie, Euan Duff, Liam Allan.
 Words and Stats: Fraser Clyne. Design and Production: Ian Milne, Freelance, Dundee.



Chairman's Report - *It's great to be back*

We were absolutely thrilled to be able to host Run Balmoral again after a three-year absence. And what a fantastic weekend we had, with beautiful sunshine on the Saturday allowing runners, along with their families and friends, to enjoy a wonderful day out in the magnificent grounds of the Balmoral estate. It turned cooler and overcast on the Sunday, but remained dry, and that made the conditions ideal for the competitors.

We were treated to some remarkable performances with course records being set in the men's divisions of the Harbour Energy 5k

We know that many runners have set the target of completing their medal collections over the coming years

We were extremely pleased to maintain our entry numbers at a level very close to the 2019 figures, with almost 5,000 people signing up despite the difficulties of the past two years. It was interesting, however, that a lower than usual number of people actually took part. We had 3,397 finishers, which is 68% of entrants. This is a reduction on recent years (e.g. 80% in 2019) but is a trend reflected elsewhere in the country. We know of one

major race in Scotland which saw 62% of entrants taking part while a large event in England was even more severely hit with less than 40%. One of the reasons for this is that many entries were deferred, or carried over, from previous years and in the intervening period many people may have moved on, or altered their priorities. We had 1,253 deferrals from earlier years.

None of this detracted whatsoever from what was a very successful weekend during which there was a really positive buzz of activity on the estate. It was great to see so many

groups of people enjoying picnics on the grass after their races and the encouragement given to runners by the large and enthusiastic crowds was second to none. Run Balmoral remains the north east's biggest participation sporting and community event.

This year we enhanced our social media coverage with regular updates over both days of the event, and the feedback has been remarkably positive. This is something we will continue to develop. So many people expressed their delight in being able to take part in a major event such as this, and there was significant praise for the high standard of organisation. However, we are not complacent and will continue to review all aspects of Run Balmoral in consultation with our sponsors, affiliated charities and the local running community.



Thousands of people enjoyed glorious weather on day one

and the Apollo duathlon, while a new women's standard was established in the Stena Drilling 10k. The 10 year-old record in the MPH primary schools girls' 1.5k race was equalled. While it was exciting to see these top level athletes, it was also thrilling to watch thousands of other runners of all ages putting themselves to the test over the wide variety of races which our event offers.

All race finishers were rewarded with the second in our series of five medals to be presented up to 2025, each featuring an iconic landmark within and around the Balmoral estate. The 2019 medal was of Lochnagar, while this year, to mark HM The Queen's platinum jubilee, we featured Balmoral Castle. Future medals will illustrate the Auld Brig o'Dee, Albert's Cairn and Crathie Kirk.



James Knowles Run Balmoral Chair



The 2022 medal depicts Balmoral Castle

CONTINUED SUPPORT DESPITE DIFFICULTIES

Since the last Run Balmoral was held, in 2019, we have all experienced significant challenges. With regard to Run Balmoral, the pandemic forced us to cancel the 2020 event at relatively short notice and continuing restrictions meant the 2021 races couldn't go ahead either. But, all through that long period we were planning for our return. Obviously, it has been a difficult spell for everyone so I would like to thank all those individuals, groups, businesses and other organisations 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 remain loyal and valued partners. Bristow joined our family of sponsors in 2019 and have stayed with us, 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 welcomed 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.

Albyn Hospital strengthened its association with Run Balmoral by sponsoring the popular Event Village. And this year we were able to engage videography experts to provide us with enhanced footage of the event, including drone coverage, courtesy of new sponsors, Tidy Green Clean.

The support of Aberdeenshire Council, which has continued to back Run Balmoral since the event switched from being delivered by a commercial company to becoming a community event, in 2005, remains strong and is also hugely appreciated.

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.

Our charity programme continues to thrive and this year I am proud to say we worked closely with VSA, Kayleigh's Wee Stars, Aberdeen University Development Trust, Charlie House, and Scotland's Charity Air Ambulance. As usual, significant amounts of money will have been raised for each of these worthy causes.

I must also thank the Management Team - Jackie Stewart, Peter Jennings, Fraser Clyne, James Hamilton-Goddard and Jane Fedo - for once again delivering a fantastic event.

There are many other 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.

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.

Planning is already underway for RunBalmoral 2023 which will take place over the weekend of April 22-23. I hope you will join us then.

James Knowles, Chairman, Balmoral Road Races Ltd, May 2022.

RunBalmoral - Roll of Honour 2022

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

MPH Primary Schools 1.5km		MPH Primary Schools 1.5km	
Boys	min:sec	Girls	min:sec
1 Leo Carrigan (Banchory)	5:47	1 Emily Christie (Falkirk Victoria Harriers)	5:54
2 Austin McCaul (Robert Gordon's College)	5:56	2 Alana McDonald (Banchory Stonehaven AC)	6:18
3 Ross Macfarlane (Banchory)	6:07	3 Ula Crawford (Banchory Primary)	6:23
AON 2.5km		AON 2.5km	
Boys	min:sec	Girls	min:sec
1 Ben Seath (Alford Academy)	7:36	1 Hope Thomson (Metro Aberdeen/Banchory Ac)	8:22
2 Calum Strachan (Meldrum Academy)	7:47	2 Jessica Needs (Peterhead)	8:29
3 Cameron Scott (Banchory Stonehaven)	7:49	3 Rhian Birnie (Young Meldrum Runners)	8:46
Harbour Energy 5km		Harbour Energy 5km	
Men	min:sec	Women	min:sec
1 Sean Chalmers (Inverness Harriers)	14:24	1 Naomi Lang (Aberdeen AAC)	16:43
2 Lachlan Oates (Shettleston Harriers)	14:57	2 Claire Bruce (Metro Aberdeen)	17:43
3 Max Abernethy (Fraserburgh)	15:03	3 Nicola Gauld (Metro Aberdeen)	19:13
Stena Drilling Tartan 10km		Stena Drilling Tartan 10km	
Men	min:sec	Women	min:sec
1 Will Mackay (Metro Aberdeen)	33:46	1 Ginie Barrant (Metro Aberdeen)	36:07
2 Sam Milton (Moray Road Runners)	35:36	2 Nicola Macdonald (Metro Aberdeen)	38:57
3 Jonathan Cordiner	36:34	3 Chloe Gray (Metro Aberdeen)	41:28
Apollo Duathlon		Apollo Duathlon	
Men	hr:min:sec	Women	hr:min:sec
1 Sam Milton (Moray Road Runners)	1:18:54	1 Laura Murray (Lumphanan)	1:36:30
2 Ian Russell (Aberdeen)	1:20:22	2 Jenny Stanning (Metro Aberdeen)	1:40:39
3 Andrew Miles (Harbour Harriers)	1:20:59	3 Laura Sarkis (Metro Aberdeen)	1:43:08
Bristow 15 Mile Trail Race		Bristow 15 Mile Trail Race	
Men	hr:min:sec	Women	hr:min:sec
1 Andy Douglas (Inverclyde AC)	1:20:31	1 Sally Wallis (Deeside Runners)	1:44:35
2 Sean Chalmers (Inverness Harriers)	1:22:40	2 Veronique Oldham (Cosmic Hillbashers)	1:48:30
3 Jason Kelly (Metro Aberdeen)	1:34:44	3 Rachel Little (Insch Trail Running Club)	1:51:05
Bristow 3 Mile Trail Race		Bristow 3 Mile Trail Race	
Men	min:sec	Women	min:sec
1 Finn Hilton (Methlick)	19:34	1 Caris Strachan (Newburgh Dunes)	23:50
2 Ian Thom (Metro Aberdeen)	22:08	2 Niamh Parsons (Aberdeen University)	26:57
3 James Watt (Montrose)	23:14	3 Kirsteen Donald (Peterhead)	27:24
Stena Drilling – Harbour Energy Corporate Challenge		Stena Drilling – Harbour Energy Corporate Challenge	
	hr:min:sec		
1 The Harbour Harriers	4:07:15		
2 Stena Drilling	4:36:70		
3 Harbour Energy	4:42:44		
Repsol Sinopec Devil of Deeside Challenge		Repsol Sinopec Devil of Deeside Challenge	
	hr:min:sec		hr:min:sec
1 Sam Milton (Moray Road Runners)	3:49:52	1 Laura Sarkis (Metro Aberdeen)	4:51:56
2 Ian Russell (Aberdeen)	3:54:24	2 Estera Zak (Aberdeen)	5:01:24
3 Andrew Miles (Harbour Harriers)	3:57:35	3 Jenny Stanning (Metro Aberdeen)	5:08:46

Course Records

Based on gun times (other than Devil of Deeside which is based on chip times)

Three new records were set this year with Sean Chalmers breaking the Harbour Energy 5k men's mark, Ginie Barrant achieving a new women's standard in the Stena Drilling 10k and Emily Christie equalling the MPH girls' 1.5k record.

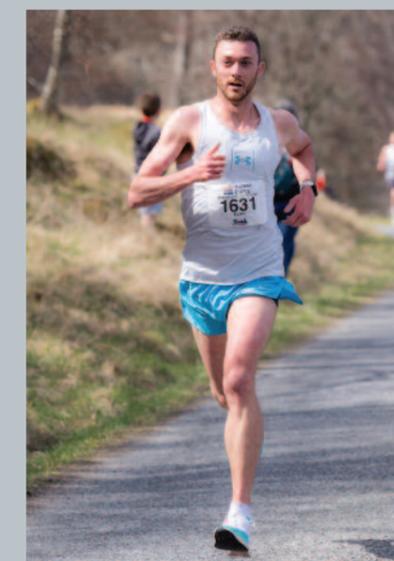
Event	Name	Year	Time
1.5km boys	Stewart Millar (<i>Cluny</i>)	2011	5min 21sec
1.5km girls	Rebecca Eggeling (<i>Aberdeen AAC</i>)	2012	5min 54sec
	Emily Christie (<i>Falkirk Vic Harriers</i>)	2022	5min 54sec
2.5km boys	Liam Barnsby (<i>East Sutherland</i>)	2013	6min 58sec
2.5km girls	Rebecca Eggeling (<i>Aberdeen AAC</i>)	2016	7min 52sec
5km men	Sean Chalmers (<i>Inverness Harriers</i>)	2022	14min 24sec
5km women	Rhona Auckland (<i>Banchory Stonehaven AC</i>)	2014	15min 55sec
10km men	Robbie Simpson (<i>Deeside Runners</i>)	2014	31min 17sec
10km women	Ginie Barrant (<i>Metro Aberdeen</i>)	2022	36min 07sec
Duathlon men	Rob Brookes (<i>Cosmic</i>)	2018	1hr 18min 25sec
Duathlon women	Clare Whitehead (<i>Deeside</i>)	2018	1hr 33min 03sec
15 mile Trail race men	Andrew Douglas (<i>Inverclyde</i>)	2015	1hr 18min 30sec
15 mile Trail race women	Angela Mudge (<i>Camethy</i>)	2013	1hr 37min 31sec
3 mile Trail race men	Angus Wood	2019	19min 23sec
3 mile Trail race women	Anisha Badial (<i>Aberdeen AAC</i>)	2016	20min 48sec
Devil of Deeside men	Alan Semple	2019	3hr 48min 58sec
Devil of Deeside men	Kerry Prise	2017	4hr 37min 08sec



Emily Christie - equalled girls 1.5k record



Ginie Barrant - smashed the women's 10k record



Sean Chalmers - cracked the men's 5k record

Tidy Green Clean Videography

This year we were delighted to enhance coverage of Run Balmoral by contracting Euan Duff to provide top class videography footage of the event, including the use of a drone, - all courtesy of our new sponsor TGC (Tidy Green Clean).

TGC's involvement has allowed us to obtain some magnificent images of the Balmoral estate over the weekend and these have been edited into a series of high quality videos which will be used to promote the 2023 event.



Aberdeenshire Active Schools Awards 2022

To encourage participation in the Balmoral races, Aberdeenshire Active Schools present 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 for the seventh year in a row. Banchory Primary won the 'large' (i.e. roll of 100 or more) primary schools award, also for the seventh time, while Tarland took the title for 'small' schools for the third time. The trophies were presented by Laurence Findlay, Director of Education and Children's Services, Aberdeenshire Council.

	Secondary Schools	Large Primary Schools	Small Primary Schools
2014	Banchory Academy	Banchory	Crathes
2015	Banchory Academy	Banchory	Finzean
2016	Banchory Academy	Banchory	Finzean
2017	Banchory Academy	Banchory	Finzean
2018	Banchory Academy	Banchory	Tarland
2019	Banchory Academy	Banchory	Tarland
2022	Banchory Academy	Banchory	Tarland



Left: Banchory Academy Above: Tarland Primary Below: Banchory Primary



MPH Primary Schools 1.5km

This is where it all begins. Youngsters taking part in the MPH primary schools boys' and girls' races are given a wonderful opportunity to run in front of a big and enthusiastic crowd of family and friends in a spectacular setting. It's often the springboard to a lifelong love for running and sport in general. And when looking back through the results we can see many names which now appear in our adult races. Some budding stars of the future potentially take their first competitive steps at Run Balmoral – but not always as runners. Dionne Milne, our 2010 girls' champion, went on to become a Scotland international in the discus. While it's fantastic to see the fast runners doing well, the most important thing is that everyone taking part enjoys the occasion and is inspired to run in other events in the future.

There was the usual frantic start to both races this year as the youngsters blasted out of the blocks at a pace an Olympic sprinter would be proud of. A tidal wave of energy was unleashed as they set off along the smooth and flat pathways taking them past the castle, cheered on under blue skies by thousands of spectators.

Emily Christie (Falkirk Victoria Harriers) showed her potential with an impressive win in the girls' race with a superb time of 5min 54secs which equalled the course record set by Aberdeen AAC's Rebecca Eggeling 10 years earlier. Her time was bettered by only the winner of the boys' race. Alana McDonald (Banchory Stonehaven AC) was second in 6:18 while Ula Crawford (Banchory Primary) finished third in 6:23. Leo Carrigan of Banchory was an impressive winner of the boys' 1.5k, completing the out-and-back course in 5:47 with Austin McCaul (Robert Gordon's College) second in 5:56 and Ross Macfarlane (Banchory) taking third spot in 6:07.



MPH Primary Schools 1.5km

Boys prize winners.

LtR. Austin McCaul, Leo Carrigan, Ross Macfarlane and Bert McIntosh.



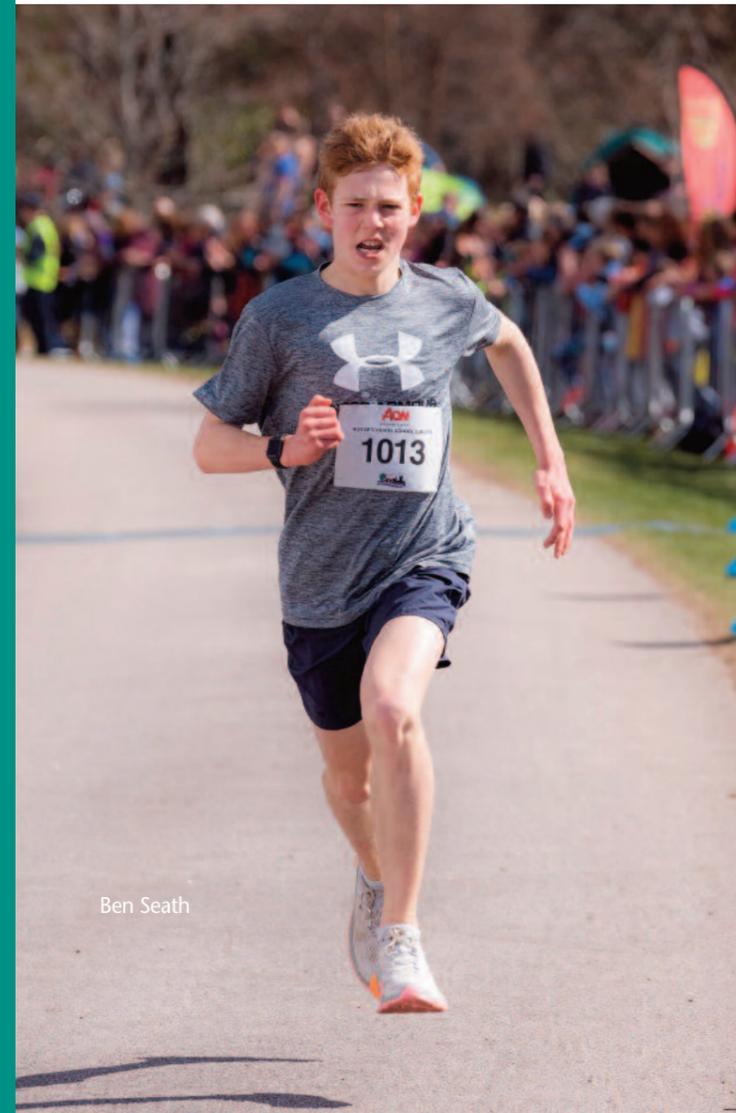
Girls prize winners.

LtR. Alana McDonald, Emily Christie, Ula Crawford and Bert McIntosh



The 2022 champions, Alford Academy's Ben Seath and Banchory Academy's Hope Thomson, will be aiming to follow in the footsteps of some illustrious past winners of the secondary schools races who have gone on to represent Scotland and/or Great Britain at senior level. Banchory's Robbie Simpson, the 2018 Gold Coast Commonwealth Games marathon bronze medallist, won this race in 2006. Aberdeen's Naomi Lang was a winner in 2014 and a couple of years later represented Scotland at the Commonwealth Youth Games. Naomi was also this year's Harbour Energy 5k women's champion. Another well-known name to have competed in this race in the recent past is Aberdeen FC's highly-rated defender Calvin Ramsay. The former Hazlehead Academy pupil was third in 2017 and fifth in 2018. Ramsay was glowing in his praise of Run Balmoral as he told our media manager Fraser Clyne earlier this year. He said: "It was my dad Graham who suggested I should try the Balmoral race. I wasn't too keen to begin with but when he told me more about it, I decided to give it a go. So, I went along and loved it. The set-up was brilliant, the road we ran on was great, the event was really well organised and the staff there were fantastic. It's definitely one of the best events for youngsters in this area who want to get involved in the sport."

Ben Seath blasted his way to a fine victory in this year's boys' race, taking an early lead and going on to record 7min 36sec to finish 11 secs clear of Meldrum Academy's Calum Strachan. Cameron Scott (Banchory Stonehaven AC) was a further two secs behind in third position. Hope Thomson gave her all when sprinting clear to win the girls' race in 8:22 with Jessica Needs (Peterhead) second in 8:29 and Rhian Birnie (Young Meldrum Runners) third in 8:46. The 2018 and 2019 MPH primary schools champion, Beth Collins (Dundee Hawkhill Harriers) was fourth in 8:51.



Ben Seath



Hope Thomson



AON Secondary Schools 2.5km



AON Secondary Schools 2.5km

Boys prize winners.

LtR. Calum Strachan, Ben Seath, Cameron Scott, James Hamilton-Goddard (Balmoral Estate)

Girls prize winners.

LtoR. Jessica Needs, Hope Thomson, Rhian Birnie, James Hamilton-Goddard (Balmoral Estate)



Above: Naomi Lang
Below: Max Abernethy and Lachlan Oates battle for second position



Harbour Energy Harbour Energy 5K

Sean Chalmers was blown away by the fantastic atmosphere he experienced on his first visit to Balmoral and believes it helped him smash the course record in the Harbour Energy 5k.

The Scotland international powered round the course in 14min 24 sec to slash a whopping 18secs off the previous mark set by fellow Scotland international Kenny Wilson (Moray Road Runners) in 2018.

The Aberdeen-based Inverness Harriers club member took an early lead which he extended all the way to the finish. He said: "It's my first time at Balmoral and I absolutely loved it. The course is great and there were lots of people shouting encouragement and cheering me on, even up the back of the route. I wanted to get the win but I also had an eye on the record, so there was a bit of pressure. I got away from the others after the first kilometre and after that I kept telling myself to keep pushing. I wasn't sure if it was going to happen, but suddenly the finish line was there. I'm very happy with the result as it's my best time on the road and just a second or two slower than my best on the track. I'd like to come back in future and have a go at the 10k."

Lachlan Oates (Shettleston Harriers) was second in 14:57, six secs ahead of Fraserburgh's Max Abernethy. World over-65 age group record holder Alastair Walker (Teviotdale Harriers) made the long trip from the Borders worthwhile when he won the over-60's title, finishing 11th overall from a field of 623 in 17:20.

Scotland international Naomi Lang (Aberdeen AAC) stamped her authority on the women's race, winning in 16:43, while Metro Aberdeen's Claire Bruce, a two-time previous winner of the 10k (2018 and 2019), stepped down in distance to set a personal best time of 17:34 in second position. Nicola Gauld (Metro Aberdeen), the 2013 and 2016 10k champion, was third in 19:13, three secs ahead of her clubmate Sophie Radcliffe.

Lang has competed at Balmoral on a number of previous occasions, working her way up through the age groups. She said: "I think I may have competed in the primary schools race a long time ago. I definitely ran in the secondary schools 2.5k (finishing second in 2012 and winning in 2014). The last time I was here was in 2016 when I finished third in the 5k behind Jenny Bannerman and Gemma Cormack.

"But this is by far the quickest I have run here and I'm happy with it. I was able to get in with a group of guys and it was a solid run. There was a really good atmosphere and it was just so good to see a big event like this get back off the ground again after all that's happened over the past two years. And the weather was great as well - the last time I was here, it snowed."



Harbour Energy 5km

Mens prize winners.

LtR.
Lachlan Oates,
Sean Chalmers,
Max Abernethy with
Audrey Stewart of
Harbour Energy

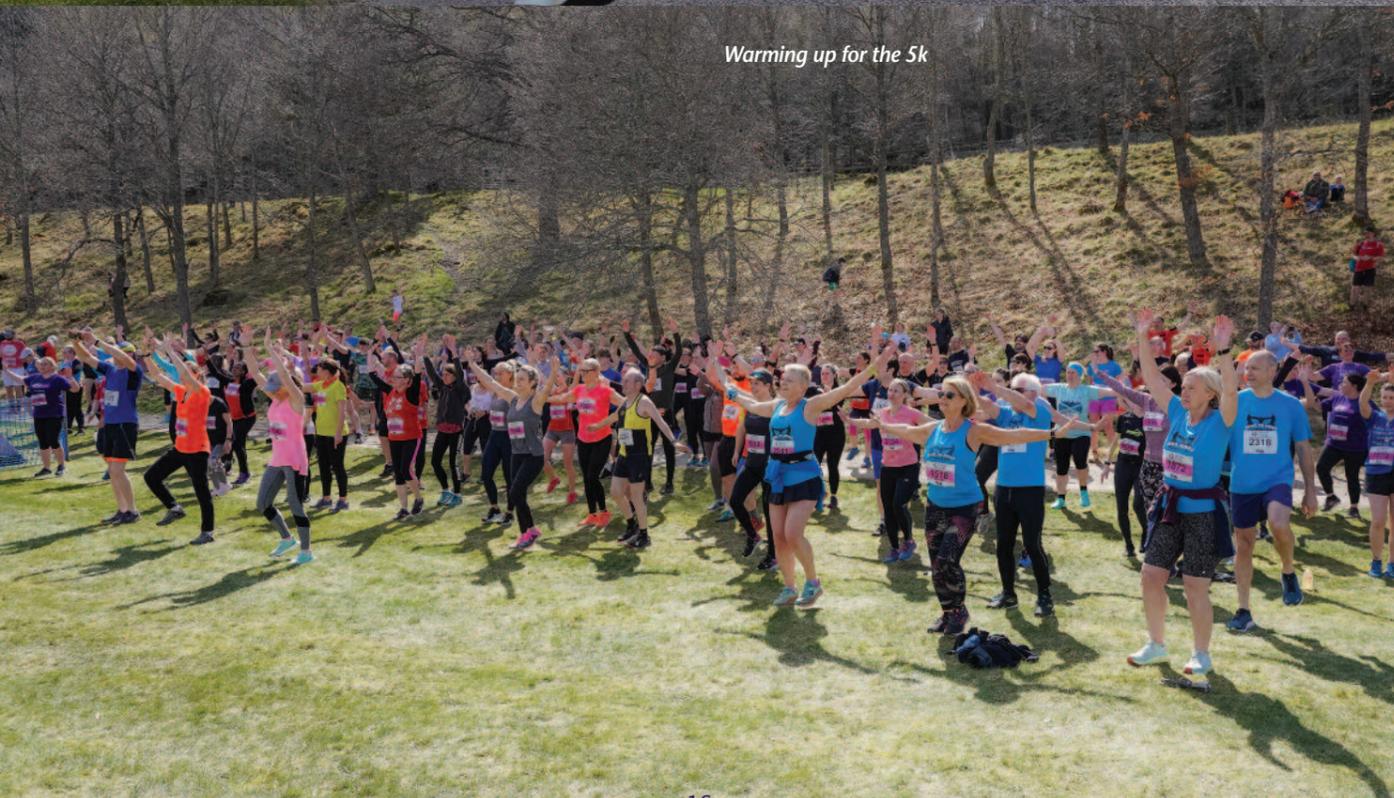


Womens prize winners.

LtoR.
Claire Bruce,
Naomi Lang,
Nicola Gauld



Over-65 world record holder Alastair Walker (2205)



Warming up for the 5k

Metro Aberdeen's Ginia Barrand produced a stellar performance to break the women's course record in the Stena Drilling 10k. The Banchory-based athlete, who was bronze medallist in this year's Scottish 10 mile championship, stormed round the testing route in 36min 07sec, a time bettered by just two men in the field of 1,438. She sliced 13secs off the previous record set by Central AC's Jen Wetton in 2016.

It was Barrand's fourth appearance in this race. As a relative newcomer to running, in 2014, she finished 22nd woman in 47:46 and the following year she was 48th in 48:04. But by 2016 the French-born athlete, who has lived in the north east of Scotland for more than eight years, improved to take fifth spot in 39:52. Now she has moved to another level, her time being just 38secs outside her best which was set on a much flatter and faster road course.

She said: "I didn't really have any great expectations as I am preparing for the Edinburgh marathon at the end of May, and I didn't taper my training. So, I feel good to have run this time as it's not all far that short of my best. I enjoyed the course. The hill is tough but once you are over the top there's a lot of downhill on which to recover. You can let gravity do the work and get your legs turning over faster. And the conditions couldn't have been much better."

Barrand led Metro Aberdeen to a clean sweep of the podium positions with Nicola Macdonald finishing second in 38:57 and Chloe Gray third in 41:28.

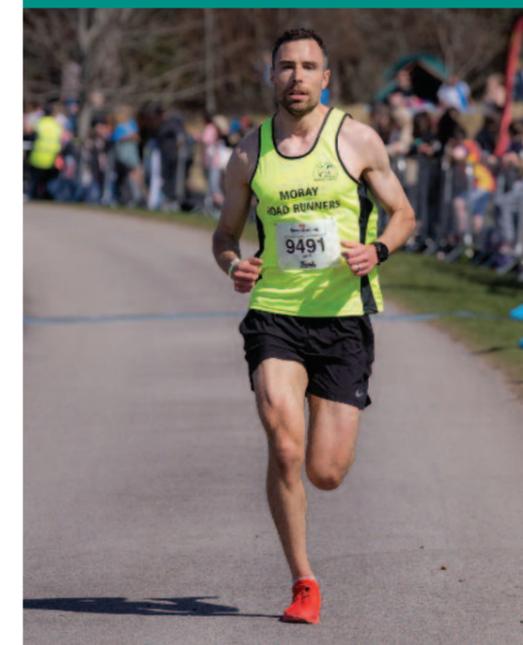
Will Mackay was happy to find himself out on his own at the head of the field as he cruised to his second Stena Drilling 10k men's title in six years. The former Scottish track champion clocked 33:46 while Sam Milton (Moray Road Runners) was runner-up in 35:36 with Jonathon Cordiner taking third position in 36:34.

Mackay said: "I didn't have to do too much to be honest. It was a case of doing just enough to win, but it would have been interesting to see how much quicker I might have been if there were others up front with me. I moved into the lead inside the first half mile so when I got to the hill I was holding myself back to make sure I had enough left for the rest of the race."

Moira Davie (Forres Harriers) took home a bottle of whisky for being the first kilt-wearing woman to finish, recording a fine time of 42:02 which gave her fourth position in the women's division of the race. It's the second time she has won the kilter prize, taking top spot in 2014. Ian Thom (Metro Aberdeen) was the first kilted man in 46:01.

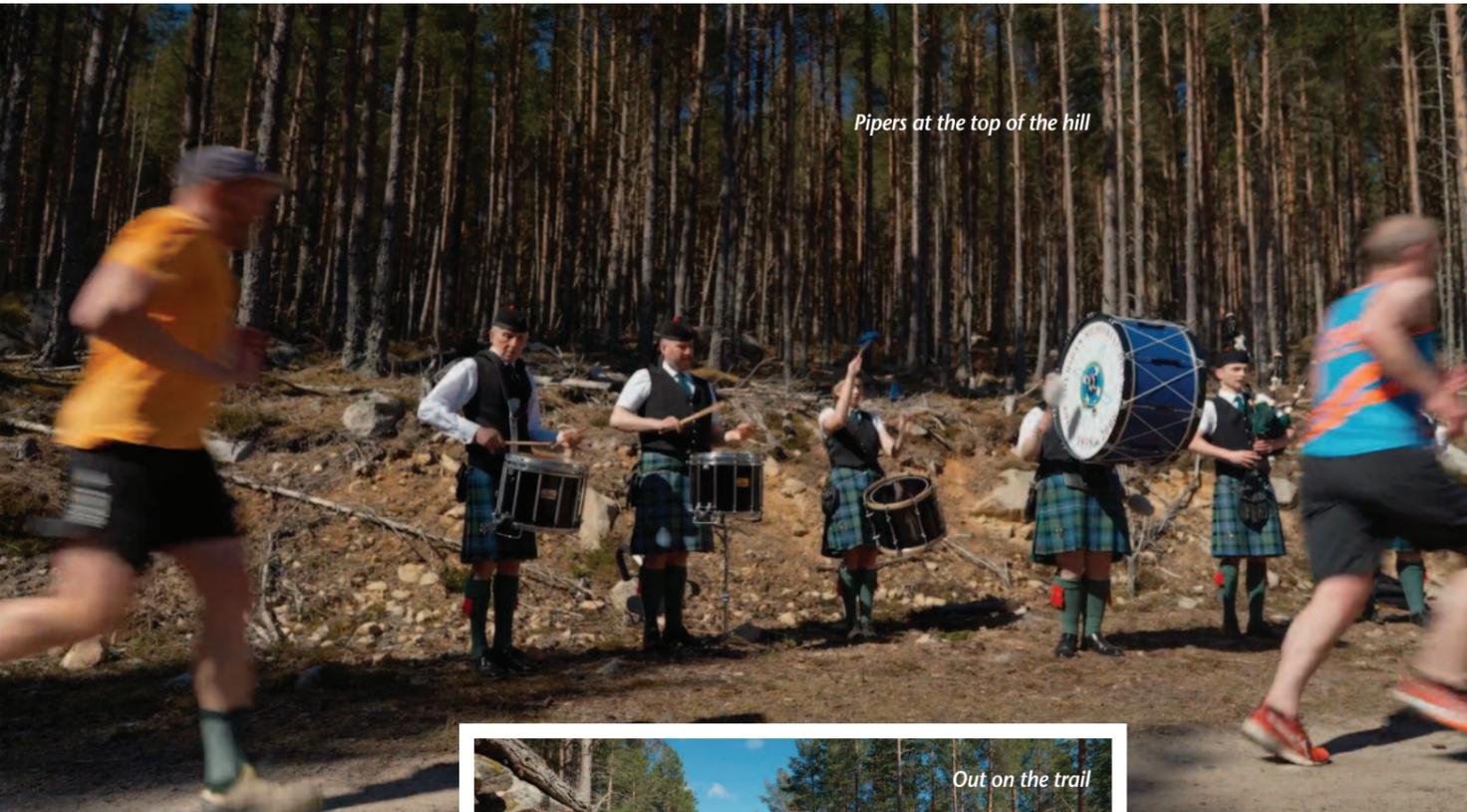


Above: Ginia Barrand sets women's record



Above: Sam Milton - takes second position
Below: Women's kilt champion Moira Davie





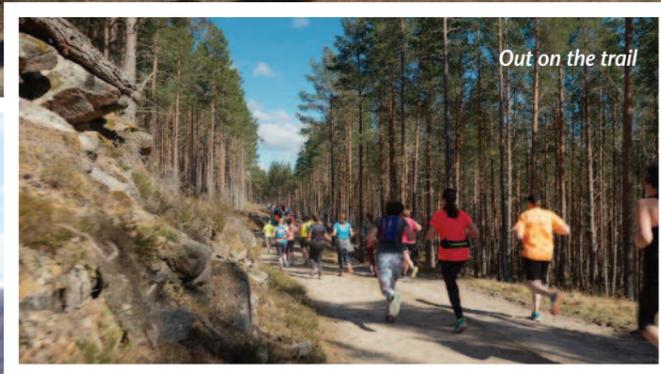
Pipers at the top of the hill



**Stena Drilling
Tartan 10k**

Mens prize winners.

*LtR.
Ian Thom with
Stuart Wyness of
Stena Drilling*



Out on the trail



*What time
can you do?*



The finish is in sight



Womens prize winners.

*LtR.
Nicola Mcadonald,
Ginie Barrand,
Chloe Gray
with Stuart Wyness of
Stena Drilling*

Stena Drilling-Harbour Energy Corporate Team Challenge

Harbour Harriers secured the prestigious title for the first time under this name but, better known previously as Cops and Joggers, they have five previous victories to their credit. So, the magnificent trophy, made from red deer antler and sycamore wood, will remain in the possession of the squad whose company is one of Run Balmoral's key sponsors. A team from another of our major sponsors, Stena Drilling, finished third. Great to see a squad representing our gold charity VSA, taking part and finishing fourth behind Harbour Energy.

Each team had to field four runners in the Harbour Energy 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.

FULL RESULTS:-

1	The Harbour Harriers	4:07:15
2	Stena Drilling	4:36:30
3	Harbour Energy	4:42:44
4	Voluntary Service Aberdeen	5:02:15

CORPORATE TEAM CHALLENGE - WINNERS - FIRST HELD 2013

2013	Aberdeen Sports Village
2014	Cops and Joggers
2015	Cops and Joggers
2016	Aberdeen Sports Village
2017	Cops and Joggers
2018	Cops and Joggers
2019	Cops and Joggers
2022	Harbour Harriers

The winning Harbour Energy team is pictured here: (Left to right) Neil Emslie, Ross Forbes, Jonathan Murray (Team Captain), Russell Willox, Ross Aird and Matthew Thompson. Missing from the team photo was Joe Hippey. The youngster is Ross Aird's daughter Lola.



One of the many highlights along Sam Milton's long and winding path to success in the Devil of Deeside Challenge was a remarkable victory in the Apollo duathlon. After fine runs in the previous day's Harbour Energy 5k and Stena Drilling 10k, including a podium position in the latter, he showed few signs of fatigue when leading home a strong field of competitors. The Moray Road Runners club member blasted round the testing route, which featured a 16k mountain bike circuit sandwiched between runs of 6k and 5k, in a combined time of 1hr 18min 54secs – just 29secs outside the course record.

Milton said: "It came as a bit of a surprise as I thought I'd maybe overdone it on day one, but I recovered well overnight. The bike discipline isn't my strongest, but I was able to hang in quite well. You can never be sure which guys are doing the duathlon and which are doing the Devil, but I just tried to

stick with it. I took the lead on the bike stage before being overtaken by stronger cyclists. But I was able to minimise the losses and came into transition in second position. On the final run I was able to get back in front and I finished strongly."



Aberdeen's Ian Russell maintained his fine record in this race by finishing second in 1:20:22. The Aberdeen-based athlete won the inaugural duathlon in 2015 and was third in 2016.

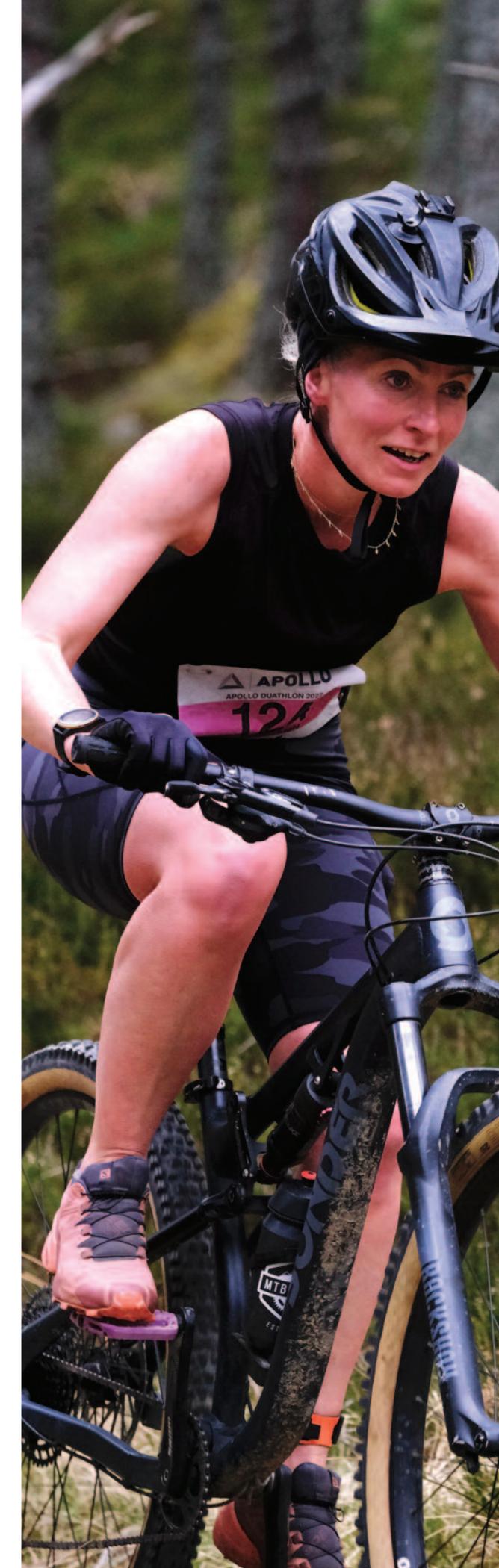
Another Aberdeen competitor, Andrew Miles, representing Harbour Harriers, was third in 1:20:59

Lumphanan's Laura Murray stormed to an impressive victory in the women's division of the duathlon, completing the course in 1hr 36min 30sec to finish four minutes ahead of her closest rival.

It was a great performance from the mum-of-three who finished second in the 2016 race. Her time this year was close to six mins faster than on her previous visit to the estate.

She said: "I had no expectations but it's always nice to do well. It's such a great event and very well organised. It's so good to be able to come to this venue and take part in a race like this one."

Metro Aberdeen's Jenny Stanning was runner-up in 1:40:39 and her clubmate Laura Sarkis took third spot in 1:43:08. Those two athletes were to go on to take podium positions in the Devil of Deeside competition.





Mens prize winners.

LtR.
Ian Russell,
Sam Milton,
Andrew Miles
with Roisean Farquhar
of Apollo



Womens prize winners.

Jenny Stanning,
Laura Sarkis,
Laura Murray

Great Britain mountain running international Andy Douglas (Inverclyde AC) extended his list of Run Balmoral honours by winning the Bristow 15 mile trail race in 1hr 20min 31sec. The Edinburgh-based Caithness man scored his first victory on the Balmoral estate when winning the 10k in 2010, He has since added three more 10k wins and this year claimed his third 15 mile success.

Douglas said: "I really enjoy competing here as the event has everything – great atmosphere, wonderful scenery and good competition as well."

The two-time World Cup Mountain Running Race Series champion knew he could expect a strong challenge from Scotland international Sean Chalmers, who set a record time in the Harbour Energy 5k 24 hours earlier, so decided on an aggressive approach to his race tactics.

He said: "I knew Sean had a tough run in the 5k and I knew that would be in his legs. So, I felt if I set off at a good pace, it would be difficult for him. I never really looked behind but by five miles I knew I had a decent lead. I tried to push all the way until hitting that tough hill towards the end. I felt as though I was barely moving up it. But, I'm pleased to get the win. It was a good workout."

Chalmers did well to take second spot in 1:22:40 while Scottish 100k champion Jason Kelly (Metro Aberdeen) was third in 1:34:44.

Deeside's Sally Wallis was in dominant form in the

women's division of the race, winning in 1:44:35 while the 2014 champion, Veronique Oldham (Cosmic Hillbashers), was second in 1:48:30 and Rachel Little (Insch Trail Running Club) took third in 1:51:05.

Wallis said: "I'm pleased with the way it worked out as I wasn't sure if I was going to be able to run. I'd had covid earlier and the got a horrible stomach bug the week before the race and I felt quite weak. So, I decided to treat it as a training run to begin with just to see how I went. I was amazed that I actually began to feel stronger and stronger as it went on so I was did surprisingly well in the end. I've run at Balmoral once before, in 2017, but I'm maybe a couple of minutes quicker this time."

As part of their prizes for winning their respective titles, Wallis and Douglas were given the amazing opportunity to enjoy a one-hour flight simulator experience for themselves and a friend at the Dyce base of race sponsor Bristow. Fochabers runner Emma Tyldesley also earned the same prize as her name was pulled out of the hat in a random draw from all entrants for the 15 mile trail race.



15 Mile trail race gets underway



Bristow
15 mile Trail Race

Mens prize winners.

LtR.
Sean Chalmers,
Andy Douglas,
Jason Kelly
with Matt Rhodes
of Bristow.



Womens prize winners.

LtR.
Veronique Oldham,
Sally Wallis,
Rachel Little
with Matt Rhodes
of Bristow.



Finn Hilton was a clear winner of the Bristow three mile trail race, the 15 year-old Methlick runner completing the short but tough circuit in 19min 33secs, just 11 secs adrift of the course record set by Braemar's Angus Wood in 2019. Veteran Ian Thom (Metro Aberdeen), the Stena Drilling 10k kilt champion, was runner-up in 22:08 while James Watt (Montrose) took third spot in 23:14.

Ellon's Caris Strachan (Newburgh Dunes Running Club) led home the women's field in 23:52 with Niamh Parsons (Aberdeen University) second in 26:57 with Kirsteen Donald (Peterhead) third in 27:24.



Above: Matt Rhodes of Bristow with 3 mile trail race winner Finn Hilton

Below: Matt Rhodes of Bristow with 3 mile trail race women's winner Caris Strachan





Burghead's Sam Milton was crowned Repsol Sinopec Devil of Deeside Challenge men's champion for 2022 after producing a series of powerful performances over the two days of brutal competition around the magnificent grounds of the Balmoral estate. The former Highland League footballer showed remarkable consistency to finish seventh in the Harbour Energy 5k (16:35) and second in Stena Drilling 10k on day one. Then on day two he won the Apollo duathlon (1:18:54) before clinching the trophy by finishing ninth in the Bristow 15 mile trail race.

Ian Russell (3:54:24) and Andrew Miles (3:57:35), who finished second and third respectively behind Milton in the duathlon, occupied the same podium positions in the Devil.

Milton said: "It feels great to have won this title. It was a tougher event than I anticipated but maybe I burned too many matches on the Saturday, especially in the 10k. So, I really had to hang in there for the 15 miler. It was hard work. I didn't expect to put in a performance like I did in the duathlon and after that I just needed to consolidate it in the trail race. I got a bit of cramp after mile three but I was able to manage it. It was a case of digging deep and getting it over the line.

"All in all, it was a fantastic event and I'd like to do it again. I'd only ever done the trail race before and that was a few years ago. The whole event was well organised and I'd like to thank everyone involved."

It's never over until it's over. That might well have been the mantra Laura Sarkis repeated to herself going into the fourth and final race in the women's division of the Devil of Deeside Challenge. The Metro Aberdeen runner trailed clubmate Jenny Stanning by 2min 43secs after the 5k, 10k and duathlon, but remained confident in her ability to overhaul the deficit in the Bristow 15 mile trail run. And she did just that.



another Aberdeen athlete, Estera Zak, who came through strongly at the end. That gave Sarkis the title with a combined time 4:51:56 with Zak clocking 5:01:24 while Stanning slipped back to third in 5:08:46.

Sarkis said: "It's fantastic. I've always fancied having a go at the Devil and I decided this was the year to go for it. I had a great battle with Jenny. She was ahead on the two runs on day one and she had a great bike ride in the

duathlon. But I knew my running legs were good and I was able to clinch it on the 15 miler.

"So, it was good fun. I really enjoyed it. But it's a pretty tough gig as the individual races are so different. I really enjoyed the trail race as I like a long run. In terms of what I've achieved in sport, this is right up there. Its brilliant to win something as I don't often do that. And it's quite a unique event. It's unusual to have an event where you are looking at your times and thinking about your strategy for the next race. The whole event is really enjoyable and with all the activities for the family, it makes it a really good weekend. It has been great to have an event like this back on after a few years."

Repsol Sinopec's Trish McLauchlan finished the Bristow 15 mile trail race just in time to present the winners with their prizes in the Devil of Deeside Challenge. She then stepped onto the podium herself to receive an award for being first in the over-60 women's division of the run she had just completed.

Below: Devils in action



Repsol Sinopec
Devil of Deeside
Challenge



Finlay Edgely,
Laura Sarkis,
Jenny Stanning with
Trish McLauchlan
of Repsol Sinopec



Trish McLauchlan
of Repsol Sinopec
presents the Devil trophy to
Sam Milton



Albyn Hospital Event Village and Corporate Hospitality

The Event Village plays an important and popular role in offering a wide range of facilities and activities for visitors to the estate over the race weekend, primarily on the Saturday. Affiliated charities were, as usual, given space alongside the caterers, Country Flavours of Alford, and other exhibitors including the Event Village sponsors, Albyn Hospital. Our retail partner, Run-4-It, was also present. Among the features enjoyed by youngsters were the climbing wall, body zorbs

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 a high quality selection of snacks and drinks are made available throughout the weekend.



Charities

Our charity programme continues to thrive and this year we have been working closely with six organisations.

GOLD Nominated Charity

- **VSA:**
www.vsa.org.uk

SILVER Nominated Charities

- **Charlie House:**
www.charliehouse.org.uk
- **Kayleigh's Wee Stars**
www.kayleighsweestars.co.uk
- **University of Aberdeen Development Trust:**
www.abdn.ac.uk

BRONZE Nominated Charities

- **Scotland's Charity Air Ambulance:**
www.scaa.org.uk



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, Harbour Energy, Apollo, Bristow, Aon, MPH Ltd, Repsol Sinopec, Aberdeenshire Council, Balmoral Estate, Tidy Green Clean, Albyn Hospital, Run-4-It.

Mackenzie, Local Stewards, Nichola Crawford (Albyn School), Police Scotland and Police Scotland Cadets, Ronnie Finnie, Royal Lochnagar Distillery, Ruth Mackenzie, Scottishathletics, Specialist Cars Nissan, Scott Fraser, SQN LDR Richard Lear (ATC),

Suppliers

Aberdeen 4 x 4 rentals, Angus Forbes Photography, Appin Sports, AV One Solutions (PA System), Braemoral Joinery, Castle Plant, Blackford Group Limited (Insurance), Colin Rennie, COTAG 4x4 Response, Country Flavours of Alford, Deveron Loos, DM Forklifts, Euan Duff, Event First Aid Services, Eslemont Marquees, Field Track Ltd, Front Runner, Gareth Guy, Genny Hire, Graham Anderson, Grampian Event Security (Jim Wilkin), Grant Considine, Greens of Haddington (Andrew Green), Leisureland (Aberdeenshire Council), Ian Milne Freelance Design, Invercauld Estate, Itab, J Ross IT Ltd, Scottish Communications, Marathon-photos.com, Resultsbase.net, Run ABC, Scottish Ambulance Service, Telehandler Hire, Trophies International, Wallace Practice (Physios).



Event Volunteers and Supporters

Aboyne Academy, Aboyne & Upper Deeside Rotary Club, Active Aberdeenshire, Aberdeenshire Leaders, Air Training Corps (NE Scotland Wing), Ballater and District Pipe Band, 1st Braemar Scouts, 1st Inch Scouts, Blair Gibb Complementary Therapy, Braemar Miniature Railway, Braemar Mountain Rescue, Crathie School, Deans of Huntly Ltd, Dr Ewen Mcleod, Farquhar Mitchell, Friskis & Svettis, Grampian Fire and Rescue Service, Iain



Participation Stats

NUMBER OF FINISHERS PER RACE 2005-2022											
	10K	5K	15 Mile Trail	Duathlon	3 Mile Trail	2.5K	1.5K B	1.5K G	Mile	Other	Total
2022	1438	622	449	170	35	131	303	249			3397
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			4233
2014	1825	692	327		55	212	414	392			3917
2013	1855	766	297			228	452	374			3972
2012	1915	641	218			215	375	324	184		3872
2011	1940	732	148			184	375	308			3687
2010	1889	819				214	354	278			3554
2009	1999	614				191	524 *				3328
2008	1884	514				185	477 *				3060
2007	1533	227				165	384 *				2309
2006	1347	76				172	347 *				1942
2005	1384									568 +	1952

Notes: * Combined boys and girls races + Junior race mixed ages

RUN BALMORAL 2022 ENTRY AND PARTICIPATION NUMBERS						
	2022			2019		
	Number Entered	Number Participated	%Age	Number Entered	Number Participated	%Age
MPH Primary Schools 1.5km Boys	360	303	84	446	408	91
MPH Primary Schools 1.5km Girls	284	249	88	393	342	87
AON Secondary Schools 2.5k	205	131	64	175	143	82
Harbour Energy 5km	924	622	67	997	778	78
Stena Drilling 10km	2127	1438	68	2225	1767	79
Apollo Duathlon	282	170	60	252	197	78
Bristow 15 Mile Trail race	715	449	63	634	482	76
Bristow 3 Mile Race	66	35	53	45	37	82
Total	4963	3397	68	5167	4154	80
Repsol Sinopec Devil of Deeside	128	77	60	124	91	73

Note: Individual race numbers include Devil entrants

