



WEARING YOUR BIB NUMBER AND TIMING CHIP

RUNNING

Kindly fill in emergency details on the back of the BIB number for your safety.

Please fix your BIB number on the chest/stomach area using safety pins and make sure that it is visible to the officials at all times.

The back of your BIB number has the timing chip that provides your finish results. Kindly make sure you do not cover it with any item of clothing (especially running belts) as it may result in your time not being recorded.



DUATHLON

Kindly fill in emergency details on the back of the BIB number for your safety.

Please fix your BIB number on the chest/stomach area (for running) and on the back (for cycling) using safety pins and make sure that it is visible to the officials at all times. You can also use a race belt and turn the BIB number to the required position based on the sports discipline.

Kindly collect your ankle strap with the timing chip at the registration desk before the race. Please make sure you wear the strap on your left ankle with the chip facing outwards. Placing the ankle strap somewhere else may result in your time not being recorded.



RUN BALMORAL 2024



EVENT INFORMATION

Saturday 27th and Sunday 28th April 2024



Primary School Races



Secondary School Race



5K Race



10K Race



Duathlon



3 & 15 Mile Trail Races



Devil of Deeside Challenge



Part of Circle Health Group

Event Village Sponsors



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2024 feefo

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TIMETABLE OF EVENTS 2024

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

SATURDAY 27th

- 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 28th

- 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 & NFU MUTUAL 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 and 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.

