



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



Devil of Deeside Challenge



Event Village Sponsors



OFFICIAL
RETAIL
PARTNER

MATCHING RUNNING SHOES TO RUNNERS SINCE 2004

ENJOY 15% OFF* online and in-store at Run4It using code:

RUNBAL2415

Code valid until 30th April 2024



run4it.com



*Not valid on sale items, GPS watches, headphones, or gift cards. Not eligible with any other offer. One use per customer.

A Very Warm Welcome to **RUNBALMORAL 2024**

Welcome to the 25th annual Run Balmoral races and family weekend. We are looking forward to what promises to be another exciting two days of fun and action within the beautiful grounds of the Balmoral estate.

I'd like to wholeheartedly thank all our sponsors, charities, volunteers and suppliers without whom it simply wouldn't be possible to put on an event of this scale. Stena Drilling and Harbour Energy are our overall main sponsors and they have worked with us for many years along with MPH Ltd, Apollo and Bristow. NFU Mutual joined us two years ago to give backing to the secondary schools race while we welcome John Clark Motor Group as title sponsor of the Devil of Deeside Challenge. I also wish to thank Aberdeenshire Council for its 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.



There is always a superb atmosphere at Balmoral over the weekend. This is generated not only by the runners, but also by the thousands of spectators who come along. Once again we have a fantastic number of entrants. The MPH Primary schools 1.5km boys' and girls' races, together with the NFU Mutual secondary schools 2.5km, always attract many enthusiastic youngsters. The Stena Drilling Tartan 10km and the Harbour Energy 5km will, as

usual attract a huge turnout, 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 John Clark Motor Group Devil of Deeside Challenge is proving as popular as ever. This is a gruelling contest in which competitors tackle the 5km, 10km, Duathlon and the 15 Mile Trail Race.

We also have the bustling Albyn Hospital Event Village which offers a range of catering outlets and a number of fun activities for youngsters. Our retail sponsor Run4It will have a shop on site and our official charities will also have a visible presence.

We will once again have videography and drone coverage courtesy of sponsors Tidy Green Clean (TGC).

This year we are offering runners the fourth in our series of five unique medals to be presented between now and 2025, each featuring an iconic landmark within and around the Balmoral estate. The 2019 medal showcased Lochnagar and, when returning in 2022 after missing two years due to the pandemic, we portrayed Balmoral Castle. Last year it was Albert's Cairn and for 2024 it's historic Crathie Kirk. We also have a special medal for all finishers in the John Clark Motors Devil of Deeside Challenge.

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 - A Fun 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.

Of course, I must also thank the thousands of runners of all ages who sign-up for our races. Many of you are regulars and we appreciate your continuing support. For those of you experiencing Run Balmoral for the first time, I am confident you will enjoy the occasion and hopefully you'll return again in future years.

We engage with youngsters through our schools t-shirt design competition and I'd like to congratulate our 2024 winners. Karley Paterson from Charleston School in Aberdeen won the primary schools competition in which we received so many wonderful submissions. Karley actually provided two excellent designs and we have used the second of these as a cover for this year's programme. Karley chose to donate her £100 prize to Charlie House charity. Maia Lancaster from Inverurie

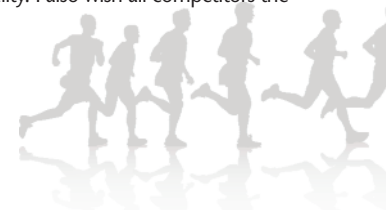
Academy won the secondary schools award and she donated her £100 prize to the Alcohol and Drugs Action charity. We are grateful to all the schools and pupils who took part and would like to thank teachers and parents for encouraging so many youngsters to get involved.

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

Run Balmoral is, in every respect, a truly wonderful example of all sectors of the community coming together to create and enjoy what is a superb family occasion. Along with my fellow Director, James Knowles, I would like to thank everyone who has contributed to the success of this flagship north east event.

Finally, I'd like to welcome the thousands of spectators who come to Balmoral to watch the races and contribute to the vibrant atmosphere over the weekend. I hope you all enjoy our hospitality. I also wish all competitors the very best of luck.

Richard Gledson,
Balmoral Estate





STENA DRILLING TARTAN 10K

CALL UP 1:30pm RACE START 2:00pm

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, Vet 60 and Vet 70 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.

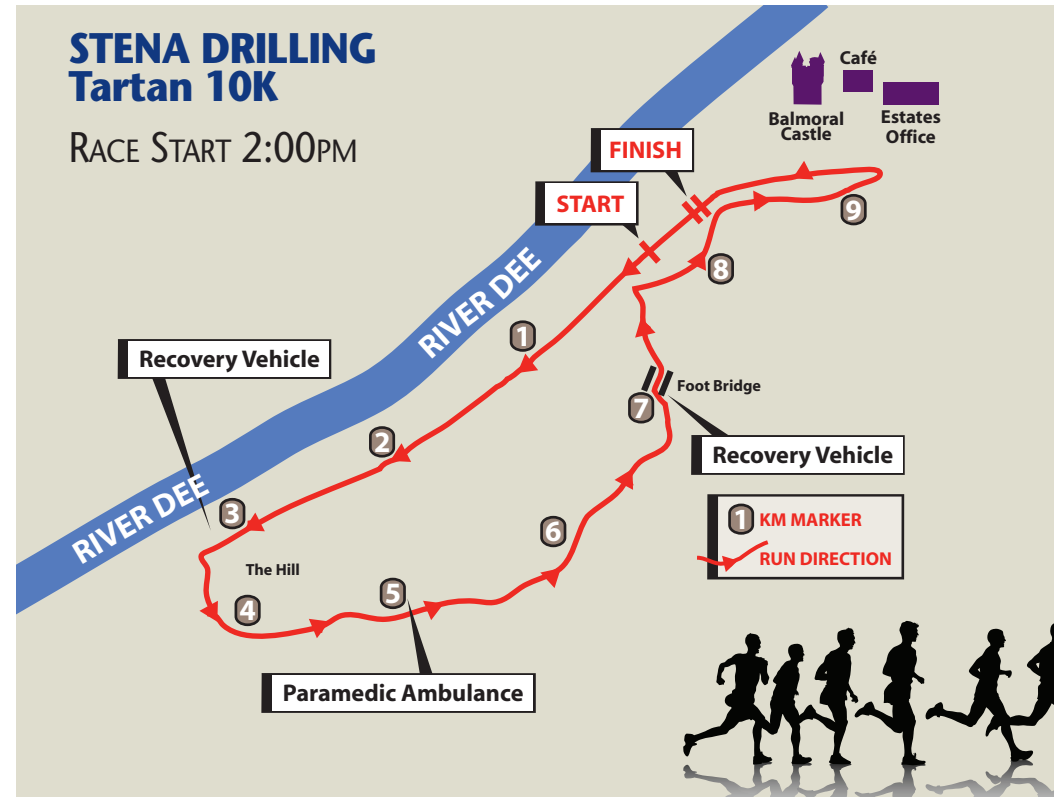
PRIZE GIVING AT 3.30PM AT THE SPONSORS MARQUEE



BALMORAL ESTATE
SATURDAY, 27 APRIL 2024

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

www.stena-drilling.com





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

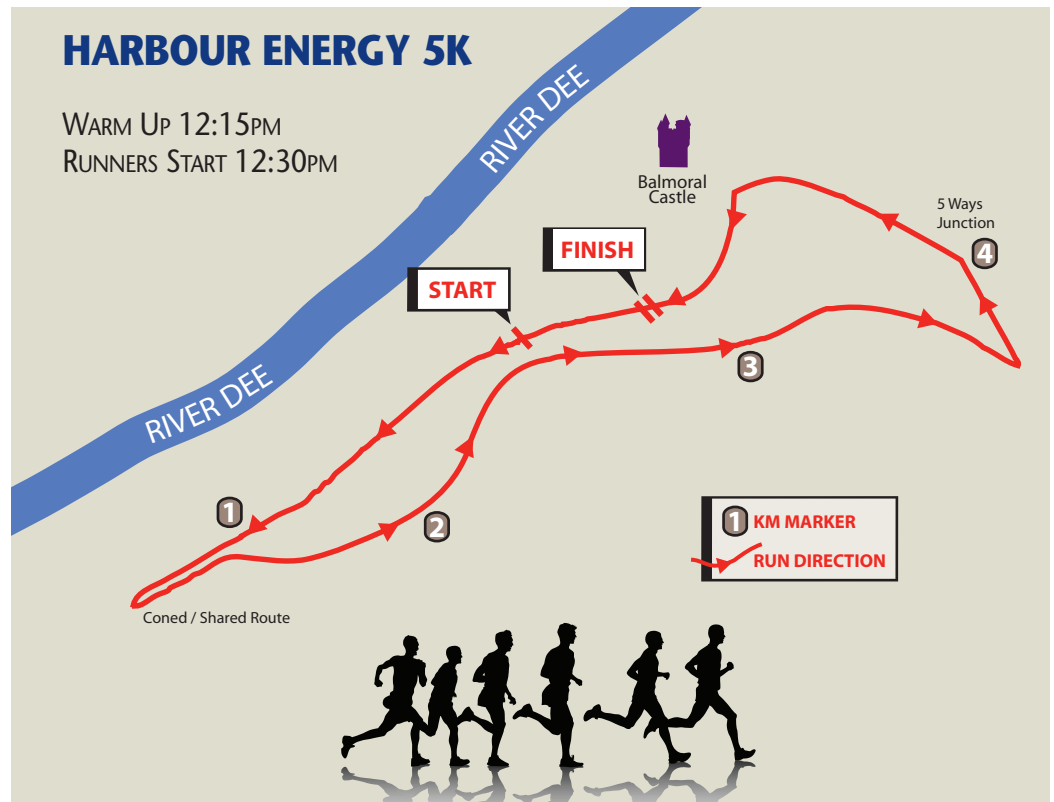
THE COURSE:

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, Vet 60 and Vet 70 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



NFU MUTUAL IS PROUD TO SPONSOR RUN BALMORAL 2024



NFU MUTUAL SECONDARY SCHOOLS 2.5K

CALL UP 11:30am WARM UP 11.40am RACE START 11:50am

At NFU Mutual we can look after you, your family and your business.

Our insurance products and financial planning services include:

- Home
- Farm
- Income Protection
- Car
- Equine
- Pensions
- Business
- Travel

NFU Mutual Financial Advisers advise on NFU Mutual products and selected products from specialist providers. When you get in touch we'll explain the advice services offered and the charges. Financial advice is provided by NFU Mutual Select Investments Limited.

For a real conversation about your needs search 'NFU Mutual' to find your local agency



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.

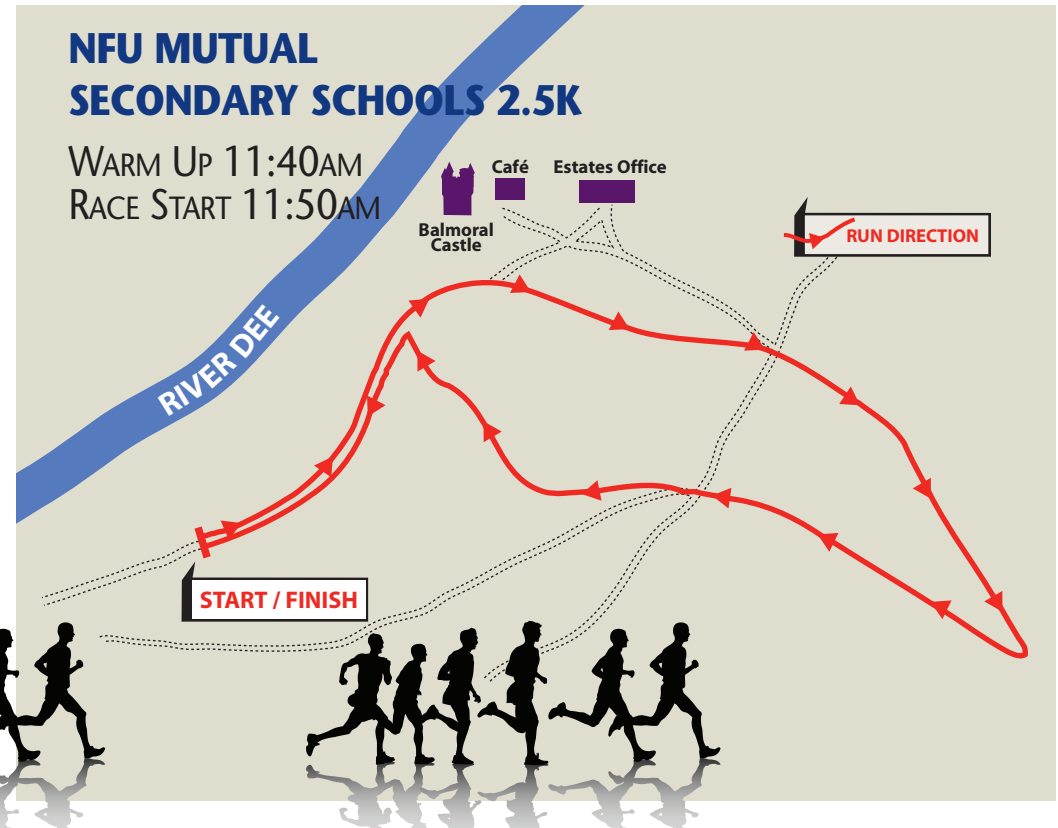
THE COURSE:

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



The National Farmers Union Mutual Insurance Society Limited (No. 111982). Registered in England. Registered Office: Tiddington Road, Stratford-upon-Avon, Warwickshire CV37 7BJ. Authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority. A member of the Association of British Insurers.



MIGHTY MAC

MPH

McIntosh Plant Hire

FOR HIRE

- Low loaders 250 tonnes gross 220 tonnes carrying capacity – Largest fleet in North of Scotland
- Artic & rigid tippers
- JCB – Komatsu – Liebherr – Terex Doosan – Rock Breakers
- Visiting parties of maximum 25 people to the McIntosh museum are welcome by arrangement



MPH MUSEUM



**BIRCHMOSS, ECHT
62 ACRE SITE**

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**

KNOCKBURN LOCH, STRACHAN

- Established 50 acres of private grounds and loch
- Training and conference venue
- Bespoke outdoor team building activities
- Full multimedia facilities
- A range of catering facilities and coffee shop

**BIRCHMOSS PLANT & STORAGE DEPOT
ECHT, WESTHILL, ABERDEENSHIRE AB32 6XL**

TEL: 01330 860751 FAX: 01330 860749

EMAIL: info@mphltd.co.uk

WEB: www.mphltd.co.uk



*"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.

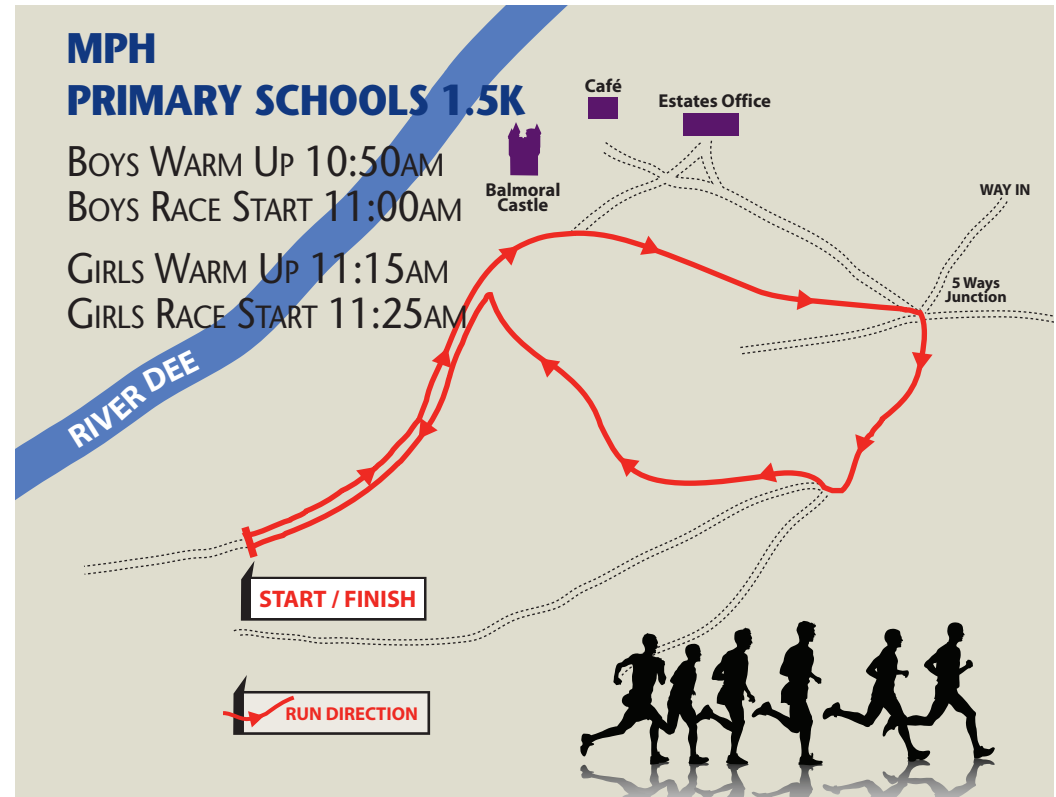
THE COURSE:

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 the
Run Balmoral Apollo Duathlon

apollo
Duathlon

Two Feet
Two Wheels
One Goal



www.apollo.engineer



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.

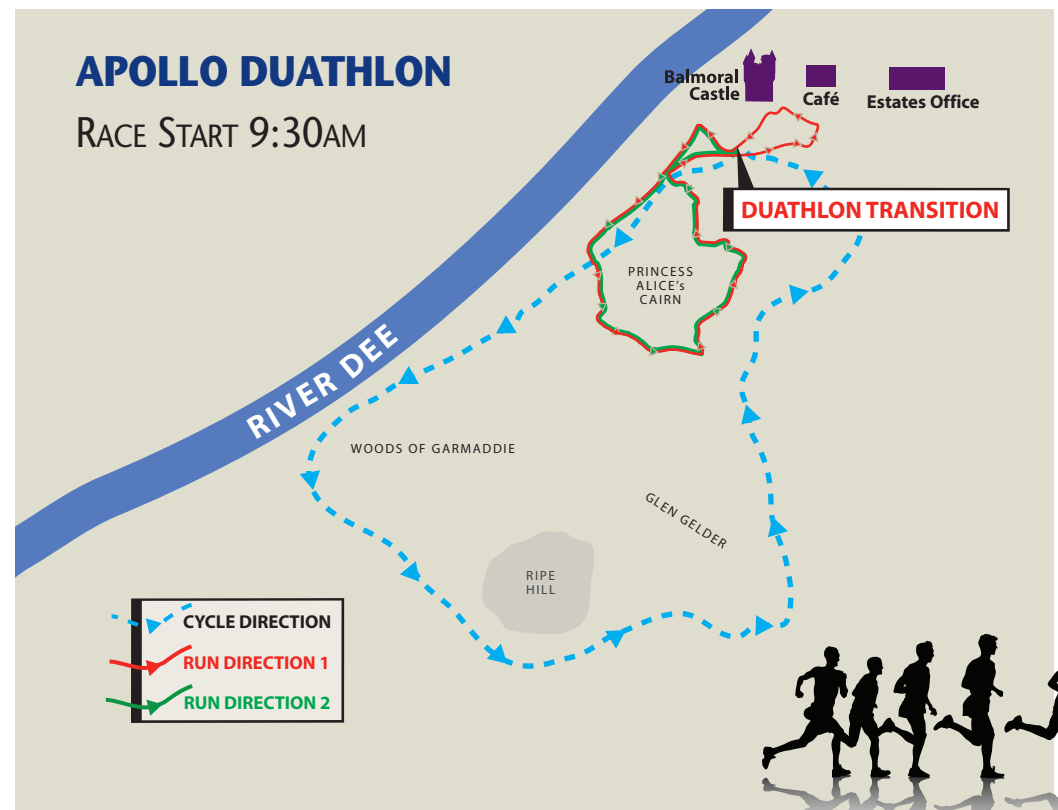
Run 2 (5k)

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, Vet 60 and Vet 70 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

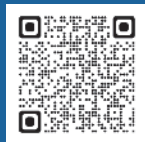




Proud to support Run Balmoral in 2024

Good luck to everyone taking part in this year's Run Balmoral!

We are running for The Archie Foundation.
Scan here to learn more:



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 and Run Balmoral - we're going places



Bristow helicopters are a familiar sight to many in north-east Scotland. We are the world's leading provider of helicopter transportation to the energy sector.

But beyond that we also operate the UK's search and rescue helicopters, and government and civil organisations across the world look to us to deliver life-saving and mission-critical services.

Scan the code to discover more about our local and global operations.



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 U/20 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





OFFICIAL
RETAIL
PARTNER

+runlab EXPERIENCE

Matching running shoes to runners since 2004.

Find your perfect match, from leading sports brands!



Platinum Trusted
Service Award

2024



Run4it Aberdeen Shop

21 Holburn Street, Aberdeen AB10 6BS // 01224 594400



run4it.com



CORPORATE TEAM CHALLENGE

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

In its nine-year history only three names have appeared on 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.

Harbour Harriers are the current holders (see photo), and they have won the event on five other occasions under their previous name of Cops and Joggers. The only other winner since 2013 was Aberdeen Sports Village who picked up the trophy in 2013 and 2016. So, who is going to break the stranglehold these teams have had on the prizes?

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.

Corporate Team Challenge Previous Winners

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

2023 Harbour Harriers

Caption: Five members of the 2023 Harbour Energy winning team are pictured here: (Left to right) Ross Aird, Daniel Christie, Andrew Miles, Russell Willox and Ali Swan.



50 Years of Incredible Journeys



John Clark Motor Group has all the brands to keep you motoring



Visit us online at john-clark.co.uk



The John Clark Motor Group **DEVIL OF DEESIDE CHALLENGE**

The Devil of Deeside Challenge was introduced in 2017 to mark the 20th anniversary of RunBalmoral and it was an immediate success. A growing number of people have been inspired to tackle the test in the years since then, and 2024 will see another large and enthusiastic group taking on the challenge. John Clark Motor Group has taken on the role of title sponsor for 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.

Everyone who completes the contest will receive a special Devil of Deeside medal in addition to the usual individual race medals.



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. **Please note, Mountain bikes only are allowed Cycle Cross, race or hybrid bikes are not allowed.**

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

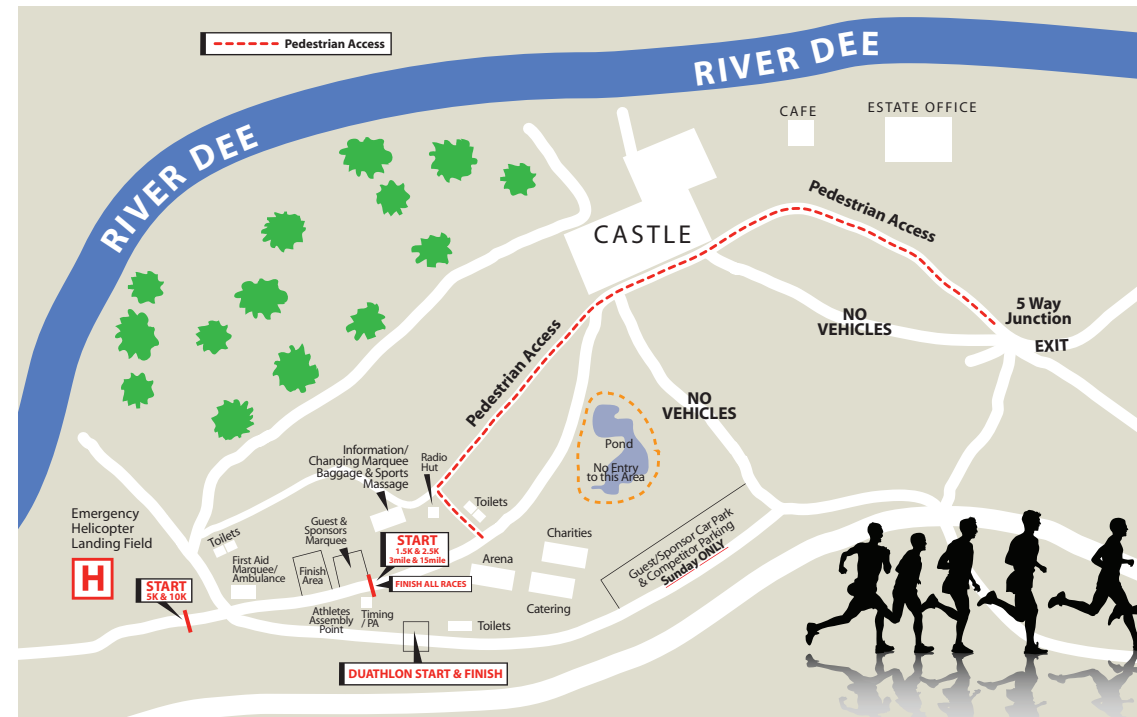
is on grass. Please only park in the designated event car parks and do not park on grass verges. Once you have parked, signs will direct you towards the start & finish areas (25 minute walk approx) or you could take one of our buses operating between the main gate and the Estate office from 9.30am -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

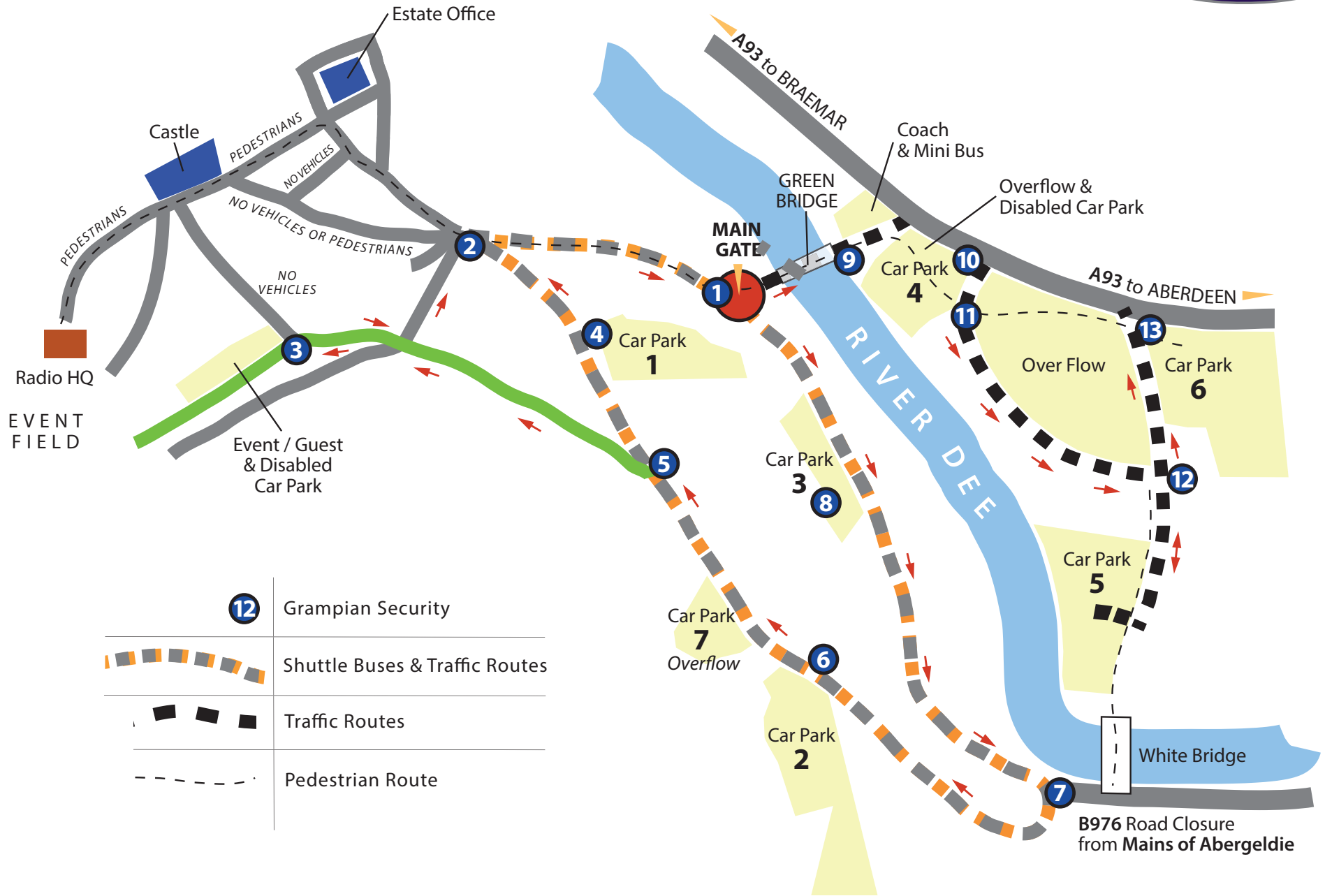
WHAT TO EXPECT AT THE FINISH?: ALL RACES: After running over the mat that will activate your timing chip you will arrive in the finishing enclosure where you will receive a medal and t-shirt - Children will also receive a goody bag. You can then exit the finish area and rejoin your family & friends.

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 | 2024



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 Catering provided by Balmoral Estate.

You can ride the attractions as many times as you like for a minimum donation of £5. Collect a wristband from the charity marquee. There is also a soft play area for the toddlers.

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 Live Life Outdoor cycling circuit unit.

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.



WE ARE CHARLIE HOUSE



In the North-east of Scotland there are over 1,800 babies, children and young people with life-limiting or life-threatening conditions.

Together, we can provide vital support for these children and their families while helping them create memories for the whole family to treasure.

Learn more:
charliehouse.org.uk



RUN FOR CHARLIE HOUSE

GAIN ACCESS TO RUNNING EVENTS THROUGHOUT 2024
AND MAKE A DIFFERENCE IN YOUR LOCAL COMMUNITY



Life is precious



HOW WE SUPPORT

At Charlie House, we deliver inclusive and accessible activities that enable families to gain confidence, engage socially, make memories together and meet others in similar situations - all free of charge.

Master carpenters,
specialising in “Forest to Front Door”



From bespoke joinery to high-end cabins, solid flooring to posts and beams all in amazing Scottish timber: Douglas Fir, Larch, Scot's Pine and Oak. Come and talk to us about your project.

info@woodworks.scot
07752 730 977
www.woodworks.scot



1495
UNIVERSITY OF
ABERDEEN

DEVELOPMENT
AND ALUMNI
RELATIONS



Help us transform lives through pioneering research in women's health

Advances in research mean that women's healthcare has improved dramatically in the past 50 years. However, there are still significant risks to women's health and the health of their children.

Within the University of Aberdeen Centre for Women's Health Research (ACWHR) we have a world-class team of academics, clinicians and students undertaking vital research to help women and their children live healthier, happier and longer lives.

The new Baird Family Hospital, set to open in Aberdeen, will provide exceptional maternal and natal care and research facilities. This will enable the ACWHR to work closely with NHS colleagues to discover and apply new healthcare techniques which will advance vital patient-led research in areas such as fertility, miscarriage & still birth, and post-natal complications. This will greatly impact on patient care.



"I want to extend my sincere thanks to everyone who is taking part in Run Balmoral and choosing to make a donation to support women's health research at the University of Aberdeen. You are helping to enable much-needed research to improve the care of women before, during and after pregnancy and your generosity and support is very appreciated."

Professor S Bhattacharya – Sir Dugald Baird Chair in Women's Health and Head of the School of Medicine, Medical Sciences & Nutrition.

Please support our research by contacting Lynne Black on +44 (0)1224 272087 or email lynne.black@abdn.ac.uk.

To give online today visit www.abdn.ac.uk/giving/womenshealth.

Thank You

The University of Aberdeen Development Trust SCIO is a charity registered in Scotland no. SC050996.

£89

£99

£105

£109

**Stay ahead of the Herd
with Run Balmoral**

**Saving Aberdeenshire
from mediocre van hire!**
Tel: 0800 066 3194



Quote
"RUN BALMORAL"
when you book!

*Terms & Conditions apply, please scan QR Code for more details

The
GREAT BRITISH
Dog Walk™



Join our sponsored dog walk and transform lives
with every step

SUNDAY 2 JUNE 2024
GROUP WALK STARTS AT 11AM

Adults £12 online (£15 on the day) • Children free
Registration opens from 9:30am



BALMORAL CASTLE
ABERDEENSHIRE

Kindly supported by



Sign up today at: hearingdogs.org.uk/gbdw

Registered charity in England and Wales no. 293358 and in Scotland no. SC040486. Royal Patron HRH The Princess Royal

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, Kayleigh's Wee Stars has raised more than £1,000,000 and helped hundreds of families with grants to ease their financial burden so they can spend precious time with their child without the worry of money.

With your help, 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

Registered Scottish Charity: SC050136



Together

We can shape a better future



Scan the QR code to donate today!

VSA is a leading social care charity with over 150 years of experience providing vital care and support to vulnerable children and adults living in the North-East of Scotland.

We support people through some of the most challenging times they have experienced and help them take control of their lives for a brighter and better future.

Can you help us to make a real difference?

As we support people from birth to end of life, we have a wide range of services or projects that you can donate to.

For further details on VSA and how you can help shape a better future, simply visit vsa.org.uk/support

Registered in Scotland as Aberdeen Association of Social Service operating as VSA Company Registration Number SC018487; Registered Charity Number SC012950. Head Office: 38 Castle Street, Aberdeen AB11 5YU.

GOOD LUCK TO EVERYONE RUNNING FOR SCOTLAND'S CHARITY AIR AMBULANCE!



As Scotland's only charity air ambulance, we rely on your support to keep saving lives across Scotland, 365 days a year.

JOIN #TeamSCAA

Scan below to see all our 2024 events!



Get more info at www.scaa.org.uk



Scottish Charity No. SC041845

**NEW FOR
2024!**

Live Life Outdoors CYCLING PROGRAMME

BRINGING THE BIKE TO YOU

Live Life Outdoors "Balance to Pedal"

Our Learning to Ride option "Balance to Pedal" provides a safe and gentle introduction to cycling and is aimed at pre-school or P1-P3 children who would like to progress from a balance bike to riding a pedal cycle.

Junior "Live Life Cycling"

Junior "Live Life Cycling" provides a safe progressive cycling session and is aimed at P1-S4 children who would like to become more confident when riding their bike and is ideal preparation for children getting ready for Bikeability at school or older children looking to learn some new skills or refresh old ones.



Live Life "Discovering Cycling"

Live Life "Discovering Cycling" provides a venue based 6-week programme and is aimed at parents who are looking to provide their child or children with a weekend-based programme that serves as a "bridging" programme. These sessions are for children from P1-P5 who would like to become more confident when riding their bike and is ideal preparation for children getting ready for Bikeability at school.

Live Life Cycling "Event Support"

We can create a bespoke package to support your event, combining a variety of cycling sessions for all ages and with all aspects of our programmes able to be blended together to create a fantastic addition to your event!

"Live Life Cycling"

For those age 16+, "Live Life Cycling" offers a structured and enjoyable introduction to cycling or a refresher on lost childhood skills, whether you are looking to use your bike for leisure or commuting.

**SCAN THE QR TO FIND OUT MORE
ABOUT OUR PROGRAMMES**



LEYLINES

WE KNOW THAT THE KIT YOU NEED TO GET
YOU OUTDOORS IS EXPENSIVE BUT IT'S ALSO
INCREDIBLY HARDWEARING AND ALWAYS IN
NEED OF A NEW HOME THAT WILL SHOW IT
THE GOOD TIME IT DESERVES

DESIGNED TO HELP MORE PEOPLE
EXCHANGE THE GEAR, REPAIR THE TEARS
AND SUPPORT THE CHARITIES GETTING
PEOPLE OUTDOORS, COME AND MEET

LEYLINES



Albyn
Hospital
Part of Circle Health Group

Orthopaedic Services

Providing access to the full treatment pathway including consultation, diagnostic imaging, treatment and aftercare.

We put patients at the heart of our care by tailoring treatment plans to help them effectively manage their joint pain condition.

Our multidisciplinary teams, comprising of Orthopaedic Consultants, Pain Management Specialists, and Physiotherapists, offer expert non-surgical and surgical treatment options in a safe, comfortable and friendly environment.

We are able to diagnose and treat an extensive range of joint conditions affecting:

- Hip and Knee
- Foot and Ankle
- Back
- Shoulder and Elbow
- Hand & Wrist

Patients can access our services through private medical insurance or by self-paying.

Book an appointment to see one of our specialists



Telephone:
01224 595993

28763 2791 MKT ADV / 02.2024


BALMORAL
CASTLE



Balmoral Castle is open

7 days a week, 10am to 5pm,
with free admission until 3rd May 2024.
Come and visit the Grounds, Café and giftshop.

From 4th May-11th August 2024 admission charges will apply.
This includes entry to the Exhibitions, Castle Ballroom, café and giftshop.
Audio guides are available.

For further information

01339 742534
www.balmoralcastle.com



TIDY
GREEN
CLEAN
PROUDLY NET ZERO

DISCOVER A BETTER COMMERCIAL CLEANING SOLUTION

PROUD SPONSOR OF RUN BALMORAL 2024 VIDEOGRAPHY



As the leading carbon negative commercial cleaning franchised business in Scotland, we bring our ISO 9001; 14001; and 45001, Achilles UVDB Silver and Living Wage Foundation accreditations with us everywhere we operate.

Our cleaning philosophy, rooted in green practices and high-tech solutions, places our people and your teams right at the heart of everything we do. With people at our centre, we're proud to sponsor Run Balmoral 2024 videography so that everyone gets to see just how well they did.



CONTACT US TODAY TO FIND OUT MORE

03330 095 095 | info@tidygreenclean.co.uk | tidygreenclean.co.uk

Make
A day
of it!

Aberdeen & Aberdeenshire

Make a day of it this spring

Aberdeen



| www.visitabdn.com/whats-on

ESTD 1845
ROYAL LOCHNAGARTM



OPEN
7 DAYS A
WEEK

A SPIRIT OF ITS OWN

One mile from Balmoral Castle, Royal Lochnagar distillery resides in the majestic heart of Royal Deeside. Discover more by joining one of our whisky experiences or relax in our bar with a dram, flight or cocktail.



Book your experience
at RoyalLochnagar.com
or find us at Crathie, Balmoral, Ballater, AB35 5TB

PLEASE DRINK RESPONSIBLY
be drinkaware.co.uk



Eat, Drink & Shop with Dean's

Enjoy breakfast, lunch, coffee and homebakes in our Bistro.

Browse around our Gift Shop for our full range of delicious shortbread, plus gifts, kitchenware, homeware, ladies clothing and footwear.



www.deans.co.uk
T: 01466 455192 or 01466 455194
Huntly, Aberdeenshire AB54 8JX

See our website and social media for opening hours.

Get Fit with Friskis&Svettis

Friskis&Svettis, originating from Sweden is one of Europe's largest sport organisations.

Friskis&Svettis exercise classes are suitable for all what ever you level of fitness and we offer Viking Hiking (Nordic Walking) across various venues in Aberdeen City & Shire.

Its a great way to enjoy the many health benefits of physical fitness, have fun and make new friends.

Give us a try, first class free with Balmoral medal, more details www.fsaberdeen.co.uk



friskis





COTAG
4X4 RESPONSE



**SERVING
OUR COMMUNITY
IN TIMES OF NEED**



COTAG 4x4 Response are always on the lookout for willing volunteers.

We currently have vacancies for the following positions:

- 4x4 Owner/drivers**
- Operations Controllers**
- Admin Assistants.**

If you can spare the time come along and talk to us or visit our website www.cotag.net

**ORIGINAL 106
BREAKFAST
WITH CLAIRE & PETE
LIVE FROM ABERDEEN**

original 106fm
All The Music You Love





Deeside Activity Park

Kart Racing

on our Asphalt Track is available 7 days a week.

To book call us on 013398 83536 or book online at

<https://www.deesideactivitypark.com/index.php/activities/kart-racing>



Whatever the industry.
Whatever the environment.
Whatever the need.

We have
the **power**
to deliver.



GennyHire.com

YOUR POWER SOLUTIONS PARTNER



Genny Hire is an equipment rental company specialising in the hire, sales and service of power solutions to a wide variety of applications.

01224 515233 | info@gennyhire.com

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 Event First Aid Services.



1st Insch Scout Group are happy to continue their long association with Run Balmoral stretching as far back as 2005.

The scout group and explorer unit continue to provide opportunities for youth members to participate in a wide range of activities and camps both locally and wider afield. 2022 culminated with a group of 28 explorers and scouts plus 7 leaders attending the Swedish National Scout Jamboree near Kristianstad.

Looking forward we plan to hold a group camp later this year and are looking at various possibilities for our next international adventure.

For information on Scouting within Scotland check out www.scouts.scot



RAF Air Cadets is a national youth organisation that was 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/gliding , national and international camps, adventure training (walking, rock climbing, canoeing, mountain biking and many more.

The personal development of cadets is high on the agenda for our qualified staff. All cadets going through the organisation can

achieve qualifications leading to nationally recognised award schemes. We still have a very strong link to our parent service that provides guidance to the staff and cadets of RAFAC.

Adults joining the organisation can gain qualifications and enable the youth of tomorrow to meet their potential.

There are over 1000 squadrons across the UK with 20 across the north of Scotland. There will be a unit close to you, so why not come along and find out what you can be!

Find us here

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

Website: <https://www.raf.mod.uk/aircadets/>





The Inverurie Scout Group is a vibrant community organization dedicated to fostering leadership, outdoor skills, and camaraderie among young people in the Inverurie area. Through a variety of activities such as camping, hiking, and community service projects, scouts develop valuable life skills while forming lifelong friendships. Led by dedicated volunteers, the group provides a safe and supportive environment for youth to learn and grow, instilling values of teamwork, respect, and responsibility along the way.

For information:
www.inveruriescouts.co.uk

