



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.



GETTING YOU READY FOR THE START LINE & BEYOND



OFFICIAL
RETAIL
PARTNER

RUN4IT.COM



EVENT INFORMATION

Saturday 22nd and Sunday 23rd April 2023



MPH

McIntosh Plant Hire

Primary School Races



Secondary School Race



5K Race



10K Race

apollo

Duathlon



3 & 15 Mile Trail Races



Devil of Deeside Challenge



Event Village Sponsors

A Very Warm Welcome to **RUNBALMORAL 2023**

Welcome to the 24th 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 have come on board this year to give backing to the secondary schools race while Aberdeen charity AberNecessities has become title sponsor of the Devil of Deeside Challenge thanks to backing from NEO Energy. 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 AberNecessities Devil of Deeside Challenge is back for its fifth year and 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.



Our videography and drone coverage in 2022 proved to be very popular so we are delighted to be able to repeat this in 2023 courtesy of sponsors Tidy Green Clean (TGC).



This year we are offering runners the third 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 while last year we portrayed Balmoral Castle. This year it's Albert's Cairn. We also have, for the first time, a special medal for all finishers in the AberNecessities 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 Dynamic 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 2023 winners. Eviee Jennings-Park from Hazlehaed School in Aberdeen won the primary schools competition while Aria Dyson from Blairgowrie High School won the secondary schools award. 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, and Scotland's Charity Air Ambulance.

Run Balmoral is, in every respect, a truly fantastic example of all sectors of the community coming together in partnership to create and enjoy what is a superb family occasion. Along with my fellow Director James Knowles, I would like to thank 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



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.

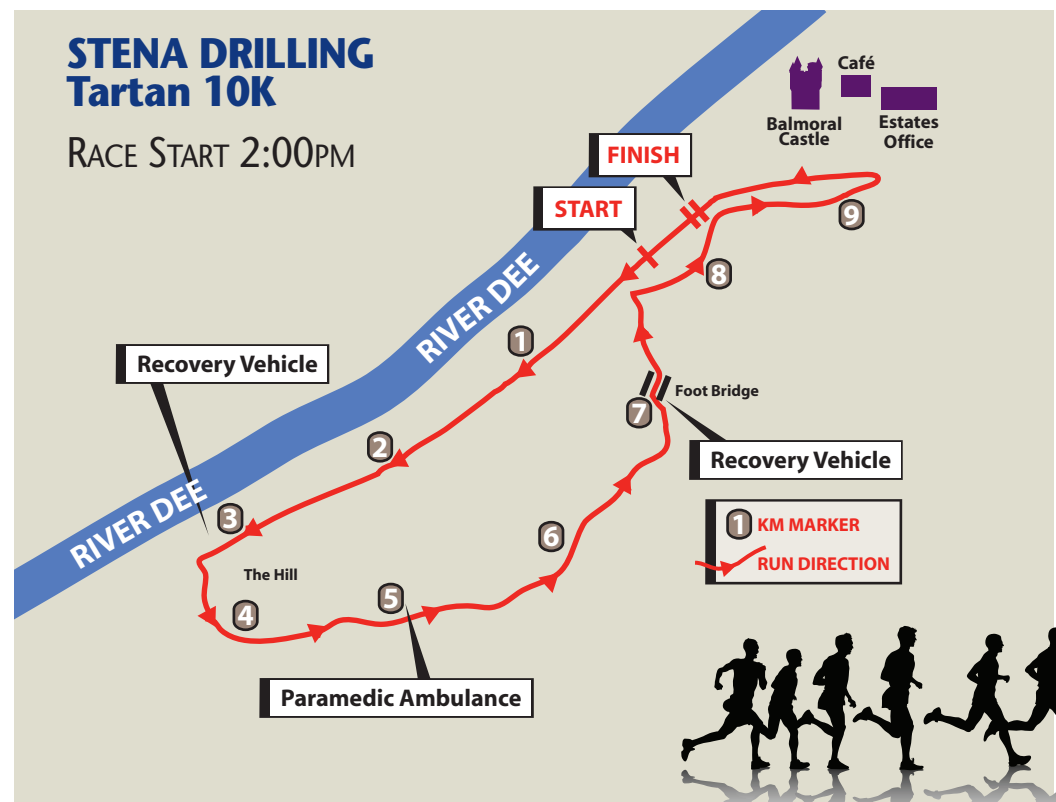
First man (standard kilt) and woman (lightweight kilt). See our website for full list of prizes and conditions.

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



GOOD LUCK TO EVERYONE TAKING PART IN THE
STENA DRILLING 10K
BALMORAL 2023





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

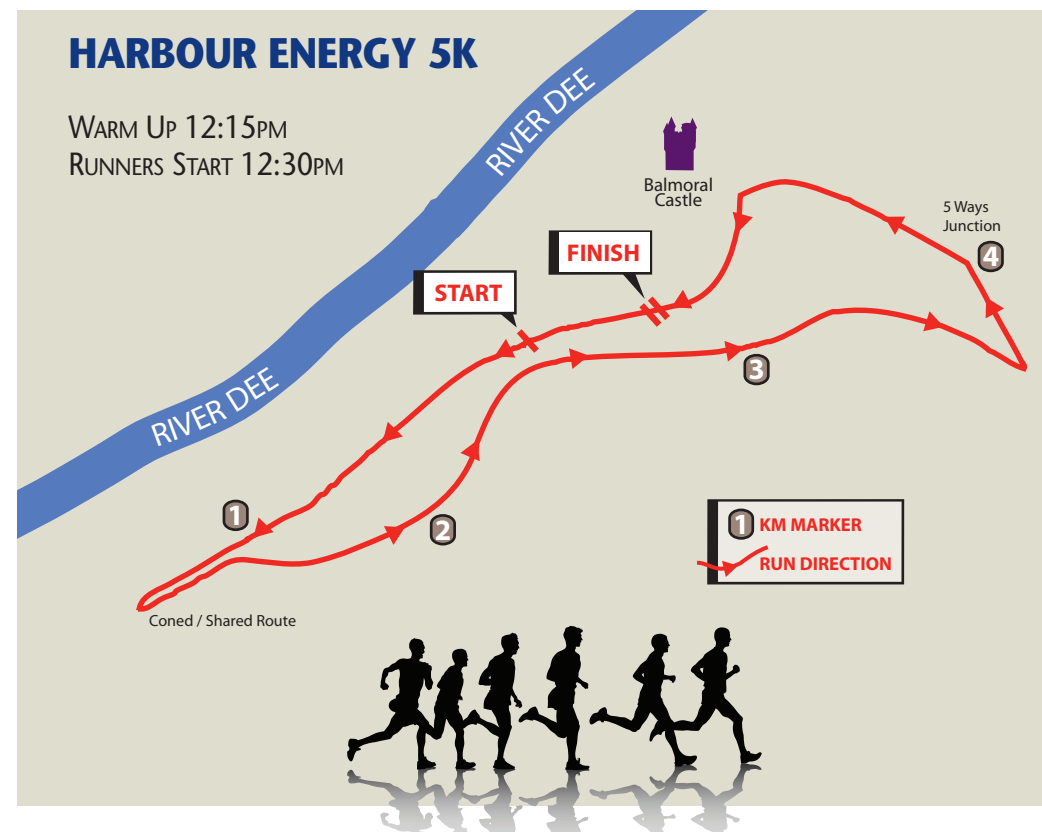
THE COURSE:

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 2023

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

Our insurance products and financial planning services include:

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- Financial Planning
- Pensions

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



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NFU MUTUAL SECONDARY SCHOOLS 2.5K

CALL UP 11:30am WARM UP 11:40am RACE START 11:50am

The start is operated by age bands- the oldest at the front, the youngest at the back. Participants will be called to the assembly area prior to the warm up. Placards will be clearly displayed e.g. Secondary 1 and you should line up behind the placard indicating the school year that you are in. After the warm up you will be taken to the actual start line. To keep warm before and after the run wear warm clothing and bring waterproof clothing. If you need an inhaler etc, make sure it is brought with you on the day.

THE COURSE:

The route used for this race is contained within the estate grounds. The distance of the race is approximately 2.5K. The race will start and finish at the main finish line gantry, run in front of Balmoral Castle, right towards the 5 ways junction, straight on to East Lodge, M13 then a right hairpin back to M4, downhill by the gardens, left turn - in front of the castle and on to the finish. Lead cyclist and sweep runners will be in attendance.

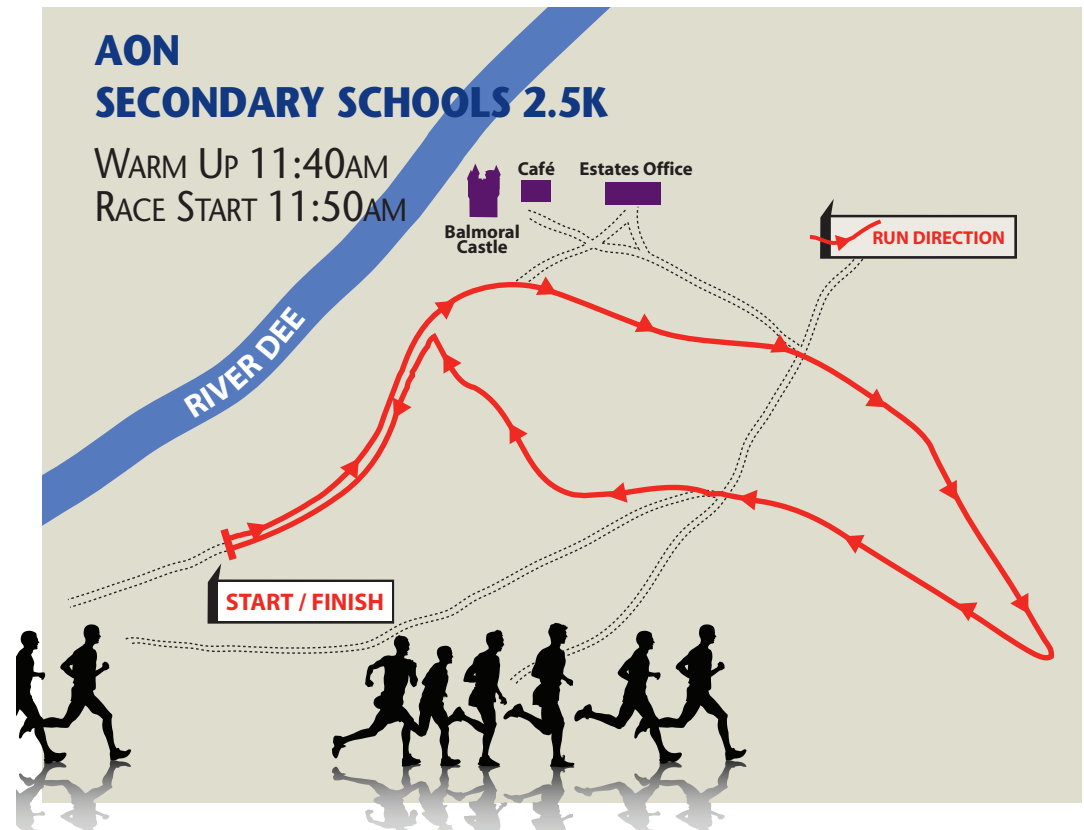
PRIZES:

First three boys and girls. Aberdeenshire Active Schools Trophy (For the Aberdeenshire Secondary School with the most entrants in this race). Prize winners will be announced as soon as possible. If you think you may have won a prize please stay until the announcement is made.

PRIZE GIVING AT 1.15PM AT THE SPONSORS MARQUEE

AON SECONDARY SCHOOLS 2.5K

WARM UP 11:40AM
RACE START 11:50AM





MIGHTY MAC



MPH MUSEUM



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MPH

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FOR HIRE

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- Artic & rigid tippers
- JBC – Komatsu – Liebherr – Terex Doosan – Rock Breakers
- Visiting parties of maximum 25 people to the McIntosh museum are welcome by arrangement

EARTHWORKS

- Construction and upgrade of major road networks
- New housing and industrial land developments
- 8 golf courses constructed to date
- Key land location sites in Westhill

KNOCKBURN LOCH, STRACHAN

- Established 65 acres of private grounds and loch
- Training and conference venue
- Bespoke outdoor team building activities
- Full multimedia facilities
- A range of catering facilities and café

HEUGHHEAD FISHING, STRACHAN

- Situated approximately 2 miles upstream from the Falls of Feugh
- The beat extends to 1 mile of left bank Salmon fishing
- Fishing is separated by 5 beats
- Purpose built wooden fishing lodge provides full facilities



*"Moving the Earth to
Support Sport"*



MPH PRIMARY SCHOOLS 1.5K

BOYS CALL UP 10:40am BOYS WARM UP 10:50am BOYS RACE START 11:00am
GIRLS CALL UP 11:05am GIRLS WARM UP 11:15am GIRLS RACE START 11:25am

The start is operated by age bands- the oldest at the front, the youngest at the back. Participants will be called to the assembly area prior to the warm up. Placards will be clearly displayed e.g. Primary 4 and you should line up behind the placard indicating the school year that you are in. After the warm up you will be taken to the actual start line. To keep warm before and after the run wear warm clothing and bring waterproof clothing. If you need an inhaler etc, make sure it is brought with you on the day.

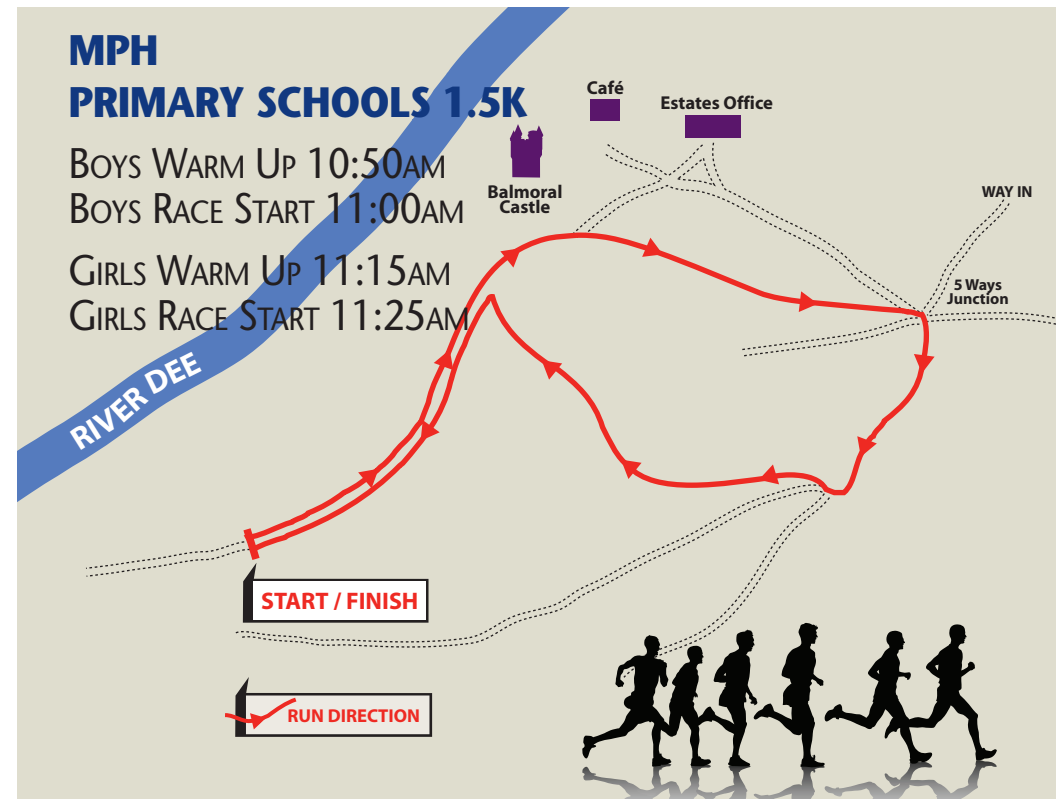
THE COURSE:

The route used for this race is contained within the estate grounds. The distance of the race is approximately 1.5K. The race will start and finish at the main finish line gantry, run in front of Balmoral Castle, right towards the 5 ways junction, right up the hill to M4, right turn downhill by the gardens, left turn in front of the Castle and on to the finish. Lead cyclist and sweep runners will be in attendance.

PRIZES:

First three boys and girls. Aberdeenshire Active Schools Trophies (For Aberdeenshire Primary Schools with rolls of 100 & over and less than 100 with the most entrants in this race). Prize winners will be announced as soon as possible. If you think you may have won a prize please stay until the announcement is made.

PRIZE GIVING AT 1.15PM AT THE SPONSORS MARQUEE



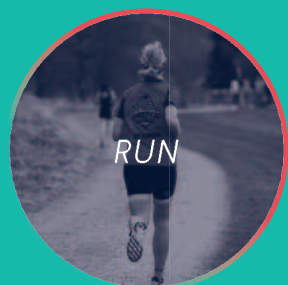
apollo^o

Engineering
tomorrow.
Today.

Good luck to everyone taking part in the

Run Balmoral Apollo Duathlon

RUN / BIKE / RUN



At Apollo we deliver smart sustainable solutions for the energy sector, working across Oil and Gas, Hydrogen, Carbon Capture, Nuclear and Offshore Renewables, providing transformational engineering projects, Technical Placements and Digital Applications to the industry.

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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.

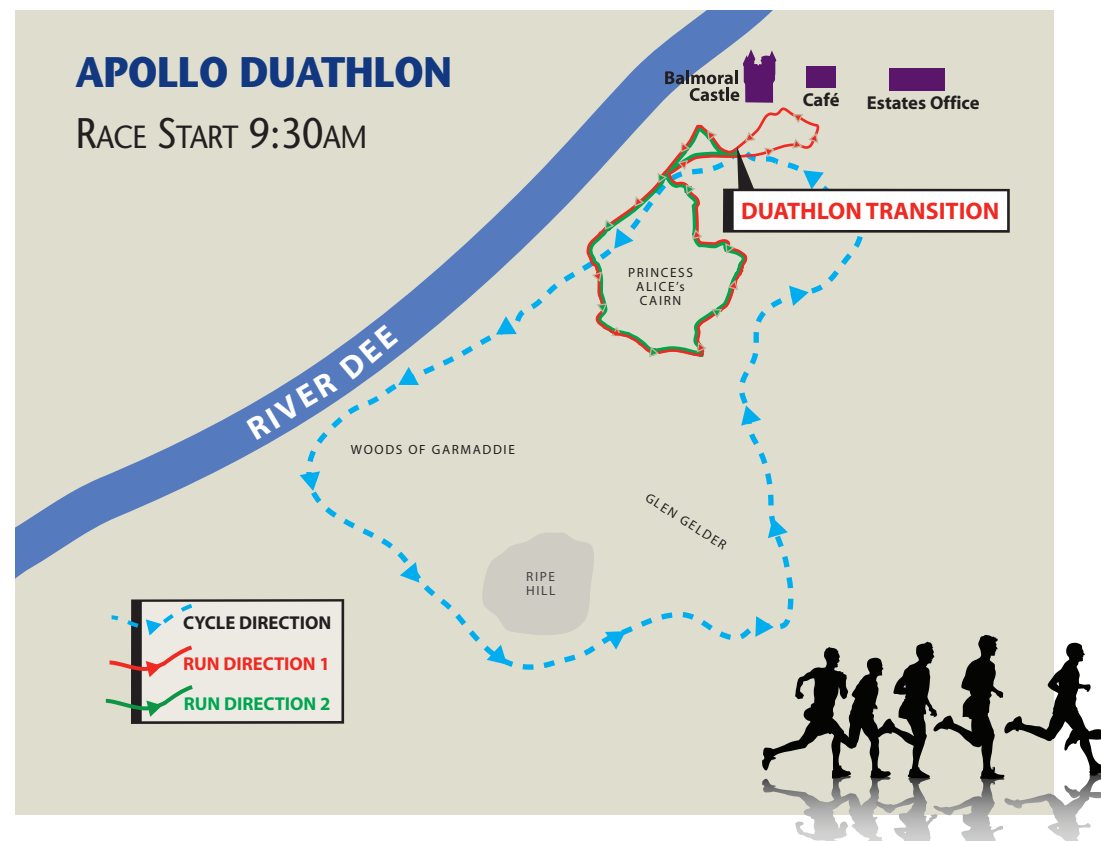
Run 2 (5k)

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





Bristow



www.bristowgroup.com



THE START: 1:00pm

THE COURSE:

Starting and finishing on the road adjacent to the cricket pitch, the route follows the banks of the river Dee, past the Deer park, along by the waterfalls at Garb Allt before circling Ripe Hill to Glen Gelder. Wonderful views of Lochnagar can be seen to the east and a magnificent panorama of the Cairngorms to the west. It then meanders along open moor land before descending through a pine forest to the river Dee and the finish.

PRIZES:

First three men and women overall. First man and women in, Vet 40, Vet 50 and Vet 60 categories. See our website for full list of prizes and conditions. Prize winners will be announced as soon as possible. If you think you may have won a prize please stay until the announcement is made.

PRIZE GIVING AT 3.30PM AT THE SPONSORS MARQUEE

BRISTOW 15 MILE TRAIL RACE

START 1:00PM





BRISTOW 3 MILE TRAIL RACE

THE START: 1.15pm

THE COURSE:

The route for this race is contained within the Estate grounds. The race starts and finishes adjacent to the cricket ground and travels west (100m) to the edge of cricket pitch before turning right on a track to a path on the south bank of the River Dee. Continue to the Boat Pool before joining the Lower Estate Road. At West Lodge turn left and continue to M17. At M17 turn left up to Purchase Cairn before descending to the Upper Estate Road continuing to the Lower Estate Road. Turn right to finish

PRIZES:

First male and female overall. First male and female 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

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



Just like our customers have stood by us over the decades, we stand firmly on our promise to:

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

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

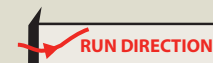


www.bristowgroup.com



BRISTOW 3 Mile Trail Race

RACE START 1:15PM



START / FINISH



OFFICIAL
RETAIL PARTNER



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We're with you
all the way!

At Run4It, we provide expert and honest advice;
quality footwear, clothing & accessories; and a free +runlab
shoe fitting service... to help you **improve your run!**



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01224 594400



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CORPORATE TEAM CHALLENGE

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

In its eight-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

Caption: 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.





No child should go without . . .

AberNecessities provides disadvantaged families with the essential and basic necessities that No Child Should Go Without.

From maternity bundles for mother and baby to nappies, formula milk, clothing, toys and equipment for children aged 0-18 years, AberNecessities recognises the importance of meeting the basic needs of a child in order to give them the best start possible.

Currently, 21% of children living in Aberdeen are living in poverty



Advert sponsored by:
NEO Energy

To donate, volunteer or sponsor, visit:
www.abernecessities.co.uk



The AberNecessities 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 2023 will see another large and enthusiastic group taking on the challenge.

Aberdeen-based charity AberNecessities has taken on the role of title sponsor, with backing from NEO Energy, in supporting this exciting event which has captured the imagination of competitors from all around the country.

Participants in the Devil of Deeside Challenge have to take part in four races held over the two days of the RunBalmoral meeting. They'll start off with the Harbour Energy 5km and the Stena Drilling 10km on the Saturday, before tackling the Apollo duathlon and the Bristow 15 mile trail race on the Sunday. The winners are those who have the best combined times (based on chip timing) from all the races.

This year, for the first time, everyone who completes the contest will receive a special Devil of Deeside medal.



TIMETABLE OF EVENTS 2023

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

SATURDAY 22nd

- 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 23rd

- 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

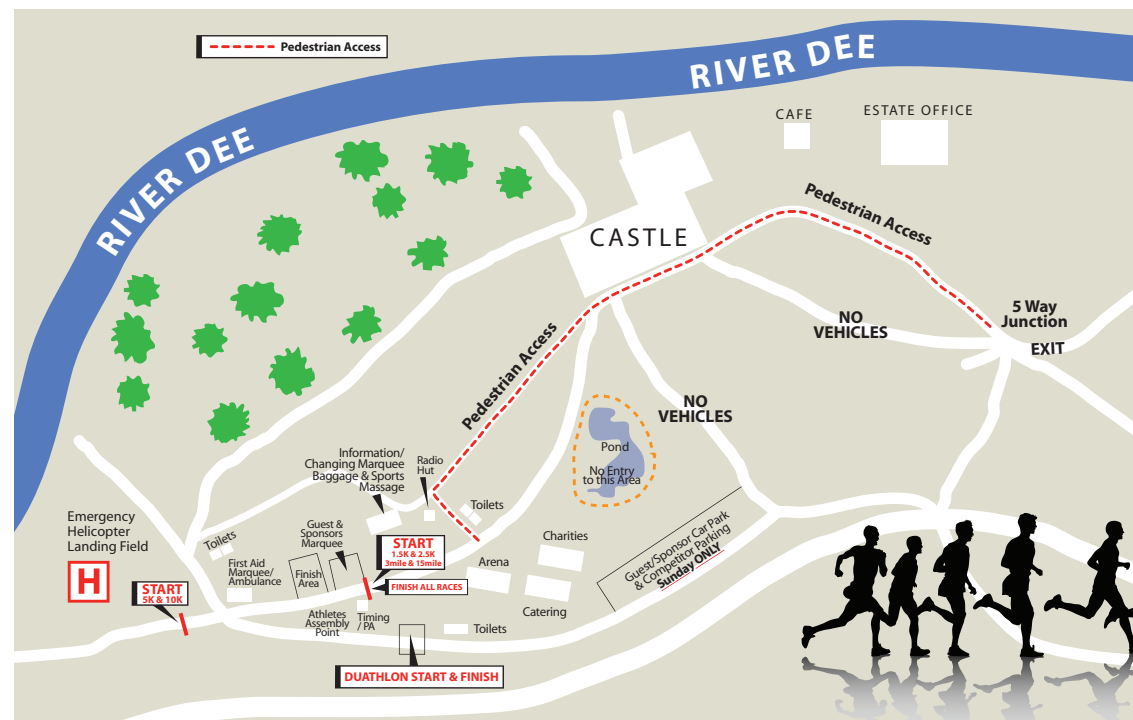
is on grass. Please only park in the designated event car parks and do not park on grass verges. Once you have parked, signs will direct you towards the start & finish areas (25 minute walk approx) or you could take one of our buses operating between the main gate and the Estate office from 9.30am -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

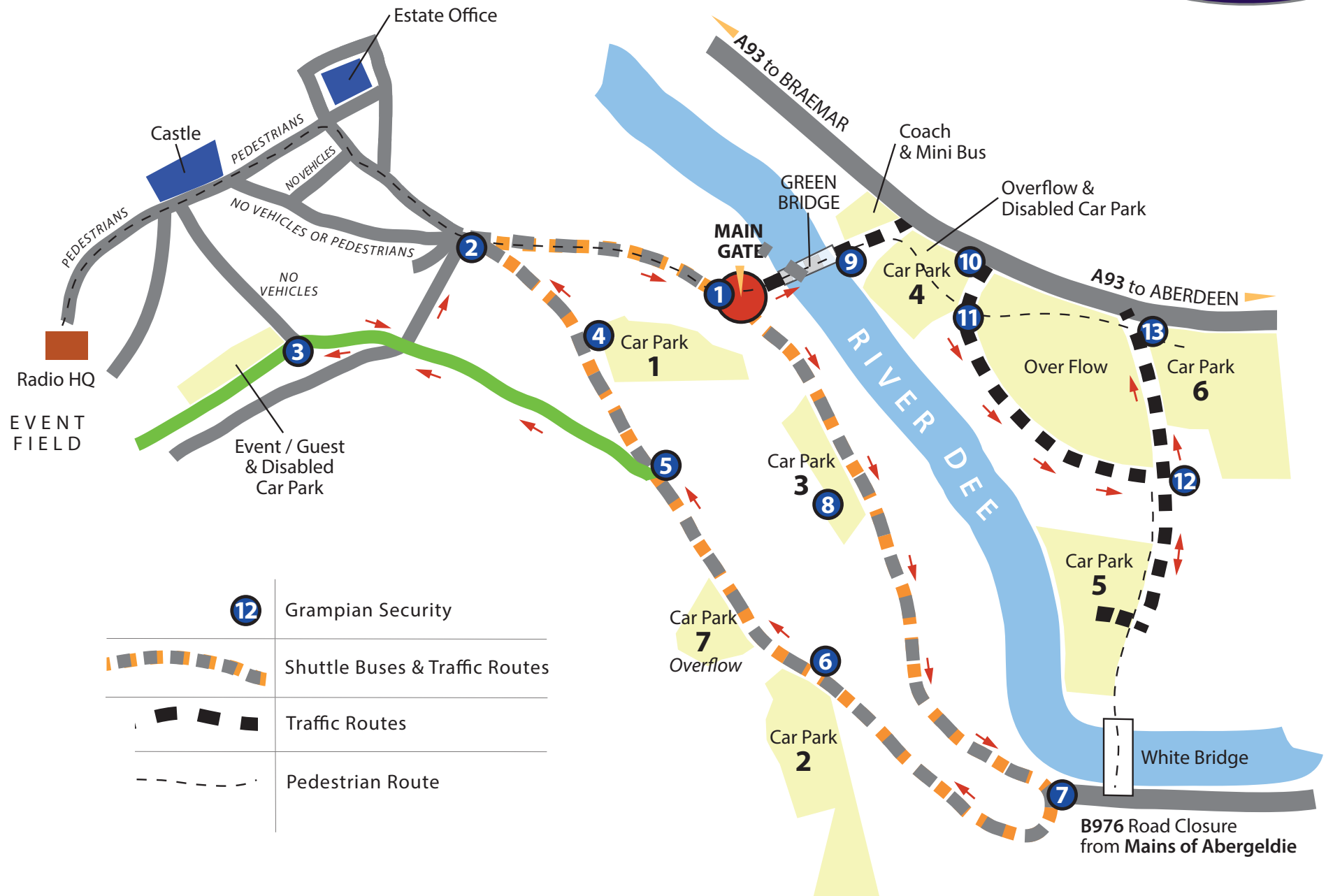
WHAT TO EXPECT AT THE FINISH?: ALL RACES: After running over the mat that will activate your timing chip you will arrive in the finishing enclosure where you will receive a medal and t-shirt - Children will also receive a goody bag. You can then exit the finish area and rejoin your family & friends.

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 | 2023



Albyn Hospital Event Village



Take time to visit the Event Village, sponsored by Albyn Hospital, where we have some exciting activities and fantastic catering provided by Country Flavours of Alford.

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 Sports Village with climbing wall for all ages, Football In The Street Sports Arena and the exciting Bike Track and Obstacle Course.

Forgot some kit? Don't panic, the Run 4 It shop is on hand for all those last minute essentials.

RunBalmoral have teamed up with Marathon-Photos.com who take photographs of competitors on the course and at the finish.

The photos are available online within 72 hours of the event to every entrant as exclusive photo products. Plus every competitor will be able to download for FREE their Event Certificate.

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- Running and Biomechanical Assessments



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

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DEVELOPMENT AND ALUMNI RELATIONS



Help us transform lives through pioneering research in maternal 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.

In 2024, the new Baird Family Hospital will open in Aberdeen, providing 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 maternal 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 Kelly M. Anderson on +44 (0) 1224 273057 or email kellymanderson@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.



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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



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Community Offroad Transport Action Group

Founded in 2004, COTAG is the longest serving 4x4 Response team in Scotland. Established to support emergency services and local communities in times of need, COTAG 4x4 Response serves the Grampian region with a dedicated team of volunteers. Each member has undertaken intensive training in the safe use of 4x4 vehicles and associated equipment, on and off the public highway. All volunteers selflessly give their unpaid time and use their own carefully prepared vehicles for the benefit of the Northeast community.



Serving our community in times of need

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ON THE APP



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SMART SPEAKER



Aden Country Park in Mintlaw, Aberdeenshire, is a 230-acre country park in the heart of Buchan. Built around the 1800s the buildings now house the Aberdeenshire Farming Museum, Café at Aden, Aden Craft & Gift Shop, staff offices, and Coach House Visitor Information Centre. Other facilities in the park include a fantastic new children's play area, picnic and BBQ sites, walks and trails, Hareshowe Farm, North East Folklore Archive (NEFA), Aberdeenshire Recording Centre, Book of Deer exhibition, SANDS and carers/sensory gardens, outdoor gym, dog agility and exercise area, horse arena and bridleway, car parking and fully accessible changing places toilet facilities. Aden Country Park also regularly plays host to a variety of events including the Buchan Trail Marathon which will be held on the 27th of August 2023.

For more information, please visit the Aden Country Park website:
www.adencountrypark.org.uk



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:



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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



The Royal Air Force Air Cadets (RAFAC) is a national youth organisation founded in 1941. Now over 80 years old the organisation offers exceptional opportunities to young adults to participate in a wide range of activities:- flying and gliding, national and international camps, adventure training (walking, climbing, canoeing, mountain biking) and many more.

The personal development of cadets is high on the agenda for our qualified staff. All cadets progressing through their careers can

achieve qualifications leading to nationally recognised award schemes such as BTEC. RAFAC have a very strong link to our parent service that provides guidance to the staff at cadets alike.

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

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

Find us here

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

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

