



RUNBALMORAL

15

PROGRAMME

Saturday 25th & Sunday 26th April 2015



Stena Drilling

CARE, INNOVATION & PERFORMANCE

Tartan 10k

ConocoPhillips

5k

Including 5k Wheelchair Race



Glacier
ENERGY SERVICES

15 Mile Trail Race



APOLLO

Duathlon

RUNBALMORAL



Wee Trail Race



KONGSBERG

Secondary Schools 2.5k

MPH

McINTOSH PLANT HIRE
(ABERDEEN) LTD

Primary Schools 1.5k



Like us on



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Health, Fun & Fitness

With an Active Aberdeenshire membership you'll find there's something for everyone.



Active Aberdeenshire Sports Village at RunBalmoral

- *Climbing wall for all ages.*
- *Football in the Street Sport Arena.*
- *Body Zorbing for under 12's.*
- *Active Schools stand.*
- *Find out about Active Schools projects and Active Aberdeenshire Memberships - great value unlimited access to leisure facilities.*

Active Aberdeenshire - it's for everyone

A VERY WARM WELCOME TO: RUNBALMORAL2015

Welcome to RunBalmoral. Once again we are delighted to see so many runners and their families choosing to come to our event. In fact, it's not our event, it's YOUR event. The atmosphere over the two days of the running festival promises to be better than ever because of the enthusiasm shown by participants, spectators, volunteers, and all those who come along to be part of what is a fantastic occasion. We have record numbers of runners taking part. The MPH Primary schools 1.5K boys' and girls' races have attracted 1,000 entrants and we also have our biggest ever entry for the Kongsberg Maritime Secondary Schools 2.5K. The ConocoPhillips 5K and the Stena Drilling Tartan 10K also boast full houses, so the Saturday programme will be as busy and exciting as ever. I must thank the sponsors of these races for their continuing support.

Sunday also promises to be a thrilling occasion as we host the first Apollo duathlon which sold out very quickly and we also have our biggest ever entry for the Glacier Energy 15 mile trail race. I am delighted to welcome Apollo and Glacier Energy to Balmoral this year as new sponsors and we hope they enjoy being part of what is one of the north east's biggest participation sporting events. The Wee Trail race, also on Sunday, is once again part of the jogscotland Challenge series.

On behalf of the Board of RunBalmoral and the Management Team, I'd like to thank all our sponsors, charities, volunteers, suppliers, runners and spectators, all of whom make this a tremendously vibrant event. I also wish to thank Aberdeenshire Council for its support and Balmoral Estate, not only for making this wonderful venue available, but also for all the hard work put in by staff to ensure everything runs so smoothly. Hope you all enjoy it and I wish every participant the very best of luck.

James Knowles, Chairman, Balmoral Road Races Ltd

One of the key aims of RunBalmoral is to encourage and provide opportunities for more people to engage in healthy sporting activities and our races cater for all ages and levels of experience. We have also continued to develop our links with local charities and it is fantastic to see so much money being raised for so many worthy causes. This year our involvement with the wider north east community was extended by our decision to launch a Sports Bursary awards scheme and I am delighted that we have been able to support nine exciting projects, all of which will encourage more and more youngsters to be involved in sport. The groups and organisations to benefit were: the Girls Brigade Aberdeen, Garioch Swimming Club, Banchory Schools Orienteering, Strachan School, Peterhead AAC, Monymusk School Parent Council, Fleet Feet Triathletes, Aboyne Academy Hockey Club and Finzean School and Ballogie Nursery. We wish everyone involved with these groups every success.

It's always a source of pride when we see so many youngsters running in our schools races and it's superb that so many get involved in our t-shirt design competition. The winner this year was Mia Lovie from Aberdeen's Hazlehead Primary who received a framed print of her design and earned her school a £250 grant for spending on a sports project. I would like to congratulate everyone who took part and wish to express my sincere thanks to the parents & teachers who assisted in this process.

I am also delighted about the fantastic support we get from the business community, particularly our main sponsors and partners who have been long term backers of our event. The contribution from the large number of event supporters and suppliers is also hugely appreciated and I'd like to thank everyone who makes RunBalmoral so popular.

We also, of course, appreciate the support of thousands of runners and spectators who come to Balmoral to participate in, and watch, one or more of the races over the weekend. Some of you are regulars who return year after year. Others will be enjoying the atmosphere for the first time. I hope you all enjoy the event and good luck to those competing.

Richard Gledson, Balmoral Estate



RUNBALMORAL



Stena Drilling

CARE, INNOVATION & PERFORMANCE

STENA DRILLING MANAGES A GLOBAL BUSINESS, CONSISTING OF FOUR ULTRA-DEEPWATER DRILLSHIPS AND THREE SEMI-SUBMERSIBLE RIGS. IN EXPANDING ITS FLEET OF WELL-MAINTAINED DRILLING UNITS, THE COMPANY HAS HAD AN ACTIVE ROLE IN BUILDING, CONVERTING RIGS AND PIONEERING SOME OF THE MOST LEADING-EDGE TECHNOLOGIES AND INNOVATIONS IN THE DRILLING WORLD SUCH AS STENA ICEMAX, THE WORLD'S FIRST DYNAMICALLY POSITIONED, DUAL MAST ICE-CLASS DRILLSHIP, SPECIFICALLY DESIGNED FOR SAFE AND EFFICIENT OPERATIONS IN ARCTIC CONDITIONS.

Stena Drilling's core business values are focused on care, innovation and performance. The pursuit of these goals looks to ensure positive client relations, exceptional performance within our industry and strives to improve the safety, both to the environment and to all personnel involved.

Good luck to everyone taking part in the Stena Drilling Tartan 10k!

commercial@stena-drilling.com

www.stena-drilling.com



STENA DRILLING TARTAN 10K



THE START:

Call Up - 1.30pm • Race Start - 2.00pm

Please ensure you arrive in good time to deposit your baggage and prepare for the start. The start is operated by time bands - the fastest to the front, and the slowest at the back. Placards with expected finish times will be clearly displayed. For example, if you expect to run in 50 minutes then look for the placard that says "50 mins" and line up behind this.

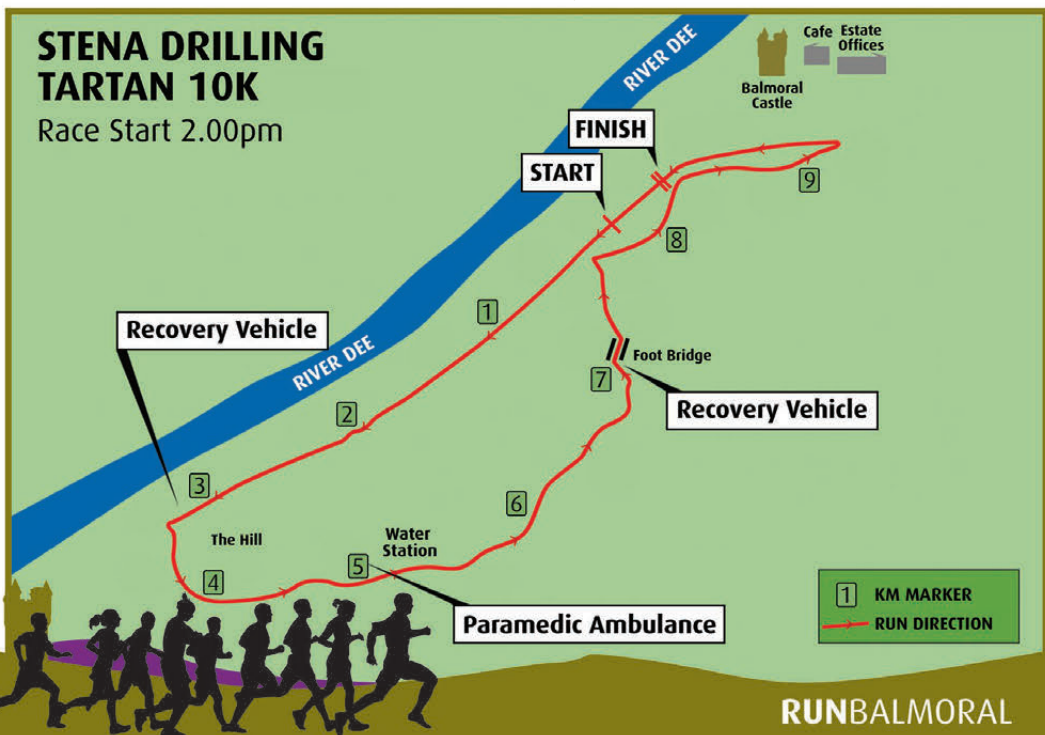
THE COURSE:

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 three men and women in the senior, veteran and super veteran 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





ConocoPhillips, the world's largest independent exploration and production company, based on proved reserves and production of liquids and natural gas, is delighted to be one of the sponsors of Run Balmoral.

As a company, we seek to understand the needs of the community and supporting community events where we live and work has always been a part of our ongoing commitment.



CONOCOPHILLIPS 5K

INCORPORATING WHEELCHAIR RACE



THE START:

Call Up - 12.00noon • Warm Up - 12.15pm
Wheelchair Start - 12.10pm • Runners Start 12.30pm

Please ensure you arrive in good time to deposit your baggage and prepare for the start.

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 three men and women in the senior, veteran and super veteran categories. Wheelchair Race, first three overall men and women. 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



MAXIMIZING PERFORMANCE BY PROVIDING
THE FULL PICTURE



KONGSBERG



Kongsberg Maritime is a global marine technology company providing innovative and reliable technology solutions to the offshore, subsea, merchant and naval industries.

We know that our success is driven by our determined employees working together to go that extra mile. Our technology may be world leading but it's our people that our world class.

Good luck to the Kongsberg team and everyone taking part in Run Balmoral 2015!

www.km.kongsberg.com

KONGBERG MARITIME SECONDARY SCHOOLS 2.5K



THE START:

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



MPH

McINTOSH PLANT HIRE
(ABERDEEN) LTD



FOR HIRE

- Low loaders 250 tonnes gross 220 tonnes carrying capacity – Largest fleet in North of Scotland
- 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



HEUGHEAD 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



BIRCHMOSS PLANT & STORAGE DEPOT
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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

There will be 2 Primary School races -
One for boys and one for girls.



THE START:

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.

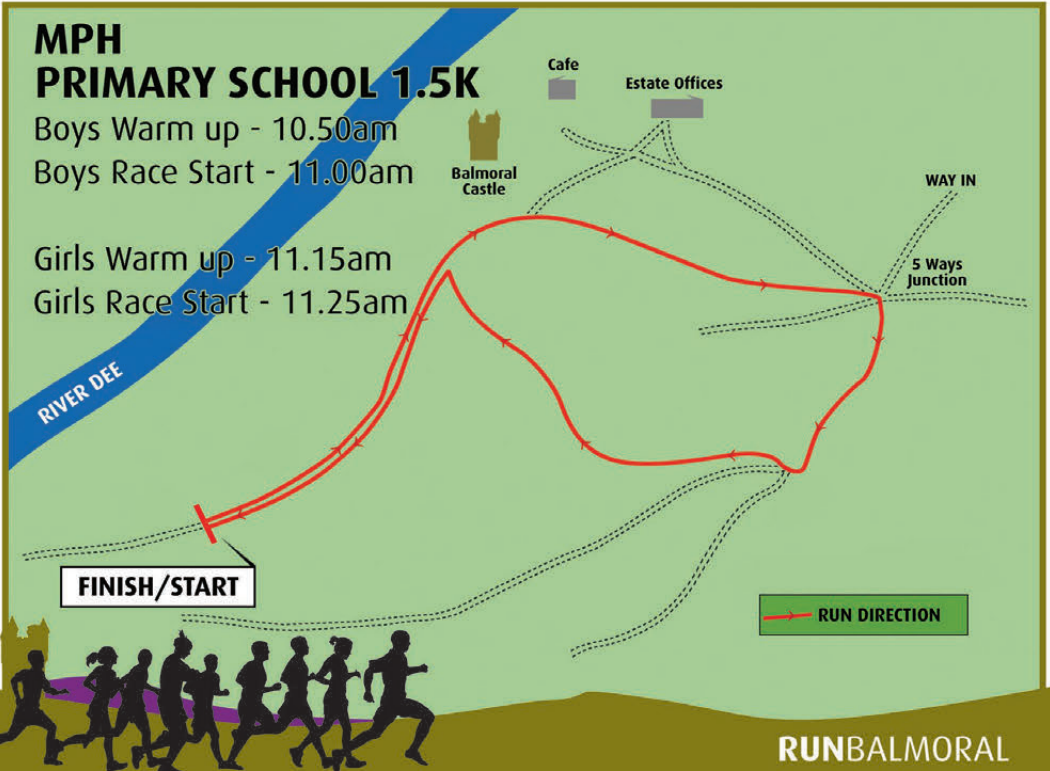
THE COURSE:

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:

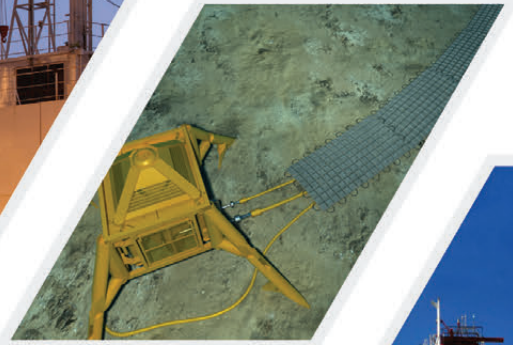
First three boys and girls. Aberdeenshire Active Schools Trophies (For Aberdeenshire Primary Schools with rolls of 100 & over and less than 100 with the most entrants in this race). Prize winners will be announced as soon as possible. If you think you may have won a prize please stay until the announcement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

PRIZE GIVING AT 1.15PM AT THE SPONSORS MARQUEE





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Passionate about **engineering**

APOLLO DUATHLON



THE START:
09.30AM

THE COURSE:

The route for this event is contained within the Estate grounds. The run sections start and finish in the transition area on the gravel Target Walk and travel west along the edge of the cricket pitch before tuning right to a track leading 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 cross the Upper Estate road, turning down a steep path to the lower estate road then turning right to the transition area. Note The lower estate road may be shared with cyclists for 200m. Please ensure you adhere to the signs and marshals instructions. The cycle route starts in the transition area and heads east turning left at Garden Cottage, then left at the Castle along the Lower Estate road turning left up to Glen Gelder at the junction before Connachat. Continue down to M16 before turning right to Easter Balmoral along the Upper Estate road before descending Garden Brae to the transition area.

PRIZES:

First three men and women overall. First three men and women in the senior. Veteran and super veteran categories. Please see our website for full list of prizes and condition. 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





Glacier

ENERGY SERVICES

Glacier provides specialist services for energy infrastructure, delivered onsite and from its workshops, relating to:



- Onsite Machining



- Non Destructive Testing

- Heat Transfer Equipment Repair
and Refurbishment



- Weld Overlay for Pressure Control Equipment



Glacier are committed to providing customers with exceptional service and the highest standards of safety, achieving best-in-class quality standards

www.glacier.co.uk

GLACIER ENERGY SERVICES 15 MILE TRAIL RACE



START:

1.00pm

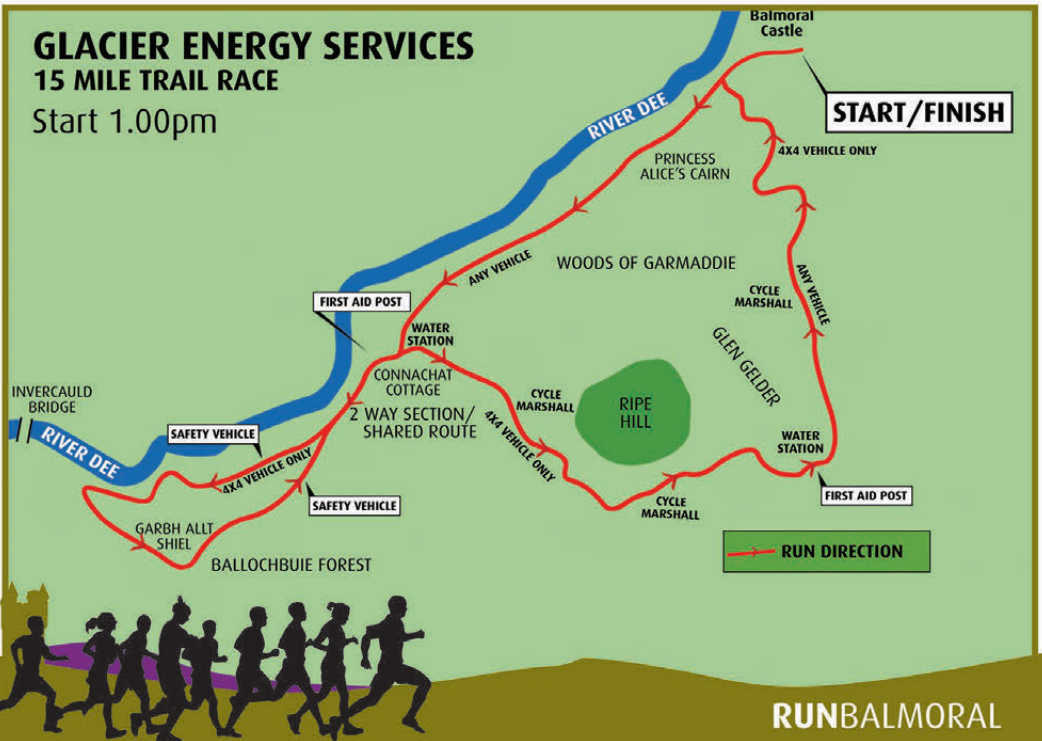
THE COURSE:

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 Garbhalt 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 three men and women in the senior, veteran and super veteran categories. Please 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





RUNBALMORAL / jogscotland WEE TRAIL RACE

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:

See our website for full list of prizes and conditions.

PRIZE GIVING TO BE ANNOUNCED ON THE DAY.



CORPORATE TEAM CHALLENGE



RUNBALMORAL

15

Can anyone catch the cops & joggers in the

 **Stena Drilling** -  **ConocoPhillips**
CARE. INNOVATION & PERFORMANCE

Corporate Team Challenge?

They not only won the RunBalmoral 2014 Stena Drilling - ConocoPhillips Corporate Team Challenge, but they came up with arguably the cleverest team name in the competition - the defending champions are the Cops and Joggers squad from ConocoPhillips!

The successful scorers for the winning side in the ConocoPhillips 5Km were Neil Emslie (36th), Mike Atkinson (40th), David Wilkinson (48th) and Mark Oatey (56th). Neil also counted for the team in the Stena Drilling Tartan 10Km in which he finished 170th while Dan Pearce (28th), Jonathan Murray (79th) and Andrew Hutchison (159th) were the other members of the winning squad.



David Beattie, CEO, Aberdeen Sports Village hands over the trophy to the successful Cops and Joggers team

That gave them 616 points to dislodge Aberdeen Sports Village as holders of the impressive Corporate Challenge trophy.

The Cops and Joggers are back this year but they'll face some serious opposition. Many other companies and other organisations are fielding teams of eight runners who will battle tooth and nail for the honour of taking possession of the wonderful trophy, made from red deer antler and sycamore wood, which the winning side will hold for twelve months.

Each team must field four runners in the ConocoPhillips 5K and four runners in the Stena Drilling Tartan 10K. The same runners can compete in both the 5K and the 10K if they so wish -and if they feel up to it!

The finishing position 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.

The winning team will also receive a special RunBalmoral 2015 race package which includes four entries for the 10k, four entries for the 5k, hospitality and parking.

There's also another prize to be awarded to one team, drawn at random from all the entries, so there's something for everyone to go for. It should be a wonderful day of competition.



RUNBALMORAL

TIMETABLE OF EVENTS 2015

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

SATURDAY 25TH

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
12.10pm	5K WHEELCHAIR START
12.15am	5K Runners Warm Up
12.30pm	5K RUNNERS START
1.15pm	Primary/Secondary Schools Presentations
2.00pm	10K START
2.15pm	5K Presentation
3.30pm	10K Presentation

SUNDAY 26TH

8am-9am	Registration for Duathlon
9.30am	DUATHLON START
12.00pm	Duathlon Presentation
1.00pm	15 MILE TRAIL RACE START
1.15pm	WEE TRAIL RACE START
3.30pm	15 Mile Presentation



MEDICAL SUPPORT: Paramedics from the Scottish Ambulance Service and first aiders from the St. Andrews Ambulance Association 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 the estate's cafeteria and at various locations in the Event Village.

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.

COURSE MARSHALLS: Air Cadets from Aberdeen & North East Scotland Wing of the Air Training Corps will act as marshalls at this event. If you have the opportunity, please thank them individually for their efforts. We would like to record our thanks for their important contribution.

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 SCHOOLS RACE & KONGSBERG MARITIME 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.



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.

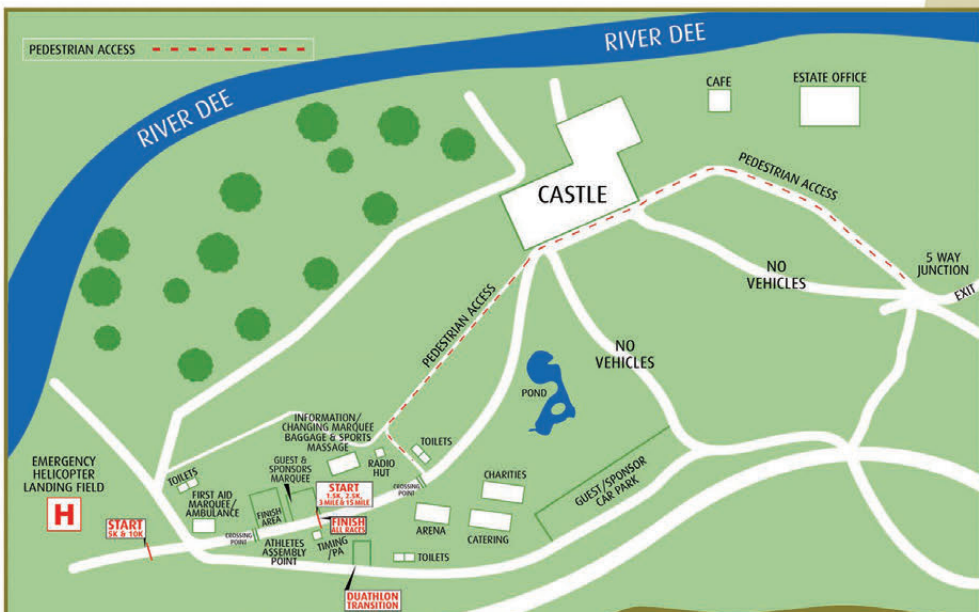
DESIGNATED CAR PARKS: All public car parking for traffic approaching from both Ballater & Braemar is located at Balmoral. For early traffic arriving at the event, parking will be available within the estate grounds. Once the car parks are full within the estate itself the parking will revert to the designated 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 the buses which will be operating a circular route from the white bridge via Easter Balmoral to five roads junction and back 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. 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 bottle of water (Children will also receive a goody bag), medal and t-shirt. 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 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.



RUNBALMORAL



RUNBALMORAL

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THE EVENT VILLAGE

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



Outdoor Discovery present their Climbing wall, Bungee run and Superjumper! You can ride these attractions as many times as you like for a minimum donation of £5. Collect a wristband from the charity marquee.

The train is also back for all those young at heart; jump on at the Braemar station. All fares go to help the local youth groups.

The Castleton Dancers will be performing in the arena and there will be a chance to toss the caber (foam not wood!) with the team from Braemar Junior Highland Games. Grampian Fire Brigade will be on hand to show you around their fire tender and pass on some useful fire prevention tips.

Try out the Street Sports arena with help from the



Aberdeenshire Council sports coaches and try your hand at the Body Zorbs.

Don't miss out on the Scottish Athletics Street Sprint to see if you could be the next Usain Bolt!

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.



RUNBALMORAL



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outstanding products
to enhance **YOUR** running



10% discount for all race participants!
Instore or online using code: **BRR15**

See your participants email for more information. Valid until **31st May 2015**. Valid in all Run4It Stores.

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It's not too late to go the extra mile for children and young people with cancer - Join CLIC Sargent today.

Good luck to all of our amazing CLIC Sargent runners. We can't wait to cheer you on during your race.

Join #TeamCLICSargent:

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CLIC
Sargent



for
children
with
cancer

20483

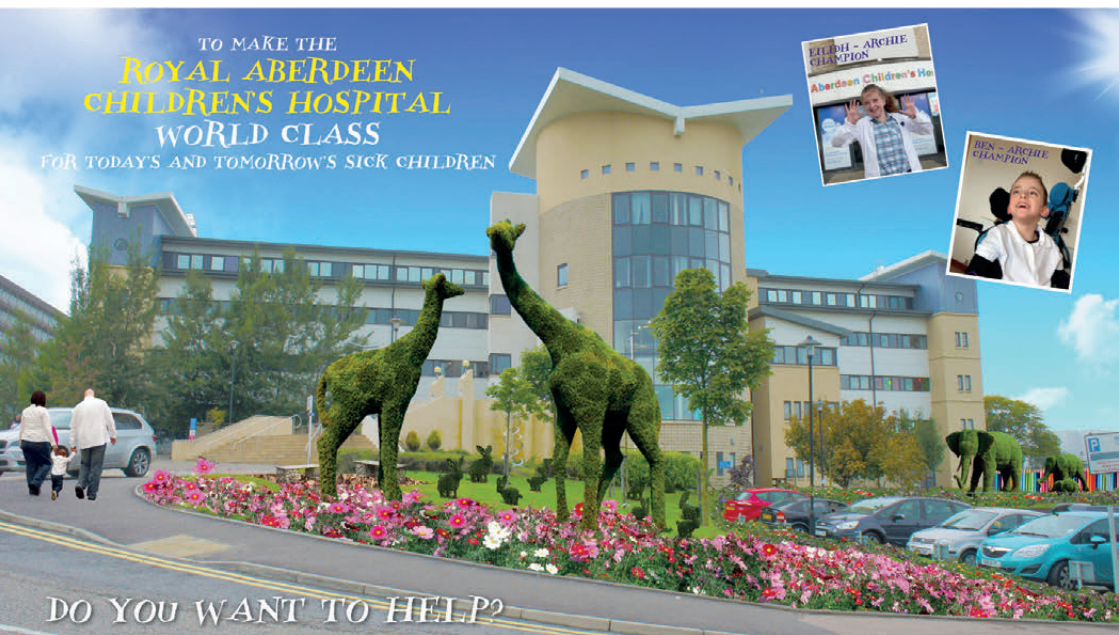


THE ARCHIE
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MAKING THE DIFFERENCE
IN THE ROYAL ABERDEEN CHILDREN'S HOSPITAL
10TH ANNIVERSARY APPEAL

HIGH 10 FOR ARCHIE

TO MAKE THE
**ROYAL ABERDEEN
CHILDREN'S HOSPITAL**
WORLD CLASS
FOR TODAY'S AND TOMORROW'S SICK CHILDREN



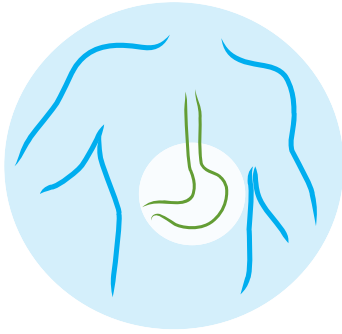
DO YOU WANT TO HELP?

WHATEVER YOU DO, DO SOMETHING!!

2015 ARCHIE FUNDRAISING EVENTS

16th MAY - KING OF THE MOUNTAINS . 6th JUNE - ARCHIE'S MOUNTAIN CHALLENGE
25th JULY - ARCHIE'S ABSEIL . 23rd AUGUST - FARE CHALLENGE
1st-30th SEPT - VIRTUAL CHALLENGE . 25th DEC-25TH JAN - BEARDS FOR BAIRNS

FOR DETAILS VISIT : www.archiefoundation.org.uk



GASTROCAN

Grampian Gastro-oesophageal
Cancer Research Fund



GASTROCAN is the only charity raising money specifically for research into stomach and oesophageal cancer. All funds donated to **GASTROCAN** are used to support local research efforts into this devastating disease, to benefit local patients and enable the University of Aberdeen to lead national and international research projects.

Main aims of **GASTROCAN** include:

- Undertake internationally important cancer research locally in Grampian.
- Enable local patients to benefit from the latest cutting edge treatments for gastric and oesophageal cancer.
- Help recruit the best doctors to work in Grampian to be part of the research.
- Raise awareness of gastric and oesophageal cancer so that patients recognise the symptoms and seek medical help earlier.

Please visit our website for further information

www.gastrocan.org.uk

GASTROCAN • Development Trust • University of Aberdeen
University Office • King's College • Aberdeen • AB24 3FX
Tel: 01224 272281 • Email: info@gastrocan.org.uk



Alfie's Trust

alfie milne lymphangiomas trust

lymphatic system (lymph) vessel (angi) tumor or cyst (oma) condition (tosis)

Alfie suffers from Lymphangiomas, a very rare disease.



- It causes benign tumours with life limiting complications
- The disease has left him unable to walk unaided
- He is one of ten known sufferers in the UK
- Very little is known about the disease
- There is no cure

Alfie's Trust was set up to help all sufferers worldwide. To date we have worked towards our goal by establishing a much-needed global online Support Group and helping to fund:

- an International Medical Conference
- a Patient Conference
- genetic research at Great Ormond Street Hospital



Living with the challenges of a rare disease

For more information or to make a donation visit www.alfiemilne.org.uk

**WE ARE
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27 September 2015**

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no one faces cancer alone.

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Corporate 10k and the
Wee Nessie races.

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You feel like a rockstar when
you run for them.'*

Team Macmillan runner

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Call 0207 840 7878



Supporting people affected by cancer



CLAN is here for anyone affected by cancer throughout North East Scotland, Moray, Orkney and Shetland. Our services are available to all free of charge and no referral is required.

- Emotional support • Counselling • Complementary therapies
- Children & families support • Library & information
- Wig styling and haircutting • Health and wellbeing activities

For those travelling to Aberdeen hospitals for appointments or treatment we also offer accommodation in CLAN Haven.

To find out more visit www.clanhouse.org or join our conversation

 [facebook.com/CLANnow](https://www.facebook.com/CLANnow)  [@CLANnow](https://twitter.com/CLANnow)

CLAN Cancer Support, CLAN House
120 Westburn Road, Aberdeen, AB25 2QA

T: 01224 647000

Freephone 0330 440 2526

CLAN (Cancer Link Aberdeen and North)
Registered Scottish Charity No SC022606



Good luck and thank you
to everyone supporting
CLAN this weekend.





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23rd AUGUST 2015

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10k

TEEKAY PETROIARL

The Teekay 10k is an off road course starting and finishing in the beautiful grounds of the Raemoir House Hotel. The opening 3k will test your strength with a quick ascent but there is a great long decent back to the finish line.



SERVICES LIMITED

1/2

The KR Steel Half Marathon is an off road, hilly 13.1 miles. The opening few miles will push you, ascending to the highest point of the route by mile 3, but the reward is in the views, and the long steady descent back to the finish line.

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VSA changes lives by supporting and caring for thousands of vulnerable people in the North-East of Scotland...

you can too.

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VSA works with:

- Older people
- Adults with mental health problems.
- Children with complex learning disabilities.
- Adults with learning disabilities.
- Children with additional support needs (e.g. Cerebral Palsy, Down's Syndrome).
- Young carers.
- Young parents and families needing extra support.

The Mission of VSA remains:

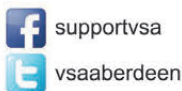
“ To provide the best of care and support to enable the community to fulfil its potential. ”

For more information on VSA or our events please contact:

Fundraising Department
events@vsa.org.uk
01224 212021



Registered Scottish Charity SC 012950



Annual Ball



SATURDAY 07 NOVEMBER 2015
Ardoe House Hotel



VSA TARTAN PROAM

Thursday 14th May 2015
Deeside Golf Club



with fundraising dinner at
Ardoe House Hotel and Spa

Sponsored by



Sunday 7th June 2015

Walk to support VSA Children's Services

Sign up now!
www.vsa.org.uk



*Good luck to runners and
thank you for your support!*

Simeon is a Camphill Charity in Bieldside, Aberdeen, providing a care home for the elderly. Residents enjoy a full and active life here, secure in the knowledge they can end their days with dignity at home in Simeon, surrounded by family and friends.

Funds raised at Run Balmoral will help us to create a new care home for our elderly residents.

You are very welcome to contact us:

t 01224 862415 **e** info@simeoncare.org.uk

w www.simeoncare.org.uk



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RUNBALMORAL 15

1ST INSCH SCOUTS

1st Inch scouts and explorers are happy to be back helping at this year's event.

2014 was another busy year for the scout group with some of the highlights being the Scottish International Patrol

Jamborette at Blair Atholl, the Island Adventure camp at Duart Castle on Mull and the District "Gordon Gathering" camp and the return of our ever successful "Carols by Campfire" held at the local church. This year we have Laura & Kyle, two of our explorer scouts, attending the world scout jamboree in Japan during the summer and looking ahead we are planning to do a trip to the Czech Republic for our summer camp next year.

Scouting today provides challenge and adventure for young people aged between 6 and 25, including males and females. It is all about fun with a purpose – helping members to achieve their potential as individuals and active members of society.

If you are interested in joining either as a youth member, leader or helper you can get more information and contact details from the following sources.

Gordon District Tel: 0845 83 87 990 or web: www.gordondistrictscouts.org.uk or email: info@gordondistrictscouts.org.uk. Enquiries about Scouting in Scotland contact Scottish Headquarters on 01383 419073 between 9am and 5pm Monday to Friday



THE AIR TRAINING CORPS

What is the Air Training Corps?

The Air Training Corps (ATC) is a national youth organisation that was founded in 1941 to provide pre-entry training for the Royal Air Force and the Fleet Air Arm. In 1946 the role changed to allow the ATC to become one of the premier youth organisation in the UK. There is still a strong link between the RAF and the ATC as many members do go on to have careers in the Royal Air Force and other services. Currently 50% of all aircrew (pilots, navigators and NCO aircrew) and 40% of officers are ex-cadets.

The objectives of the ATC are:-

1. To promote & encourage among young people a practical interest in aviation & the Royal Air Force.
2. To provide training which will be useful in service and civilian life.
3. To foster the spirit of adventure and develop qualities of leadership and good citizenship.



There are over 1000 squadrons across the UK with almost 53,000 cadets and staff. In North East Scotland we have 18 squadrons, with over 600 cadets and staff.

North East Scotland Wing Air Training Corps
Contact us: aco-whq-nescotland-wexo@mod.uk
Tel: 01224 708807 Web: www.neswatc.co.uk



facebook.com/NESWATC

RUNBALMORAL



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:



15

RUNBALMORAL



KONGSBERG



And for operations support at the event thanks to:

Police Scotland, Grampian Event Security, Scottish Ambulance Service and St Andrew's Ambulance Association.



RUNBALMORAL

HOW TO ATTACH YOUR RACE NUMBER / TIMING CHIP

Your timing device is incorporated within your running number - which is enclosed within your race pack.

PLEASE ENSURE YOU ATTACH YOUR RACE NUMBER/CHIP TO THE FRONT OF YOUR OUTERMOST LAYER OF CLOTHING SO IT IS CLEARLY VISIBLE.

This will allow the timing device to be picked up by the timing receiver and also be seen by race officials. **Do not** fold your race number. **Do not** cut your race number. **Do not** remove the foam backing from the timing chip, it is there for a reason. **Do not** insert pins through the foam as this will damage the timing chip. **Do not** forget to take your Race Number with you on Race day.



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