



 **APOLLO**
Duathlon


ConocoPhillips
5K Incorporating Wheelchair Race

 **Glacier**
ENERGY SERVICES
15 Mile Trail Race


KONSGBERG
Secondary Schools 2.5K


MPH
MCINTOSH PLANT HIRE
(ABERDEEN) LTD
Primary Schools 1.5K


Stena Drilling
CARE, INNOVATION & PERFORMANCE
Tartan 10K



RUN BALMORAL

PROGRAMME

Saturday 23rd & Sunday 24th April 2016





Aberdeenshire Council Sports Village at RunBalmoral

- **Climbing wall for all ages**
- **Football in the Street Sport Arena for all ages**
- **Bike track and obstacle course for all ages**
- **Body Zorbing for age 16 and under**
- **Information Stand** - Find out about Events and Leisureland projects and Active Aberdeenshire Memberships.

A Very Warm Welcome to **RUNBALMORAL** 2016

Welcome to RunBalmoral. We are looking forward to another fantastic two days when thousands of runners of all ages will participate in our series of exciting races. This is the 19th time the event has been held and the sheer energy, enthusiasm and camaraderie shown by all those who take part every year never ceases to amaze me. The superb atmosphere which prevails throughout the weekend is created not only by the participants, but also by the thousands of spectators who come along to join in the fun. Once again we have a record number of entrants. The MPH Primary schools 1.5km boys' and girls' races have attracted 1,000 runners and we have our biggest ever entry for the Kongsberg Maritime Secondary Schools 2.5km. The ConocoPhillips 5km and the Stena Drilling Tartan 10km also boast full houses, so the Saturday programme will be as busy and exciting as ever. I must wholeheartedly thank the sponsors of these races for their continuing support.

Sunday also promises to be a wonderful occasion as we host the second Apollo duathlon which proved popular in its inaugural year and has drawn a larger number of entrants this time around. We also have our biggest ever entry for the Glacier Energy 15 mile trail race and numbers are healthy in the Wee Trail race as well.

I am delighted we have continued to develop our links with many important charities and thanks to the efforts of their volunteers and runners, significant sums are raised for worthy causes. This year I am proud to say we have been working with Gastrocan, VSA, CLIC Sargent, CLAN, Maggie's Centres, Archie Foundation, Macmillan, Friends of Anchor, Aberdeen F.C. Community Trust, Cornerstone, Diabetes UK, Crathie Opportunity Holidays and Grampian Children's Respite.

RunBalmoral appreciates the support we get from the wider local community and so everyone associated with the event was shocked by the devastation caused by the dreadful flooding in and around the Ballater area this winter. We were fortunate in being able to make a financial contribution towards helping those most affected by the storm damage.

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.

I hope you all enjoy it and I wish every participant the very best of luck.

James Knowles, Chairman, Balmoral Road Races Ltd.

The front cover of this year's programme has been designed by Louisa Benson, a pupil at Cults Primary in Aberdeen. Louisa plans to run at Balmoral along with her sister Anna and her dad. Her mum and younger brother will also be there to offer encouragement. This typifies exactly what RunBalmoral is all about: it's a great family occasion, a superb community event which can be enjoyed by people of all ages, and it encourages active and creative lifestyles. Louisa was one of three youngsters who won our design competition this year. Somer Turnball from Kemnay Academy will see her design on the Kongsberg Maritime secondary schools 2.5km race t-shirts and the design by Luiza Walowska of Kaimhill Primary in Aberdeen features on the MPH primary schools 1.5km shirts. Louisa, Somer and Luiza all received a prize and their schools were each awarded £250 for sports-related projects. I would like to congratulate everyone who took part and I wish to express my sincere thanks to the parents and teachers who assisted in this process.

Our Young People's Sports Bursary scheme has proven popular again this year and I am delighted that we have been able to support twelve projects. The groups and individuals to benefit are: Banchory Stonehaven A.C., Kemnay Academy (two projects), Kinnellar Primary School, Inchgarth Community Centre, Aberdeen Amateur Athletic Club, Torphins Playgroup, Torphins School Parent Council, Braehead School, Dunnotar Primary School, Crathie School and James Hubbard. We wish everyone involved in these projects every success.

We continue to receive fantastic support 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, fully welcome 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





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

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.

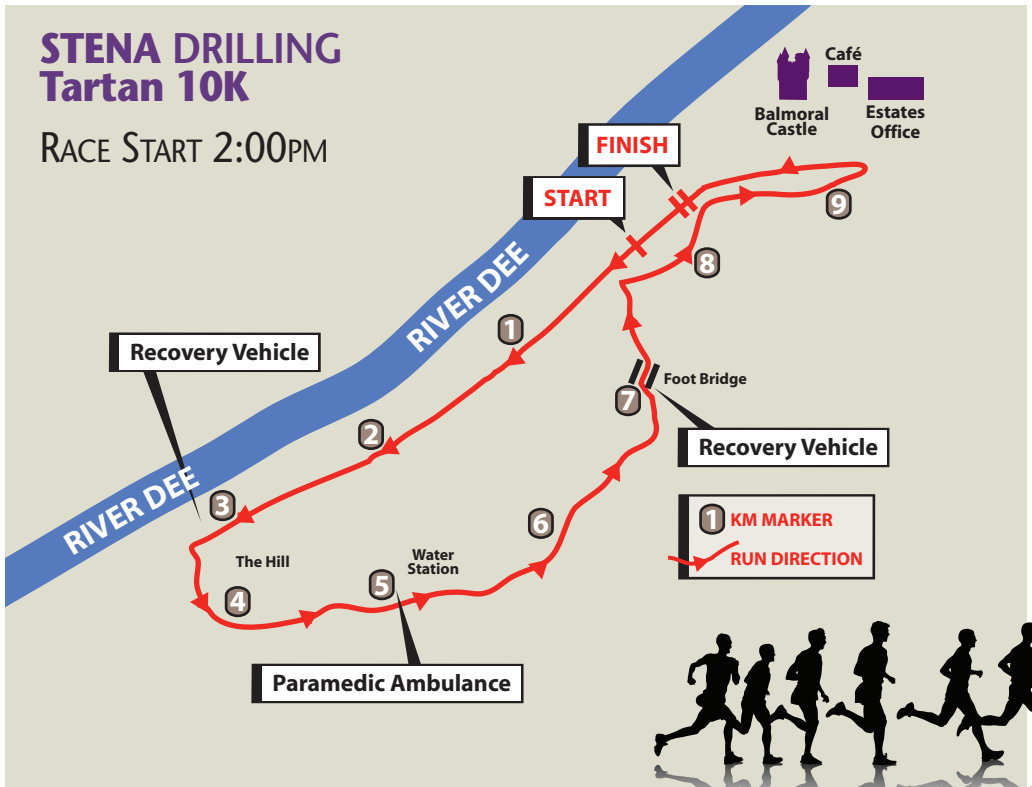
On the hill will anyone walking please keep to the left leaving the right hand lane free for runners.

PRIZES:

First three men and women overall. First 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

CALL UP 12:00noon **WARM UP** 12:15pm
WHEELCHAIR START 12:10pm **RUNNERS START** 12:30pm

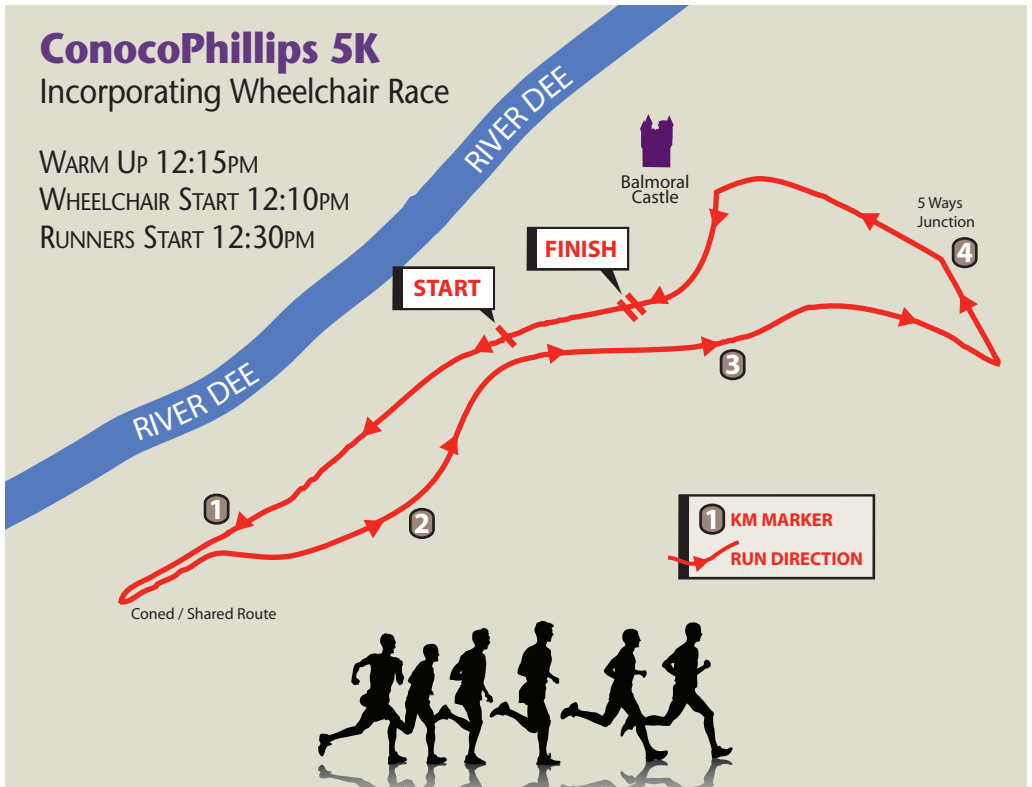
THE COURSE:

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 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 are world class.

Good luck to the Kongsberg team and everyone taking part in Run Balmoral 2016!



KONGBERG MARITIME 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.

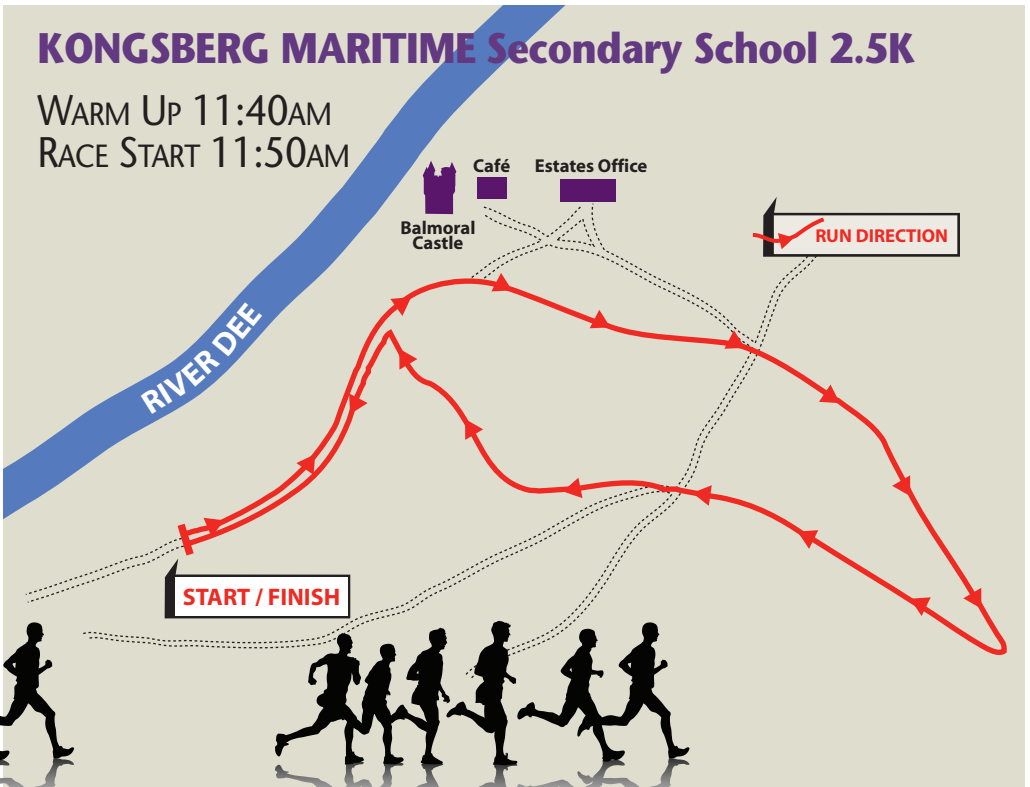
THE COURSE:

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



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



MIGHTY MAC



MPH MUSEUM



BIRCHMOSS, ECHT
62 ACRE SITE



KNOCKBURN
LOCH



HEUGHEAD
FISHING

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





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.

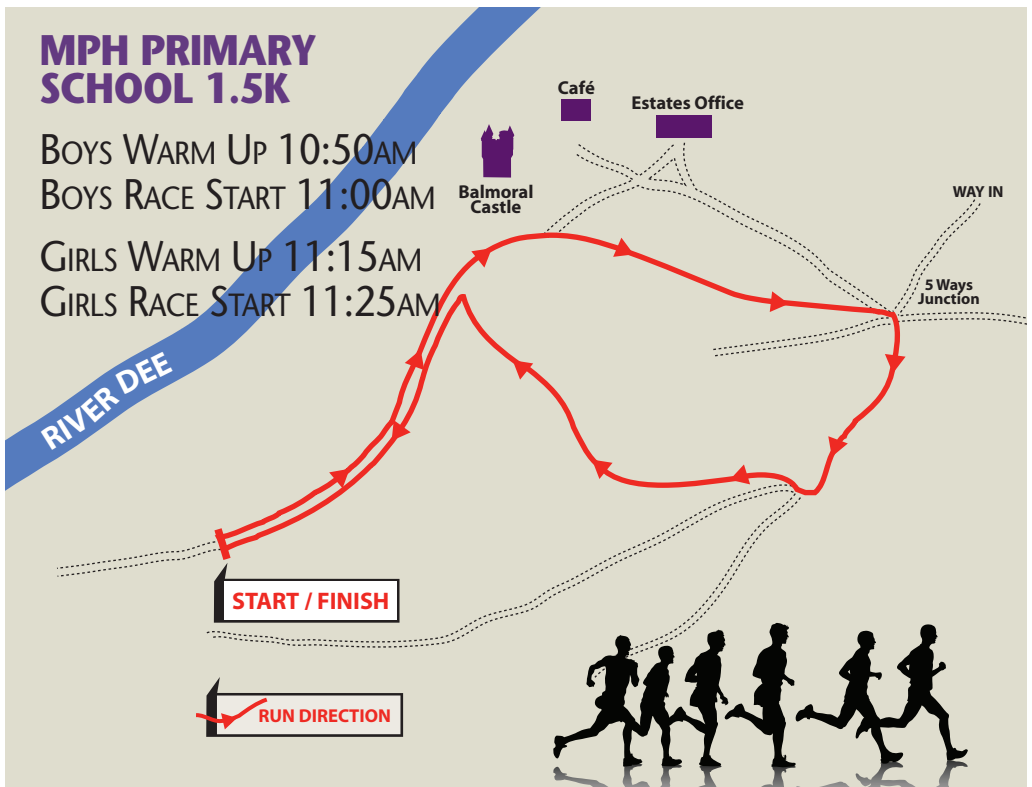
THE COURSE:

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:

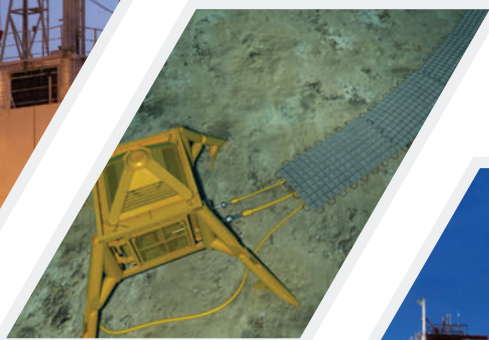
First three boys and girls. Aberdeenshire Active Schools Trophies (For Aberdeenshire Primary Schools with rolls of 100 & over and less than 100 with the most entrants in this race). Prize winners will be announced as soon as possible. If you think you may have won a prize please stay until the announcement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

PRIZE GIVING AT 1.15PM AT THE SPONSORS MARQUEE





APOLLO



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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) 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.

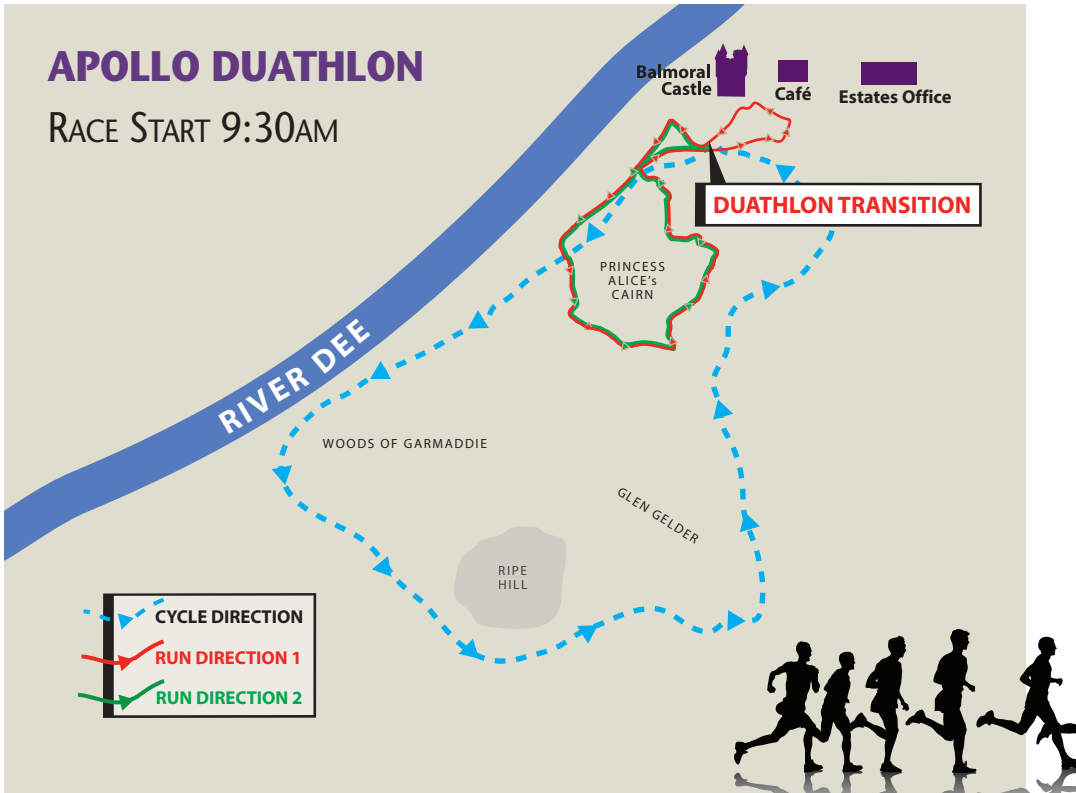
Run 2 (5k)

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 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



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- Onsite Machining
- Heat Transfer Equipment
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Glacier Energy Services is a specialist services provider, bringing established businesses together with a strong reputation and track record into one group.

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T: +44 (0)1224 515517
E: info@glacier.co.uk
W: www.glacier.co.uk





GLACIER ENERGY SERVICES 15 MILE TRAIL RACE

THE START: 1:00pm

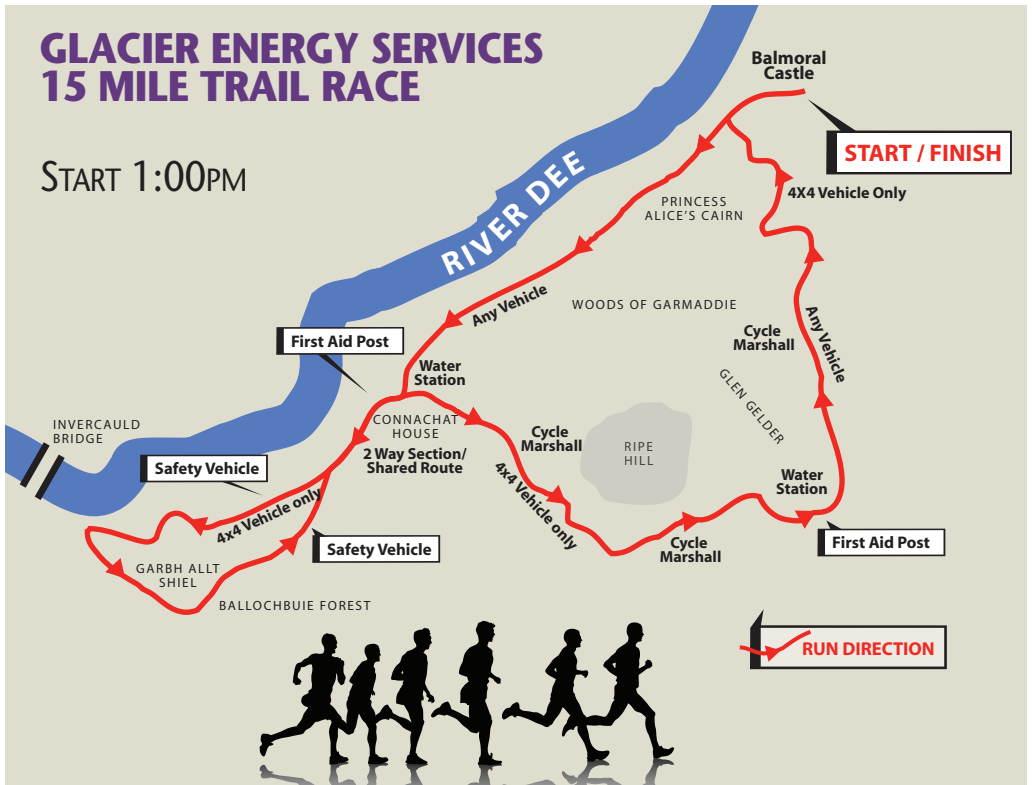
THE COURSE:

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 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

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:

See our website for full list of prizes and conditions.

PRIZE GIVING TO BE ANNOUNCED ON THE DAY



CORPORATE TEAM CHALLENGE



Stuart Wyness of Stena Drilling presents the trophy to members of the successful ConocoPhillips team

Can anyone stop the cops and joggers from completing a hat-trick of wins in the **Stena Drilling-ConocoPhillips** corporate team challenge?

The Cops and Joggers team from ConocoPhillips are on a roll. They have won the RunBalmoral Stena Drilling - ConocoPhillips Corporate Team Challenge for the past two years and are undoubtedly keen to complete a hat-trick of victories.

Last year they finished ahead of BP Challengers while the 2013 champions, Aberdeen Sports Village, had to settle for third position with Stena Drilling fourth and Team Balmoral fifth.

The champions will face some serious competition from many other companies and organisations who will be fielding teams of eight runners to 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 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! 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 2016 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.



TIMETABLE OF EVENTS 2016

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

SATURDAY 23RD APRIL

- 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
- 12.15pm** 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 24TH APRIL

- 8-9am** 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.

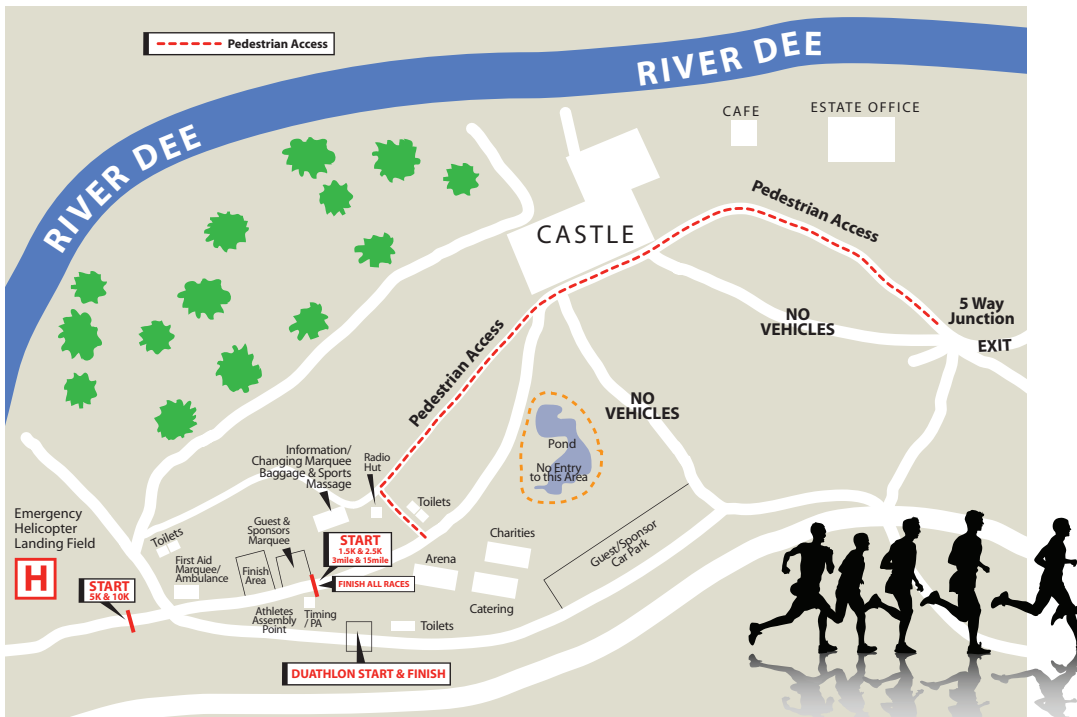
Parking is on grass. Please only park in the designated event car parks and do not park on grass verges. Once you have parked, signs will direct you towards the start & finish areas (25 minute walk approx) or you could take one of the buses which will be operating a circular route from the white bridge 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.



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, Bungie 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.

Aberdeenshire Council will have their Sports Village with climbing wall for all ages, Football In The Street Sports Arena and NEW for 2016, the exciting Bike Track and Obstacle Course.

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.



RETAIL PARTNER



we're with you
all the way!

allrunning...



run4it.com

We want to wish all race participants
Good Luck and enjoy your run...

VOTE FOR US! IN THE RUNNING AWARDS 2016

BEST INDEPENDENT RETAILER & BEST CUSTOMER SERVICE

CLIC
Sargent



Cancer
support
for the young



GOOD LUCK
Team CLIC Sargent


Every mile counts. Every sprint, every hill, every lap. They all bring you closer to that finish line. So keep up the brilliant work - and if the miles ever get tough, remember that you're making a genuine difference to children and young people with cancer.

It's not too late to join our team

run@clicsargent.org.uk

0141 572 5705

www.clicsargent.org.uk/RunBalmoral

 *give with confidence*

Registered charity number 1107328 and
registered in Scotland (SC039857), 16JB065



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



WHATEVER YOU DO, DO SOMETHING!!

2016 ARCHIE FUNDRAISING EVENTS

23rd April - Murder Mystery Dinner . June - Adrenaline Drop

Abseil - 27th and 28th August . Virtual Challenge 1st - 30th September

Beards for Bairns - 25th Dec to 25th Jan

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: 01 224 272281 • Email: info@gastrocan.org.uk

GASTROCAN Fund is managed by the University of Aberdeen Development Trust SC002938

**WE ARE
MACMILLAN,
CANCER SUPPORT**

SPRING INTO ACTION FOR TEAM MACMILLAN

Run Balmoral Festival of Events 23-24 April 2016
Aberdeen Baker Hughes 10K run 15 May 2016
Edinburgh Marathon Festival 28-29 May 2016
Loch Ness Marathon Festival 25 September 2016



REGISTER WITH MACMILLAN
to be a star for millions this Spring.
Visit macmillan.org.uk/findarun

CAN YOU GO THE DISTANCE AND CHANGE THE LIVES OF PEOPLE AFFECTED BY CANCER?



How you spring into action is up to you; lace up for 10K, a half marathon or go for a full 26.2 miles. Make a difference to people affected by cancer, join Team Macmillan today.

Run Balmoral Festival of Events – 23-24 April 2016

A festival weekend of events for all the family to take part in. 5k, 10k, 15 mile trail race, duathlon, or a corporate challenge team event? There are lots of events and fun activities for everyone to discover. Join #teammacmillan and run with the best cheerers on the course.

Aberdeen Baker Hughes 10K run – 15 May 2016

Scenic Spring run along the esplanade in Aberdeen. Great for runners of all disciplines, whether you find yourself a beginner or for the more seasoned among you. Why not set a 2016 Spring challenge for the workplace and yourself? Run for people affected by cancer in Aberdeen. Ensure no one should face cancer alone.

Edinburgh Marathon Festival – 28-29 May 2016

We turn Edinburgh green, become a #teammacmillan superhero on this flat vibrant course. We have 6 cheer points packed with goodies to get you around and you may even strike up a personal best? Half and full marathon runners get a massage at the end with lots of healthy snacks to refuel.

Loch Ness Marathon Festival – 25 September 2016

With Wee Nessie (for kids) 5K, 10K, and Marathon distances, these are the most picturesque events, with often perfect running conditions and record breaking numbers of participants. The Loch Ness Marathon and Festival of Running is a permanent fixture in many calendars. Join us for the 2016 event and help change lives of people affected by cancer.

Volunteer and cheer with us

We are looking for volunteers to get on board and cheer the wonderful runners of #teammacmillan

Interested?

Email: running@macmillan.org.uk

'I cannot put into words how AMAZING the cheer-points were. Quite simply, the Macmillan cheerers got me around! They made me feel like a celebrity every time I ran past and gave me goosebumps every time.'

**Natalie,
Team Macmillan**

Every £500 you raise could help a Dad work out how to tell his children he has cancer. Apply for the right benefits to protect their home when he has to stop work. Get a disabled parking badge so the family can still get out and about to live life together. And apply for a grant for childcare during treatment. It could help him understand what the future might look like.

**WE ARE
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CANCER SUPPORT**



Supporting anyone affected by cancer



CLAN provides a range of free support services to anyone affected by cancer at centres throughout North East Scotland, Moray, Orkney and Shetland.



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clanhouse.org

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CLAN Cancer Support
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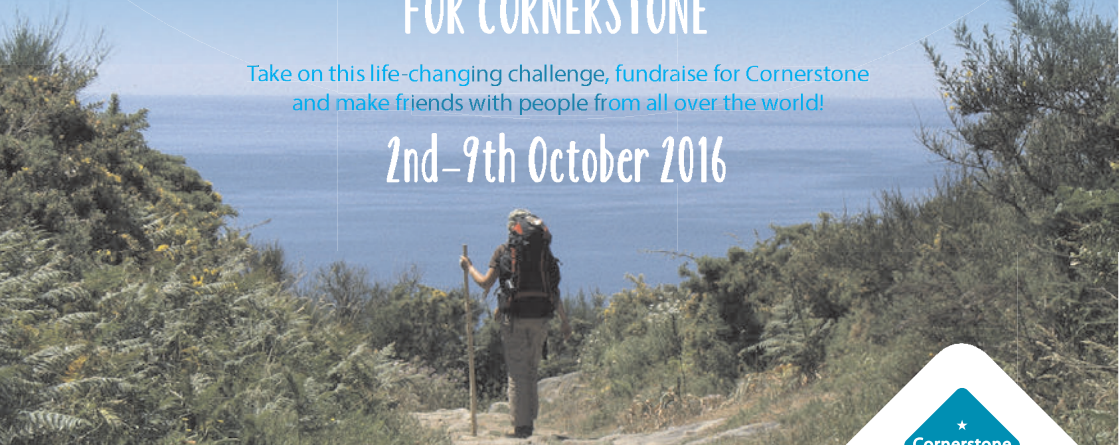
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Scottish Charitable Incorporated Organisation (SCIO), Charity Number SC044720

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Take on this life-changing challenge, fundraise for Cornerstone and make friends with people from all over the world!

2nd-9th October 2016



If you fancy a challenge closer to home take a look at our website www.cornerstone.org.uk/support or email our team at fundraising@cornerstone.org.uk.

www.cornerstone.org.uk
Scottish Charity No. SC004780

HOW WILL YOU CELEBRATE WHEN YOU CROSS THE FINISH LINE?

Probably the same way that we will celebrate when we find a cure for diabetes.

With your help, we can all celebrate sooner.

GOOD LUCK TO ALL OUR AWESOME RUNNERS TODAY!

JOIN #TEAMDUK AT THE LOCH NESS MARATHON

**To sign up call: 07990 004123
or email: amanda.croall@diabetes.org.uk**

DiABETES UK
CARE. CONNECT. CAMPAIGN.

Diabetes UK is a charity registered in England and Wales (215199) and in Scotland (SC039136). © Diabetes UK 2016 0758A



Get Fit with Friskis&Svettis

Friskis&Svettis, based in Sweden, is one of Europe's largest sports organisations with over 550,000 members.

Friskis&Svettis exercise classes in Aberdeen are suitable for everyone - whatever your age and level of fitness. We also offer Viking Hiking (Nordic Walking).

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To find out more visit our website

www.FSAberdeen.co.uk

Or find us on **facebook**

www.facebook.com/fsaberdeen.



Aberdeen





Run with Maggie's

You've got your place in the race, so now's the time to join our team and make every step count for people with cancer in Aberdeenshire and across the UK – Register for Team Maggie's today.

Our warm and welcoming Centres provide free practical, emotional and social support for people with cancer and their family and friends, across the UK.

Join #teammaggies:

events@maggiescentres.org

www.maggiescentres.org/runbalmoral

0300 123 1801

**Good luck to all our amazing Maggie's runners!
We can't wait to cheer you on during your race.**

 facebook.com/maggiesaberdeen

 [@maggiesaberdeen](https://twitter.com/maggiesaberdeen)

maggie's



RUN BALMORAL 2016

THANK YOU

to our Friends of ANCHOR runners

Why not take it to the next finish line
and join us at the Baker Hughes 10K
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Good Luck to all the Runners and Thank You for your Support!

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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 St Andrew's Ambulance Association.



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1st INSCH SCOUTS

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

2015 was another busy year for the scout group as a whole with a wide range of events and activities undertaken by all the sections.

This year is a special one for the Cub Scout section as it is 100 years since the cub section was formed. There are a lot of events planned for the cubs this year culminating in the regional camp which will be held at Aden Country Park in September.

Around 26 of the Scouts, Explorers and leaders are heading to the Czech Republic for our summer camp which we are currently busy fundraising towards. For quite a number of the scouts it will be their first real taste of international scouting.

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 **t: 0845 83 87 990** **w: www.gordondistrictscouts.org.uk** **e: 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



The Air Training Corps (ATC) is a national youth organisation that was founded in 1941. Now in its 75th years 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 strong link to our parent service that provides guidance and governance to the staff and cadets of the ATC.

There are over 1000 squadrons across the UK with 18 within the North East of Scotland. There will be a unit close to you. Why not come along and find out what you can be!

North East Scotland Wing Air Training Corps
Contact us: **t: 01224 708807** **e: aco-whq-nescotland-wexo@mod.uk**
w: www.neswatc.co.uk **fb: [facebook.com/NESWATC](https://www.facebook.com/NESWATC)**





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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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