

**ATTACHING
YOUR
RACE BIB**

RESULTSBASE

Your Bib must be **clearly visible** on the **front** of your running vest/t-shirt

Your Bib must not be altered in any way or covered by any clothing/tri belt

Do Not Bend, Twist or Fold your Bib



EVENT INFORMATION

Saturday 22nd & Sunday 23rd April 2017



Primary School Races



KONGSBERG

Secondary School Races



5K Race



10K Race



Duathlon



3 & 15 Mile Trail Races



Devil of Deeside Challenge

RUN 4 IT sale

UP TO 50% OFF
end of season lines

shoes : clothing : essentials

retailing over the entire Run Balmoral weekend
you'll need to be quick...





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 Leisurelend projects and Active Aberdeenshire Memberships.**

A Very Warm Welcome to **RUNBALMORAL** 2017

Welcome to the 20th anniversary of the RunBalmoral races. Paula Radcliffe got the event off to a spectacular start all those years ago by setting a world record for five miles on a day when the grounds of the Balmoral estate were blanketed in a layer of crisp snow and television cameras beamed live coverage of the proceedings to millions of viewers. Since then the meeting has changed in format and has gone from strength to strength. Today RunBalmoral attracts 5,000 participants and the programme of races caters for every age group from primary school level to vintage veterans.

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 runners, but also by the thousands of spectators who come along to join in the fun. Once again we have a fantastic number of entrants. The MPH Primary schools 1.5km boys' and girls' races, together with the Kongsberg Maritime secondary schools 2.5km have attracted 1,300 runners. Close to 1,000 will compete in the ConocoPhillips 5km and the Stena Drilling Tartan 10km has around 2,300 entrants, so the Saturday programme will be as busy and exciting as ever.

Sunday also promises to be a wonderful occasion as we host the third Apollo Duathlon. We also have our biggest ever entry for the TRAC 15 Mile Trail Race and numbers are better than ever before in the TRAC Wee Trail Race.

To mark our 20th anniversary we have introduced a new competition this year - the Repsol Sinopec Devil of Deeside Challenge - a gruelling contest in which competitors tackle the 5km, 10km, Duathlon and the 15 Mile Trail Race. I must admit I didn't expect more than a handful of people to sign up for this, but we have more than 100 taking part.

On behalf of the Board of RunBalmoral and the Management Team, I am delighted to welcome Trac and Repsol Sinopec as new sponsors this year. However, I'd like to wholeheartedly thank all our long term 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 fantastic support, our retail partner Run-4-It, 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 so smoothly. 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 isn't only a wonderful sporting occasion attracting thousands of enthusiastic competitors, it is also an important community event which engages with local people through a number of initiatives such as our schools t-shirt design competition and our Sports Bursary programme.

Maeve Sibson of Hill of Banchory School will see her design appear on the t-shirts for the MPH primary schools 1.5km while Turriff Academy's Vicki Elder has produced the winning composition for the Kongsberg Maritime secondary schools 2.5km. Both girls were presented with a £250 cheque for their schools to spend on any sports-related activity. They also received a Run-4-It goody bag, free entry to the Balmoral races and a framed copy of their winning designs.

Our Sports Bursary scheme has proven popular again this year and I am pleased that we have been able to support 11 projects. The groups and individuals to benefit are: Aboyne Academy Orienteering Club, Aboyne Bike Park Association, Banchory Primary School, Banff Academy, Clerkhill School, Peterhead, Dales Park School, Peterhead, Fraserburgh Running Club, Inverurie Academy, Mile End Primary School, Aberdeen, Scotstown School, Aberdeen and Westhill Academy. I wish every success to everyone involved in these projects.

I am delighted we have continued to develop our close 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 Macmillan Cancer Support, Anchor, CLAN Cancer Support, CLIC Sargent, Maggie's Centres, The Archie Foundation, University of Aberdeen Development Trust (dementia research), VSA, Charlie House, Cornerstone, Diabetes UK, Scotland's Charity Air Ambulance and Walking with the Wounded.

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 volunteers, event supporters and suppliers is also hugely appreciated and I'd like to thank them all.

We also, of course, fully welcome the support of the 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 experiencing the atmosphere for the first time. I hope you all enjoy the event and I wish all competitors the very best of luck.

Richard Gledson, Balmoral Estate



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 2017



Stena Drilling

CARE, INNOVATION & PERFORMANCE

commercial@stena-drilling.com

www.stena-drilling.com



STENA DRILLING TARTAN 10K

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

THE COURSE:

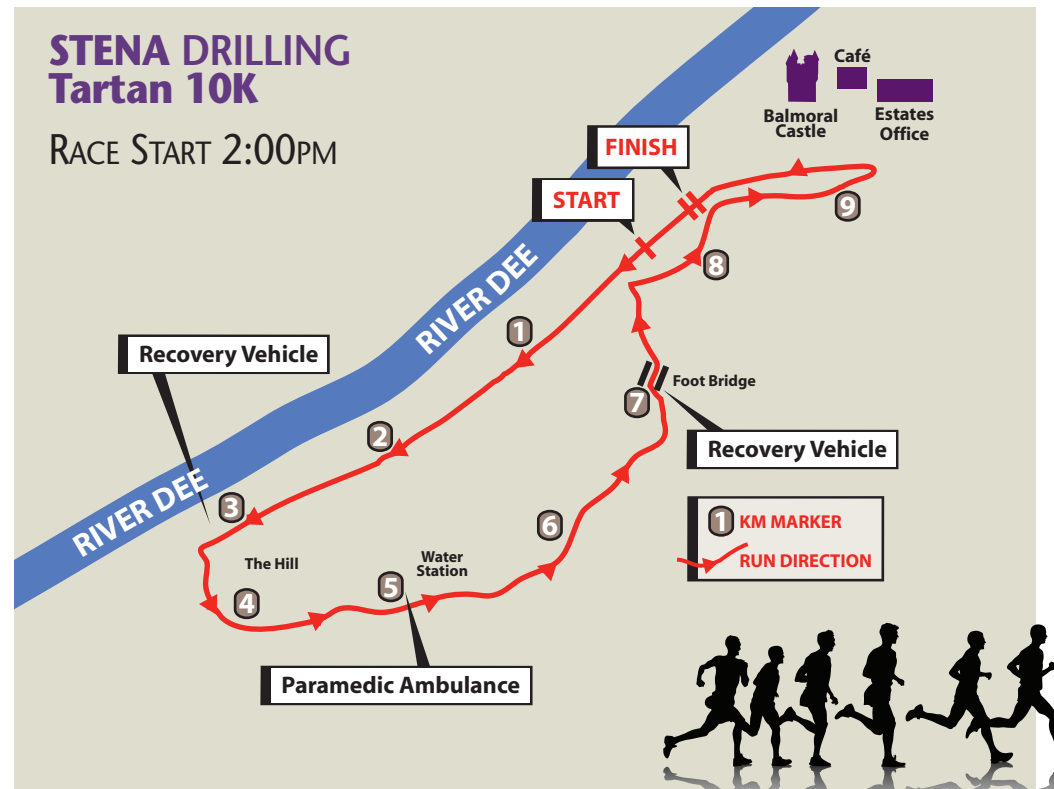
The measured course of 10K takes you through some beautiful Highland scenery and will be clearly marked and well marshalled. The early part of the course is relatively fast on smooth tarmac, however from approximately 3.5K the course rises quite steeply up through the woods of Garmaddie on the estate 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 man and women in senior, Vet 40, Vet 50 and Vet 60 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 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 man and women in senior, Vet 40, Vet 50 and Vet 60 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.

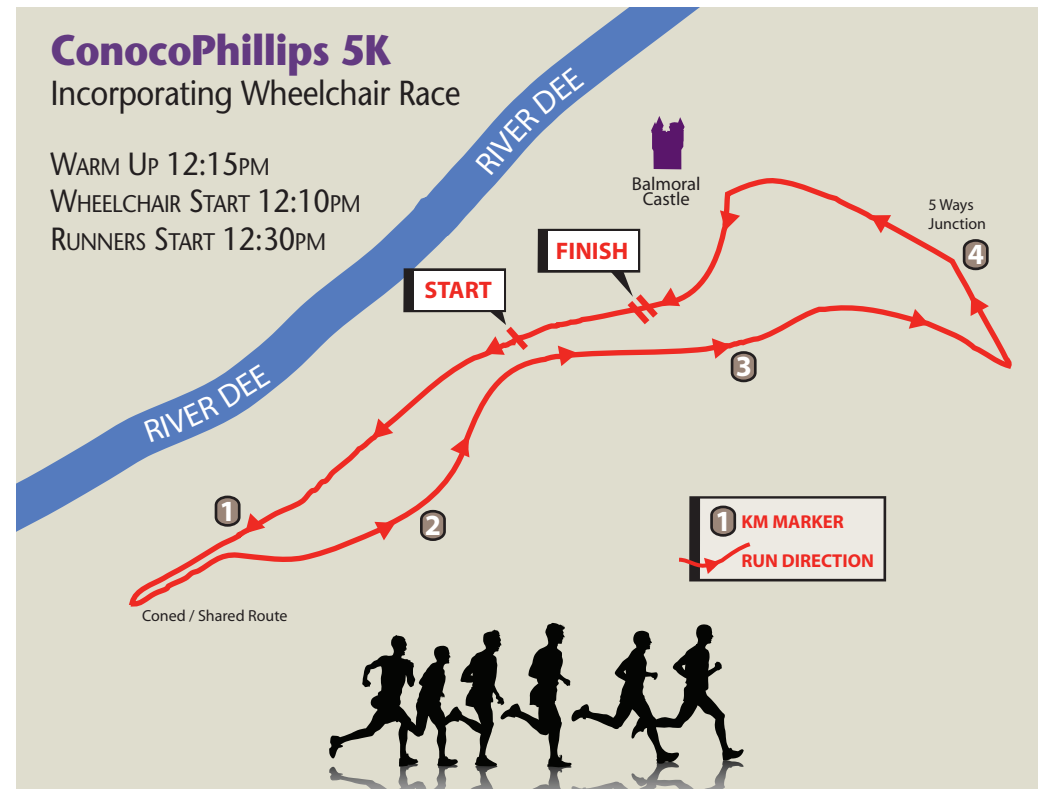
PRIZE GIVING AT 2.15PM AT THE SPONSORS MARQUEE

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.



www.conocophillips.com



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KONGSBERG



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

Kongsberg Maritime delivers solutions that cover all aspects of technology underwater and on the water, aboard new build and retrofit vessels, and on offshore platforms and rigs, often under a single supplier strategy called The Full Picture.

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 2017!

km.kongsberg.com



**KONGSBERG 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

KONGSBERG MARITIME Secondary School 2.5K

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





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

McINTOSH PLANT HIRE
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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

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.

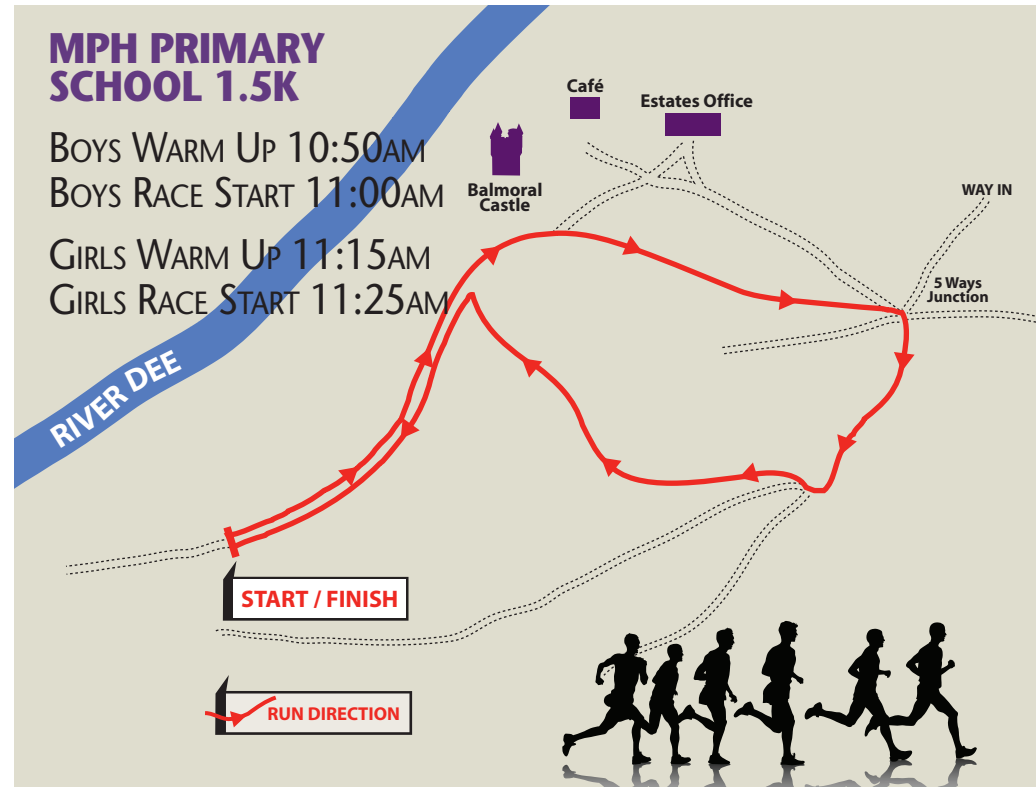
THE COURSE:

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:

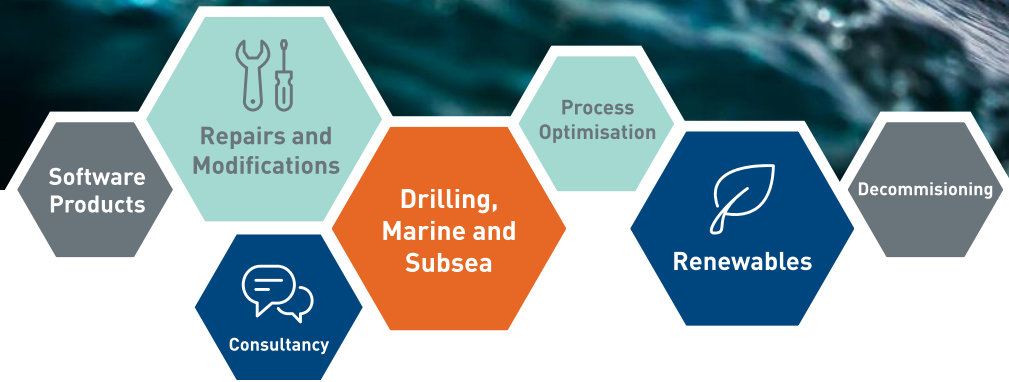
First three boys and girls. Aberdeenshire Active Schools Trophies (For Aberdeenshire Primary Schools with rolls of 100 & over and less than 100 with the most entrants in this race). Prize winners will be announced as soon as possible. If you think you may have won a prize please stay until the announcement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

PRIZE GIVING AT 1.15PM AT THE SPONSORS MARQUEE



Good luck to everyone taking part in 'Run Balmoral'

DELIVERING FIT-FOR-PURPOSE VALUE ENGINEERING



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.

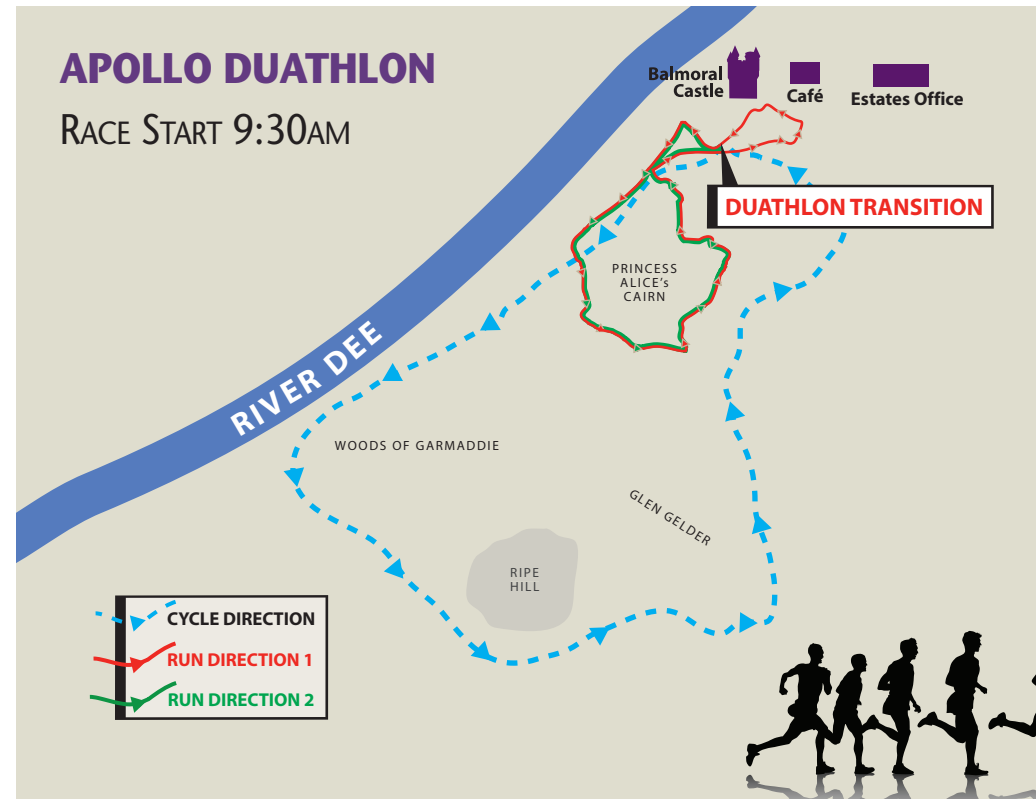
Run 2 (5k)

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 man and women in senior, Vet 40, Vet 50 and Vet 60 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 12.00 NOON AT THE SPONSORS MARQUEE





TRAC Oil & Gas Ltd is a leading global provider of Rope Access Inspection, Repair & Maintenance services for the Oil & Gas and related industries.

We provide a comprehensive range of Engineering Support Services to enhance & support the Asset Lifecycle Programme from initial Construction, ongoing Asset Integrity & Reliability through to Decommissioning, with specific expertise and experience in working at height and difficult access locations.



TRAC are proud to be part of this prestigious event celebrating its 20th anniversary. Wishing all participants a great day out.



TRAC 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 man and women in senior, Vet 40, Vet 50 and Vet 60 categories. First man (standard kit) and woman (lightweight kit). 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



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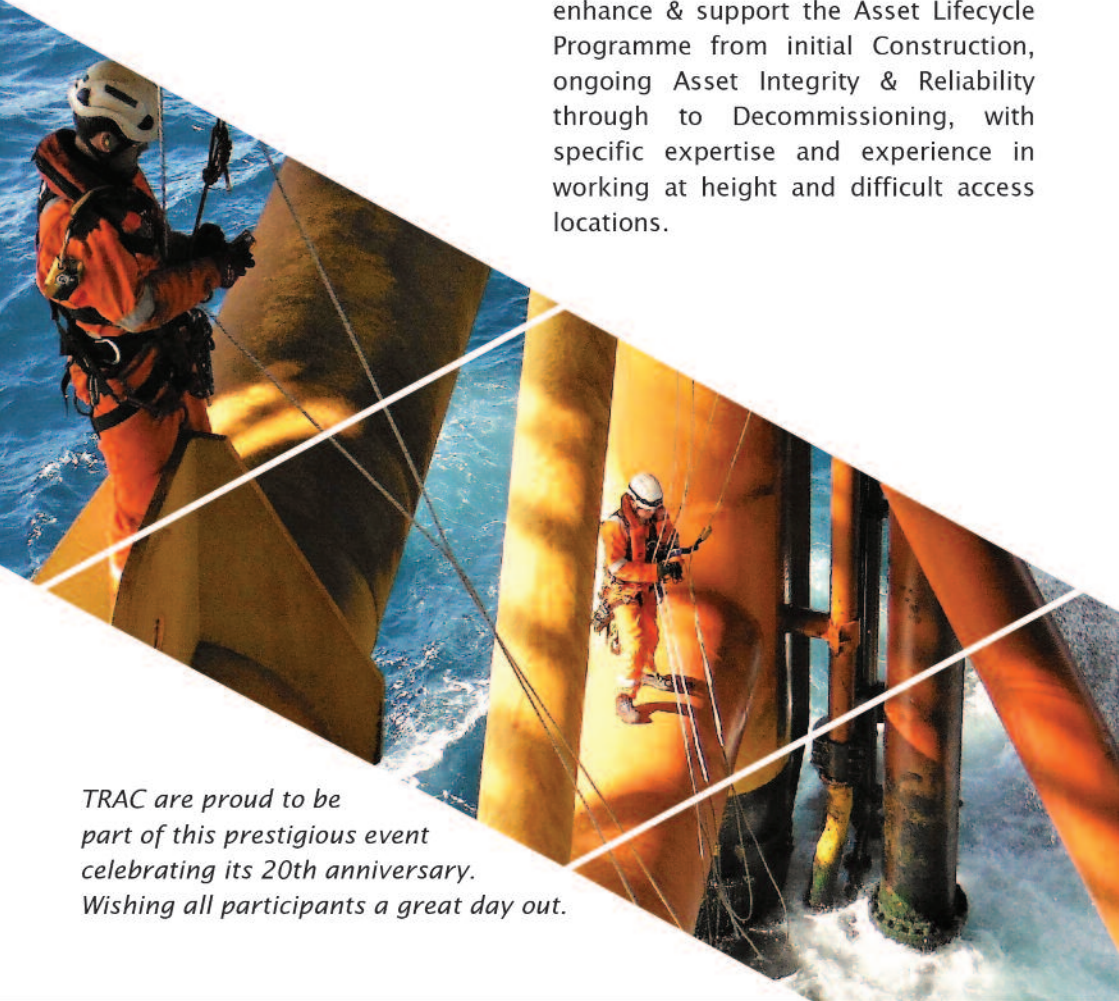




trac

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TRAC are proud to be part of this prestigious event celebrating its 20th anniversary. Wishing all participants a great day out.



TRAC 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

TRAC Wee Trail Race

RACE START 1:15PM



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Run Balmoral 2017
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
 on Sunday 14th May, 2017

To reserve your place call 01224 859170
 or email foa@balmoral.co.uk

Together, we can
MAKE A DIFFERENCE

FRIENDS OF ANCHOR
20 YEARS
 1997-2017

CORPORATE TEAM CHALLENGE

Aberdeen Sports Village to defend the Stena Drilling- ConocoPhillips Corporate Team Challenge title



RunBalmoral Chairman James Knowles presents the trophy to Aberdeen Sports Village in 2016

Title-holders Aberdeen Sports Village and the ConocoPhillips Cops & Joggers squad have dominated the RunBalmoral Stena Drilling - ConocoPhillips Corporate Team Challenge since it was introduced in 2013 with two wins apiece. So, can we look forward to another battle between these two rivals again this year, or will a new name appear on the magnificent trophy, made from red deer antler and sycamore wood, which the winning side will hold for twelve months?

These two sides 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 becoming champions.

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 2018 race package which includes four entries for the 10k, four entries for the 5k, hospitality and parking.

Corporate Team Challenge Previous Winners - First held 2013

- 2013 Aberdeen Sports Village
- 2014 Cops and Joggers
- 2015 Cops and Joggers
- 2016 Aberdeen Sports Village

2016 Results

- 1 Aberdeen Sports Village
4hr 36min 57secs
- 2 Team Balmoral
4:38:53
- 3 Nexen
4:42:31
- 4 Abbott Risk Consulting
4:43:48
- 5 CLIC Sargent
4:47:44
- 6 Voluntary Service Aberdeen
4:52:56
- 7 Cops and Joggers
5:04:23
- 8 Alder but not wiser
5:16:25
- 9 Lions, Tigers & Beards
5:29:33
- 10 Archie Foundation
5:36:47
- 11 Aberdeenshire Council
5:39:14
- 12 Maggie's Centre
5:41:52
- 13 Diabetes UK
5:55:42





**Supporting our local communities and
proud sponsor of the 'The Devil of Deeside'**

**Repsol Sinopec Resources UK Limited is an oil and gas exploration
and production company operating in the North Sea.**

We have interests in 49 fields, of which we operate 40, on the UK Continental Shelf
with 12 offshore installations and one onshore terminal.



THE DEVIL OF DEESIDE CHALLENGE

The Devil of Deeside Challenge has been introduced to mark the 20th anniversary of RunBalmoral and it has been quick to capture the imagination of endurance athletes from across the country with more than 100 signing up to compete. Aberdeen-based company Repsol Sinopec Resources UK is supporting the exciting new event.

Competitors 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 ConocoPhillips 5km and the Stena Drilling 10km on the Saturday, before doing the Apollo duathlon and the TRAC 15 mile trail race on the Sunday.

RunBalmoral Chairman James Knowles said: "I am delighted that Repsol Sinopec has come on board to support this exciting new initiative. We wanted to come up with something a little different for our 20th anniversary and believe the Devil will test the hardest of competitors.

We know that some people have tackled all four races in previous years so decided it would be interesting to turn it into a proper competition for 2017.

"Repsol Sinopec's involvement has allowed us to offer some wonderful prizes with the men's and women's winners each receiving a specially commissioned and uniquely designed trophy, pictured, created by Braemar craftsman Gareth Guy. Competitors will also be given distinctive shirts to wear which will make them easily identifiable in all the races.

Bill Dunnett, Managing Director of Repsol Sinopec said: "We're very pleased to be able to support this exciting and challenging new event in RunBalmoral's 20th year. Over the years it has become a highlight of both the sporting and social calendars.

"Many of our staff are looking forward to getting involved - either by running themselves, cheering others on, or helping to raise funds for the many good causes the event supports.
I intend to raise some sponsorship and to participate myself."

TIMETABLE OF EVENTS 2017

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** WEE TRAIL RACE START
- 3.30pm** 15 Mile Presentation and Devil of Deeside 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.

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.

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.

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

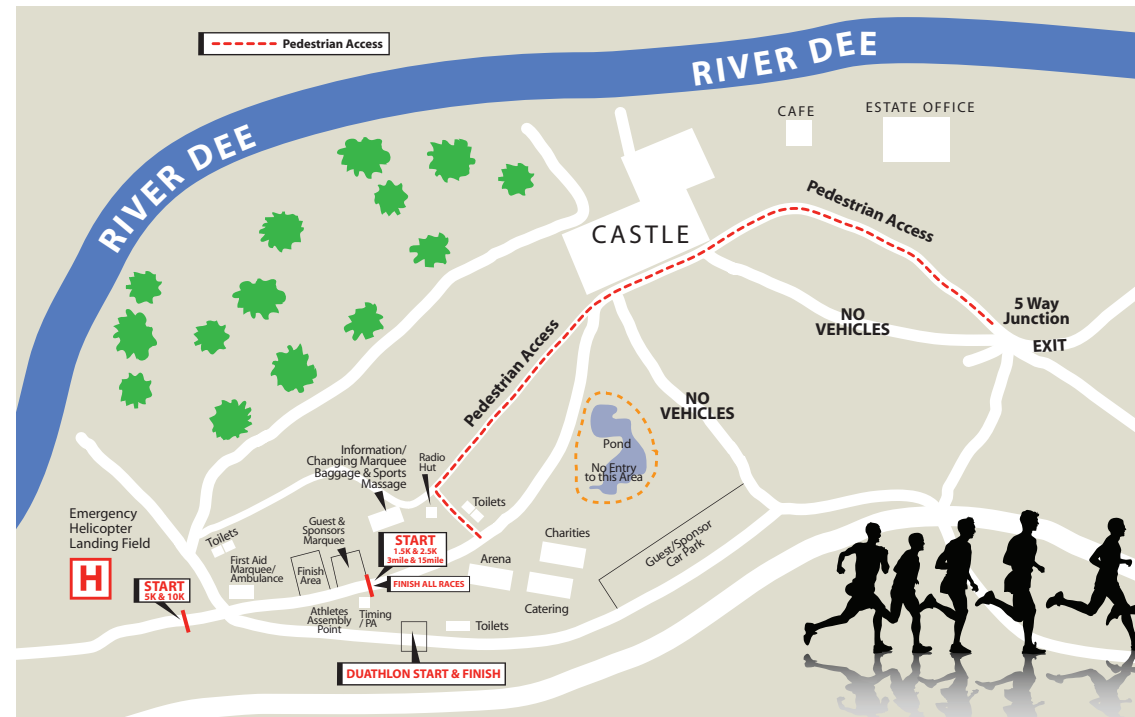
is on grass. Please only park in the designated event car parks and do not park on grass verges. Once you have parked, signs will direct you towards the start & finish areas (25 minute walk approx) or you could take one of our buses operating between the main gate and the Estate office from 9.30am -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

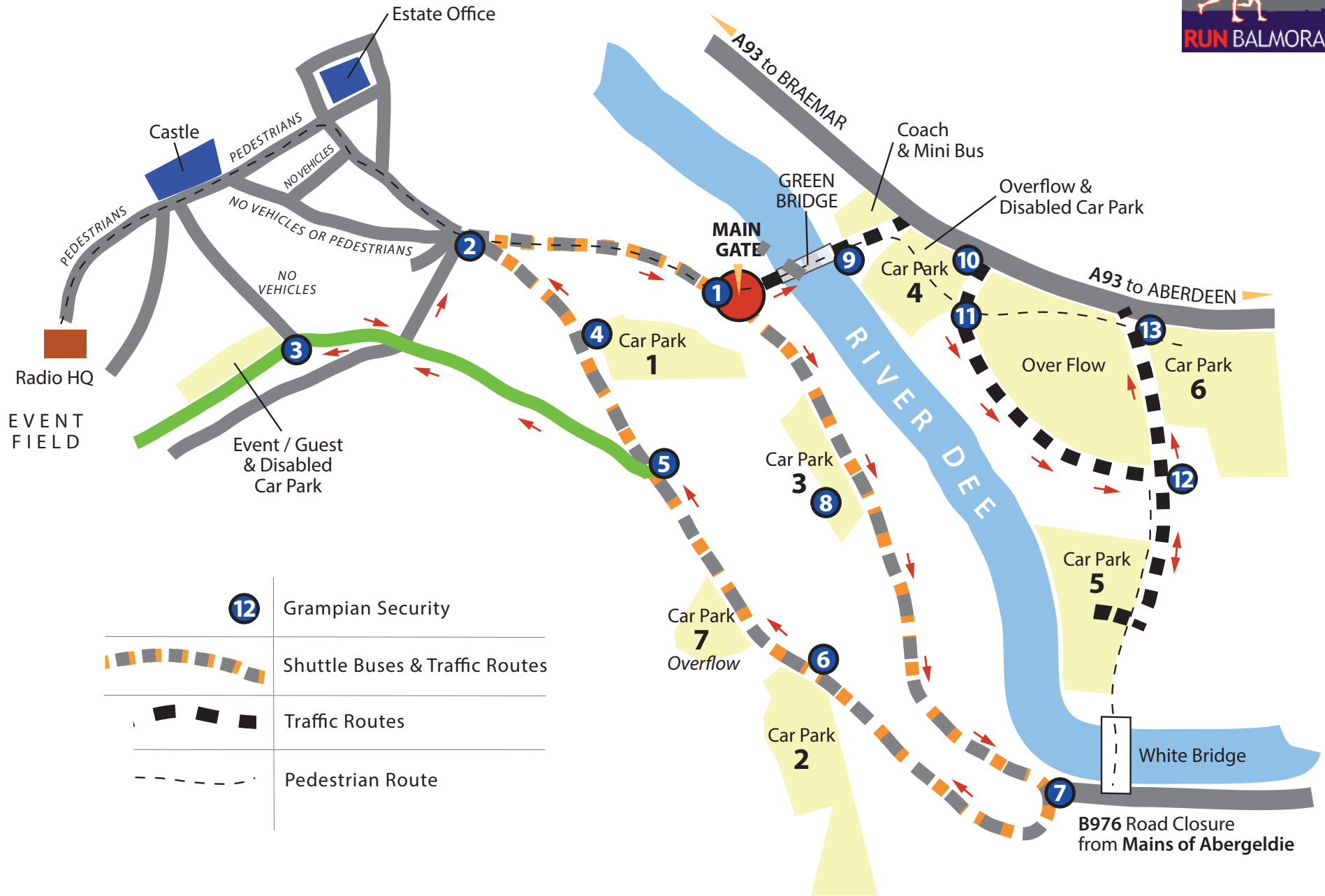
WHAT TO EXPECT AT THE FINISH?: ALL RACES: After running over the mat that will activate your timing chip you will arrive in the finishing enclosure where you will receive a bottle of water (Children will also receive a goody bag), medal and t-shirt. You can then exit the finish area and rejoin your family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



Car Parking and Traffic Map | 2017



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.

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.

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.



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RUN BALMORAL 2017

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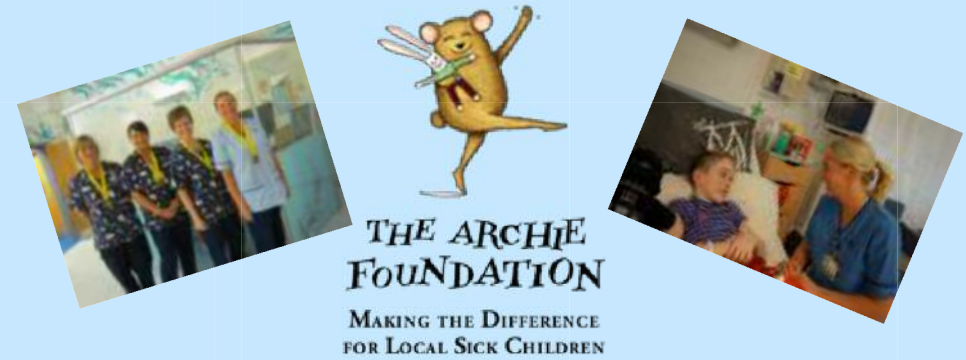
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CLIC Sargent is a registered charity in England & Wales
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WHATEVER YOU DO, DO SOMETHING!

2017 FUNDRAISING EVENTS

28th April – ARCHIES Big Cake Day

6th May - Adrenalin Drop

12th August - Abseil

1st – 30th September - Virtual Challenge

25th December – 25th January - Beards for Bairns

FOR DETAILS VISIT: www.archiefoundation.org.uk OR FIND US ON FACEBOOK

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Ravinder, 53
Watch her story online

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CANCER
WITH YOUR
FAMILY'**

**WE ARE
MACMILLAN.
CANCER SUPPORT**

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THANK YOU!

Thank you Team Macmillan!
Your support will help make sure
no one faces cancer alone.

Find out how you can
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visit macmillan.org.uk/challenge
or call 0300 1000 200



www.clanhouse.org
#LivingWithCancer



Be part of something special

If you've taken part in
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congratulations on
your achievement!

Here at CLAN we depend on people
like you doing amazing things to help
us provide support to anyone affected
by cancer.

To find out more about our official charity
events or for guidance on organising your
own event, please visit our website or get
in touch.

Telephone:
01224 647 000
enquiries@clanhouse.org



Macmillan Cancer Support, registered charity in England and Wales
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Cancer support for all

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By Gracious Permission of Her Majesty The Queen

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REGISTRATION NOW OPEN

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andy@wwtw.org.uk
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Supporting Our Wounded Into Work



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or email: karen.moore@diabetes.org.uk

DiABETES UK

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



2017 Cornerstone

kiltwalk

Kiltwalk for Cornerstone

Every day across Scotland, Cornerstone provides care and support for adults, children and young people with disabilities and other support needs.

Help us take big steps in 2017 by taking part in the Kiltwalk!

Glasgow – 30th April
Aberdeen – 4th June
Dundee – 20th August
Edinburgh – 17th September

For more information and to sign up visit:
www.cornerstone.org.uk/kiltwalk

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

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Providing help and support to special children and their families in the North-east





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at Maggie's

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Family Fun Day at Maggie's Saturday 16 September

Our warm and welcoming Centre in Aberdeen provides free practical, emotional and social support for people with cancer and their family and friends, across the UK.

Join one of our sponsored events

Kitchen Table Day Friday 5 May
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Culture Crawl Friday 23 June
maggiescentres.org/ccaberdeen

maggie's
People with cancer
need places like these

Maggie Keswick Jencks Cancer Caring Centres Trust (Maggie's) is a registered charity, No.SC024414

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Looking Forward
Giving Back



The University of Aberdeen Development Trust is a charity registered in Scotland no. SC002938.

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Run Balmoral 2017

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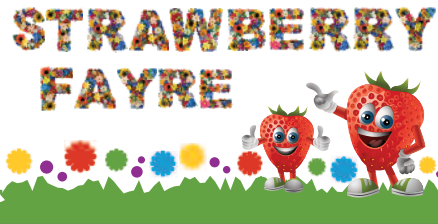
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Aberdeen Beach Ballroom

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£10 concession
Available via Aberdeen Box Office



Aberdeen
Sunday
04 June 2017



Saturday
24 June 2017
10am - 4pm
Easter Anguston Farm
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Debbie.Fotheringham@vsa.org.uk / 01224 212021
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MPG figures are obtained from laboratory testing, in accordance with 2004/3/EC and intended for comparisons between vehicles and may not reflect real driving results. (Optional equipment, maintenance, driving behaviour, road and weather conditions may affect the official results.)



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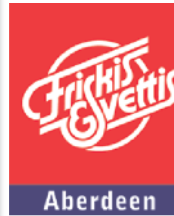
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ACKNOWLEDGEMENTS

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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JUST THAT YOU
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Do More
Strathmore



1st INSCH SCOUTS



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

2016 was a busy year for the scout group as a whole with a wide range of events and activities undertaken by all the sections.

Our Cub Scout pack attended a highly successful regional camp held at Aden Country Park as part of the Cubs Centenary celebrations and their year was rounded off when they attended a scout only performance at the Inverurie pantomime where everyone renewed their Promise.

During the summer a group of 25 Scouts, Explorers and leaders headed to the Czech Republic for our summer camp. This trip was full of a wide range of activities and cultural visits which were enjoyed by all of the participants. This year we are heading a bit closer to home by attending the Auchengillan Jamboree for which we are currently busy fundraising towards.

Our group is expanding with the start of a second cub pack as a follow on from the second beaver colony we started to take up the expanding waiting list.

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

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The Air Training Corps (ATC) is a national youth organisation that was founded in 1941. Now over 75 years old, the organisation offers exceptional opportunities to young adults to participate in a wide range of activities: flying/gliding, national and international camps, adventure training (walking, rock climbing, canoeing, mountain biking and many more).

The personal development of cadets is high on the agenda for our qualified staff. All cadets going through the organisation can achieve qualifications leading to nationally recognised award schemes. We still have a very strong link to our parent service that provides guidance to the staff and cadets of the ATC.

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

There are over 1000 squadrons across the UK with 18 within the North East of Scotland. There will be a unit close to you, so 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.neswac.co.uk fb: [facebook.com/nescwac](https://www.facebook.com/nescwac)

