

run garioch 2022



EVENT PROGRAMME


1/2M

 dandara
10k

 PMC
5k

cp&co
juniorrun

SUNDAY 15 MAY 2022
www.rungarioch.co.uk

 garioch
sports
centre

Hello All,

ON BEHALF OF THE GARIOCH SPORTS CENTRE AND THE ENTIRE RACE COMMITTEE, I'D LIKE TO WELCOME EACH AND EVERY ONE OF YOU BACK TO RUN GARIOCH.

It's hard to believe that by race day on Sunday, 15 May, it will have been over three years since we were last together on the start line on Burghmuir Drive.

That the past few months have been challenging for families, schools and businesses goes without saying, but I've been heartened to see how much our local communities have pulled together.

For everyone on the Race Committee, the organisation of this year's event was very much about working in partnership with the whole community to help us all recover from the pandemic, by rebuilding our mental, physical and financial health, re-establishing community links, supporting local businesses and giving everyone (the committee included) a springtime goal.

That Run Garioch 2022 will be going ahead – in person – is certainly something to celebrate, but it's also important for us to note that this year's event marks a decade of support given by Dandara to our local community. The award-winning housebuilder became sponsors of our 5K race in 2013, before taking on the flagship 10K in 2014.

We should also celebrate the arrival of PMC Management & Lettings – previously sponsors of our Event Programme – as the new sponsors of our 5K.

We must also thank CP&Co. for their continued support of our Junior Run, Run4it for their many years as our official retail partner, GPH for providing essential race-day equipment and Sinclairs Jewellers of Inverurie for helping with the substantial costs of event timing, as well as our event patrons.

To assist with marshalling, water stations and the bag drop, we're delighted to welcome back four of our long-standing charity partners – Clan, Inspire, Chest, Heart & Stroke Scotland and Charlie House – and urge you to show your support for their good work by making a donation when you leave your kitbag in the marquee.

Run Garioch 2022 is about recovery, but it's also about looking forward to the future, and doing our best to make the event sustainable – in more ways than one – for years to come. Read all about how Run Garioch is going even greener elsewhere in this programme.

To make sure the event develops into 2023 and beyond we need your help – whether it's by encouraging others to run, supporting our charities or becoming an event patron. Run Garioch is for the whole community – and long may it continue.

Graham Morrison **RACE DIRECTOR** | Run Garioch 2022



Life is precious



This year Run Garioch held its first ever contest to design the front cover of the Event Programme, in partnership with Dandara and Run4it.

We received more than 60 entries from schools all over Aberdeenshire, including Strathburn School, Udney Green School, Rayne North School, Westhill Primary, Kemnay Primary and Banff Academy.

BUT THERE COULD BE ONLY ONE WINNER: TOMAS ALLAN (14), Banff Academy (S3)

His design, of a very determined avocado, earned him £75 worth of vouchers from Run Garioch's retail partner, Run4it, funded by Dandara and Run4it.

Explaining the inspiration behind his design, Tomas told RGHQ that he started with the colour green, and then "something just clicked".

He told us, "I knew the colour green was important to Run Garioch, and I wanted to draw something green that was running. I thought if I just did a runner, a lot of other people would be doing that too. I wanted to make it better, so I did some research and came up with the avocado."

He then added, with a laugh, "With my mum being a dietitian and my dad being a PE teacher, it was always destined to be a fruit."

While he doesn't consider himself an artist, Tomas was very keen to give credit to his teacher, Miss McFarlane, Head of the Design and Technology Faculty at Banff Academy. She encouraged Tomas' whole class to take part in the competition, to great success: Tomas' classmate Emma Duncan (14) also made our shortlist.

Reflecting on the competition, one of the judges, Head of Sales at Dandara Aberdeen Claire Bathgate, said, "There were so many good entries it was hard to draw up a shortlist, but Tomas' design really stood out. Everyone who saw it loved it because it was a bit different and showed he was thinking out of the box."

"It perfectly encapsulates the important role exercise and healthy eating play in ensuring our good mental health and wellbeing, especially after the last two years of the pandemic."

Graham Morrison, Run Garioch's Race Director, is delighted with our new cover star: "Tomas' design put a smile on all our faces, making us look forward to our first race day in three years even more."

While there could only be one winner, we'd also like to give credit to the other young artists whose work made the shortlist. Thanks to them, and to all the adults who supported them:



- Aonghus Young (6), Udney Green School, P2
- Owen Farquharson (9), Strathburn School, P5/6B
- Eilidh Young (9), Udney Green School, P5
- Liam Lague (11), Strathburn School, P7W
- Ella Mackie (11), Strathburn School, P7W
- Findlay MacLean (11), Strathburn School, P7W
- Emma Duncan (14), Banff Academy, S3C

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CAT 1: GIRLS (Age 4.5.6)

Please go to your signposted warm-up area next to the running track between **12:45pm & 12:55pm**, to be ready for the start at **1:00pm**.

CAT 2: GIRLS (Age 7.8.9)

Please go to your signposted warm-up area next to the running track between **1:05pm & 1:15pm**, to be ready for the start at **1:20pm**.

CAT 3: GIRLS (Age 10.11.12)

Please go to your signposted warm-up area next to the running track between **1:30pm & 1:40pm**, to be ready for the start at **1:45pm**.

CAT 1: BOYS (Age 4.5.6)

Please go to your signposted warm-up area next to the running track between **12:55pm & 1:05pm**, to be ready for the start at **1:10pm**.

CAT 2: BOYS (Age 7.8.9)

Please go to your signposted warm-up area next to the running track between **1:15pm & 1:25pm**, to be ready for the start at **1:30pm**.

CAT 3: BOYS (Age 10.11.12)

Please go to your signposted warm-up area next to the running track between **1:45pm & 1:55pm**, to be ready for the start at **2:00pm**.

All races will start and finish on the running track in the playing fields behind the Garioch Sports Centre, under the gantry. The running track itself is located to the east of the enclosed astroturf football pitches, between the astroturf and Strathburn School.

Runners should make their way to the waiting area next to the running track at the times indicated for their categories. There will be event marshals and signage in the area to direct you. Please also feel free to ask the marshals or the volunteers at Junior Run HQ for assistance or information at any time.

Parents/guardians are NOT permitted within the waiting area, but there will be a designated area for spectators next to the start/finish line. There will also be good views of the last section of the CAT2 and CAT3 courses from Strathburn Park.

From the waiting area, each category of runners will be taken for a warm-up, and then to the start line, by members of the Junior Run Team. Please note that the boys and girls of each age category will again be running separately this year.

When the runners have finished their races, they will be directed to the finish zone, where they will await collection.

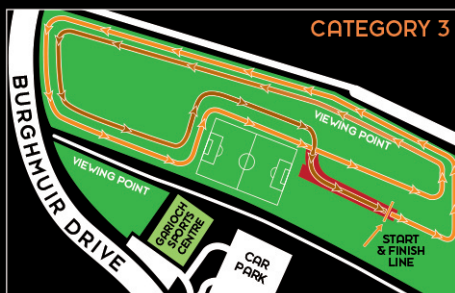
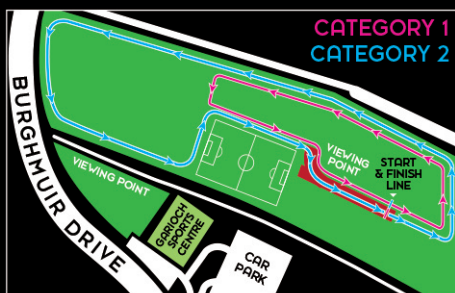
PLEASE NOTE

the collection of children is the full responsibility of the parent(s)/guardian(s)

PRIZEGIVING

Prizes and certificates will be presented to the first, second and third fastest girls and boys in each of the three race categories.

The prizegiving will be held at 2.45pm in the Event Village



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Little Square,
Oldmeldrum
Aberdeenshire,
AB51 0AY
01651873838

Property Shop
96 Holburn
Street,
Aberdeen
AB10 6BY
01224678888



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runGarioch 2022



PMC
5k

RACE ASSEMBLY

9:05am

RACE START

9:15am

RACE DISTANCE

5km

2019 WINNING TIME

16:57

PRIZEGIVING

9:45am
in the
Event Village

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

PRIZE INFORMATION

Overall Winner - Male & Female:

£100 cash

2nd Overall, Male & Female:

£75 cash

3rd Overall, Male & Female:

£25 cash

Fastest Junior (age 13-17):

Male & Female

£10 Voucher & Trophy

**Prizes to 1st, 2nd & 3rd Male
& Female Senior, Veteran,
Super Veteran & Vintage**

Fastest jogscotland

Male & Female: Trophy

**jogscotland Group with
the most runners on the day:**

£50



runGarioch PMC
5k
THE INVERURIE RUNNING EVENT

1234

PMC 5K 2022

PLEASE NOTE: The PMC 5K route has been marked throughout with **ORANGE / BLACK SIGNS** and ascending kilometre markers. Please follow these signs as well as any directions from our race marshals.

THERE ARE NO WATER STATIONS ON THE PMC 5K ROUTE.



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TO FIND OUT MORE

Visit dandara.com or call 01224 310 178

SHOW HOME OPEN 7 DAYS: Sat Nav Ref AB15 8LE

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runGarioch 2022

> dandara
10k

RACE ASSEMBLY

10:20am

RACE START

10:30am

RACE DISTANCE

10km

2019 WINNING TIME

34:33

PRIZEGIVING

12:15pm
in the
Event Village

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

PRIZE INFORMATION

Overall Winner - Male & Female:
£100 cash

2nd Overall, Male & Female:
£75 cash

3rd Overall, Male & Female:
£25 cash

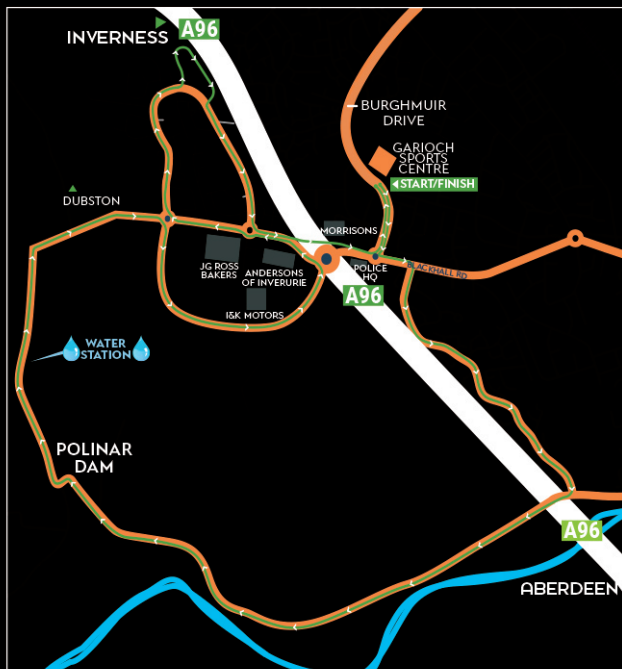
**Prizes to 1st, 2nd & 3rd Male
& Female Senior, Veteran,
Super Veteran & Vintage**

**Fastest Running Club /
jogscotland Group Male & Female**
(Fastest three times count)

Fastest AB51 Business Team:
(Fastest three times count,
minimum of 3 runners)

Fastest AB51 Runner
Male & Female: £25 cash each

Fastest Junior (age 16-17):
Male & Female:
£10 Voucher & Trophy



PLEASE NOTE: The Dandara 10K route has been marked throughout with **BLUE / WHITE SIGNS** and ascending kilometre markers. Please follow these signs as well as any directions from our race marshals.

THERE IS ONE WATER STATION ON THE DANDARA 10K ROUTE AT AROUND THE HALF WAY POINT.



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2022

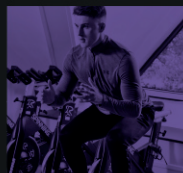
LET'S BE HAVING YOU!

+++++



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WWW.GARIOCHSPORTS.CO.UK



BURGHMUIR DRIVE, INVERURIE AB51 4GY. T: 01467 626141

runGarioch 2022

Garioch sports centre
1/2M

RACE ASSEMBLY

10:05am

RACE START

10:15am

RACE DISTANCE

13.1 miles

2019 WINNING TIME

1.12.40

PRIZEGIVING

12:45pm

in the
Event Village

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

PRIZE INFO

Overall Winner

- Male & Female:

£100 cash

2nd Overall,

Male & Female:

£75 cash

3rd Overall,

Male & Female:

£25 cash

Prizes to 1st,
2nd & 3rd Male
& Female
Senior,
Veteran,
Super Veteran
& Vintage



PLEASE NOTE: The Garioch Sports Centre Half Marathon route has been marked throughout with **YELLOW / BLACK SIGNS** and ascending mile markers. Please follow these signs as well as any directions from our race marshals.

THERE ARE 3 WATER STATIONS ON THE GARIOCH SPORTS CENTRE 1/2M ROUTE AT APPROXIMATELY 4M, 6.5M AND 10.5M.



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Everyone at Run Garioch and the Garioch Sports Centre is aware of the impact running events like ours can have on the environment – and every year we look at ways to reduce that impact.

The GSC itself is a 'Climate Challenge Fund' site, and presented at COP26 in Glasgow, showcasing its community facility NET ZERO aspirations.

We're very pleased to say that for RG2022, we have removed plastic bottles entirely from our four in-course water stations.

Water will be brought to runners in the Dandara 10K and GSC Half Marathon in large containers and dispensed into easy-to-recycle paper cups – to be disposed of in the clearly marked areas provided.

Runners will also be able to fill their own water bottles or hydration packs at each of the four water stations.

All cups from the water stations will be collected and taken away by the GSC's recycling partners, One Stop Waste, to be converted into pulp for use in new paper and card products.

As the GSC itself is a 'Not For Landfill Site', all rubbish and food waste generated in the Event Village and across the event as a whole will also be recycled by One Stop Waste.

Water at the finish will also be provided in the same easy-to-recycle paper cups, and there will also be 'Hydration Stations' at the Start/Finish area for runners to fill their own bottles both before and after the race.

Over at the CP&Co. Junior Run, the plastic water bottles available at the finish have been replaced by more easily recycled small cartons of juice.

All told, these changes will remove thousands of plastic bottles from Run Garioch.

As for the rest of the event, we have continued to work with local employers and Aberdeenshire Council to gain access to their car parks to enable car sharing, as well as continue to encourage runners to walk to and from the GSC where possible.

By choosing environmentally friendly event t-shirts and making them optional this year, we have both reduced costs for runners and cut down on potential waste.

Our medals and t-shirts have been shipped by sea, not air, to reduce their carbon footprint, and our trophies have been made from wood by a local supplier.

Our Event Programme will continue to be produced online only to reduce printing and paper waste. Our signage is always updated and reused wherever possible and we will continue to support local suppliers, charities and businesses in our Event Village and VIP Hospitality areas.

RUN GARIOCH WELCOMES SUGGESTIONS FROM RUNNERS AND SPECTATORS ABOUT HOW WE CAN FURTHER REDUCE OUR IMPACT ON THE ENVIRONMENT. PLEASE SEND THEM TO RGHQ AT INFO@RUNGARIOCH.CO.UK

TIMETABLE OF EVENTS

Event Village.....	Opens 0900
PMC 5K.....	0915
PMC 5K Prizegiving.....	0945
Garioch Sports Centre Half Marathon.....	1015
Garioch Sports Centre Half Marathon Prizegiving.....	1245
Dandara 10K.....	1030
Dandara 10K Prizegiving.....	1215
CP&Co. Junior Run Cat. 1 Girls (Ages 4, 5, 6).....	1300
CP&Co. Junior Run Cat. 1 Boys (Ages 4, 5, 6).....	1310
CP&Co. Junior Run Cat. 2 Girls (Ages 7, 8, 9).....	1320
CP&Co. Junior Run Cat. 2 Boys (Ages 7, 8, 9).....	1330
CP&Co. Junior Run Cat. 3 Girls (Ages 10, 11, 12).....	1345
CP&Co. Junior Run Cat. 3 Boys (Ages 10, 11, 12).....	1400
CP&Co. Junior Run Prizegiving.....	1445

GETTING TO RUN GARIOCH

If you're driving to Run Garioch from the north of Inverurie, we would encourage you enter the town via the old A96 (Crawford Road). If you're driving from the south, please enter via the A96 at Port Elphinstone (BP station roundabout). Burghmuir Drive will be closed all day from the Morrisons roundabout to the Brankie Road junction. Burghmuir Circle will only be open for local access and VIP parking (and both only via the Strathburn Hotel junction). The Aberdeenshire Council car park at Gordon House on Blackhall Road is free for runners to use and there are also other public car parks in town, also free on a Sunday. Parking for our disabled athletes and spectators is available at the Strathburn Hotel. More detailed information about car parks, road closures and the suggested driving routes to Inverurie is available on the website.

RACE NUMBERS & TIMING CHIPS

Your electronic timing chip is incorporated into your race number. Please follow the instructions included in the Event Programme following the Essential Race Day Information pages.

RACE T-SHIRT COLLECTION

Shirts will be available for collection from the GSC before, during and after the event. Collection days/times will be posted on our social media accounts closer to race day. Please bring ID/a copy of your order.

INFORMATION/LOST PROPERTY/ENQUIRIES

Race HQ will be located in the Leisuremobile in the Event Village.

BAG DROP & CHANGING AREAS

Our changing areas and bag drop will be located in the Event Village. Volunteers from Clan will be operating the bag drop but donations will be split equally among each of our partner charities. Please use the personalised bag tag included in your race pack.

TOILETS

Toilets will be located in the lower car park as well as in the Garioch Sports Centre.

FIRST AID

Qualified first aid professionals will be based at the GSC as well as at the finish line and various points around the race routes.

EVENT VILLAGE & CATERING

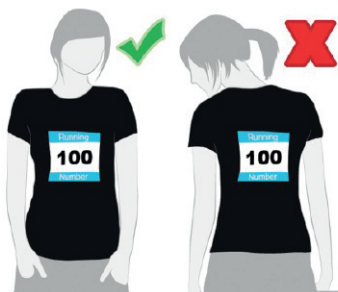
Our popular Event Village will be returning for 2022, with food and fun for the whole family. The award-winning Davidsons Butchers will again be sparking up our race-day BBQ, joined for the first time by The Key Aberdeen and their healthy meals and treats. A wide range of Inverurie based clubs and community groups will also be on hand to promote their sports and raise funds. To keep the kids busy, we'll have lots of activities for them to try, in exchange for a donation to our charities.

WATER & HYDRATION STATIONS

As part of our commitment to the environment, Run Garioch has removed all single use plastics from the three water stations on the GSC Half Marathon, the one water station on the Dandara 10K and the finish lines of the main races and the CP&Co. Junior Run. Water will be supplied in recyclable paper cups on the race routes and there will also be water for those who wish to fill their own bottles/hydration packs. There will also be several hydration stations at the start/finish area for runners to fill their own bottles before and after the event.



MyLaps BibTag Instructions



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

Do Not cover your number when crossing timing mats
(eg. Stopping your watch etc.)

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run Garioch 2022

OUR 2022 CHARITY PARTNERS



Clan Cancer Support is a well-established local charity providing emotional and practical support to people affected by cancer across north-east Scotland, Moray, Orkney and Shetland. Clan help people live with and beyond their or their loved one's cancer diagnosis and improve the quality of life for all those who turn to us for support.

Contact: Alana Welsh
Telephone: 01224 647000
Website: www.clanhouse.org
Facebook: @clancancersupport
Twitter: @CLANnow
YouTube: @CLANcancersupport

Email: alana.welsh@clanhouse.org

Instagram: @clancancersupport

Linkedin: @clancancersupport



Inspire is a local charity supporting people with learning disabilities and additional support needs. They support over 320 people in 42 services located across North-East Scotland. Inspire strive to empower people to make their own life choices, enable lifestyles that are both safe and fulfilled and give support through life transitions.

Contact: Andrew Reid
Telephone: 01224 280005
Website: www.inspireptl.org.uk
Facebook: @inspirePTL.org.uk

Email: andrew.Reid@inspiremail.org.uk

Twitter: @inspireptl



Life is precious

Charlie House is a local children's charity that aims to improve the quality of life for babies, children and young people in the North-East of Scotland who have life-limiting or life-threatening conditions and provide support to their families. Established in 2011, Charlie House provides activities and projects that enable families to gain confidence, engage socially, enjoy activities together, meet others in a similar situation, share information and get emotional and practical support when they need it most.

Contact: Donna Deans
Telephone: 01224 313333
Website: www.charliehouse.org.uk
Facebook: @CharlieHouseHQ
Twitter: @CharlieHouseHQ

Email: donna@charliehouse.org.uk

Instagram: @CharlieHouseHQ



Across Scotland, over 1 million people – that's one in five of the population – are living with the effects of serious chest and heart conditions and stroke. CHSS believes everyone has a right to live life to the full. After a diagnosis of a chest or heart condition or a stroke, many people experience fear and isolation and struggle with the impact on their lives. Chest Heart & Stroke Scotland won't stand for that and the care and support we deliver in local communities including the North East Region ensures everyone can live the life they want to.

Contact: Brenna Miller
Telephone: 01738 300033
Email: brenna.miller@chss.org.uk
Website: www.chss.org.uk
Facebook: @CHSSScotland
Twitter: @CHSSScotland

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