



garioch
2024
THE INVERURIE RUNNING EVENT

EVENT PROGRAMME

cp&co
juniorrun

MACKIE'S
OF SCOTLAND
5k

dandara
10k

M^cWILLIAM
LIPPE
1/2M

PROGRAMME SPONSOR

Raeburn
Christie
Clark &
Wallace LLP

SUNDAY 12 MAY
www.rungarioch.co.uk

garioch
sports
centre

Welcome to Run Garioch!

As you get ready for Run Garioch 2024, we thought we'd share a few of our favourite facts about our event with you .

- Run Garioch has come a long way since its humble beginnings as the 'Garioch 10K' in 2005. Back then, we had one race, one sponsor (Specsavers Inverurie) and 400 finishers. On Sunday 12 May 2024 we will have six races, four main sponsors, seven amenity sponsors, dozens of local patrons and over 2100 runners.
- Over the years we've worked with many local charities to help them raise funds, including Clan Cancer Support, Inspire, Friends of the Neuro Ward, Friends of Anchor, AberNecessities, CHAS, The Gathimba Edwards Foundation, Gordon Riding for the Disabled, The ARCHIE Foundation, Friends of the Neo-Natal Unit, Charlie House and Chest Heart & Stroke Scotland.
 - Each year we need over 40 volunteer marshals to help keep our runners safe on our race routes.
 - Funds raised by Run Garioch for the GSC have helped replace gym equipment, buy kettlebells, change spin bikes and provide gym mats. They've also helped fund more practical jobs, like installing solar panels, tarring the upper car park and replacing the boilers -- for the benefit of our users, as well as the environment.
 - At RG2023, our youngest runner on race day was four, and the oldest 80!
 - Children from 85 schools signed up for the CP&Co. Junior Run in 2023.
 - Removing single use plastic bottles from our finish lines and race routes has kept 10,000 bottles away from landfill or the recycling chain each year.

Since that first race, we estimate we've had over 20,000 finishers cross the finish line at the Garioch Sports Centre. By the end of Sunday, 12 May, we hope you will have joined their ranks too!

See you on the start line!

Graham Morrison **RACE DIRECTOR** | Run Garioch 2024



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inverurie@raeburns.co.uk to make an appointment.

When we first launched our competition to design the front cover of Run Garioch's Event Programme in 2022, we had no idea how popular it would become.

Now, in its third year, the contest has attracted a record number of entries: nearly 120 great designs from schools all across Aberdeenshire, including dozens from Kellands School, Logie Durno School, Inverurie Academy and Kemnay Academy.

Our 2024 shortlist was drawn up by members of the Run Garioch committee and our graphic designer Allan Charles from Junior Run sponsors CP&Co. Our decision was hard – but the decision of our two judges, Event Programme Sponsor Raeburn Christie Clark & Wallace and 10K sponsor Dandara – was even harder. In the end, they each chose a different favourite – leaving our Race Director the difficult task of breaking the tie and choosing our winner: Isla Barclay of Inverurie Academy.

We caught up with Isla during the Easter Holidays to ask her about her design. She told us that her S3J Art teacher, Mrs Nicol, often encourages her class to take part in local competitions.

In the case of the Run Garioch cover contest, Mrs Nicol showed the class the previous winning designs for inspiration. Isla said, "I took last year's design with the track in the background as my inspiration. A lot of the kids in my class did fruit and vegetables, but I wanted to do something different."

"I chose both footprints and trainers to represent runners. The baby feet show younger runners, and the trainers are for more experienced runners. I used colours to represent the different races, like the black for the Junior Run and blue and orange too."

Did she think she had a winning entry? "No, I didn't. A lot of kids in the class do Art at home too, so I didn't think I would win. Art is definitely one of my favourite subjects though, and Mrs Nicol deserves credit too for her ideas and encouragement."

After our winner was announced, Claire Bathgate from Dandara said, "It's always such a lovely opportunity to be part of selecting the winner of the Run Garioch programme cover contest, as it's a chance to see the breadth of young, talented artists across Aberdeenshire."

"As Dandara were involved in the inception of this competition, you'd think it gets easier each time for us to select a winner – but it doesn't! However, we loved the beautiful piece Isla created and the thought process behind it. I hope she will continue with her artistic endeavours in the future."

Kimberley Smart, partner at Raeburn Christie Clark & Wallace, added: "Huge congratulations to Isla for her winning design. It was indeed a difficult decision, mainly due to the calibre of entries. Well done to all who took part and entered such a great local competition."

Congratulations to Jayden Omale (12), Sarah Christie (14), Kirsty Johnston (14), Jake Kinghorn (14), Clara Paris (14), Amy Spars (14) and Margareta Kolistankova (15) whose work also made our shortlist. Thanks also to everyone who supported and encouraged our artists!



dandara

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run garioch 2024

CP&CO
juniorrun

CAT 1: GIRLS (Age 4,5,6)

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

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 GSC GAMES HALL**

This year, the CP&Co. Junior Run will start and finish in the fields behind Strathburn Park, to the west of the GSC's 3G football pitch.

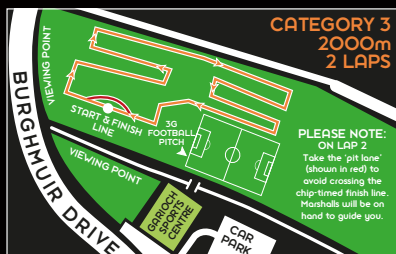
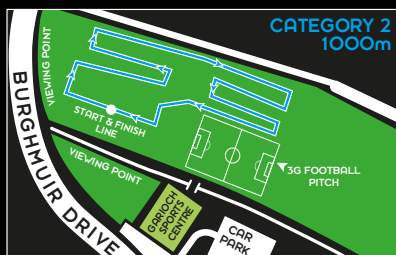
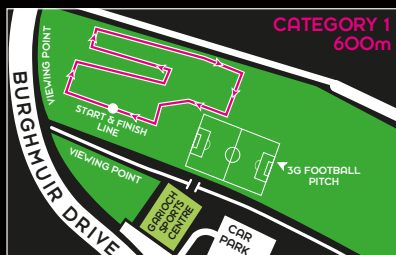
Runners should head to the waiting zone at the times indicated for their categories. There will be event marshals and signage in the area to direct them. Please also feel free to ask the marshals or staff at Junior Run HQ for assistance or information at any time.

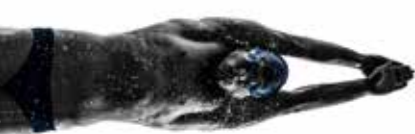
Parents/guardians are NOT permitted within the waiting area. For good views of all the races, head to the start/finish area and the 'hills' next to the path on the Burghmuir Drive side of the park.

After finishing their races, runners 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)**





The Inverurie Youth Sports Foundation (IYSF) is a charitable foundation with the objective to provide funding for the further development / support of youth in sports in the local area.

The Foundation has been helping young athletes achieve their sporting goals since its inception in 2017. It is delighted to have provided over £365k of funding to support more than 142 young sportspeople through their scholar programme. Many of these athletes have gone on to represent Scotland or Great Britain in prestigious events, including the Commonwealth Games, Para-Olympics and Olympics.

The IYSF understands the importance of supporting local clubs that provide young people with access to sports, and has invested over £350k in clubs and coaching locally.

In 2022, the IYSF launched its ACTIVE Fund. The Fund aims to eliminate financial barriers that prevent children from joining local sports clubs. If a child expresses an interest in joining a local club but cannot afford the associated costs, they can be referred to IYSF. The costs will then be covered, allowing the child to participate in their chosen sport. IYSF has funded 43 children through this programme to date

In 2024, the IYSF is also covering the entry and t-shirt costs of children keen to take part in Run Garioch's CP&Co. Junior Run who might not have been able to otherwise.

“ The IYSF Scholarship Programme allowed me to access the training I needed, this ultimately led to my Olympics qualification.

Kirsty Muir, Winter Olympics 2022 ”



For further information visit www.iysf.org.uk
or contact Claire McDonald at iysfdrive@gmail.com

MACKIE'S OF SCOTLAND.



MACKIE'S
OF SCOTLAND.



5k

WE'RE DELIGHTED TO BE SUPPORTING THE MACKIE'S 5K.

Westertown farm, where we make all of our ice cream, using renewable energy and fresh milk and cream from our own herd of cows is based less than 10 miles from Garioch Sports Centre, Inverurie.

Please pop along to our stall on race day for an ice cream, with all profits going to Gordon District Scouts.

GOOD LUCK IN THE RACE!

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MACKIE'S
OF SCOTLAND.
5k

RACE ASSEMBLY

9:05am

RACE START

9:15am

RACE DISTANCE

5km

2023 WINNING TIME

16:45

PRIZEGIVING

9:45am
IN THE
GSC GAMES HALL

- 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 and trophy PLUS a year's supply of Mackie's ice cream and chocolate

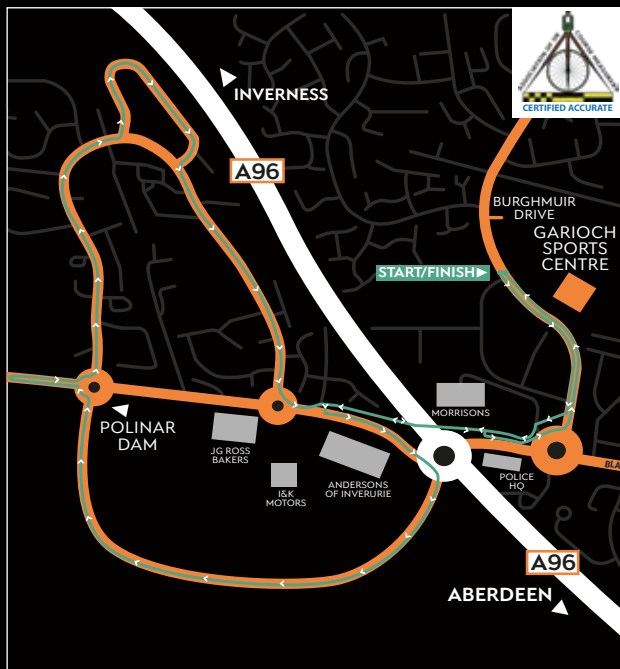
2nd Overall, Male & Female:
£75 cash

3rd Overall, Male & Female:
£25 cash

Fastest Junior (age 12-17), Male & Female:
£25 cash PLUS a year's supply of Mackie's ice cream and chocolate

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

Fastest Secondary School:
10 Mackie's chocolate bars for every runner on the school team
jogscotland Group with the Most Runners in the 5K, 10K and Half on the Day:
£50 & The Paul Douglas Shield



PLEASE NOTE: The Mackie's 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 MACKIE'S 5K ROUTE.



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10k

RACE ASSEMBLY

10:20am

RACE START

10:30am

RACE DISTANCE

10km

2023 WINNING TIME

34:53

PRIZEGIVING

12:15pm
IN THE
GSC GAMES HALL

- 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 and trophy

2nd Overall, Male & Female:
£75 cash

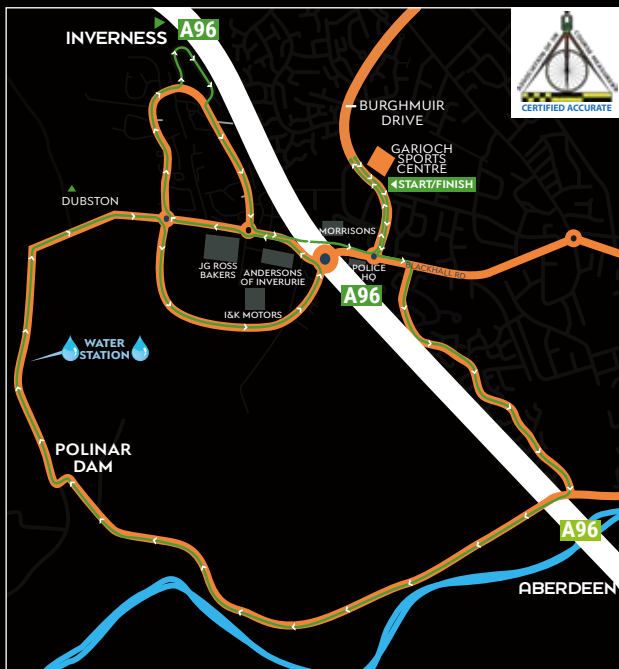
3rd Overall, Male & Female:
£25 cash

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

**Fastest Running Club /
jogscotland Group Male & Female**
3 x £10 cash

**AB51 Business
Challenge Shield**

**Fastest Junior (age 16-17),
Male & Female:**
£25 cash



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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RACE ASSEMBLY

10:05am

RACE START

10:15am

RACE DISTANCE

13.1 miles

2023 WINNING TIME

1.17.22

PRIZEGIVING

12:45pm
IN THE
GSC GAMES HALL

- 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 and trophy

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 McWilliam Lippe Architects 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 McWILLIAM LIPPE ARCHITECTS 1/2M ROUTE AT APPROXIMATELY 4M, 6.5M & 10.5M.



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TIMETABLE OF EVENTS

Event Village.....	Opens 0900
Mackie's 5K.....	0915
Mackie's 5K Prizegiving in the GSC Games Hall.....	0945
McWilliam Lippe Half Marathon.....	1015
McWilliam Lippe Half Marathon Prizegiving in the GSC Games Hall.....	1245
Dandara 10K.....	1030
Dandara 10K Prizegiving in the GSC Games Hall.....	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 in the GSC Games Hall.....	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 at the **Garioch Sports Centre Reception**.

BAG DROP & CHANGING AREAS

Our changing areas and bag drop will be located in the **GSC GAMES HALL**. Volunteers from Clan Cancer Support will be operating the bag drop but donations will be split equally among our partner charities. Please use the personalised bag tag included in your race pack.

TOILETS

Toilets and urinals will be located in the lower car park. Accessible toilets, space for nursing mothers and baby change facilities will be available inside 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.

PHYSIOTHERAPY

For any post-race aches or niggles, Ashley Armstrong Physiotherapy (www.aaphysiotherapy.co.uk) will be providing sports massage in the Event Village in exchange for a donation to charity.

EVENT VILLAGE & CATERING

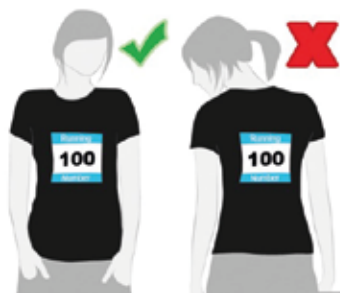
Our popular Event Village will be returning for 2024, with food and fun for the whole family. A wide range of Inverurie based clubs and community groups will also be on hand to promote their sports and raise funds. To keep the kids busy, we'll have lots of activities for them to try, in exchange for 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 McWilliam Lippe 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
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runarioch 2024

OUR 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.



Contact: Ross Sangster

Tel: 01224 647000

Email: fundraising@clancancersupport.org

Website: www.clancancersupport.org

Facebook: @clancancersupport **Instagram:** @clancancersupport

X: @clancancersupport **LinkedIn:** @clancancersupport

Social Media: #partoftheclan #clancancersupport

Friends of ANCHOR's support is freely available to everyone, every day in the ANCHOR Unit at Aberdeen Royal Infirmary. The charity funds patient-centred wellbeing services to bring a welcome boost for people undergoing treatment, and pioneering research, as well as cutting edge medical equipment that aids cancer detection, diagnosis and treatment. Since the charity was founded in 1997, Aberdeen-based company Balmoral Group has fully funded its administration costs, so every penny of every donation goes to the cause.



Contact: Erica Banks

Tel: 01224 859170

Email: info@friendsofanchor.org

Website: www.friendsofanchor.org

Facebook, X & Instagram: @friendsofanchor

Friends of the Neuro Ward works to improve the care and comfort of patients in Wards 204 & 205 at Aberdeen Royal Infirmary and the neuro rehab unit at Woodend Hospital. Completely volunteer-run, we work closely with staff to buy the 'extras' to make life a little easier for those on the ward – ranging from specialist mattresses, recliner chairs and shower trolleys, to rehabilitation tools and activities for patients. We're also proud to support a newly launched brain injury group, based in Aberdeen but open to all in Grampian.



**Friends of the
Neuro Ward**

Contact: Shona Gossip

Tel: 07515 349890

Email: info@fotnw.org

Website: www.fotnw.org

Facebook: @friendsofneuro **Instagram:** @friendsofneuro **X:** @friendsofneuro

runarioch 2024

OUR CHARITY PARTNERS

Community
Integrated
Care

Community Integrated Care is one of the UK's biggest social care charities, supporting thousands of people with support needs to live the best lives possible. The charity merged with Inspire in August 2023 and now supports more than 400 people in the North-East of Scotland, empowering them to make their own life choices by enabling lifestyles that are both safe and fulfilled and promoting independence.

Contact: Andrew Reid

Tel: 01224 280005

Email: andrew.reid@c-i-c.co.uk

Website: www.communityintegratedcare.co.uk

Facebook: @communityintegratedcare **X:** @ComIntCare



CHAS provide a full family support service for babies, children and young people with life-shortening conditions. This includes palliative care, family respite and support through our hospices, homecare services and hospital presence. We support families through the terrifying heartbreak of knowing their child may die young. With love and compassion, we offer highly personalised care at home, hospital and hospice. We make things possible so children have the freedom to be themselves, play outside, laugh, sparkle, smile and have treasured moments of joy. We are there when needed most - in really tough days, at end of life and after a child dies.

Contact: Alison Rennie

Tel: 0141 779 6180

Email: alisonrennie@chas.org.uk

Website: www.chas.org.uk

Facebook: @supportCHAS **X:** @supportCHAS



AberNecessities provides disadvantaged families with the essential and basic necessities that no child should go without. From maternity bundles for mother and baby to nappies, formula milk, clothing, toys and equipment for children aged 0-18 years. We recognise the importance of meeting the basic needs of a child in order to give them the best start possible, and work closely with a body of professionals across the NHS, the education system and social workers to support children living in poverty in our local community. Since launching in March 2019, we have helped over 17,000 children and families across Aberdeen and Aberdeenshire.

Contact: Pauline May

Tel: 01224 784000

Email: pauline@abernecessities.co.uk

Website: www.abernecessities.co.uk

Facebook: @abernecessities

Instagram: @abernecessities_scio **LinkedIn:** @abernecessities

Social Media: #NoChildShouldGoWithout #AberNecessities #DoSomethingGreat



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runarioch 2024

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