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 COP 26 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 SC'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been replaced by more easily recycled small cartons of juice.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 are 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