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# run garioch 2019

## Event Programme

 **Group**  
**5k**

 **dandara**  
**10k**

 **Group**  
**1/2M**

**cp&co**  
**juniorrun**

**SUNDAY 24 MARCH 2019**

**[www.rungarioch.co.uk](http://www.rungarioch.co.uk)**



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# run Garioch 2019

## Race Director's Welcome

Hello All,

On behalf of the Garioch Sports Trust and the entire Race Committee, I'd like to welcome you to Run Garioch 2019.

In truth, it doesn't seem all that long ago that I was welcoming you to Run Garioch 2018, my first as race director. We started planning for 2019 even before 2018 was over – and the 12 months between them have gone very quickly indeed.

But just as an event like Run Garioch doesn't happen overnight, it isn't just the work of a few people either.

I'm very grateful for the support of our dozen-strong Race Committee, as well as the many hours given by our volunteers, Garioch Sports Centre staff and trustees, and members of the community, to ensure that RG2019 will be a success.

Run Garioch also wouldn't be possible without the support of our sponsors and patrons. I'm delighted that all our title sponsors – and indeed most of our patrons – have returned for 2019. It's a testament to their commitment to their local community that, despite the challenging economic climate, they still choose to devote their time and resources to encouraging fitness and participation.

Run Garioch prides itself in being a community event as much as a sporting event. This year we have six charity partners, five who are returning – CLAN, Inspire, the Gathimba Edwards Foundation, Charlie House and Friends of the Neonatal Unit – and one new partner, Chest, Heart & Stroke Scotland.

As our official partners, each charity will provide us with essential volunteers and will also be present on the day to promote their good work. Please pay them a visit in the eGroup Event Village.

With my thanks to our supporters done, it only remains for me to thank you for taking part in Run Garioch, and wish you the best of luck for race day.

Graham Morrison  
RACE DIRECTOR | RG 2019



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# run Garioch 2019

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## CATEGORY 1: GIRLS

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**.

## CATEGORY 1: BOYS

Please go to your signposted warm-up area next to the running track between **1:00pm & 1:10pm**, to be ready for the start at **1:15pm**.

## CATEGORY 2: GIRLS

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**.

## CATEGORY 2: BOYS

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**.

## CATEGORY 3: GIRLS

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**.

## CATEGORY 3: BOYS

Please go to your signposted warm-up area next to the running track between **2:00pm & 2:10pm**, to be ready for the start at **2:15pm**.

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.

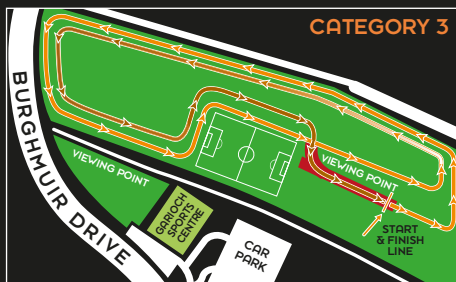
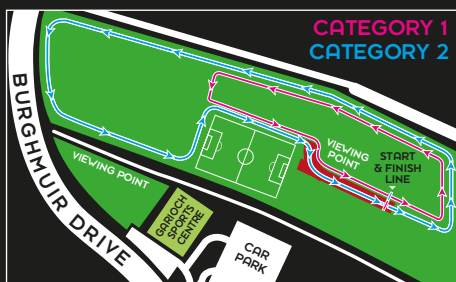
From the waiting area, each category of runners will be taken for a warm-up, and then to the start line, by members of the Junior Run Team. Please note that the boys and girls of each age category will again be running separately this year.

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

## 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 1500.



**PLEASE NOTE: collection is the full responsibility of the parents/guardian.**

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# run garioch 2019

## eGroup 5k

### RACE ASSEMBLY

9:20am

### RACE START

9:30am

### RACE DISTANCE

5,000m

### 2018 WINNING TIME

15:46

### PRIZEGIVING

11:00am  
in the eGroup  
Event Village

- Please ensure that you arrive in good time to deposit your belongings and prepare for the start.
- The start is operated by TIME BANDS, with the fastest runners to the front and slowest to the back.
- PLACARDS with expected finishing times will be clearly displayed. For example, if you expect to run the race in 25 minutes, then look for the placard that says '25 mins' and line up behind it.

### PRIZE INFORMATION

**Overall Winner - Male & Female:**  
£100 cash

**2nd Overall, Male & Female:**  
£75 cash

**3rd Overall, Male & Female:**  
£25 cash

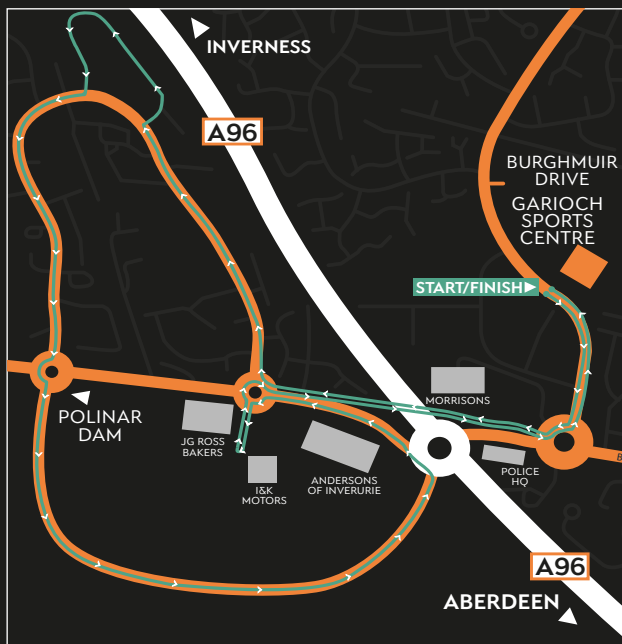
**Prizes for Fastest Schoolboy  
and Schoolgirl (age 13-16)**

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

**Fastest jogscotland  
Male & Female:**  
Trophy

**Fastest Secondary School  
(Fastest three times count, min  
of three runners):** Trophy

**jogscotland Group with  
the most runners on the day:**  
£50



**PLEASE NOTE:** The eGroup 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 EGROUP 5K ROUTE.**



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# run garioch 2019

## dandara 10k

### RACE ASSEMBLY

10:35am

### RACE START

10:45am

### RACE DISTANCE

10,000m

### 2018 WINNING TIME

33:29

### PRIZEGIVING

12:30pm  
in the eGroup  
Event Village

- Please ensure that you arrive in good time to deposit your belongings and prepare for the start.
- The start is operated by TIME BANDS, with the fastest runners to the front and slowest to the back.
- PLACARDS with expected finishing times will be clearly displayed. For example, if you expect to run the race in 50 minutes, then look for the placard that says '50 mins' and line up behind it.

### 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**

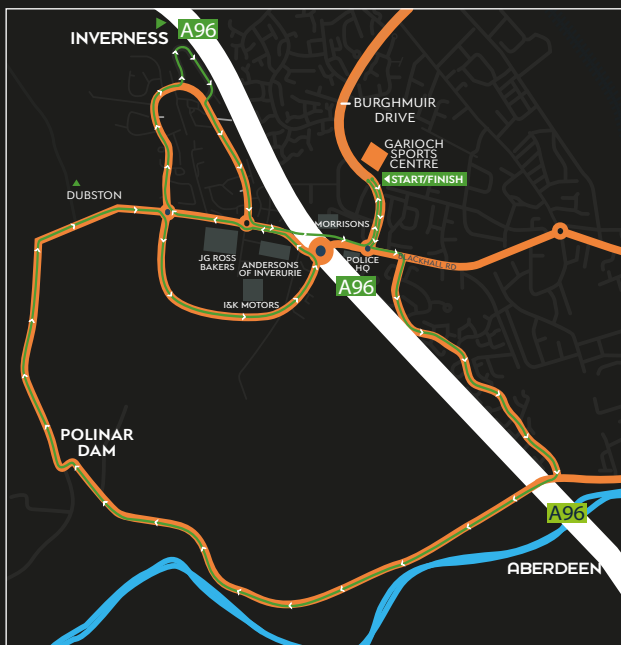
**Fastest Running Club Team  
Male & Female**  
(Fastest three times count)

**Fastest AB51 Business Team:**  
(Fastest three times count)

**Fastest AB51 Runner**  
Male & Female: £25 cash each

**Fastest Secondary School**  
(Fastest three times count,  
minimum of 3 runners): Trophy

**Fastest Secondary School Runner**  
Male & Female: 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.**



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# runGarioch 2019

eGroup  
1/2M

## RACE ASSEMBLY

10:20am

## RACE START

10:30am

## RACE DISTANCE

13.1 miles

## 2018 WINNING TIME

1.12.52

## PRIZEGIVING

12:30pm  
in the eGroup  
Event Village

- Please ensure that you arrive in good time to deposit your belongings and prepare for the start.
- The start is operated by TIME BANDS, with the fastest runners to the front and slowest to the back.
- PLACARDS with expected finishing times will be clearly displayed. For example, if you expect to run the race in 1 hour 45 minutes, then look for the placard that says '1:45' and line up behind it.

## PRIZE INFO

### Overall Winner - Male & Female:

£100 cash

### 2nd Overall, Male & Female:

£75 cash

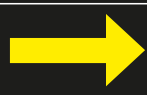
### 3rd Overall, Male & Female:

£25 cash

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



**PLEASE NOTE:** The eGroup Half-Marathon route has been marked throughout with **YELLOW / BLACK SIGNS** and ascending kilometre markers. Please follow these signs as well as any directions from our race marshals. **THERE ARE THREE WATER STATIONS ON THE EGROUP 1/2M ROUTE.**



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# runGarioch 2019

**Group  
Event  
Village**

Our popular Event Village will be returning for 2019, with food and fun for the whole family. Davidsons Butchers will again be sparking up the traditional race-day BBQ, with Fly Cup Catering alongside them serving up tea, coffee, soup, sandwiches and their famous homebakes. Joining us for the first time this year will also be Tricycle Catering, an Inverurie-based business selling ice cream, sorbets and frozen yogurt. Our partner charities and other local groups will also be on hand to promote their work in our community. If you've forgotten any race-day essentials, or just want to treat yourself after crossing the finish line, our retail partner Run4it will also be bringing their pop-up shop. And to keep the kids busy, we'll have a range of inflatables and other activities for them to try, in exchange for a small donation to our charities.



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# Essential Race Day Info

## GETTING TO RUN GARIOCH

If you're driving to the event we would encourage you NOT to enter Inverurie from the roundabout on the A96 near Morrisons. Burghmuir Drive (the start & finish of the adult races) will be closed all day from the Strathburn Hotel up to the roundabout at Morrisons.

Burghmuir Circle will only be open for local access and VIP Parking (but only via the Strathburn Hotel junction).

To ease congestion around Morrisons and Blackhall Road, we've introduced a 'Drop-off' Zone at Strathburn School, which is located at the back of the Garioch Sports Centre (sat-nav post code AB51 4RY) and is only a short walk from the start lines.

In addition to the 400 places available at the Aberdeenshire Council offices at Gordon House (Blackhall Road - AB51 3WA), we've also secured agreement from several local businesses to use their car parks on race day. Please see the website for further details. Many thanks to them all for their support. There are also other public car parks located elsewhere in town.

**More detailed information about parking, road closures, suggested driving routes to Inverurie and our new drop-off area is available on the website [www.rungarioch.co.uk/events](http://www.rungarioch.co.uk/events)**

## RACE HQ FOR INFORMATION, LOST PROPERTY & GENERAL ENQUIRIES

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

## GARIOCH SPORTS CENTRE & FIRST AID

Access to the Garioch Sports Centre will be restricted to VIPs, gym users, nursing mothers, 'lost children', disabled athletes / spectators (for toilets) and those in need of first aid.

## TOILET FACILITIES

Toilets will be located in the lower car park. There will be no access to the toilets in the Reception and Gym areas of the GSC for runners or spectators.

## BAG DROP & CHANGING AREAS

Male & Female changing areas as well as our baggage drop will be located in the Event Village. Volunteers from CLAN will be operating the baggage drop but donations will be split among each of our partner charities. Please use the baggage tag included in your race pack.

## PHYSIOTHERAPY & SPORTS MASSAGE

Therapists from Tylino Sports and Remedial Therapy, Iain McKay Sports Therapy, Gray's Physiotherapy and the RGU Physiotherapy Society will be providing physiotherapy support and post-race sports massage for participants in exchange for a small donation to our partner charities.

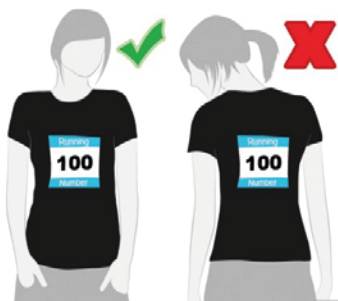
## PRIZEGIVINGS

All prizegivings will be held in the eGroup Event Village: 5k (1100), 10k (1230), ½ Marathon (1230) and Junior Run (1500). Please note that age group prizes should be collected from GSC Reception. A full list of winners will be posted on the website as soon as possible. Uncollected prizes will be posted.





### 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 2019

## Our 2019 Charity Partners



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**Contact:** Ruth McIntosh **Telephone:** 01224 647000 **Email:** fundraising@clanhouse.org  
**Social media:** #livingwithcancer **www.clanhouse.org**



Since 1984 Friends of the Neonatal Unit have supported babies born too sick or too soon. As this can be a difficult time emotionally, physically and financially for any family, we use fundraised money to help during their stay in the neonatal unit.

**Contact:** Katie Kyle **Telephone:** 01224 552493 **Email:** info@friendsofneon.org  
**Facebook:** /FOTSN **Instagram:** fosnaberdeen



GEF supports education, shelter and clothing for children and their families in Kenya, as well as providing seminars, counselling and sustainable food solutions. We also support Aberdeenshire based children through the Neil Jaffrey Local Child in Need Award.

**Contact:** Kayleigh Paterson **Telephone:** 01224 531084 **Twitter:** @GathimbaEdwards  
**Email:** kayleigh@gathimbaedwardsfoundation.org **www.gathimbaedwardsfoundation.org**  
**Facebook:** Gathimba Edwards Foundation **Instagram:** @gathimba\_edwards



Inspire is a leading 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 **Email:** andrew.reid@inspiremail.org.uk  
**Website:** www.inspireptl.org.uk **Facebook:** @InspirePTL **Twitter:** @inspireptl



Life is precious

Charlie House is a local children's charity which supports babies, children and young people with complex disabilities and life-limiting conditions, and their families, in the North-east of Scotland. Established in 2011, our current services include activity clubs, sibling clubs, support from our very own Charlie House Community Nurse stationed at Royal Aberdeen Children's Hospital, one-to-one emotional and practical support provided our Children & Family Support Manager and an annual adventure trip to Kielder Forest Park, run by the Calvert Trust.

**Contact:** Donna Deans **Telephone:** 01224 313333 **Email:** donna@charliehouse.org.uk  
**Website:** www.charliehouse.org.uk **Facebook:** @CharlieHouseHQ  
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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:** Katie Jones **Telephone:** 0300 1212 888 **Email:** katie.jones@chss.org.uk  
**Website:** www.chss.org.uk **Facebook:** @CHSScotland **Twitter:** @CHSScotland  
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