

# run garioch 2023



## EVENT PROGRAMME



McWILLIAM LIPPE  
ARCHITECTS

**1/2M**

 dandara

**10k**



PMC

**5k**

**cp&co**

**juniorrun**

**SUNDAY 14 MAY  
2023**

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



Dear Runner,

While the focus of Run Garioch 2022 was on recovery after the pandemic, this year the race committee's sights are set firmly on moving forward.

We've reaffirmed our commitment to making our race even more environmentally sustainable. This year, our finishers' medals will be made in the UK from recycled bamboo, and our lanyards created from recycled PET bottles.

We've also taken the opportunity to review our adult race routes, and the PMC 5K and Dandara 10K have now been officially measured and certified.

Run Garioch 2023 will be the second event held since the passing of one of the Garioch Sports Trust's founding members, Paul Douglas. Paul was a key figure in the development and success of Colony Park FC, jogscotland Meldrum and the Ury Riverside parkrun. He was also a familiar face on the Run Garioch finish line, where he captured images of all our runners, from the first to the last.

In recognition of Paul's years of dedication to local sport, it gives us great pride to relaunch our jogscotland 5K award as 'The Paul Douglas Shield', which will be awarded to the jogscotland group with the most runners taking part across all three of our adult races. The Shield is also accompanied by a £50 award, generously donated by Paul's wife, Gillian.

As in previous years, what makes Run Garioch possible is the support of our sponsors and patrons.

Two of our title sponsors have now given Run Garioch more than a decade of support – the award-winning house builders Dandara (10K) and the Inverurie-based design agency CP&Co. (Junior Run). We are also thrilled to welcome back Oldmeldrum based property management firm PMC as 5K title sponsors for the second year in a row, as well as to welcome two new sponsors: Inverurie's own McWilliam Lippe Architects, who are the new title sponsors of our half-marathon, and Aberdeen Funeral Directors, who will be contributing to our prize fund.

RG2023 also sees the return of our official retail partner Run4it, our race-day equipment sponsor GPH and our event timing sponsor Sinclairs Jewellers of Inverurie. To them and to all our event patrons we extend our thanks.

To assist with marshalling, water stations and the bag drop, Run Garioch is delighted to welcome back two of our longest-standing charity partners: Clan and Inspire PTL. We're also delighted to introduce two new charities, chosen by you: Gordon Group Riding for the Disabled and Friends of the Neuro Ward. Please show your support for them all by making a donation when you check your kitbag.

See you on the start line, and enjoy your run!

Graham Morrison **RACE DIRECTOR** | Run Garioch 2023



Friends of the  
Neuro Ward





Last year's first-ever competition to design the front cover of our Event Programme was so much fun, we decided to do it again for 2023!

Over 60 children from all across Aberdeenshire got out their pens, crayons, paints, and in some cases computers, to show us what they thought our cover should look like.

With so many excellent entries, it was hard to choose a winner. But in the end, that honour – and a £25 voucher for Strachan's of Inverurie – went to Ruaridh Young, a Primary 4 pupil at Udney Green School.

Last year, Ruaridh's entire class entered the competition, but this year he drew his entry at home with his brothers and sister, two of whom also made our shortlist.

When we asked Ruaridh what inspired his winning entry, he told us: "I ran last year at Run Garioch and saw Garioch the mascot. I found a picture of him online and then wanted to draw it. The colours were dark, so I changed them and made the inflatable thing red. I drew Bennachie in the background as it is part of the Garioch."

Emma Gibb, Udney Green School's Head Teacher said: "Ruaridh and his family are very active, and do well in many sports. It's really good that their creativity is being showcased too."

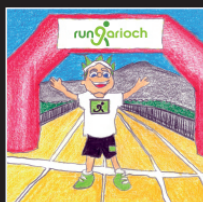
In fact, Ruaridh does so many sports – swimming, football, athletics, gymnastics, tennis, squash & diving – we're really pleased he found the time to draw for us.

Claire Bathgate, Head of Sales at Dandara Aberdeen, sponsors of the 10K run, was one of the judges of this year's competition. She said: "It was amazing that so many pupils across Aberdeenshire took time to enter the competition and the standard was extremely high."

"There were lots of fruit and vegetable designs no doubt inspired by last year's winning cover which featured a running avocado. However, we were all blown away by Ruaridh's design. It is so uplifting and joyful, which is what the race should be all about."

Ruaridh tells us he is looking forward to taking part in Run Garioch again this year. We look forward to seeing him there ... and hope there will be blue skies on race day, just like in his picture!

**Congratulations to the other artists whose work also made our shortlist ...**



- Ruairidh Hunter Chapman (11)
- Hannah Bruce (14) S3, Banff Academy
- Lucy Duncan (14) S3, Banff Academy
- Jack Geddes (14) S3, Banff Academy
- Padruig Young (5) P1, Udney Green School
- Eilidh Young (10) P6, Udney Green School

> dandara  
runGarioch

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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.

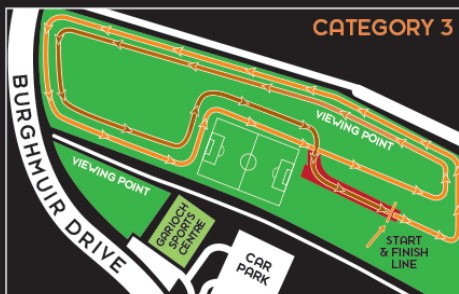
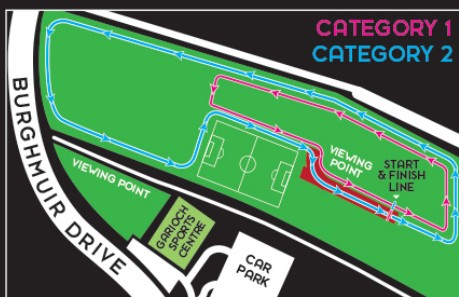
## PLEASE NOTE

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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[www.pmcproperty.com](http://www.pmcproperty.com)

# runGarioch 2023



PMC  
5k

## RACE ASSEMBLY

9:05am

## RACE START

9:15am

## RACE DISTANCE

5km

## 2022 WINNING TIME

15:11

## 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 Runner,  
Male & Female: Trophy**

**jogscotland Group with  
the most runners in the 5K, 10K  
and Half on the day:**  
£50 & The Paul Douglas Shield



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

 **dandara**

\*According to the Watt A Save Report published by the HBF dated February 2023. Computer Generated image shown is indicative only.

# run garioch 2023

## > dandara 10k

### RACE ASSEMBLY

10:20am

### RACE DISTANCE

10km

### PRIZEGIVING

12:15pm  
in the  
Event Village

### RACE START

10:30am

### 2022 WINNING TIME

32:54

- 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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# runGarioch 2023



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## 1/2M

### RACE ASSEMBLY

10:05am

### RACE START

10:15am

### RACE DISTANCE

13.1 miles

### 2022 WINNING TIME

1.14.11

### 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 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.**



After removing single-use plastic bottles from our race routes, setting up hydration stations in the Event Village and making our eco-friendly t-shirts optional extras last year, we've been working hard to find even more ways to reduce Run Garioch's impact on the environment.

We're pleased to announce that our 2023 finishers' medals have been designed and created in house from recycled bamboo by a UK-based supplier, krono:sports. The lanyards are crafted out of Recycled Polyethylene Tetraphyte (RPET), a new type of 'green' eco-friendly fabric made using yarn spun out of recycled plastic bottles. The lanyards themselves are made outside the UK, but our supplier will pay a carbon neutral surcharge for their shipping.

The move from metal to sustainable materials has many benefits: wood is easier to break down and recycle; shorter lead times mean later, more accurate ordering, and so less waste; our medals don't need to be shipped as far; and we can support the UK economy more directly.

The bamboo theme will continue to our winner's plaques, which will also be made from the material. The plaques will be sourced and created by an even more local supplier: Inverurie's own Kintore Trophy Centre.

All waste generated on the RG2023 race routes as well as at the GSC will continue to be recycled – and we will continue to explore more ways to reduce our impact on the environment for RG2024.

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



  
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### TIMETABLE OF EVENTS

Event Village.....	Opens 0900
PMC 5K.....	0915
PMC 5K Prizegiving.....	0945
McWilliam Lippe Half Marathon.....	1015
McWilliam Lippe 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 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.

### EVENT VILLAGE & CATERING

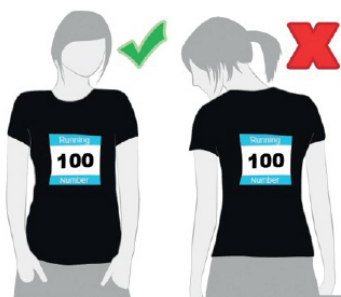
Our popular Event Village will be returning for 2023, with food and fun for the whole family. A wide range of Inverurie based clubs and community groups will also be on hand to promote their sports and raise funds. To keep the kids busy, we'll have lots of activities for them to try, in exchange for 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  
(eg. Stopping your watch etc.)

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# runarioch 2023

## 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:** Alana Welsh  
**Email:** [fundraising@clancancersupport.org](mailto:fundraising@clancancersupport.org)  
**Website:** [www.clancancersupport.org](http://www.clancancersupport.org)  
**Facebook:** @clancancersupport  
**Twitter:** @ClanNow  
**Social Media:** #clancancersupport

**Telephone:** 01224 647000

**Instagram:** @clancancersupport  
**Linkedin:** @clancancersupport



**Friends of the  
Neuro Ward**

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. Over the last 10 years, their volunteers have worked 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.

**Contact:** Shona Gossip  
**Email:** [info@fotnw.org](mailto:info@fotnw.org)  
**Website:** [www.fotnw.org](http://www.fotnw.org)  
**Facebook:** @friendsofneuro  
**Twitter:** @friendsofneuro

**Telephone:** 07515 349890

**Instagram:** @friendsofneuro



Gordon Group Riding for the Disabled Association (RDA) uses horses to improve the lives of individuals with physical, intellectual or mental health difficulties and challenges. The volunteer-based organisation is based in a purpose-built centre at Tweeddale on the Keithhall Estate, Inverurie, with seven ponies and more than 60 regular clients.

**Contact:** Fiona J.D. Pearson  
**Email:** [chair@gordonrda.org](mailto:chair@gordonrda.org)  
**Website:** [www.gordonrda.org](http://www.gordonrda.org)  
**Facebook:** @GordonRDA

**Telephone:** 07889 448703



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  
**Mobile:** 07779 108894  
**Email:** [andrew.reid@inspiremail.org.uk](mailto:andrew.reid@inspiremail.org.uk)  
**Website:** [www.inspireptl.org.uk](http://www.inspireptl.org.uk)  
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# runGarioch 2023

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