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RUN GARIOCH

THE INVERURIE RUNNING EVENT

2018

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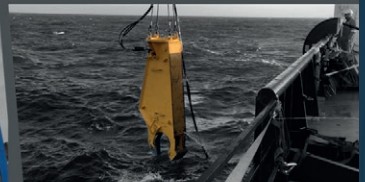
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RG18 RACE DIRECTOR'S WELCOME



Hello all,

On behalf of the entire Run Garioch race committee, welcome to Run Garioch 2018.

Run Garioch simply wouldn't be possible without our sponsors and I'm delighted to have on board so many like-minded people who want to put something back into our community. They all want to help us achieve our vision of providing an opportunity for all to participate in running, encouraging healthy lifestyles and empowering our young people and volunteers.

We organise the event for you, our runners, and your feedback allows us to develop Run Garioch with your expectations in mind.

Following the comments we received from parents and carers last year, we've redesigned all the routes for the CP&Co Junior Run. This year, all three childrens' races will be run entirely off-road, in the grounds of the Garioch Sports Centre and Strathburn Park, starting and finishing on the running track. I encourage you to make as much noise as possible as the children run down the finishing straight to give our young runners a great race experience.

Run Garioch brings many benefits to our local community, and I'm delighted to have five great charities on board for 2018: CLAN, Inspire, Friends of the Special Nursery, The Gathimba Edwards Foundation and Aberlour. As official partners of the event, each charity will provide us with essential volunteers and will also be present on the day. Please pay them a visit in our charity marquee.

Finally, I'd like to say a big thank you to our sponsors, patrons, charities, Garioch Sports Centre staff, marshals, volunteers and the entire RG2018 race committee. Your support has been very much appreciated in my first year as Race Director.

Good luck to everyone taking part, and I hope you achieve your personal goals. I'll be cheering you all on at the finish line.

Graham Morrison
RACE DIRECTOR | RG 2018



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Wheelchair Race

0915 Assembly **0920** Start

Race DISTANCE

5,000 m

2017 Winning TIMES

16:13 (men's) 17:51 (women's)

Main Race

0920 Assembly **0930** Start

Prizegiving

1100

—

GSC

Upper car park

- Please ensure you arrive in good time to deposit your baggage and prepare for the start.
- The start is operated by **TIME BANDS**, with the fastest runners to the front and the 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, look for the placard that says '25 mins' and line up behind it.*

PRIZE BREAKDOWN

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
Runner: **Trophy**

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

Wheelchair Race: **Trophy**

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



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Race Assembly
1035

Race DISTANCE
10,000 m

2017 Winning TIMES
34:42 (men's) 40:26 (women's)

Race Start
1045

Prizegiving
1230

GSC
Upper car park

- Please ensure you arrive in good time to deposit your baggage and prepare for the start.
- The start is operated by **TIME BANDS**, with the fastest runners to the front and the 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, look for the placard that says '50 mins' and line up behind it.

PRIZE BREAKDOWN

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



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Race Assembly
1020

Race DISTANCE
13.1 miles

2017 Winning TIMES
1:18:49 (men's) 1:28:15 (women's)

Race Start
1030

Prizegiving
1230

—

GSC
Upper car park

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

PRIZE BREAKDOWN

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



1/2M



PLEASE NOTE: The RIM 1/2 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 marshals.
THERE ARE THREE WATER STATIONS ON THE RIM 1/2 MARATHON ROUTE.



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CATEGORY 1: GIRLS

Please go to your signposted warm-up area next to the running track **between 1245 and 1255**, to be ready for the start at **1300**.

CATEGORY 1: BOYS

Please go to your signposted warm-up area next to the running track **between 1300 and 1310**, to be ready for the start at **1315**.

CATEGORY 2: GIRLS

Please go to your signposted warm-up area next to the running track **between 1315 and 1325**, to be ready for the start at **1330**.

CATEGORY 2: BOYS

Please go to your signposted warm-up area next to the running track **between 1330 and 1340**, to be ready for the start at **1345**.

CATEGORY 3: GIRLS

Please go to your signposted warm-up area next to the running track **between 1345 and 1355**, to be ready for the start at **1400**.

CATEGORY 3: BOYS

Please go to your signposted warm-up area next to the running track **between 1400 and 1410**, to be ready for the start at **1415**.

PRIZES

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 in the upper car park of the GSC.**

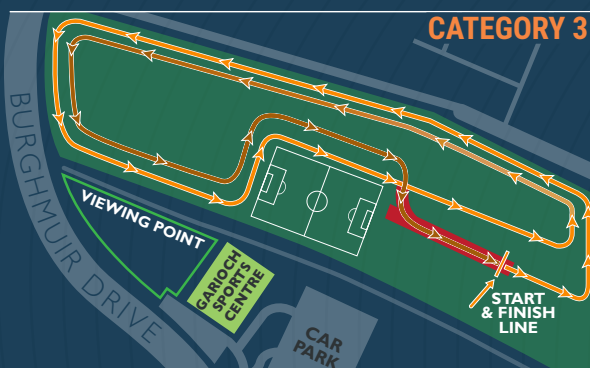
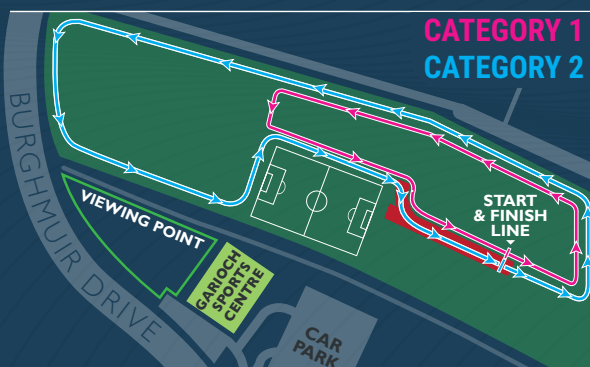
All races will start and finish on the running track in the playing fields behind the Garioch Sports Centre, under the Run4it gantry. The running track itself is located to the east of the enclosed astroturf football pitches, between the astroturf and Strathburn School.

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 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.

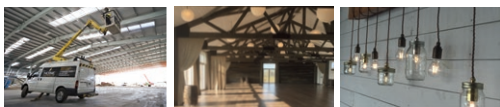


PLEASE NOTE: Collection is the full responsibility of the parents/guardians.



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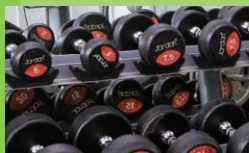
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For further information, contact reception **01467 626141**



GARIOCH SPORTS CENTRE

Strathburn Park Burghmuir Drive Inverurie AB51 4GY

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RG18 CHARITY PARTNERS



Not all children are born with an equal chance and Aberlour is there for Scotland's hidden children when others let them down. Because every child deserves a chance to flourish.

📞 Abby Parkhouse 📠 07730 195164 @abby.parkhouse@aberlour.org.uk
📘 AberlourChildCareTrust 📧 @AberlourCCT
🌐 www.aberlour.org.uk



CLAN Cancer Support is a local charity providing free-of-charge emotional and practical support to people affected by cancer across north-east Scotland, Moray, Orkney and Shetland.

📞 Ruth McIntosh 📠 01224 647000 @fundraising@clanhouse.org
📘 CLANnow 📧 @CLANnow #livingwithcancer
🌐 www.clanhouse.org



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📞 Katie Watters 📠 07591 203912 @katie@specialnursery.org
📘 FOTSN 📧 fotsnaberdeen
🌐 www.specialnursery.org



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.

📞 Myles Edwards 📠 01224 531084 @info@gathimbaedwardsfoundation.org
📘 Gathimba Edwards Foundation 📧 GathimbaEdwards @gathimba_edwards
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Inspire is a leading charity supporting people with learning disabilities and other support needs. We support over 320 people in 42 services located across north-east Scotland. In all we do we strive to empower people to make their own life choices, enable lifestyles that are both safe and fulfilled and give support through life transitions.

📞 Andrew Reid 📠 01224 280005 @andrew.reid@inspiremail.org.uk
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ESSENTIAL INFORMATION

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 and 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 Schlumberger, the Aberdeenshire Council Roads Depot, Tawse Tyres and Inverurie Locos to use their car parks on race day. Many thanks to them for their support. These carparks are all located in Harlaw Road (sat nav post code AB51 4TE), which is a short warm-up jog away from the Sports Centre. 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.

RACE HQ FOR INFORMATION, LOST PROPERTY & GENERAL ENQUIRIES

Race HQ will be located in the Leisuremobile in the upper car park by the main GSC entrance.

GARIOCH SPORTS CENTRE & FIRST AID

Access to the Garioch Sports Centre will be restricted to 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.

EVENT VILLAGE & CATERING

Our popular Event Village will be returning for 2018, with food and fun for the whole family. Davidsons Butchers will again be sparking up the traditional race-day BBQ, with Fly Cup Catering serving up hot drinks, soup and bread, cakes and their homemade traybakes. Run Garioch's partner charities and other local groups will also be on hand to promote their work in our community.

BAG DROP & CHANGING AREAS

Male and 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

The team from Physiotherapy @ RGU:Wellness 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 upper car park of the GSC: 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.

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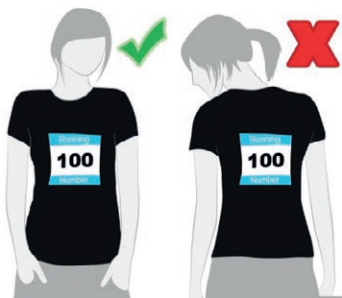


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Your Bib must be clearly visible on the front of your running vest / t-shirt

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.)



Run4It Aberdeen 21 Holburn St Aberdeen AB10 6BS



01224 594400



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