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SUNDAY
26TH MARCH
2017

EVENT PROGRAMME

the inverurie
running event





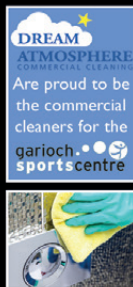
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Race Director's Welcome



Welcome to Run Garioch 2017, where for the first time we've 'flipped' the whole day. To make traffic management easier and small but significant improvements to the EBLAST 5k, the CP&Co. Junior Run will now be held in the early afternoon, after the adult races.

I'm delighted to welcome back to Run Garioch almost all our main sponsors and extend our thanks to a few new ones. **Dandara** has continued their long-standing relationship with Run Garioch, as has **CP&Co.** over in the Junior Run. **EBLAST** of Kintore also return to the 5K, and, not to be outdone, their partner company and new race sponsor **RIM Fabrications Ltd** has taken the Half Marathon for itself. **Fisher Offshore** (water stations) and **Sinclairs Jewellers** (race timing) are now joined by new sponsors **Dream Atmosphere Commercial Cleaning**, who bring you the programme you're reading at the moment.

I'm also delighted to tell you that our Event Village, now sponsored by **AGC Contracts**, has been expanded to include free activities for children of all ages. With the award-winning **Davidsons Butchers** of Inverurie now behind the BBQ, we can also guarantee the best-ever race-day burgers. And if you're looking to treat your mum, auntie or gran on Mother's Day (you'd better not forget!), **Fly Cup** will be baking up a storm just for them.

Run Garioch is for our runners, first and foremost, but it's also for everyone in our community. All monies raised at Run Garioch are returned to the Garioch Sports Trust, the non-profit body supporting the Garioch Sports Centre. Run Garioch makes separate donations to service groups and charities to thank them for their help on race day. We also make contributions to local initiatives like 'Light Up Inverurie' throughout the year.

As Race Director, I'd like to thank personally all our race patrons, sponsors, marshals, volunteers and committee and Trust members for their support. Holding an event like Run Garioch is a team effort, and I couldn't have done it without each and every one of you.

Enjoy the day.

Eric Simpson
RACE DIRECTOR



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The EBLAST 5k & EBLAST 5k Wheelchair Race



Wheelchair Race Assembly - 0915
Start - 0925

Main Assembly - 0920 • Start - 0930

Prizegivings – 1100 outside the main entrance of the GSC

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 then look for the placard that says "25 mins" and line up behind it.



The EBLAST 5k & EBLAST 5k Wheelchair Race Prizes

Overall Winner, Male & Female: £100 cash

2nd Overall, Male & Female: £75 cash

3rd Overall, Male & Female: £25 cash

Prize 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, minimum of three runners): Trophy

Wheelchair Race: Trophy

jogscotland group with most runners on the day: £50

PLEASE NOTE: The EBLAST 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 marshals. There are no water stations on the EBLAST 5k route.





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The Dandara 10k

Main Assembly - 1035 • Start - 1045

Prizegivings – 1230 outside the main entrance of the GSC



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 then look for the placard that says "50 mins" and line up behind it.



The Dandara 10k Race Prizes

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: Trophy to fastest team of four (only best three times count)

Fastest AB51 Business Team: Trophy to fastest team of four (only best three times count) from an AB51 business.

Fastest AB51 runner, Male & Female: £25 cash each

Fastest secondary school competition (fastest three times count): 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 marshals. There is one water station on the route of the Dandara 10k.



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The RIM Fabrications Half Marathon



1/2M Assembly - 1020 • Start - 1030

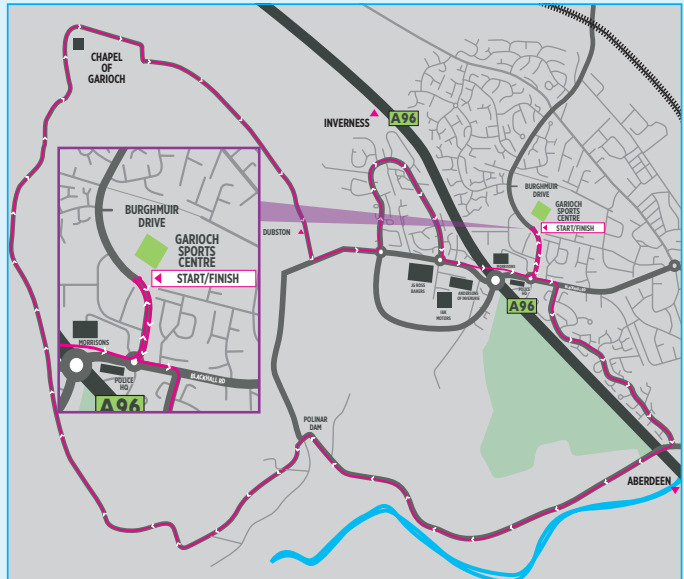
Prizegiving – 1230 outside the main entrance of the GSC

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 finish times will be clearly displayed.

For example, if you expect to run the race in 1:45 then look for the placard that says "1:45" and line up behind it.



The RIM Fabrications Half Marathon Prizes

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 RIM Fabrications 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 marshals. There are three water stations on the route of the RIM Fabrications Half Marathon.



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The CP&Co. Junior Run



CATEGORY 1

Assembly 1315-1325 • Race 1330

CATEGORY 2 Boys

Assembly 1320-1335 • Race 1350

CATEGORY 2 Girls

Assembly 1335-1345 • Race 1405

CATEGORY 3

Assembly 1405-1415 • Race 1420

CATEGORY 1 All Runners:

Please go straight to the start line (taking care not to walk over the start mat) between 1315 & 1325 to be ready for the race start at 1330.

CATEGORY 2 Boys:

Please go to the waiting area in the upper car park between 1320 & 1335 to be ready for the race start at 1350.

CATEGORY 2 Girls:

Please go to the waiting area in the upper car park between 1335 & 1345 to be ready for the race start at 1405.

Category 3 All Runners:

Please go to the waiting area in the upper car park between 1405 & 1415 to be ready for the race start at 1420.

Unlike in previous years, assemblies for the CP&Co. Junior Run will NOT be held in the GSC Games Hall. All drop-offs & collections will be made outside of the GSC.

Please arrive in good time and take your child straight to the start line or waiting area as outlined above. There you will find a waiting area, event marshals and signs to direct you. Please feel free to ask the marshals for assistance or information at any time.

Parents/Guardians are **NOT** permitted within the waiting area, but there is a designated spectating area for spectators on the public footpath next to the start/finish line. The finish line will be located at the Strathburn Park end of the upper car park.

PLEASE NOTE: The collection of children is the **FULL** responsibility of parents/ guardians.

The collection point will be at the Strathburn Park end of the car park near the finish line and next to the goody bag pick-up. Please exit the finish area via the one-way system promptly to keep congestion to a minimum.

For more detailed information on the Junior Run, including a detailed plan of the upper car park and prizes, please see www.rungarioch.co.uk

PRIZEGIVINGS:

1500 outside the main entrance of the GSC



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Run Garioch 2017 Essential Information



Road Closures

Road closures will be in place on Burghmuir Drive and St James' Place, Burnhervie to Polinar Dam, and Polinar Dam to Blackhall Road, with a short-term closure of Blackhall Road between Morrisons Roundabout and Nether Davah Way at the start of the 10K and ½ Marathon. There will be rolling road closures on Nether Davah Way, Upperboat Road and sections of Blackhall Road with a lane closure and STOP/GO Controls on Blackhall Road between the A96 and John Sorrie Drive. In addition, one of the two lanes between the A96 and Morrisons Roundabout will be closed (leaving one lane each way) with STOP/GO controls at Morrisons Roundabout. Full details and timings are available on the Run Garioch website.

Parking

There is NO parking at the Garioch Sports Centre. Burghmuir Circle WILL be open for parking, but only via the Strathburn Hotel junction. The main event car park, with 400 places, is located at the Aberdeenshire Council offices, Gordon House, Blackhall Road, a five-minute walk away. There are other car parks by Strathburn School, Kellands Park and elsewhere in town. Please help us keep congestion in the local area to a minimum for our neighbours: walk as part of your race-day warm-up, use public transport or share lifts if you can. Disabled parking will be available at the Strathburn Hotel.

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 VIPs, Gym users, nursing mothers, 'lost children', disabled athletes/spectators (for toilets) and those in need of First Aid.

Toilets

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: Food & Fun

It's all going on in this year's Event Village! There'll be plenty to eat and drink with the award-winning Davidsons Butchers in charge of the BBQ and Fly Cup Catering serving up their Mother's Day specialties all day long. Our partner charities and local sports clubs will be on hand with information, fun and games, and a range of **FREE** activities, including a climbing wall and a bouncy castle – for the kids.

Baggage Drop & Changing Areas

Male and female changing areas as well as our baggage drop will be located in the Event Village. Please attach the tear-off strip from your race bib to your bag to identify it. Volunteers from CLAN will be operating the baggage drop but donations will be split among all seven of our partner charities.

Physiotherapy and 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 outside the main entrance of the GSC: 5k (1100), 10k (1230), 1/2M (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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Your Bib must be clearly visible on
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Do Not Bend, Twist or Fold your Bib

See www.resultsbase.net/event/3684/results
for race results

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