



# EVENT GUIDE

Sunday 27 August

Half Marathon, 10k & Family Run

[greatrun.org/aberdeen](https://greatrun.org/aberdeen)

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## **A MESSAGE FROM SIMPLYHEALTH**

**YOU ARE AMAZING! YES, YOU!**

You may be asking why a random person you've never heard of is telling you such a thing. I'm a less than perfectly fit and able person who, in January this year stood in awe on the start line of the Simplyhealth Great Edinburgh Winter Run, watching three thousand people of every imaginable shape, size, age and physical ability doing something I think is amazing – getting active by running with friends, family and colleagues, sharing together in moving and being healthier.

I'm also lucky enough to lead Simplyhealth and we're the partner of the Great Run Company, the organisers of the Great Aberdeen Run. We're doing this with one simple aim: to get millions moving. We at Simplyhealth are people with a passion and a purpose that's all about helping people to make the most of life through better everyday health. You might be one of our three and a half million customers who we help every day in lots of ways but, even if you're not, I hope that through our support of the Great Aberdeen Run we can help you in a small way to make the most of life.

My dad, who was a GP all of his working life, told me that if you want to be healthy you should smile a lot, sleep enough and get out of breath at least three times a week doing something you love. So, as you do your final training for the Great Aberdeen Run, I wish you every success for the big day and, of course, to remind you that you are amazing!

Romana Abdin  
Chief Executive

## **ACKNOWLEDGEMENTS**

The organisers of the Simplyhealth Great Aberdeen Run would like to thank the following organisations for their help and support in staging the event: Simplyhealth, Aqua Pura, Duracell, PureGym, Visit Aberdeenshire, Aberdeen Inspired, Apollo, Garmin, Aberdeen Chamber of Commerce, Aberdeen City Council, Ibuleve, Up&Go, Run4It, Nirvana, JustGiving, Press & Journal, Holiday Inn, Evening Express, Balmoral Group, Northsound Radio, Volunteer Scotland, AVCO Volunteer Aberdeen, SportMoray, Aberdeenshire Sports Council, WAMOS 2014, Police Scotland Youth Volunteers Aberdeen, Police Scotland Youth Volunteers Dundee, Aberdeen Scouts and all of our local running clubs.

# RUN PACK

## SIMPLYHEALTH GREAT ABERDEEN RUN NUMBER

Your name and address are pre-printed on the reverse of your run number. Please make sure you complete the rest of your personal details.

If you would like to take advantage of the offers on the tear-off vouchers, please remove each voucher from your number and follow the specific instructions when redeeming them. Also included is your tear-off baggage label. For full details on our baggage system please refer to page 8.

## TIMING CHIP

Your timing chip is attached to the back of your run number. Please do not remove this timing chip from your number as it may affect the accuracy of your time. You do not need to return this timing chip at the end of the run.

Your timing chip is exclusive to you and you alone – DO NOT exchange it with anyone else. Your timing chip provides the following two functions:

- A) Accurate time – from the point you cross the start line until you cross the finish.
- B) Results – posted online shortly after you finish at [greatrun.org/results](http://greatrun.org/results).



Log in to [greatruntraining.org](http://greatruntraining.org) using your Great Run ID and download the free app from iTunes or Google's Play Store. Great Run Training gives you everything you need for perfect event preparation at your fingertips.

Great Run Training provides you with:

- Interactive training to suit all levels
- A route mapper to accurately measure your running
- A review of your progress and achievement
- Answers to your questions with help from our Great Run Training experts



# TIMETABLE

TIME	START INFORMATION
08:00	Baggage drop-off, toilets & information point opens
08:40	Start assembly area opens
08:50	Simplyhealth Great Aberdeen Run 10k warm-up starts
08:57	<b>START of the Simplyhealth Great Aberdeen Run 10k (blind runners)</b>
09:00	<b>START of the Simplyhealth Great Aberdeen Run 10k (red wave)</b>
09:10	<b>START of the Simplyhealth Great Aberdeen Run 10k (blue wave)</b>
10:20	Simplyhealth Great Aberdeen Run half marathon warm-up starts
10:27	<b>START of the Simplyhealth Great Aberdeen Run half marathon (blind runners)</b>
10:30	<b>START of the Simplyhealth Great Aberdeen Run half marathon (orange wave and fast-paced runners)</b>
10:38	<b>START of the white wave</b>
10:46	<b>START of the green wave</b>
10:54	<b>START of the pink wave</b>
13:20	Simplyhealth Great Aberdeen Family Run warm-up starts
13:30	<b>START of the Simplyhealth Great Aberdeen Family Run</b>

\*NB. All times are subject to change in the lead up to the event





# GETTING THERE

## TRAVEL INFORMATION

### By car:

No matter where you start your journey in Scotland, Aberdeen & Aberdeenshire are simple to get to by car.

Aberdeen is approximately 2.5 hours' drive from Edinburgh or Glasgow, less than a three hour drive from Inverness, and around 1.5 hours from Dundee. Well sign-posted, the surrounding area of Aberdeenshire is within close proximity of Aberdeen with the towns and villages easy to get to by major country and main roads. For help with planning your journey to Aberdeen and Aberdeenshire please visit [www.traveline.info](http://www.traveline.info).

### Car parking:

There are plenty of car parking options to choose from on event day. [Click here to see a full list >](#)

Please note: the Bon Accord Centre car park on Harriet St will be accessible for parking between 7am and 9am, this car park has 300 spaces and is ideal for event parking. All vehicles must enter before 9am as the entrance will be closed from this time due to the event, although the exit will be unaffected. Those wishing to enter the car park should do so from the Denburn roundabout following John St, to George St, to St Andrews St, to Blackfriars St, to Schoolhill, to Harriet St.

### By bus:

First Group operate a high frequency network of services across the city. Find out more at [www.firstgroup.com](http://www.firstgroup.com).

Stagecoach Bluebird's buses link the towns and villages in Aberdeenshire. Visit [www.stagecoachbus.com](http://www.stagecoachbus.com) to find out more.

Grasshopper passes are available in partnership with Aberdeenshire Council, Stagecoach and FirstBus. This pass is best used when hopping on and off the bus within a zone, and single destination tickets may sometimes be a cheaper option.

Find out more at [www.grasshopperpass.com](http://www.grasshopperpass.com).

### By sea:

Aberdeen Ferry Terminal is located at Jamieson's Quay directly across from the shopping centre, Union Square and Aberdeen train station. For more information about travelling from Orkney and Shetland and for ferry timetables please visit [www.northlinkferries.co.uk](http://www.northlinkferries.co.uk).

**Continued on page 6...**



# GETTING THERE

## **By train:**

Aberdeen train station has frequent, fast and reliable services to and from major cities, and is just a five minute walk to the start line on Union Street. Scotrail provides an express rail service direct to Aberdeen from many major cities. For timetables and to book your train tickets visit [www.scotrail.co.uk](http://www.scotrail.co.uk).

Aberdeen can also be reached overnight from London on the Caledonian Sleeper. Visit [www.sleeper.scot](http://www.sleeper.scot) for more information.

Virgin Trains East Coast frequently run services from Edinburgh, York, Newcastle and London. Find out more at [www.virgintrainseastcoast.com](http://www.virgintrainseastcoast.com).

National Rail offers rail services to Aberdeen and the surrounding area, perhaps when you get here you may wish to travel to towns including Dyce, Inverurie and Huntly, visit [www.nationalrail.co.uk](http://www.nationalrail.co.uk) for more details.

Please note: long term engineering works – GLASGOW to ABERDEEN. On Sunday to Thursday evenings after 8pm, until Sunday 10 September, services may be diverted via Polmont or cancelled. Replacement buses operate when there are no trains running. The last trains of the day heading north may depart earlier than usual. For specific timetable information: check your journey on [www.scotrail.co.uk](http://www.scotrail.co.uk).

Until 27 August - Buses replace trains between Kilmarnock and Dumfries, calling at all intermediate stations due to engineering works.

## **By air:**

Aberdeen International Airport is located just six miles from Aberdeen city centre.

The region is well connected globally with daily flights to all major airports including all three London airports, Frankfurt, Paris and Amsterdam. The international airport also has many direct routes to most UK cities as well as many key European destinations.

For further information and to book your flight visit [www.aberdeenairport.com](http://www.aberdeenairport.com).

## ACCOMMODATION

Quirky coastal carriages on the impressive Aberdeenshire coast, welcoming B&B's deep in the Scottish glens and chic city centre boutique hotels. No matter what your budget or group size, these are just some of the accommodation options on offer in Aberdeen & Aberdeenshire.

For more information visit [www.visitabdn.com](http://www.visitabdn.com).

## **Top tip**

Plan your travel and aim to arrive around one hour before you are due to run. This will ensure you have plenty of time to familiarise yourself with the facilities, relax and properly prepare for the run.

# STAY SOCIAL

## JOIN THE CONVERSATION

Keep up to date with all the latest event information, competitions, useful running tips and more via our social channels. If you have any queries before or after the event, just get in touch and we'll be happy to help.

Don't forget to share your training selfies, event day pics, and medal moments by tagging them with the official event hashtag: #GreatAberdeenRun.





# AT THE START

## CUSTOMER SERVICES

On Saturday 26 August the customer services team will be located inside the Run4It shop (21 Holburn St, Aberdeen AB10 6BS) between 10:00 & 16:00.

Open from 08:00 on Sunday 27 August, the customer services team will be based in Union Terrace Gardens, which is just off Union Terrace near the start line on Union Street. Just look out for the Great Run branded marquee and information point sign.

**No entries will be taken on Saturday or Sunday for any of the events.**

Please note that any problems with your entry, run number or timing chip must be resolved at least one hour before the first wave starts. If you do encounter a problem, please contact [info@greatrun.org](mailto:info@greatrun.org).

## GREAT RUN APP

Download the FREE Great Run event app from the [iTunes App Store](#) or [Google Play](#) to take advantage of lots of cool features: live runner tracking, interactive course maps, selfie frames, event day countdowns and weather updates.

## TOILETS

There will be lots of toilets available around the start and finish areas.

Take a look at the site map on page 10 to see where they are located.

## BAGGAGE

Due to the large number of runners we cannot provide changing facilities. Please arrive changed and ready to run.

If you do have baggage we advise that you leave it with friends and family, or use the baggage system that is located on Union Terrace and will be open from 08:00.

The baggage system is colour coded. Make sure you attach your baggage label (found on the bottom of your run number) and deposit your bag in the matching coloured bus.

For security reasons, you will have to show your number to gain access to the baggage buses

and match it with the correct baggage label before exiting. We recommend that you do not leave any items of value in your bag.

## ASSEMBLY AREA

Runners are asked to assemble in the clearly marked coloured areas on Union Street. The assembly area for 10k runners opens at 08:40 and for half marathon runners at 10:00.

Fast paced club runners and orange numbers should assemble on Union Street nearest to the start gantry while those with white, pink and green numbers go behind. Coloured signs and banners will clearly mark each coloured assembly area.

You have been assigned a coloured number based on your predicted running time; this is the time that you identified during the entry process. This system means you should be running with people of similar ability, thus improving your running experience.

Once the first mass run starts there will be a gradual release of runners across the start line. The start gantry is narrower than the road to give you space to enjoy your run and prevent any bottlenecks on the route. Please be patient at the start area, your time and result will be accurately calculated by your electronic timing chip.

## WARM-UP

Great Run warm-up experts from Aberdeen Sport Village will be on the platform high above the start area. He will lead you and thousands of other runners through the right stretches to get you ready to run. The 10k warm-up starts at 08:50 and the half marathon warm-up starts at 10:20.

## RUNNING TOGETHER

If you want to run with a friend but have been issued different coloured numbers organisers ask that you follow a simple rule – runners can move down a zone (away from the start line), but cannot move up a zone (towards the start line).

# AT THE START

## ADVICE FOR SPECTATORS

The 10k, half marathon and family run all start and finish on Union Street in the heart of the city centre, providing the perfect place for you to spectate. You may also want to cheer on your friends and family as they pass the scenic areas and landmarks on the route, including Aberdeen Bay, Brig o'Balgownie and Old Aberdeen.

As you are moving around, please take note of instructions given by event marshals and safety stewards. Be aware that only the roads used for the run are closed to traffic.

If crossing the course, please do so with caution and only when you are instructed to do so by marshals or when there is a suitable gap in the flow of runners.

## MISSING PERSON'S POINT

A missing person's point will be located and clearly sign posted in Union Terrace Gardens near the information point. If such a situation arises, please contact a steward, event marshal or police officer.

## MEETING AREA

With so many people taking part, it is not possible for everyone to meet their family and friends as soon as they cross the finish line. Agree on a meeting place in advance or use the large 'Meeting Point' banners on Union Terrace. These banners are marked from A-Z so simply stand beside the banner that corresponds to the first letter of your surname.

## FOOD AND DRINK

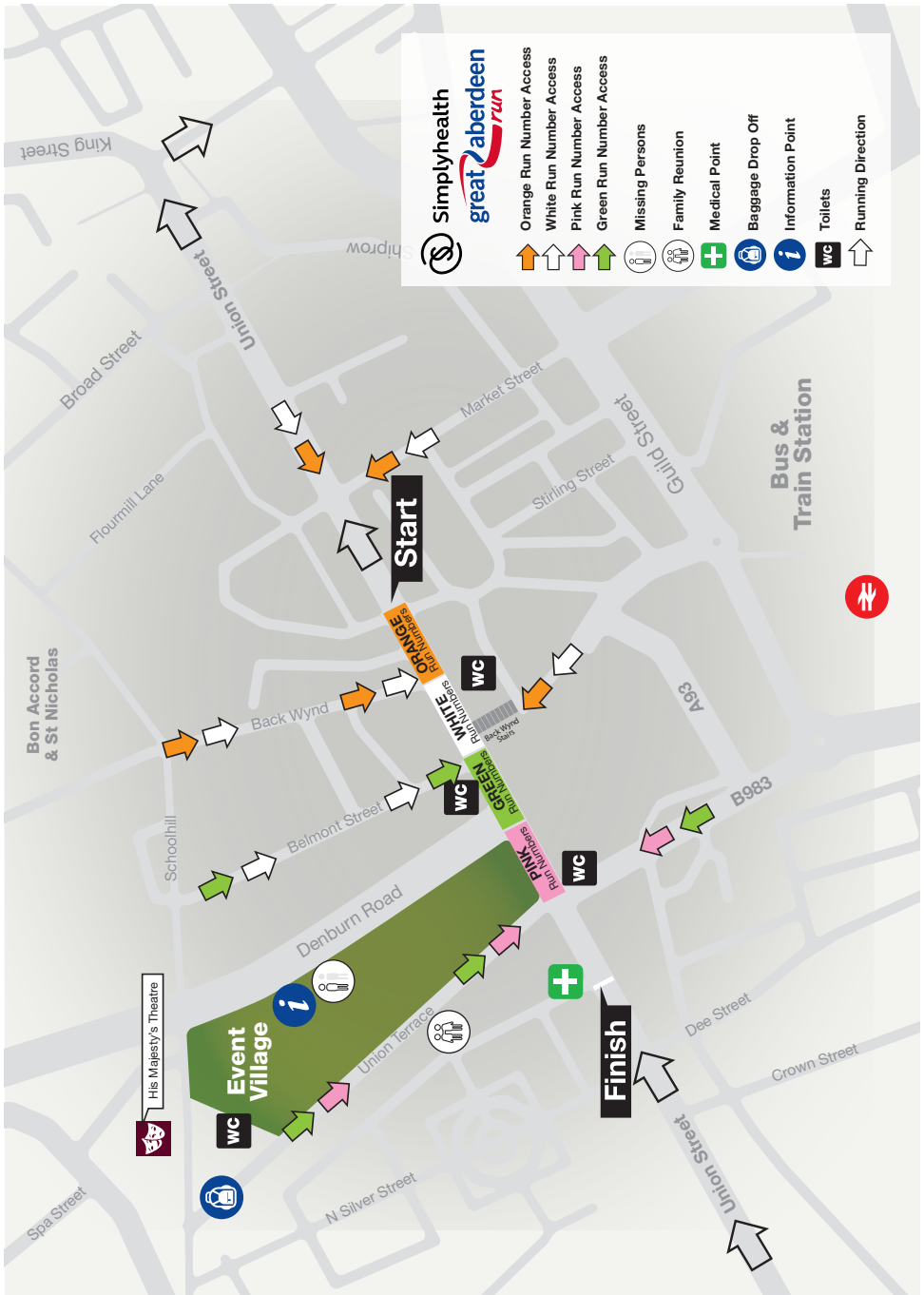
We know how much running and spectating can work up an appetite! Head across to our great concessions for a selection of caterers serving extra tasty food and drink.

## WI-FI

Participants and spectators will be able to benefit from the free WiFi services available near the start and finish areas of the event meaning you can access useful event information and social media channels at your fingertips.



# SITE MAP





# ON THE COURSE

## ENTERTAINMENT ON COURSE

If the fantastic views and famous landmarks aren't enough, there will be plenty of bands on the run and musical entertainment at key points around the course to help keep you motivated. Don't forget, there will also be charity cheer points and plenty of spectators to help get you to that finish line.

## TOILETS

There will be toilets located at each of the drink stations at 3, 5, 8 and 11 miles for half marathon runners and at 7k for 10k runners. Toilets will also be available at the start area, and in the event village on Union Terrace.

## MILE/KM MARKERS

The half marathon route will have markers at every mile, and there will also be a 5k, 10k and 15k marker. On the 10k course there will be markers at every kilometre mark. The mile markers and km markers will be different colours on the day.

## MEDICAL SUPPORT

The British Red Cross and the Scottish Ambulance Service will be available around the course and at the start/finish area to provide full medical support.

## STAY HYDRATED

There will be Aqua Pura water stations at approximately 3, 5, 8 and 11 miles for the half marathon course and at 7k for the 10k course. Please only take one bottle as there will be a lot of thirsty runners behind you. When you've finished, please throw your bottle to the side of the road when it is safe to do so. There will also be water available at the start area and within your finishers' packs.

## SLOWER PACED PARTICIPANTS

The police and local authorities are extremely supportive of the event, but we do have to re-open the roads quickly after the last runner crosses the finish line.

As such, a clearly marked 'sweep' vehicle will travel around the course at a pace of 17 minutes per mile. If you are passed by the sweep vehicle, you will be asked to complete the course on the footpath. If this occurs, please don't worry, the finish system will remain in place until the last runner has finished so everyone will receive their official time and finisher's pack.

Please note: there are some parts of the course that will take runners over short sections of cobbled streets, over uneven surfaces and curbs. Please take care as you cross over these parts.



# COURSE MAP

 Simplyhealth  
great **aberdeen**  
*run*  
Course Maps



Please note: the course maps may be subject to change in the lead up to event day.

# WHEN YOU FINISH

## THAT FINISH LINE FEELING

You've crossed that finish line, had a drink of water, collected your medal and goodie bag.. Now it's time to find your family and friends at the reunion point in Union Terrace to celebrate your achievement!

You could be tempted to head straight home for a well-earned rest but why not stick around and head to the event village where you can browse the charity stalls, sponsor stands and food concessions?

Don't forget, you're in the middle of Aberdeen's city centre where there are plenty of restaurants, bars and pubs to celebrate in!

## GREAT RUNNERS WELCOME HERE

Make sure you visit the [Great Runners Welcome Here](#) section of the Simplyhealth Great Aberdeen Run website to see what special treats local businesses have waiting for you.

Just by showing your brand new medal at participating businesses you could get anything from a free glass of bubbly, to a discount on some luxury hotels in the area.

## OFFICIAL PHOTOGRAPHS

Our official photographers will be positioned around the course to capture all of the action. Photographs will be available to view at [greatrun.org/photos](#) in the days following the event.

## RESULTS

Full results along with the official elite race report will be available at [greatrun.org/results](#) after the event.





# MAKE A WEEKEND OF IT

## GET INVOLVED WITH CELEBRATE ABERDEEN...

Why not make a weekend of it in the Granite City and support [Celebrate Aberdeen](#) events across the city centre?

More than 160 third sector organisations will come together for the group's largest ever parade along Union Street which will start at Holburn Junction at 11:00 on Saturday 26 August. Be sure to support this colourful parade and find out more about the organisations taking part.

Thereafter, there will be entertainment available across the city centre throughout the weekend - in Union Terrace Gardens, Bon Accord Aberdeen, Aberdeen Trinity Centre, Union Square Aberdeen, St Nicholas Roof Garden and Aberdeen Central Library with music to suit all tastes.



Popular north-east band The Capollos will open the Celebrate weekend in Union Terrace Gardens at 13:00 on Saturday with performances from other bands, singers and musicians throughout the afternoon.

Entertainment will also be held at the Simplyhealth Great Aberdeen Run in the event village (near the finish) in Union Terrace Gardens on Sunday 27 August.

Make sure you get down to the city centre throughout the weekend to enjoy it all!

[Find out more >](#)

# RESPECT THE CHALLENGE

## MAKE SURE YOU'RE FULLY PREPARED

Taking on a 10k or half marathon is a big undertaking, so please ensure you are fully prepared for the big day. We have lots of free advice and tips to help you in the run up to event day, which can be found online at [greatrun.org/respectthechallenge](http://greatrun.org/respectthechallenge).

## TOP TIPS TO MAKE SURE YOU'RE RUN-READY

- 1) Never wear new trainers for the first time on the big day. Ideally, you should have run in your shoes for around a month beforehand.*
- 2) You might want to bring along some old clothes to wear while standing on the start line. Once you start the run, you can throw them away. Whatever is left behind will be donated to local charities.*
- 3) Don't forget to bring your own safety pins to fasten to your run number.*
- 4) Remember to apply Vaseline to any areas where you've had chafing during training - that might include the groin, under you arms, the bra band or toes.*
- 5) Wear weather resistant suncream, but not too much - you don't want it running into your eyes as you sweat.*

Good luck with the training, we'll look forward to seeing you on the start line!

Simplyhealth Great Aberdeen Run





**BANK OF  
SCOTLAND**

**Great Scottish Run**



# A GREAT WEEKEND FOR THE WHOLE FAMILY

**30 September & 1st October**

**Half marathon (now sold out), 10k and family events**

[greatscottishrun.com](http://greatscottishrun.com)