



## PRESS RELEASE

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### Always on the Road

Transport coordinator for glass operation of AC Yule in Aberdeen is never far away from the road. During the day Gary's job consists of coordinating the transport and delivery of glass products for AC Yule in Aberdeen through out the customer base in Scotland, combining this with training at least six days a week for his hobby which is running.

Gary only took up running a few years ago as a means of losing some weight, however he has been bitten by the bug. Since starting his running there have been a few prizes taken including two Scottish silver medals, one for a full marathon in 2007 and the other for a half marathon in 2006. Gary has also completed the London marathon three times running as a 'Scottish veteran'. Future events include the Loch Ness marathon in October where Gary will be hoping to break his best time of two hours fifty four minutes. Gary adds "It's hard with a heavy training schedule to stay clear of injury so I'm hoping that my personal best of two hours fifty four minutes can be beaten at Loch Ness"

So the next time you see an AC Yule vehicle on the road, it may have been that Gary had planned its route whilst pounding the streets.

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#### Picture available

#### Notes to editors

Established in 1946, AC Yule has grown steadily to become one of the largest, and most respected, suppliers of glass, architectural aluminium and PVCu throughout Scotland and the north of England. With head quarters in Aberdeen and operations in Elgin, Livingston, Forfar, Glasgow and Boldon, we provide an efficient and flexible service to an outstanding range of clients. Please see our website for more information [www.acyule.com](http://www.acyule.com)

