

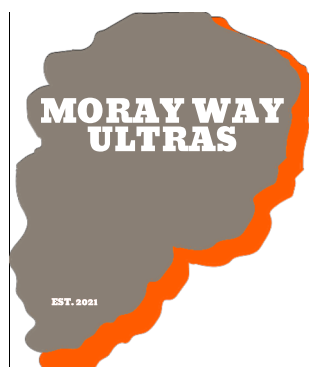
Moray Way 100

24th June 2023

Athlete Race Guide



part of the Moray Way Ultras Series



Moray Way 100

Saturday 24th June 2023

Note from Race Directors, Kyle & Debbie Greig

Dear Moray Way 100 milers,

It is a huge pleasure to be organising the 3rd Moray Way 100 mile race!

The relay teams will join you after a couple hours which should keep your motivation levels topped up, there will be cheer points this year, and as always, the scenery will be epic! The race encompasses all three of our 'smaller' ultra races; The Moray Coastal Trail 50, the Speyside Way and the Dava Way.

We picked a weekend where you will be promised the most daylight, so you can focus on absorbing the true beauty of the Moray Way, and have the most fun possible!

Enjoy it and happy running!
Kyle & Debbie



2023 Race Schedule

Saturday 24th June 2023



Race Number & Tracker / Bag Drop:

4.00-4.45am

Forres Community Centre, High St, Forres IV36 1BU



Race Briefing

4.55am

Grant Park Playing Fields, Forres



Race Start:

5.00am

Relay Race Start:

11.00am

Grant Park Playing Fields, Forres



Race Finish:

Grant Park Playing Fields, Forres










Prize Giving:

Awards will be handed out shortly after the top runners cross the finish line, or mailed out shortly afterwards



Race Rules

-  Marshals are volunteering to do this and, particularly during this time, we are hugely grateful. Please treat them that way because, without them, there would be no race. If you would kindly do as they ask at all times, it will make the day run as smooth as possible.
-  Race numbers must be worn on your front, and must be visible to marshals at all times.
-  You are not allowed to run with a dog, and you are not allowed earphones (due to single tracks, road sections and hygiene).
-  If you decide to withdraw from the race, you must let a marshal/race medic or the race director know.
-  You must return your race tracker before going home or you will be charged £30.
-  Support crew will be permitted but only at designated checkpoints/aid stations.
-  You will be allowed a pacer for the last 10 mile section of the course if you wish.

PLEASE NOTE THAT THE RACE DIRECTOR'S DECISION ON ANY MATTER REGARDING RUNNER SAFETY, UNSPORTING CONDUCT, AND/OR RACE RULES IS ABSOLUTELY FINAL

Race Medic Rules

NSAIDS: There will be the withdrawal of any runner found to be using anything from this group of drugs without prior agreement having been confirmed by our race medic. In common with other Scottish ultra marathon events, we do expect our runners to be self-reliant wherever it is practical and sensible to do so. Emergency cover is provided by the event but this also means you will need to deal with your own blisters. Post event support and advice on any post-race illness is available through our medic, which we can pass on if you email info@moraywayultras.com.

Race Contacts

Kyle Greig..... ..Race Director | Contact: 07732463918

Race Medic Sean Stone | Contact: 07768642314

Mandatory Kit

The following items must be carried by all runners at all times:

- ★ **An emergency foil blanket (minimum size 200cm x 100cm)**
- ★ **Full waterproof jacket & trousers**
- ★ **Warm baselayer**
- ★ **Headtorch**
- ★ **Mobile phone**
- ★ **Personal 1st Aid Kit (bandage/plasters)**
- ★ **Minimum of 500ml of liquid**
- ★ **Emergency food**

Please note this is a minimum requirement.

Please ensure you store RD's mobile number (07732463918) and Race Medic mobile number (07768642314). There will be drop bags so please take advantage of them and bring what you need fuel and hydration wise.

Random kit checks will be carried out prior to race start.

'Virtual' and 'On the Day' Race Briefing

We will be holding a mandatory virtual race briefing which will be given LIVE on the [Moray Way Ultras Facebook page](#) on **Wednesday the 21st June at 7.30pm**. If you can't attend, we will embed the recording on the website

On race day there will be a very short Race Briefing for all runners, at the race start.

Parking

- Leys Road Car Park is a large free car park in Forres
- 11 Tolbooth St, Forres IV36 1PH
- Community Centre Car Park



Moray Way 100 Race Route

Beginning inland at the award winning Grant Park in Forres, you run along the High Street before turning and crossing the A96, towards the famous eco-village of Findhorn. Kinloss Barracks will be on your right (look out for planes!) and the local bay's nature reserve will be on your left. From here the coastal trail properly begins and the views are incredible!

From the trail at the top of the dunes, you enter Roseisle Forest all the way to Burghead, where a lovely new tarred path will greet you after Burghead Distillery to Hopeman.

The section from Hopeman to Covesea has some superb clifftop trails with even more spectacular views. At Covesea, provided the tide is out, you run along the beach with the lighthouse on your right and you feel like you are on a tropical island all the way to Lossiemouth, which is aid station 1!

You then enter Lossie Forest before reaching the beach again for a couple miles before Kingston, where you follow Garmouth & Kingston Golf Course, crossing the beautiful railway bridge before turning right, heading south towards Fochabers, which is aid station 2.

Continuing south, you pass Boat O' Brig, and start to climb Ben Aigen and follow a lovely descent into Craigellachie. You are now in whisky country!



Moray Way 100 Race Route

Following the Speyside Way to Aberlour and towards Grantown-on-Spey, you pass several distilleries - soak in the sights and smells in this area! Aid station 3 is in the heart of it!

At Grantown, which is aid station 4, you join the Dava Way and have "just" a marathon to go! It is downhill from here, taking in the beautiful Cairngorms around you and the Moray Firth views in front of you. As we mentioned, you may utilise a pacer/support runner for the final stretch of the race which will be around the Dunphail area reached off the A940 beside Edinkillie Community Hall.

On re-entering Forres, you will wind through more picturesque trails before finishing back at Grant Park. You have just completed the world's most beautiful 100 milers... congratulations (not that we're bias)!



Aid Stations & Public Toilets

For more info on the exact locations, you can check out the interactive All Trails section on the MWU website or [here](#)



Start Area: Forres

Water, Public Toilets at Community Centre



Mile 23: Lossiemouth

Drop bags, Crew Support, Active Root, Bananas, Energy Bars, Water & Public Toilets



Mile 35: Fochabers

Drop bags, Crew Support, Active Root, Bananas, Energy Bars, Water & Public Toilets



Mile 54: Carron

Drop bags, Crew Support, Active Root, Bananas, Energy Bars, Water



Mile 76: Grantown on Spey

Drop bags, Crew Support, Active Root, Bananas, Energy Bars, Water & Public Toilets



Mile 90 Dunphail

NO DROP BAG, Crew Support, Pacer Allowed, Active Root, Bananas, Energy Bars, Water



Mile 100: FINISH Forres

Toilets, Fuel & Parking

THERE WILL ALSO BE WATER AVAILABLE AT HANDOVER CHECKPOINTS IN BALLINDALLOCH AND EDINKILLIE.

Drop Bags

You can take your own food, drink and whatever else is essential to get you to the end of the race. Please ensure you take a small bag, as we expect you to be able to fold it and take it with you to the finish (a carrier bag is preferable).

Do not have bags that cannot be taken with you/disposed of as your drop bags. We will not be escorting them to the finish.

Please drop your bag off with us at registration before the race start and we will transport this to each of the aid stations.

WE WILL HAVE PRE MADE BAGGAGE LABELS FOR YOUR BAG WITH YOUR BIB NUMBER AND THE DESIGNATED BAG DROP LOCATION.

Event Medical Cover

Our race medic will be covering the route to assist any runners who require medical attention. We will also have First Aiders as part of the marshaling team, however, in the event of a life-threatening emergency, please call 999 first, then call Sean on 07768642314.

Live Race Tracker

Please ensure that you understand how to work the race tracker. This will be explained at the race briefing and will be demonstrated when you pick up at registration.



Road Crossings

The race route crosses roads in several places. At each crossing, signs will be present and marshals will be present at high risk locations. You **MUST** obey marshals' instructions. Marshals **DO NOT** have the power to stop traffic and you are at all times responsible for your own safety. Please note that if you disobey marshals' instructions or if you in any way endanger yourself, other runners, our marshals, or any other road users, you will be removed from the race for your own safety, i.e. disqualified.

Race Crews or External Support

We are happy for any support crews to assist at the any of the designated checkpoints/aid stations **only**. It is your responsibility to make sure anyone coming along to watch you is aware of this rule and sticks to it. Spectators/friends/family are still very welcome to come along and cheer the runners on in various locations.

Runners are allowed a pacer for the final 10 miles from Edinkillie to the finish in Grant Park.

Withdrawal From the Race

If you decide to withdraw from the race you **MUST** inform one of the race marshals **OR** contact Kyle on 07732463918 for DNF runners. Please **DO NOT** exit the race without informing a checkpoint marshal or other race official. We will also need your race tracker back or there will be a £30 charge.



Trophies and Prizes

There will be overall prizes, which will be awarded within minutes of the winners finishing, as well as age category prizes which we will endeavour to award upon finishing, however any unclaimed will be posted out shortly after race day:

1st Male and Female
1st, 2nd and 3rd overall in each gender category
1st, 2nd, and 3rd Vet 40, 50, 60
in each gender category

Cut Offs

We have been generous with the time limit to complete the Moray Way 100 - you have 30 hours from when we start the race. Therefore, the cut off time is **11am Sunday morning**.

Last Minute Information

Please join the **Moray Way Ultras** Facebook Community Page for last minute updates, and the live virtual briefing, which will take place at **7.30pm on Wednesday the 21st June**



Race Merch

We will have merch to buy on the day (cash only), which is also available on our online store [here](#).

Race Media

We will have Stuart Ross Media taking images for free and in high res as part of your race entry!

We will also have interviews for Scotland's most popular podcast, Tartan Running Shorts, so watch out for Kyle's Dictaphone coming your way!

Active Root

Active Root, our official hydration partners of the series, will be fuelling our aid stations so if you would like to try their fuel before race day, use code **MORAYULTRAS15** for 15% off your order. CLICK [HERE](#)



ACTIVE ROOT
Natural Ginger Sports Nutrition

OFFICIAL HYDRATION PARTNERS

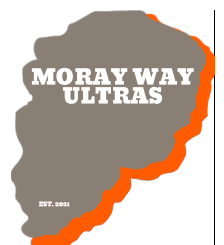
MORAY WAY ULTRAS

USE CODE 'MORAYULTRAS15'
GET 15% OFF YOUR ORDER

Trustpilot EXCELLENT

EST. 2021

The advertisement features a runner in the background, a collection of Active Root products (a large white tub, a smaller tub, a packet, and a bottle) in the foreground, and a map of Moray Way Ultras. A Trustpilot logo is visible in the bottom right corner.





GOOD LUCK!

**And a huge thank you to our volunteers
and partners**

