

# Moray Way Relays

**24th June 2023**

## Athlete Race Guide



**part of the Moray Way Ultras Series**



# Moray Way Relays

## Saturday 24th June 2023

### **Note from Race Directors, Kyle & Debbie Greig**

*Dear Teams,*

*It is a huge pleasure to be welcoming you to our second Moray Way 100 Relay edition of our series! We are so proud of our routes that we wanted to share it with non-ultrarunners too!*

*The race encompasses all three of our 'smaller' ultra races; The Moray Coastal Trail 50, the Speyside Way and the Dava Way, to make up the 100 mile (and change!) route.*

*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 having the most fun possible!*

*Enjoy it and happy running!*  
*Kyle & Debbie*



# **2023 Race Schedule**

## **Saturday 24th June 2023**

 **Race Number & Race Tracker Pick Up / Bag Drop**

**10.00-10.45am**

Forres Community Centre, High St, Forres IV36 1BU

 **Race Briefing**

**10.55am**

Grant Park Playing Fields, Forres

 **Race Start:**

5.00am for individuals

**11.00am for teams**

Grant Park Playing Fields, Forres

 **Race Finish:**

Grant Park Playing Fields, Forres

 **Prize Giving:**

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



# Race Rules

- ★ Marshals are volunteering to do this so 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.
- ★ Support crews are allowed only at the designated checkpoints and no pacing permitted (see section later in the handbook).
- ★ You are not allowed to run with a dog, and only bone conducting earphones are permitted due to single tracks and road sections.
- ★ If you decide to withdraw from the race, you must let a marshal or the RD know before going home.
- ★ Team race trackers must be handed over to the next team member prior to them starting their leg. Trackers must also be returned before going home or you will be charged £30.
- ★ Support crew will be permitted but only at designated checkpoints/aid stations.
- ★ All team members can join for the Grant Park finish, however, no pacers are permitted up until this point.

**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](mailto:info@moraywayultras.com).

Our race medic will be covering the route to assist any runners who require medical attention. We will have First Aiders as part of the marshaling team, however, in the event of a life-threatening emergency, please call 999 first, then call Kyle on 07732463918.

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## Parking

There is ample free parking all over the course, and at all checkpoints!

Zoom in on the All Trails map we have created on our website, but most the of the route does have nearby roads for parking and cheering on your team (and the other teams of course..!).

For example, Forres to Findhorn is on the road, then to Burghead there is Roseisle to park, Lossie has plenty parking. Then there is a 3-4 mile stretch where runners are on the beach, so no opportunity to park next to the course, but they come out at Kingston and you've got until the Spey Bridge where the road is nearby (note cars cannot cross the bridge so factor in time to head south then back up the Spey Bay road). The Speyside Way runs parallel to the road for the majority of its course until the crossing at the A95 (with the exception of the Ben Aigen section). From there until Grantown there are limited parts to drive, park and cheer. Then finally the Dava Way runs parallel with the A939 with a couple of parking points next to the course until Edinkillie Hall.

# Race Contacts

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

Race Medic Sean Stone | Contact: 07768642314

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## Mandatory Kit

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

- ★ An emergency foil blanket (minimum size 200cm x 100cm)
- ★ Waterproof jacket
- ★ Enough food/drink to fuel your race
- ★ Emergency food

Please note this is a minimum requirement. In Scotland, if the forecast looks less favourable, please pack more substantial kit, like extra waterproofs, warm layers and hat & gloves. You must also bring your own fuel. Random kit checks will be carried out prior to race start.

We appreciate some relay legs are short in distance, however, it may be the middle of the night and temperatures/conditions are unpredictable. Your safety is paramount so please note this is a minimum requirement.

Please ensure you store RD's mobile number (07768642314).



# '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. At least 1 member from each team must be present.** 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.

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## FAQs

### Who can be in my team?

Anyone! We have categories to suit all, whether you are in the open all female category, all male masters, or mixed military. Provided you can run a minimum of 10.5miles over a 24 hour period (that is the sum of the 3 shortest sections), you can take part (as long as your team members are happy to run a little more!).

### How far do you run?

You choose! Provided every team member runs 3 legs (or more if there are less than 4 people in your team), you can agree to run any leg you want. The key word here is agree..! A fast 5ker for example, can team up with an ultra dafty, and choose the shorter legs while their team mate chooses the longer legs.

### What are the legs?

There are 12 legs, that can be found in detail in its own section below. GPX files are available for download from our website.



### **How do I get to checkpoints?**

The good news is there are a maximum of 4 per team, so as long as one of you has a car, you can travel with your team car, or car share with another team, around the course. Work as a team to assign who does what, and while one is running, the rest of you are either resting, driving, or fuelling! Locations of where the handover points are can be found on the All Trails maps and GPX files available on our website.

### **What will be at the handover checkpoints?**

We will be encouraging festival and camping style vibes, so we encourage teams to play music, create fun banners, dress up, cheer, and we will provide fuel (more details below), water, medics and banter.

### **How do you choose who runs what?**

As long as each runner has completed at least 3 legs, and you cross the line within the cut off time of 24 hours, the rest is up to you. This means runner 1 can do the 1st 3 legs in a row if that is what the team has agreed to. Ensure you plan the logistics and your team mates all understand the plan of who is running what, and an estimated time schedule.

**\*\*WE ARE ALLOWING THE ENTIRE TEAM TO RUN THE FINAL LEG AS A VICTORY LAP, FROM SANQUHAR TO FORRES\*\*** However, this is entirely optional.

### **Is there a tracker?**

YES! This will be your "baton". The 1st runner will take it at registration and hand it over at the handover point to runner 2. This will allow all team mates and supporters to follow the runners accurately and allow them to plan where to be and when with peace of mind!

Tracking link: Will be emailed on race week

### **Do I have to be an experienced trail runner or ultra runner?**

Nope - that's the beauty of it! As long as you can average 14min/mile for the course cumulatively, one member could be running 20min/mile and another 6min/mile. The majority of the route is non-technical and - even after light rain - can be run with road shoes. We aim to be as inclusive as possible and encourage you to tackle this beautiful route, just in a team environment!



## **How much running is done in the dark?**

We have strategically made the race around the longest day to keep running in the dark to a minimum. But there will be some headtorch running required, so please plan for this.

## **Where do we sleep?**

That's the fun part! You might not sleep at all... you might be too excited! But you can sleep in your team car, book a hotel room for you to take turns in, or tent it up nearby (a perk of the race being in Scotland!). Those of you running at night might need a sleep mask to try and nap during daylight!

## **Do you do a bag drop?**

Not for relay runners - we expect that your team will have a car and when you finish your leg to hand over to the next person, your team will be there to have your stuff. Work out scenarios and plans as a team so you have peace of mind on race day.

## **Do you need volunteers?**

Yes! We need all the help we can get, as we have 12 checkpoints, lots of fuel stations, tons of awards to hand out, and 100 miles of course to mark..! We couldn't do it without you, so if you have any supporters who want to cheer while not twiddling their thumbs, please let us know by filling out the volunteer form on the website! Any local groups who would like to get involved, we would be happy to donate to your cause in exchange for some help!



# 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.

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.

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!

Following the Speyside Way to Aberlour and towards Grantown-on-Spey, you pass several distilleries - soak in the sights and smells in this area!

At Grantown, you join the Dava Way and 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. Your team have just completed the world's most beautiful 100 milers... congratulations (not that we're bias)!

# Relay Legs/Cheer Points

For more info on the exact locations, you can check out the interactive All Trails section on the MWU website, click the links for each individual leg below or [here](#)

**Leg 1 - START Forres to Findhorn - 5miles**

**Leg 2 - Findhorn to Burghead - 7.6miles**

**Leg 3 - Burghead to Lossiemouth - 10.3miles**

**Leg 4 - Lossiemouth to Garmouth - 7.9miles**

**Leg 5 - Garmouth to Fochabers - 4.9miles**

**Leg 6 - Fochabers to Aberlour - 14.9miles**

**Leg 7 - Aberlour to Carron - 3.3miles**

**Leg 8 - Carron to Ballindalloch - 6.5miles**

**Leg 9 - Ballindalloch to Grantown - 14.1miles**

**Leg 10 - Grantown to Edinkillie - 14.9miles**

**Leg 11 - Edinkillie to Sanquhar - 7.6miles**

**Leg 12 - Sanquhar to Forres FINISH - 3.2miles**



# **100 Mile Aid Stations & Public Toilets**

The below info is mainly for the 100 mile individual runners but we are happy for you to either support or restoke on fuel (if available).

## **Start Area: Forres**

**Water, Public Toilets at Community Centre**

## **Mile 25: Lossiemouth**

**Support, Active Root, Bananas, Energy Bars, Water & Public Toilets**

## **Mile 39: Fochabers**

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

## **Mile 58: Carron**

**Crew Support, Active Root, Bananas, Energy Bars, Water**

## **Mile 80: Grantown on Spey**

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

## **Mile 90 Dunphail/Edinkillie Hall**

**Crew Support, Pacer Allowed, Active Root, Bananas, Energy Bars, Hot Drinks, Toilets, Water**

## **Mile 100: FINISH Forres**

**Toilets, Fuel & Parking**

**Every handover point will have water**



# Relay Specific Info

- Each teammate will run at least 3 separate legs (more if there are less than 4 in your team) of the race, with downtime in between. For the final leg from Sanquhar to Forres, you can all run together, then cross our famous orange carpet hand in hand!
- Witty team names are strongly encouraged, as are fun and creative costumes (keeping both as clean as your shoes post race..!)
- Finding Runners / Finding a Team - if you want to participate but can't find enough interest, we have added a pool of runners that you can enter [here](#) as an individual. We will then find a team for you closer to race day or you can use our MWU Community Page on Facebook
- We recommend that you nominate a team volunteer shift (see below), to help us out on race day.
- Teams are classified as a male, female, or mixed team and will compete in one of several divisions.
- Every participant (runner, volunteer, friend, family, crew, etc) should bring their own cup. We will provide water, hot chocolate, and coffee but you need to bring the container, this includes WHILE YOU ARE RUNNING.
- Please limit cars to 2 per team



# Relay Specific Info

- Preparation - Once a team has been organised, we recommend your team meets prior to the event to work out logistics, and any concerns or questions (that we can answer at the briefing if not answered beforehand), for example discussing:
  - What to do if a runner finishes their leg and the next runner isn't in the handover zone.
  - What types of food and drink to bring, and who brings what
  - What types of clothing, running gear, (and camping equipment if you think that's a good idea) everyone should bring.
  - Running at night
  - Arrival to the event, and transportation around the course
- If a team member can no longer participate, provided this is done before the deadline date of **the 20th June 2023**, they can be removed and a new runner added to the team.
- If there is a dropout due to injury, another team member can run the injured runner's leg for them (provided all other runners do at least 3 legs each). If the team is mixed and the injured runner is female, and her dropping out causes there to be more males than females on the team, then only female runners may finish her legs for her. If that person becomes a male then they would be changed to the male category.
- Awards will be given to the winner of each category within each division for teams who complete the full Moray Way route (see below). There will also be awards for best team name, best costumes (no feathers or glitter), and best support. Preliminary results will be posted on the website shortly after the race, whereupon team members will have a short time to request clarification and amendments and then results will be made final within one week of the race. Teams will not be allowed to change their division/classification after they check- in to the race.



# Volunteer Information

- We recommend that each team provides a volunteer for an allocated 3 hour shift, which should be fulfilled in between running their laps.
  - You can change volunteers right before the shift.
  - Splitting shifts between runners is also possible, as long as it works in with the logistics of your team on the day
  - The volunteer shift could be outwith race day, for example, helping us put up course signage the previous day
  - This is not compulsory but recommended given we always need helpers!
  - To volunteer, please register [here](#)
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## 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.

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## Withdrawal From the Race

If individuals need to withdraw from the race, the Race Director must be informed on 0773246318. As mentioned above another team member can run the injured runner's leg for them (provided all other runners do at least 3 legs each). If the team is mixed and the injured runner is female, and her dropping out causes there to be more males than females on the team, then only female runners may finish her legs for her.



## Race Merch

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

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## 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!

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## 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](#)

The advertisement features the Active Root logo at the top, with the tagline 'Natural Ginger Sports Nutrition'. Below this, the text 'OFFICIAL HYDRATION PARTNERS' is prominently displayed in large, bold, white letters. The background shows a runner in a black shirt and shorts. In the foreground, there are several Active Root products: a white tub of 'AC ROOT', a yellow packet of 'Ginger Mix', a blue bottle of 'ACTIVE ROOT Electrolyte', and a small blue tub of 'ACTIVE ROOT Electrolyte'. A grey silhouette of the Moray region is overlaid on the runner, with the text 'MORAY WAY ULTRAS' inside it. At the bottom, an orange banner contains the text 'USE CODE 'MORAYULTRAS15' GET 15% OFF YOUR ORDER'. A Trustpilot 'EXCELLENT' rating badge is visible in the bottom right corner of the ad.





# Trophies and Prizes

## Categories:

All Male Team

All Female Team

Mixed Team (2 or more women)

## Divisions:

Open (1 or more <40 years of age)

Masters (everyone >40 years of age)

Corporate (2 or more are employed by the company being represented)

Military/Public Service (2 or more work in this sector eg RAF or the police)

**There will be prizes for the top All Male, All Female and Mixed Teams in each Division.**

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## Cut Offs

The relay teams have 24 hours to complete their 100 mile race together... that means 11am on Sunday morning is your cut off!

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## 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**





# GOOD LUCK TEAMS!

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

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