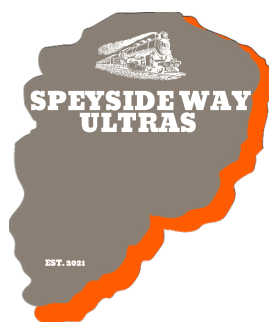


Speyside Way Ultras

19th August 2023

Athlete Race Guide



part of the Moray Way Ultras Series

Speyside Way Ultras

Saturday 19th August 2023

Note from Race Directors, Kyle & Debbie Greig

Dear Speyside Way Runners,

We are super excited to be welcoming you to the Speyside Way Ultras, which will be the 4th time the race has been organised by us. The Moray Way Ultras Series stemmed from this original race.

For 2023, we are delighted to have a new start line at Tamdhu Distillery which will make the distance approx. 50k. The 100k remains the same beautiful route as before. For both the 50k and 100k, there will be rivers, forests, mountains, lochs, shortbread factories, distilleries, seaside, all along with the amazing Moray community!

Some of you may not know that this is one of the oldest ultras in Scotland, dating back to the early 90's, when it was organised by the late local legend Don Ritchie (world record holder and one of the greatest ultra runners of all time). We therefore want this race to live up to its history, hoping that you create everlasting memories too...!

We would like to thank all the volunteers, supporters and sponsors for your help in making this event happen - we couldn't do it without them!

Enjoy it and happy running!
Kyle & Debbie



2023 Race Schedule

Saturday 19th August 2023

Buses:

Please arrive 15 minutes before your departure. Buses will depart behind Buckie High School at the following times:

100k Race Buses - 3.00am

50k Race Buses - 7.15am

If you still need to book the bus you do so by clicking this [**LINK**](#)

Race Number Pick Up:

100k Race @ Aviemore Start Line from 4.30am

50k Race @ Tamdhu Distillery Start Line from 8.00am

Race Start:

100k Race: 5.00am

Aviemore Highland Resort, Inverness-shire, Aviemore PH22 1PN

50k Race: 9.00am

Tamdhu Distillery, Knockando, Aberlour AB38 7RP

Race Finish:

Speyside Way Landmark in Buckie, AB56 1HA

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 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 know before going home.

100K RUNNERS: Due to the early start, we strongly recommend a headtorch for the start of the race, and possibly for the latter stages of the race.

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 on the day.



Race Contacts

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

Debbie Greig.....Assistant Race Director | Contact: 07508818765

Sean Stone.....Race Medic | Contact: 07768642314

Mandatory Kit

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

- **An emergency foil blanket**
- **Waterproof jacket**
- **Minimum of 500ml of liquid**
- **Enough food to fuel your race**
- **Emergency food**

Please note this is a minimum requirement.

If taking your mobile please ensure you store RD's mobile number (07732463918). 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 16th August 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 at each of the race starts.

Parking

If leaving your car in Buckie, there is free parking at the following areas:

Cluny Place, AB56 1JN - 67 spaces, 6 disabled

Cluny Square, AB56 1AH - 62 spaces, 5 disabled

Gordon Street, AB56 1JL

Great Eastern Road, AB56 4DH - 20 spaces, 1 disabled

Buckie Drifter, AB56 4BX - 38 spaces, 2 disabled

Marine Place, AB56 1UT - 20 spaces, 2 disabled

Newlands Lane, AB56 1AN - 76 spaces, 5 disabled

North Pringle Square, AB56 1HT - 34 spaces, 1 disabled

St Andrews Square, AB56 1BT



Speyside Way Race Route Info

Speyside Way Ultra Interactive Map for 100km - CLICK [HERE](#)

Speyside Way Ultra Interactive Map for 50k - CLICK [HERE](#)

Runners will start in the tourist town of Aviemore, following the Speyside Way through the stunning Cairngorms, along to Cragganmore and then join the Classic route linked above.

AVIEMORE TO BOAT OF GARTEN, 6 MILES (100k only)

The start point for the 100k is the MacDonald Hotel in Aviemore. On leaving Aviemore, you will run onto undulating trails that overlook the stunning Cairngorms.

BOAT OF GARTEN TO GRANTOWN ON SPEY, 11 MILES (100k only)

This section from Boat of Garten takes you through the RSPB Abernethy nature reserve to Nethy Bridge, then along the disused railway line to Grantown on Spey.

GRANTOWN ON SPEY TO TAMDHU DISTILLERY, 19 MILES (100k only)

On this section you will run through forest tracks and sections of the disused railway as you journey through Cromdale, Ballindalloch, Blacksboat and through to Tamdhu Distillery (the start of the 50k race). Some sections are slightly uneven underfoot but nothing too technical, and you will be treated to some stunning views of Speyside.



Speyside Way Race Route Info

Contd...

TAMDHU TO CRAIGELLACHIE, 9 MILES (*Both races*)

The route from Tamdhu towards Craigellachie follows the track of the disused Strathspey Railway and you will certainly see (and smell) that you are now in the heart of whisky country, as the names of settlements you pass - such as Knockando and Aberlour - reveal. This section is very runnable and slightly downhill but you may want to hold back a little something for Ben Aigan just after Craigellachie..!

CRAIGELLACHIE TO FOCHABERS, 13 MILES (*Both races*)

The onward route from Craigellachie towards the sea sets off on minor roads, but then climbs over the shoulder of Ben Aigen, then heading down towards Boat O' Brig and onwards on a country road to Fochabers (another little lung and leg buster here!).

FOCHABERS TO BUCKIE, 10 MILES (*Both races*)

From Fochabers, you follow tracks alongside the River Spey for the final five miles to the coast, which you reach at Spey Bay. Then it is a sharp right turn onto the old railway line to Portgordon. The finish line is at the Speyside Way landmark by Cluny Square car park in the centre of Buckie.



Aid Stations & Public Toilets

100k Race

Start Area: Aviemore Highland Hotel - Toilets & Water

Mile 10.5: Nethybridge - Drinks & Snacks & Public Toilets (by Post Office*)

Mile 18: Grantown on Spey - Drinks

Mile 32: Tamdhu Distillery - DROPBAGS, Drinks & Portaloos

Mile 42: Craigellachie - Drinks & Snacks & Public Toilets AB38 9SR*

Mile 55: Fochabers - DROPBAGS, Drinks & Public Toilets IV32 7EX*

Mile 60: Spey Bay - Water Only

Mile 66: FINISH Buckie - Toilets & Parking

50k Race

Start Area: Tamdhu Distillery - Toilets & Water

Mile 8.5: Craigellachie - Drinks & Snacks & Public Toilets AB38 9SR*

Mile 21.5: Fochabers - DROPBAGS, Drinks & Public Toilets IV32 7EX*

Mile 27: Spey Bay - Water Only

Mile 32: FINISH Buckie - Toilets & Parking

*Subject to opening times



Drop Bags

100km runners

Mile 32 - Tamdhu Distillery

Mile 55 - Fochabers Aid Station

50km Runners

Mile 21.5 - Fochabers Aid Station

You can take your own food, drink and whatever else is essential to keep you going. However, you must 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), or to dispose of in the designated waste bag at each aid station. We will not be escorting any bags to the finish.

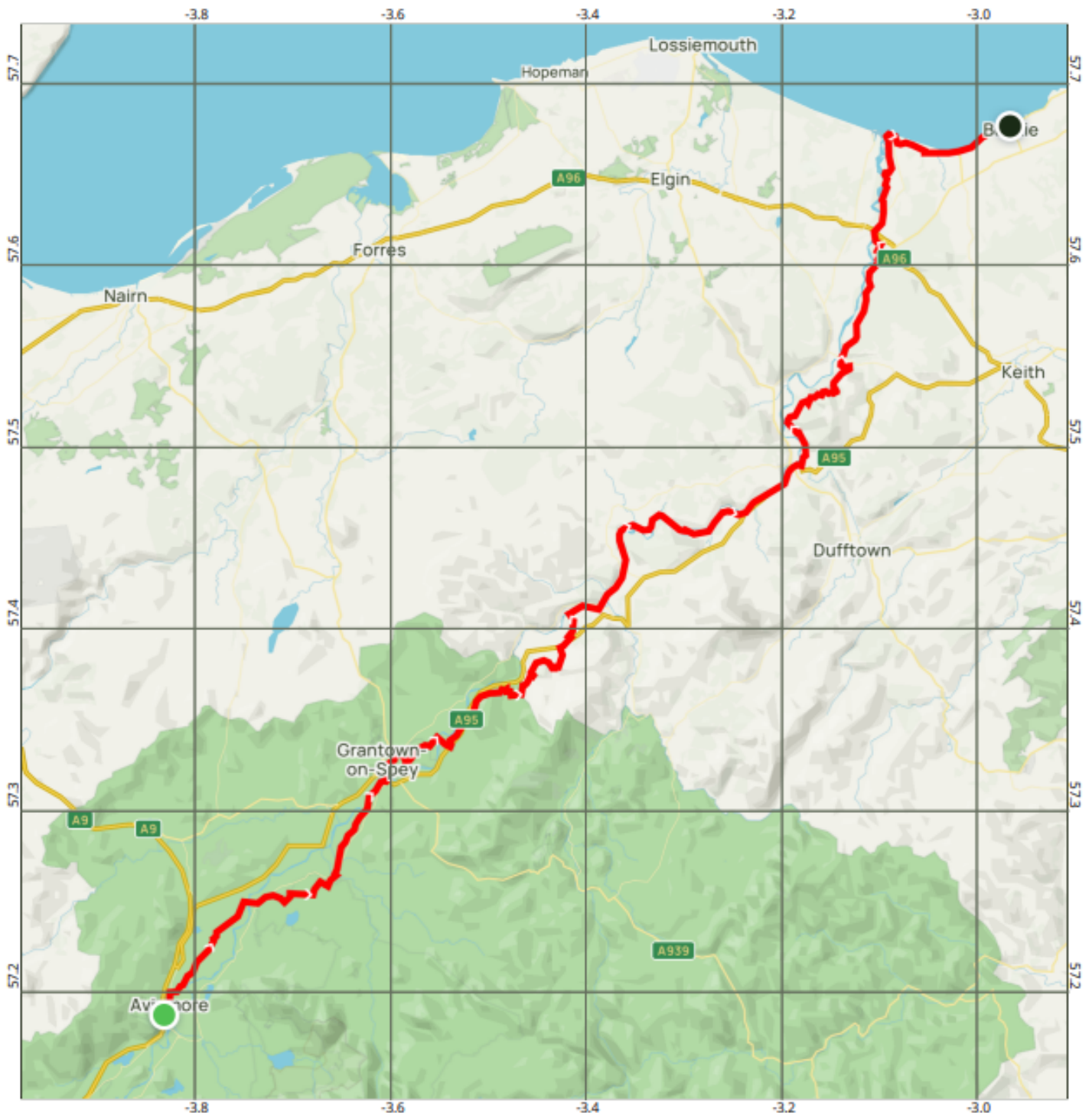
Please drop your bag off with us at registration before the race start and we will transport this to each of the aid stations.

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



100km Race Route Map

The below map can be downloaded as a GPX and can be viewed [here](#).



1.8°W
05/06/2022

2 0 0 2 4 6 8 10 MI 12

5 0 0 0 0 5 10 KM 15

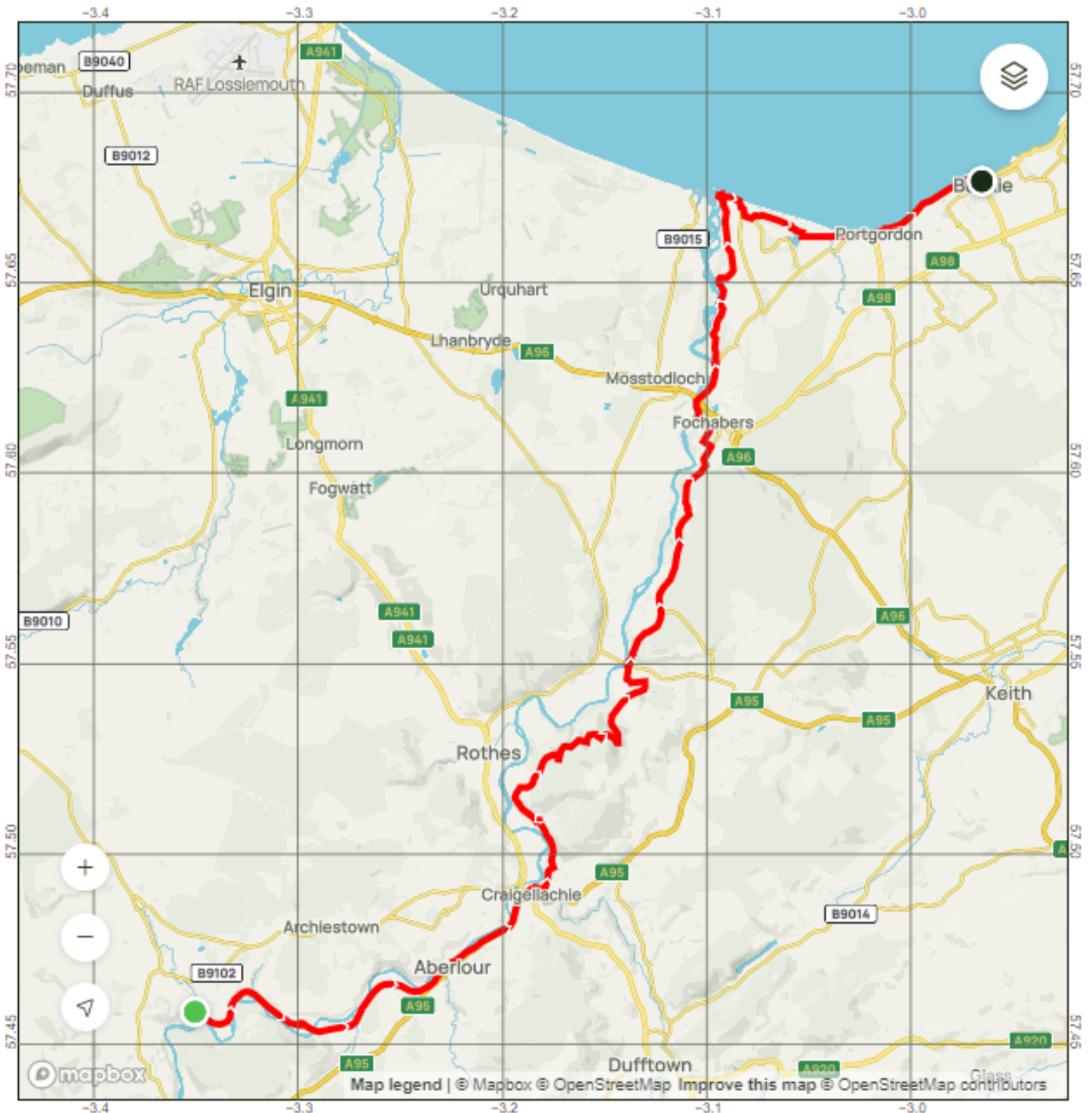
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Gain: 9484.91 ft Loss: 10137.8 ft

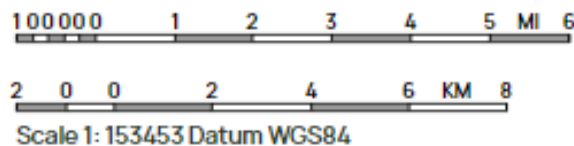


50km Race Route Map

The below map can be downloaded as a GPX and can be viewed [here](#).



17°W
8/16/2023



Race Crews or External Support

Runners must be self supported. Support crews or any external assistance during the event is **only permitted at the official checkpoints**. 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, please read on for more details.

Withdrawal From the Race

If you decide to withdraw from the race you **MUST** inform one of the race marshals OR call / text Kyle on 07732463918 or Debbie on 07508818765 for DNF runners. Please **DO NOT** exit the race without informing a checkpoint marshal or other race official.

Event Medical Cover

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 marshalling team, however, in the event of a life-threatening emergency, please call 999 first, then call Kyle on 07732463918.



Trophies and Prizes

Everyone who finishes this race will be rewarded for their efforts and we are delighted to be providing a great looking medal that we feel you will all appreciate! You will also receive **free Windswept Beer** which has a great **#bestwhenyouveearnedit** motto!

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. Any unclaimed prizes will be posted out shortly after race day:

Top 3 Male, Female & Non Binary Overall
Top 3 Vet 40, 50, 60 in each gender category

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



Race Merch

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

Volunteering

Our volunteers really do make the races and without them you wouldn't be able to race in this beautiful part of the country. So, if you have friends or family coming along, why don't you ask if they would like to get involved? We have various duties of various timescales.

For those who do help us you will receive some goodies from us and a voucher for one of our races if you wish.

TO VOLUNTEER CLICK [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 running podcast, **Tartan Running Shorts**, so watch out for Kyle's Dictaphone coming your way!



Running Coaching / Training Programme

TRS Training, led by Race Organiser and GB Ultra runner, Kyle Greig can help you out with a training programme in the run up to the event. To find out more, please visit the website: www.TRS-Training.com



Skeddaddle North Race Package

The promotional graphic for the Skeddaddle North Race Package is set against a blue background. It features the Skeddaddle North logo with a mountain range and the text '...Run To The Hills SKEDADDLE NORTH'. A photograph shows three runners on a forest path. A list of benefits includes accommodation, evening meal, breakfast, and transport. Dates for three events are provided: Moray Coastal 50 (May), Speyside Way 50K (Aug), and Dava Way 50K (Nov). Contact information for Sally is at the bottom.

STAY WITH SKEDADDLE NORTH DURING YOUR MORAY WAY ULTRAS 2023

- 1 or 2 nights* accommodation at our Speyside home
- Evening meal to nourish the soul
- Breakfast to fuel your chosen event
- Transport to and from the race with full support throughout your event

DATES AVAILABLE

- 12-13 MAY - MORAY COASTAL 50
- 18-19 AUG - SPEYSIDE WAY 50K
- 10-11 NOV - DAVA WAY 50K

*2nd night at discounted rate
Based on twin/sharing room

For more info and bookings contact Sally
info@skeddaddenorth.com



Post Race Massage

For a small donation, we will have our official massage therapist Asia getting you back to semi normal after your awesome effort!



ASIA H BEAUTY AND COMPLEMENTARY
THERAPIST

Post Sport Massage



A restorative massage to help your body recover after an event. Aiming to stretch out the muscles and fascia to aid fresh blood to the areas for faster muscle recovery and pushing out the lactic acid accumulated through the run or workout.



GOOD LUCK RUNNERS!

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

