

Dava Way 50k

11th November 2023

Athlete Race Guide



part of the **Moray Way Ultras series**



scottishathletics 
licensed event

Dava Way 50k

Saturday 11th November 2023

Note from Race Directors, Kyle & Debbie Greig

Dear Dava Way Runners,

After a hugely successful race series so far in 2023, we are delighted to welcome these you back, as well as our newbie ultra runners to the event. The feedback and popularity has been extremely positive and we are humbled to be voted one of the best ultra races in the UK for beginners by Runners World.

Our event has a real community feel to it and this is made by you the runner, as well as our fantastic group of volunteers who without them would make this impossible to be a success.

We wish you all a great preparation and look forward to seeing you all at the start line (and finish line) in November.

Enjoy it and happy running!
Kyle & Debbie



2023 Race Schedule

Saturday 11th November 2023

Race Number Pick Up/Bag Drop

All race numbers will be picked up at the start line at Grantown Grammar High School. Registration will open at 6.00am on the day, and will close at 7.00am.

Buses:

Please arrive 15 minutes before your departure. Buses will depart from Forres Community Centre at **5.40am. Don't be late!** The estimated journey time is 30 minutes to the start line. The reason for this is to ensure there is no large queue at registration.

If you still need to book the bus, you can do so by clicking on the link here: <https://race-nation.co.uk/register/moray-way-ultras>

PLEASE BOOK BY WEDNESDAY 8TH NOVEMBER.

Please note, there is no return bus after you finish.

Race will start at 7.30am outside Grantown Grammar High School

Race Finish:

Grant Park, Clovenside Rd, Forres IV36 3BT

Prize Giving:

We will be doing an official awards ceremony shortly after the top runners cross the finish line.



Race Rules

Marshals are volunteering to do this and we are hugely grateful. Please treat them with respect 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 only permitted to have bone conducting headphones on.

If you decide to withdraw from the race, you must let a marshal/race medic or the race director know.

Support crew will be permitted but only at designated checkpoints/aid stations.

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

Sean Stone.....Race Medic | Contact: 07468765321

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

Mandatory Kit

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

- 1. Hat/warm head covering & gloves**
- 2. An emergency foil blanket (minimum size 200cm x 100cm)**
- 3. Waterproof jacket**
- 4. A warm base layer**
- 5. Minimum of 500ml of liquid**
- 6. Enough food to fuel your race**
- 7. Emergency food**

Please note this is a minimum requirement . Remember it is NOVEMBER in Scotland! If the forecast looks less favourable, please pack more substantial kit, like extra waterproofs and warm layers.

You must also bring enough fuel for the entire race and we recommend you bring a mobile phone with you. 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 8th November 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 the start.

Parking

If leaving your car in Forres, please park responsibly and be courteous to the residents in Forres. That said, there is free parking at the following areas:

Leys Road Car Park is a large free car park in Forres

*

11 Tolbooth St, Forres IV36 1PH

*

Community Centre Car Park

*

Ample free parking throughout the town



Aid Stations

Checkpoint 1: Mile 11: Grid Ref Number: 57.38465, -3.6385

Checkpoint 2 & Bag Drop: Mile 21: Grid Ref Number: 57.51438, -3.64544

Checkpoint 3: Mile 28: Grid Ref No: 57.59607, -3.61397

Finish: Grant Park, Forres

There are public toilets at the start line, however, down the road you are going to be in the middle of nowhere so please come prepared.

<https://www.mountaineering.scot/assets/contentfiles/pdf/where-to-go-leaflet.pdf>

For each of the aid stations, we will be offering water, Active Root sachets, bananas and some other goodies (salty & sweet). Although we will try our utmost to fuel you, please ensure you take your own fuel reserves too.

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).

Please drop your bag off at registration before the race start and we will transport this to checkpoint 2.

You can also take a finish line bag which can also be dropped off at registration. **PLEASE ENSURE THIS IS ALSO SMALL AND ESSENTIAL ITEMS ONLY!**

WE WILL HAVE PRE-MADE BAGGAGE LABELS FOR YOUR BAG DROP OFF POINTS THAT CAN BE DETACHED FROM YOUR BIB NUMBER.

Race Route

**GPX FILE OF ROUTE CAN
BE FOUND ON THE WEBSITE OR [HERE](#)**

**51km/32Miles
1650 feet elevation**

The route starts outside the Grantown Grammar High School and does a loop around Anagach woods, which is predominantly on trails as a warm up, before you make your way to the start of the Dava Way.

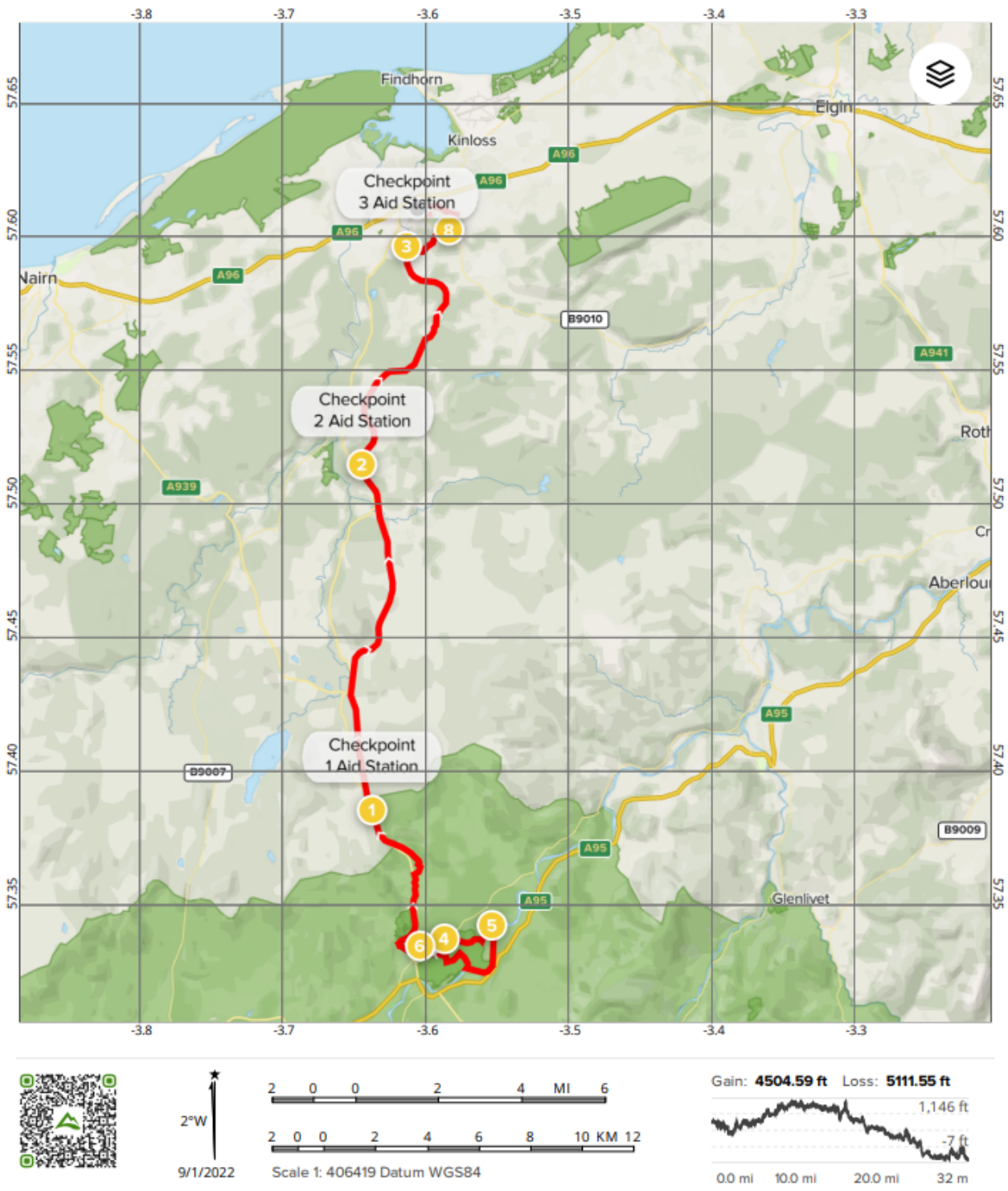
From there, the route follows the old railway line for 22 miles all the way to Forres (a net elevation loss of approximately 320m). We add on a cool down / opportunity to catch the runner in front of you, with a mini tour of Forres; the Race Director's old stomping ground. The finish line is in the beautiful Grant Park, where volunteers maintain these stunning grounds and you get a lovely view of Nelson's Tower.

In addition to the permanent markings on the Dava Way route, there will be race signage and marshalls throughout. There is also a downloadable GPX and detailed map that you can view [here](#).



Race Route Map

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



Dava Way 50k 2022



Cut Offs

We have been generous with the time limit to complete the 50k which will be 8 hours, so you have until 3.30pm to finish.

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 Kyle on 07732463918, or Debbie on 07508818765.

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 wherever they please.

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/Debbie on 07508818765. Please **DO NOT** exit the race without informing a checkpoint marshal or other race official.

Trophies and Prizes

Everyone who finishes this race will be rewarded for their efforts and we are delighted to be providing awesome medals, goodies and **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 Overall
Top 3 Vet 40, 50, 60 in each gender category



Post Race Celebrations

For those who might be staying nearby on the night of the race we will be having an end of year meal / post race drinks at the Cardamon Spice, High Street, Forres for all volunteers, athletes & their supporters. For those who wish to be part of this, we will be posting out an email with booking details.

Race Media

We will have **Stuart Ross Media** taking images for free and in Hi 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!

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](#)



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](#)



Race Merch

We will have merch to buy on the day (cash only), but you can purchase online [here](#) in advance.

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 8th November.**



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! You can pay by card or cash.



Coffee/Food Truck

We are happy to have the Landrover Bar who will be serving teas and coffees before the race in Grantown and then serving a BBQ/Drinks at the Finish line!



GOOD LUCK RUNNERS!

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



Thistle
Timing



Athletics Trust
Scotland

