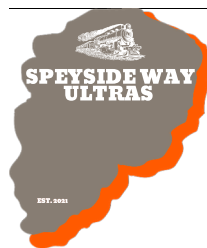


# Speyside Way Ultras

**16th August 2025**

**Athlete Race Guide**



**part of the Moray Way Ultras series**



# **Speyside Way Ultras**

## **Saturday 16th August 2025**

### **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 6th time the race has been organised by us. The Moray Way Ultras Series stemmed from this original race.*

*Much remains the same as previous years, with one main change being the introduction of race tracking for both races! The 50k will start at the stunning Tamdhu Distillery Station and 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*



# 2025 Race Schedule

## Saturday 16th August

Date & Time	Activity	Details	Location	what3words
<b>Fri 15 Aug, 10:00–16:00</b>	Race Number Pickup	Early pickup before race day	Skedaddle Running Shop, Fochabers	///patting.doses.bins
<b>Sat 16 Aug, 03:00</b>	100k Race Bus Departure	Be at bus 15 mins early – no return bus after race	Behind Buckie High School	///delighted.strength.paraded
<b>Sat 16 Aug, 04:15</b>	100k Registration & Bag Drop	On-site registration before race start	Macdonald Morlich Hotel	///rigs.loses.flanks
<b>Sat 16 Aug, 05:00</b>	100k Race Start	18-hour cutoff applies	Macdonald Morlich Hotel	///rigs.loses.flanks
<b>Sat 16 Aug, 09:15</b>	50k Race Bus Departure	Be at bus 15 mins early – no return bus after race	Behind Buckie High School	///delighted.strength.paraded
<b>Sat 16 Aug, 09:30</b>	50k Registration & Bag Drop	On-site registration before race start	Tamdhu Distillery	///amplifier.tutorial.routines
<b>Sat 16 Aug, 11:00</b>	50k Race Start	10-hour cutoff applies	Tamdhu Distillery	///amplifier.tutorial.routines
<b>Sat 16 Aug, 15:00</b>	100k Mid-Race Cutoff	Runners must pass Craigellachie Checkpoint by this time	Craigellachie Checkpoint	///flank.until.forwarded
<b>Sat 16 Aug, 21:00</b>	50k Race Final Cutoff	10 hours after start	Speyside Way Landmark, Buckie	///daydreams.moving.grandest
<b>Sat 16 Aug, 23:00</b>	100k Race Final Cutoff	18 hours after start	Speyside Way Landmark, Buckie	///daydreams.moving.grandest
<b>Post-Race</b>	Prize Giving	Awards presented shortly after top finishers or sent by mail	Finish Line	///daydreams.moving.grandest

# 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**

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## 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

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## Mandatory Kit

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

- **Uploaded GPX File of the route on to your watch/mobile phone**
- **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 13th 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.

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## 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 Tamdhu and then join the 50k route linked above.

## **AVIEMORE TO BOAT OF GARTEN, 10km stretch (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, 17km stretch (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, 30km stretch (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, 15km stretch (*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, 21km stretch (*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, 16km stretch (*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.





# 100km Key Locations

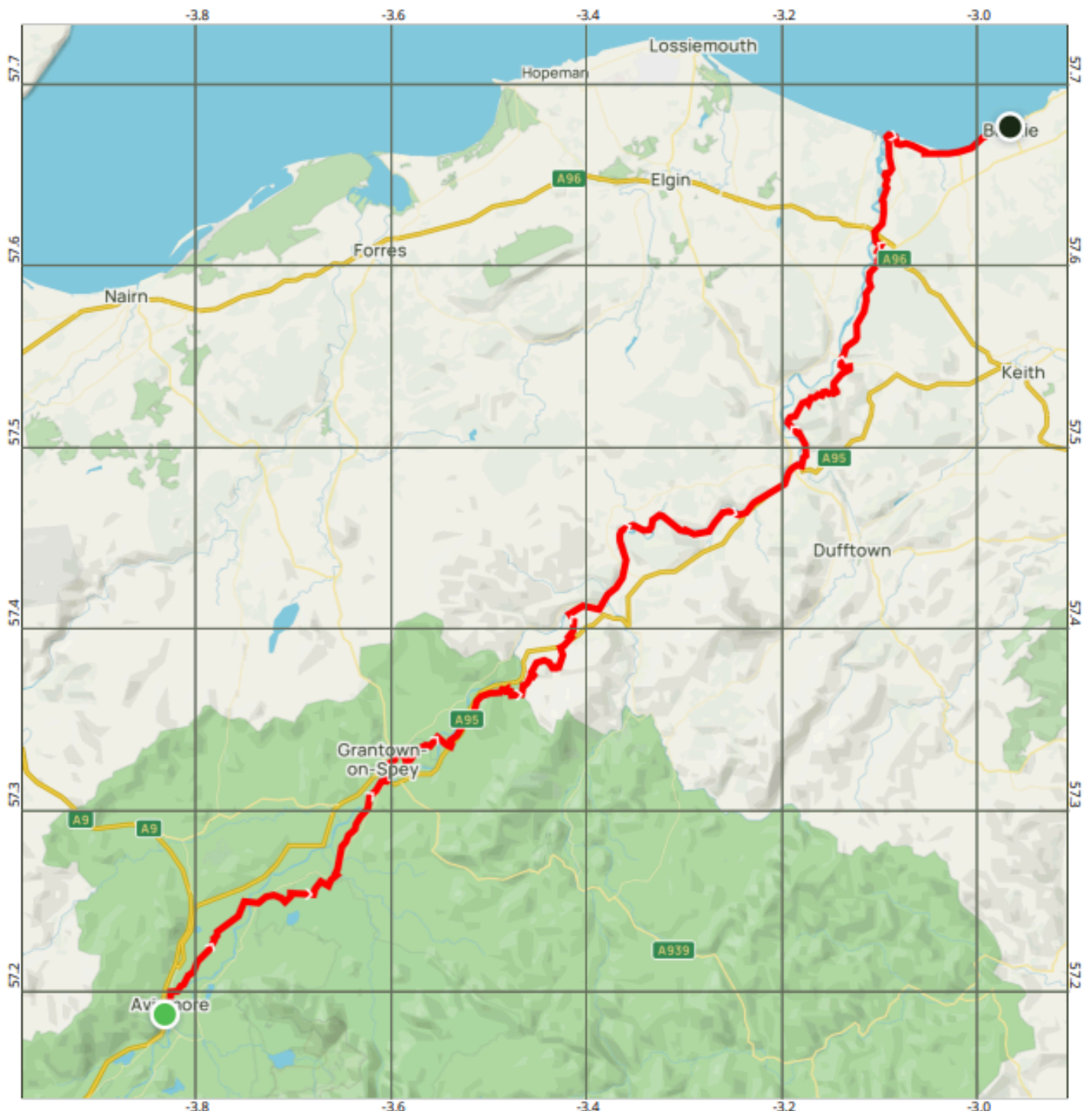
For more info on the exact locations, you can check out the interactive All Trails section on the [here](#) All distances are approx. Please ensure you download GPX file of the course on the MWU website.

Location	What3Words	Notes	Km
Aviemore Macdonald Morlich Hotel - Start	<a href="#"><u>///odds.feathers.crumple</u></a>	<b>Water, Public Toilets at Hotel Lobby</b>	0
Grantown on Spey - CP1	<a href="#"><u>///flicked.distracts.pixies</u></a>	<b>Crew Support, Drop Bag, Active Root, Bananas, Energy Bars, Water</b>	28
Tamdhu Distillery - CP2	<a href="#"><u>///amplifier.tutorial.routines</u></a>	<b>Crew Support, Drop Bag, Active Root, Bananas, Energy Bars, Water</b>	52
Criagellechie - CP3	<a href="#"><u>///flank.until.forwarded</u></a>	<b>Crew Support, Drop Bag, Active Root, Bananas, Energy Bars, Water &amp; Public Toilets</b>	67
Fochabers - CP4	<a href="#"><u>///cheeks.dunes.thrashed</u></a>	<b>Crew Support, Drop Bag, Active Root, Bananas, Energy Bars, Water</b>	88
Buckie - Finish	<a href="#"><u>///daydreams.moving.grandest</u></a>	<b>Toilets, Fuel &amp; Parking</b>	105



# 100km Race Route Map

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



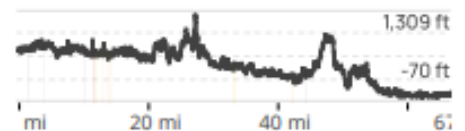
1.8°W  
05/06/2022

2 0 0 2 4 6 8 10 MI 12

5 0 0 0 0 5 10 KM 15

Scale 1: 641744 Datum WGS84

Gain: 9484.91 ft Loss: 10137.8 ft



## 50km Key Locations

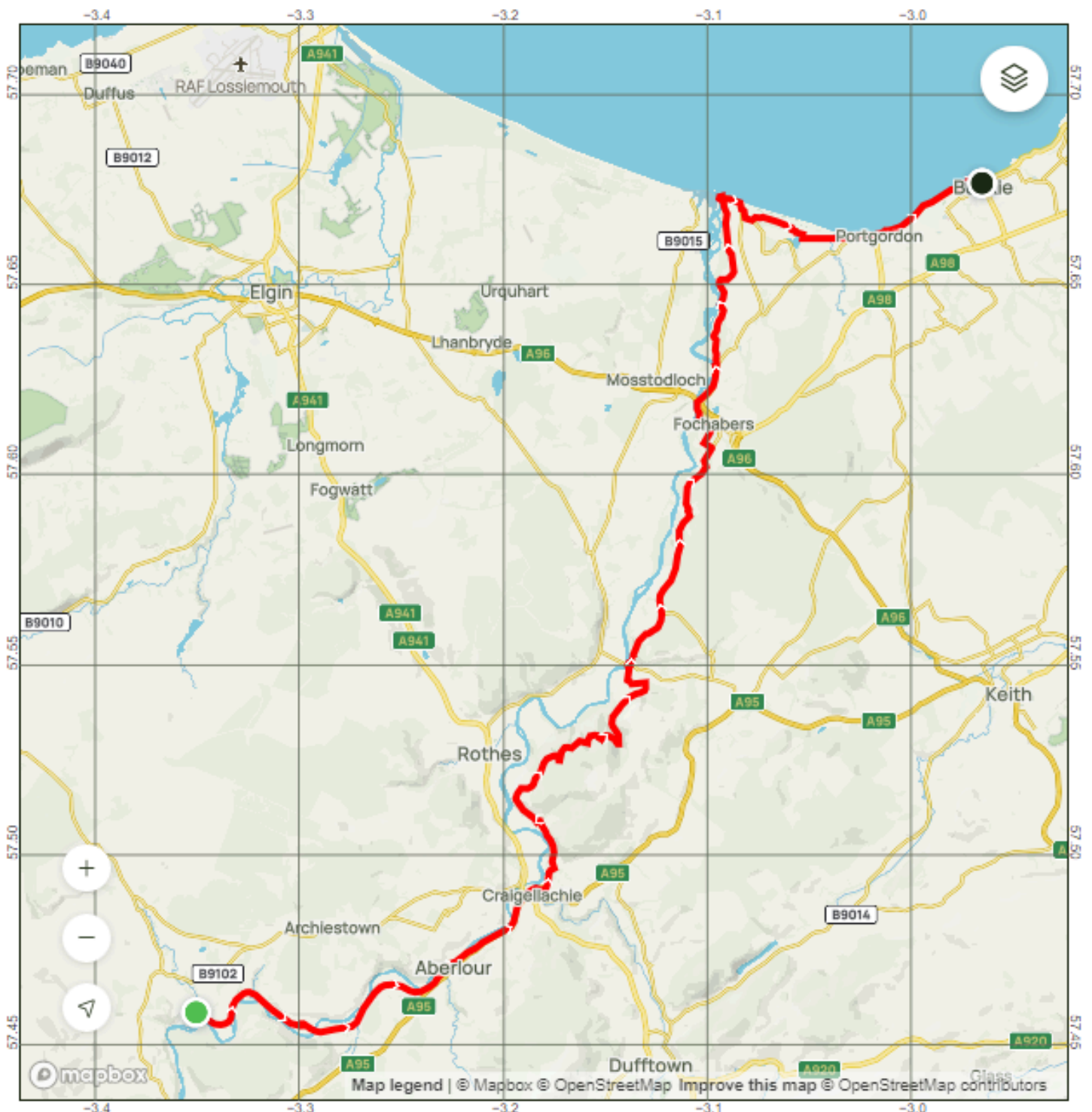
For more info on the exact locations, you can check out the interactive All Trails section on the [here](#) All distances are approx. Please ensure you download GPX file of the course on the MWU website.

Location	What3Words	Notes	Km
Tamdhu Distillery - Start	<u><a href="#">///amplifier.tutorial.routines</a></u>	<b>Water &amp; Toilets</b>	0
Criagellechie - CP1	<u><a href="#">///flank.until.forwarded</a></u>	<b>Crew Support, Drop Bag, Active Root, Bananas, Energy Bars, Water &amp; Public Toilets</b>	15
Fochabers - CP2	<u><a href="#">///cheeks.dunes.thrashed</a></u>	<b>Crew Support, Drop Bag, Active Root, Bananas, Energy Bars, Water</b>	36
Buckie - Finish	<u><a href="#">///daydreams.moving.grandest</a></u>	<b>Toilets, Fuel &amp; Parking</b>	52



# 50km Race Route Map

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



17°W  
8/16/2023

100 000 1 2 3 4 5 MI 6  
2 0 0 2 4 6 KM 8  
Scale 1: 153453 Datum WGS84

Gain: 3795.93 ft | Loss: 4140.42 ft  
1,009 ft  
-52 ft  
0 mi 10.0 mi 20.0 mi 3

## Drop Bags

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.**

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## Race Tracking

For the 100km ONLY, we will have a Race Tracking service, which means the race officials and your supporters will be able to follow you live throughout the race! Your tracker also acts as your chip time when you cross the line. The web link will be emailed to you nearer the time.

**You must also return your tracker at the end of the race or you will incur a £30 fine.**

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## Cut Off Times

Cut off times are 10 hours for the 50k and 18 hours for the 100km. For the 100k, runners must pass Craigellachie Checkpoint by 3pm.



# 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.

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## 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.

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## 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!

There will be overall prizes, which will be awarded shortly after 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.

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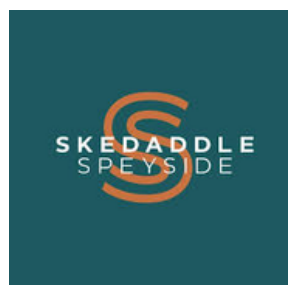
## Active Root

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 **89FR28SKKKVN** for 10% off your order. CLICK [HERE](#)

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## Skedaddle Speyside Running Store

We are pleased to be partnering with Skedaddle Speyside Running Store in Fochabers and offering a 10% discount for all competitors. What's more, by visiting them on the Friday will give you the opportunity to collect your race number and tracker on the Friday (day before the race) from 10am to 4pm. The store can be found [HERE](#)



## Race Merch

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

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## 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](#)

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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 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](http://www.TRS-Training.com)



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## 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 partners**

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