

Dava Way 50k

8 November 2025

Athlete Race Guide



part of the Moray Way Ultras series



Dava Way 50k

Saturday 8th November 2025

Note from Race Directors, Kyle & Debbie Greig

Dear Dava Way Runners,

After a hugely successful race series so far in 2025, we are delighted to welcome our Moray Way family back to the grand finale, the Dava Way 50k! Welcome back seasoned runners... and we are so pleased you chose us, newcomers!

To those newbies - an official welcome to the Moray Way family - you're in safe hands... Our humble brag is that we have been voted one of the best ultra races in the UK for beginners by Runners World!

Our event has a real community vibe to it. This is thanks you to as the runner, and our fantastic group of volunteers. Without them this wouldn't be possible!

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

Happy running!
Kyle & Debbie



2025 Race Schedule

Saturday 8 November 2025

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.

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 5th 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

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

Mandatory Kit

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

- **Hat/warm head covering & gloves**
 - **An emergency foil blanket (minimum size 200cm x 100cm)**
 - **Waterproof jacket**
 - **A warm base layer**
 - **Minimum of 500ml of liquid on your person at all times i.e. over & above your fuelling strategy**
 - **Enough food to fuel your race**
- 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 5th 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 line.

Parking

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

Leys Road Car Park, IV36 1PH

**Community Centre Car Park, IV36
1BU**

Grant Park Car Park, IV36 3BN



Aid Stations

There are public toilets at the start line and finish, 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, 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 you should fold it to take with you to the finish. No aid station bags will be taken to the finish.

Please drop your bag off at registration before the race start and we will transport this to checkpoint 1 & 2. You can also take a finish line bag which can 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, SO NO NEED TO PRE MARK YOUR BAGS



Key Race Locations

For more info on the exact locations, you can check out the interactive All Trails section [here](#) or scan the below QR code.

Location	What3Words	Notes	Km
Race Start at Craig McLean Sports Centre	<u>///plodded.edges.sneezing</u>	Race Start & Registration, Water. Coffee Truck & Public Toilets	0
Dava Way Summit - CP1	<u>///nosedive.acids.exporters</u>	Crew Support, Drop Bag, Active Root, Bananas, Energy Bars, Water	17
Edinkillie - CP2	<u>///bends.silently.rounds</u>	Crew Support, Drop Bag, Active Root, Bananas, Energy Bars, Hot Drinks, Toilets, Water	35
Sanqhar - CP3	<u>///reef.reserves.envisage</u>	Crew Support, Active Root, Bananas, Energy Bars & Water	46
Forres	<u>///justifies.vase.showcases</u>	Toilets, Fuel & Parking	51



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.

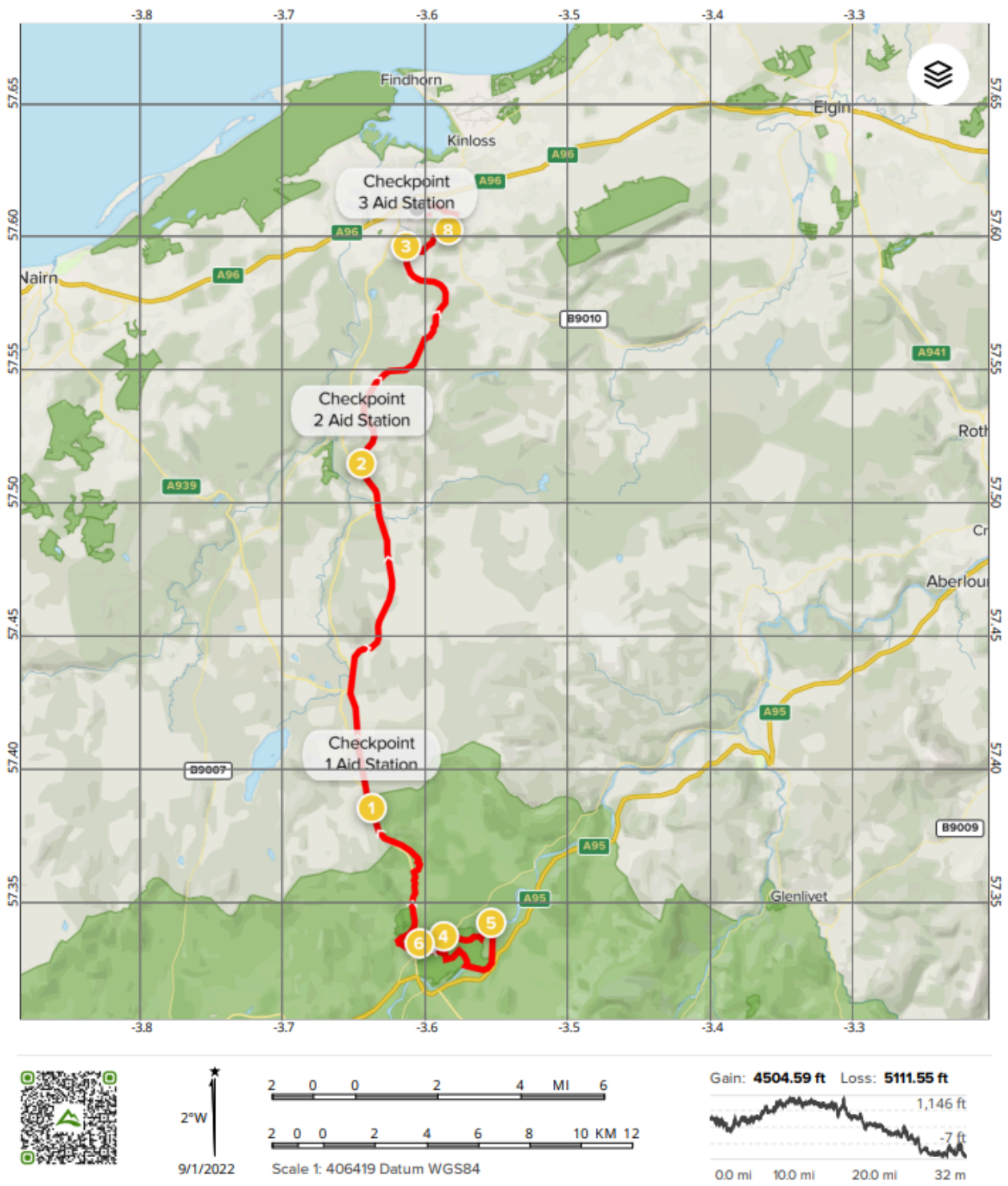
From there, the route follows the old railway line for 22 miles all the way to Forres (a net elevation loss of approximately 320m). After this, we have added on a mini tour of Forres after this; Race Director Kyle's old stomping ground. The finish line is in the beautiful Grant Park, where volunteers 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 marshals throughout. The downloadable GPX and detailed map can, once again, be viewed [here](#).



Race Route Map

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



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. For non-emergencies, 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 or 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 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.



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](#)

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), but you can purchase online [here](#) in advance.

Race Media

We will have **Stuart Ross Media** and **Ray Liversidge** taking images for free as part of your race entry!



Pre & Post Race Celebrations

There is an informal gathering at the Ben Mhor Hotel for the runners from 6.30pm on the Friday 7th November. Please feel free to join us!

We have limited spaces for our post celebration at the Cardamon Spice in Forres at 7.00pm on Saturday so if you would like to join the RDs and volunteers, there will be a buffet for £22 per head (exc drinks). The buffet will consist of starters & mains (a selection of various curries including vegetarian).

If you would like to join us at either (or both!), please book your meal tickets (spaces are very limited) by Thursday 6th November at 5pm on our website **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 and durations and every little helps.

TO VOLUNTEER CLICK **[HERE](#)**

Last Minute Information

Please join the **[Moray Way Ultras](#)** Facebook Page for last minute updates, and the live virtual briefing, which will take place at **7.30pm on Wednesday 5th November**.



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



Post Race Massage

For a small donation (cash or card), 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.

A photograph showing a woman in a blue shirt receiving a massage on her back while lying on a black massage table outdoors. Other people are visible in the background, some wearing running gear.

GOOD LUCK RUNNERS!

**And a huge thank you to our partners &
volunteers!**

