

Moray Way Ultra (Coastal 23 Option)

Featuring Carol Massie 4:25:04, Lillian Taylor 5:24:28, and Alan Taylor 5:37:21



The Coastal 23 route offers stunning scenery throughout, with clifftop trails overlooking the sparkling North Sea, secluded coves and sandy beaches, and charming fishing villages like Cullen and Portknockie. Runners pass natural landmarks like Bow Fiddle Rock and are surrounded by vibrant wildflowers and coastal wildlife, including seabirds and possibly seals or dolphins. The undulating terrain, combined with open skies and summer sun, makes it both a challenging and unforgettable coastal experience.

While some runners chased the long miles of the full Moray Way Ultra, Carol Massie and the Taylor duo, Lillian and Alan, opted for the Coastal 23 option: a challenging but rewarding stretch that delivered both stunning scenery and tough terrain.

The Coastal 23 may not carry the headline mileage, but don't be fooled, it packs a serious punch. With the sun blazing down, this year's edition added an extra layer of difficulty. Lillian Taylor summed it up with brutal honesty: "Two big toes skinned - never had that before! It's a hard course (maybe the heat made it harder), but the scenery was really stunning." Despite the discomfort, her words struck a balance between grit and gratitude.

Carol Massie tackled the route with her usual determination, having been out with injury only a few weeks ago, she showed once again why she's such a strong presence at events like this. Alan Taylor, steady and resilient, completed the trio's effort along the picturesque, but punishing coastline.

Runners were rewarded at the finish with one of the best goodie bags on the circuit: a bottle of Moray Way Ultra beer (a refreshing 3% brew), a lovely branded buff, Root electrolyte drink, and a generous £10 massage voucher - a thoughtful nod to tired legs and trail weary feet.

The Coastal 23 is a reminder that great ultras aren't measured only in distance. Between the heat, the technical trails, and the magnificent views, this race gave everyone a proper adventure. As Lillian said, despite the pain, "I would recommend it."

Here's to tough courses, scenic views, and well-earned beers at the finish line.