



Important NoMad Ultra Information for the 50 mile race only.

- 1. Entry** – We encourage you to enter through SI entries on the link here https://www.sientries.co.uk/edit_entry.php?event_id=3960
- 2. Entry Pre-Requisite** – Running an ultra-event is a challenge, so we ask you to demonstrate you are capable of running a long distance event as a minimum of a marathon distance upon entering indicating to us up to 2 race event names and your finish time.
- 3. Age** – no one under the age of 21 will be allowed to enter the 50 mile race
- 4. Entry and Time Limit** – The entry limit is 160 across all NoMad events to be reviewed by the organisers with waiting lists available. The time limit is 13 hours to complete the NoMAD50. You will need to give an indication of the expected time upon entering to complete the event, selecting a start time and factor this into cut off times and the time limit. I.e. Time to complete 13 hours must have a start time of 6am. If this is not long enough for you to complete then please don't enter but consider entering the 50k or as part of a relay team instead. There will be mass starts at 6.00, 7.00 and 8.00. Be aware that the latest finishing time is 7.00pm so choose an appropriate start time. Most runners opt for 6am unless they are taking under 10 hours. 7am for 8-10hrs, 8am for 7-8 hours as a guideline.
- 5. Entry Fee** – Early Bird before end of March £34 affiliated / £36 unaffiliated. April onwards £39 affiliated / £42 unaffiliated. Entry includes a jacket potato and filings at the race village on finishing and other refreshments. Maybe a local ale too.
- 6. Check Points** – There will be 5 checkpoints. In the unlikely event of one not having opened before you arrive, please continue. Otherwise make sure that one of the marshals writes down your number. A basic first aid kit is at each checkpoint. All will have a selection of food, such as cake, bananas and jam sandwiches, with water available for you to top up your bottles. A separate sheet details checkpoint information for parking.
- 7. Cut Off Times** – Checkpoints 3 to 5 will have cut off times. Any runner arriving after that time will no longer be part of the race and will not be allowed to continue. There will be limited transport available to return you to the finish with marshals. Cut off times are based on a finishing time of 7.00pm at the latest.
CP 3 - 1.30 CP 4 – 3.00 CP5 – 5.30
- 8. Daylight Hours** – 04.38 to 21.33
- 9. Maps** – There are maps for each stage on our website <http://www.thenomadultra.com/> There are further maps and route descriptions for each stage on our website <http://www.thenomadultra.com/> These are downloadable to Garmins from website & links.





Relevant maps are OS Explorer 245 National Forest/Burton on Trent, 259 Derby and 260 Nottingham.

10. Route description – the route is about 50 miles running distance (distances below are map measured) and has about 2700 feet of ascent. The individual stages to manned checkpoints are as below, **5 checkpoints**.

Full route map is at <http://www.synatra.co/gpxpage.php?id=215> and viewable in sections as below

Stage 1 Breaston Playing Fields to Chelleston	10.5
Stage 2 Chelleston to Littleover (Hollybrook Inn)	8
Stage 3 Littleover (Hollybrook Inn) to Kirk Langley (Bluebell Inn)	10
Stage 4 Kirk Langley (Bluebell Inn) to Duffield (Bridge Inn)	7.29
Stage 5 Duffield (Bridge Inn) to Dale (Carpenters Arms)	8.3
Stage 6 Dale (Carpenters Arms) to Breaston Playing Fields	5.25

Please be aware that you are responsible for your own navigation – on the site you will find route descriptions and maps, but you will need to provide your own copies for the day. Some fields can be overgrown making exits not always obvious.

Checkpoint post codes are as follows -

Breaston Playing Fields - Longmoor Lane, Breaston, Derby DE72 3BB

Chellaston - Rowallan Way, Derby DE73 5BG

The Paddock Pub - 391 Mansfield Road, Derby DE21 4AW

Carpenters Arms, Dale Abbey - Dale Lane, Dale Abbey, Ilkeston, Derbyshire DE7 4PP

11. Food and Drink – For 50 miler and 50k **only** there will be food at the checkpoints as previously indicated, plus there will be food at the finish of a jacket potato and fillings with other refreshments available. In addition the Bulls Head has a large dining area and is probably the best place to find a seat and there is a chip shop on the Main road between the Bulls Head and the Chequers, all within 500 metres of the finish.

12. Registration – registration will be at the race village from 5.30 to 7.45. There will be mass starts at 6.00, 7.00 and 8.00.

At registration you will have your mobile checked, be given the important information sheet and your number.





13. Important Information – at the start you will be given a laminated card containing telephone numbers for the race control, checkpoints, taxi firms and accident and emergency hospitals

14. Start & Finish- the Race village will be at the Breaston playing fields accessed just off Longmoor Lane with a pedestrian walk way through tree lined path to start and finish funnel. There is a football pavilion on the park off Longmoor Lane which is behind the Cavagna factory on the main road.

There will be various tents, race gantry and changing toilet block building we are using for the day with showers. Tents to include first aid, storage, food and refreshment area and presentations will take place here also.

Please don't leave anything in the changing rooms as they may be in use during the day. They will also be available after the race for changing and showers.

There will be mass starts at 6.00, 7.00 and 8.00am depending on numbers which will be communicated to you in advance.

Start times should be decided so that you should aim to complete at 7pm. If you think that it would not be likely then please use the 6am start. Bear in mind the cut-off times at checkpoints 3, 4 and 5. If you wish to change your start time then you can do so by contacting Nomad50@longeatonrunningclub.com before the race.

We may also contact you with regard to starting times on review of all of the entrants to suggest alterations.

15. Kit – there will be no kit check **apart from a fully charged mobile phone**. You are recommended to have the following.

1. Maps of the route, either OS or from the maps on our website.
2. Route directions from our website (spare copies will be available at checkpoints)
3. Water bottle or similar
4. Wind/waterproof top
5. Food (dried fruit, gels, cereal bars) for emergency.
6. Mobile Phone fully charged.
7. Hat for sun/rain as appropriate.
8. Money for emergencies
9. Small first aid kit including sun screen.

16. Sweeper Runner – there will be a LERC runner accompanying the last runner on legs 4 to 6. They are there for the safety of competitors and to advise the race organisers of runners who may not be able to complete the course.





17. **Bags** – there will not be any storage area for valuables, but old clothes may be left at the start/finish tent at your own risk. We will have a drop box at the start for items to go to check point 4 if there is demand. Spare shoes, socks specific drink and food is suggested. Please no large suitcases!

18. **Results** – they will be available on our website and facebook as soon as possible.

19. **Prizes** – the 50 mile race is intended to be an enjoyable challenge for participants. There will be a trophy for the first male and first female. Medals will also be awarded to the 2nd, 3rd and 4th overall and 2nd lady. Prizes will be awarded for the 1st male and 1st female finishers.

20. **Race Memento** – all finishers will receive a custom made NoMad medal with a technical t-shirt. Please join us at the end at the race village to celebrate with other participants. There will be food and refreshments (Perhaps beer again).

21. **Car Park.** – We have permission to use a field for parking assuming weather is good on Risley lane, Brailsford Meadow on the left hand side as 15 minute walk from the race village start finish area on the Breaston playing fields. This will be signposted on the day. Otherwise you will need to use the roads. Support teams must park temporarily on the side roads, please park carefully not blocking or causing issues for residents.

Please park sensibly if doing so in the village and do not use the Navigation Inn car park.

Overnight parking – through prior arrangement with the team, this field can be used overnight for camping or vehicles but there are no facilities and care is to be taken to respect and leave no mess for the land owners.

Any vehicles supporting the 50 mile runners need to be aware that parking at the checkpoints will get congested with the relay vehicles, so it might be better to arrange to meet elsewhere on the course. If you will be parking for a long period of time please don't use parking spaces near to the course unless they are public or for shops or pubs that you are using.

22. **Retirements** - Any runner retiring **must** telephone race control immediately. If it is at a checkpoint they must ensure that the marshals there are aware of their retirement and arrangements will be made to get the runner to the finish if necessary. Be aware that this may take some time.

If a runner retires without informing the race control the police and next of kin may be informed. This may cause unnecessary trouble and anxiety **and** a ban from entering future events.

23. **Medical** – Competitors will be given the telephone numbers of the nearest hospitals with Accident and Emergency facilities at registration. First Aid St John's Ambulance will be





at the finish and there will be a basic kit at each checkpoint, although we cannot guarantee any first aiders will be there.

All runners must give to the organiser upon entry emergency contacts prior to June 15th, and details of any allergy or medical condition they have and details of any medication that they are taking. This information should also be written on the back of the race number along with any immediate emergency contacts who may with closeby and with you on the day by the entrants..

It should be understood that on an event such as this comprehensive medical cover cannot be provided. If anyone should become ill or injured we will usually be dependent on the emergency services for medical assistance.

24. Risks –

1. There are several main road crossings. These will be highlighted in **BOLD** in the instructions. Please cross carefully and responsibly as we cannot have marshals there. The A6 at Duffield **MUST** be crossed at the pedestrian lights. There are additional mandatory sections also highlighted.
2. There are some small stretches of minor road that have no pavement. Please run at the side of the road and make any crossing carefully.
3. Many stiles can be slippery when wet or if damaged.
4. Most of the route is along the Derby Nomad 50, and as such their waymarks will be a good guide that you are on the right course. We will clearly state in the instructions when we deviate from the Nomad route. Should you get hopelessly lost phone race control and we will try to locate you and arrange transport.
5. Should you encounter a runner in distress you will be expected to help in whatever way you can and alert the nearest checkpoint and race control.
6. June can be hot, please be aware of your body and don't take unnecessary risks in continuing if dehydrated or suffering from the heat. It can also be very wet.
7. Support teams may be at risk if they wait at road crossings where parking may be hazardous. If parking is limited please do not cause an obstruction or affect visibility as this will endanger runners as well as yourself.
8. There will be livestock in fields, so please take care and if you are unsure please wait and cross with others or divert around the area.

25. Safety – Each runner has primary responsibility for his/her own safety.

The volunteers helping with the organisation and administration of the event will do what they can to assist runners but they cannot be held responsible for their safety. It is of the essence of distance running that competitors knowingly enter a situation where there is an element of risk. We expect runners to assist each other if they come across a runner in distress, and to phone race control. We also can not allow for entrants to run with dogs for this event.

26. **Supporters** – supporters **must not** park their vehicles where it involves trespass or causes obstruction to other vehicles. This applies even if it means a considerable walk to rendezvous with their runner





27. **Pubs** – four pubs are kindly helping us out with the checkpoints, please do not use their car parks unless you are a patron or they are not open for business.

28. **Permit** – the race has a permit with the UKA UK Ultra Association.

29. **Accommodation** – There are 3 hotels on Bostocks Lane near junction 25 of the M1.
<http://www.holidayinn.com/hotels/us/en/nottingham/notde/hoteldetail>
<http://www.novotel.com/gb/hotel-0507-novotel-nottingham-east-midlands/index.shtml>
<http://www.ramadajarvis.co.uk/hotels/nottingham/travel.aspx?terms=bostock+lane>
they are between 2 and 3 kilometres from the start.


30. **Transport** - Breaston is served by the Indigo 5 Trentbarton bus from Derby to Nottingham which is a frequent service.

http://www.trentbarton.co.uk/service_index.aspx?serviceid=188

There are also trains to the station at Long Eaton, which is about 4km from the start.

31. Further information can be found on the <http://www.thenomadultra.com/>

Contact us and feedback – We welcome your questions and feedback on our race to please email us on Nomad50@longeatonrunningclub.com

Follow us on  www.facebook.com/TheNoMADUltra  twitter.com/Nomadultra

We wish you good luck on this challenge from all of the NoMAD team and Long Eaton Running Club.

