



NoMAD Relay Challenge Information

Team Composition

The relay will have a maximum of 25 teams.

6 person team for the 6 stages. All runners must be over 16, can be mixed.

Cost

Early Bird entry before end of March for the cost per team will be £72.

Entries after this date will be £78.

All finishers will receive a custom made NoMad Ultra Medal and Technical T-shirt.

You can enter online

https://www.sientries.co.uk/edit_entry.php?event_id=3960.

Rules.

Important things to know are

1. Teams are responsible for their own transport, food and water provisions.
2. Maps and instructions for each leg will be on our website. Teams are responsible for navigating, downloading their own map copies and ensuring that they can find their own way. Routes can be downloadable to Garmins.
3. There will be no batons, controlled changeovers are by touch or as indicated in the information – Stage 5 and 6 at The Carpenters Arms at the Duffield and Dale changeover points the incoming runner **MUST NOT** cross the road at the end, the outgoing runner will start on the marshal's say so. This is for safety.
4. There will be no permanent parking for cars at the start as it will be needed for the Ultra runners. Please can you arrange to meet up to leave cars elsewhere and travel together. If necessary there is room on the streets for several cars.
5. There will be changing and toilet facilities at the Breaston football pavilion at the start and finish race village.
6. All runners will carry mobile phones in case of emergency.
7. In the event of a relay runner unable to complete their stage, at the next checkpoint with this team we will operate a restart for the next relay runner starting an hour after the last runner of that stage has come through.

The runner unable to complete will DNF and the team will not be eligible for team prizes.

8. The entry limit is 160 across all NoMad events to be reviewed by the organisers with waiting lists available.



Map and Stages

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

(Please note map does not include the change to start/finish and diversion at Chelleston due to new road)

Stage 1 Breaston Playing Field 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 Field	5.25

Prizes

There will be a trophy for the winning team.

Numbers

Will be sent to team captains a week before the race for convenience if communicated in advance my email or may be collected on the day. If we do not hear from you, race numbers will assume to be collected on the day

Momento

Goody bags and Medals to be collected at the finish by a member of the team. Please join us at the end at the race village to celebrate with your team and other participants. There will be food and refreshments (Perhaps beer again)

Further Information

Is available on <http://www.thenomadultra.com/>

As the relay event follows the 50 mile route, please check 50mile information and look out for updates on facebook.

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