



### **Important NoMad Ultra Information for the 50k 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](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 1 race event name and your finish time.
- 3. Age** – no one under the age of 21 will be allowed to enter the 50k event.
- 4. Entry & Time Limit** – The entry limit is 160 across all NoMad events to be reviewed by the organisers with waiting lists available. This 50k event has a time limit is 10 hours to complete. If checkpoint 2 is not reached by 1.30pm and checkpoint 3 by 3.30pm you will be timed out the event.
- 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.
- 6. Cut Off Times** – Checkpoints 2 and 4 will have a cut off time. 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.  
CP 2 The Paddock 1.30pm and CP4 Dale 5.30pm in line with the 50m event.
- 7. Check Points** – There will be 3 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 & refreshments available for you to top up your bottles.
- 8. Registration** – registration will be the race village. There will be one mass starts at 9am with the relay teams.  
At registration you will have your mobile checked, there will be information sheets and maps available. You will also be given a laminated card containing telephone numbers for the race control, checkpoints and your race number. (Please ensure this is visible during the race).
- 9. 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.

**10. Route description & Maps** – the route is about 31 miles running distance (distances below are map measured). The individual stages to manned checkpoints are as below, **3 checkpoints**. Mixed terrain, fields, canal path, and cycle path.

Full route map is at <http://www.synatra.co/gpxpage.php?id=215> for the 50 mile event with 50k sections 1 and 4 same as 1st and last for 50 mile event. (Please note map does not include the change to start/finish and diversion at Chellaston due to new road)

|   |      |
|---|------|
| Stage 1 Breaston Playing Fields to Chelleston             | 10.5 |
| Stage 2 Chelleston to The Paddock, Derby                  | 7.7  |
| Stage 3 The Paddock, Derby - Dale (Carpenters Arms)       | 8.2  |
| Stage 4 Dale (Carpenters Arms) to Breaston Playing Fields | 5.25 |

There are further maps and route descriptions for each stage on our website

Stage 2 & 3 routes are stored on the link below -

<https://onedrive.live.com/?cid=DB68F3D5A8E21D21&id=db68f3d5a8e21d21%211349>

<http://www.thenomadultra.com/>

These are downloadable to Garmins from website & links.

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. We will partially mark the course but please do not rely on this alone, some fields can be overgrown making exits not always obvious and the route does not fully follow the Nomad way marked signs all of the way specifically for the 50k follows national cycle route 6, Great Northern greenway (66) and parts of centenary way.

**Stage 1 is the same as the 50mile and Relay challenge, but then 50k route continues up the cycle path to Derby. The 50k route then re-joins the full Nomad50 mile route again at Brick Kiln road, Morley. This will be signposted as a joining spot.**

**The last stage of the 50k Dale to Breaston is also the same as the 50m / relay event.**

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

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. 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.

**13. 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.

**14. Results** – they will be available on our website as soon as possible.

**15. Prizes** – the 50k 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 places and 2nd lady. Prizes will be awarded for the 1<sup>st</sup> male and 1<sup>st</sup> female finishers.

**16. 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).

**17. 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.

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.

**18. 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.

**19. 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 15<sup>th</sup>, 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.

**20. 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. When leaving the river in Derby up steps to the busy road, the road **MUST** be crossed at the pedestrian lights to the left to ensure safety. 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.

**21. 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.

**22. 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

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

**24. 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.

**25. 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](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.

**26.** Further information can be found on the <http://www.thenomadultra.com/>, our races, Nomad Ultra website page.

Contact us and feedback – We welcome your questions and feedback on our race to please email us on [Nomad50@longeatonrunningclub.com](mailto:Nomad50@longeatonrunningclub.com)

Follow us on  [www.facebook.com/TheNoMADUltra](http://www.facebook.com/TheNoMADUltra)  [twitter.com/Nomadultra](http://twitter.com/Nomadultra)

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