Important NoMad Ultra Information for the 50 mile race only on the 20th June 2025
(Please read fully prior to entering the event)

1. Entry Pre-Requisite – Running an ultra-event is a challenge, so we ask you to demonstrate you can run a long-distance event, at a minimum of a marathon distance upon entering indicating to us up to 2 race event names and your finish time. With some navigational experience and please note that this is **NOT a walking event.**
We ask that you take consideration of your training and current situation as running 50k or 50 miles is no easy thing. We ask you review and be sensible and we will need to enforce the time limit and cut off times.

2. Age – no one under the age of 20 will be allowed to enter the 50 mile race

3. Entry and Time Limit – Online entries are through SI Entries. The entry limit is the maximum number of teams of 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 miles**. 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 6.00am, 7.00am and 8.00am. Be aware that the latest finishing time is 7.00pm so choose an appropriate starting 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.

4. Entry Fee –£59 affiliated / £61 unaffiliated. Entry includes medal, technical t-shirt and a GPS tracking for results. Event mementos will be collected at the finished prior to your departure.
Enter Online
https://www.sientries.co.uk/event.php?event_id=15664
Edit Entries – Please make sure all your information is correct, emergency details and phone numbers, and estimated time to complete event. The date to edit entries will be up **until 10th June 2026**
https://www.sientries.co.uk/edit_entry.php?event_id=15664

5. Check Points – There will be 5 checkpoints. These will be kept stocked with water available for filling your own bottles and we will be supplying some food. You will be expected to be **self-sufficient** with specific food along the way that you have trained with and support from family and friends if that is available to you allowed. (In the unlikely event of a checkpoint not having opened before you arrive, please continue.)

Checkpoint post codes are as follows -
Start & Finish -Breaston Playing Fields - Longmoor Lane, Breaston, Derby DE72 3BB
1 - Chellaston – Sinfin Moor Lane, DE73 5SQ
2 – Hollybrook Inn, Littleover – Hollybrook Way, DE23 3TZ
3 – Bluebell Inn, Kirk Langley – Adams Road DE6 4LW
4 – Bridge Inn, Duffield - Duffield Bank, DE56 4BG
5 - Carpenters Arms, Dale Abbey - Dale Lane, Dale Abbey, Ilkeston, Derbyshire DE7 4PP

6. 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.
If you arrive at a checkpoint after the cut-off your tracker will be removed, and you will be retired from the event.
You will need to be responsible for getting yourself back to the finish or home.
Cut off times are based on a finishing time of 7.00pm at the latest and are for your safety & consideration for our volunteers.
CP 3 - 1.30pm CP 4 – 3.00pm CP5 – 5.30pm

7. Registration – registration will be at the race village from 5.30am to 7.45am. There will be mass starting at 6.00am, 7.00am and 8.00am.
At registration you are asked to have a working mobile turned on with sufficient charge and that you have all the recommended kit. You will also be given a card containing telephone numbers for the race control, checkpoints and collecting your GPS timing device as instructed on the day.
Race numbers will be sent out in the post 1 week prior to the event.
(Please ensure this race number is always visible on your front during the race).

8. Start & Finish- the Race Village will be at the Breaston playing fields, accessed off Longmoor Lane with a pedestrian walkway through a tree lined path to start and finish funnel. There is a football pavilion on the park 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 6.00am, 7.00am 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 it 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 Nomadultrarace@gmail.com before the race.
We may also contact you with regard to starting times on review of all of the entrants to suggest alterations to have some good sized groups of similar paces starting

9. GPS Timing Device
All entrants will be supplied with a tracker and a weblink will be provided during the week prior to the race, where runners and friends and family can watch your progress during the race.
This is to be secured safely in your backpack / running vest on your person at the race village and return this to us at the end of the day in a container.
It is important you do not lose this, you will be charged a fee and results will be missing & you will automatically be disqualified from the event.

10. Route description – the route is about 50 miles running distance (distances below are map measured) and has about 2,700 feet of ascent. The individual stages to manned checkpoints are as below, **5 checkpoints. FURTHER UPDATES WILL BE PROVIDED.** 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.
There are further maps and route descriptions on our website
http://www.thenomadultra.com/
The link here will take you to the full updated 50m route and the full 50km route. With the stages also which can be downloaded. We will where we can update these prior to the event and email updates through SI entries.

https://drive.google.com/drive/folders/1uYj2Ucd-11rbLnKSoX6ZwWwmBzPn-Gsu?usp=sharing

(We are reviewing the maps, written instructions and gpx routes. Prior to event day, there will be updated information also notifying you of changes and once we have checked the final course)
Relevant maps are OS Explorer 245 National Forest/Burton on Trent, 259 Derby and 260 Nottingham.

Stage 1 Breaston Playing Fields to Chelleston	11 miles
Stage 2 Chelleston to Littleover (Hollybrook Inn)	7.5
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

11. Kit – there will be no kit check **but we ask you to be responsible and prepared**. You are required to have the following.

1. **Mobile Phone fully charged and switched ON!.**
2. **Maps of the route, either OS or from the maps on our website.**
3. **Route directions from our website**
4. Water bottles or cups to fill (we want to minimise providing plastic cups, only to fill your cups/ bottles)
5. Wind/waterproof top
6. All Food as required for the event (dried fruit, gels, cereal bars) and for emergency. No food expected at checkpoints.
7. Hat for sun/rain as appropriate.

8. Money for emergencies, for travel back if retired from event.
9. Small first aid kit and you will need to include sunscreen, insect repellant, hydration tabs and but we recommend antihistamine for hay fever and reactions to long grass.

12. **Bags** – there will not be any storage area for valuables, but day bags for the finish 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! but this is to be in a small carrier plastic bag size clearly labeled and we will try to return to the race village for collection.

13. **Results** – they will be available on our GPS Tracker site and will be live. Results will be added to the website after the event.

14. **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, and 3rd Male and Female finishers. Prizes will be awarded for the 1st male and 1st female finishers.

15. **Race Memento – all** finishers will receive a custom-made NoMad medal with a technical t-shirt and event headwear. These are to be collected at the finish as directed using hand sanitiser prior to picking up.

16. **Car Park**. – Please Park with due care around the village of Breaston along Longmoor Rd and Rectory Rd both have access on the race village park. Other side streets are available but please do not block local residents and park safely, not on corners or blind spots. Support teams must park temporarily on the side roads, please park carefully not blocking or causing issues for residents. 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.

17. **Retirements & Cancellations** –
Retirement during event - 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 you will need to make arrangements to return to the finish. You will need to be responsible for getting yourself back to the finish or home. You can hand over your GPS tracker timing devices to the marshals, should you not be returning to the race village.
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.

Cancellations –
Refunds - We are a small event and we do not offer refunds due to the outlay of costs; we do however offer transfers before the event entry closure date on SI entries.

Can I change my race distance?
Another option we offer is changing the event distance should situations change in line with the event SI closure date 10th June 2026.
Can I defer my entry?
Due to us being a small event we are unable to offer deferrals to the following year.
Can I transfer my entry to someone else?
Yes, please let us know the details of who you are transferring to and SI entries number with all the relevant details emailing nomadultrarace@gmail.com and copying them in to set this up. This can only be done up until the SI entries closing date.

ANY / ALL CHANGES NEED TO BE MADE BY THE SI CLOSING DATE **10th June 2026** to support the organisation of the event. We will need to arrange for postal race numbers to be sent out and event start times to be arranged.

18. Medical – Competitors will be given the telephone numbers of the nearest hospitals with Accident and Emergency facilities at registration. First Aid 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 to help you.
All runners must give to the organiser upon entry emergency contacts prior to the SI closing entries date, 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 be close by 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.
19. Risks –
1. There are several main road crossings. Please cross carefully and responsibly as we cannot have marshals there. The A6 at Duffield **MUST** be crossed at the pedestrian lights.
2. There are some small stretches of minor road that have no pavement. Please run at the side of the road facing oncoming traffic and make any crossing carefully. Take care on blind corners to traffic.
3. Many stiles can be slippery when wet or if damaged. Take care when crossing
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. Should you get hopelessly lost phone race control and we will try to locate you and support, but if you need to retire you will need to arrange your own transport and return the GPS tracker to a checkpoint or the race village.
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 using maps you must have to support this.

20. 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 cannot allow entrants to run with dogs for this event or have support runners with them during the event.

21. Supporters – We allow supporters to help entrants during the event **but this does not include pacers, or be accompanied running cycling walking with you during the event. This can result in being disqualified from the event and any reports, images and witnesses will be reviewed.**
Supporters **must not** park their vehicles where it involves trespassing or causes obstruction to other vehicles. This applies even if it means a considerable walk to rendezvous with their runner.

22. Pubs – The checkpoint 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. There are plenty of pubs in the local village of Breaston for afterwards, The Navigation, The Bulls Head or The Chequers as options for post-race refreshments and food. Please check websites / social media for the latest information.

23. Permit – the events have a permit licenced by the Trail Running Association and is held under UKA Rules.

24. Accommodation – There are 3 hotels on Bostocks Lane near junction 25 of the M1. Holiday Inn, Novotel & Ramada Jarvis - they are less than 5km kilometres from the start.

25. Transport - Breaston is served by the Indigo 5 Trentbarton bus from Derby to Nottingham which is a frequent service.
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/
Contact us and feedback – We welcome your questions and feedback on our race to please email us on nomadultrarace@gmail.com

Follow us on www.facebook.com/TheNoMADUltra

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