

	Where in Nottinghamshire are the courses? Look here.			
	Smartphone Orienteering? Click here for an explanation!			
	Sports watch produces GPX files? Upload your route here.			
	Start Anywhere = Select any control as the start. To finish you return to this control. Choose one you won't run past on the way to others as this will finish your run!			
Area	Description	Printable Map	Results	Routegadget
Beeston	The postbox challenge. Every control on the map is a postbox! Do you know an area with this many postboxes? Start Anywhere . 20 points for every one you find. 10 points lost for every minute you are late. You won't be late as you have 3 hours.	Yes	Yes	Yes
Bestwood Village	A great course to trial your first MapRunF experience. Easy Stroll under an hour in duration. Discover the winding house, the architecture of the cottages in the village, the mill lakes and Hucknall recycling centre! Parking available at the Winding House	Yes	Yes	Yes
Bevercotes Pit Wood	Super area, for a great score course, optimum route is 6k Score Course (90 minutes, 20 points for every one you find. 10 points lost for every minute late) Ample parking on the roadside and a 200m walk to the entrance of the area, where the start and finish are. No Access from Bevercotes Village (the South)	Yes	Yes	Yes
Bingham	3 runs around the market town of Bingham. Nearest car parking is the Long Stay parking off Newgate Street – NG13 8FD. Max stay is 12 hours. No parking ticket required. If you do happen to park in the smaller short stay car parks – max length of stay is 2 hours and a ticket is required from the machines in the relevant car parks (important!!). Start is near the brick building (Toilet!) as you head into the shopping area. Finish is very close to the long stay car park. NB: The long course crosses the railway line. Please use the specific pedestrian crossing where the course takes you. Both crossings have a clear view of any trains. Please take care when crossing.			
	Short (approx.running 3.5k)	Yes	Yes	Yes
	Medium (approx.running 6.8k)	Yes	Yes	Yes
	Long (approx.running 9.2k)	Yes	Yes	Yes
Blidworth Woods	A lovely 5k walk, jog or sprint through the forest.			
	Nice surface underfoot, park at South or North			



	car parks. Escape to the wood and listen to the birds following this Blue trail route.			
	Do both loops for a 10k. Start Anywhere			
	Food van (in normal circumstances) found at South Carpark along with picnic tables.			
	Clockwise Route	Yes	Yes	Yes
	Anti Clockwise Route	Yes	Yes	Yes
Bramcote Hills	Popular parkland and woodland.			
	Long Course	Yes	Yes	Yes
	Score Course (90 minutes, Start Anywhere , 20 points for every one you find. 10 points lost for every minute late)	Yes	Yes	Yes
Brierley Park	Start & Finish next to Brierley Forest Park Visitor Centre			
	Mix of mostly urban estates and some parkland			
	Medium	Yes	Yes	Yes
	Long	Yes	Yes	Yes
	Very Long	Yes	Yes	Yes
Cauldwell Dam	Simple route choice but still lovely to get out in the woods.			
	Under 4k route, walk,jog,sprint. Undulating area. Follow the route to explore nearly every notable path. Parking at the dead end Cauldwell Road.	Yes	Yes	Yes
Clifton Village	A Choice of 4 courses, thanks to John Pickles, John has also done controls descriptions, there's even a cafe stop on the Barton course! Start Anywhere			
	Short (Control descriptions)	Yes	Yes	Yes
	Medium (Control descriptions)	Yes	Yes	Yes
	Long (Control descriptions)	Yes	Yes	Yes
	Barton (Control descriptions)	Yes	Yes	Yes
Clumber Park	Mixed woodland of all ages. Semi-open heathland areas.	Yes	Yes	Yes
Compton Acres	Fast modern housing estate, start and finish close to the West Bridgford Asda petrol station. Cafe in Asda (in normal circumstances)			
	Short Course	Yes	Yes	Yes
	Long Course	Yes	Yes	Yes
	Score Course (90 minutes, Start Anywhere , 20 points for every one you find. 10 points lost for every minute late)	Yes	Yes	Yes
Cotgrave	3 runs around Cotgrave that take in the Country Park, new estate and old village. The short course is within the park and the quiet road around the new estate. The medium and long courses go out across the busier roads of the wider village. Nearest car parking to the start is on Hollygate Lane, NG12 3HE. Please note this car park gets quite busy and currently (Dec 20) there are some no parking cones on Hollygate Lane and surrounding roads			

	in the new estate. Finish is very close to the car park on Hollygate Lane			
	Short Course (2.5k)	Yes	Yes	Yes
	Medium Course (4.5k)	Yes	Yes	Yes
	Long Course (6.5k)	Yes	Yes	Yes
East Markham	Historic small village, population 1160 at 2011 census	Yes	Yes	Yes
	Fast times expected in this village, Start Anywhere			
	20 points for every one you find. 10 points lost for every minute you are late. You won't be late as you have 3 hours.			
Forest & Arboretum	Large open area with wooded slope and inner city park			
	Roads connects the two areas. Plenty of parking, height barrier at Park and Ride site. Start & Finish at the corner of Park and Ride car park.			
	Introduction 1.5k 9 controls	Yes	Yes	Yes
	Medium 2.4k 11 controls	Yes	Yes	Yes
	Short Tech 3.3k 13 controls	Yes	Yes	Yes
	Long Tech 4.9k 17 controls	Yes	Yes	Yes
	Score Course (75 minutes, 20 points for everyone you find, 10 points lost for every minute you are late)	Yes	Yes	Yes
Gedling Country Park	A choice of the POC courses or a 5k parkrun course			
	POC Very easy approx 1.8k	Yes	Yes	Yes
	POC Easy approx 2.3k	Yes	Yes	Yes
	POC Medium approx 3.2k	Yes	Yes	Yes
	POC Long approx 4k	Yes	Yes	Yes
	Score Course (120 minutes, 20 points each one found 10 points lost for every minute you are late)	Yes	Yes	Yes
	Love Hills? You will love this place, hill training at its best.			
	Missing your parkrun? This course is 95% of the parkrun.			
	Fantastic views from Controls 3 and 4. Belvoir Castle and Lincoln Cathedral can be seen on a clear day. New bigger car park from Spring Lane, height barrier of 2m. Start at butterfly meadow sign (Walk down between cafe and the childrens area, over the little bridge and take left path)			
	5k Course	Yes	Yes	Yes
Gotham	Mainly following the Gotham Heritage Trail - some based on the "Wise Men of Gotham Tales" Start Anywhere			
	Line Course : Control Descriptions	Yes	Yes	Yes
	http://gothamhistory.org.uk/?page_id=44			
	Car Parking (Gotham):- Cheese Hill (Control 1), Village Square (Start/Finish) and Hill Road (Control 18)			
Ordsall	Near Retford, 75 minutes score course. 20 points for every one you find. 10 points lost for every minute you are late.	Yes	Yes	Yes
	Start and Finish near the Clumber Inn. Pass through the finish by accident and your timed run will stop! Roadside			

	parking available for a small number of cars.			
Portland Park	On the Outskirts/Just South of Kirkby-In-Ashfield Parking has height barrier (start and finish near the notice board at opposite end of the car park from the barrier) Over sized vehicles can use the car park near the cafe. Lane from level crossing approach has many pot holes! So super slow along this lane.			
	Short Course	Yes	Yes	Yes
	Medium Course	Yes	Yes	Yes
	Long Course	Yes	Yes	Yes
Ravenshead	Some tricky route choices in this village. Start Anywhere 20 points for every one you find. 10 points lost for every minute you are late. You won't be late as you have 3 hours.	Yes	Yes	Yes
Rushcliffe Arena	Use the Compton Acres Score Course	Yes	Yes	Yes
Rushcliffe Country Park	Lovely park just South of Ruddington Score Course (Start Anywhere , 20 points for every one you find. Take as much time as you want) Long Course (Fixed start and finish) 1-21 in that order	Yes	Yes	Yes
Shirebrook Wood	Reclaimed colliery with some nice maturing woods, actually some lovely areas of runnable forest! Short Medium Long Score Course (1st map in the set of 4, all controls) (Start Anywhere , 20 points for every one you find. 120 minutes, 10 points lost per min if late back) Parking is at the anglers car park off the Sookholme Road /Longster Lane B6407 just north of the right-angled bend out of Sookholme NG19 8LP (postcode in Sookholme) and the start/finish for the courses is there but for the score start anywhere there is also limited parking near control 10 and also more on the road end near Sports Direct on Weighbridge Road, Shirebrook NG20 8GB off the map to the NW of control 20.	Yes Yes Yes Yes Yes	Yes Yes Yes Yes Yes	Yes Yes Yes Yes Yes
Stoke Bardolph	Super flat training run of about 7k, fantastic views of the Trent. Start just north of the Ferry Boat Inn, off road parking and Severn Trent car park available. Pancake flat course! "The joy of running with map in hand"	Yes	Yes	Yes
Walesby Village	Sprint style traditional score course. 60 minutes maximum. 20 points for every one you find. 10 points lost for every minute you are late. Careful consideration to route choice, as start and finish in the same place. Pass through the	Yes	Yes	Yes

	finish by accident and your timed run will stop!			
West Bridgford	Popular residential area to the South of the river Trent			
	Start at junction of Musters Road and Chaworth Road			
	Parking probably easiest on Musters Road			
	Short Course	Yes	Yes	Yes
	Long Course	Yes	Yes	Yes
Wollaton Park	Historic Hall and Park with Woodland			
	Score Course (Start Anywhere , 20 points for every one you find. Take as much time as you want)	Yes	Yes	Yes
	Easy Course (1 mile : 1.5k)	Yes	Yes	Yes
	Medium Course (2.5 miles : 4k)	Yes	Yes	Yes
	Hard Course (3.5 miles : 5.5k)	Yes	Yes	Yes
Woodthorpe Grange	Easy (0.8k)	Yes	Yes	Yes
	Medium (1.5k)	Yes	Yes	Yes
	Hard (2.3k)	Yes	Yes	Yes
	Score Course (Start Anywhere , 20 points for every one you find. 120 minutes, 10 points lost per min if late back)	Yes	Yes	Yes
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