

	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
Barton	Four courses covering Barton-in-Fabis, Thrumpton, Cottagers and Gotham Hills. All courses Start Anywhere			
	The three courses below can be done in any order but all controls must be found.			
	Medium : Control descriptions available here	Yes	Yes	Yes
	Hills : Control descriptions available here	Yes	Yes	Yes
	Long : Control descriptions available here	Yes	Yes	Yes
	Score : Control descriptions available here	Yes	Yes	Yes
	150 minutes score, 20 points for each one, 10 points lost for every minute late.			
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
	Beeston Lock and Attenborough nature reserve, Start Anywhere , 85 minutes Score, 20 points for each one, 10 points lost for every minute late.			
	Control descriptions available : click here	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	Yes	Yes	Yes
	every one you find. 10 points lost for every minute late)			
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	Yes	Yes	Yes
	the route to explore nearly every notable path. Parking at			
	the dead end Cauldwell Road.			
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 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.	Yes	Yes	Yes
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 http://gothamhistory.org.uk/?page_id=44	Yes	Yes	Yes
	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. 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.	Yes	Yes	Yes
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
Ruddington	Visits Rushcliffe Country Park (see below) & Railway heritage area. Control descriptions available : click here	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	Yes	Yes	Yes
	Medium	Yes	Yes	Yes
	Long	Yes	Yes	Yes

	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)	Yes	Yes	Yes
	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.			
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 finish by accident and your timed run will stop!	Yes	Yes	Yes
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 Long Course	Yes Yes	Yes 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) Easy Course (1 mile : 1.5k) Medium Course (2.5 miles : 4k) Hard Course (3.5 miles : 5.5k)	Yes Yes Yes Yes	Yes Yes Yes Yes	Yes Yes Yes Yes
Woodthorpe Grange	Easy (0.8k) Medium (1.5k) Hard (2.3k) Score Course (Start Anywhere , 20 points for every one you find. 120 minutes, 10 points lost per min if late back)	Yes Yes Yes Yes	Yes Yes Yes Yes	Yes Yes Yes Yes
	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!			