

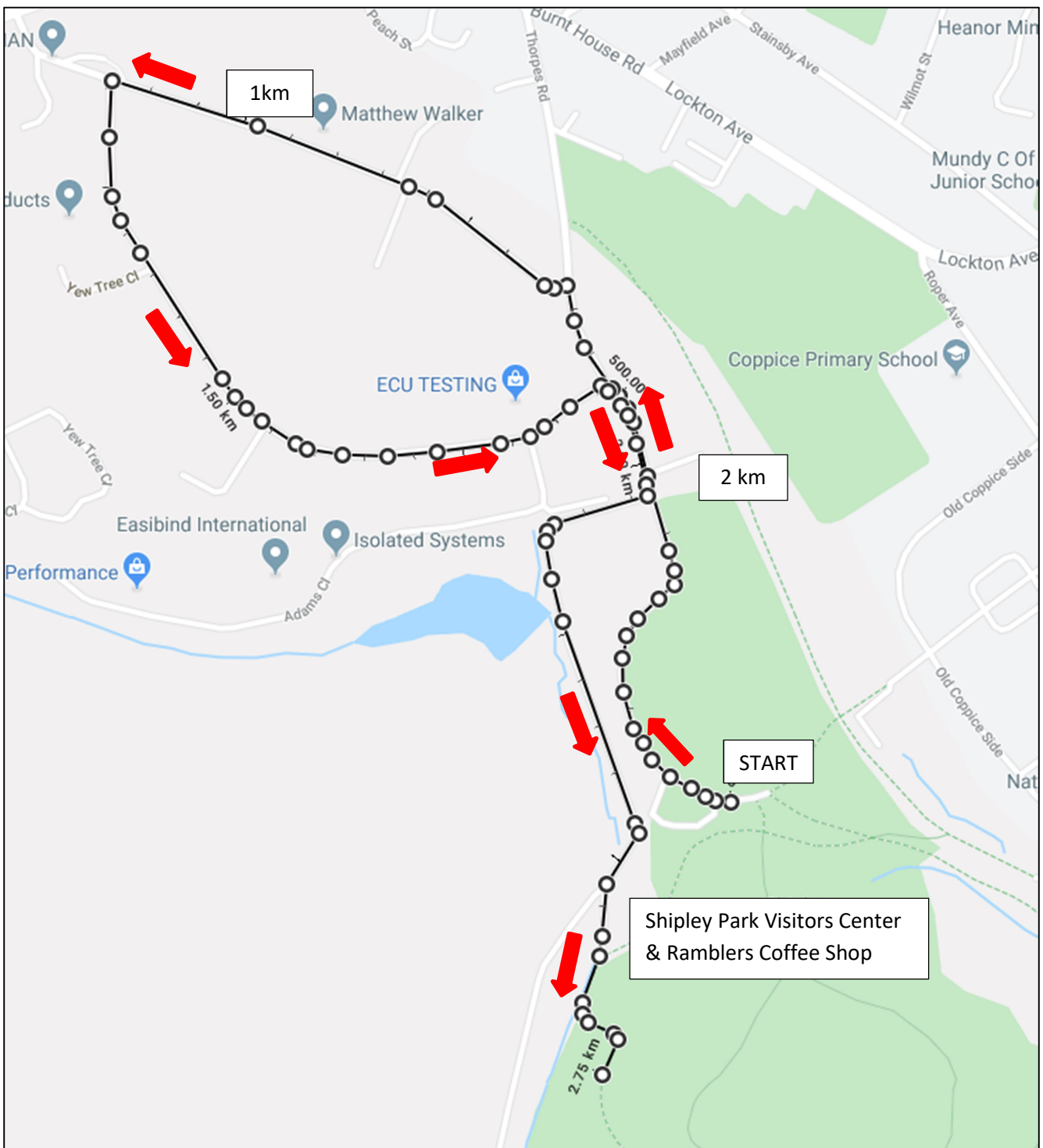


## Matthew Walker Pudding Run 2020

### Course Maps and Description



## ZONE 1



### Zone 1 Description:

The race Starts at the main car park of "Shiple Country Park"

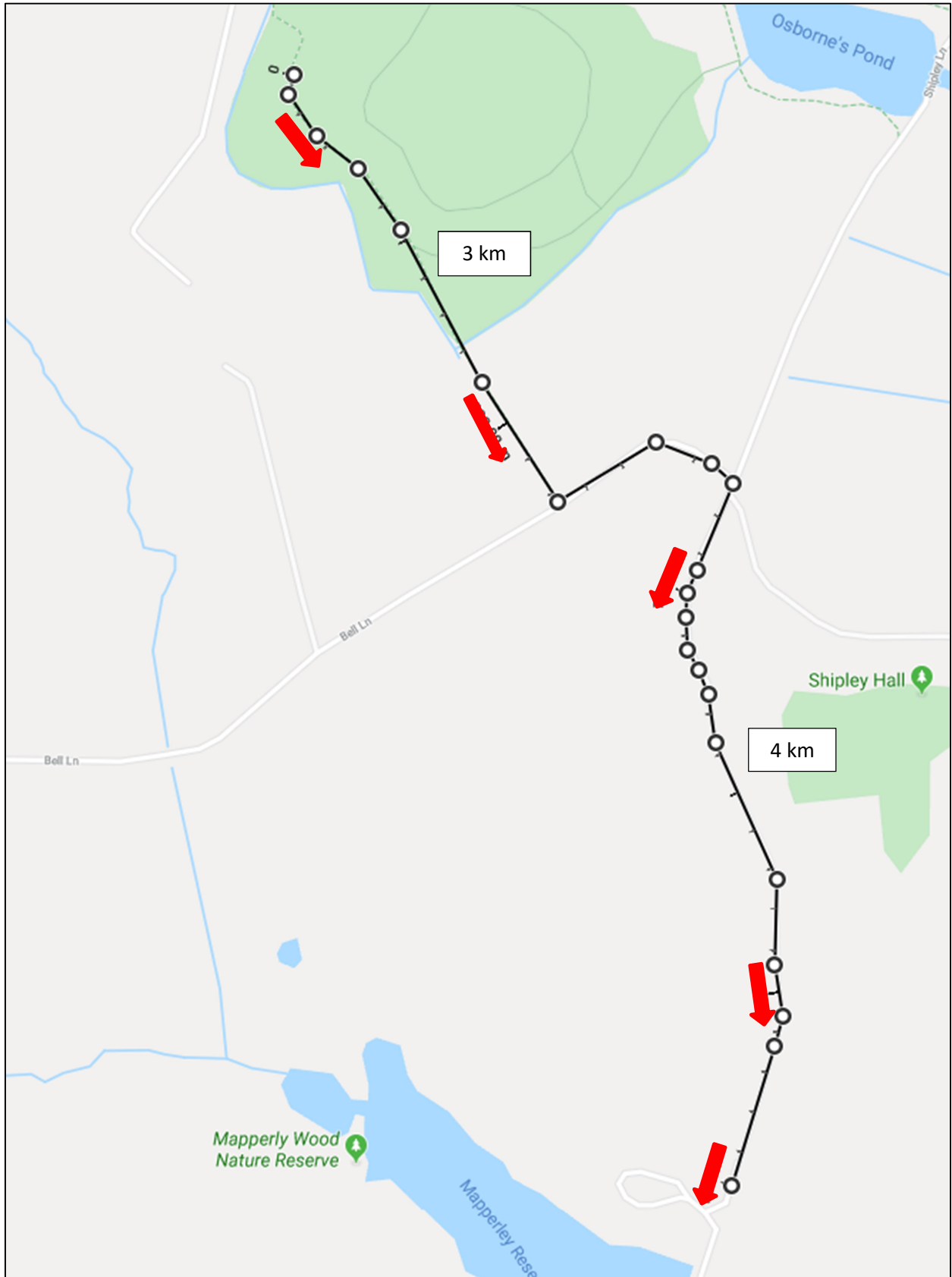
Proceeds out of the carpark via access road that becomes "Slack Lane"

Turns Left on to "Heanor Gate Road" following this for approximately 0.5k

Turns Left on to "Delves Road" following this for approximately 0.75k before turning Right and returning to "Slack Lane"

After approximately 0.13k Turns Right on to Visitors Centre access road / track and follows this for approximately 0.6k past the "Shiple Park Visitors Centre" and "Ramblers Coffee Shop"

## ZONE 2:



### Zone 2 Description:

Proceeding through Shiple Park paths for approximately 0.75k

Turn Left at the intersection of path and "Bell Lane" and follow this for approximately 0.25k

Turn Right at the junction on to "Shiple Lane" and follow this eventually passing

Mapperley Reservoir on the Right continuing to the 5k marker

## ZONE 3

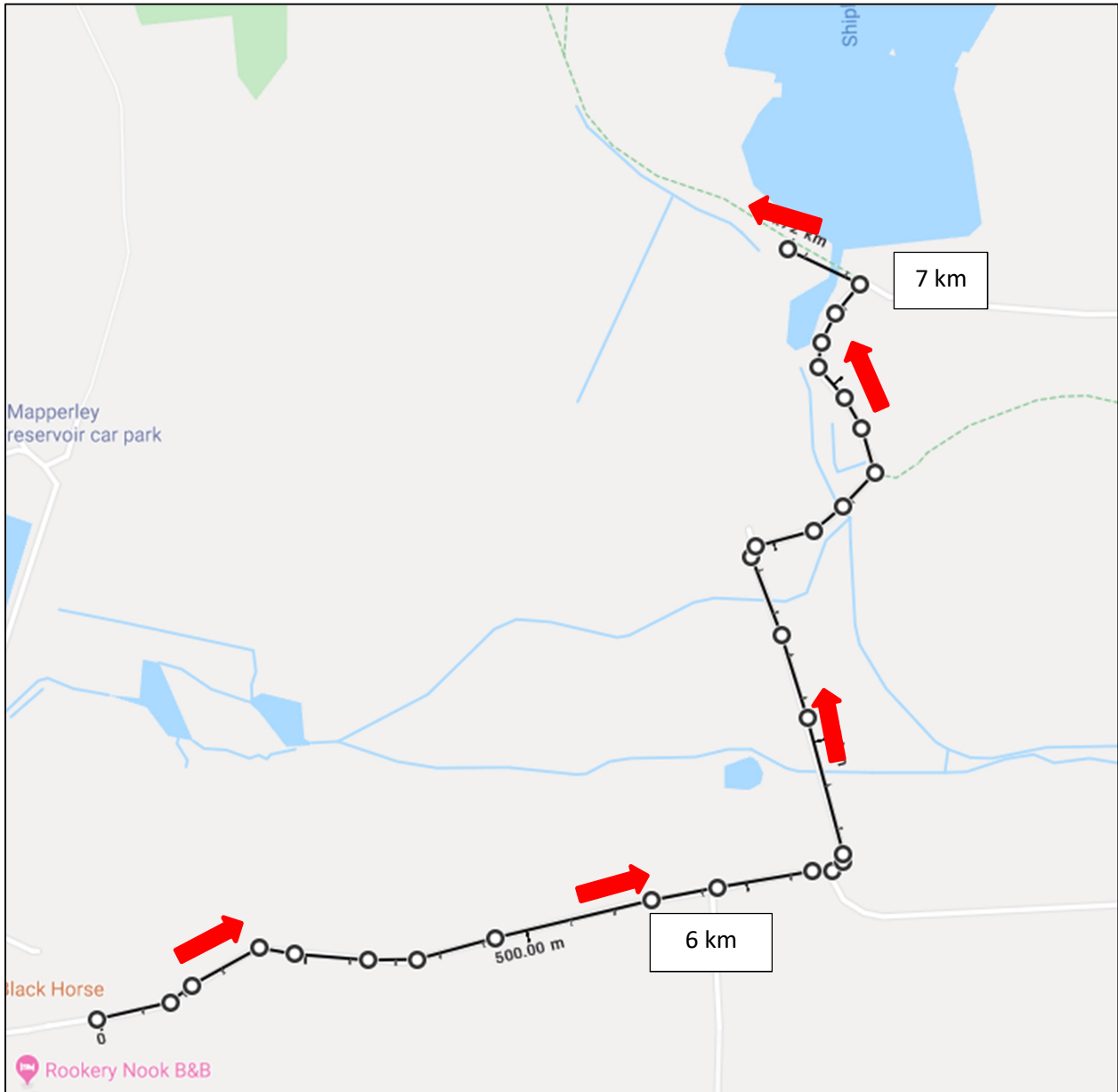


### Zone 3 Description:

Continuing on "Shipley Lane" to the crossroads of "Shipley Lane", "Mapperley Lane", "Main Street", "Coronation Road"

Turn Left on to "Coronation Road" and follow this as it turns into "Slack Road" (track)

## Zone 4

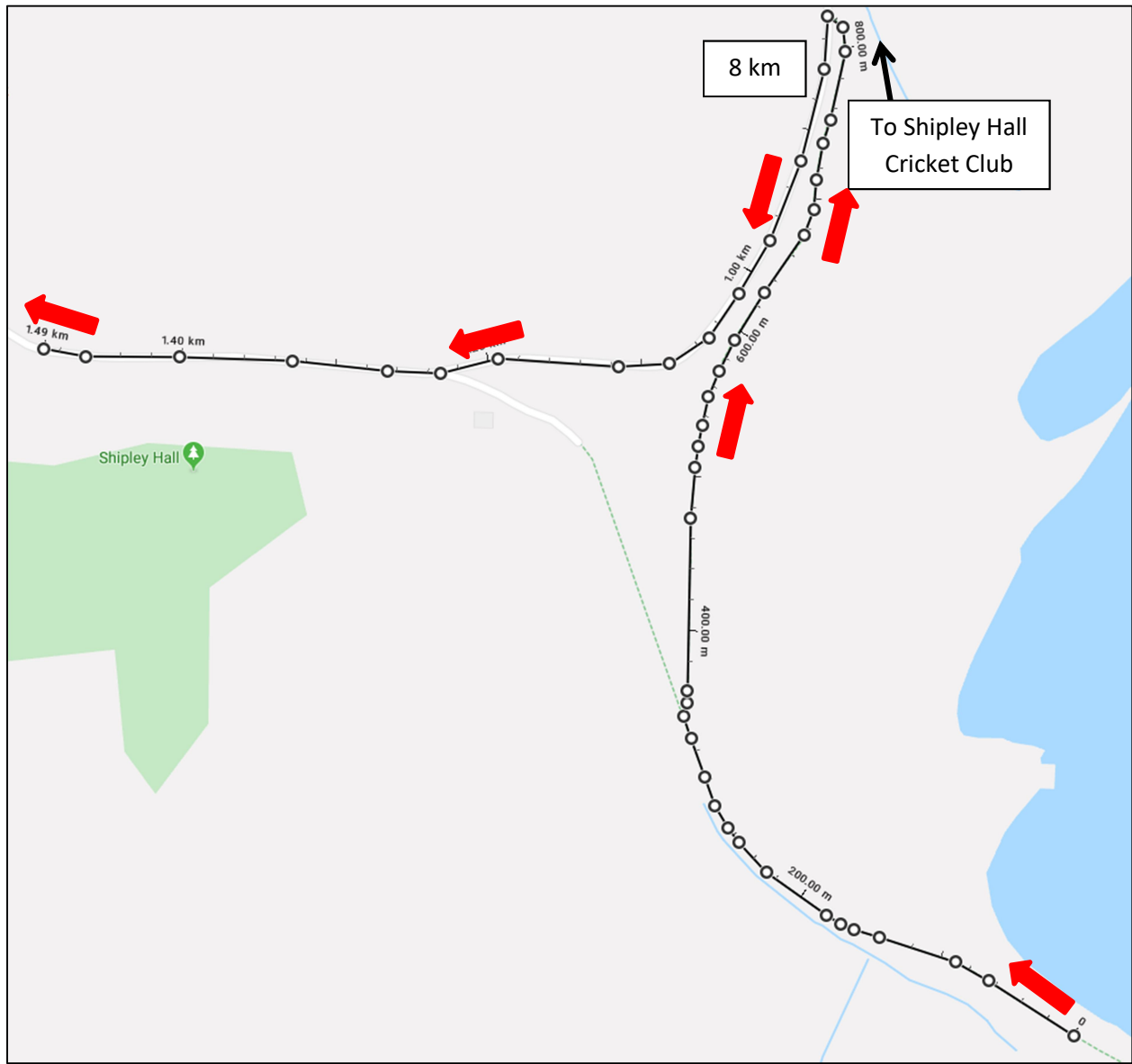


### Zone 4: Description:

Following "Slack Road" which turns into a park path towards and around to the Left of the "Nutbrook" café.

Continuing to follow this before turning Left at around the 7k marker and continuing on this path towards 7.5k

## Zone 5



### Zone 5 Description :

Continue to follow the path heading towards "Shipley Cricket Club" (as shown on map) before reaching this point however, there is a sharp hairpin turn to the Left that takes the runners onto another path that is parallel to route just run, for a short-period. Runners will be around the 8k mark at this point. Continue on this path.

## To The Finish



### To the finish Description :

The route continues from the 8k marker towards “Derby Lodge” (tea room) reaching (and returning to) “Shiple Lane”.

The runners then quickly turn Left onto “Bell Lane” for approximately 0.25k before turning Right on to the path that will take them back along the route they ran earlier back towards the Visitors Centre and Ramblers Coffee Shop.

The finish line is approximately 0.15k from the Visitors Centre in the main car park, close to where the race started.