

NOMADS' SPRING/SUMMER TRAINING 2009

In **BOLD** we are **NOT** at TRFC

AWAYNIGHTS start - 7:15pm., Langdon 5k - 7:30pm.

24th Tilbury 31st Marshfoot/Sandy Lane/Chadwell	March	26th Marley Tiles/Mardyke Way
7th L Thurrock/Grays/Meesons Lane 14th Chadwell Flats/West Tilbury 21st Mardyke/Sainsbury's/Lake 28th Heath/Chadwell/Golf Course	April	2nd Chafford H/Lion Gorge/River 9th Orsett/Parkers Farm Road 16th Marley Tiles/Mardyke Way 23rd Grangewaters 30th Chafford H/Meesons Lane/River
5th AWAYNIGHT (Terry) 12th AWAYNIGHT (Bettina) 19th Langdon Hills 5.2k 26th AWAYNIGHT (Fergie/Derek A)	May	7th Biggin Hill/West Tilbury/Chadwell 14th Chafford H/Lion Gorge/River 21st Orsett XC to Parkers Farm Road 28th Heath/Chadwell/Golf Course
2nd Fen/Orsett/Chadwell 9th AWAYNIGHT (Linda/Dave) 16th Langdon Hills 5.2k 23rd AWAYNIGHT (Horndon Belles) 30th AWAYNIGHT (Dave Houghton)	June	4th Grangewaters 11th Marshfoot/Sandy Lane/Chadwell 18th Mardyke/Sainsbury's/Lake 25th Meesons Lane/Grays Beach
7th Chadwell/West Tilbury/Biggin Hill 14th AWAYNIGHT (Tina) 21st Langdon Hills 5.2k 28th THE IRISH MUG (The Irish)	July	2nd Chadwell Flats/Sandy Lane/Marshfoot 9th Chafford H/Lion Gorge/River 16th Grangewaters 23rd Baker St/Golf Course/Chadwell 30th Biggin Hill/West Tilbury/Chadwell
4th Mardyke/Sainsbury's/Lake 11th *AWAYNIGHT (Peter Marshall) 18th Langdon Hills 5.2k 25th #AWAYNIGHT (Peter Woodard)	August	6th Grays Beach/Meesons Lane 13th Marley Tiles/Mardyke Way 20th Chadwell/Orsett/Fen 27th River/Lion Gorge/Chafford H
1st Golf Course/Chadwell/Heath 8th Fen/Orsett/Chadwell 15th Chafford H/Lion Gorge/River 22nd Mardyke/Sainsbury's Road 29th Grays/River/Western By-Pass	September	3rd Biggin Hill/West Tilbury/Chadwell 10th Mardyke Way/Marley Tiles 17th Meesons Lane/Grays 24th Chadwell/Marshfoot/Old Dock
Awaynights 2009		
5th May	Old White Horse, N Ockendon	Terry
12th May	Shoreham – Two Brewers	Bettina
19th May	Langdon Hills 5.2k	
26th May	King's Head, West Tilbury	Fergie & Derek Atkinson
9th June	35, Lampits Hill, Corringham	Linda & Dave
16th June	Langdon Hills 5.2k	
23rd June	The Swan, Horndon	The Horndon Belles
30th June	K George VI Fields, Ingrave	Dave Houghton
14th July	Thatched House, Cranham	Tina
21st July	Langdon Hills 5.2k	
28th July	The Irish Mug Handicap (Westley Heights)	Those two really nice blokes, Robert & Fergie
*11th August	White Hart, Grays (LTTTTS)	Peter Marshall
18th August	Langdon Hills 5.2k	
#25th August	Benfleet Station Car Park	Peter Woodard
* = 11th Aug – Time & details to be advised; # = 25th Aug – 7pm start.		