

ALL SUSPENDED UNTIL FURTHER NOTICE

Tuesday	7PM	Thursday	6PM
06/10/2020	1. THE THREE PEAKS A Z	08/10/2020	2. SWITCHBACK A Z
13/10/2020	3. Orsett A Z	15/10/2020	6. THE THREE WEEKS A Z
20/10/2020	5. Grays/River/Warren A Z	22/10/2020	4. Tilbury A Z
27/10/2020	7. Chafford Hundred Station/Lancaster Road A Z	29/10/2020	<i>Ashley's Le Tour de Chadwell These maps are from 2017 A Z so check!</i>
03/11/2020	1. THE THREE PEAKS A Z	05/11/2020	2. SWITCHBACK A Z
10/11/2020	4a. Reverse Tilbury A Z	12/11/2020	8. Marshfoot Road, Sandy Lane, Cole Avenue, Chadwell Flats A Z
17/11/2020	10. Orsett via Hornsby Lane A Z	19/11/2020	6. THE THREE WEEKS A Z
24/11/2020	9. Western Bypass A Z	26/11/2020	11. Grays/River Loop A Z
01/12/2020	1. THE THREE PEAKS A Z	03/12/2020	2. SWITCHBACK A Z
08/12/2020	12a Warren/Mardyke/Harvester A Z	10/12/2020	4b. Tilbury Lights Run A Z
15/12/2020	8. Marshfoot Road, Sandy Lane, Cole Avenue, Chadwell Flats A Z	17/12/2020	<i>Fergie's Annual Pub Walk - Subject to Government Guidelines!</i>
22/12/2020	<i>Christmas Lights Run - Leader TBA</i>	24/12/2020	6. THE THREE (FOUR) WEEKS A Z
29/12/2020	12. Harvester/Mardyke/Warren A Z	31/12/2020	5. Grays/River/Warren A Z
05/01/2021	1. THE THREE PEAKS A Z	07/01/2021	2. SWITCHBACK A Z
12/01/2021	3. Orsett A Z	14/01/2021	12. Harvester/Mardyke/Warren A Z
19/01/2021	5. Grays/River/Warren A Z	21/01/2021	6. THE THREE WEEKS A Z
26/01/2021	7. Chafford Hundred Station/Lancaster Road A Z	28/01/2021	8. Marshfoot Road, Sandy Lane, Cole Avenue, Chadwell Flats A Z
02/02/2021	1. THE THREE PEAKS A Z	04/02/2021	2. SWITCHBACK A Z
09/02/2021	4. Tilbury A Z	11/02/2021	10. Orsett via Hornsby Lane A Z
16/02/2021	9. Western Bypass A Z	18/02/2021	6. THE THREE WEEKS A Z
23/02/2021	12. Harvester/Mardyke/Warren A Z	25/02/2021	<i>Ashley's Le Tour de Stifford Clays These maps are from 2018 A Z so check!</i>
02/03/2021	1. THE THREE PEAKS A Z	04/03/2021	2. SWITCHBACK A Z
09/03/2021	8a Chadwell/Sandy Lane/Marshfoot A Z	11/03/2021	5. Grays/River/Warren A Z
16/03/2021	10. Orsett via Hornsby Lane A Z	18/03/2021	3. Orsett A Z
23/03/2021	12a Warren/Mardyke/Harvester A Z	25/03/2021	6. THE THREE WEEKS A Z
30/03/2021	11. Grays/River Loop A Z	01/04/2021	4a. Reverse Tilbury A Z

Click on the [A](#) or the [Z](#) above for the appropriate run route map

See full route descriptions of all our training runs at <http://www.thurrocknomads.org.uk/runroutes.pdf>



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