

NOMADS SUMMER TRAINING 2017

April

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| 4 th Chadwell Flats/West Tilbury [22] | 6 th Orsett/Parkers Farm Road [21] |
| 11 th Lake/Sainsbury's/Mardyke [24] | 13 th Grangewaters [23] |
| 18 th Heath/Chadwell/Golf Course [26] | 20 th Grays Gorge/Badgers Dene/River [20] |
| 25 th Fen/Orsett/Chadwell [27] | 27 th Biggin Hill/W Tilbury/Chadwell [22a] |

May

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| 2 nd AWAYNIGHT (Dave Houghton) | 4 th Chaff H/Lion Gorge/River. [19] |
| 9 th AWAYNIGHT (Bettina) | 11 th Marley Tiles/Mardyke Way [25] |
| 16 th Langdon Hills 5k | 18 th Orsett/Parkers Farm Road [21] |
| 23 rd AWAYNIGHT (James/Lucy) | 25 th Baker St/Golf Course/Chadwell [26a] |
| 30 th Fen/Orsett/Chadwell [27] | |

June

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| 6 th AWAYNIGHT (Ceri) | 1 st Chadwell/W Tilbury/Biggin Hill [22] |
| 13 th AWAYNIGHT (Belles) | 8 th Marshfoot/Sandy Lane/Chadwell. [28] |
| 20 th Langdon Hills 5k | 15 th Lake/Sainsbury's/Mardyke [24] |
| 27 th Chadwell/Sandy L/M'Foot [28a] | 22 nd Grays Gorge/Badgers Dene/River [20] |
| | 29 th Chadwell/W Tilbury/Biggin Hill [22] |

July

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| 4 th IRISH MUG (Fergie/Robert) | 6 th Chafford H/Lion Gorge/River. [19] |
| 11 th AWAYNIGHT (Amy) | 13 th Heath/Chadwell/Golf Course [26] |
| 18 th Langdon Hills 5k | 20 th Orsett/Parkers Farm Road [21] |
| 25 th AWAYNIGHT (Linda/Dave) | 27 th Lake/Sainsbury's/Mardyke [24] |

August

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| 1 st Fen/Orsett/Chadwell [27] | 3 rd Marley Tiles/Mardyke Way [25] |
| 8 th AWAYNIGHT (Megan) | 10 th Chadwell/Orsett/Fen [27a] |
| 15 th Langdon Hills 5k | 17 th River/Lion Gorge/Chafford H [19a] |
| 22 nd AWAYNIGHT (Darren/Phil T) | 24 th Grangewaters [23] |
| 29 th Lake/Mardyke/Sainsbury's [24] | 31 st Biggin Hill/W Tilbury/Chadwell [22a] |

September

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| 5 th Golf Course/Chadwell/Heath [26a] | 7 th Grays Gorge/Badgers Dene/ [20a] |
| 12 th Chaff H/Lion Gorge/River [19b] | 14 th Chadwell/M'foot/Old Dock Rd [28a] |
| 19 th Grays/River/ Western Bypass [9a] | 21 st Lake/Sainsbury's/Mardyke [24] |
| 26 th Warren/Mardyke/Harvester [12a] | 28 th Tilbury [4] |

Awaynights 2017

2nd May	The Green Man, Herongate	Dave Houghton
9th May	Crown, Shoreham (Kent)	Bettina
23rd May	Oyster Fleet, Canvey Island	James 'n Lucy
6th June	Bakers Arms, Stock	Ceri
13th June	Horndon 10k Recce (Woodard Towers)	Horndon Belle(s)
4th July	The Irish Mug	Fergie/Robert
11th July	Amy's House, Grays	Amy
25 th July	Eastwood (Dutton Manor) or 'The Bull', Hockley Woods	Linda 'n Dave
8th August	Megan's Mansion, Chelmsford	Megan
22nd August	Hadleigh Castle Country Park	Phil Tall/Darren

All start 7:15pm except Hadleigh Castle Country Park which is 7pm to allow for possible bad light at the end.

Also Langdon Hills 5k Fun Run every 3rd Tuesday May - August with a 7:30pm start.

We try and have one normal Tuesday run from TRFC per month to 'touch base'.