

NOMADS' WINTER TRAINING 2009/2010

SEPTEMBER

22nd Mardyke/Sainsbury's
29th Grays/River/Western By-Pass

24th Chadwell/Marshfoot/Old Dock Road

OCTOBER

6th The Three Peaks!!!
13th Orsett
20th Grays/River/Warren
27th Chafford Hundred Station/Lancaster Rd

1st Tilbury
8th Heath Road/Chadwell Hill(s) etc.
15th The Three Weeks!!!
22nd Orsett via Hornsby Lane
29th Marshfoot Rd/Sandy Lane/Cole Ave

NOVEMBER

3rd The Three Peaks!!!
10th Western Bypass/River/Little Thurrock
17th Orsett via Hornsby Lane
24th **TOUR DE CHADWELL**

5th Heath Rd/Chadwell Hills etc.
12th Orsett
19th The Three Weeks!!!
28th Reverse Tilbury

DECEMBER

1st The Three Peaks!!!
8th Orsett
15th *Tilbury (inc. Tilbury Lights!)
22nd ****XMAS LIGHTS RUN**
29th Grays/River/Western By-pass

3rd Heath Rd/Chadwell Hills etc.
10th Grays/River Loop/Little Thurrock
17th The Three Weeks
24th **Annual Pub Crawl (Fergie)**
31st Harvester/Mardyke/Warren

JANUARY 2010

5th The Three Peaks!!!
12th Chafford Hundred Station/Lancaster Rd
19th Orsett
26th Grays/River Loop/Little Thurrock

7th Heath Rd/Chadwell Hills etc.
14th Chadwell/Sandy Lane/Marshfoot
21st The Three Weeks!!!
28th Tilbury

FEBRUARY

2nd The Three Peaks!!!
9th Reverse Tilbury
16th Warren/Mardyke/Harvester
23rd Marshfoot/Sandy Lane/Chadwell

4th Heath Rd/Chadwell Hills etc.
11th **TOUR DE STIFFORD CLAYS**
18th The Three Weeks!!!
25th Orsett via Hornsby Lane

MARCH

2nd The Three Peaks!!!
9th Orsett
16th Little Thurrock/River/Western By-pass
23rd Tilbury
30th Grays/River Loop/Little Thurrock

4th Heath Rd/Chadwell Hills etc.
11th Chafford Hundred Station/Lancaster Rd
18th The Three Weeks!!!
25th Marley Tiles/Mardyke Way

* = **Bring your own matches...**

** = **Ceri/Peter Marshall**
