

# Thurrock Nomads SUMMER TRAINING 2019

Tuesday	7pm	Thursday	6pm
02/04/2019	27. Fen/Orsett/Chadwell	04/04/2019	19b. Chafford Hundred/Lion Gorge/River
09/04/2019	24. Lake/Sainsbury's/Mardyke	11/04/2019	20a. Grays Gorge/Badgers Dene/River
16/04/2019	28a Chadwell/Marshfoot/Old Dock Rd	18/04/2019	21. Orsett/Parkers Farm Road
23/04/2019	20. Grays Gorge/Badger's Dene/River	25/04/2019	22.Chadwell/West Tilbury/Biggin Hill
30/04/2019	19a. River/Lion Gorge/Chafford H	02/05/2019	25. Marley Tiles/Mardyke Way
07/05/2019	<b>AWAYNIGHT</b> Ashley & Lee - Thorndon	09/05/2019	26. Heath/Chadwell Flats/Golf Course
14/05/2019	<b>AWAYNIGHT</b> Dave B - Chafford H	16/05/2019	28. Marshfoot/Sandy Lane/Chadwell
21/05/2019	Plotlands 5K Race 19:30 Start	23/05/2019	27. Fen/Orsett/Chadwell
28/05/2019	<b>AWAYNIGHT</b> Lucy & James - Fobbing	30/05/2019	19a. River/Lion Gorge/Chafford Hundred
04/06/2019	<b>AWAYNIGHT</b> Megan & Matt – Chelms.	06/06/2019	28a Chadwell/Marshfoot/Old Dock Road
11/06/2019	<b>AWAYNIGHT</b> Peter - Horndon10krecce	13/06/2019	20a. Grays Gorge/Badger's Dene/River
18/06/2019	Plotlands 5K Race 19:30 Start	20/06/2019	22a Biggin Hill/West Tilbury/Chadwell
25/06/2019	<b>AWAYNIGHT</b> Darren & Phil - Benfleet	27/06/2019	26a. Baker Street/Golf Course/Chadwell
02/07/2019	<b>AWAYNIGHT</b> Heidi & Dave - Southend	04/07/2019	19b. Chafford Hundred/Lion Gorge/River
09/07/2019	<b>AWAYNIGHT</b> Sue & Nic - TBA	11/07/2019	20a. Grays Gorge/Badgers Dene/River
16/07/2019	Plotlands 5K Race 19:30 Start	18/07/2019	21. Orsett/Parkers Farm Road
23/07/2019	<b>AWAYNIGHT</b> Kath & Vic - Grays	25/07/2019	22.Chadwell/West Tilbury/Biggin Hill
30/07/2019	<b>AWAYNIGHT</b> Dave C - Langdon Hills	01/08/2019	25. Marley Tiles/Mardyke Way
06/08/2019	<b>AWAYNIGHT</b> The Irish Mug	08/08/2019	26. Heath/Chadwell Flats/Golf Course
13/08/2019	<b>AWAYNIGHT</b> Terry - Hornchurch	15/08/2019	28. Marshfoot/Sandy Lane/Chadwell
20/08/2019	Plotlands 5K Race 19:30 Start	22/08/2019	27. Fen/Orsett/Chadwell
27/08/2019	20. Grays Gorge/Badger's Dene/River	29/08/2019	19a. River/Lion Gorge/Chafford Hundred
<b>Sunday 1<sup>st</sup> September – The Essex Way Relay - <a href="http://www.essexway.org.uk/">http://www.essexway.org.uk/</a></b>			
03/09/2019	21. Orsett/Parkers Farm Road	05/09/2019	28a Chadwell/Marshfoot/Old Dock Road
10/09/2019	22.Chadwell/West Tilbury/Biggin Hill	12/09/2019	20a. Grays Gorge/Badger's Dene/River
17/09/2019	24. Lake/Sainsbury's/Mardyke	19/09/2019	26a. Baker Street/Golf Course/Chadwell
24/09/2019	28a Chadwell/Marshfoot/Old Dock Rd	26/09/2019	22a Biggin Hill/West Tilbury/Chadwell

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

<http://www.thurrocknomads.org.uk/trainsch.pdf>