

NOMADS' SPRING/SUMMER TRAINING 2010

March

23rd Tilbury
30th Grays/River Loop/Little Thurrock

25th Marley Tiles/Mardyke Way

April

6th Little Thurrock/Grays/Meesons Lane
13th Chadwell Flats/West Tilbury
20th Mardyke/Sainsbury's/Lake
27th Heath/Chadwell/Golf Course

1st Chafford Hundred/Lion Gorge/River
8th Orsett/Parkers Farm Road
15th Marley Tiles/Mardyke Way
22nd Grangewaters
29th Chafford Hundred/Meesons Lane/River

May

4th **AWAYNIGHT (Dave H)**
11th Fen/Orsett/Chadwell
18th **Langdon Hills 5.2k**
25th **AWAYNIGHT (Bettina)**

6th Biggin Hill/W Tilbury/Chadwell
13th Chafford Hundred/Lion Gorge/River
20th Orsett XCcountry to Parkers Farm Road
27th Heath/Chadwell/Golf Course

June

1st **AWAYNIGHT (Robert)**
8th Biggin Hill/W Tilbury
15th **Langdon Hills 5.2k**
22nd **AWAYNIGHT (Horndon Belles)**
29th **AWAYNIGHT (Linda 'n Dave)**

3rd Grangewaters
10th Marshfoot/Sandy Lane/Chadwell
17th Mardyke/Sainsbury's/Lake
24th Meesons Lane/Grays Beach

July

6th Chadwell Flats/Sandy L/Marshfoot
13th **AWAYNIGHT (Fergie/Derek)**
20th **Langdon Hills 5.2k**
27th Mardyke/Sainsbury's/Lake

1st Chadwell/West Tilbury/Biggin Hill
8th Chafford H/Lion Gorge/River
15th Grangewaters
22nd Baker St/Golf Course/Chadwell
29th Biggin Hill/W Tilbury/Chadwell

August

3rd **AWAYNIGHT (Ceri/Bettina)**
10th **The Irish Mug (Robert/Fergie)**
17th **Langdon Hills 5.2k**
24th **#AWAYNIGHT (Peter Woodard)**

5th Grays Beach/Meesons Lane
12th Marley Tiles/Mardyke Way
19th Chadwell/Orsett/Fen
26th River/Lion Gorge/Chafford Hundred

September

7th Golf Course/Chadwell/Heath
14th Fen/Orsett/Chadwell
21st Chafford Hundred/Lion Gorge/River
28th Mardyke/Sainsbury's

2nd Biggin Hill/West Tilbury/Chadwell
9th Mardyke Way/Marley Tiles
16th Meesons Lane/Grays
23rd Chadwell/Marshfoot/Old Dock Road
30th Grays/River/Western By-Pass

In BOLD we are not at TRFC.

AWAYNIGHTS start 7:15pm.

Langdon 5.2k starts 7:30pm.

= Awaynight 24th August – 7pm start.

Nomads' Awaynights 2010

4th May	Greyhound, Little Warley	Dave Houghton
18th May	Langdon Hills 5.2k, 7:30 Essex Wildlife Centre, Lower Dunton Road (eXtreme runners meet Westley Heights CP at 7:00 to jog there and back)	
25th May	Two Brewers, Shoreham, Kent	Bettina
1st Jun	Peter Still's House (Orsett)	Robert
15th Jun	Langdon Hills 5.2k, as above	
22nd Jun	The Swan, Horndon, Horndon 10k recce	The Horndon Belles
29th Jun	35 Lampits Hill, Corringham	Linda & Dave
13th Jul	91 Rectory Road, Grays	Fergie & Derek
20th Jul	Langdon Hills 5.2k, as above	
3rd Aug	2 Boleyn Close, Chafford H	Ceri & Bettina
10th Aug	The Irish Mug (Westley Heights car park)	Robert & Fergie
17th Aug	Langdon Hills 5.2k, as above	
#24th Aug	Benfleet, Top of School Lane Car Park above Station	Peter Woodard

Nearly all start 7:15 PM sharp except Langdon Hills 5.2k starts 7:30pm.
= 7:00 PM start (to allow for fading light).