

NOMADS SUMMER TRAINING 2018

April

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| 3 rd Chadwell Flats/West Tilbury [22] | 5 th Orsett/Parkers Farm Road [21] |
| 10 th Lake/Sainsbury's/Mardyke [24] | 12 th Marley Tiles/Mardyke Way [25] |
| 17 th Heath/Chadwell/Golf Course [26] | 19 th Grays Gorge/Badgers Dene/River [20] |
| 24 th Fen/Orsett/Chadwell [27] | 26 th Biggin Hill/W Tilbury/Chadwell [22a] |

May

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| 1 st AWAYNIGHT (Ashley/Lee) | 3 rd Chaff H/Lion Gorge/River. [19] |
| 8 th AWAYNIGHT (Paul Mitchell) | 10 th Marley Tiles/Mardyke Way [25] |
| 15 th Langdon Hills 5k | 17 th Fen/Orsett/Chadwell [27] |
| 22 nd AWAYNIGHT (Bettina) | 24 th Baker St/Golf Course/Chadwell [26a] |
| 29 th AWAYNIGHT (Lucy/James) | 31 st Chadwell/W Tilbury/Biggin Hill [22] |

June

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| 5 th Orsett/Parkers Farm Road [21] | 7 th Marshfoot/Sandy Lane/Chadwell. [28] |
| 12 th AWAYNIGHT (Belles/PW) | 14 th Lake/Sainsbury's/Mardyke [24] |
| 19 th Langdon Hills 5k | 21 st Grays Gorge/Badgers Dene/River [20] |
| 26 th AWAYNIGHT (Dave Clark) | 28 th Chadwell/W Tilbury/Biggin Hill [22] |

July

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| 3 rd AWAYNIGHT (Linda/Dave)) | 5 th Chafford H/Lion Gorge/River. [19] |
| 10 th AWAYNIGHT (Ceri) | 12 th Heath/Chadwell/Golf Course [26] |
| 17 th Langdon Hills 5k | 19 th Orsett/Parkers Farm Road [21] |
| 24 th AWAYNIGHT (Megan) | 26 th Lake/Sainsbury's/Mardyke [24] |
| 31 st AWAYNIGHT (Sue Enright) | |

August

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| 7 th IRISH MUG (Fergie/Robert) | 2 rd Marley Tiles/Mardyke Way [25] |
| 14 th AWAYNIGHT (Darren/Phil T) | 9 th Chadwell/Orsett/Fen [27a] |
| 21 st Langdon Hills 5k | 16 th River/Lion Gorge/Chafford H [19a] |
| 28 th Lake/Mardyke/Sainsbury's [24] | 23 rd Marshfoot/Sandy L/Chadwell [28] |
| | 30 th Biggin Hill/W Tilbury/Chadwell [22a] |

September

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| 4 th Grays Gorge/Badgers Dene/ [20a] | 6 th Golf Course/Chadwell/Heath [26a] |
| 11 th Chaff H/Lion Gorge/River [19b] | 13 th Chadwell/M'foot/Old Dock Rd [28a] |
| 18 th Grays/River/ Western Bypass [9a] | 20 th Lake/Sainsbury's/Mardyke [24] |
| 25 th Warren/Mardyke/Harvester [12a] | 27 th Tilbury [4] |

Awaynights 2018

1st May	Halfway House	Ashley and Lee
8th May	Fobbing Area	Paul Mitchell
22nd May	Crown, Shoreham (Kent)	Bettina
29th May	Oyster Fleet or Lobster Smack (Canvey Island)	Lucy 'n James
12th June	Horndon 10k Recce (Woodard Towers)	Belles & PW
26th June	One Tree Hill Area	Dave Clark
3rd July	To be notified	Linda 'n Dave
10th July	Bakers' Arms, Stock	Ceri
24th July	Megan's Chelmsford Abode	Megan 'n Matt
31st July	Chafford Hundred Area?	Sue Enright
7th August	The Irish Mug	Fergie/Robert
14th 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.

Occasionally we try and have one normal Tuesday run from TRFC to 'touch base'.