



THURROCK NOMADS SPRING/SUMMER TRAINING 2024 v4

Tues 7pm	Thurs 6pm	6.20pm 5k Club
02/04/24 27s. Fen/Orsett/Chadwell	04/04/24 19b. Chafford/Lion Gorge/River	 9r. Terrells
09/04/24 24s.Lake/Sainsburys/Mardyke	11/04/24 20a. Grays Gorge/Badgers Dene/River	1. Whitehall
16/04/24 28a. Chadwell/Marshfoot/Old Dock Rd	18/04/24 21. Orsett/Parkers Farm Road	4. Orsett
23/04/24 20. Grays Gorge/Badgers Dene/River	25/04/24 22. Chadwell/West Tilbury/Biggin Hill	2. Palmers/Heath
30/04/24 Phoenix Striders Plotlands 5k	02/05/24 25s. Marley Tiles/Mardyke Way	5. Stifford Clays
07/05/24 The Hurns - Thorndon Park	09/05/24 26. Heath/Chadwell Flats/Golf Course	7. Hornsby Lane
14/05/24 Phoenix Striders Plotlands 5k	16/05/24 24s.Lake/Sainsburys/Mardyke	5r. Stifford Clays
21/05/24 Lee - The Four Seasons Laindon (Pub)	23/05/24 27s. Fen/Orsett/Chadwell	8. Heaths
28/05/24 The Adams - Four Seasons Orsett Hth	30/05/24 19a. River/Lion Gorge/Chafford H	6. Long/Lodge Ln
04/06/24 Shirley - Davy Down	06/06/24 25s. Marley Tiles/Mardyke Way	5. Stifford Clays
11/06/24 Peter - Horndon Recce	13/06/24 20. Grays Gorge/Badgers Dene/River	1. Whitehall
18/06/24 Phoenix Striders Plotlands 5k	20/06/24 22r. Biggin Hill/West Tilbury/Chadwell	9. Cemetery
25/06/24 Phil B - Orsett & beyond 6:45	27/06/24 26a. Baker St/Golf Crse/Chadwell	8. Heaths
02/07/24 Paul Mitchell - Fobbing	04/07/24 19b. Chafford/Lion Gorge/River	9r. Terrells
09/07/24 Shirley & Wendy - East Tilbury	11/07/24 20a. Grays Gorge/Badgers Dene/River	1. Whitehall
16/07/24 Phoenix Striders Plotlands 5k	18/07/24 21. Orsett/Parkers Farm Road	4. Orsett
23/07/24 Julie & Chris - Hadleigh Hoy&H	25/07/24 22. Chadwell/West Tilbury/Biggin Hill	2. Palmers/Heath
30/07/24 Carly & Hayley-Chaf.Grge & Sandmrtn	01/08/24 25s. Marley Tiles/Mardyke Way	5. Stifford Clays
06/08/24 DC - The Irish Mug Westley Heights	08/08/24 26. Heath/Chadwell Flats/Golf Course	7. Hornsby Lane
13/08/24 Jim Jennet - The Inn at Belfairs	15/08/24 24s.Lake/Sainsburys/Mardyke	5r. Stifford Clays
20/08/24 Phoenix Striders Plotlands 5k	22/08/24 27s. Fen/Orsett/Chadwell	8. Heaths
27/08/24 The Shades - Stanford Nat Res & Curry	29/08/24 19a. River/Lion Gorge/Chafford H	6. Long/Lodge Ln
03/09/24 22. Chadwell/West Tilbury/Biggin Hill	05/09/24 21. Orsett/Parkers Farm Road	 4. Orsett
10/09/24 20. Grays Gorge/Badgers Dene/River	12/09/24 20a. Grays Gorge/Badgers Dene/River	1. Whitehall
17/09/24 24s.Lake/Sainsburys/Mardyke	19/09/24 26a. Baker St/Golf Crse/Chadwell	8. Heaths
24/09/24 28. Marshfoot/Sandy Lane/Chadwell	26/09/24 22r. Biggin Hill/West Tilbury/Chadwell	9. Cemetery

We start/finish in the car park of Thurrock Rugby Football Club at Oakfield, (off) Long Lane, RM16 2QH


except for our **'Summer Away Nights'** where we set off from different locations - check your emails for details
 Click on the [route name](#) above for the route map.


See our website for full route [descriptions](#)

GPS users, see our website for GPX files for our routes, click [GPX-files](#)

'A' Team Full Route 7-8m (faster pace); **'Z' Team** Route 6m run at the slowest persons pace (no one left behind)

The 5k Club set off at the later time of 6.20pm (Thursdays only) and aim to join up with the 'Zs' on their way back to TRFC

 = 'Clubnight' social meet / drink in TRFC bar from 7.30pm onwards

 ThurrockNomads@gmail.com
 <https://twitter.com/thurrocknomads>

 <http://www.thurrocknomads.org.uk/>
 <https://m.facebook.com/thurrocknomads/>