

# Thurrock Nomads Summer Training Schedule 2021 v04/07/2021

| Tuesday    | Start 7pm   | Thursday   | Start 6pm [5kk starts at 6:20 routes selected to maximise chance of meeting A's and Z's]                |
|------------|---|------------|---|
| 06/04/2021 | 27s. Fen/Orsett/Chadwell "Safe Route"<br><a href="#">27s- A and Z routes</a>      | 08/04/2021 | 19b. Chafford Hundred/Lion Gorge/River<br><a href="#">19b- A and Z routes</a> [5kk-1]                   |
| 13/04/2021 | 24s. Lake/Sainsbury's/Mardyke "Safe Route"<br><a href="#">24s- A and Z routes</a> | 15/04/2021 | 20a. Grays Gorge/Badgers Dene/River<br><a href="#">20a- A and Z routes</a> [5kk-2]                      |
| 20/04/2021 | 28a. Chadwell/Marshfoot/Old Dock Road<br><a href="#">28a- A and Z routes</a>      | 22/04/2021 | 21. Orsett/Parkers Farm Road<br><a href="#">21- A and Z routes</a> [5kk-2]                              |
| 27/04/2021 | 20. Grays Gorge/Badger's Dene/River<br><a href="#">20- A and Z routes</a>         | 29/04/2021 | 22. Chadwell/West Tilbury/Biggin Hill<br><a href="#">22- A and Z routes</a> [5kk-3]                     |
| 04/05/2021 | 21. Orsett/Parkers Farm Road<br><a href="#">21- A and Z routes</a>                | 06/05/2021 | 25s. Marley Tiles/Mardyke Way "Safe Route"<br><a href="#">25s- A and Z routes</a> [5kk-2]               |
| 11/05/2021 | 24s. Lake/Sainsbury's/Mardyke "Safe Route"<br><a href="#">24s- A and Z routes</a> | 13/05/2021 | 26. Heath/Chadwell Flats/Golf Course<br><a href="#">26- A and Z routes</a> [5kk-7]                      |
| 18/05/2021 | AWAYNIGHT: a run in the Woods, meet Westley H 7:15pm in Main car park             | 20/05/2021 | 28. Marshfoot/Sandy Lane/Chadwell<br><a href="#">28- A and Z routes</a> [5kk-5]                         |
| 25/05/2021 | AWAYNIGHT? - Any volunteer?<br>(if no Awaynight, do route 26)                     | 27/05/2021 | 27s. Fen/Orsett/Chadwell "Safe Route"<br><a href="#">27s- A and Z routes</a> [5kk-2]                    |
| 01/06/2021 | AWAYNIGHT? - Any volunteer?<br>(if no Awaynight, do route 20)                     | 03/06/2021 | 19a. River/Lion Gorge/Chafford Hundred<br><a href="#">19a- A and Z routes</a> [5kk-6]                   |
| 08/06/2021 | AWAYNIGHT? - Any volunteer?<br>(if no Awaynight, do route 27s)                    | 10/06/2021 | 28a. Chadwell/Marshfoot/Old Dock Road<br><a href="#">28a- A and Z routes</a> [5kk-1 but up old dock rd] |
| 15/06/2021 | AWAYNIGHT: a different run in the Woods, meet Westley H 7:15pm in Main car park   | 17/06/2021 | 20a. Grays Gorge/Badger's Dene/River<br><a href="#">20a- A and Z routes</a> [5kk-3]                     |
| 22/06/2021 | AWAYNIGHT – Horndon 10k Konsolation Recce (and afterwards the Do at Peter's)      | 24/06/2021 | 22a. Biggin Hill/West Tilbury/Chadwell<br><a href="#">22a- A and Z routes</a> [5kk-2]                   |
| 29/06/2021 | AWAYNIGHT? - Any volunteer?   | 01/07/2021 | 26a. Baker Street/Golf Course/Chadwell<br><a href="#">26a- A and Z routes</a> [5kk-7R]                  |
| 06/07/2021 | AWAYNIGHT? - Any volunteer?   | 08/07/2021 | 19b. Chafford Hundred/Lion Gorge/River<br><a href="#">19b- A and Z routes</a> [5kk-1]                   |
| 13/07/2021 | AWAYNIGHT? - Any volunteer?   | 15/07/2021 | 20a. Grays Gorge/Badgers Dene/River<br><a href="#">20a- A and Z routes</a> [5kk-3]                      |
| 20/07/2021 | Plotlands 5K Race TBC   | 22/07/2021 | 21. Orsett/Parkers Farm Road<br><a href="#">21- A and Z routes</a> [5kk-4]                              |
| 27/07/2021 | AWAYNIGHT? - Any volunteer?   | 29/07/2021 | 22. Chadwell/West Tilbury/Biggin Hill<br><a href="#">22- A and Z routes</a> [5kk-7R]                    |
| 03/08/2021 | AWAYNIGHT – the IRISH MUG courtesy of DC  | 05/08/2021 | 25s. Marley Tiles/Mardyke Way "Safe Route"<br><a href="#">25s- A and Z routes</a> [5kk-2]               |
| 10/08/2021 | AWAYNIGHT? - Any volunteer?   | 12/08/2021 | 26. Heath/Chadwell Flats/Golf Course<br><a href="#">26- A and Z routes</a> [5kk-7]                      |
| 17/08/2021 | Plotlands 5K Race TBC   | 19/08/2021 | 28. Marshfoot/Sandy Lane/Chadwell<br><a href="#">28- A and Z routes</a> [5kk-7R]                        |
| 24/08/2021 | AWAYNIGHT? - Any volunteer?   | 26/08/2021 | 27s. Fen/Orsett/Chadwell "Safe Route"<br><a href="#">27s- A and Z routes</a> [5kk-2]                    |
| 31/08/2021 | 20. Grays Gorge/Badger's Dene/River<br><a href="#">20- A and Z routes</a>         | 02/09/2021 | 19a. River/Lion Gorge/Chafford Hundred<br><a href="#">19a- A and Z routes</a> [5kk-6]                   |
| 07/09/2021 | 21. Orsett/Parkers Farm Road<br><a href="#">21- A and Z routes</a>                | 09/09/2021 | 28a. Chadwell/Marshfoot/Old Dock Road<br><a href="#">28a- A and Z routes</a> [5kk-1 but up old dock rd] |
| 14/09/2021 | 22. Chadwell/West Tilbury/Biggin Hill<br><a href="#">22- A and Z routes</a>       | 16/09/2021 | 20a. Grays Gorge/Badger's Dene/River<br><a href="#">20a- A and Z routes</a> [5kk-3]                     |
| 21/09/2021 | 24s. Lake/Sainsbury's/Mardyke "Safe Route"<br><a href="#">24s- A and Z routes</a> | 23/09/2021 | 26a. Baker Street/Golf Course/Chadwell<br><a href="#">26a- A and Z routes</a> [5kk-7R]                  |
| 28/09/2021 | 28a. Chadwell/Marshfoot/Old Dock Road<br><a href="#">28a- A and Z routes</a>      | 30/09/2021 | 22a. Biggin Hill/West Tilbury/Chadwell<br><a href="#">22a- A and Z routes</a> [5kk-2]                   |

**Until further notice we meet in Blackshots Leisure Car Park (end closest to Daneholes roundabout) to assemble and run in groups of up to 30. Observe Social Distancing.**

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

