

Thurrock Nomads WINTER TRAINING 2018/19

Tuesday

02/10/2018 1. THE THREE PEAKS

09/10/2018 3. Orsett

16/10/2018 5. Grays/River/Warren

23/10/2018 7. Chafford Hundred Station /Lancaster Road

30/10/2018 4a. Reverse Tilbury

06/11/2018 1. THE THREE PEAKS

13/11/2018 10. Orsett via Hornsby Lane

20/11/2018 9. Western Bypass

27/11/2018 12a Warren/Mardyke/Harvester

04/12/2018 1. THE THREE PEAKS

11/12/2018 8. Marshfoot Road, Sandy Lane, Cole Avenue, Chadwell Flats

18/12/2018 *CHRISTMAS LIGHTS RUN - Ashley*

25/12/2018 CANCELLED??
(let others know if you intend to run)

01/01/2019 1. THE THREE PEAKS

08/01/2019 3. Orsett

15/01/2019 5. Grays/River/Warren

22/01/2019 7. Chafford Hundred Station /Lancaster Road

29/01/2019 4. Tilbury

05/02/2019 1. THE THREE PEAKS

12/02/2019 9. Western Bypass

19/02/2019 12. Harvester/Mardyke/Warren

26/02/2019 8a Chadwell/Sandy Lane/Marshfoot

05/03/2019 1. THE THREE PEAKS

12/03/2019 10. Orsett via Hornsby Lane

19/03/2019 12a Warren/Mardyke/Harvester

26/03/2019 11. Grays/River Loop

Thursday

04/10/2018 2. SWITCHBACK

11/10/2018 4. Tilbury

18/10/2018 6. THE THREE WEEKS

25/10/2018 8. Marshfoot Road, Sandy Lane, Cole Avenue, Chadwell Flats

01/11/2018 *LE TOUR DE CHADWELL – Ashley*

08/11/2018 2. SWITCHBACK

15/11/2018 6. THE THREE WEEKS

22/11/2018 11. Grays/River Loop

29/11/2018 3. Orsett

06/12/2018 2. SWITCHBACK

13/12/2018 4b. Tilbury i/c Tilbury Lights

20/12/2018 *ANNUAL PUB WALK – Fergie*

27/12/2018 6. THE THREE (FOUR) WEEKS

03/01/2019 2. SWITCHBACK

10/01/2019 12. Harvester/Mardyke/Warren

17/01/2019 6. THE THREE WEEKS

24/01/2019 8. Marshfoot Road, Sandy Lane, Cole Avenue, Chadwell Flats

31/01/2019 10. Orsett via Hornsby Lane

07/02/2019 2. SWITCHBACK

14/02/2019 5. Grays/River/Warren

21/02/2019 6. THE THREE WEEKS

28/02/2019 *LE TOUR DE STIFFORD CLAYS – Ashley*

07/03/2019 2. SWITCHBACK

14/03/2019 3. Orsett

21/03/2019 6. THE THREE WEEKS

28/03/2019 4a. Reverse Tilbury