




THURROCK NOMADS AUTUMN/WINTER TRAINING 2023 v3

Tues 7pm	Thurs 6pm	6.20pm 5k Club
03/10/23 1. The Three Peaks	05/10/23 2. The Switchback	 1. Whitehall
10/10/23 3. Orsett	12/10/23 4. Tilbury	2. Palmers/Heath
17/10/23 5. Grays/River/Warren	19/10/23 6. The Three Weeks	6. Long/Lodge Ln
24/10/23 7. Chaff H Station/Lancaster Rd	26/10/23 TDCSM. Le Tour de Chadwell St Mary	Tour de Chadwell
31/10/23 4r. Reverse Tilbury	02/11/23 2. The Switchback	 1. Whitehall
07/11/23 1. The Three Peaks	09/11/23 3. Orsett	4. Orsett
14/11/23 10. Orsett via Hornsby Lane	16/11/23 6. The Three Weeks	6. Long/Lodge Ln
21/11/23 9. W Bypass (Devonsh R)/River/L Thrk	23/11/23 11. Grays/River Loop	5. Stifford Clays
28/11/23 12r. Warren/Mardyke/Harvester	30/11/23 2. The Switchback	1. Whitehall
05/12/23 1. The Three Peaks	07/12/23 4b. Tilbury Lights	 9r. Terrells
12/12/23 8. Marshfoot/Sandy/Cole /Chad Flats	14/12/23 Fergie Pub Crawl TBA	TBA
19/12/23 6. The Three Weeks	21/12/23 Xmas Lights TBA	TBA
26/12/23 12. Harvester/Mardyke/Warren	28/12/23 5. Grays/River/Warren	5. Stifford Clays
02/01/24 1. The Three Peaks	04/01/24 2. The Switchback	 1. Whitehall
09/01/24 3. Orsett	11/01/24 12. Harvester/Mardyke/Warren	5. Stifford Clays
16/01/24 5. Grays/River/Warren	18/01/24 6. The Three Weeks	6. Long/Lodge Ln
23/01/24 7. Chaff H Station/Lancaster Rd	25/01/24 8. Marshfoot/Sandy/Cole /Chad Flats	7. Hornsby Lane
30/01/24 4. Tilbury	01/02/24 2. The Switchback	 1. Whitehall
06/02/24 1. The Three Peaks	08/02/24 10. Orsett via Hornsby Lane	4. Orsett
13/02/24 9. W Bypass (Devonsh R)/River/L Thrk	15/02/24 6. The Three Weeks	6. Long/Lodge Ln
20/02/24 12. Harvester/Mardyke/Warren	22/02/24 TDSC. Le Tour de Stifford Clays	TBA
27/02/24 8r. Chad Flats/Cole/Sandy/Marshfoot	29/02/24 5. Grays/River/Warren	5. Stifford Clays
05/03/24 1. The Three Peaks	07/03/24 2. The Switchback	 1. Whitehall
12/03/24 10. Orsett via Hornsby Lane	14/03/24 3. Orsett	4. Orsett
19/03/24 12r. Warren/Mardyke/Harvester	21/03/24 6. The Three Weeks	6. Long/Lodge Ln
26/03/24 11. Grays/River Loop	28/03/24 4r. Reverse Tilbury	2. Palmers/Heath

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


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