ADULT	ROTA	AUGUST	2018						
	THUR 2	TUES 7	THUR 9	TUES 14	THUR 16	TUES 21	THUR 23	TUES 28	THUR 30
6 min									
7 min		Steve Baker		Steve Baker		Steve Baker		Steve Baker	
7.5 min		Steve Baker		Steve Baker		Steve Baker		Steve Baker	
8 min		Ed Buckingham		Ed Buckingham		Ed Buckingham		Ed Buckingham	
8.5 min	Phil Pollard				Phil Pollard				
9 min		Mike Jones	Jane Bremner	Maggie Bunting		Mike Jones		Maggie Bunting	
9.5 min									
10 min		John Smith		John Langhorn	Sheila Newman			John Smith	John Langhorn
10.5 min								Sheila Newman	
11 min									
NOVICE	**No Group Run**		**No Group Run**		**No Group Run**		**No Group Run**		**No Group Run**
PROG	**GROUP PACE**	**INTERVALS**	**GROUP PACE**	**HILLS**	**GROUP PACE**	**SPEED**	**GROUP PACE**	**PYRAMIDS**	**GROUP PACE**