

ADULT	ROTA	APRIL	2019						
	TUES 2	THUR 4	TUES 9	THUR 11	TUES 16	THUR 18	TUES 23	THUR 25	TUES 30
6 min		Paul Gregg		Paul Gregg		Paul Gregg		Paul Gregg	
7 min		Paul Gregg		Paul Gregg		Paul Gregg		Paul Gregg	
7.5 min		Paul Gregg		Paul Gregg		Paul Gregg		Paul Gregg	
8 min			Ed Buckingham						Ed Buckingham
8.5 min	Phil Pollard				Phil Pollard				
9 min	Vince Pitman	Mike Jones	Maggie Bunting	Jane Bremner	Vince Pitman		Maggie Bunting	Jane Bremner	Mike Jones
9.5 min		Dave Nance					Dave Nance		
10 min			Sheila Newman		John Smith	John Langhorn			John Langhorn
10.5 min	John Smith	Kevin O'Reilly		Julia Mansell			Julia Mansell	Sheila Newman	Kevin O'Reilly
11 min	Becky Firth		Jane Forder		Becky Firth		Jane Forder		
PROG	PYRAMIDS	GROUP PACE	HILLS	GROUP PACE	SPEED	GROUP PACE	INTERVALS	GROUP PACE	LEADER'S CHOICE

