ADULT	ROTA	JULY	2018						
	TUES 3	THUR 5	TUES 10	THUR 12	TUES 17	THUR 19	TUES 24	THUR 26	TUES 31
6 min									
7 min	Steve Baker		Steve Baker		Steve Baker		Steve Baker		Steve Baker
7.5 min	Steve Baker		Steve Baker		Steve Baker		Steve Baker		Steve Baker
8 min									
8.5 min	Phil Pollard		Phil Pollard		Phil Pollard		Phil Pollard		Phil Pollard
9 min	Maggie Bunting		Mike Jones	Jane Bremner	Maggie Bunting		Mike Jones	Jane Bremner	
9.5 min									
10 min		John Smith		John Langhorn		John Smith		John Langhorn	
10.5 min	Becky Firth	Julia Mansell			Becky Firth	Judith Wilkins	Julia Mansell		
11 min									
PROG	**TRAINING**	**GROUP PACE**	**TRAINING**	**GROUP PACE**	**TRAINING**	**GROUP PACE**	**TRAINING**	**GROUP PACE**	**TRAINING**