ADULT	ROTA	JUNE	2018					
	TUES 5	THUR 7	TUES 12	THUR 14	TUES 19	THUR 21	TUES 26	THUR 28
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								
8.5 min	Phil Pollard	Paul Caulfield	Phil Pollard	Paul Caulfield	Phil Pollard	Paul Caulfield	Phil Pollard	Paul Caulfield
9 min	Maggie Bunting	Jane Bremner	Mike Jones		Maggie Bunting		Mike Jones	Jane Bremner
9.5 min		John Ainsworth		Dave Nance		Dave Nance		John Ainsworth
10 min		John Smith	John Langhorn	Rachel Bullock		Pump		John Langhorn
10.5 min	Becky Firth	Julia Mansell		Judith Wilkinson	Becky Firth		Julia Mansell	Judith Wilkinson
11 min								
PROG	**TRAINING**	**GROUP PACE**	**TRAINING**	**GROUP PACE**	**TRAINING**	**GROUP PACE**	**TRAINING**	**GROUP PACE**