

Adult Rota March 2020

	TUES 3	THUR 5	TUES 10	THURS 12	TUES 17	THUR 19	TUES 24	THUR 26
<b>6 Min</b>	Tony Firth	Kev Baskott	Al Williams	Paul Gregg	Al Williams	Tony Firth	Kev Baskott	Al Williams
<b>7 Min</b>	Tony Firth	Kev Baskott	Al Williams	Paul Gregg	Al Williams	Tony Firth	Kev Baskott	Al Williams
<b>7.5 Min</b>	Tony Firth	Kev Baskott	Al Williams	Paul Gregg	Al Williams	Tony Firth	Kev Baskott	Al Williams

<b>8 Min</b>	Steve Baker		Steve Bullen		Steve Baker		Steve Bullen	
<b>8.5 Min</b>	Paul Wilshire	Paul Wilshire	Paul Wilshire	Paul Wilshire	Paul Wilshire	Paul Wilshire	Paul Wilshire	Paul Wilshire

<b>9 Min</b>	Jane Bremner		Mike Jones		Jane Bremner		Mike Jones	
<b>9.5 Min</b>	Trevor Williams	Ian Ross	Maggie Bunting		Trevor Williams			Ian Ross

<b>10 Min</b>	Sheila Newman	Catherine Sims	Julia Mansell	Arlene	John Langhorn	Catherine Sims	Maggie Bunting	John Langhorn
<b>10.5 Min</b>	Mark Pascoe	Di Swallow	Rachel Bullock	Smudger	Di Swallow		Julia Mansell	Sheila Newman

<b>11 Min</b>	Helen Roper	Dave Pitcher		Jane Forder	Mark Pascoe	Dave Pitcher		
<b>PROG</b>	<b>Training</b>	<b>Group Pace</b>	<b>Training</b>	<b>Group Pace</b>	<b>Training</b>	<b>Group Pace</b>	<b>Training</b>	<b>Group Pace</b>