ADULT	ROTA	NOV	2017						
	THUR 2	TUES 7	THUR 9	TUES 14	THUR 16	TUES 21	THUR 23	TUES 28	THURS 30
6 min	**Leader required**	**Leader required**	**Leader required**	**Leader required**	**Leader required**	**Leader required**	**Leader required**	**Leader required**	**Leader required**
7 min	**Leader required**	Steve Baker	**Leader required**	Steve Baker	**Leader required**	Steve Baker	**Leader required**	Steve Baker	**Leader required**
7.5 min	**Leader required**	Steve Baker	**Leader required**	Steve Baker	**Leader required**	Steve Baker	**Leader required**	Steve Baker	**Leader required**
8 min	**Leader required**	Al Williams	Colin Bunting	**Leader required**	**Leader required**	**Leader required**	Colin Bunting	Al Williams	**Leader required**
8.5 min	**Leader required**	Vinny Pitman	**Leader required**	Jane Bremner	**Leader required**	Vinny Pitman	**Leader required**	Jane Bremner	**Leader required**
9 min	**Leader required**	Mike Jones	**Leader required**	Maggie Bunting	**Leader required**	Mike Jones	**Leader required**	Maggie Bunting	**Leader required**
9.5 min	**Leader required**	**Leader required**	**Leader required**	**Leader required**	**Leader required**	**Leader required**	**Leader required**	**Leader required**	**Leader required**
10 min	**Leader required**	John Smith	**Leader required**	John Langhorn	**Leader required**	Helen Roper	**Leader required**	John Langhorn	**Leader required**
10.5 min	**Leader required**	Helen Roper	**Leader required**	Di Swallow	**Leader required**	**Leader required**	**Leader required**	Di Swallow	**Leader required**
11 min	**Leader required**	**Leader required**	**Leader required**	**Leader required**	**Leader required**	**Leader required**	**Leader required**	John Smith	**Leader required**
NOVICE	**No Group Run**	**Leader required**	**No Group Run**	**Leader required**	**No Group Run**	**Leader required**	**No Group Run**	**Leader required**	**No Group Run**
PROG	**GROUP PACE**	**SPEED**	**GROUP PACE**	**PYRAMIDS**	**GROUP PACE**	**HILLS**	**GROUP PACE**	**INTERVALS**	**GROUP PACE**