ADULT	ROTA	NOVEMBER	2018						
	THUR 1	TUES 6	THUR 8	TUES 13	THUR 15	TUES 20	THUR 22	TUES 27	THUR 29
6 min	Paul Gregg	Steve Baker	Paul Gregg	Steve Baker	Paul Gregg	Steve Baker	Paul Gregg	Steve Baker	Paul Gregg
7 min	Paul Gregg	Steve Baker	Paul Gregg	Steve Baker	Paul Gregg	Steve Baker	Paul Gregg	Steve Baker	Paul Gregg
7.5 min	Paul Gregg	Steve Baker	Paul Gregg	Steve Baker	Paul Gregg	Steve Baker	Paul Gregg	Steve Baker	Paul Gregg
8 min		Ed Buckingham		Ed Buckingham				Ed Buckingham	
8.5 min		Phil Pollard						Phil Pollard	
9 min	Vince Pitman	Mike Jones	Jane Bremner	Maggie Bunting		Jane Bremner	Vince Pitman	Maggie Bunting	Mike Jones
9.5 min		Dave Nance				Dave Nance			John Langhorn
10 min	Kevin O'Reilly	John Smith		John Langhorn	Sheila Newman	Judith Wilkinson	Kevin O'Reilly	John Smith	
10.5 min		Julia Mansell			Judith Wilkinso	Julia Mansell		Sheila Newman	
11 min		Becky Firth		Jane Forder			Jane Forder	Becky Firth	
PROG	**GROUP PACE**	**PYRAMIDS**	**GROUP PACE**	**LEADER'S CHOICE**	**GROUP PACE**	**INTERVALS**	**GROUP PACE**	**HILLS**	**GROUP PACE**