

ADULT	ROTA	OCT	2017						
	TUES 3	THUR 5	TUES 10	THUR 12	TUES 17	THUR 19	TUES 24	THUR 26	TUES 31
6 min	Leader required	Leader required	Leader required	Leader required	Leader required	Leader required	Leader required	Leader required	Leader required
7 min	Leader required	Leader required	Leader required	Leader required	Leader required	Leader required	Leader required	Leader required	Leader required
7.5 min	Leader required	Leader required	Leader required	Leader required	Leader required	Leader required	Leader required	Leader required	Leader required
8 min	Al Williams	Colin Bunting	Leader required	Leader required	Leader required	Colin Bunting	Al Williams	Leader required	Leader required
8.5 min	Vinny Pitman	Leader required	Leader required	Leader required	Vinny Pitman	Jane Bremner	Leader required	Leader required	Leader required
9 min	Maggie Bunting	Leader required	Mike Jones	Leader required	Maggie Bunting	Leader required	Mike Jones	Leader required	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	Helen Roper	Leader required	John Langhorn	Leader required	Sheila Newman	Leader required	Leader required	Leader required	John Langhorn
10.5 min	Sheila Newman	Leader required	Di Swallow	Leader required	Helen Roper	Leader required	Di Swallow	Leader required	Leader required
11 min	Leader required	Leader required	Leader required	Leader required	Leader required	Leader required	Leader required	Leader required	Leader required
NOVICE	Leader required	No Group Run	Leader required	No Group Run	Leader required	No Group Run	Leader required	No Group Run	Leader required
PROG	SPEED	GROUP PACE	PYRAMIDS	GROUP PACE	HILLS	GROUP PACE	INTERVALS	GROUP PACE	LEADERS CHOICE