ADULT	ROTA	OCTOBER	2018						
	TUES 2	THUR 4	TUES 9	THUR 11	TUES 16	THUR 18	TUES 23	THUR 25	TUES 30
6 min	Steve Baker	Paul Gregg	Steve Baker	Paul Gregg	Steve Baker	Paul Gregg	Steve Baker	Paul Gregg	Steve Baker
7 min	Steve Baker	Paul Gregg	Steve Baker	Paul Gregg	Steve Baker	Paul Gregg	Steve Baker	Paul Gregg	Steve Baker
7.5 min	Steve Baker	Paul Gregg	Steve Baker	Paul Gregg	Steve Baker	Paul Gregg	Steve Baker	Paul Gregg	Steve Baker
8 min	Al Williams	Ed Buckingham	Ed Buckingham	Ed Buckingham	Al Williams	Ed Buckingham	Al Williams		Ed Buckingham
8.5 min	Phil Pollard				Phil Pollard				
9 min	Maggie Bunting		Mike Jones	Jane Bremner	Maggie Bunting		Mike Jones		Jane Bremner
9.5 min		Dave Nance		John Langhorn		Dave Nance			
10 min	John Smith							John Langhorn	John Smith
10.5 min	Julia Mansell	Kevin O'Reilly		Judith Wilkinson		Julia Mansell	Kevin O'Reilly	Judith Wilkinson	
11 min	Becky Firth		Jane Forder		Becky Firth		Jane Forder		
PROG	**PYRAMIDS**	**GROUP PACE**	**LEADERS CHOICE**	**GROUP PACE**	**INTERVALS**	**GROUP PACE**	**HILLS**	**GROUP PACE**	**SPEED**