

ADULT	ROTA	SEPT	2017					
	TUES 5	THUR 7	TUES 12	THUR 14	TUES 19	THUR 21	TUES 26	THUR 28
6 min	Leader required	Leader required	Leader required	Leader required	Leader required	Leader required	Leader required	Leader required
7 min	Steve Baker	Leader required	Leader required	Leader required	Steve Baker	Leader required	Leader required	Leader required
7.5 min	Steve Baker	Leader required	Leader required	Leader required	Steve Baker	Leader required	Leader required	Leader required
8 min	Leader required	Colin Bunting	Al Williams	Leader required	Leader required	Colin Bunting	Al Williams	Leader required
8.5 min	Vinny Pitman	Leader required	Jane Bremner	Leader required	Vinny Pitman	Leader required	Jane Bremner	Leader required
9 min	Maggie Bunting	Leader required	Mike Jones	Leader required	Maggie Bunting	Leader required	Mike Jones	Leader required
9.5 min	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	John Langhorn	Leader required
10.5 min	Sheila Newman	Leader required	Di Swallow	Leader required	Helen Roper	Leader required	Di Swallow	Leader required
11 min	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
PROG	PYRAMIDS	GROUP PACE	HILLS	GROUP PACE	INTERVALS	GROUP PACE	LEADER'S CHOICE	GROUP PACE