

ADULT	ROTA	AUGUST	2017							
	TUES 1	THUR 3	TUES 8	THUR 10	TUES 15	THUR 17	TUES 22	THUR 24	TUES 29	THUR 31
6 min	Leader required	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	Steve Baker	Leader required	Leader required	Leader required	Steve Baker	Leader required
7.5 min	Leader required	Leader required	Leader required	Leader required	Steve Baker	Leader required	Leader required	Leader required	Steve Baker	Leader required
8 min	Al Williams	Colin Bunting	Leader required	Leader required	Leader required	Colin Bunting	Al Williams	Leader required	Leader required	Leader required
8.5 min	Jane Bremner	Leader required	Jane Bremner	Leader required	Vinny Pitman	Leader required	Leader required	Leader required	Vinny Pitman	Leader required
9 min	Maggie Bunting	Leader required	Mike Jones	Leader required	Maggie Bunting	Leader required	Mike Jones	Leader required	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	Leader required
10 min	Helen Roper	Leader required	John Langhorn	Leader required	Sheila Newman	Leader required	John Langhorn	Leader required	Helen Roper	Leader required
10.5 min	Sheila Newman	Leader required	Leader required	Leader required	Leader required	Leader required	Leader required	Leader required	Leader required	Leader required
11 min	Leader required	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	Leader required
PROG	HILLS	GROUP PACE	INTERVALS	GROUP PACE	LEADER'S CHOICE	GROUP PACE	SPEED	GROUP PACE	PYRAMIDS	GROUP PACE