

ADULT	ROTA	DECEMBER	2018					
	TUES 4	THUR 6	TUES 11	THUR 13	TUES 18	THUR 20	TUES 25	THUR 27
6 min		Paul Gregg		Paul Gregg		Turkey Trot	Christmas Day No Club Run	Paul Gregg
7 min		Paul Gregg		Paul Gregg		Turkey Trot	Christmas Day No Club Run	Paul Gregg
7.5 min		Paul Gregg		Paul Gregg		Turkey Trot	Christmas Day No Club Run	Paul Gregg
8 min			Ed Buckingham			Turkey Trot	Christmas Day No Club Run	Ed Buckingham
8.5 min	Phil Pollard				Phil Pollard	Turkey Trot	Christmas Day No Club Run	
9 min	Maggie Bunting	Vince Pitman	Mike Jones	Jane Bremner	Vince Pitman	Turkey Trot	Christmas Day No Club Run	Jane Bremner
9.5 min	John Langhorn	Dave Nance			Maggie Bunting	Turkey Trot	Christmas Day No Club Run	Dave Nance
10 min	John Smith	Judith Wilkinson	Sheila Newman	Rachel Bullock	John Smith	Turkey Trot	Christmas Day No Club Run	John Langhorn
10.5 min	Julia Mansell	Kevin O'Reilly	Judith Wilkinson	Julia Mansell	Kevin O'Reilly	Turkey Trot	Christmas Day No Club Run	Sheila Newman
11 min	Becky Firth		Jane Forder		Becky Firth	Turkey Trot	Christmas Day No Club Run	Jane Forder
PROG	PYRAMIDS	GROUP PACE	LEADERS CHOICE	GROUP PACE	INTERVALS	Turkey Trot	Christmas Day No Club Run	GROUP PACE

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