ADULT	ROTA	MARCH	2019					
	TUES 5	THUR 7	TUES 12	THUR 14	TUES 19	THUR 21	TUES 26	THUR 28
6 min		Paul Gregg		Paul Gregg		Paul Gregg		Paul Gregg
7 min		Paul Gregg		Paul Gregg		Paul Gregg		Paul Gregg
7.5 min		Paul Gregg		Paul Gregg		Paul Gregg		Paul Gregg
8 min			Ed Buckingham				Ed Buckingahm	
8.5 min	Phil Pollard				Phil Pollard			
9 min	Vince Pitman	Mike Jones	Maggie Bunting	Jane Bremner	Vince Pitman	Mike Jones	Maggie Bunting	Jane Bremner
9.5 min		Dave Nance					Dave Nance	
10 min			Sheila Newman		John Smith			
10.5 min	John Smith	Kevin O'Reilly		Julia Mansell	Kevin O'Reilly		Julia Mansell	Sheila Newman
11 min	Becky Firth		Jane Forder		Becky Firth		Jane Forder	
PROG	**INTERVALS**	**GROUP PACE**	**HILLS**	**GROUP PACE**	**SPEED**	**GROUP PACE**	**LEADER'S CHOICE**	**GROUP PACE**