



## RUN LEADERS ROTA - AUGUST 2019

	ROAD RUN 6.3 MM PACE	ROAD RUN 7.15 - 7.30 MM PACE	ROAD RUN 8 MM PACE	ROAD RUN 8.3 MM PACE
THURSDAY 1ST	STEVE MIKE		STU	CAROLINE
THURSDAY 8TH	STEVE MIKE		RICHARD E	ANDY N
THURSDAY 15TH	HILLS  ANDY		IAN K	JONNY
THURSDAY 22ND	ASHRIDGE RUN			
THURSDAY 29TH	MATT		STU	IAN K

	ROAD RUN 9.15 MM PACE	ROAD RUN 10.00 - 10.15 MM PACE	ROAD RUN 11.15 -11.30 MM PACE	
THURSDAY 1ST	KATIE	DENISE	SUE	
THURSDAY 8TH	JIM	DENISE	HELEN	
THURSDAY 15TH	ROGER			
THURSDAY 22ND	ASHRIDGE RUN			
THURSDAY 29TH	LAURA		JEAN	