

Group	Leader	Joint Leader	Day	Pace Min/M
1. Puffins	Dave Baylis	Julie Burton	Tues	13:00
2. Mandarins	Tina Walker		Tues	13-13:30
3. Bluebirds	Ness Snowdon-Carr		Tues	11-12
4. Jackdaws			Tues	12-12:30
5. Robins	Denise Poole		Tues	11-12
6. Crazy Racoons	Nicky Huntly	Sheena Grinter	Tues	10-11
7. Zoologicals	Nikki Hill		Tues	10-11
8. Sneakers	Sam Safe	Sam Simmons	Tues	10-11
9. Gremilins	Adam Wheatley		Tues	9:30-10
10. Muffins	Steve Curtis		Tues	9:30-10
11. Fletchers	Mark Raisey		Tues	9-9:30
12. DeLoreans	Chris Nixon	Darren Wakefield	Tues	9:00
1. Mockingbirds	Michael Sharpe		Thurs	Various Training
2. Mandarins	Tina Walker		Thurs	12-13
3. ?	?		Thurs	
4. sMilers	Michael Sharpe		Sun 8:30	Various AFA
5. Crazies	?			

AFA = 'As fast as' the slowest runner