

Group	Leader	Joint Leader	Day	Pace Min/M
1. Couch to 5K	Michael Sharpe	23 Oct to 16 Dec	Tues	
2. Puffins	Dave Baylis	Julie Burton	Tues	13:00
3. Mandarins	Tina Walker		Tues	13-13:30
4. Bluebirds	Ness Snowdon-Carr		Tues	11-12
5. Jackdaws			Tues	12-12:30
6. Robins	Denise Poole		Tues	11-12
7. Crazy Racoons	Nicky Huntly	Sheena Grinter	Tues	10-11
8. Zoologicals	Nikki Hill		Tues	10-11
9. Sneakers	Sam Safe	Sam Simmons	Tues	10-11
10. Gremilins	Adam Wheatley		Tues	9:30-10
11. Muffins	Steve Curtis		Tues	9:30-10
12. Fletchers	Mark Raisey		Tues	9-9:30
13. 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 9am	Various AFA
5. Crazies	?			

AFA = 'As fast as' the slowest runner