

Group	Leader	Joint Leader	Day	Pace Min/M
1. Mandarins	Tina Walker		Tues	13-13:30
2. Bluebirds	Ness Snowdon-Carr		Tues	11-12
3. Jackdaws	Tracie Boshier		Tues	12-12:30
4. Robins	Denise Poole		Tues	11-12
5. Crazy Racoons	Nicky Huntly	Sheena Grinter	Tues	10-11
6. Zoologicals	Nikki Hill		Tues	10-11
7. Sneakers	Sam Safe	Sam Simmons	Tues	10-11
8. Gremilins	Adam Wheatley		Tues	9:30-10
9. Muffins	Steve Curtis		Tues	9:30-10
10. Fletchers	Mark Raisey		Tues	9-9:30
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