

Sunday Cycle Lead Rota 2016

		March				April				May					June				July					August			
		6	13	20	27	3	10	17	24	1	8	15	22	29	5	12	19	26	3	10	17	24	31	7	14	21	28
Robin	Barber			Novice			Intermediate			Intermediate																	
Paul	Boast						Novice						Intermediate							Intermediate							
Sarah	Clark										Novice				Intermediate											Intermediate	
Martin	Covey		Novice																								
Rachael	Craft										Novice									Intermediate							Intermediate
Andy	Crockford				Novice							Fast													Fast		
Michael	Fishwick							Novice					Intermediate								Intermediate						
Jonny	Fitton											Fast											Fast				Fast
Frans	Frison															Fast						Fast					
Phil	Hall						Intermediate						Novice														
Alex	Heron								Intermediate				Novice													Intermediate	
Richard	Holdsworth										Novice																
James	Hooley	Intermediate														Fast											Fast
Jonathan	Hydon		Fast				Intermediate																	Fast			
Anna	Jaques													Fast										Fast			
Sally	Kuman	Novice														Intermediate											
Sarah	Langford																				Intermediate						
Chris	Loseby				Intermediate										Fast											Fast	
Richard	Mason							Fast			Fast														Fast		
Warren	Simms				Fast							Fast															Fast
Matthew	Wagstaffe	Fast				Fast								Fast													
Stuart	Williams					Novice					Intermediate															Intermediate	
Alex	Wong												Intermediate								Intermediate						

Fast Ride (40-60 mls)
 Intermediate Ride (30-50 mls)
 Novice Ride (20-30 mls)

MVH Training Weekend