

Day	Place	Wt	Ride Distance	Ride Time	Ride km/hr	Comments	Day	Total	Avg Daily Kms
Monday		91.2	21.9	0:47:18	28.0	Cawdor Loop - Wet ride	1	21.9	21.9
Tuesday			33.5	1:12:51	27.9	M7 Path Speed George & Marty Wet track	2	55.4	27.7
Wednesday			21.9	0:45:15	29.2	Cawdor Loop - Wet ride	3	77.3	25.8
Thursday			33.5	1:14:55	27.2	M7 Path Speed Tim Rained out dry back	4	110.8	27.7
Friday		89.0	25.5	0:54:20	28.3	Kirkham Loop Racer	5	136.3	27.3
Saturday		87.4	73.0	2:32:15	28.8	Penrith Loop + (gear cable broke, trew a chain, puncture)	6	209.3	34.9
Sunday			30.8	1:41:50	18.3	MTB All over Lakes with Al & Susan	7	240.1	34.3
Monday		89.6	22.2	0:47:25	28.3	Cawdor Loop - Windy out	8	262.3	32.8
Tuesday			25.5	1:02:57	24.7	Kirkham Loop MTB Rained all the way	9	287.8	32.0
Wednesday		89.8	37.5	1:34:14	23.9	Bird Loop (rained out the back, windy and cold)	10	325.3	32.5
Thursday			21.9	0:55:42	23.9	Cawdor Loop (c) - 15°C bit cold at 4:00am	11	347.2	31.6
Friday			21.9	0:53:47	24.8	Cawdor Loop - 12.8°C bit cold at 4:00am	12	369.1	30.8
Saturday		87.2	68.0	2:14:04	30.4	Penrith Loop on Angel's bike 1:07:21 - 1:06:43	13	437.1	33.6
Sunday			20.7	1:03:07	19.7	MTB - Nth head loop, Brookvale Oval loop	14	457.8	32.7
Monday			21.9	0:46:58	28.6	Cawdor Loop - Windy out	15	479.7	32.0
Tuesday			33.5	1:06:32	30.5	M7 Path Speed George, Marty, Nick	16	513.2	32.1
Wednesday		88.6	25.5	1:04:36	23.9	Kirkham Loop MTB Quite cool this morning	17	538.7	31.7
Thursday			33.5	1:08:19	29.6	M7 Path Speed George, Nick	18	572.2	31.8
Friday		89.6	34.4	1:30:49	22.9	Kirkham - Razorback Loop MTB	19	606.6	31.9
Saturday		87.5	105.3	3:44:45	28.2	M 5-7-4 & RSL Loop with Marty	20	711.9	35.6
Sunday		87.6	68.0	3:28:18	19.6	MTB (New & T2 Trailer) Lakes and back	21	779.9	37.1
Monday		90.0	21.9	0:54:45	24.3	Cawdor Loop - Windy out	22	801.8	36.4
Tuesday			33.5	1:08:06	29.6	M7 Path Speed George & Marty pb	23	835.3	36.3
Wednesday			37.5	1:43:07	21.8	Bird Loop (windy)	24	872.8	36.4
Thursday			33.5	1:06:22	30.5	M7 Path Speed	25	906.3	36.3
Friday		89.4	22.2	0:56:54	23.8	Cawdor Loop (c) - Wet ride	26	928.5	35.7
Saturday		88.1	101.7	3:58:52	25.6	Warrimoo Loop - with Marty (Blue Mountains)	27	1,030.2	38.2
Sunday	Back Problem		20.5	0:54:36	22.8	Lakes - past the gate and back	28	1,050.7	37.5
Monday	Back Problem		21.9	0:48:36	27.4	Cawdor Loop	29	1,072.6	37.0
Tuesday	Back Problem		33.5	1:13:20	27.5	M7 Path Speed (slow back still sore)	30	1,106.1	36.9
Wednesday			50.1	2:06:48	23.9	MTB Menangle Loop 18km/hr headwinds	31	1,156.2	37.3
Thursday			33.5	1:05:08	30.9	M7 Path Speed (pb both ways 25:16 - 28:42)	32	1,189.7	37.2
Friday			50.1	1:57:06	25.7	MTB Menangle Loop 1st 20km had on swim mode....idiot	33	1,239.8	37.6
Saturday		87.1	128.7	4:41:29	27.5	M7 Path Loop (from home)	34	1,368.5	40.3
Sunday		88.8	33.1	1:51:04	17.9	Lakes Loops with Sue & Alan	35	1,401.6	40.0
Monday			21.9	0:48:46	27.4	Cawdor Loop	36	1,423.5	39.5
Tuesday		88.8	21.9	0:48:08	27.4	Cawdor Loop	37	1,445.4	39.1
Wednesday			27.4	1:11:31	23.2	Kirkham Loop MTB via Path	38	1,472.8	38.8
Thursday		87.5	23.9	1:04:01	22.4	Kirkham Loop MTB Quite cool this morning	39	1,496.7	38.4
Friday			25.5	0:54:04	28.3	Kirkham Loop Racer	40	1,522.2	38.1
Saturday		86.6	77.3	2:32:20	30.5	M7 Path	41	1,599.5	39.0
Sunday		86.8	53.2	1:59:20	26.8	Adams Road Loop 36°C and a hail storm coing into Narellan	42	1,652.7	39.4
Monday			50.1	1:52:12	26.8	MTB Menangle Loop	43	1,702.8	39.6
Tuesday			25.0	0:58:10	25.9	Rode to Pool and back after squad	44	1,727.8	39.3
Wednesday			25.4	1:01:05	25.0	Kirkham Loop MTB	45	1,753.2	39.0
Thursday			33.5	1:04:50	31.4	M7 Path	46	1,786.7	38.8
Friday			25.0	0:58:07	25.9	Pool to Home	47	1,811.7	38.5
Saturday			104.8	3:23:42	31.0	M 5-7-4 & RSL Loop	48	1,916.5	39.9
Sunday			68.0	2:19:49	29.4	Penrith Loop - Brutal head wind	49	1,984.5	40.5
Monday		88.2	22.3	0:53:10	25.2	Cawdor Loop old way home	50	2,006.8	40.1