

Day	Date	Rest Days	Info	Route	Miles	KM	Time Taken (Mins)	Average MPH	Top Speed (MPH)	Climb (Feet)	Climb (M)	Calories
Wednesday	07/04/2010		Raleigh Lithium MTB	No GPS	8.90	14.32	00:54:00	9.89	XXX	XXX	XXX	XXX
Tuesday	13/04/2010	5	Raleigh Lithium MTB (H on a RB)	<a href="http://i.mp/cvmh1M">http://i.mp/cvmh1M</a>	8.88	14.29	00:42:26	12.57	21.12	328	100	583
Saturday	17/04/2010	3	Raleigh Lithium MTB	<a href="http://i.mp/968Bxg">http://i.mp/968Bxg</a>	9.78	15.74	00:48:12	12.17	23.52	302	92	583
Friday	23/04/2010	5	Raleigh Lithium MTB	<a href="http://i.mp/clINKD">http://i.mp/clINKD</a>	9.80	15.77	00:47:04	12.49	20.27	302	92	605
Tuesday	27/04/2010	3	Raleigh Lithium (SPD's)	<a href="http://i.mp/90skV3">http://i.mp/90skV3</a>	9.68	15.58	00:48:26	12.00	21.67	299	91	596
Wednesday	28/04/2010		Raleigh Lithium (SPD's)	<a href="http://i.mp/aDQqGi">http://i.mp/aDQqGi</a>	10.00	16.09	00:58:15	10.30	18.09	266	81	570
Saturday	08/05/2010	9	Raleigh 400 Road (SPD's)	<a href="http://i.mp/dCRuL">http://i.mp/dCRuL</a>	16.33	26.28	01:17:50	12.59	28.93	495	151	1042
Sunday	16/05/2010	7	Dawes Galaxy (SPD's)	<a href="http://i.mp/c1ruOD">http://i.mp/c1ruOD</a>	24.73	39.80	01:56:16	12.76	39.86	1969	600	1743
Friday	21/05/2010	4	Raleigh 400 Road (SPD's)	<a href="http://i.mp/doqNh0">http://i.mp/doqNh0</a>	26.38	42.45	01:58:00	13.41	28.93	1358	414	1905
Thursday	27/05/2010	5	Raleigh 400 Road (SPD's)	<a href="http://i.mp/9G0lCg">http://i.mp/9G0lCg</a>	27.16	43.71	01:52:31	14.48	29.40	1250	381	1625
Sunday	30/05/2010	2	Raleigh 400 Road (SPD's)	<a href="http://i.mp/b9QriG">http://i.mp/b9QriG</a>	29.83	48.01	02:10:59	13.66	31.24	984	300	1577
Saturday	19/06/2010	19	Raleigh 400 Road (SPD's)	<a href="http://i.mp/aYNNld">http://i.mp/aYNNld</a>	20.54	33.06	01:30:43	13.59	35.70	840	256	1302
Sunday	20/06/2010		Raleigh 400 Road (SPD's)	<a href="http://i.mp/blgzM0">http://i.mp/blgzM0</a>	30.38	48.89	02:19:58	13.02	43.21	1608	490	1791
Monday	28/06/2010	7	Raleigh 400 Road (SPD's)	<a href="http://i.mp/dv7Ez0">http://i.mp/dv7Ez0</a>	13.28	21.37	00:53:40	14.84	28.41	397	121	720
Sunday	04/07/2010	5	Raleigh 400 Road (SPD's)	<a href="http://i.mp/b6DriI">http://i.mp/b6DriI</a>	43.84	70.55	03:11:17	13.75	34.28	2096	639	2680
Wednesday	07/07/2010	2	Raleigh 400 Road (SPD's)	<a href="http://i.mp/9C9JT6">http://i.mp/9C9JT6</a>	29.15	46.91	01:56:19	15.03	38.95	1299	396	1526
Saturday	17/07/2010	9	Raleigh 400 Road (SPD's)	<a href="http://i.mp/90eKUa">http://i.mp/90eKUa</a>	33.21	53.45	02:26:55	13.56	28.17	2520	768	1944
Wednesday	28/07/2010	10	Raleigh 400 Road (SPD's)	<a href="http://i.mp/a1017U">http://i.mp/a1017U</a>	19.84	31.93	01:27:50	13.73	35.88	884	269	1234
Saturday	31/07/2010	2	Raleigh 400 Road (SPD's)	<a href="http://i.mp/9IGHF7">http://i.mp/9IGHF7</a>	33.04	53.17	02:16:01	14.57	33.27	1161	354	2167
Wednesday	04/08/2010	3	Raleigh 400 Road (SPD's)	<a href="http://i.mp/9vY0gd">http://i.mp/9vY0gd</a>	31.73	51.06	01:59:13	15.97	38.05	732	223	1784
Wednesday	11/08/2010	6	Raleigh 400 Road (SPD's)	<a href="http://i.mp/9ee4pu">http://i.mp/9ee4pu</a>	23.03	37.06	01:25:25	16.18	35.19	1565	477	1650
Sunday	15/08/2010	3	Raleigh 400 Road (SPD's)	<a href="http://i.mp/9WBH9J">http://i.mp/9WBH9J</a>	23.26	37.43	01:32:54	15.02	32.32	561	171	1592
Wednesday	18/08/2010	2	Raleigh 400 Road (SPD's)	<a href="http://tinyurl.com/25vdicd">http://tinyurl.com/25vdicd</a>	29.41	47.33	01:48:40	16.20	29.60	605	184	1981
Wednesday	25/08/2010	6	Raleigh 400 Road (SPD's) - Rain	<a href="http://tinyurl.com/38z8llz">http://tinyurl.com/38z8llz</a>	7.60	12.23	00:31:53	14.30	23.60	260	79	449
Sunday	29/08/2010	3	Raleigh 400 Road (SPD's)	<a href="http://tinyurl.com/2g8arek">http://tinyurl.com/2g8arek</a>	37.85	60.91	02:44:24	13.80	36.00	1529	466	2272
Sunday	05/09/2010	6	Raleigh 400 Road (SPD's)	<a href="http://tinyurl.com/2uxve3h">http://tinyurl.com/2uxve3h</a>	51.94	83.59	03:46:39	13.80	36.10	1637	499	3010
Wednesday	08/09/2010	2	Raleigh 400 Road (SPD's)	<a href="http://tinyurl.com/38dven5">http://tinyurl.com/38dven5</a>	20.45	32.91	01:12:59	16.80	33.80	544	166	1321
Friday	17/09/2010	8	Raleigh 400 Road (SPD's)	<a href="http://tinyurl.com/3ano82o">http://tinyurl.com/3ano82o</a>	39.34	63.31	02:47:00	14.01	33.40	1619	493	2394
Wednesday	22/09/2010	4	Raleigh 400 Road (SPD's)	<a href="http://tinyurl.com/2uhqvtn">http://tinyurl.com/2uhqvtn</a>	15.68	25.23	00:59:28	15.80	37.40	623	190	986
Sunday	26/09/2010	3	Raleigh 400 Road (SPD's)	<a href="http://tinyurl.com/2cs7z8m">http://tinyurl.com/2cs7z8m</a>	38.01	61.17	02:48:19	13.60	42.00	1751	534	2420
Wednesday	29/09/2010	2	Raleigh 400 Road (SPD's) - Rain	<a href="http://tinyurl.com/2uhqvtn">http://tinyurl.com/2uhqvtn</a>	15.63	25.15	01:01:48	15.20	35.30	524	160	964
Sunday	03/10/2010	3	Raleigh 400 Road (SPD's) - Rain	<a href="http://tinyurl.com/36slg52">http://tinyurl.com/36slg52</a>	102.96	165.70	07:10:17	14.40	34.80	2425	739	6327
Monday	04/10/2010		Raleigh 400 Road (SPD's)	<a href="http://tinyurl.com/259fcmg">http://tinyurl.com/259fcmg</a>	75.54	121.58	05:20:54	14.12	33.10	2714	827	4557
Saturday	16/10/2010	11	Raleigh 400 Road (SPD's)	<a href="http://tinyurl.com/2bbaepg">http://tinyurl.com/2bbaepg</a>	22.06	35.50	01:46:42	12.40	34.90	1616	493	1373
Saturday	23/10/2010	6	Raleigh 400 Road (SPD's)	<a href="http://tinyurl.com/2cc4erz">http://tinyurl.com/2cc4erz</a>	44.78	72.07	03:15:13	13.80	34.90	2589	789	2685
Saturday	30/10/2010	6	Raleigh 400 Road (SPD's)	<a href="http://tinyurl.com/3yfk3r">http://tinyurl.com/3yfk3r</a>	30.48	49.05	02:13:45	13.70	31.20	1497	456	1731
Sunday	31/10/2010		Scott Genius MTB (Off Road)	No GPS	30.00	48.28	03:55:00	7.66				
Saturday	06/11/2010	5	Raleigh 400 Road (SPD's)	Corrupt File	48.70	78.38	03:19:59	14.61	31.72			2909
Saturday	20/11/2010	13	Raleigh 400 Road (SPD's)	<a href="http://tinyurl.com/2cwasoh">http://tinyurl.com/2cwasoh</a>	52.05	83.77	03:46:21	13.80	30.10	2762	842	3058
Sunday	21/11/2010		Scott Genius MTB (Off Road)	<a href="http://tinyurl.com/26vj59j">http://tinyurl.com/26vj59j</a>	16.16	26.01	02:00:18	8.10	38.40	1994	608	1771
Saturday	04/12/2010	12	Saracan Mantis SE (Off Road)	<a href="http://tinyurl.com/2bbpm4x">http://tinyurl.com/2bbpm4x</a>	12.21	19.65	01:26:19	8.50	19.70	702	214	653
Tuesday	28/12/2010	23	Cube Acid MTB (On Road - Icy)	<a href="http://tinyurl.com/6zx4g55">http://tinyurl.com/6zx4g55</a>	10.43	16.79	01:16:45	8.20	24.50	748	228	527
Saturday	15/01/2011	17	Cube Acid MTB (Off Road)	<a href="http://tinyurl.com/6kfen6c">http://tinyurl.com/6kfen6c</a>	7.37	11.86	01:01:55	7.10	25.70	710	216	375
Saturday	22/01/2011	6	Cube Acid MTB (Off Road)	<a href="http://tinyurl.com/45ztK22">http://tinyurl.com/45ztK22</a>	11.67	18.78	01:24:18	8.30	24.00	783	239	610
Sunday	30/01/2011	7	Cube Acid MTB (Off Road)	<a href="http://tinyurl.com/6jgatwn">http://tinyurl.com/6jgatwn</a>	18.16	29.23	01:52:37	9.70	33.00	745	227	871
Saturday	05/02/2011	5	Cube Acid MTB (Off Road)	<a href="http://tinyurl.com/6hgz25n">http://tinyurl.com/6hgz25n</a>	10.39	16.72	01:08:33	9.10	22.50	764	233	458
Sunday	13/02/2011	7	Cube Acid MTB (Off Road)	<a href="http://tinyurl.com/4jfsvpu">http://tinyurl.com/4jfsvpu</a>	31.91	51.35	03:31:07	9.10	32.30	2834	864	1739
Saturday	19/02/2011	5	Raleigh 400 Road (SPD's)	<a href="http://tinyurl.com/5wf3jc2">http://tinyurl.com/5wf3jc2</a>	50.35	81.03	03:51:26	13.10	36.40	2211	674	2930
Sunday	20/02/2011		Cube Acid MTB (Off Road)	<a href="http://tinyurl.com/498prn4">http://tinyurl.com/498prn4</a>	16.50	26.55	02:13:03	7.20	25.00	1869	570	1285
Tuesday	22/02/2011	1	Raleigh 400 Road (SPD's)	<a href="http://tinyurl.com/6j5c2n">http://tinyurl.com/6j5c2n</a>	17.48	28.13	01:17:53	13.50	35.50	1313	400	1091
Saturday	26/02/2011	3	Raleigh 400 Road (SPD's)	<a href="http://tinyurl.com/48bzozh">http://tinyurl.com/48bzozh</a>	34.23	55.09	03:00:41	11.40	33.90	1922	586	2181
Tuesday	01/03/2011	2	Raleigh 400 Road (SPD's)	<a href="http://tinyurl.com/4v76ej3">http://tinyurl.com/4v76ej3</a>	17.56	28.26	01:20:05	13.10	35.20	1466	447	1112
Saturday	05/03/2011	3	Raleigh 400 Road (SPD's)	<a href="http://tinyurl.com/4hnhgfo">http://tinyurl.com/4hnhgfo</a>	50.53	81.32	04:19:42	11.70	35.70	3945	1202	3089
Thursday	10/03/2011	4	Raleigh 400 Road (SPD's)	<a href="http://tinyurl.com/5u7hoeb">http://tinyurl.com/5u7hoeb</a>	17.52	28.20	01:16:11	13.80	32.80	1460	445	1087
Saturday	12/03/2011	1	Raleigh 400 Road (SPD's)	<a href="http://tinyurl.com/5rfrncv">http://tinyurl.com/5rfrncv</a>	53.26	85.71	04:33:39	11.70	27.00	2879	878	3143
Tuesday	15/03/2011	2	Raleigh 400 Road (SPD's)	<a href="http://tinyurl.com/4ccmms8">http://tinyurl.com/4ccmms8</a>	17.53	28.21	01:34:57	11.10	38.50	1396	426	1103
Saturday	19/03/2011	3	Raleigh 400 Road (SPD's)	<a href="http://tinyurl.com/6dymq26">http://tinyurl.com/6dymq26</a>	60.56	97.46	05:17:37	11.40	35.70	4036	1230	3633
Sunday	20/03/2011		Cube Acid MTB (Off Road)	<a href="http://tinyurl.com/5vtydve">http://tinyurl.com/5vtydve</a>	19.64	31.61	04:33:28	4.30	21.60	3139	957	2035
Saturday	26/03/2011	5	Raleigh 400 Road (SPD's)	Corrupt File	66.06	106.31	06:25:41	10.30	36.40	1832	558	3983
Tuesday	29/03/2011	2	Raleigh 400 Road (SPD's)	<a href="http://tinyurl.com/6aehivr">http://tinyurl.com/6aehivr</a>	22.46	36.15	01:25:15	15.80	34.80	1418	432	1457
Thursday	31/03/2011	1	Cube Acid MTB (Off Road)	<a href="http://tinyurl.com/42uvrdh">http://tinyurl.com/42uvrdh</a>	16.24	26.14	01:23:17	11.70	25.30	901	275	876
Tuesday	05/04/2011	4	Raleigh 400 Road (SPD's)	<a href="http://tinyurl.com/3et4hhe">http://tinyurl.com/3et4hhe</a>	22.45	36.13	01:44:49	12.90	33.20	1348	411	1407
Tuesday	12/04/2011	6	Raleigh 400 Road (SPD's)	<a href="http://tinyurl.com/675d6gj">http://tinyurl.com/675d6gj</a>	14.53	23.38	00:59:04	14.80	35.60	966	294	926
Thursday	14/04/2011	1	Cube Acid MTB (Off Road)	<a href="http://tinyurl.com/5rnm3v3">http://tinyurl.com/5rnm3v3</a>	21.40	34.44	01:43:37	12.40	27.30	800	244	1221
Saturday	16/04/2011	1	Raleigh 400 Road (SPD's)	<a href="http://tinyurl.com/43sy82s">http://tinyurl.com/43sy82s</a>	63.00	101.39	06:00:03	10.50	43.40	4446	1355	4223
Friday	22/04/2011	5	Cube Acid MTB (Off Road)	<a href="http://tinyurl.com/3drvpsb">http://tinyurl.com/3drvpsb</a>	25.19	40.54	04:38:44	5.40	24.70	3593	1095	2434
Saturday	23/04/2011		Cube Acid MTB (Off Road)	<a href="http://tinyurl.com/3qofpnm">http://tinyurl.com/3qofpnm</a>	21.84	35.15	05:34:25	3.90	29.80	4014	1223	2358
Tuesday	26/04/2011	2	Specialized Tarmac (SPD's)	No GPS	23.83	38.35	01:28:15	16.18	N/A	666	203	
Friday	29/04/2011	2	Raleigh 400 Road (SPD's)	<a href="http://tinyurl.com/6aihllc">http://tinyurl.com/6aihllc</a>	50.49	81.26	04:13:06	12.00	37.40	3657	1115	3241
Saturday	30/04/2011		Raleigh 400 Road (SPD's)	<a href="http://tinyurl.com/6d4df3k">http://tinyurl.com/6d4df3k</a>	34.00	54.72	02:49:23	12.00	35.80	2031	619	2042
Tuesday	03/05/2011	2	Raleigh 400 Road (SPD's)	<a href="http://tinyurl.com/5r48kqw">http://tinyurl.com/5r48kqw</a>	23.18	37.30	01:17:15	18.00	38.60	1438	438	1567
Saturday	07/05/2011	3	Raleigh 400 Road (SPD's)	<a href="http://tinyurl.com/6hbgue64">http://tinyurl.com/6hbgue64</a>	39.56	63.67	03:06:05	12.80	32.40	2451	747	2381
Saturday	14/05/2011	6	Raleigh 400 Road (SPD's)									