

**PLEASURE & PAIN**

Coffs Harbour Cycle Club

**2010 Pleasure and Pain : 8 Aug 2010**

309 Riders

100km Elite Male : 4 Laps in Category : 9 Riders : 100 Kms Total

Place	No.	Name	Lap 1	Lap 2	Lap 3	Lap 4	Time	Time Dif	Av Spd
1	11	Craig Gordon	1:01:29	1:03:39	1:03:35	1:03:08	4:11:51		23.82
2	12	Aiden Lefmann	1:01:36	1:03:39	1:03:37	1:10:00	4:18:52	7:01	23.18
3	5	Daniel Alcock	1:03:17	1:06:26	1:07:25	1:10:14	4:27:22	15:31	22.44
4	6	Brendan Brooks	1:05:43	1:05:30	1:08:21	1:09:28	4:29:02	17:11	22.30
5	9	Geoff Gilchrist	1:01:33	1:05:30	1:10:07	1:17:04	4:34:14	22:23	21.88
6	14	Tim Wynan	1:01:39	1:08:20	1:17:47	1:16:40	4:44:26	32:35	21.09
7	13	Andrew Mallett	1:06:25	1:10:55	1:13:35	1:20:01	4:50:56	39:05	20.62
8	8	Rowan Frank	1:12:42	1:17:40	1:28:40	1:25:19	5:24:21	1:12:30	18.50
DNS	7	Scott Butler					DNS		

**PLEASURE & PAIN**

Coffs Harbour Cycle Club

**2010 Pleasure and Pain : 8 Aug 2010**

309 Riders

100km Elite Female : 4 Laps in Category : 5 Riders : 100 Kms Total

Place	No.	Name	Lap 1	Lap 2	Lap 3	Lap 4	Time	Time Dif	Av Spd
1	4	Trudy Nicholas	1:13:09	1:13:34	1:15:49	1:17:07	4:59:39		20.02
2	2	Nicola Hogan	1:13:11	1:17:10	1:17:24	1:21:07	5:08:52	9:13	19.43
3	15	Sharon Heap	1:16:35	1:18:41	1:21:08	1:25:40	5:22:04	22:25	18.63
4	3	Justine Leahy	1:19:41	1:26:21	1:27:34	1:25:43	5:39:19	39:40	17.68
DNF	1	Anna Beck	1:13:10	1:18:19			DNF		

**PLEASURE & PAIN**

Coffs Harbour Cycle Club

**2010 Pleasure and Pain : 8 Aug 2010**

309 Riders

100km 18-29yrs Male : 4 Laps in Category : 12 Riders : 100 Kms Total

Place	No.	Name	Lap 1	Lap 2	Lap 3	Lap 4	Time	Time Dif	Av Spd
1	29	Josh Prentice	1:11:48	1:13:59	1:14:50	1:13:27	4:54:04		20.40
2	33	Chris Jahnz	1:11:46	1:13:42	1:16:43	1:17:22	4:59:33	5:29	20.03
3	24	Tristan Gribble	1:12:00	1:12:32	1:15:28	1:20:47	5:00:47	6:43	19.95
4	28	Robbie McNaughton	1:12:21	1:16:45	1:22:38	1:26:01	5:17:45	23:41	18.88
5	32	Stephen Vines	1:16:19	1:24:09	1:28:30	1:27:24	5:36:22	42:18	17.84
6	31	Shane Russell	1:29:19	1:29:09	1:45:24	1:48:31	6:32:23	1:38:19	15.29
7	21	Mark Fearman	1:15:33	1:21:04	2:24:06	2:04:13	7:04:56	2:10:52	14.12
8	26	Tom Li	1:44:43	1:44:25	2:01:27	2:02:26	7:33:01	2:38:57	13.24
DNF	27	Ben May	1:11:57	1:15:20			DNF		
DNF	25	Daniel Lepetit	2:14:01	2:25:51			DNF		
DNS	23	Ben Cusack					DNS		
DNS	30	Matthew Reekie					DNS		



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2010 Pleasure and Pain : 8 Aug 2010
309 Riders

100km 18-29yrs Female : 4 Laps in Category : 1 Riders : 50 Kms Total

Place	No.	Name	Lap 1	Lap 2	Lap 3	Lap 4	Time	Time Dif	Av Spd
DNF	22	Alicia Tickner	2:04:06	2:26:03			DNF		



Coffs Harbour Cycle Club



2010 Pleasure and Pain : 8 Aug 2010

309 Riders

100km 30-39yrs Male : 4 Laps in Category : 39 Riders : 100 Kms Total

Place	No.	Name	Lap 1	Lap 2	Lap 3	Lap 4	Time	Time Dif	Av Spd
1	63	Michael Hogan	1:09:28	1:11:55	1:16:05	1:15:13	4:52:41		20.50
2	76	Rob Paksec	1:10:55	1:15:32	1:14:42	1:12:57	4:54:06	1:25	20.40
3	77	Scott Pomroy	1:09:32	1:11:49	1:16:05	1:18:51	4:56:17	3:36	20.25
4	71	Peter Marshall	1:11:00	1:15:33	1:14:43	1:18:03	4:59:19	6:38	20.05
5	83	Scott Thomson	1:12:34	1:16:02	1:22:11	1:24:54	5:15:41	23:00	19.01
6	61	Ben Harris	1:15:24	1:17:19	1:23:19	1:25:54	5:21:56	29:15	18.64
7	49	Andrew Armstrong	1:15:20	1:19:35	1:25:38	1:31:14	5:31:47	39:06	18.08
8	82	Silas Sutherland	1:15:29	1:31:31	1:27:05	1:23:33	5:37:38	44:57	17.77
9	66	Matthew Hunter	1:16:30	1:21:19	1:30:25	1:29:29	5:37:43	45:02	17.77
10	79	Graham Rankin	1:18:03	1:22:34	1:31:40	1:32:40	5:44:57	52:16	17.39
11	89	Redmond Webster	1:28:22	1:25:27	1:29:33	1:22:47	5:46:09	53:28	17.33
12	72	Andrew Mein	1:21:02	1:22:48	1:29:31	1:35:17	5:48:38	55:57	17.21
13	47	Richard Alberthsen	1:21:04	1:27:54	1:30:33	1:36:13	5:55:44	1:03:03	16.87
14	51	Matt Crowley	1:26:43	1:29:51	1:29:55	1:40:09	6:06:38	1:13:57	16.37
15	64	Peter Hosking	1:24:56	1:27:48	1:34:31	1:43:03	6:10:18	1:17:37	16.20
16	53	Glen Douglass	1:26:46	1:30:01	1:33:51	1:45:35	6:16:13	1:23:32	15.95
17	65	David Hoswell	1:24:55	1:28:21	1:41:49	1:42:57	6:18:02	1:25:21	15.87
18	67	Cameron Jenkins	1:21:10	1:26:28	1:51:38	1:42:02	6:21:18	1:28:37	15.74
19	58	Ryan Hall	1:24:53	1:33:44	1:45:24	1:41:42	6:25:43	1:33:02	15.56
20	57	Shayne Gill	1:23:46	1:31:50	1:45:12	1:50:46	6:31:34	1:38:53	15.32
21	87	James Wright	1:37:25	1:40:11	1:44:22	1:40:29	6:42:27	1:49:46	14.91
22	88	Matt Tyrrell	1:27:53	1:31:40	1:49:39	1:53:23	6:42:35	1:49:54	14.90
23	86	Michael Weeden	1:27:40	1:35:23	1:45:29	1:58:25	6:46:57	1:54:16	14.74
24	74	Matthew Ness	1:50:41	1:48:14	1:56:41	1:56:26	7:32:02	2:39:21	13.27
DNF	85	Neil Wardlaw	1:24:58	1:33:15	1:31:57		DNF		
DNF	54	James Fraser	1:33:22	1:46:34	2:17:40		DNF		
DNF	84	Mark Trotter	1:33:02	2:00:20	2:04:59		DNF		
DNF	78	Kirk Pushie	1:20:13	1:25:31			DNF		
DNF	80	Darren Saunders	1:21:06	1:27:54			DNF		
DNF	81	Yoshi Stephenson	1:29:59	1:43:21			DNF		
DNF	59	Richie Hardman	1:29:11	1:45:16			DNF		
DNF	60	Holt Hardy	1:34:14	1:44:07			DNF		
DNF	52	Rodney Davis	1:52:44	2:07:43			DNF		
DNF	73	Paul Musgrove	1:52:35	2:14:41			DNF		
DNF	75	Austin Northey	1:15:25				DNF		
DNF	34	Stefano Lotti	1:20:52				DNF		
DNS	48	John Allen					DNS		
DNS	55	Brett Gardner					DNS		



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DNS

56 Darren Gardner



DNS



**PLEASURE & PAIN**

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**2010 Pleasure and Pain : 8 Aug 2010**

309 Riders

100km 30-39yrs Female : 4 Laps in Category : 7 Riders : 100 Kms Total

Place	No.	Name	Lap 1	Lap 2	Lap 3	Lap 4	Time	Time Dif	Av Spd
1	43	Lana Moy	1:19:23	1:25:12	1:30:57	1:34:13	5:49:45		17.16
2	44	Susan Sim	1:29:18	1:29:52	1:33:19	1:38:07	6:10:36	20:51	16.19
3	40	Tracy Flintoff	1:28:08	1:31:30	1:38:37	1:33:24	6:11:39	21:54	16.14
4	45	Theresa Lancaster	1:23:56	1:32:14	1:59:18	1:43:28	6:38:56	49:11	15.04
5	42	Melinda Howell	1:34:06	1:49:56	1:54:07	1:53:00	7:11:09	1:21:24	13.92
DNF	41	Elizabeth Casey	1:46:02	1:57:30			DNF		
DNF	46	Corinne Hanlon	1:51:54	2:01:31			DNF		

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Coffs Harbour Cycle Club

**2010 Pleasure and Pain : 8 Aug 2010**

309 Riders

100km 40-49yrs Male : 4 Laps in Category : 25 Riders : 100 Kms Total

Place	No.	Name	Lap 1	Lap 2	Lap 3	Lap 4	Time	Time Dif	Av Spd
1	124	Peter Windfield	1:11:53	1:13:02	1:13:58	1:16:31	4:55:24		20.31
2	113	Nicholas Mills	1:12:45	1:14:08	1:15:04	1:14:26	4:56:23	0:59	20.24
3	107	Les Heap	1:11:40	1:12:50	1:14:26	1:22:51	5:01:47	6:23	19.88
4	115	Paul Perry	1:12:11	1:14:21	1:19:37	1:18:19	5:04:28	9:04	19.71
5	117	Graham Stanyer	1:14:15	1:17:13	1:20:31	1:24:30	5:16:29	21:05	18.96
6	106	David Harris	1:12:14	1:16:43	1:23:00	1:26:27	5:18:24	23:00	18.84
7	112	Chris McDonald	1:19:04	1:19:48	1:21:35	1:21:40	5:22:07	26:43	18.63
8	302	Bill Thomsen	1:17:08	1:17:23	1:27:25	1:30:08	5:32:04	36:40	18.07
9	104	Paul Grubner	1:16:27	1:19:46	1:28:07	1:28:20	5:32:40	37:16	18.04
10	135	Trevor Creighton	1:21:41	1:23:30	1:30:03	1:29:59	5:45:13	49:49	17.38
11	116	Aaron Pickett-Heaps	1:20:05	1:27:18	1:29:55	1:32:00	5:49:18	53:54	17.18
12	111	Ian Leeson	1:22:42	1:27:37	1:32:28	1:35:42	5:58:29	1:03:05	16.74
13	121	Robin Weber	1:25:44	1:28:07	1:38:51	1:38:14	6:10:56	1:15:32	16.18
14	102	Mark Drury	1:19:21	1:32:27	1:39:50	1:47:23	6:19:01	1:23:37	15.83
15	123	Colin Williams	1:30:13	1:34:14	1:37:37	1:38:20	6:20:24	1:25:00	15.77
16	101	Glenn DiSalvia	1:25:15	1:29:13	1:47:18	1:51:47	6:33:33	1:38:09	15.25
17	99	Brian Cockbain	2:07:27	1:23:26	1:31:21	1:40:44	6:42:58	1:47:34	14.89
18	109	Greg Holmes	1:24:00	1:38:44	1:54:56	1:53:26	6:51:06	1:55:42	14.59
DNF	98	Craig Coates	1:14:13	1:27:39			DNF		
DNF	105	Christopher Hackett	1:42:33	1:50:18			DNF		
DNF	103	James Fletcher	1:48:11	2:07:02			DNF		
DNF	110	Peter Hutchings	1:42:03	2:22:18			DNF		
DNF	100	Robert Coulthard	1:33:51				DNF		
DNS	108	Paul Hill					DNS		
DNS	118	Bernard Thomas					DNS		



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309 Riders

100km 40-49yrs Female : 4 Laps in Category : 2 Riders : 100 Kms Total

Place	No.	Name	Lap 1	Lap 2	Lap 3	Lap 4	Time	Time Dif	Av Spd
1	97	Jo Rowell	1:19:20	1:23:13	1:23:12	1:24:26	5:30:11		18.17
2	96	Diane Perry	1:24:54	1:31:25	1:32:01	1:29:00	5:57:20	27:09	16.79

**PLEASURE & PAIN**

Coffs Harbour Cycle Club

**2010 Pleasure and Pain : 8 Aug 2010**

309 Riders

100Km 50+ yrs Male : 4 Laps in Category : 10 Riders : 100 Kms Total

Place	No.	Name	Lap 1	Lap 2	Lap 3	Lap 4	Time	Time Dif	Av Spd
1	142	Kevin Jones	1:11:31	1:13:46	1:14:08	1:15:22	4:54:47		20.35
2	133	Keith Bruce	1:18:20	1:21:27	1:24:13	1:22:38	5:26:38	31:51	18.37
3	141	Mark Smith	1:21:37	1:23:57	1:25:55	1:26:37	5:38:06	43:19	17.75
4	140	Jeff Paul	1:15:48	1:20:50	1:36:13	1:31:40	5:44:31	49:44	17.42
5	138	Gary Morris	1:19:36	1:23:50	1:30:23	1:33:24	5:47:13	52:26	17.28
6	137	Warren Mackay	1:24:15	1:28:45	1:34:26	1:40:13	6:07:39	1:12:52	16.32
7	132	Terence Bernutt	1:23:51	1:34:16	1:56:34	1:51:03	6:45:44	1:50:57	14.79
8	139	Graham Patterson	1:30:39	1:43:25	1:58:16	1:53:50	7:06:10	2:11:23	14.08
DNF	136	Mark Lewis	1:20:33	1:24:42			DNF		
DNS	134	Kim Carrigan					DNS		

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Coffs Harbour Cycle Club

**2010 Pleasure and Pain : 8 Aug 2010**

309 Riders

50km 16-17yrs Male : 2 Laps in Category : 6 Riders : 50 Kms Total

Place	No.	Name	Lap 1	Lap 2	Lap 3	Lap 4	Time	Time Dif	Av Spd
1	152	Billy Sewell	1:06:10	1:05:18			2:11:28		22.82
2	153	Blake Polverino	1:10:24	1:10:01			2:20:25	8:57	21.36
3	165	Jarrold Dafter	1:19:19	1:19:18			2:38:37	27:09	18.91
4	150	Adam Morris	1:17:26	1:26:58			2:44:24	32:56	18.25
5	151	Peter Platts	1:27:34	1:47:30			3:15:04	1:03:36	15.38
6	148	Toby Knights	1:30:59	1:55:54			3:26:53	1:15:25	14.50

**PLEASURE & PAIN**

Coffs Harbour Cycle Club

**2010 Pleasure and Pain : 8 Aug 2010**

309 Riders

50km 18-29yrs Male : 2 Laps in Category : 17 Riders : 50 Kms Total

Place	No.	Name	Lap 1	Lap 2	Lap 3	Lap 4	Time	Time Dif	Av Spd
1	162	Jon Beale	1:09:27	1:12:51			2:22:18		21.08
2	171	Ben Perske	1:13:03	1:13:52			2:26:55	4:37	20.42
3	175	Rob Schuurman	1:14:34	1:18:12			2:32:46	10:28	19.64
4	170	Dan Nichol	1:14:01	1:19:21			2:33:22	11:04	19.56
5	174	Josh Rose	1:15:24	1:18:51			2:34:15	11:57	19.45
6	173	Dan Ralph	1:18:46	1:30:54			2:49:40	27:22	17.68
7	172	Stephen Phyland	1:16:44	1:36:35			2:53:19	31:01	17.31
8	166	Ben Johnson	1:30:00	1:35:18			3:05:18	43:00	16.19
9	181	Chris Morecroft	1:29:52	1:40:53			3:10:45	48:27	15.73
10	169	Andrew McCosker	1:37:46	1:47:03			3:24:49	1:02:31	14.65
11	177	Matthew Woods	2:13:44	2:02:27			4:16:11	1:53:53	11.71
12	168	Stuart Masson	2:47:02	2:29:03			5:16:05	2:53:47	9.49
DNF	167	Hamish Laffan	3:10:20				DNF		
DNF	163	Max Broadley					DNF		
DNF	164	George Collins					DNF		
DNS	161	Russell Alexander					DNS		
DNS	176	Adam Skinner					DNS		



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309 Riders

50km 18-29yrs Female : 2 Laps in Category : 5 Riders : 50 Kms Total

Place	No.	Name	Lap 1	Lap 2	Lap 3	Lap 4	Time	Time Dif	Av Spd
1	178	Karen Taylor	1:24:09	1:33:25			2:57:34		16.90
2	160	Annette Taylor	1:30:52	1:38:54			3:09:46	12:12	15.81
3	179	Emma Leyland	1:49:33	1:51:25			3:40:58	43:24	13.58
4	158	Julia Hales	1:54:57	2:20:50			4:15:47	1:18:13	11.73
5	159	Amy Martin	2:37:00	2:29:03			5:06:03	2:08:29	9.80



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2010 Pleasure and Pain : 8 Aug 2010

309 Riders

50km 30-39yrs Male : 2 Laps in Category : 46 Riders : 50 Kms Total

Place	No.	Name	Lap 1	Lap 2	Lap 3	Lap 4	Time	Time Dif	Av Spd
1	226	Craig Troughton	1:09:39	1:12:20			2:21:59		21.13
2	203	Chris Delaney	1:11:37	1:11:48			2:23:25	1:26	20.92
3	198	Dan Bennett	1:12:27	1:14:04			2:26:31	4:32	20.48
4	219	Tony Quarmby	1:14:27	1:15:38			2:30:05	8:06	19.99
5	222	Nigel Rose	1:11:31	1:19:02			2:30:33	8:34	19.93
6	217	Murray Osgood	1:14:07	1:17:15			2:31:22	9:23	19.82
7	231	Ronaldo Wilton	1:08:41	1:23:36			2:32:17	10:18	19.70
8	236	Wayne Bower	1:14:46	1:17:53			2:32:39	10:40	19.65
9	214	Ryan McCann	1:19:47	1:19:24			2:39:11	17:12	18.85
10	234	Greg Wunder	1:18:27	1:23:04			2:41:31	19:32	18.57
11	208	Peter John Hawley	1:16:58	1:24:54			2:41:52	19:53	18.53
12	205	Ben Fuller	1:19:42	1:24:24			2:44:06	22:07	18.28
13	200	Chris Barnett	1:11:27	1:32:42			2:44:09	22:10	18.28
14	224	Matt Swainson	1:19:14	1:27:52			2:47:06	25:07	17.95
15	229	Chad Vowles	1:19:44	1:32:10			2:51:54	29:55	17.45
16	230	Mark Whitney	1:22:37	1:30:48			2:53:25	31:26	17.30
17	233	Joshua Wright	1:22:40	1:32:01			2:54:41	32:42	17.17
18	220	Chris Ramplin	1:18:11	1:36:44			2:54:55	32:56	17.15
19	223	Matthew Rosser	1:25:16	1:31:30			2:56:46	34:47	16.97
20	240	Rory Wheatley	1:30:25	1:27:02			2:57:27	35:28	16.91
21	218	Duncan Pretty	1:16:49	1:46:28			3:03:17	41:18	16.37
22	238	Mark Baxter	1:32:09	1:31:44			3:03:53	41:54	16.31
23	197	Matthew Benham	1:26:56	1:40:22			3:07:18	45:19	16.02
24	207	Desmond Hales	1:30:30	1:37:13			3:07:43	45:44	15.98
25	212	Matthew Kiejda	1:16:45	1:53:06			3:09:51	47:52	15.80
26	227	Ian Turnbull	1:32:40	1:44:49			3:17:29	55:30	15.19
27	70	Michael Lymbery	1:46:00	1:36:07			3:22:07	1:00:08	14.84
28	195	Brynley Abad	1:37:44	1:46:45			3:24:29	1:02:30	14.67
29	202	Anthony Dein	1:48:30	1:43:10			3:31:40	1:09:41	14.17
30	237	James Laird	1:36:25	2:00:43			3:37:08	1:15:09	13.82
31	216	Matt O'Halloran	1:44:19	2:02:33			3:46:52	1:24:53	13.22
32	210	Chad Hjort	1:49:28	1:59:04			3:48:32	1:26:33	13.13
33	206	Luke Haber	2:11:32	2:13:58			4:25:30	2:03:31	11.30
34	196	John Atsalos	2:08:06	2:38:41			4:46:47	2:24:48	10.46
35	225	Eli Szandala	2:08:03	2:38:48			4:46:51	2:24:52	10.46
DNF	209	Dave Hegerty	1:17:33				DNF		
DNF	235	Simon Leeds	1:25:42				DNF		
DNF	201	Jeremy de Vere	1:46:26				DNF		



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DNF	239	Martin Gadd	1:48:00				DNF		
DNF	204	Ashley Deuble	2:28:50				DNF		
DNS	199	Anthony Birkett					DNS		
DNS	211	Gareth Kelly					DNS		
DNS	213	Jason Lancaster					DNS		
DNS	215	Paul McDonald					DNS		
DNS	228	Dennis/Zoe Van					DNS		
DNS	232	Michael Wooster					DNS		

**PLEASURE & PAIN**

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**2010 Pleasure and Pain : 8 Aug 2010**

309 Riders

50km 30-39yrs Female : 2 Laps in Category : 8 Riders : 50 Kms Total

Place	No.	Name	Lap 1	Lap 2	Lap 3	Lap 4	Time	Time Dif	Av Spd
1	191	Alyssa Rogan	1:26:35	1:32:26			2:59:01		16.76
2	187	Emma Harris	1:30:59	1:35:42			3:06:41	7:40	16.07
3	186	Michelle Delaney	1:34:06	1:35:54			3:10:00	10:59	15.79
4	190	Bernadette Pitman	1:49:30	1:55:19			3:44:49	45:48	13.34
5	185	Juanita Delaney	1:56:12	2:14:58			4:11:10	1:12:09	11.94
6	193	Bridget Turner	2:21:13	2:11:45			4:32:58	1:33:57	10.99
7	192	Tania Trevethan	2:04:31	2:30:54			4:35:25	1:36:24	10.89
DNS	189	Michelle Mifflin					DNS		



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309 Riders

50km 40-49yrs Male : 2 Laps in Category : 54 Riders : 50 Kms Total

Place	No.	Name	Lap 1	Lap 2	Lap 3	Lap 4	Time	Time Dif	Av Spd
1	251	Jason Blair	1:08:55	1:09:10			2:18:05		21.73
2	300	Dwight Woodforth	1:08:56	1:11:32			2:20:28	2:23	21.36
3	256	Norman Doyle	1:13:24	1:15:50			2:29:14	11:09	20.10
4	282	Alan Platts	1:11:53	1:19:11			2:31:04	12:59	19.86
5	265	Graeme Hall	1:16:15	1:15:16			2:31:31	13:26	19.80
6	254	Tim Cotsell	1:14:51	1:18:00			2:32:51	14:46	19.63
7	295	Tony Williamson	1:15:00	1:19:51			2:34:51	16:46	19.37
8	268	Erik Horspool	1:16:23	1:19:55			2:36:18	18:13	19.19
9	281	Geoff Parry	1:15:59	1:20:26			2:36:25	18:20	19.18
10	279	Tony O'Brien	1:19:26	1:20:12			2:39:38	21:33	18.79
11	262	Darren Greentree	1:16:51	1:23:57			2:40:48	22:43	18.66
12	280	Timothy Parkes	1:22:45	1:22:01			2:44:46	26:41	18.21
13	285	Matt Russell	1:20:15	1:25:39			2:45:54	27:49	18.08
14	271	Will Lavender	1:20:29	1:26:00			2:46:29	28:24	18.02
15	263	Mark Grey	1:22:38	1:27:40			2:50:18	32:13	17.62
16	125	Tim Evans	1:27:44	1:27:03			2:54:47	36:42	17.16
17	267	Dominic Hilliar	1:25:56	1:30:17			2:56:13	38:08	17.02
18	290	Bryan Stocks	1:25:58	1:30:18			2:56:16	38:11	17.02
19	289	Craig Stevenson	1:26:06	1:30:19			2:56:25	38:20	17.01
20	273	Mark McKiernan	1:26:19	1:30:13			2:56:32	38:27	16.99
21	255	Wayne Dafter	1:27:47	1:28:48			2:56:35	38:30	16.99
22	301	Rod Atkins	1:22:28	1:34:53			2:57:21	39:16	16.92
23	284	John Ruddick	1:25:23	1:32:12			2:57:35	39:30	16.89
24	275	John McQueen	1:27:37	1:30:08			2:57:45	39:40	16.88
25	250	Andrew Beconsall	1:22:22	1:36:03			2:58:25	40:20	16.81
26	249	Peter Barnard	1:27:57	1:32:17			3:00:14	42:09	16.65
27	287	Terry Skerratt	1:27:06	1:33:37			3:00:43	42:38	16.60
28	278	Garry Murrell	1:28:27	1:32:27			3:00:54	42:49	16.58
29	264	Mark Griffiths	1:29:06	1:33:19			3:02:25	44:20	16.45
30	258	Chris Eddy	1:26:10	1:37:28			3:03:38	45:33	16.34
31	259	Tim Elder	1:30:03	1:36:03			3:06:06	48:01	16.12
32	294	Glenn Williams	1:35:03	1:34:32			3:09:35	51:30	15.82
33	283	Michael Procter	1:30:19	1:39:18			3:09:37	51:32	15.82
34	303	Conal O'Donoghue	1:30:57	1:45:34			3:16:31	58:26	15.27
35	266	Dave Harris	1:37:29	1:39:36			3:17:05	59:00	15.22
36	260	John Gibson	1:33:18	1:45:05			3:18:23	1:00:18	15.12
37	257	David Duverge	1:43:23	1:36:07			3:19:30	1:01:25	15.04
38	298	David Turnbull	1:32:45	1:51:07			3:23:52	1:05:47	14.72

**PLEASURE & PAIN**

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**2010 Pleasure and Pain : 8 Aug 2010**

309 Riders

39	261	Anthony Green	1:34:58	1:54:21			3:29:19	1:11:14	14.33
40	286	Kel Ryan	1:41:00	1:49:53			3:30:53	1:12:48	14.23
41	252	Andrew Booth	1:35:01	1:55:56			3:30:57	1:12:52	14.22
42	293	Miles Wayne	1:28:07	2:05:36			3:33:43	1:15:38	14.04
43	292	Simon Waterworth	1:47:13	1:58:23			3:45:36	1:27:31	13.30
44	274	Timothy McNamara	1:45:29	3:35:12			5:20:41	3:02:36	9.36
45	276	Charles Meyers	1:50:37	3:32:51			5:23:28	3:05:23	9.27
DNF	291	Wayne Strachan	1:50:31				DNF		
DNF	288	Paul Stevens					DNF		
DNS	253	Nathan Cheong					DNS		
DNS	269	Tim Jacobs					DNS		
DNS	270	Tim Lane					DNS		
DNS	272	Owen Matthews					DNS		
DNS	277	Garry Murray					DNS		
DNS	296	Geoff Young					DNS		
DNS	299	Scott Walkom					DNS		

**PLEASURE & PAIN**

Coffs Harbour Cycle Club

**2010 Pleasure and Pain : 8 Aug 2010**

309 Riders

50km 40-49yrs Female : 2 Laps in Category : 4 Riders : 50 Kms Total

Place	No.	Name	Lap 1	Lap 2	Lap 3	Lap 4	Time	Time Dif	Av Spd
1	244	Jaye Gilchrist	1:29:23	1:35:52			3:05:15		16.19
2	242	Ali Bigg	1:30:42	1:36:47			3:07:29	2:14	16.00
3	246	Lucy Maguire	1:45:51	1:59:42			3:45:33	40:18	13.30
DNS	248	Lisa McLennan					DNS		

**PLEASURE & PAIN**

Coffs Harbour Cycle Club

**2010 Pleasure and Pain : 8 Aug 2010**

309 Riders

50km 50+ yrs Male : 2 Laps in Category : 21 Riders : 50 Kms Total

Place	No.	Name	Lap 1	Lap 2	Lap 3	Lap 4	Time	Time Dif	Av Spd
1	308	Rodney Brannock	1:16:51	1:20:46			2:37:37		19.03
2	312	David Evans	1:18:57	1:24:36			2:43:33	5:56	18.34
3	321	Anthony Pearce	1:27:04	1:27:01			2:54:05	16:28	17.23
4	313	Ian Forrest	1:26:02	1:30:57			2:56:59	19:22	16.95
5	319	Garry OSullivan	1:28:45	1:31:28			3:00:13	22:36	16.65
6	320	Bruce Pain	1:30:10	1:34:47			3:04:57	27:20	16.22
7	327	Warren Steptoe	1:33:03	1:34:13			3:07:16	29:39	16.02
8	309	Greg Broadley	1:34:03	1:35:36			3:09:39	32:02	15.82
9	315	Mike Jones	1:33:16	1:38:27			3:11:43	34:06	15.65
10	329	Chris Morley	1:29:59	1:44:10			3:14:09	36:32	15.45
11	322	Ron Perske	1:35:09	1:39:37			3:14:46	37:09	15.40
12	326	Stephen Rugendyke	1:32:17	1:46:17			3:18:34	40:57	15.11
13	316	Richard Lehnert	1:36:15	1:44:38			3:20:53	43:16	14.93
14	323	Warren Prior	1:43:30	1:42:44			3:26:14	48:37	14.55
15	324	Stephen Pulley	1:44:18	1:47:57			3:32:15	54:38	14.13
16	318	Terry Morgan	1:55:11	1:50:13			3:45:24	1:07:47	13.31
17	311	Jim Eddy	1:46:41	2:03:46			3:50:27	1:12:50	13.02
18	325	Max Rose	1:44:04	2:10:14			3:54:18	1:16:41	12.80
19	328	Elias Wekeem	2:11:29	2:32:46			4:44:15	2:06:38	10.55
DNF	307	Bill Barlow	1:56:50				DNF		
DNF	310	Anthony Collins					DNF		



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2010 Pleasure and Pain : 8 Aug 2010

309 Riders

50km 50+ yrs Female : 2 Laps in Category : 3 Riders : 50 Kms Total

Place	No.	Name	Lap 1	Lap 2	Lap 3	Lap 4	Time	Time Dif	Av Spd
1	306	Susan Webber	1:42:32	1:44:32			3:27:04		14.49
2	305	Lesley Prior	1:50:30	1:57:35			3:48:05	21:01	13.15
DNF	304	Leonie Morris	1:50:53				DNF		

**PLEASURE & PAIN**

Coffs Harbour Cycle Club

**2010 Pleasure and Pain : 8 Aug 2010**

309 Riders

25km 14-15yrs Male : 1 Laps in Category : 5 Riders : 25 Kms Total

Place	No.	Name	Lap 1	Lap 2	Lap 3	Lap 4	Time	Time Dif	Av Spd
1	341	Nicholas McAllister	1:12:41				1:12:41		20.64
2	340	Nathan Hardaker	1:13:17				1:13:17	0:36	20.47
3	339	Luke Beconsall	1:19:02				1:19:02	6:21	18.98
4	342	Charlie Watson	1:22:50				1:22:50	10:09	18.11
5	343	Oscar Watson-Sutherland	1:28:44				1:28:44	16:03	16.90



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2010 Pleasure and Pain : 8 Aug 2010

309 Riders

25km 14-15yrs Female : 1 Laps in Category : 2 Riders : 25 Kms Total

Place	No.	Name	Lap 1	Lap 2	Lap 3	Lap 4	Time	Time Dif	Av Spd
1	337	Holly Harris	1:32:54				1:32:54		16.15
DNF	336	Madeline Davis					DNF		

**PLEASURE & PAIN**

Coffs Harbour Cycle Club

**2010 Pleasure and Pain : 8 Aug 2010**

309 Riders

25km 16+ yrs Male : 1 Laps in Category : 13 Riders : 25 Kms Total

Place	No.	Name	Lap 1	Lap 2	Lap 3	Lap 4	Time	Time Dif	Av Spd
1	370	Mark Walshaw	1:24:56				1:24:56		17.66
2	375	Scott Morris	1:26:19				1:26:19	1:23	17.38
3	376	Darren Fergusson	1:27:34				1:27:34	2:38	17.13
4	367	Stewart McAllister	1:29:07				1:29:07	4:11	16.83
5	366	Cameron Lohs	1:32:16				1:32:16	7:20	16.26
6	361	Darcy McKiernan	1:33:03				1:33:03	8:07	16.12
7	363	Philip Caldicott	1:33:19				1:33:19	8:23	16.07
8	362	Mark Bullen	1:39:07				1:39:07	14:11	15.13
9	374	Leo Vevoer	1:39:48				1:39:48	14:52	15.03
10	368	Bill Rose	1:51:41				1:51:41	26:45	13.43
11	364	Scott Gane	2:17:55				2:17:55	52:59	10.88
12	365	Matthew Knights	2:26:59				2:26:59	1:02:03	10.21
DNS	369	Martin Rose					DNS		

**PLEASURE & PAIN**

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**2010 Pleasure and Pain : 8 Aug 2010**

309 Riders

25km 16+ yrs Female : 1 Laps in Category : 15 Riders : 25 Kms Total

Place	No.	Name	Lap 1	Lap 2	Lap 3	Lap 4	Time	Time Dif	Av Spd
1	371	Jackie Bower	1:36:42				1:36:42		15.51
2	352	Sally Goode	1:43:28				1:43:28	6:46	14.50
3	355	Roberta O'Brien	1:47:24				1:47:24	10:42	13.97
4	353	Lyndal Green	1:47:41				1:47:41	10:59	13.93
5	373	Helen Parkes	1:51:23				1:51:23	14:41	13.47
6	350	Sue Cameron	1:54:41				1:54:41	17:59	13.08
7	378	Ruth McKiernan	2:08:05				2:08:05	31:23	11.71
8	377	Helen Murrell	2:15:16				2:15:16	38:34	11.09
9	354	Kaylene Knights	2:24:03				2:24:03	47:21	10.41
10	360	Annalena Wardlaw	2:26:16				2:26:16	49:34	10.26
11	372	Michelle Whiticker	2:33:56				2:33:56	57:14	9.74
12	351	Zoe Gill	2:49:25				2:49:25	1:12:43	8.85
13	359	Kathryn Tyrrell	3:03:55				3:03:55	1:27:13	8.16
14	358	Debra Sylvester	3:13:34				3:13:34	1:36:52	7.75
15	357	Carmel Pendreigh	3:14:05				3:14:05	1:37:23	7.73