

**Central Coast One Hour Championship - 1 September 2009**

<b>First Name</b>	<b>Last Name</b>	<b>Distance (km)</b>
Matt	Bidwell	16.400
Col	Barnett	14.355
Marg	Beardslee	14.300
Steve	Guest	14.059
Ken	Hickson	12.900
Annette	Nolan	11.139