

| Year 1 | Age 63/64 | Year 2 | Age 64/66 | Year 3 | Age 65/67 | Year 4 | Age 66/68 | Year 5 | Age 67/69 | Year 6 | Age 68/70 | Year 7 | Age 69/71 | Year 8 | Age 70/72 | Year 9 | Age 71/73 | Year 10 | Age 72/74 | Year 11 | Age 73/75 | Year 12 | Age 74/76 | Year 13 | Age 75/77 | Year 14 | Age 76/78 | Year 15 | Age 77/80 | Year 16 | Age 78/79 | Year 17 | Age 79/80 | Year 18 | Age 80/81 |
|--------|-----------|--------|-----------|--------|-----------|--------|-----------|--------|-----------|--------|-----------|--------|-----------|--------|-----------|--------|-----------|---------|-----------|---------|-----------|---------|-----------|---------|-----------|---------|-----------|---------|-----------|---------|-----------|---------|-----------|---------|-----------|
| 2008 | Miles | 2009 | Miles | 2010 | Miles | 2011 | Miles | 2012 | Miles | 2013 | Miles | 2014 | Miles | 2015 | Miles | 2016 | Miles | 2017 | Miles | 2018 | Miles | 2019 | Miles | 2020 | Miles | 2021 | Miles | 2022 | Miles | 2023 | Miles | 2024 | Miles | 2025 | Miles |
| Jan | | Jan | 536.5 | Jan | 210.0 | Jan | 522.0 | Jan | 433.5 | Jan | 650.5 | Jan | 181.0 | Jan | 520.0 | Jan | 51.0 | Jan | 39.0 | Jan | 40.5 | Jan | 108.5 | Jan | 54.0 | Jan | 271.2 | Jan | 223.7 | Jan | 254.2 | Jan | 116.82 | Jan | 233.6 |
| Feb | | Feb | 334.0 | Feb | 279.0 | Feb | 398.0 | Feb | 760.0 | Feb | 714.0 | Feb | 268.0 | Feb | 459.5 | Feb | 132.5 | Feb | 80.5 | Feb | 81.0 | Feb | 122.5 | Feb | 40.5 | Feb | 162.2 | Feb | 208.8 | Feb | 258.7 | Feb | 172.74 | Feb | 227.6 |
| Mar | | Mar | 228.0 | Mar | 396.5 | Mar | 453.0 | Mar | 512.0 | Mar | 683.5 | Mar | 258.0 | Mar | 484.0 | Mar | 183.0 | Mar | 156.5 | Mar | 81.0 | Mar | 95.5 | Mar | 121.5 | Mar | 355.7 | Mar | 240.6 | Mar | 264.1 | Mar | 144.16 | Mar | 222.2 |
| Apr | | Apr | 550.0 | Apr | 604.5 | Apr | 644.5 | Apr | 973.0 | Apr | 870.5 | Apr | 566.0 | Apr | 683.5 | Apr | 192.0 | Apr | 200.7 | Apr | 94.5 | Apr | 203.5 | Apr | 72.5 | Apr | 490.9 | Apr | 198.8 | Apr | 208.9 | Apr | 25.48 | Apr | 212 |
| May | | May | 270.0 | May | 674.0 | May | 554.0 | May | 1026.5 | May | 693.0 | May | 559.0 | May | 888.5 | May | 181.5 | May | 196.5 | May | 198.0 | May | 149.5 | May | 191.5 | May | 540.6 | May | 210.3 | May | 195.1 | May | 12.43 | May | 221.2 |
| Jun | | Jun | 611.0 | Jun | 370.5 | Jun | 350.0 | Jun | 1200.0 | Jun | 1674.0 | Jun | 588.5 | Jun | 1206.0 | Jun | 143.0 | Jun | 189.0 | Jun | 226.5 | Jun | 95.5 | Jun | 381.0 | Jun | 516.9 | Jun | 177.6 | Jun | | Jun | 36.04 | Jun | 242.2 |
| Jul | Cervelo | Jul | 669.0 | Jul | 184.0 | Jul | 406.0 | Jul | 617.5 | Jul | 455.0 | Jul | 355.0 | Jul | 322.0 | Jul | 180.5 | Jul | 13.5 | Jul | 94.0 | Jul | 105.5 | Jul | 370.0 | Jul | 531.4 | Jul | 163.9 | Jul | 28.9 | Jul | 37.28 | Jul | 237.8 |
| Aug | 372.0 | Aug | 245.0 | Aug | | Aug | 190.0 | Aug | 246.0 | Aug | 0.0 | Aug | 248.0 | Aug | 0.0 | Aug | 39.0 | Aug | 76.5 | Aug | 94.5 | Aug | 95.5 | Aug | 216.0 | Aug | 71.3 | Aug | | Aug | | Aug | | Aug | 266.8 |
| Sep | 474.0 | Sep | 511.0 | Sep | 492.5 | Sep | 498.0 | Sep | 403.0 | Sep | 275.5 | Sep | 653.5 | Sep | 0.0 | Sep | 256.0 | Sep | 13.5 | Sep | 321.0 | Sep | 176.5 | Sep | 460.4 | Sep | 55.4 | Sep | 211.3 | Sep | 119 | Sep | 6.21 | Sep | 296.22 |
| Oct | 516.5 | Oct | 489.0 | Oct | 516.0 | Oct | 578.8 | Oct | 561.0 | Oct | 99.5 | Oct | 652.0 | Oct | 156.0 | Oct | 456.0 | Oct | 67.5 | Oct | 199.5 | Oct | 146.0 | Oct | 440.9 | Oct | 193.5 | Oct | 237.5 | Oct | 121.2 | Oct | 63.38 | Oct | 280.03 |
| Nov | 425.5 | Nov | 480.0 | Nov | 514.5 | Nov | 623.0 | Nov | 532.0 | Nov | 74.0 | Nov | 502.5 | Nov | 231.5 | Nov | 318.5 | Nov | 121.5 | Nov | 313.5 | Nov | 163.0 | Nov | 401.9 | Nov | 67.2 | Nov | 269.6 | Nov | 125.7 | Nov | 164.04 | Nov | 276.47 |
| Dec | 540.5 | Dec | 437.0 | Dec | 375.0 | Dec | 673.5 | Dec | 633.5 | Dec | 264.0 | Dec | 527.0 | Dec | 119.3 | Dec | 130.0 | Dec | 27.0 | Dec | 94.0 | Dec | 75.0 | Dec | 426.4 | Dec | 35.9 | Dec | 227.2 | Dec | 142 | Dec | 251.66 | Dec | 310.73 |
| | 2328.5 | | 5360.5 | | 4616.5 | | 5890.8 | | 7898.0 | | 6453.5 | | 5358.5 | | 5070.3 | | 2263.0 | | 1181.7 | | 1838.0 | | 1536.5 | | 3176.6 | | 3292.2 | | 2369.3 | | 1717.8 | | 1030.24 | | 3026.85 |

Joined Rouvy 02/10/20

Cycling 2008 - 202564,408 miles

