

| Day | Date | Day | Miles | KM | Time | Start | End | Comments |
|-----|--------|-----------|-------|--------|------|---------------|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 216 | 01-Oct | Thursday | 55.65 | 89.04 | 7.5 | Gold Coast | Byron Bay | Amazing views along coast. Met plenty of nice people. Cycling was simple enough, but still seem quite tired. |
| 217 | 02-Oct | Friday | 75.31 | 120.5 | 8 | Byron Bay | Maclean | Pleasant cycling along an amazing coast line, with whales and beautiful wildlife. Towards the end bit of headwind made it tough and tiring. |
| 218 | 03-Oct | Saturday | 66.73 | 106.77 | 8 | Maclean | Wollgoolga | Very pleasant cycling in morning, later in the day was tough, body seems tired. Staying with Mark and Denise. |
| 219 | 04-Oct | Sunday | 20.91 | 33.46 | 2 | Wollgoolga | Coffs Harbour | Small cycle ride, to next town down, weather is getting hot. Being hosted my Debbie from warm showers. |
| 220 | 05-Oct | Monday | 64.81 | 103.7 | 7 | Coffs Harbour | Smithtown | Hilly start but then flat, getting hot, but pleasant cycling, being hosted be Eileen tonight, the hosts are super and I have no choice as it's too expensive otherwise. |
| 221 | 06-Oct | Tuesday | 95.53 | 152.85 | 9.5 | Smithtown | Possum Brush | Hot long day, quite intense cycling along highway all day, being hosted by Helen and her husband at a big farm. |
| 222 | 07-Oct | Wednesday | 35.44 | 56.7 | 10 | Possum Brush | Newcastle | Hurricane winds, impossible to cycle managed to get a ride out of the storm by a lovely gentleman. First day in many months I felt cold cycling and had to wear more layers! Very tired. Staying with Jacki& Manual and their 3 week old child. |
| 223 | 08-Oct | Thursday | 99.38 | 159.01 | 12 | Newcastle | Crows Nest | Very long and tough day, had to do double then expected, overcast and drizzle all day, felt cold at times, tough hilly climbs, got a puncture today and cycled few hours after sunset. But made it to Sydney. Staying with Matt, great guy! |
| 224 | 09-Oct | Friday | 16.51 | 26.42 | 4 | Crows Nest | Sydney | Nice easy day with plenty of sight seeing and iconic pictures with bike, very people and traffic busy city. But great feel about it with very tasteful views around. |
| 225 | 10-Oct | Saturday | 10.21 | 16.34 | 2 | Sydney | Sydney | Had to find bike boxes and the over to Airport to complete Australia leg. Hit 10,000 miles today. Amazing feeling. Now some time off before New Zealand. |
| 226 | 11-Oct | Sunday | | 0 | | Sydney | Sydney | BREAK |
| 227 | 12-Oct | Monday | | 0 | | Sydney | Sydney | BREAK |
| 228 | 13-Oct | Tuesday | | 0 | | Sydney | Sydney | BREAK |
| 229 | 14-Oct | Wednesday | | 0 | | Sydney | Sydney | BREAK |
| 230 | 15-Oct | Thursday | | 0 | | Sydney | Sydney | BREAK |
| 231 | 16-Oct | Friday | | 0 | | Sydney | Sydney | BREAK |
| 232 | 17-Oct | Saturday | | 0 | | Sydney | Sydney | BREAK |
| 233 | 18-Oct | Sunday | | 0 | | Sydney | Sydney | BREAK |
| 234 | 19-Oct | Monday | | 0 | | Sydney | Sydney | BREAK |
| 235 | 20-Oct | Tuesday | | 0 | | Sydney | Sydney | BREAK |
| 236 | 21-Oct | Wednesday | | 0 | | Sydney | Sydney | BREAK |

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|-------------------------|--------|-----------|----------|----------|---------|--------------|--------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 237 | 22-Oct | Thursday | | 0 | | Sydney | Sydney | BREAK |
| 238 | 23-Oct | Friday | | 0 | | Sydney | Wellington | BREAK |
| 239 | 24-Oct | Saturday | 24.33 | 38.93 | 7 | Wellington | Blenheim | Ferry crossing from North Island to South Island. Very cold in morning with Sun coming out in afternoon. Amazing views and very pleasant cycling. |
| 240 | 25-Oct | Sunday | 29.87 | 47.79 | 6 | Blenheim | Ward | Chilly start with mild wind, turning to strong headwind, very tough cycle in cold headwind, exhausted. Nice Scenery along route. |
| 241 | 26-Oct | Monday | 95.62 | 152.99 | 14 | Ward | Cheviot | Nice weather, little wind, first half was good, second half was very very tough..super tiring and no food. Was running on minus reserve, made it as sun was setting. Completely shattered. |
| 242 | 27-Oct | Tuesday | 42.28 | 67.65 | 4 | Cheviot | Amberley | Raining start and very cold, no rain equipment, started very wet and then rain stopped, so just pedaled all the way non stop to beat the rain and threatening dark clouds. Staying with Joy. |
| 243 | 28-Oct | Wednesday | 39.8 | 63.68 | 4 | Amberley | Christchurch | On and off rain showers, cold and overcast. late start and tiring ride in. Staying on east coast with host Del. |
| 244 | 29-Oct | Thursday | 15.89 | 25.424 | 2 | Christchurch | Christchurch | Very wet, windy and cold, not enjoyable. Wondered about the city seeing the earthquake after works, which was interesting. Being hosted by Noel the Irish. |
| 245 | 30-Oct | Friday | 0 | 0 | 0 | Christchurch | Christchurch | Christchurch - Break |
| 246 | 31-Oct | Saturday | 0 | 0 | 0 | Christchurch | Christchurch | " |
| Total this month | | | 788.27 | 1261.25 | 107.00 | | | |
| Total so far | | | 10255.05 | 16408.13 | 1218.10 | | | |