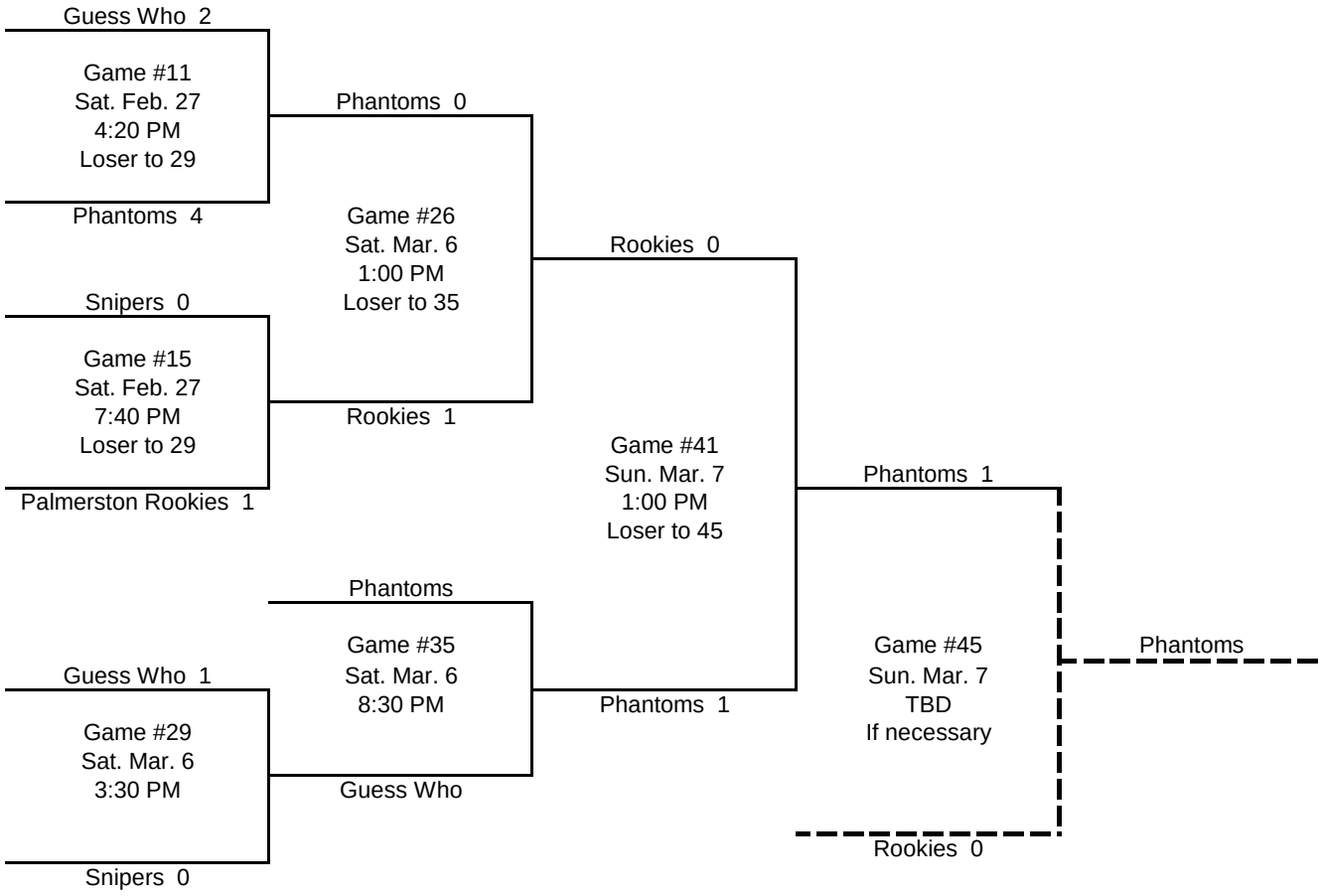2010 Central West - Elite Men