

# The Wrap Up

8/9 November, 2008  
Southern Highlands, NSW

## A Fling of Beauty.....



While the lead up to last year's Highland Fling event was deluged by 160mm of rain almost rendering creek crossings impassable, the biggest threat to Fling 08, the Australian MTB Marathon Championships, was the decision by the local bovines that barrier tape and corflute was preferable to lush Southern Highlands grass. Once they'd had their fill, the tape was duly replaced (out of reach) and thankfully there were no

reports of new obstacles in the form of upturned cows on course. For the 4th year running the mountain bike Gods smiled upon the riders and all our visitors. A perfect dawn greeted caffeine queues and cosy campers. A dawn this year not gently piped in by the kilted piper as usual but shattered by the Dropkick Murphy's punk rendition of Scotland The Brave. It was time to rise; time to ride.....

Over 1500 riders got on their bikes on the weekend after entries filled within two weeks back in July. There was an almost equal split between the Full and the Half. By race week the fear of biting off more than you can ride hit: 'Please can I drop from Full to Half?' they emailed. The mind always gives up long before the body.....

By the end of Sunday 505 had finished the 110km\* Full Fling, 74 gave it their best shot but didn't cross the finish line and 30 didn't make it to the start. 657 finished the 55km\* Half Fling, 16 didn't finish and 55 didn't start. 8 Flinging Threesomes teams started, 1 didn't finish. Of the 100Mile Flingers, 18 started, 8 didn't finish and 1 didn't make it to the startline (but finished!). 110 riders had a fun Casual Fling.

\*'I'm doing the 50' or 'The 100 was actually 110km' are regular comments. We have never said the Half was 50km nor the Full 100km. Where do these strange rounded figures come from?!

### The Thanks .....

Our Major Sponsors in 2008 were Ground Effect cycle clothing, Specialized bikes, Virgin Blue airline, GU Nutrition, Vaude outdoor & cycle equipment and Forests NSW. Tertini Wines, Ay Up Lighting Systems, Mountain Biking Australia, Tourism Southern Highlands and Hot Designs Sportswear were Support Sponsors. Thanks to all!

Other sponsors and supporters included the Telstra Shop Bowral (sponsor of the Bundanoon Dash), Todds Real Estate (sponsor of the Kids Fling), Aquamann Irrigation (who kept you hydrated), The Australian Banana Promotions Company, Maxxis Tyres, Pigs Fly beer, Rock 'n' Roll Lube and Sigma Computers.

Any of our events are nothing without the world famous Dark Side. The crew who spend days putting out arrows, working on rego, building event centres, marshaling the course, transition etc. In our team there were 60+. Course Director Wayne Byard did a magnificent job as always. Adrian Reynolds worked in the months up to the event then handed over the reins to Fiona Dick our Operations Coordinator, while he left to coordinate the Rural Fire Service brigades' involvement. The lovely Wendy looked after the administration and rego with typical efficiency and friendliness. Ant, Pete, Patrick, Dave, Chris, Roger, Zac, Jeff, Grant, Mark, Nicky, Graeme, Kirsty, Warren, Lissanthea, Sam all played key roles. Thanks to them and **ALL** the Dark Side.

The course you all enjoyed would not exist without Greg & Di Joice, Robert & Barbara Boag and Bob & Gladys Jefferies allowing us access to their properties. Please **NEVER EVER** ride these sections of private property at any other time. Savour them during the Fling.

The local Rural Fire Service brigades had 50+ marshals on the course and did their usual magnificent job. St John Ambulance patched up those who hit the ground too hard, Supreme Cycles Avanti Plus kept bikes on the trail and Rock & Roll Lube kept you well waxed.



## The Riding ..... Saturday

**Fling in the Vines** was one of the new events for this year's Highland Fling. Starting with breakfast in Berrima, 35 riders then followed a scenic route of approx. 30km along rolling country roads and farm tracks, visiting wineries and cellar doors along the way. Their route took them to the cellar door of Tertini Wines (our official Fling wine sponsor), where they saw the wine production process and tasted their exceptional cool climate wines. They sampled fine wines and locally made cheeses at Blue Metal Vineyard before enjoying lunch and tastings under the trees at Bousaada vineyard. Very importantly, a vehicle was on hand to transport any purchases!



**The Bundanoon Dash** on Saturday evening, sponsored by the Telstra Shop in Bowral, was the beginning of the weekend's racing. This fundraising race had 130 entrants but 70 people presented to the start line, including Huw Kingston on his 1930s Malvern Star grocery bike; dispensing bananas and bottles of Tertini Highland Fling Pinot Noir as he rode accompanied by Rob Parbery towing a trailer dispensing beer from a keg! The Dash course takes riders on a loop of the Morton National Park tracks before the final grind up the ridiculously steep Constitution Hill. Shaun Lewis beat last year's winner Perren Delacour and Andy Blair over the line in 00:10:05 (breaking the record by just 7 seconds!), and Megan Ross took the women's Dash in 00:11:35 over Zoe King and Claire Aubrey.

Also on Saturday 45 kids turned up for the Skills Training session organized by the Ben Mikic Foundation.

## Sunday

**The Casual Fling** - New for 2008 was the Casual Fling, a 14km untimed participation event, which attracted 110 keen people along a route which included the beginning and end of the main Fling course. All who started completed the Casual Fling and there were loads of smiling faces, many enjoying their first ever MTB event. We hope it has whet your appetite for more!



**The Kid's Fling** - While racers were out on course, some 85 children were enjoying their very own Kids Fling. Promoting cycling to young kids guarantees the future of our sport and encourages outdoor activity. The kids were inspired by you and it all goes some way to developing the Southern Highlands as a place that welcomes the bike. Thanks to Todds Real Estate of Bundanoon for supporting the Kids Fling and to Avanti Bicycles for some great prizes including a bike to draw.



## The Highland Fling

The Full Fling course was the same length as in 2007 - 110km split between the VAUDE Stage (29km), Forests NSW Stage (54km) and the final Specialized Stage (27km). There were a few minor changes to last year's course with the addition of some new singletrack such as Dogs Head in the Forests NSW loop and the loss of a little in the Specialized stage. Some fierce winds in the days leading up to the Fling meant the route had plenty of leaf litter and derailleur eating sticks, however recent Working Bees coordinated by the Wingello Trail Fairies meant that the flowing Wingello singletrack was in great nick. A bit of rain in the week before the event meant the sand sections would be manageable, but no swimming at creek crossings. That said there was plenty of dust to eat, as witnessed by the many squeaky bikes coming into Wingello Transition and heading straight for the Rock 'n' Roll lube bay.



The Fling route passes through native forest, pine forest, open farmland, tight singletrack, village roads - it is surely this variety that makes it such a great ride. The Fling is all about personal challenge: whether it be achieving a podium result, beating your mates or improving your result from last year, or just making the distance and still being able to walk afterwards (or not) - each and every rider in the Highland Fling deserves congratulations. Thanks Flingers!

Riders were treated to a balmy 8 degree morning and as always, the main Full Fling field with the 100Mile riders raced off at 7.30am followed by the Elite Full Fling and Half Flingers at 8.00am. Of the Elites the first to arrive at Wingello Transition was Troy Glennan, a good two minutes ahead of the next rider. Then came the train - Matt Fleming, Shaun Lewis, Craig Gordon, Graeme Allbon, Hamish Elliot ... around the Forests NSW stage Craig Gordon took the lead, followed through Wingello Transition almost three minutes later by Matt Fleming, Hamish Elliott and Shaun Lewis. The last 27km stage would see Gordo, in his first Fling, maintain a couple of minutes' lead to take out the Fling in 04:15:49 over Shaun Lewis (06 and 07 winner) in 04:17:44 and Matt Fleming (04:20:07).

In the Womens Elite Full Fling, West Australian Stephanie Russell (05:27:49) held the lead the whole way and took the \$1500 cheque, over last year's winner Katrin Van der Spiegel (05:30:50) and Trudy Nichols (05:37:29).

Congratulations to both Gordo and Stephanie not only as Highland Fling champions but as the 2008 Australian MTB Marathon Champions.



AUSTRALIAN MTB  
**MARATHON**  
CHAMPIONSHIPS



The 100Mile Flingers had two loops of the Forests NSW stage to complete before the final Specialized stage, and a time limit of 9.5hours was allowed for them to complete the distance. In a race he has made his own Dennis Van Mill took line honours in 07:08:39, smashing his previous year's time by 57 minutes! Australian 24hr champion Jason English was second in 07:34:30. And in true Fling fashion, it was the rider who was fourth over the line that took third place. Pat Howard had made the most of his transition five minute timing pause, with a net race time of 08:02:18 just pipping Crawford Moules' time of 08:02:58 for third place. Of the 18 starters, 9 would make it in within the time, and huge props must surely go to Liam O'Dea who did his 100Mile race in 09:11:04 ... on a singlespeed!



New for 2008 was the Cyclocross category, which attracted 11 (slightly barmy?) starters. Despite being plagued by punctures (unsurprisingly) throughout his race, Warren Burgess was the winner in 05:03:13. The verdict by most 'crossers at the finish was 'never again'. But of course they will.....



In the Half Fling, David Simpfendorfer (2:15:32) took the crown with a 2 minute margin over Trenton Day (2:17:27) with the evergreen Paul Darvodelsky (2:19:03) pulling up in 3rd. The Women's Half Fling winner was Elizabeth Tenney in 02:42:25, with Claire Aubrey in 2nd and Martine Scott pipping Wendy Stevenson by 2 seconds for 3rd.

All other category placegetters and full results can be found on [www.wildhorizons.com.au](http://www.wildhorizons.com.au)

## Carbon Neutral and Recycling....

Again this year we tried to mitigate the environmental effects of the Fling. We were once again Carbon Neutral, and entrants had the opportunity to offset their emissions from travelling to Bundanoon. 40% of entrants chose to do this and we thank you for that. Most food stalls/suppliers used biodegradable plates, cutlery and cups, there was a composting system for food waste, and the local council Resource Recovery Centre ensured there was only one collection point for rubbish and recycling at Ferndale Oval Event Centre. Once again we had a deposit based drinks system, and by persuading you to let them take your empties back the local children also raised \$300 for Can Assist. Thanks to all those who did their part in helping make the Fling more environmentally friendly.



## The Community, the Spirit .....

Yet again the town of Bundanoon and the other southern villages got right behind the Fling, from the bikes lining the roads to the superb catering provided by the Bundanoon Rebels Soccer Club, Bundanoon, Exeter and Wingello School P&C's. We're passing all your comments on to them and I know all the various groups would like me to thank you all for being the most polite and happy bunch of people to head into the district this year. Collectively the groups raised some \$35,000 for local community projects. It is this feeling of community welcome that so many of you recognize and appreciate.

Thanks to all of you for signing the Don't Bore Bundanoon petition. This utter madness is a plan by a company called Norlex to extract water from a spring near the National Park.

Thence to truck it to Sydney to be placed into plastic bottles and sold at huge profit. The village is totally against it and we won the last case in the Land & Environment Court but the fight goes on. See [www.dontborebundanoon.com](http://www.dontborebundanoon.com) and join the fight!

Thanks for your donations to the Ben Mikic Foundation. Some \$2000 was donated which will help the Foundation to teach safe cycling to young people and lobby politicians for better cycling facilities on and off road.

## The Stories .....

Thighs of steel ... Ben Hill broke his saddle (or seatpost) at approx. the 20km point, then rode a further 55km with no seat! Just 15km from the Finish his crank fell off. Fellow riders helped him reattach it but shortly afterwards it fell off again, resulting in his race being over. We have no idea how he managed to ride 55km standing up the whole way, but he will certainly be rewarded for this incredible effort!

This year we had to disqualify one young rider who entered with a false date of birth and competed in the Half Fling. In return for his efforts he got a telling off (as did his father who'd entered him) and a DQ! We do not set these rules to be difficult - the minimum rider ages are based on UCI guidelines for marathon racing. Please be respectful of event Rules & Conditions.

And what about the unicycles on steroids? 36 inch wheels! Whilst 2 took on the Casual Fling, Geoff Huntley rode, carried and balanced his way all the way around the Half Fling as the only non bicycle in the race!

One poor 100Miler felt the consequence of not adequately preparing for the event - not through lack of training, but in not reading the event Final Details! Having dashed back to his car to find his transponder with 4 minutes to go to the Start, he rejoined the wave of riders on the road, never actually crossing the start line, resulting in a DNS. However, not realising this, he continued to ride the entire 100Miles, within the cutoffs, only to find out a couple of days later that he had officially never started his Fling.



## Mr & Mrs Average .....

In the spirit of rewarding participation which is the lifeblood of this event, we have a special prize for the Male and Female rider who completed the Full Fling in closest to the average time for their sex. We will be sending these two people to the Kona Colville Connection race on 14 March 2009, flying with Virgin Blue with entry fees, transport to the event and accommodation all paid for.



The average times were:

- Average Men's Full Fling Time 06:59:58

- Average Women's Full Fling Time 07:23:61

Congratulations go to Ms Average - Bethany Thompson in 07:29:45 and Mr Average - Geoff Farrar in 06:59:54

## Highland Fling Survey - Complete it and win a Ay Up lighting system .....

With the Centre for Tourism Research at Canberra University, we're doing an online market research survey on the Fling. An Ay Up Lighting Systems MTB Kit, worth \$489, is on offer as a draw prize for all who fill out the survey and provide us with their contact details. Please visit [https://www.surveymonkey.com/s.aspx?sm=eDoCvzY9cle2rbzuMy3Kfw\\_3d\\_3d](https://www.surveymonkey.com/s.aspx?sm=eDoCvzY9cle2rbzuMy3Kfw_3d_3d) to complete your survey, by Sunday 30 November. We would really appreciate your input and thank you for doing this! It will help us make the event better for all.

## Forgotten Something? - Pre Ordered T-Shirts, Jerseys and Maps .....

Again this year, a large number of people failed to pick up the T-shirts or jerseys they had ordered on their entry and many also forgot to pick up their pre ordered MTB Trails of the Southern Highlands Map. Given it would cost us many hundreds of dollars to mail all these out and you forgot not us, we're asking those of you who want these items to send us self-addressed envelopes as follows:

1. One T shirt - self-addressed C4 envelope stamped to the value of \$4.20
2. One Jersey - self-addressed C4 envelope stamped to the value of \$4.20
3. One Map - self-addressed C5 envelope stamped to the value of \$1.10
4. Two maps - self-addressed C5 envelope stamped to the value of \$1.65
5. One T shirt and one map - self-addressed C4 envelope stamped to the value of \$5.40
6. One Jersey and one map - self-addressed C4 envelope stamped to the value of \$5.40

We also have a small amount of Lost Property, so if you are missing something please get in touch!

## Flinging Memories.....



Photos are now up and available for purchase on [www.cycle-photos.com](http://www.cycle-photos.com) so check out how you looked on the course!

## Taking Orders for the Highland Fling Jersey .....

Due to extra demand we are placing a top up order of the extremely stylish Highland Fling jersey produced by Hot Designs. If you would like one then please contact Fi on [fiona@wildhorizons.com.au](mailto:fiona@wildhorizons.com.au) or 02 4883 6509 with your credit card details and size. Cost is \$95.

## Wingello State Forest MTB Trails



All except the Half Flingers sampled the excellent singletrack in Wingello State Forest, built by volunteers over the past 3 years. In order to ensure there are more and well maintained tracks for all to ride all year, night and day; we'd welcome some help on the tracks. If you're prepared to put in a day or two in the coming months then drop us a note on [fiona@wildhorizons.com.au](mailto:fiona@wildhorizons.com.au). The new MTB Trails of the Southern Highlands Map we've just produced shows the current trails. It is available from our website.

Thanks again to all of you for being part of the 2008 Highland Fling. Stick 7-8 November in your new diaries for 2009. Look forward to seeing many of you at the inaugural BMC Mountains To Beach stage race on 1-6 March! Entries for this are filling fast with over 50% of places taken. And don't forget when next in the Highlands, do come visit us at Ye Olde Bicycle Shoppe in Bundanoon for a coffee or advice on some rides. We'll probably come with you!

Enjoy the ride. Enjoy the summer.

Cheers

Huw Kingston



## Highland Fling 2008 Results

We were unable to congratulate many of the podium getters on the day, so have listed them all below. Well done all!

### 100MILE FLING

- 1 Dennis Van Mill, 07:08:39
- 2 Jason English, 07:34:30
- 3 Pat Howard, 8:02:18

### FULL FLING

#### Men Elite

- 1 Craig Gordon, 04:15:49
- 2 Shaun Lewis, 04:17:44
- 3 Matthew Fleming, 04:20:07

#### Women Elite

- 1 Stephanie Russell, 05:27:49
- 2 Katrin Van der Spiegel, 05:30:50
- 3 Trudy Nicholas, 05:37:29

#### Men Open

- 1 Michael Orr, 04:46:59
- 2 Phil Thuaux, 04:48:41
- 3 Mark Thompson, 05:09:00

#### Men Veteran

- 1 Ben Carmody, 04:52:05
- 2 Trevor Rix, 05:00:24
- 3 Steve Peddle, 05:06:37

#### Men Masters

- 1 Hugh Stodart, 04:54:56
- 2 Anthony Rice, 05:15:32
- 3 Mike Riggien, 05:16:27

#### Men Super Masters

- 1 Roger Cull, 05:18:20
- 2 Robert Watson, 05:40:52
- 3 Peter Hansen, 05:53:45

#### Men Grand Masters

- 1 Peter Holyfield, 06:29:09
- 2 Sandy Logie, 06:50:06
- 3 David Ford, 08:44:55

#### Singlespeed

- 1 Joel Ryan, 04:57:15
- 2 Damian Underwood, 05:25:08
- 3 Jiri Cech, 05:53:59

#### Cyclocross

- 1 Warren Burgess, 05:03:13
- 2 Alan Miller, 05:20:44
- 3 Simon Niemeyer, 05:23:56

#### Women Open

- 1 Tania Churchill, 06:08:24
- 2 Melanie Simpson, 06:29:59
- 3 Cara Smith, 06:41:23

#### Women Veteran

- 1 Jen Moran, 06:03:58
- 2 Heather Logie, 06:08:26
- 3 Alison Curtin, 06:33:24

#### Women Masters

- 1 Diane Perry, 06:46:55
- 2 Jules Bros, 07:09:15
- 3 Sharon Jan, 07:35:06

#### Women Super Masters

- 1 Margaret Beardslee, 07:05:59

#### Tandem

- 1 Garry & Annette Nelson, 07:04:57

### FLINGING THREESOMES

#### Men

- 1 Greg Magill & Peter Oliver, 06:11:54
- 2 Patrick Dagasson, Michael Kong & Craig Wilford, 06:33:26
- 3 Mike Contre, Robert King, Phil White, 06:48:30

#### Mixed

- 1 Carolyn Haupt, Tim Prosser & Dan Redfern, 07:02:36
- 2 Jenny Rigg, Nik Samuelson & Peter Swan, 08:57:47

### HALF FLING

#### Overall

- 1 David Simpfendorfer, 02:15:32
- 2 Trenton Day, 02:17:27
- 3 Paul Darvodelsky, 02:19:03

#### Men Open

- 1 Trenton Day, 02:17:27
- 2 Joe McDonnell, 02:26:13
- 3 Ronan Magaharan, 02:28:30

#### Men Veteran

- 1 David Simpfendorfer, 02:15:32
- 2 Bradley Morton, 02:22:03
- 3 Ian Gardiner, 02:23:45

#### Men Masters

- 1 Paul Darvodelsky, 02:19:03
- 2 David Tuckerman, 02:27:02
- 3 Dwight Woodforth, 02:30:46

#### Men Super Masters

- 1 Tim Anderson, 02:32:42
- 2 Paul Bruce, 02:35:16
- 3 Patrick McNamara, 02:38:47

#### Men Grand Masters

- 1 David Slater, 03:00:53
- 2 Peter Corte, 03:00:56
- 3 Robert Morris, 03:02:52

#### Women Open

- 1 Elizabeth Tenney, 02:42:25
- 2 Claire Aubrey, 02:45:55
- 3 Jen Upton, 03:10:04

#### Women Veteran

- 1 Emma Bussell, 03:01:03
- 2 Rebecca Coleman, 03:01:07
- 3 Kirin Lindop-East, 03:01:17

#### Women Masters

- 1 Martine Scott, 02:56:50
- 2 Wendy Stevenson, 02:56:52
- 3 Robyn Simionato, 02:57:38

#### Women Super Masters

- 1 Megan Patey, 03:22:12
- 2 Rita Mein, 03:25:55
- 3 Beverly Tyler, 03:42:45

#### Women Grand Masters

- 1 Cathy Robinson, 03:49:06

#### Tandem

- 1 Paul & Vicki Haynes, 04:58:46

*We'd like to announce the appointment of Toby the Timer as official timer for the 2009 Highland Fling*

