

THE BEST FLING SINCE SLICED BREAD

2010 HIGHLAND FLING = THE LAST CRUMBS

Fittingly for The Best Fling Since Sliced Bread, the oven was the warmest it has ever been for the event with temperatures nudging 30 degrees and humid with it. Storms threatened but dropped welcome wetness for just a minute or two to cool down overheated riders. On the Monday it poured rain all day.....

Despite the final proving being left until the back end of the race, the course changes were well appreciated. The perfect snaking climb of Jack's Jaunt, Boundary Rider and The Rollercoaster backwards, the sweet new trails of Bakers Delight and The Oven.....And who could not just love Broke Back Mountain.....a beautiful climb that made many gay and happy (though strangely we did hear stories of full grown men weeping and whimpering uncontrollably on the ascent)

Over 1800 riders actually got on bikes on the weekend. The racers – Thin Sliced (Half Fling), Thick Sliced (Full Fling), (Fruit Loaf) 100Mile and Rolls (Threesomes) accounted for 1850 spots whilst 130 Unprovens (Casual Flingers) and 130 Kids Flingers got out on 2 wheels.

By the end of Sunday 587 had finished the Full Fling, 98 gave it their best shot but didn't cross the finish line. 807 finished the Half Fling, 25 didn't finish. 12 Flinging Threesomes teams started, 1 didn't finish. Of the 100Mile Flingers, 27 started, 9 didn't finish. For reasons only they know, some 200 riders failed to even put themselves into the oven!



THE THANKS

Our Major Sponsors in 2010 were Ground Effect cycle clothing, GU nutrition, Tertini wines, Specialized bikes, Ay Up lights, Shimano, Maxxis tyres and. Mountain Biking Australia magazine, Hot Designs sportswear and Squirt lube were Support Sponsors. Thanks to all!

Other sponsors and supporters included Todds Real Estate, Aquamann Irrigation, The Kids Bicycle Company and Pigs Fly Beer

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+ people. Course Director Wayne Byard did a magnificent job as always not only on the weekend but in planning and building trails. Alex McNee looked after our marshals with great skill. The lovely Wendy and her team looked after the administration and rego with typical efficiency and friendliness. Mark made Wingello Transition zing with efficiency, Patrick controlled Penrose, Bev loved her boys (and 1 girl) in the Mile High Lounge, Nicky did likewise in the Frequent Rider Lounge. Ant and Zac made it all happen at Ferndale Event Centre whilst David took control of Wingello Forest, Dawsie led a skilled crew of First Aid First Responders to patch up those who learned to fly but not land softly. Warren and team ran the Finish as smoothly as always whilst Kerry (how do you spell 'centre' Kerry?) and Kaz made it happen for the Todds Real Estate Kids Fling. Craig produced our magnificent management maps and course maps when he should have been designing stables for Saudi. Thanks to them and **ALL** the magical Dark Side.

The course you all enjoyed would not exist without Greg & Di Joice, Robert & Barbara Boag, Jack & Sylvia Jeffrey and Trevor & Sheryl Liebowitz allowing us access to their properties. Please **NEVER EVER EVER** ride these sections of private property at any other time. Savour them during the Fling. But do buy your Christmas trees from Robert 'The Christmas Tree Man' Boag!!

The local Rural Fire Service brigades had 60+ marshals on the course and did their usual magnificent job, coordinated by Adrian. St John Ambulance patched up the bruised and the battered, the hot and the hurt. Paul and the Scott's from Raceworx kept bikes on the trail along with Andrew & Steve from Shimano. Al & Rich from Squirt Lube did just that and James brought those who were rooted home in the Sag Wagon. Bob, Mark and the rest of the Castech Team did a great job of timing their second Fling. Thanks to Lynne and Phil for bringing together the Kids MTB Skills course. And a big hug to Tim for a mighty fine MCing job; the first time I've handed over the mic in 15 years! It was great!

Finally thanks to Jo and Geoff from Bakers Delight who, when confronted a week out from the event about a MTB race with a baking theme humoured us and came up with the goods!



THE RIDING

Now that war is declared and battle come down.....London Calling, The Clash, 1979

SATURDAY

The Bundanoon Dash/The Battle of The Businesses on Saturday evening was the beginning of the weekend's racing. 2010 saw the inaugural Battle of The Businesses. A chance for local Bundanoon/Wingello/Penrose/Exeter businesses to theme a bike/rider and race each other. What fun was had in that little race within a race! Thanks to every one of the 30 businesses who took part. From the speedsters to those who rarely sit astride a bike. From the buzz locally it will double in size next year! It was great to see so many go to so much effort in dressing bikes/riders. Exeter General Store with fine baskets and produce, Bundanoon Post Office Express Posting their rider (who still arrived late.....), sausages and a massive knife for the Butcher, the local vicar fired by the Bread of Life but still unable to pass all on the Stairway to Heaven that is Constitution Hill. All riders cautious of passing the local policeman in case they be booked.....

The \$1000 pool was given away by the placegetting businesses nominating their selected charities being:



Biking bread by Ben the baker

1st Place – Wingello General Store represented by Brendan Den –\$700 to the James Williamson Foundation

2nd Place – Chris Bromfield Electrical represented by Damien Bromfield –\$200 to the Ben Mikic Foundation

3rd Place – Bundanoon Pizza & Pasta represented by Matt Nash –\$100 to The Ted Noffs Foundation

Oh, and what about the actual Dash itself which puts another \$1000 into local community groups. There was fierce competition in the Mens with a bunch of a dozen or so hitting the base of Constitution Hill 'The hill that decides everything'. Shaun Lewis and Peter Hatton sprinted to the line together with Shaun taking it out in 10:20:04, 3 hundredths of a second ahead of Peter with young gun Cameron Ivory in 3rd. In the Womens Niki Fisher cleared it in 11:18:0 over Clare Graydon and Elizabeth Tenney.



Shaun takes the dash dough

Also on Saturday 50 kids enjoyed a MTB Skills course put on by the Ben Mikic Foundation. A rainstorm just after they started deterred none of them (listen up adults!) and reports were nothing but positive.

SUNDAY

The Casual Fling – Proudly bearing plates declaring 'I'm Having a Casual Fling' which will be useful on Motel bedroom doors, 120 or so enjoyed this 14km untimed participation event 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. You've got to love the lady who carried everything on her bike bar the kitchen sink. Everything but water!!

The Kid's Fling – While racers were out on course, well over 100 children from 4 to 12 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 The Kids Bicycle Company and Stolen Bikes for providing bikes for the draw. Go kids!!



The Highland Fling – With increased numbers and an eye on the early bottlenecks of 2009 we took a good long look at the course. Wayne, Alex and I rode, scratched our heads, built trails, rode some more, tried this, tried that, built this, built that. Nothing is certain until you pull the loaf from the oven, but all the comments received indicate we baked a pretty fine one. The field could spread out on the 26km Ground Effect Stage and everyone could enjoy flowing trail (albeit with tired legs) in the final 33km GU Stage. Jacks Jaunt, Boundary Rider, Bakers Delight.....

The Full Fling course was around the same length as in 2009 – 112km and despite the perception of added difficulty this year, the average times were similar to last.

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!



The main Full Fling field with the 100Mile Flingers raced off at 7.30am followed by the Elite Full Fling and Half Flingers at 8.00am. Thanks to Pru Goward, our local MP, for firing the start gun. With 5 minutes to Start Time, Shaun Lewis discovered he had a flat. As he worked madly to fix it, the rest of the elite field pondered whether to wait for him and some even asked us to hold the start. We've never started a race late in 15 years and were not about too, but fortunately Shaun came steaming back into the grid with 20 seconds to go. Matt Fleming raced first into Wingello Transition from a chasing pack of Jason English, Shaun Lewis, Andy Blair, Peter Hatton, Matt Potter, Jon Odams, Marc Williams and Troy Glennan. In the always testing 53km Tertini Wines Stage, Matt lost ground to English Hatton with Blair and Lewis in close pursuit. Into the final GU Stage it was Jason English who had the legs to pull away crossing the line in 4:17:16 for a well deserved victory and \$2500 worth of dough. A sprint for 2nd saw Hatton just get a wheel ahead of Blair, but after adjustments for transition time it was Blair who claimed the place in 4:23:48 and Hatton 3rd in 4:24:04.



Jason English



In the Women's Elite Full Fling defending champion Stephanie Russell managed to keep close to Heather Logie on the Ground Effect Stage 1 but Heather pulled away in the Tertini Wines Stage to build what ended as a 15 minute win over Russell. Heather won in 5:16:10 with Stephanie on 5:31:39 and Becky Mates in 3rd on 5:47:37.

Congratulations to both Jason and Stephanie not only as Highland Fling champions but as the **2010 Australian MTB Marathon Champions** and wearers of the Maillot Tartane, The Tartan Jersey.



Graeme Arnott

The 100 Mile Fling in 2010 was notable for two things. Firstly the absence of 4 time winner Dennis Van Mil ensured a new champion and the very worthy winner was Graeme Arnott in 7:20:34. Secondly a major milestone in 2010 was the first time a woman had completed the imperial ton. A massive congratulations to Katrin Van Der Spiegel (8:53:22). It had been an epic cat and mouse battle

between Graeme Arnott and John Blankenstein. They rode into Transition after the Ground Effect Stage 1 together then John picked up a minute by the end of their first loop of the Tertini Wines Stage, spurred on by Mike Blewitt and Mark Fenner. Graeme went after them in the second loop of The Tertini Wines Stage and picked up 5 minutes on Blankenstein. With 33km to go in the final GU Stage, Blankenstein slowly hauled in the frontrunning Arnott but ran out of kilometres finishing less than 2 minutes behind in 7:22:08. Mike Blewitt came in strongly for 3rd place in 7:34:47.

18 Singlespeeders geared up for the Full Fling and Damien Underwood showed them all a clean chainline in 5:38:15 over Sam Nelson 5:39:23 and Phil White 5:43:12. Those madmen on the Cyclocross bikes shuddered their way around 112km with Duncan Markham home first in 5:29:02 ahead of Adam Macbeth 6:15:59 then SINGLESPEED crosser Rob Parbery 6:53:14.



In the Half Fling, young gun Josh Carlson rode at the front all the way and took it out in 2:13:45 ahead of even younger gun, Cameron Ivory (2:20:00) who held off Kyle Ward (2:20:23) by a mere 23 hundredths of a second. In the Women's Half Fling Jenny Fay absolutely blitzed it in 2:30:27 finishing 12th overall to boot. 2009 winner Kristen Vallance was 2nd in 2:48:44 ahead of fellow Masters Woman Felicity Williamson (2:54:08).



Josh Carlson

All other category place getters and full Results can be found on www.wildhorizons.com.au

THE COMMUNITY THE SPIRIT

Yet again the town of Bundanoon and the other southern villages got right behind the Fling, from the bike sculpture to the superb catering provided by the Bundanoon Rebels Soccer Club, Bundanoon, Exeter and Wingello School P&C's. The Beer Bar from The Bundanoon Lions, all the local RFS Brigades, Bundanoon Pony Club, Bundanoon Carriage Club all get involved in different ways. So many riders comment on this aspect of the event and our community also comment on Flingers and their supporters for being the most polite and happy bunch of people to head into the district. A special mention to the kids from Exeter School running the milkshake stall. Who can resist an ice cold milkshake on a hot day served by cute kids? Not many given they sold 350 of them. When they first ran out of milk they bought the remaining supply from the soccer club. Then they bought 25 litres from the coffee van. Finally they scoured the town shops buying up any milk they could!



Pru Goward visits the bakery

Collectively local groups raised over \$40000 for local community projects.

POUNDING THE LOAF

Whilst the kids bounced up and down, up and down, up and down on the Jumping Castle some adults bounced up then down and did it only once. Fortunately apart from a few stiches here and there and some helmets that did their job, everyone is OK.

Stories abound of goodness on the track – assistance to fellow riders. Potentially the worst crash on an innocuous piece of track was John Brayan. The reason he gave was watching a unicyclist go past him whilst trying to put a bottle back in a bidon holder!

Talking of unicyclists you cannot be anything than amazed that not one but two unicyclists completed the Full Fling – Mark Lavis and Jamey Mossengren.

The luckiest family of the weekend? It has to be the Reid family from Bundanoon. In the Kids Fling daughter Julia won a Stolen BMX bike in the Kids Fling draw. Then at the presentation dad Stuart won a \$4000 Specialized Epic Comp MTB. For a family that have gone mad for MTB in the past 12 months, it was a perfect outcome! And what are the chances?!

MR AND 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. Each rider receives a set of running gear from the awesome Shimano Dyna-Sys range.

The average times were:

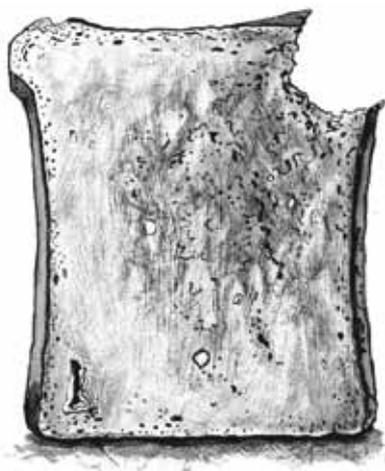
– Average Men's Full Fling Time 7:03:34

– Average Women's Full Fling Time 7:27:55

Congratulations go to Kristin Peattie (7:38:15), the 2010 Mrs Average and Patrick Wark (7:03:47), the 2010 Mr Average!

For interest, the 2009 Men's Average was 6:59:58 and the Women's Average was 7:19:10.

For interest the Average Men's Half Fling Time was 3:59:17 and the Average Women's Half Fling time was 4:38:09



TOASTED?
BITTEN OFF MORE
THAN YOU CAN CHEW?

MTB TRAILS OF THE SOUTHERN HIGHLANDS MAP

We'd hope to have the expanded Edition 3 of this map out in time for the Fling but some data issues delayed the production. Hopefully it will be ready in a few weeks and we will mail these out to those of you who had preordered maps. It will then be available online and at local bike stores and at Ye Olde Bicycle Shoppe.

FLINGING MEMORIES

Marathon Photos had 7 photographers out on course to capture you in all your glory....

They are now up and available for purchase on www.marathon-photos.com so check out how you looked on the course!



Thanks again to all of you for being part of the 2010 Highland Fling. Stick 12-13 November in your diaries and iPods for the 2011 Highland Fling.

If you've a Fling account or story you'd like to share then send it to info@wildhorizons.com.au. We'll put the good ones up on the website!

Look forward to seeing some of you at the 2010 Mountains To Beach

Enjoy the ride. Enjoy the summer.

Cheers

Huw Kingston

HEAD BAKER

YE OLDE BICYCLE SHOPPE FOR SALE

We need to find more time to ride and to do other stuff (including our events). So the time has come to sell YOBS, our beautiful café/bike hire business here in Bundanoon. So if you've a passion for coffee and food and one for bikes then here is a business ready to take to another level. If you're interested then contact Huw on 0418 977609, huw@wildhorizons.com.au

