



-THE WRAP-

THANKS FOR BEING PART OF THE JOURNEY



Across the weekend 12-13 November the little town of Bundanoon in the Southern Highlands of NSW underwent its annual transformation into a buzzing event centre; welcoming some 1000 riders plus their families, friends and support crews into town with a fantastic vibe to kick-start a weekend of offroad events.

We loved the lead-up to this year's Highland Fling, which was all about sharing the journey. The Highland Fling is that - a true mountain bike journey. A journey along narrow country lanes, and through lush private farmlands. A journey fording rivers, and plunging into fern gullies. A journey that snakes through some of Australia's most renowned flowing singletrack, and winds across rocky, technical terrain. A journey that rewards the conquering of climbs with scenic views and leaves a euphoric sense of achievement (and weariness!). A journey past weird and wonderful sights from String quartets on the top of hills, to saloon bars proffering free beer on course.

And of course whilst you now know all of this, because you've undertaken your own Fling journey, our Highland Fling journey piece online gives you information on how many of the sections you rode were created or were named. You can check it out [here](#).

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Saturday

After a downpour overnight (just about the perfect amount to damp down any dusty trails pre-racing) Saturday turned on blue skies and sunshine for the afternoon's activities. Whilst many just enjoyed the vibe, hanging out in café's or picking up a bargain at the sponsor expo in the hall, there was plenty of sweating going on too.



One of our favourite events of the weekend are the kid's mountain bike skills clinics, which saw our next-generation mountain bikers picking up tips and tricks that by the end of the session had them tackling rough terrain, balancing over logs, and cornering better than we do! We'll admit it.



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THE BUNDANOON DASH

Saturday also hosted the Bundanoon Dash, which has definitely become a stage for Australia's mountain biking elite to show off their incredible speed in a 6km sprint from town down into and around the loop in Morton NP. This event also saw a host of local businesses, dressed to showcase their wares, all vying for the coveted 2016 Battle of the Business title.

Local lad, Nick Smith, is definitely the gun rider (this year riding for Bundanoon Newsagency) – he's come pretty high up in the overall rankings over the past couple of years, not a bad effort considering he's generally in full costume.



In 2016's Dash, it was once again Cameron Ivory who proved to have the quickest legs in town, sprinting up Constitution Hill (like it isn't really a hill might we add) well clear of his closest competitors. In our women's line-up Peta Mullens stormed home

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too – with the decency to also include a few words regarding how much she did not enjoy the Constitution Hill climb.



ROLLOFF WORLD CHAMPIONSHIPS

For those not wishing to tire their legs before Sunday's racing (or in some cases those who decided that any form of racing should not require pedal effort) Saturday afternoon saw the Rolloff World Championships take place in Bundanoon once again.

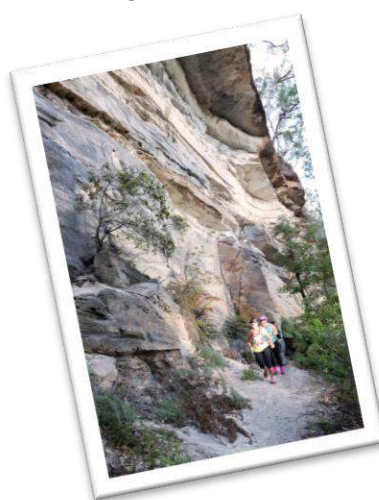
Line honours for this race going to the person who could roll to the finish line the fastest without pedalling.



It was great to see numbers for this event on the increase – we think everyone has worked out the revised format introduced in 2015 does not necessarily favour only those who have a little more bulk on their side.

If you didn't have the chance to Roll in 2016, we encourage you to put it on your list for next year – after all it could be the only time you'll be in the running to pick up a World Championship Jersey! Rob Cook proudly took it in 2016 and wore it with distinction in the Fling the following day

In 2015 we also introduced an exciting new trail run event into our Saturday schedule, and it was great to see the Pearl iZUMi Bundy Run grow again this year to 250 runners, and also entice a greater number of offroad enthusiasts to take up the chance of a trail run on Saturday, and a mountain bike on Sunday. A great effort indeed.



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It was fantastic to see the start line for this event, and the Bundanoon Dash lined with spectators cheering everyone on, and many people putting down their picnic blankets under the trees in the school grounds to be there to cheer everyone home too.

Between events and spectating, everyone had the chance to wander around town to collect a few goodies from our awesome Sponsors – mini pumps, lube or CO2 canisters from the guys at Maxxis plus a GU Energy Gel from Lloydie and the GU Crew. While looking longingly at the 4 Pines Beer voucher that would have to wait until post-race Sunday. Sorry? Not sorry - we're pretty sure it tasted even better after racing ☺

All had the chance to experience this year's street performances from our magician

(who seemed to be a little like the pied piper with a train of kids following him around all afternoon) to The String Family who, given everyone's feedback, were definitely show stoppers.



Saturday finished in true Highland Fling community style, with a communal dinner put on by the Bundanoon

School P&C, shared whilst we presented winners and prizes before concluding the day.

you make my heart sing

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Sunday

Sunday saw us, as always we do, pick up our event centre and move it a few kilometres down the road to Ferndale Oval where Highland Fling riders were greeted (or maybe woken) by the traditional dawn bagpipe welcome. Some hate it, most love it!



It was also the cue for the Penrose School P&C to fire up the brekkie BBQ and for everyone to head to the coffee vans and beat the queue.

This year, as part of doing our bit for the environment, we encouraged everyone who was coming to the Highland Fling to do their bit and bring a reusable coffee cup. This message was promoted via our social channels and everyone who supported it was given a raffle ticket by our coffee van vendors to win a prize.

A quick why in case you missed it? Because over **1 BILLION** takeaway coffee cups are used in Australia every year – and they are not recyclable due to the plastic lining.



This joined our other environmental initiatives including the use of string instead of plastic cable ties to affix race plates to bikes, the inclusion of the wild-manned waste station for effective separation of recyclable and general rubbish, and the requirement for everyone to bring their own water containers so no cups need to be used at the feed stations out on course.

It was great to see a huge number of people bringing their own coffee cups, water bottles, using the dedicated waste station and generally helping us in our efforts to deliver as sustainable an event as possible. **THANK YOU!**

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RACE TIME!

you make my heart sing

With some pumping beats to remind everyone of the year's theme 'WILD FLING – You make my heart sing' racing was underway with riders streaming out of the event centre to tackle one of four distances on offer: the 100Mile (160km), Full Fling (110km), Half Fling (60km) or Some Fling (23km).



What you didn't know then, but do now, was that the course was filled with some little 'Wild Horizons' touches to make the journey even more interesting. A few 'wild things' lurking in the undergrowth or by the side of the track. The String Family stationed with cello's and violins serenading you at the very top of Brokeback Mountain, the temptation to postpone the finish line by stopping for a free beer at the Last Chance Saloon, less than a kilometre from the finish, and the fantastic posters on course created by our local school kids – which we hope put an extra smile on your faces throughout the day.



Here's the race wrap!

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THE KID'S FLING

After the start of all the main racing is when perhaps some of the fiercest racing takes part. This year we had over 90 kids between the ages of 4 and 12 years take on our Todds Real Estate Kid's Fling. It was great to see our numbers remain really consistent, as we knew quite a few of our 'regular' Kid's Flingers were moving onward and upward into the Some Fling this year.



This very real MTB course starts and finishes under our race arch and heads out from the event centre, looping riders into bushland. It was great to see many faces that we'd seen at the previous days Skills Clinics showcasing exactly what they had learned and having a great time on their bikes.



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We love kids at the Fling, and promoting cycling to the next generation both encourages outdoor activity and helps ensure the future of our sport.

Thanks to Todds Real Estate for once again being our headline Kid's Fling sponsor and to Focus Bikes for supplying two supeb kid's mountain bikes as prizes. And congratulations to everyone who took on the Kid's Fling!

THE SOME FLING



Last year we said goodbye to the Casual Fling, following a lot of great years and memories of that particular dalliance, and introduced the Some Fling. This new race distance for us was about providing a development ground for our junior riders (yep, those ones we mentioned in our Kid's Fling blurb) who wanted more distance and a more competitive environment in which to

spin their wheels.

As well as distance we made sure this race really packed in everything a rider could want in a great MTB course – singletrack, climbs, fast fire raads and a podium.



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We think we hit the mark. In 2016 we saw the Some Fling pick up significantly in numbers – popular with both the junior riders (over 60 in total), but also many other riders too including many who said they were just starting out in MTB racing, plus those who just couldn't quite get the time in the saddle to feel comfortable doing the Half but didn't want to miss out on their annual Fling. Who can blame them?

The front of the startline for the Some Fling looked like they had taken notice and notes from the earlier Elite Full Fling startline with seriously focused faces, an aggressive ready to race position and, at the gun, a wake of dust. I think we can say there is nothing casual about having a Some Fling.



Open rider Ian Watts took the male win in a time of 1:13:13, managing to edge out the even younger legs of Dylan George in 1:14:58 in second. Making it a family affair was Zac George in 1:17:36.

The women's race was no less intense, and making it two in a row, was young local rider Verity Evans in a time of 1:25:07, managing to stay ahead of sister Maizy Evans in second with 1:29:34. Renee Skelly took third in a time of 1:32:58. We're very proud to sponsor both Verity and Maizy and to see them doing well in our own race was nice too!

Full race results can be found on our www.wildhorizons.com.au website along with photos.

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THE HALF FLING



Not Half as much again as the Some Fling nor half of the Full, the Half Fling is always an exciting race to see unfold, with a solid mix of young up and coming riders vying for their serious race results at the Highland Fling as well as seasoned riders who have the experience and course knowledge to give them an edge – well that was the plan anyway.

This year's Half Fling was claimed by a young gun Junior rider Matthew Dinham (2:07:52) who was an equal third place in the 2015 running of the Half. By all accounts it sounded a pretty close race through until Boundary Rider, 40km in, which is where a bit of a breaking move was made by Matthew to bring it home. Not too far behind was Open rider Callum Carson (2:09:18) and to round off the podium Lewis Cressy (2:10:52), who as a Veteran rider offered the comment "it was good fun racing the two young fellows – I hung on until the singles but they got me on those pinches".



In the women's race it was the Open category who dominated. Em Viotto, who we would more regularly see riding on her skinny road wheels, took the win in a time of 2:38:43 and after having so much fun on the mountain bike (with a podium to boot) is



already eyeing off the Full Fling in 2017. In second was Charlotte Culver at 2:43:56, and Bre Sheperd 2:55:08 rounded out the podium.

Full race results can be found on our www.wildhorizons.com.au website along with photos.

THE FULL FLING



We were pretty excited heading into this year's Full Fling. Not that we aren't every year, but this year we had not just one, but two (and almost three, but sadly Jenny Fay was unable to race due to sickness), two-time Highland Fling Elite Full Fling winners on the startline.

Brendan Johnston and Peta Mullens were both in the position to make Fling history because up until this year noone had ever won three Full Flings. But as with all Highland Flings the Elite line-up was one of the best seen in MTB racing this year Australia, and everyone wanted the top step of the podium.



Excitingly, this was the year it would happen. Twice!

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There's really no need to say it, but racing was 'on' from the start, with a main group sticking together through until the Wingello transition, sussing each other out, waiting to see who would put the attack out there. It was Brendan Johnston that did it, telling us he left Wingello for the 53km Stage 2 – The Shimano Stage and just tried not to look back, knowing Cam Ivory was with him.



His plan? Make his move on The Kick (you can read about it in the Fling Journey if you missed it) to despatch Cam (his words, not ours, but we like them) and just go from there. The plan worked and after quite a bit of race time alone, came across the finish line in 4:21:57, clear head of Cam in second with 4:24:47.

Rounding out the top three was young rider Michael Potter in 4:44:32

who finished in pretty spectacular style, managing to get a one second edge in a sprint with as seasoned and successful a rider as it gets - Jason English.

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The women's race started with a plan!

Peta Mullens explained that once the guys make their break pretty early on in the race, it's pretty tough out there. She likens it to a five hour time trial. Anyone who has done time trial racing knows this equals not only a tough physical challenge but a whole lot of mental challenge too. It made sense for the women to work together, which they did for a while but as it turned out, the strengths and weaknesses of these riders were just too different to work together well.

It was Peta who made the break; getting a gap on Briony Mattocks and 2015 race winner Lucy Bechtel, on one of the more technical descents and then as she describes it "hitting out on my own for the next 100km".



She finished with a decisive win, coming in at 5:08:12. Briony Mattocks took second in 5:21:21 with Lucy Bechtel in third with a time of 5:30:10.

Full race results can be found on our www.wildhorizons.com.au website along with photos.

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100MILE FLING



We speak in awe when we speak about this race.

160km is an incredible achievement and we're blown away every year by the riders that take on this challenge, at all levels of the race spectrum.

In 2016 Ed McDonald returned to retain his 100Mile title from 2015 in a time of 7:51:01, crossing the line ahead of Max Richardson (on a singlespeed!) in second with 8:01:48 and Stephen Tomczyk in third with 8:23:30.



This year's 100Mile race also saw two women take on the challenge.



Charlie McCabe took first place with a time of 10:33:07 and in second was Courtney Shinn in a time of 10:45:43.

Courtney rode the 100Mile on her single speed with the aim of raising funds for Nepal Ride to Rescue and the work they continue to do following the devastating earthquakes that rocked the country in 2015.

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If you would like to help her hit the \$1000 target (she's got \$75 to go at time of typing) you can head over and donate [here](#).

Full race results can be found on our www.wildhorizons.com.au website along with photos.

RACE P.S. Congratulations must go to Danien Beets who, according to the race plates, simultaneously completed all four Fling distances on the day. Amazing ☺

ALMOST BLOWN AWAY BY POST RACE CELEBRATIONS

As riders sprinted, rolled or trickled back in through the finishing chute throughout the day, they were well rewarded with a 4 Pines beer (it did taste better post race didn't it!?), a burger from the Exeter P&C and maybe even picked up one of the many spot prizes being handed out; whilst kicking back to cheer in their fellow competitors and await presentations.



There was also some spontaneous, fun entertainment to spectate with a sprint-off between our local police officers testing out some new 2 wheeled patrol vehicles from the Focus Bikes range of demo models (with Limar helmets on of course! Said Police officers have vowed to take on the Half Fling in 2017

By this stage of day, the forecast winds had picked-up and were literally picking up tents, chairs and basically anything that was not secured.

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We did hold some of our presentations earlier than the advertised time. We did this based on the worsening weather conditions, and not wanting to keep people waiting for any longer than necessary to get on the road if it did in fact turn nastier.



We apologise if this caused anyone any inconvenience or to miss their podium. If you were a placegetter but missed the announcements, please don't hesitate to get in touch with us to arrange the collection of your prize. You can contact barbara@wildhorizons.com.au



Alongside the presentation of placegetters, we also had some fantastic draw prizes including the most coveted prize of the day – the Focus Spine MTB valued at \$3999! We were pretty excited to see this one go to Craig Stonestreet who is a good friend of Wild Horizons and who was a regular Dark Sider in our old Mountains to Beach stage race. We know the bike is in great hands!

AND WITH THAT, THE FLING HAS BEEN FLUNG FOR ANOTHER YEAR

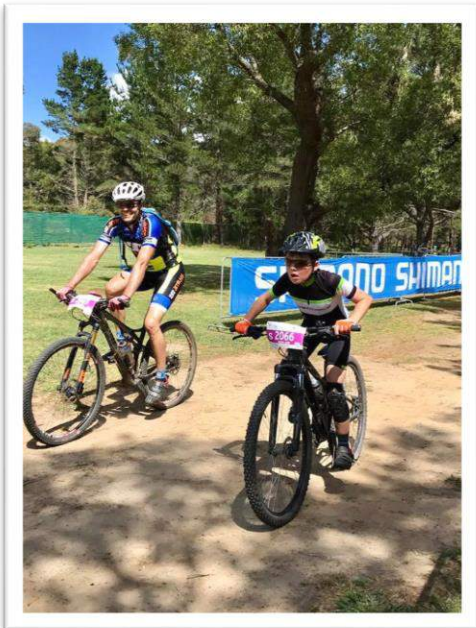
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BUT WAIT THERE'S MORE – PRIZES THAT IS...



Once again our good friends at World Expeditions provided an incredible cycling trip to Vietnam for one lucky Flinger! The way to win this prize was linked back to our Fling journey, asking riders to share their 2016 Fling journey with us. Thanks to everyone who took part, it was great to see your training, road trip, mid-race and post race shots.

It was a tough decision! But the ultimate winner was Elton Judd who shared this year's Fling journey with his son by doing the Some Fling – and just happens to have a brother to be reunited with in Vietnam.

You can check out the tour [here](#).

Now for our **THANKS!**

Events like the Highland Fling cannot happen without the support of an incredible amount of people – including our Sponsors, local landowners, the general community and community groups, our Dark Side team and more. We'd like to take this opportunity to thank them and hug them.

To our Major Sponsors Ground Effect, Focus Bikes, Shimano, Maxxis, World Expeditions, GU Energy and 4 Pines Brewery thank you for supporting this event. Your generosity in terms of prizes, special offers, fun additions and time to be part of it all make it what it is.

Thank you to our Support Sponsors Frontier Equipment, Rock&Roll Lube, Limar Helmets and Westside Petroleum for helping us make it happen. Shout out to the crews at Shimano and also The Fixed Wheel who helped keep bikes on the trails and the Maxxis team for manning the Rock&Roll Lube station to keep everyone rolling too.

Other Sponsors, and prize supporters included Todds Real Estate (Kid's Fling), Aquamann Irrigation (supplied your water at water points around the course and feed stations), The Bundanoon Hotel and The Bundanoon Country Inn.

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One of the beautiful things about the Fling is that you **cannot** ride the route all year round, because many trails are on private property and only opened especially for you during this event. We would like to thank all the land owners who allowed us access to their properties: Greg & Diane Joice, Jack & Sylvia Jeffery, Trevor & Sheryl Liebowitz, Doug Roach, Geoff Blunt, Matt & Donna, Hescott, Mark & Ulli Fisher, Mike & Dawn Jonas, Nigel & Caroline Hartley, Chris Roberts & Tanya Cox, Camilla Learmonth and Anthony Parro.

We also take this opportunity to remind you to never attempt to ride through these properties at any other time. Thank you.



The local community supports this event incredibly. And we thank you for supporting their fundraising. Thanks to the Bundanoon Public School and Exeter Public School P&Cs for creating amazing meals, and Penrose School P&C too – as well as the kids who create some of our incredible signage!

The local Rural Fire Service brigades of the Southern Highlands who have marshals on course - their coordination is beyond compare. The Pony Club sorted you out for camping and The Men's Shed for parking. Highlands Trails keep those wonderful flowing Wingello singletracks going all year round for your delectation and delight. In total these groups raised over \$25,000 via the event.

Thanks Lynne Vaughan for the Kids Skills clinics which raised money for Save the Children and Bundanoon YHA for once again hosting the kids on their fantastic little track. Gilbert Romane from GiRoPhoto, Roy Meuronen and Marathon-Photo for their amazing shots of everyone across the weekend. Have you picked up some of yourself? If not, you can get them [here](#). Steve Martin from Precision Timing for tracking you all, The String Family for keeping you all entertained and inspired to go on, Nelson Santos Massage Therapy for making sure you could make it home, MC Chops and Mr. Norris who can finally speak again after two days of solid non-stop talking...



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And of course a **final thanks** goes to the Dark Side – our energetic crew who spend days putting out arrows, arranging rego packs, sorting prizes, building event centres, answering queries, marshaling courses and cheering you on (amongst probably a billion or so other little and big things)

CONGRATULATIONS TO MR & MRS AVERAGE!

It's something we've done for a very long time, and such a heritage part of the Fling. Mr & Mrs Average really is anything but average...! This award is in the spirit of participation – the lifeblood of this and we think the majority of mass participation sporting events. We have prizes for the male and female rider who complete their respective Fling in the closest to the average time for their gender.

Full Fling Mr Average – Denis Crowley (6:39:44)
 Full Fling Mrs Average – Natalie Anderson (6:59:06)
 Half Fling Mr Average – Terry Stevenson (3:36:35)
 Half Fling Mrs Average – Rebecca Hay (3:57:35)
 Some Fling Mr Average - Indran Rajendra (1:57:54)
 Some Fling Mrs Average – Lucy Nash (1:58:27)

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Save the date

Because we know you're already planning your 2017 calendar, just a reminder that the 2017 Highland Fling is on **Saturday 11 and Sunday 12 November**.

Can't wait to see you there...and in the meantime, have a great summer of riding.

Contact

We always love to hear from you. If you'd like to get in touch, find out more about Wild Horizons and our events, you can:

Email us at info@wildhorizons.com.au

Visit us at www.wildhorizons.com.au

Connect with us on [FACEBOOK](#) | [INSTAGRAM](#) | [TWITTER](#)

FEED THE RAT SOME MORE...

Need another journey to look forward too before next year's Fling?

Why not join us on one of two incredible MTB adventures we have planned for 2017?

In conjunction with World Expeditions we'll be exploring The Kingdom of Mustang in western Nepal in March (18/3/17 – 3/4/17) or enjoy our annual Italian journey, Biking the Boot in May (12/5/17-1/6/17).

Grand adventures both – you can find more details on our [website](#) and see the following pages for flyer details.





13 May – 2 June 2017

Biking the Boot Tour

Ancient culture, an ever shifting political landscape, Latin temperament, fine food and wine, design flair, gorgeous countryside, big mountains, great trails...Why wouldn't you want to mix it all up with some fun and at times challenging mountain biking?

Biking the Boot is an incredible three-week trip that starts with a 10 day MTB tour crossing the country from Rome in the west, to Romagna in the East. We ride through Umbria, Tuscany and finish in the Emilia Romagna region. Then, after a couple of days in the fascinating city of Venice, we spend six days traversing the magnificent Dolomites to finish in the mountain bike town of Riva Del Garda at the head of Italy's largest lake. In total we ride some 800km.

We promise you a MTB adventure of a lifetime. We hope you'll join us.

or more information and bookings visit
www.wildhorizons.com.au



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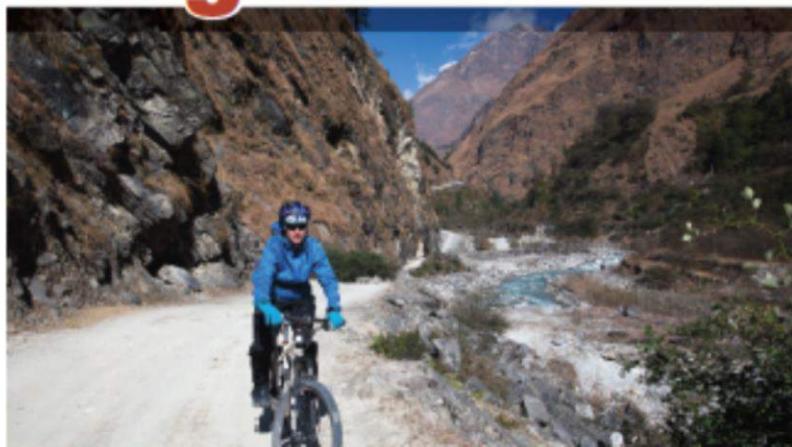


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18 MAR 2017 | 17 DAYS | 12 DAY CYCLE > 3 NIGHTS HOTELS > 13 NIGHTS CAMPING | GRADE 5: MODERATE | \$5400pp ex-Kath.

The Kingdom of Mustang preserves some of the last vestiges of traditional Tibetan Buddhist culture. Situated on the border of Nepal and Tibet, it is open to only a few select groups each season. On this World Expeditions exclusive, renowned Australian adventurer Huw Kingston, will escort our inaugural mountain bike ride into the Kingdom of Mustang. The route follows 4WD, single and double track through villages that once served a thriving trade route between Nepal and Tibet. These whitewashed settlements, set amid fields of barley and home to impressive chortens and simple monasteries, reflect the biding Buddhist culture. The terrain is striking, a semi-arid desert with deep ravines and rock shelves, flanked by snowy peaks. A highlight is the visit to Lo Manthang where the King of Mustang reigns over his tiny kingdom and surveys a world still culturally closer to the heartland of Tibet than to the markets and temples of Kathmandu. World Expeditions has been running trekking trips into Mustang for many years and this will be the first time we have offered a mountain biking trip into the region. While we have done our best to ensure the notes reflect the expectations of each day's riding, the nature of the trip on a bike is still somewhat exploratory. The itinerary is flexible and may be adjusted to suit group and trail conditions. Your leader will discuss any changes with you. All participants need to be flexible and open minded and come ready for an unforgettable adventure. We hope you can join us!

□□□ speak to our experts now – limited places available on this extraordinary adventure

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