

Audax News

Happenings

Our six brave lads are back from the London—Edinburgh—London, see the report from Wayne Hickman below. Most of you will have seen Rob Godkin and Hari Goonatilake in glorious colour on the front of the spring Audax Checkpoint, plus a picture of our team on page six of the same. Apparently Colin resisted the temptation to go right past Edinburgh to Aberdeen for smoked kipper breakfast.

Also herewith a report by Carol Dooley on the recent five day Storm-busters tour, from Bridgetown to Albany and back.

The Dwellingup weekend is on again (20—22 Nov) with dirt and road rides. For details and bookings contact Rod Marston (0413 984 771).

The Christmas Party will once again be held in Kings Park during December (date TBC). Incidentally, if ants are so hard working, how do they always find time to go to picnics?

Several members are making plans to go to the Alpine Classic in Victoria (17/23 Jan 2010). Ken Dupuy (9457 7280) and Colin Law (9397 7739) have all relevant information.

Only 11 months to prepare for the Perth—Albany—Perth, 1200km! Tues 28 Sept. to Friday 1 Oct, 2010). Contact Nick Dale 61 400 300 850.

Pleased to report that Jenny McCloskey is just about to get out on the bike again.

Audax WA will be 25 years old 27 July 2010. and will be celebrated with a modified running of the Old Classic 200km ride.

We seem to be attracting a steady flow of new recruits from the Bicycle Forum website (www.bicycles.net.au).

Enjoy your riding

Ralph Morgan & Tony Gillespie



Storm-busters: Weary but smiling

Focus on wild life



Red-tailed black cockatoo (photo Stuart Keeling)

Though not core business for your average Audax rider the Bicycle Forum entries by Greg Davey make interesting reading for those with an interest in flora, fauna and the various landscapes traversed during our rides. The black cockatoo (left) put on a fine display during the recent Ron Masterman Memorial ride.

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Special ride report by
Wayne Hickman

LONDON—EDINBURGH—LONDON

LEL background

The first London – Edinburgh – London was held in 1989 starting in Doncaster, the organiser's home town. A 1300km ride, 29 starters 26 finished all pommies.

This year saw 602 entered but only 550ish bothered to turn up. Pommies 277, Italy 85, France 24, Scotland 7 and Australia 8 to list a few of the nationalities!

LEL 2010

Sunday July 26 at 8.30gmt we set off from Chesant railway station car park 50 riders at a time 15mins apart! (North London just outside the M25 ring road). Overcast day with rain expected later but that did not dampen our spirits as we had a full tummy thanks to Joe's café. 4quid for a big brekkie & cappuccino. We all stayed together for at least um now let me see, 2.8km an amber light, some went, and some did not? The did nots did better in the end, as the went forgot to turn right and ended up 2km behind the did nots, we all saw each other at the first control but ended up breaking up into different groups?

The Gasman (Rob) & the Doctor (Hari) teamed up as they had b&b booked along the route as that was their plan? Spinal (Eamonn) & Mr Mac (Colin) stuck together for the first day and a bit before they got board with each others company

or was it the debate over black pudding? The Ex-Nanny (Wayne) and Bones (Nick) rode together on and off for the first day depending on navigational skills (say no more). I rode most of the day with 2 Americans & a French lady who I was told used to hold the

Americans, that lasted all of 5mins. If that was backing off good job they were not pushing it. The good thing about riding with these people is that they had GPS gadgets so I didn't have to keep stopping to check the route, which saved heaps of time especially at night! We parted company at Coxwold as I was having a 3hour nap in nice dry cloths due to my bag drop; the bed was just the floor of the village hall. Eamonn, Colin and I left this control together around 5am, by the time we got to the next control, Colin was gone, but I did bump in to him at Dalkeith and the next time was back in London at the pub? There were 2 other riders from Eastern Australia but have forgot their names, (sorry boys). I think one pulled out due to weather!

There was a time extension due to the bad conditions (which I don't agree with but that is another story). You had to take your shoes off at some of the controls due to the wooden floors. Normally



record for going up Mònt Ventou seven times in 24 hours. We had a tail wind for a good part of the day but I still say 28/30km hour is too fast on the first day of a 1400km ride. I told these riders to go on without me as I was backing off! "So are we" said one of the



Controls included:

Gamlingay (65km out & 1336km back)

Thurlby (151km out & 1251km back)

Washingborough (216km out & 1184km back)

Thorne (321km out & 1110km back)

Coxwold (411km out & 1021km back)

Middleton (463km out & 969km back)

Alston (538km out & 894km back)

Eskdalemuir (633km out & 799km back)

Traquair (678km out & 755km back)

Dalkeith (716km Edinburgh).

this is not a drama, until you have all your wet weather gear on over your shoes and then it turns into a mayor operation! You then have to put it all back on! The food at the controls was just fantastic I did not hear one grumble be it from a belly or a mouth! Yad Moss (598m) is the name of the hill up to Alston youth hostel control. The wind and rain were not very pleasant to me on this part of the ride; I sheltered behind a transit van parked in a lay-by to put more layers on. Just that little bit of shelter was amazing & I really regret not wearing my cycle helmet as the hail stones hit me on my frozen ears. You know you are high up when you see snow indicator poles on the side of the road. On my return trip to Alston at the hostel there was a rider who had hypothermia and later went to hospital. It was here that I met Eamonn and we rode out in to the foggy morning and down Yad Moss pedalling downhill because of the head wind. Eamonn even had ice cream for breakfast at Middleton on the way back, why I hear you ask, because he could! Not dobin' on any one but I did see one of our riders keeping out the cold with a nip or two of

whiskey at Traquair control. A volunteer was going round with a bottle pouring nips for riders! It was at this control you could go for a sleep on the carpet in a room behind the stage, unless you happened to be laying next to the loudest snoozer in the whole of the universe who was sucking the paint off the walls, at which point I gave up trying to sleep and hit the road around 3am. This was a good thing it turned



out as I got to see the night lights of Edinburgh from the top of the hill that over looks the city. It was 716km to Edinburgh due to a loop round Lincoln which had a secret control. Still the return to London is only 685km so the half way point is more than half way. Yippee!

At about 100km to the finish I waited for my buddy at a t-junction until the heavens opened up and I sheltered in a bus shelter along with 2 other riders, the fact we were all soaked through and could not get any wetter made me laugh, once you are that wet no amount of water will make any difference at all. Still the end was in sight.

Many thanks to Cathy who had a can of Guinness waiting for me at the finish! Sorry about losing your hubby Eamonn and making you stress. Colin got home in 96 hours, the rest of us all finished within three hours of each other 105 hours+. One rider did it in just under 60hours non-stop. I personally had a great ride my bum & saddle were the best of buddies the whole time. My only wound was the tongue on my left shoe which wore the skin away and made a small sore. My small fingers are just getting the feeling back into then now from the pressure on the handlebars.

Lessons learned from this ride- wear your hat - especially if hail stones are expected.

"My bum & saddle were the best of buddies the whole time".

.....Wayne



Special ride report
By Carol Dooley

Stormbusters Take South West by Force

Ever tried cycling through continuous rain on 8°C days, hail storms and lightning strikes? Six Audax bikers set off from Bridgetown on Friday 18th with a Nissan Patrol and large trailer on a five day tour of the Southern corner of WA. It turned out to be a bit of a "Boys Own" adventure with wild weather, variable accommodation and many undulating hills, but as with most adventures which end well we all had a great time and there has been much talk of "next time".

We car pooled down to Bridgetown and met up with Ejner who has some very kind friends there, with a place to leave the vehicles, and who also generously loaned us the use of their 4wd and trailer. Unfortunately Sven couldn't also be support driver, as he was taken seriously ill at the last moment, we gathered he was more upset about not being support driver than his illness. Ejner drove the first day and did an excellent job of showing us the way through the back roads and forests to Manjimup. We encountered a few showers but remained optimistic regarding the weather when we reached 'Manji' and had a lunch break.

By the end of lunch we realised it wasn't going to be easy to reach Northcliffe before dark but we set off in good heart. The route was excellent with quiet back roads through forested undulations. The weather wasn't quite as we had hoped and we continued to be drenched time and again by con-

tinuously passing showers. We managed to arrive at our Northcliffe accommodation just before dark, three of us in the vehicle and three on bikes by that time. We were wet through; cold and a little disheartened by that stage and looking forward to a nice hot shower and possibly a strong heater. The caravan park we had chosen, didn't quite live up to it's internet shine though we did manage to have a hot shower and then all crammed into the Nissan and headed to the pub for a welcome hot counter meal which cheered us up. In the morning we fought our way through the kangaroos and joeys waiting for their 'Skippy Mix' from the caravan park owners and headed out on the 165km run to Denmark. There were occasional showers once again, many large "undulations" and beautiful forests. Grant was driving the support vehicle (complete with a flashing light on the roof) behind the last riders and this helped to slow down any traffic before they passed the riders.

We stopped briefly after 45kms in a Park and then carried on the next 55kms to Walpole where we all indulged in huge burgers – not a good idea for some who relived the experience all the way to Denmark. Denmark was a welcome stopover and the holiday house we had booked was perfect with two bathrooms, two double rooms and two twin rooms, not to mention a very efficient combustion heater that we all enjoyed sitting around in the evening for a drink and a chat.

Initially the 'rest day' in Denmark

was to involve a ride to Albany and back, instead we opted for a car trip to Albany with sightseeing and lunch high on the agenda. We also heard 'wild' tales of the "very hilly and rough" Denmark – Mt Barker road up to the Muir highway, our planned route for the next day heading to Manjimup via Rocky Gully.



In the morning, four less determined members of the group jumped into the vehicle with bikes in the trailer while the "Baltic Express" (Mike and Ejner) hit the road for the 39km run up to the Muir Highway. Caroline dropped Grant, Carol and Rod off at the intersection of the Denmark Mt Barker Rd and the Muir Highway in a light drizzle and temperature of about eight degrees. The forward contingent of three stayed together at a steady pace into a slight headwind, hoping for what was now undeniably rain to stop. The weather only deteriorated from there and by this time we were soaked and frozen. We huddled behind a farmer's letterbox trying to get out of the wind and eat a snack for a few minutes, shoes squelching full of water. When we set off our frozen muscles felt like frozen wood. Eventually Rocky Gully appeared, not in a gully but at the top of a hill, strangely! It is a quiet backwater and the only place of refuge was the general store. Three sodden cyclists arriving at the same time as a school bus trip considerably brightened up the young man behind the till, the dollar signs were flashing in his eyes. Two instant

Bridgetown

Northcliffe

Walpole

Denmark

Rocky Gully

Manjimup

Bridgetown



coffees and a toasted cheese sandwich later we were no warmer and sinking towards hypothermia rapidly. Rod went and paced up and down outside ready to flag down the Baltic Express and support vehicle, who all pulled in just over an hour later, good time made really. The Baltic Express fed, had clothing changes/additions and took off again, one by one this time. The less determined of us, climbed into the vehicle and soaked up the heater. Seeing Ejner ahead all alone prompted me to join him and get some more kms in. Within ten minutes the rain changed to hail, strong, straight in your face hail. After nearly being blown off the road we kept going and shortly after there was a red flash right before my eyes, lightning strike, followed about two seconds later with an outlandishly loud thunder-clap right overhead. We decided to get the message and pulled over to huddle once again in the vehicle. The remainder of the Baltic Express refused to cave in and urged us on to Manjimup, which we did and settled into the lovely Warren Way caravan park. After unloading the trailer and gear Grant and Caroline went back to try and co-erce Mike into the car or at least support him. Meantime he was having only the second puncture of the whole trip and they arrived to inflate his tyre with the foot pump and follow him the remainder of the way. We were glad to see him arrive safely, all not so secretly thinking rather him than me, 200km in an icy storm. We enjoyed our dinner at the Manjimup Hotel all cosy and warm that night.

The final day was a 55km run from Manjimup to Bridgetown, the weather though cloudy was fine and we stopped at Donnelly River for a cappuccino and the remainder of Caroline's delicious chocolate cake while Grant fed the emus the remainder of his trail mix. Overall it was a challenging trip weather wise but we all enjoyed the camaraderie in the evenings and the day's adventures gave added to the evening's warmth and enjoyment. One thing is for sure, next year's trip will be later in the year, possibly Oct/November.



RIDE REPORTS

25 July

Coastal Cruise

50/100km

Replaced the Bumpy Boddington of the previous week (due to bad weather and high winds). In ideal conditions, with 16 starters and finishers, an enjoyable ride, but Mandurah Rd is very busy and rather dangerous for cyclists (though that has now improved since the opening of the new freeway).

2 August

The Vines

50/100km

8 starters and finishers (1 for 50km). A clear fine day, but we need to find a new turn around café, as little or no food available at The Vines Deli.

22 August

The Dam Busters

100miles/100km

6 starters with 2 potential new members, Henry and Gary, who both finished the 100km. This is a really tough hilly course, especially on a showery, soggy day.

30 August

Foothills Cruise

150km

A perfect day with 9 riders. 2 new faces—Kai and Paul, plus Stuart Keeling who completed his first 150km ride. Nick Dale to be congratulated for the new improved route even if it does include the dreaded Patterson Road, which saw a couple of riders taking a nice walk.

19 September

Dawn till Dusk—
Spring

332km

5 starters, 3 finishers on this spring equinox ride. Rained in “death valley”, then fine and not too windy. A shade over 16 hours, very good riding.

4 October

Ron Masterman
Memorial

100km

14 starters, 13 finishers. Magnificent day steady riding through very pleasant countryside. Highlighted by the terrific morning tea at Singleton put on by Rose (Tony’s better half). 3 new riders Cheryl Price, David Faletti and James (JK) Knox. Great to see a very strong Brett Rutherford back on his bike after a long absence.



CALENDAR

Sat 10 Oct	Mr. Marston's Meander	200km
Toodyay 8:00am	Contact: Grant Crowe Email: grantcro@iinet.net.au	Park on car park in Piesse St.
Sat 24 Oct	The Classic	140km/200km
Bullsbrook 7:00am	Contact: Adrian Giacci Email: adrian.giacci@team.telstra.com	Tel: 08 9328 8808 Bullsbrook - Toodyay - Beejording - Toodyay - Bullsbrook
Sat 7 Nov	Southern Sunrise	50/100/200/400km
DWP, Mt Pleasant 7:00am	Contact: Tony Gillespie Email: rgi70696@bigpond.net.au	Tel: 08 9537 1428 Southern loop, down through the hills & back on the plain.
Sat 14 Nov	6 Dams	100/200km
Kalamunda 7.00am	Contact: Nick Dale Email: nick.dale@skg.com.au	Tel: 0400300850 Mundaring, Bickley, Canning, Churchman's Brook, Serpentine & Wungong
Sat 21 Nov	Waterous Loop	Dirt 35/70km
Nanga 8.00am	Contact: Rod Marston Email: rmarston@iinet.net.au	Tel: 0413 984 771 Follow the Waterous Loop track clockwise from Nanga Brook.
Sun 22 Nov	Waroona Wander	50/100km
Dwellingup 8.00am	Contact: Rod Marston Email: rmarston@iinet.net.au	Tel: 0413 984 771 Dwellingup, Nanga, Waroona Dam, Waroona, Pinjarra, Dwellingup
Sat 12 Dec	10,000 in 8	50/100/120km
Kelmscott 7.00am	Contact: Nick Dale Email: nick.dale@skg.com.au	Tel: 0400300850 3 loops out of Kelmscott, lots of hills, 10,000 ft of climbing, 8hours
Sat 19 Dec	Dawn to Dusk	300km
Bayswater Train Station (North Carpark) 5:06am	Contact: Perry Raison Email: cavebear2@bigpond.com	Tel: 04 2 777 3402 Bayswater-Guilderton-Gingin-Toodyay-Clackline-Bayswater. Sun-set (19:21)
Sun 27 Dec	UAF Perth	100km
DWP, Mt Pleasant 7:00am	Contact: Nick Dale Email: nick.dale@skg.com.au	Tel: 0400300850 This is a UAF group ride which will travel at ~24-25km/h
Sun 3 Jan	Prison Pedal	50/100/150/200km
DWP, Mt Pleasant 6:00am	Contact: Tony Gillespie Email: rgi70696@bigpond.net.au	Tel: 08 9537 1428 Canningvale, Karnet, Casuarina (do not pass GO!)
Sat 9 Jan	Hickman's Hot Hell	50/100km
High Wycombe 8:00am	Contact: Wayne Hickman Email: whrecord@gmail.com	Tel: 0417911086 Crystal Brook, Lawnbrook, Green-mount Hill & Gooseberry Hill
Sat 16 Jan	10,000 in 8	50/100/120km
Kelmscott 7.00am	Contact: Colin Law Email: colinjulie@iinet.net.au	Tel: 0409102538 3 loops out of Kelmscott, lots of hills, 10,000 ft of climbing, 8hours
Sun 31 Jan	Mundijong Muddle	50/100km
DWP, Mt Pleasant 8:00am	Contact: Brian Hawes Email: brian_hawes@optusnet.com.au	Tel: 08 9594 2730 DWP - Mundijong - DWP