



Graham Woodrup

Pt Fairy man is the fastest cyclist to cross Australia

A GRUPELLING RECORD RIDE

Pro Racing by Sid Freshwater

Woodrup Beats Sleep and Distance *Perth Now Six Hours Nearer Sydney*

Bruce Hunt's 1974 record from Perth to Sydney has been reduced by six hours. A gruelling, courageous ride by Port Fairy professional Graham Woodrup has slashed the Bruce Hunt time down to a new 10 days 17 hrs 56 mins 35 secs.

Graham never let up in his struggle for miles without sleep, other than for short breaks every few hours. His longest rest was for 3 hrs. 30 mins at Border Village. On other nights he was off his bike for around two hours.

His worst experience was the boredom of the Nullarbor. It unbalanced him to the point of running off the road several times.

In the final stage from Canberra to Sydney G.P.O. his eyes were not focusing correctly due to lack of sleep.

His twelve member back-up crew all suffered the torment of over ten days without much rest.

The welcome party at around 2 a.m. at the Sydney G.P.O. included his parents plus four T.V. channels and reporters from two newspaper groups, an Executive from sponsor Capilano Honey, plus two former NSW League Officials. Capilano has announced a \$5,000 extra bonus to Graham for his gutsy performance.

The attempt by Reg McVilly to reduce the time set by Graham Woodrup is planned to start from Perth on Wednesday, November 2.

Time Comparisons (supplied by timekeeper Bert Melliush)

	Vic Browne 1969	Bruce Hunt 1974	G.Woodrup 1988
Perth-Adelaide	6D.23H.02mins	6D.20H.00mins	6D.10H.44mins
Perth-Melb.	8D.23H.08mins	8D.19H.00mins	8D.6H.0mins
Perth-Canberra	10D.13H.13mins	(By passed)	10D.00H.26mins
Perth-Sydney	11D.6H.47mins	11D.00H.19mins	10D.17H.56m.35sec.

Honor for local hero

2 - The Standard, Thursday, September 1, 1988

'Woody' sets a cycling record

'Woody' gains the record

AUDAX
AUSTRALIA

WOODY'S INSIDE STORY

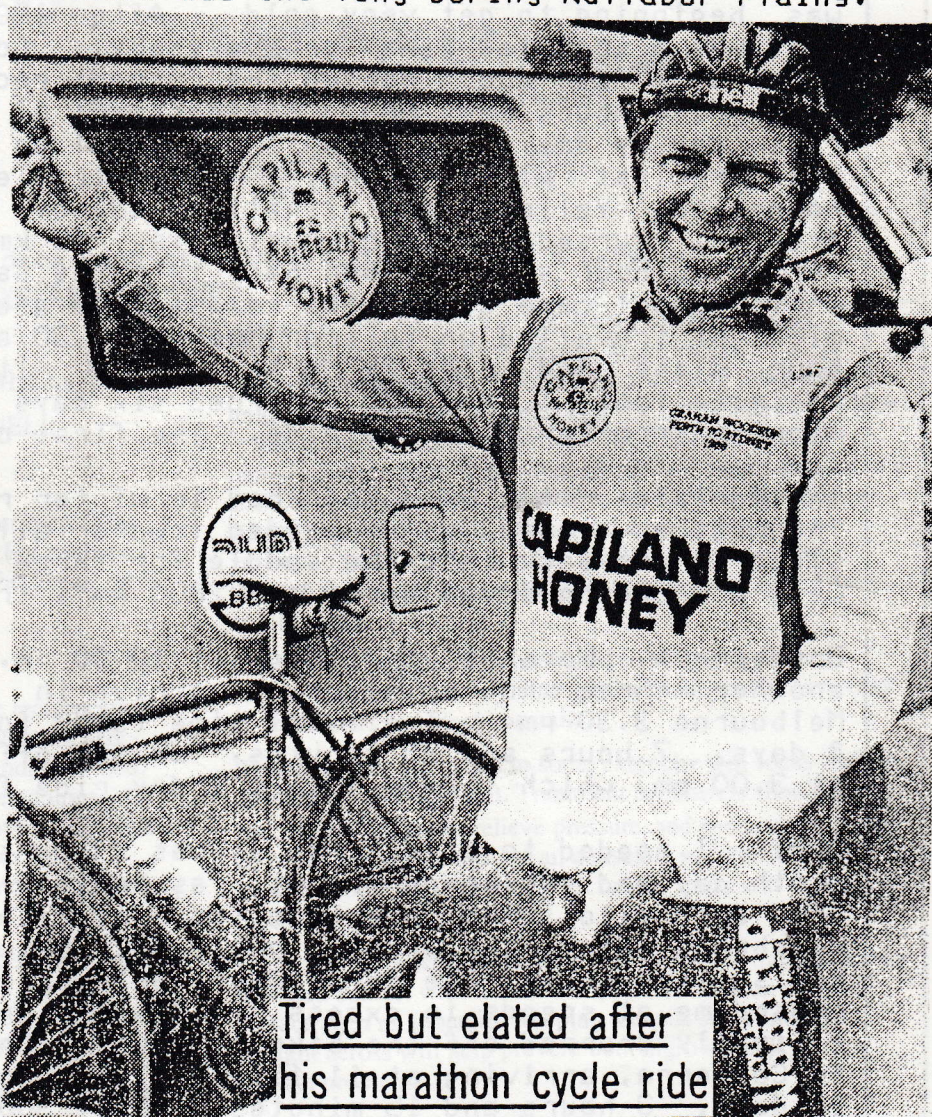
PERTH TO SYDNEY VIA ADELAIDE,

MELBOURNE & CANBERRA

4380KM IN 10 DAYS 17 HOURS 56 MINUTES

This was a ride that would be harder than any seven day ride that I had ever done raising funds for Moyneyana House. This ride was different, it would be half as long again, time wise, and it had to start 4000 kilometres away, and then there was the long boring Nullabor Plains.

To train properly I was taking a day a week from work and weekends were totally occupied by a rigorous training schedule. Clocking an average of 700 km's per week over the final ten weeks. The weather forecast was for West Winds prevailing, of course record riding wouldn't be record riding unless it was tough, so as could have been predicted when I left Perth General Post office at 6.00am Perth time, 20th August, the wind blew into my face. To add insult to injury, it rained steadily for 12 hours. Riding right through until 8.00am Sunday 21st August, I had reached Coolgardie, a distance of 558 km. Weary from the battle into the wind, it was no easier after a two hour break to press



Tired but elated after
his marathon cycle ride

on to Norseman 165 km away. This undulating course, still with a head wind was a long haul when I finally arrived at 4.00pm. An hour for a shower and a big feed before one of the long stints of 195 km's to Baladonea, with no towns between or even a mailbox, this was the start of the Nullabour.

A three hour sleep and back on the bike. The stretch from Baladonia to Gaiguna was 210 km's without a bend. A few rises up and down, but the

final 150 km's never changed. Flat, long and straight with a head wind. Just out of Gaiguna I was forced to have an hours sleep, mid afternoon before going past Cocklebidy down Maduna pass and on towards Mundrabilla. This was almost one half of the Nullabour crossed. But worse was yet to come. The face washer that I used at 3.00 am was frozen solid as the desert temperature dropped below freezing point around 5.00 am.

On the fourth day the Nullabour began to get to me, with day time temperatures rising, by midday at Border Village it was really getting hot. Twenty kilometres out of Border Village and my focus on the road was nothing more than a blur. I was down to only 2 km's an hour, barely moving, when finally I dropped from the bike.

It was almost two hours before I could face the road, by which time the sun was setting and the South East wind coming straight from the sea. It was beginning to get very cold. After 130 km's I could go no further. This was a troubled time for everybody. Concern was beginning to grow as we were four hours behind the current record and still a long way to go. Five hours rest and a reassessment of the position, we decided to ride day by day. Although I was still on the Nullabour after crossing the treeless plains (and I mean treeless), we passed Nullabour homestead, Yallarta and finally Ceduna. Finally I was out of the dreaded, cursed centre of Australia. 45 km's past Ceduna and I stopped for a two hour sleep, then back into the saddle to Wouldina, where the whole school came out to the roadside to greet me. We passed Pimba at midnight travelled on to Iron Knob at 4.30 am and then Port Augusta. One hour sleep and finally a tail wind. It was now only 310 km's to Adelaide and I had now recorded six days ten hours and forty five minutes from Perth to Adelaide. The first of the records was broken.

The Adelaide Hills were drenched in winter rain, torrential to be exact. The weather cleared as we headed toward Tailem Bend. After three hours sleep I was back into the saddle for three hours before the next record went down being seven days, and 2800 km's travelled.

Bordertown, Horsham arriving at 10.00 pm. Ararat at 2.30 am, then another three hours sleep to arrive in Ballarat at 12.00 pm and Melbourne 3.30 pm. The total time taken for Perth to Melbourne was now 8 days, 7 hours and 30 minutes. We set off again arriving at Glenrowan at 3.00 am, which seemed like a 7 day ride from Melbourne.

Again I needed to break, so it was 2 hours in bed, before I faced the ninth day and the horror roads, as fatigue began to take a grip on me. The auto pilot wasn't working too well either. Half an hour off near Holebrook before the worst night of all between Gundagai and Yass. The hills were huge, the temperature below zero and over 400 semi-trailers passed me at speeds in excess of 140 km's an hour. It was 5.00 am when I finally dropped off the bike at Yass. One hours sleep before heading to Canberra, arriving at 11.15 am. The record was now Perth to Canberra 10 days, 3 hours and 15 minutes. Only 300 km's left. This may have sounded easy except for another horror section of the highway out of Gouldburn, when the crew had to finally lift me off the bike totally exhausted.

Half an hour later and it was on with the job again. The Police Escort for the final 50 km's was a welcome sight as I rode into Sydney, arriving at the General Post Office at four minutes to 2.00 am.