ABK NEWS

October 2026 Edition #039

WHATS ON IN SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12 **COMMITTEE MEETING**	13 5:30-8pm Tuesday Krewsday	14 RIDE2 WORK DAY 5:30-8 Wednesday Workshop & Community Dinner	15 Australian Walking and Cycling Conference	16 5:30-8pm Friday Workshop AWCC X ABK After Party	17 1-4pm Saturday Workshop	18
19 ACC Pop Up	20 5:30-8pm Tuesday Krewsday **COMMITTEE MEETING**	21 5:30-8 Wednesday Workshop & Community Dinner	22	23 5:30-8pm Friday Workshop	24 1-4pm Saturday Workshop	25
26	27 5:30-8pm Tuesday Krewsday	28 5:30-8 Wednesday Workshop & Community Dinner	29	30 5:30-8pm Friday Workshop	31 1-4pm Saturday Workshop	1 Nov

FROM THE COMMITTEE

- ABK mechanics are out for **Biketober** with the City of Adelaide running pop up tune ups in the parklands and at Ride2Work day Wed 14th in Hindmarsh Square. Find out more and head along via the ACC website.
- The **ABK AGM** is coming up on Thursday November 5th. Join us at ABK from 6:30 to celebrate our achievements over the past year and to elect our committee for 2027.
- ABK will be supporting the **Australian Walking & Cycling Conference**. Katharine & Bridgette will be delivering a presentation at the conference and conference attendees are invited to join ABK community dinner on Wed 14 and the AWCC after party hosted at ABK on Fri 16th!

IN THE SPOTLIGHT



LISA & ONE DOLLAR

One of our longest running vollies, Lisa has been with ABK for over a decade! And of course we can't forget Lisa's furry sidekick One Dollar, another long serving ABK volley! Lisa is one of our most consistent cooks, making sure the crew is fed and happy with tasty goodies. She has also reached legend status recently by making a batch of epically cool stickers to share with the vollies. We have had a beautiful decade of Lisa! Thanks Lisa for sticking with us and cooking up a storm every month, here's to the next 10 years <3



Kidical Mass
Thanks to our vollies for heading along to support the Kidical Mass protest ride for another year



Welcome Home Nick!
Our vollie Nick is back on the spanners after his epic ride across the world.



Bike Ballet
Will put on an outstanding performance at ABK Bike Olympics





ACC Pop Ups
Peter, Tristan, Will, Daniel & Daz are all out in the parklands through October providing free tune ups to people on their way to work

Tim's Raleigh Sports

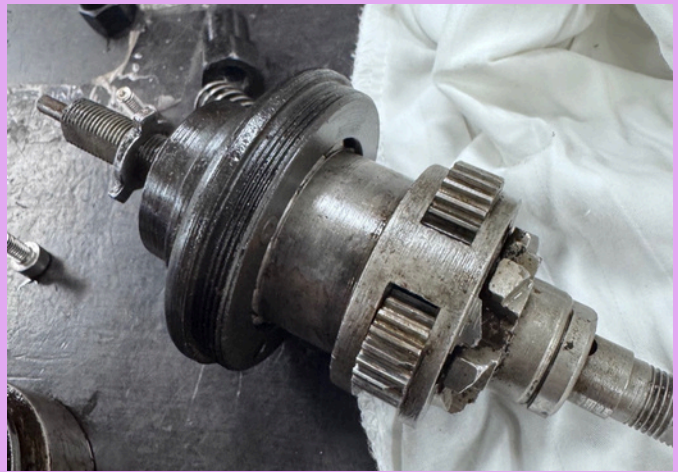
Tim Mares - After serving at Salonica in WW1, my grandfather, Frank Mares returned to England, married and joined the London Stock Exchange as a jobber. In the 1930s bought land in the village of Harold Wood, Essex and built the family home. Frank also bought the Raleigh Sports. Each morning he would ride to the railway station and catch the train to the City, cycling home again in the evening. In WW2, during the Blitz, the village of Harold Wood lay directly under the flight path of the Luftwaffe bombers. Exempt from military service, Frank volunteered as a Special Constable, his main duty was to ensure the villagers had their lights out or their blackout curtains drawn, denying German bombers any navigational clues. Frank carried out the curfew patrol on this very bicycle. After Frank's death, the bicycle passed to his son, Robert Mares, who rode it occasionally before handing it on to me.

Before it was shipped to Adelaide, the bicycle's livery was restored by Raleigh specialists Bells Bicycles of Hastings, England. Mechanically it had been untouched for the best part of 60 years, and the brakes and Sturmey-Archer hub gears were not working. It didn't take many enquiries to realise no ordinary bicycle shop would be willing or in fact able to tackle this job, especially the rear hub. Then I heard about ABK ...











Peter Good - It was obvious that this old Raleigh was special to Tim by the way he guided it carefully into ABK. When Tim told the bicycle's life-story the whole process became special. Checking it over, several issues emerged but the Sturmey Archer model K 3-speed hub was the most challenging. With some struggle we were able to disassemble as the oil inside had evaporated long ago and turned into glue. After Tim spent around 4 hours scrubbing each component back to bare steel, we found some wear to bearing surfaces, sliding clutch, driver and some chipped teeth on planet gears - but nothing terrible, even after 94 years. After a straightforward assembly we syringed 1 teaspoon (5ml) of engine oil through the capped oiler and adjusted the cable. We also cleaned, checked and lubed the gear changer. Tim's test ride ended with a big smile and thumbs up!

The type K (1921 - 1938) is one of Sturmey Archer's best hubs. It was heavy but robust featuring a 6-prong driver with a sliding clutch mounted between 2 springs, enabling the pre-selection of the next gear which engaged only when the rider stopped pedaling. The type K was superseded by the AW wide-range 3-speed hub that was lighter and featured a simplified driver and change mechanism. Interestingly the AW suffered a flaw which the K did not - the random engagement of "false neutrals". When changing between 2nd and 3rd gears the drive would disengage and the pedals would spin freely - a potentially dangerous (and painful) situation. Luckily that only happened on hubs with poorly adjusted gears or worn engagement parts, or, once again, lack of one teaspoon of oil weekly!

by Tim Mares and Peter Good