

Multisport MECCA

Sunshine Coast Daily

Wednesday, March 23



Greg Ferguson proposed to Claire Davies at the Mooloolaba Triathlon.

Photos: Contributed

Proposal and a PB

By GRANT EDWARDS

TRAVERSING Alexandra Headland hill Claire Davies was looking for inspiration.

For the past two Mooloolaba Triathlons the front balustrade of her Boolarong Cres apartment has carried a motivational message...but Claire's partner Greg Ferguson had something special in store this year.

His proposal was emblazoned in pink lettering across the front of their St Minivers building.

"As I ran down the hill I saw our boys and I saw Greg standing further down," she said.

"Apparently I said 'WTF'. Then I ran over to Greg and he gives me the ring and drops it.

"We have been together for 16 years, so it was a real shock."

To Page 2



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No need to rush nuptials

From Page 1

Not only did she finish with a ring, but also a personal best.

Claire finished the race in 3:47:24.2 after she completed the 1.5km swim in 36:56, covered the ride in 1:40:49 and then ran 1:21:40.

"It took my mind off that painful run," Claire said.

"It certainly helped (my race). I had all these random people and they were asking 'what did you say'.

"It's taken him 16 years to ask me, so it's going to take a while to organise a wedding.

"We would like to do it on Alex beach."

By the time Claire had reached Greg he was a "blubbing mess". His mates had been winding him up before the big day saying "what if she says no".

Last week was Claire's third Mooloolaba Tri, and in November she also completed Noosa.

The 53-year-old became interested in triathlon a few years ago and was part of the Atlas Multisports women's beginners course.

"We moved to the Sunshine Coast and I wanted to meet people. Because the lifestyle here is so amazing, I just wanted to be



Claire Davies before being proposed to during the run leg of this year's Mooloolaba Triathlon.

Photo: Contributed

a part of it," Claire said.

Claire has come a long way from when she started. During the early days she battled to run 5km, but last year completed the half

marathon at the Sunshine Coast Marathon Festival.

See all the Sunshine Coast age group results on pages 14-15.

Local young gun shows speed at criterium

SUNSHINE Coast speedster Ryan Cavanagh (pictured) went one better than last year in claiming the Mooloolaba Criterium.

It was just the second time the 19-year-old had raced the event after finishing second to Jack Anderson in 2015.

Ryan won in a bunch finish in the 45-minute plus three laps race.

"Yeah I was lucky enough to get away early and it was tough out there," he said.

Ryan said he was drawn to the challenging nature of the race, making a win at home sweeter.



"It's fast and it is unpredictable which is what I like about it," he said.

Ryan won China's taxing 11-stage Tour of Poyang Lake – a race that lasts a week – in 2014.

He has shown he can hang tough for an extended time, but proved at Mooloolaba he was capable in the sprint format too.

Swiss Miss wins at home

SWITZERLAND national and Sunshine Coast resident Caroline Steffen shook off sickness for a convincing win over fellow Coaster Kirralee Seidel at the Mooloolaba Triathlon.

The two-time ITU Long Course World Champion opted not to compete in Saturday's elite sprint event in favour of testing her wares in the Olympic distance event (1.5km swim, 40km bike and 10km run) with home crowd support.

She is considered a contender for this year's world 70.3 crown, which will be hosted at the same venue.

Caroline took control of the open women's race, leading from start to finish to run home with a win of over five minutes on second and third place.

"I'm totally over the moon. It's always great to win a race in Mooloolaba, my home town, in front of all my friends and I had an amazing day," Caroline said.

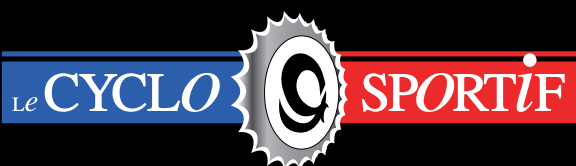
"I was really happy with my swim, bike and run. It's been a really big week. Lots of travel, and I have been unwell. I think my body just needed a couple days to recover."

Caroline has started working on a training program under the guidance of New Zealand-based coach Daniel Slews, which, after last Sunday's outstanding result, is proving a successful adjustment.

She won in a time of 2hr 3min 15sec ahead of Seidel (2:08.50) and Brisbane's Brianna Mackie (2:11.09). "I felt really strong yesterday in my last sessions, and I was looking forward to racing hard today," Caroline said after the race.

Australia's Ben Cook dominated the open men's race.

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Veteran racers take line honours

EXPERIENCE proved decisive at the Sunshine Coast round of the Paddy Pallin Adventure Series on Saturday.

Renowned local adventure racers Gary Sutherland and Kim Beckinsale notched the quickest time of the day, picking up vital time bonuses along the course which included a foot rogaie, three bike legs, trail run and kayaking.

Race director Gary Farebrother said nearly 200 people raced in humid conditions at Wild Horse Mountain.

"This is our second event of the series and so far it's one of the best. Purely because of the beautiful variety of terrain you have in Beerburum State Forrest, you have a combination of fire trails, creeks and forests," he said.

"It's not a straight forward event with a lot of navigation options and route choice."

Gary said the weekend's participation numbers were an indication of the sport going from strength-to-strength.

"Unfortunately we clashed with the election on Saturday. We are very happy with 100 teams and 200 people. We are very pleased with those numbers," he said.

"Especially with 25 novice teams.

"We had a quite a cross section (of competitors). We get some triathletes looking for something a bit different and can't afford to keep up with the latest equipment.

"We also had a lot of kids in the novices, aged nine or 10. They all came back with a smile on their face after some quality time with their parents in the bush.

"There has been a proliferation of events, and people are spoilt



The TriAdventure Girls dominated the women's event, with Noosa Heads' Shan McGrath and Jan Leverton claiming victory, while Cass Kimlin and Gina Dundson were just three seconds behind.

Photos: Lachlan Ryan/Element Photo and Video

with choice in terms of variety. People are looking for something different, and the main difference between adventure racing compared with pure trail running and mountain bike events is that it's not all about speed. That's what sets it apart.

"There are opportunities to use your brains by using strategy."

Results:

Women

- 1st TriAdventure Girls (Jan Leverton, Shan McGrath) 2:00:48
- 2nd TriAdventure Girls (Cass Kimlin, Gina Dundson) 2:00:51
- 3rd Giddy Up Girls (Mandy Caldwell, Jen Ferguson) 2:29:13.

Men

- 1st Keep Calm and Cramp On (Michael Gardiner, Tim Williams) 1:55:19
- 2nd Empire Strikes (Ben Gillespie, Andrew Gillespie) 2:02:29
- 3rd GC 007 (Mark Rolton, Paul Baber) 2:20:11

Mixed

- 1st Team Mountain Designs (Gary Sutherland, Kim Beckinsale) 1:26:10
- 2nd That Crazy Gal and a Guy (Kirk Jackson, Sara Barrett) 1:38:54
- 3rd Neverest (Gary Palmer, Nina Eldridge)



Team Out and About featuring Todd Symons and Sandy Miller.

1:39:01.

Novice female

- 1st Kristin's Ponies (Kristin Esler, Rebecca Tweedy) 2:01:30
- 2nd Brontasaurus (Sandi Hobbs, Chantelle Smith) 2:31:53
- 3rd Mel & Nadien (Melanie Coghill, Nadien Vermeulen) 2:54:45

Novice male

- 1st EasyRiders (Morgan Tiernan, Brendan Priest) 2:16:48
- 2nd The Walking Dead (Pieter Evert, Aaron Hutson) 2:29:35
- 3rd Out and About (Todd Symons, Sandy Miller) 3:04:42

Novice mixed

- 1st Paddy Murphy (Gail Murphy, Megan White)



Coming third in mixed novice were Karen and Glenn Duncan.

2:01:21
2nd Paddy Plonkers (Bron Gallagher, Joe Gallagher) 2:01:32
3rd Team Duncan (Glenn Duncan, Karen Duncan) 2:07:17



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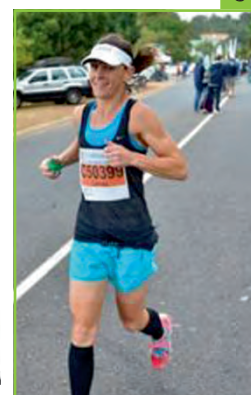
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ON LAKE KAWANA



Dream victory after nightmare transit

MOST people would have given up at the airport. But Brodie Gardner showed the determination which has propelled him to the professional triathlon ranks.

After dealing with visa issues, he made the start line of the Xterra Saipan Championship in the Northern Mariana Islands and claimed victory.

It was Brodie's maiden Xterra victory. Leading from start to finish, he put a gap on his competitors during the swim and his time of 2:52:46 was nearly two minutes ahead of Japan's Takahiro Ogasawara at the finish. Joe Miller from the Philippines finished third.

The course included a 1.5km swim at Micro Beach in Garapan, followed by a 30km mountain bike up Navy Hill, and finished with a memorable 12km trail run that had athletes navigating through Second World War jungle caves, bamboo forests and ending with an energy sapping sandy beach run towards the finish.

But just making it to the start line was a race in itself.

Checking in, he was advised the validity time on his passport was not enough.

"Worked on the problem all night and the next day and with the help of a lot of people I was able to catch a flight out and I arrived about 2am this morning," he said.

"By the time I built my bike I think I had 20 minutes spare before I had to get into my pre-race routine."

Roughly seven hours after arriving, Brodie was triumphant.

"I led out of the swim and went as hard as I could not to give it



Brodie Gardner takes the win at the Xterra Saipan Championship.
Photo: Eric Tydingco

up," the 29-year-old said. "I got lost in the caves, went right instead of left, bumped into the walls. It was pitch black in there. Then I was trying to enjoy how pretty the beach run was except I was tired and I didn't know how far I had left to go so just had to keep my focus and keep going through the finish line."

Brodie has learned a lot through his travel experiences over the years, check out his column on page 9.



Michelle Singer, Kent Carpenter and Sue Dingas.

Photo: Contributed

World hopes flattened

WHEN Kent Carpenter did a stocktake of surrounding riders, he knew the day was going to be a challenge.

Among the 45-49 age group competitors at Perth's Gran Fondo World Series was former professional rider Patrick Jonker.

While the pace was on early and in the lead group, Kent's race was ended abruptly by a puncture.

"I was one of about 150 people," he said.

"There were punctures everywhere."

With riders setting off in age group intervals, it didn't take long for the stronger riders to catch groups ahead.

Kent's group had caught the 40-44s along with the 35-39s which meant a massive peloton riding on patches of road rarely used.

"At one stage we probably had 300 riders going out on the freeway."

"I got the puncture about 55km in...I was with the leading bunch before we went up the main climb."

"Getting a puncture that early there is no way you can get back on."

"I'm a bit frustrated, but what can you do? I smashed myself trying to get back on, there were no faster groups behind."

Kent said Jonker was still amazing on the pedals, and the former Olympian was victorious in a time of 3:29:09 over the 143km, nearly five minutes ahead of his closest rivals.

"He is still an absolute freak. Even him doing it easy is most people on the edge," Kent said.

"Even if I didn't puncture, I would have been close to the cut-off."

Qualification takes the top 25% of each age group for the Gran Fondo World Championship that will be staged on the same course in September.

Kent's wife Sue Dingas just missed out on a top 10 spot, completing the 117km course in less than four hours, 18:19 behind winner Nathalie Laurendeau.

The news was better for former Coast rider Michelle Singer who qualified for the worlds after she was sixth in her age group with a time of 3:34:73.

Kent and Sue are now headed for the 101km New Zealand Forrest GrapeRide in a bid to qualify.

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Need for speed in Gippsland

FOR the first eight hours, the gruelling 36-hour X-Marathon Adventure Race was treated like a sprint event.

Teams were pushing themselves to the limit vying for the lead in an action-packed event staged at Gippsland Lakes in Victoria last weekend.

But after nearly 300km of navigation-based trekking, coastering, paddling, mountain biking and canyoning, team Thought Sport/Shotz Nutrition featuring Wurtulla's David "Sloshy" Schloss achieved victory.

Sloshy, along with Victoria's Rob and Kathryn Preston, as well as Mitch Bodycoat, secured the win after 32.5 hours of hard-fought racing.

"We started with a two-hour paddle of around 18km. I have never started a race that was going to be that long that fast. It was on from the get-go," Sloshy said.

"For the first eight hours a blanket could have covered the first four teams."



Kathryn Preston and David Schloss in action at the 36-hour X-Marathon.

Photo: Contributed

From there the teams had to build their bikes after they had been boxed for transit, with Sloshy's team beginning the 50km ride in second place. From there they got to another TA, and what was estimated to be a four-hour ride was closer to eight, with the team slipping back into fourth.

Riding consistently they slowly

reeled in the competition.

But it was roagine on foot which proved decisive.

"Kath said at the time it would be crucial," Sloshy said.

"Rob and Kath are phenomenal with navigation. Rob has a philosophy of doing it easily navigationally but harder physically to minimise the mistakes."

After taking the lead, they then paddled down the Snowy River, pushing against the tide and wind. After the five-hour paddle they were back on the bikes for a 65-70km ride to the finish and about three hours ahead of second-place team Adventure Junkie and third Dynamite Adventure.




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Nothing Ezi about Ironman

Name: Andrew Lang.
Birthplace: Wales, UK.
Lives: Coolum.
Occupation: Part-owner of EziSports.com.au.
Age and marital status: Over 50, married and empty nesting now that my daughter is off to university.
Club: Atlas Multisports.
Sport: Ironman triathlon. I have completed 19 Ironmans over the years. Even though I finish towards the back, I love that you have to dig deep physically, mentally and spiritually to get through. I do love the training and that feeling that you can always get better (even though I'm slowing down with age).
Favourite food: All the bad stuff – ice cream top of the list. But I do love green vegetables
Favourite drink: Mineral water.
Best place to swim: The pool at the university – lots of space, beautiful environment. Mooloolaba beach for open water.
Favourite place to ride: I love going up to Montville but it is so hard when you are an oversized cyclist. Coming down is my strength.
Favourite run location: So many to choose on the Sunshine Coast – Noosa National Park, Alexandra Headland to name a couple.
Bucket-list event: No surprise, Ironman Hawaii was top of my bucket-list for 20 years and I was fortunate to complete it in 2011. I'm still looking for that next event – maybe an Ultraman!
What bike do you ride: Cervelo P2 and Cannondale.
Dream bike: Cervelo P5 – it looks so fast. I'm sure I can knock time off my cycle (I hope my wife reads this).



Andrew Lang in action at Florida.

Photo: Contributed

Favourite race: Ironman Austria in Klagenfurt – such a beautiful course and a really good atmosphere, especially the last 800m of the swim, down a three-metre wide canal with spectators screaming from the sidelines. Not too many swims where you get that.
What's your favourite part of racing: I really respect those mental arguments you have in your head – one side is saying "give up" and the stronger side overriding "move forward and finish". My mantra is "right here right now".
If you could have a celebrity live with you, who would it be and why: Not really a celebrity person.

I would definitely love a pro triathlete training partner that would push me out when I'm feeling lazy.
When you were little what job did you want to do: When I was younger I had a whole list of jobs and what decade I would do them – IT geek, manager, business owner, politician, traveller. I think what I really wanted was lots of jobs and lots of adventures – luckily I have had a few.
Best movie: The most intellectually stimulating was The Game with Michael Douglas and Sean Penn. I also loved Heat with Al Pacino and Robert De Niro

Strong showing

SUNSHINE Coast athletes impressed at the Kingscliff Triathlon on Sunday. Zsolt Dallos backed up his impressive Mooloolaba Tri result by winning the men 35-39 category in 1:57:29 (16:50, 1:00:35, 40:03). Hannah Hogan also secured first in the same age group with an effort of 2:10:51 (16:53, 1:08:00, 45:57).

Kozzie podium

DIDDILLIBAH triathlete and T:Zero Multisport coach Richard Thompson secured second place overall in the inaugural Australian Alpine Ascent on Saturday with a time of 8:03:28. The gruelling event included a 3km swim in Lake Jindabyne, a 130km ride – of which the first 16km is a climb – and 30km run that includes a 9km climb to the peak of Mt Kosciuszko. Rich led after the swim and bike, but was caught on the run by West Australian athlete Sean Ralph.



Extra swim event

SWIMMERS have the chance to be part of the Australian Surf Life Saving Championships by contesting the Ocean Swim on April 17 at Mooloolaba. The 2km event is also open to athletes who are not registered with a surf club. Surf Life Saving Australia national sport manager Shane Knight said he expected the event to be contested by elite open water swimmers from across the country. "It allows the public to be part of the championships which is a great opportunity for them," he said.

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By **BRODIE GARDNER**
Sport scientist,
exercise physiologist
and professional
triathlete

WITH the northern hemisphere heating up, so is the European and American endurance-racing scene.

As a result, many Sunshine Coast and Australian athletes are preparing to venture north in pursuit of the vast array of exciting and gruelling races on offer such as Challenge Roth, Escape from Alcatraz and Race Across America.

Although each athlete will surely train hard in the months, or sometimes years leading in, many fall short of expectation come race day due to failing to adequately prepare for the demands of international competition such as racing in altered climates, time zones, or even the toll long-haul travel can have the body.

During this two-part series on preparing for international competition, I'll cover everything you need to know based on both my personal professional racing experience as well as that supported in the current sport science literature.

Topics covered will include everything from booking your flights through to preparing your mind and body for the rigours and joys that international competition can throw at you.

By following these simple steps, I have no doubt you'll arrive at

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Brodie's website



your destination feeling fresh, healthy, relaxed and ready to perform your best.

Planning ahead – With busy race schedules, injuries/illness, work and other life commitments, it's not always easy planning too far in advance for some races. However, if possible try to plan as far ahead as possible and arrange your trip accordingly.

Things to take into consideration when organising your trip should include:

Arrival date – aim to arrive in the same time zone as the race venue one day prior for every one hour difference to your current location.

For example, if the race venue is 10 hours different to home, aim to arrive 10 days prior. In addition, your arrival date should factor any acclimatisation period if required such as for events held in extreme heat or at altitude (this will be covered more later in series).

Visas and passport validity – ensure that you allow enough time to organise the appropriate visa (if required) and you have sufficient time remaining on your passport as many countries require at least six months validity on your passport when entering.



Photo: Contributed

Choice of flight direction – although this is hard to manipulate, whenever possible try and fly east-west to minimise the effects of jet lag.

Selection of accommodation – consider the comfort, price, proximity to race venue, public transport options, and availability/access to training facilities.

Use of local training facilities – internationally, not all regions offer public access to their training facilities, or often have limited daily availability. Therefore, if you're required to train following arrival at your destination ensure you've factored this into both your choice of accommodation and training schedule.

Access to essential supplies – know in advance where can you buy groceries (especially for those with specific dietary needs), clean drinking water (particularly important throughout Asia), competition supplements (gels, energy bars, sports drinks etc.),

feminine hygiene products, and emergency equipment supplies (eg. spare tyres). If any of these aren't likely to be readily available, include them with your luggage.

Communication – are there likely to be any language barriers? If so, try and learn the necessities such as polite manners, ordering, directions to key public infrastructure and transport etc.

Laws and etiquette – familiarise yourself with the local laws, etiquette and cultural respects. These may include driving rules, cycling laws, swimming lane direction, female dress codes, or even fluid/hydration consumption (eg. in some eastern countries celebrating Ramadan it is illegal to eat or drink in public from sun-up to sun-down).

Stay tuned for the rest of the series where I'll cover the best tips for fine-tuning your competition preparation and advise the essentials to flight preparation to ensure you arrive at your destination fresh, healthy, relaxed and ready to perform your best.



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Failing to rest not just a rookie error



By **BRAD BEER**
Physio,
triathlete, media
commentator
and author

I BELIEVE scheduling rest is one of the most underestimated and, often times, sadly ignored concepts when it comes to running training.

The power of 'rest' is little appreciated by many athletes, and it's not just recreational runners who fail to schedule and take appropriate rest.

Overlooking the importance of rest is an oversight that recreational runners through to the ranks of elite runners are often guilty of. Over my years as a physiotherapist, I have observed countless examples where the temptation of training harder instead of resting for a runner has resulted in injury development.

What follows are the feelings of frustration and at times devastation that accompany being sidelined and unable to compete or train.

On any given Olympic year, media reports of high-profile athletes developing injuries in the lead up to a major sporting event are common. In most of these cases, a failure to adequately rest will contribute in some way to the development of the athlete's injury. In fact, I believe that most running injuries at an elite level have 'over-training' as one of the contributing factors of the injury development process. Given that even the elite runners and athletes are prone to ignore or under 'value' the power of rest, this makes it very likely that recreational runners may also



suffer the same affliction.

I observe recreational runners finding it difficult to schedule and stick to a designated rest session or complete rest day. Sadly, their failure to take a day off when needed often jeopardises their ability to compete in the very event have been so diligently training and preparing for.

To better understand the power of rest we need to first understand the relationship between rest and the 'stress effect' that training produces. This relationship is a very delicate interplay.

If a runner gets this relationship right, performance gains will result; if they get the relationship wrong, performance deficits and injuries will likely result.

In simple terms, any run training session will 'stress' the body, resulting in micro-damage to the body's structural elements. So every time we run, our tissues (bones, ligaments, tendons,

muscles, and connective tissues) succumb to micro-trauma from the stress of the exercise.

This damage also includes damage to blood vessels (from impact) which can result in blood marker, hormone, and even cardiac alterations.

Exercise has been found to initiate both metabolic and mechanical events that can damage muscle tissue and lead to soreness. The metabolic factors include 'microscopic' events that occur within our cells.

For example, the high body temperature produced through running may disrupt muscle protein structures and increase free radical production.

Free radicals are molecules that are produced through exercise, which can lead to cell damage and the premature ageing of cells. While these

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Brad's
website



events are not visible to the human eye, they initiate muscle injury.

Although this damage isn't always apparent immediately after exercise, scientists believe that these changes continue well into the period following exercise. So even after you have stopped running, the tissues are experiencing disruption for many days following a hard training session!

The take home: embrace the concept of rest. It is not your enemy but rather ally.

Excerpt from Amazon running and jogging best seller 'You CAN Run Pain Free!'

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Here's cheers to your training regime



By **SCOTTY FARRELL**
Endurance sports nutritionist at Natural Athlete & co-head coach T:Zero Multisport

IT'S safe to say that it's pretty much a social norm for people to have a glass of wine with dinner a few nights a week or a cold beer after work to 'wind down'. But is this doing your triathlon, cycling or running regime a world of good? Let's not beat around the bush. In a word... no!

In the nutrition world, alcohol is what's known as an anti-nutrient. Why? Well, put simply, because it inhibits the absorption of certain nutrients. There are also a host of other reasons as can be seen below:

- Alcohol is a diuretic, which in turn, can lead to urinating more and an increased risk of dehydration – delaying recovery.

- It effects glycogen storage (mainly in the liver) leaving you with less glycogen in the reserve tank ... not exactly enhancing performance there.

- Alcohol can mask the effects of pain, which can lead to further injury. Pain is a good thing when it comes to injuries. It's your body's way of saying, "Hey, there's something wrong here, let me heal!"

- Alcohol can significantly add to your energy intake. I think people forget that alcohol contains a fair chunk of energy and can lead to excess energy consumption and added kilos over time. Not ideal when we're trying to go faster.

- Drinking alcohol can lead to poor food choices, especially after

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a binge. I'm sure there's a few of us guilty of that late night kebab?

- Alcohol reduces protein synthesis – the process of rebuilding muscles after exercise. This is the most important part of your day. All the gains are made in the recovery portion of your day while sleeping. Mix alcohol in there and you're only delaying recovery and performance.

As far as research goes, there's certainly not much evidence out there to say that alcohol should be used to aid performance. The flip side however, leads to plenty of info detailing the negative effects of alcohol.

I always like to take a step back and look at the big picture with nutrition and performance. Alcohol being part of your nutrition, of course.

From where I sit, a couple of brews with your bros every now and then is not going to be massively detrimental to your overall performance. In fact, the social benefits of having a drink and a chat could possibly counteract the negative effects of the alcohol – when drunk sensibly.

Having a beer or two each week is not really going to hinder your performance greatly, but then again, alcohol effects different people in different ways.



Craig Weinheimer from Team Gemm competes in the Beer Mile at Scarness Beach.
Photo: Alistair Brightman

Nutrition is not an exact science so it's so hard to lay down a black and white answer. Big picture stuff though: a couple of beers once a week isn't going to hurt, a couple of beers three or four times a week however, probably isn't doing your recovery and performance any favours. Same goes for bingeing, obviously that's not going to help at all.

My advice, and this is probably something your

grandma once told you, is to simply eat and drink in moderation.

If you're truly committed and thinking about your performance, then alcohol probably isn't the best thing to be having on a daily basis.

A weekly or fortnightly glass or two with friends however might provide the social balance your life needs... and a happy athlete generally performs at their best.

Eat well, sleep easy and train smart.



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Photo: Grant Edwards

Paul Sargeant gets the razz-up from Bailey Edwards on his way to a time of 2:46:18.3.

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men (37:01, 1:23:08, 57:30).
Joshua BURNE (Mudjimba) 3:01:03.9 110nd



Pamela Hudson-Jessop from Mountain Creek ran a 50:13 10km as part of her overall time of 2:51.

35-39 men (30:18, 1:25:20, 1:03:03).
Andy DEAN (Buderim) 3:01:28.5 128th mates
men (36:40, 1:21:36, 59:28).
Adam STANZIONE (Buddina) 3:01:56.7 116th
30-34 men (32:41, 1:24:39, 1:01:39).
Paul MCKENZIE (Peregian Springs) 3:02:32.9
149th 40-44 men (27:45, 1:16:52, 1:14:21).
Lauren DAWSON (Golden Beach) 3:02:36.3
34th 35-39 women (34:12, 1:21:55, 1:03:08).
Tracey DEVENISH-MEARES (Shelly Beach)
3:03:03.1 44th 30-34 women (36:32,
1:24:13, 57:22).
Tim LOCKHART (Point Arkwright) 3:03:15.7
132nd mates men (33:46, 1:23:14, 1:01:52).
Iain BENNETT (Alexandra Headland)
3:03:20.2 97th 50-54 men (36:04, 1:19:58,
1:04:43).
Brad CHESHAM (Buddina) 3:03:36.9 113th
35-39 men (45:17, 1:30:26, 57:48).
Paul ANTICH (Mountain Creek) 3:03:49.5
17th CD-100+ men (36:38, 1:24:40, 59:47).
Fayleynne PRESTON (Buderim) 3:04:29.5 1st
60-64 women (33:39, 1:20:07, 1:06:59).
Brenda BIMROSE (Buderim) 3:04:43.6 5th
55-59 women (35:37, 1:20:00, 1:04:53).
Jayne DEAN (Buderim) 3:05:28.6 24th mates
women (39:32, 1:21:57, 58:05).
Kevin BLACKHALL (Mooloolaba) 3:05:35.8
100th 50-54 men (40:28, 1:24:01, 56:44).
Vic STORK (Coolool Beach) 3:06:09.6 103rd
50-54 men (36:56, 1:20:24, 1:04:32).
Stephen BOURNE (Alexandra Headland)
3:06:42.8 161st 40-44 men (41:17, 1:28:25,
54:51).
Michael SUTHERLAND (Doonan) 3:06:59.7
162nd 40-44 men (33:21, 1:15:16, 1:15:41).
Grant MONAGHAN (Maroochydore) 3:07:15.1
128th 45-49 men (36:20, 1:26:02, 1:02:02).
Dee PROW (Mount Coolool) 3:07:36.4 24th
50-54 women (34:39, 1:27:05, 1:03:29).
Brittany COOK (Sippy Downs) 3:07:49.4 26th
mates women (31:30, 1:27:27, 1:05:10).
David LANE (Buderim) 3:07:51.6 129th 45-49
men (30:49, 1:18:27, 1:15:59).
David HOWARD (Alexandra Headland)
3:07:56.8 121st 30-34 men (34:36, 1:26:08,
1:04:35).
Craig HENDRY (Peregian) 3:08:05.0 163rd
40-44 men (35:36, 1:19:26, 1:08:18).
Amanda EKLUND (Maroochydore) 3:08:11.8
22nd 20-24 women (39:53, 1:25:54, 58:09).
Marie STOKES (Coolool Beach) 3:08:17.6
25th 50-54 women (32:59, 1:29:03, 1:03:24).
Peter HOLGATE (Tewantin) 3:08:46.5 6th
65-69 men (40:22, 1:20:23, 1:05:53).
Luke JENSEN (Coolool Beach) 3:08:55.0
118th 35-39 men (38:55, 1:22:00, 1:02:55).
Terrence BETHKE (Maleny) 3:09:36.5 105th
50-54 men (36:04, 1:23:15, 1:07:57).
David ALSTON (Mt Coolool) 3:09:40.2 38th



Mooloolaba's Ryan Devlin secured second in the men's 25-29 age group with an effort of 2:10:35.8.

Photo: Grant Edwards

55-59 men (36:12, 1:19:13, 1:11:11).
Helena TIVEY (Wurtulla) 3:10:28.5 54th 30-34
women (42:10, 1:24:39, 1:00:46).
James HUXLEY (Peregian Springs) 3:11:35.7
108th 50-54 men (34:21, 1:26:27, 1:07:59).
Eli OREN (Dick Valley) 3:11:36.6 131st
45-49 men (43:25, 1:22:56, 1:01:41).
Doug MCCLURE (Buddina) 3:12:31.9 119th
35-39 men (34:22, 1:15:42, 1:14:17).
Greg ARMITAGE (Mooloolaba) 3:12:34.1
120th 35-39 men (30:23, 1:29:06, 1:05:28).
Joel SCHULZ (Coolool) 3:13:22.4 89th 25-29
men (32:55, 1:26:33, 1:07:46).
Wayne BILLINGTON (Sippy Downs) 3:13:45.1
132nd 45-49 men (39:51, 1:33:54, 56:02).
Jo BOUTCHARD (Buderim) 3:14:02.0 27th
50-54 women (48:47, 1:16:09, 1:04:54).
Richard BINGHAM (Coolool Beach) 3:15:25.4
145 mates men (46:42, 1:26:21, 54:42).
Fabrice GRAU (Mooloolaba) 3:15:34.8 123rd
35-39 men (30:30, 1:38:11, 1:03:46).
Mark TREVAN (Sunrise Beach) 3:16:22.2
44nd 55-59 men (35:11, 1:32:39, 1:05:06).
Rebecca DAVIES (Sunrise Beach) 03:16:39.0
53rd 25-29 women (38:26, 1:34:20, 58:49).
Jacqui BERRY (Golden Beach) 3:17:20.7 56th
35-39 women (35:42, 1:21:55, 1:14:57).
Benjamin DEAN (Buderim) 3:17:28.1 92nd
25-29 men (33:12, 1:29:37, 1:08:41).
Brad CAMPBELL (Golden Beach) 3:17:40.0
21st CD-100+ men (39:40, 1:21:46, 1:11:09).
John FELGATE (Diamond Valley) 3:18:08.8
116th 50-54 men (30:54, 1:25:48, 1:18:18).
Edwin HEATHER (Alexandra Headland)
3:19:16.1 25th CD-90-99 men (37:23,
1:25:35, 1:10:06).
Gary FARRUGIA (Yandina Creek) 3:19:23.6
47th 55-59 men (37:32, 1:27:33, 1:12:08).
Shane COLE (Buderim) 3:19:33.6 48th 55-59
men (41:39, 1:28:08, 1:08:57).
Bianca IVERSEN (Buderim) 3:20:03.9 55th
25-29 women (35:02, 1:32:31, 1:06:03).
Jadda GRAFF (Valdora) 3:20:24.7 37th mates
women (44:45, 1:30:04, 1:03:35).
Jayden STORK (Coolool Beach) 3:20:46.9
17th 15-19 men (38:44, 1:21:43, 1:12:02).
Tom OLIVER (Parrearra) 3:21:00.5 149th
mates men (41:33, 1:33:04, 1:04:41).
Brena HUNTER (Palmwoods) 3:21:03.9 64th
30-34 women (38:38, 1:22:53, 1:15:10).
Stuart BORDER (Caloundra) 3:21:17.1 119th
50-54 men (34:37, 1:22:42, 1:20:30).
Remi RAFTER (Buderim) 3:21:17.3 130th
30-34 men (28:38, 1:27:11, 1:21:01).
Josh MYERS (Mountain Creek) 3:21:27.1
132nd 30-34 men (35:32, 1:33:30, 1:06:09).
Rene GRENELL (Mooloolaba) 3:21:45.6
58th 35-39 women (36:01, 1:27:19, 1:12:54).
Wade BIRCH (Mooloolaba) 3:21:57.3 125th
35-39 men (33:45, 1:30:29, 1:13:23).

Lider KUKURT (Wurtulla) 03:21:58.6 179th
40-44 men (36:32, 1:28:56, 1:11:10).
Jeremy BELL (Mooloolaba) 3:24:28.7 93rd
25-29 men (33:49, 1:31:02, 1:14:09).
Mark TROYAHN (Mountain Creek) 3:25:24.6
139th 45-49 men (37:19, 1:27:11, 1:14:38).
Courtney HABERSHON (Alexandra Headland)
3:25:43.0 58th 25-29 women (30:42,
1:45:12, 1:04:20).
Sam RUBIN (Diamond Valley) 3:26:26.4 154th
mates men (32:38, 1:31:04, 1:22:38).
Mandy WELLER-BLACKHALL (Mooloolaba)
3:27:06.7 32nd 50-54 women (44:45,
1:30:17, 1:06:56).
Fiona JACKSON (Mooloolaba) 3:27:16.4 49th
40-44 women (40:28, 1:31:25, 1:10:29).
Sian HOWARD (Coolool Beach) 3:28:04.9
41st mates women (33:10, 1:33:08, 1:15:16).
Morne TERBLANCHE (Maroochydore)
3:28:10.8 140th 45-49 men (45:20, 1:24:00,
1:13:47).
Kevin BRIGHTON (Pelican Waters) 03:30:12.5
52nd 55-59 men (39:11, 1:27:52, 1:16:17).
Amanda ERIKSSON (Mudjimba) 3:30:37.1
69th 30-34 women (1:10:29, 1:54:44,
1:00:30).
Kirby STEVENSON (Minyama) 3:30:44.0
128th 35-39 men (33:14, 1:33:08, 1:20:03).
Cindy SUGDEN (Currumbin) 3:32:18.1 28th
45-49 women (42:35, 1:37:41, 1:05:01).
Sally JAMES (Peregian Springs) 3:32:57.1
29th 45-49 women (35:48, 1:32:46, 1:18:56).
Andrew THRIFT (Cotton Tree) 3:33:05.4
122nd 50-54 men (42:19, 1:30:20, 1:13:03).
Michael HAINES (Maroochydore) 3:33:39.0
157th mates men (35:05, 1:31:36, 1:19:06).
Toni ROWSTON (Little Mountain) 3:36:02.9 60
35-39 women (44:38, 1:41:07, 1:05:50).
John CLEARY (Mountain Creek) 3:39:03.4
123rd 50-54 men (40:15, 1:31:23, 1:21:04).
Kim GOURLAY (Coolool Beach) 3:39:15.7
32nd 45-49 women (40:01, 1:46:43, 1:06:20).
Danielle WIERIKS (Mooloolaba) 3:42:17.9 61st
25-29 women (39:58, 1:40:50, 1:09:32).
Melissa WALDEN (Moffat Beach) 3:44:39.2
55th 40-44 women (48:46, 1:44:00, 1:04:57).
Astrid Linnea SKOOG (Mooloolaba) 3:46:40.0
35th 20-24 women (32:49, 1:50:17, 1:16:52).
Claire DAVIES (Alexandra Headland)
3:47:24.2 52nd mates women (36:56,
1:40:49, 1:21:40).
Emma COLEMAN (Wurtulla) 3:53:42.4 63rd
25-29 women (45:00, 1:37:10, 1:22:50).
Kylie ISAACS (Parrearra) 3:55:52.5 67th
35-39 women (39:52, 1:47:45, 1:22:20).
Elisa-Jayne BROWN (Little Mountain)
3:59:11.1 58th 40-44 women (49:22,
1:33:28, 1:27:03).
Doug BEAL (Maroochydore) 4:15:08.5 26th
CD-100+ men (37:32, 1:42:32, 1:46:05).



Modern low-maintenance living

WANT more time to train? This as-new, luxury townhouse featuring three bedrooms with every high-end option ticked offers low-maintenance living in a great location.

Just around the corner from Maroochy River and with easy bike lane access to Bradman Ave for the journey across the bridge and onto David Low Way, the end townhouse has the benefit of only one neighbour and is beautifully finished with plenty of light and air.

There is a new gourmet kitchen, gloss tiles and generous living area inside and out.

The kitchen is gourmet standard with Caesarstone and two-pack cabinetry finish including stainless steel dishwasher, range-hood and oven plus ceramic cooktop and extra cupboards.

Only this townhouse has a full-length yard and full gate access for the toys or washing the car plus a lock-up garage and carport.

All three bedrooms are air-conditioned separately and are generous in size with quality carpet and blinds as well as having robes.

The main bedroom is spacious



with a view balcony and ensuite.

The beautiful and light townhouse has a large skylight over the stairs and additional windows for even more light.

Reverse cycle air-conditioners to the living room adds to your comfort and sense of luxury.

This amazing location is where you can leave the car at home and

MAROOCHYDORE

1 Podium, 60 Anzac Ave
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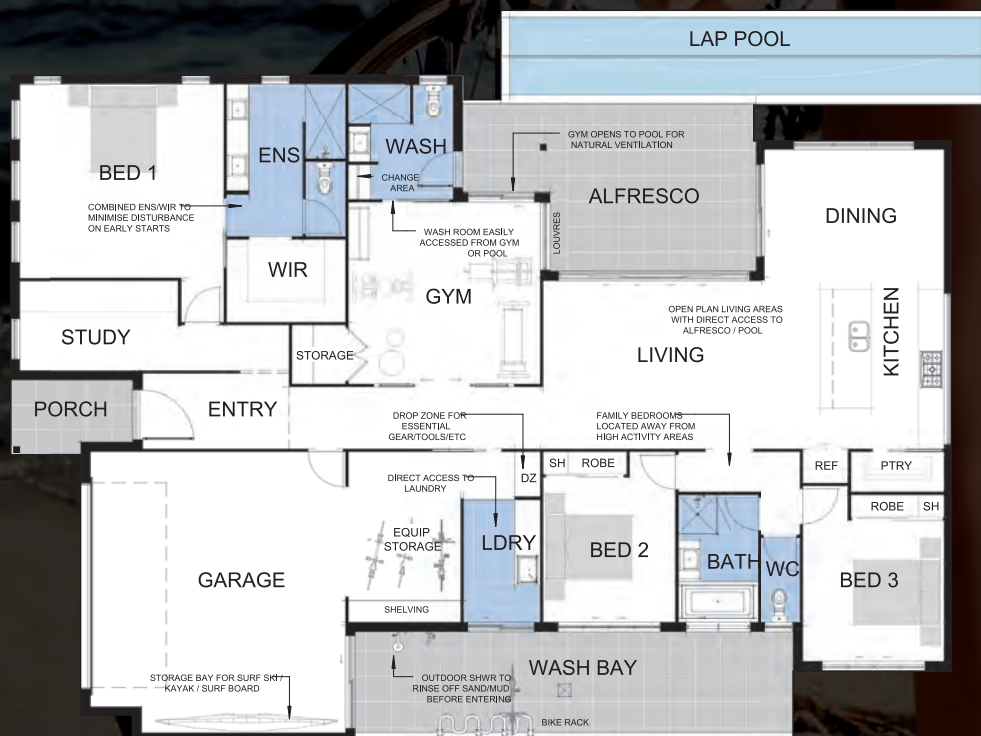
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European living up to its name

By IAIN CURRY

IT'S easy to think Skoda naming its largest offering "Superb" as borderline arrogant, laying itself open for criticism if it is anything but.

Yet much like Muhammad Ali proclaiming himself "The Greatest", as long as you have the tools to back up your brazen statement there can be few complaints.

The large liftback or wagon-bodied Superb, just launched in third generation guise, is, well, superb. As complete a family car as you could wish for, boasting cavernous occupant and cargo space, luxury finish, generous standard inclusions and a satisfying drive on both highways and back roads.

There are three turbo engines on offer, typical Skoda clever touches (including umbrellas housed in the front doors a la Rolls Royce), and pricing that may seem lofty for a Skoda but is unquestionably great value. Why? These Superbs, starting below \$40k, can hold their own in many facets against an Audi A6, BMW 5 Series or Mercedes E-Class. Really.

Comfort

If space means comfort the Superb wins big. The previous gen model was vast inside, but the new car built on VW Group's MQB platform is longer of body and wheelbase, higher and a mighty 48mm wider, bringing more elbow room front and rear to go with limo-esque leg room. If you have older kids of decent size there'll be no rear seat grumbles.

It's not an Audi or Jaguar in terms of outright cabin plushness, but is no less comfortable. Heated Alcantara leather appointed seats are standard, but full perforated leather can be had for a mere \$1500 in a Comfort Pack option, which also brings power seats – ventilated up front and heated in the rear. Ticking this box is a must for a more complete luxury experience.

Touch points feel high quality, an 20.3cm touch-screen is the frontline of a very intuitive infotainment system and the layout, trim and strip lighting give an air of unfussy class.

On the road

There are three Superb models – a 140TDI diesel that Europeans buy but we won't, a 162TSI with the



engine from Skoda's Octavia RS (a good thing), and a 206TSI with the Golf R's 206kW four-cylinder and all-wheel drive (a very good thing).

The latter, despite the Superb's size, is the quickest Skoda you can buy, cracking 100kmh in just 5.8 seconds.

The 140TDI is your economy king, but the entry-level 162TSI is hardly thirsty and offers more than adequate performance. That said, the 206TSI is a bit of an executive rocket that after some gentle persuading truly flies, and during our wet road test, its all-wheel-drive proved incredibly sure-footed, safe and even decent fun, but the car's sheer size means it can't deliver the thrills of an Octavia RS, nor of course a Golf R. If you prefer more spirited back road driving, Skoda offers Adaptive Chassis Control as part of a Tech Pack, while the 206TSI comes with a drive mode selector offering Standard, Sport and Comfort chassis setup, stiffening dampers and tightening steering. With the Tech Pack's stunning Canton sound system and full suite of driver safety aids, it again looks a fine investment at \$4700 (or \$3400 in the 206TSI 4x4).

The Superb does highway and town driving terrifically well favouring an ability to absorb bumps and keep occupants cosseted as opposed to thrilled

on those back roads. Good, that's what a Superb should do.

What do you get?

Standard inclusions for a sub-\$40k car are impressive. It lacks for little bar a head-up display and standard steering wheel paddles (the 206TSI gets them), with highlights including 18-inch wheels, sat nav, Apple CarPlay and Android Auto, adaptive cruise, three-zone climate, front heated seats, city emergency brake and rear view camera.

Treat yourself to some of the optional packages (most Skoda buyers do) and comfort, safety and convenience features truly rival your Benzes and Audis, but the bottom line will be a hell of a lot less with the Superb.

Practicality

The Superb has never struggled for boot space, but the new model takes cargo room to the next level. You score 625 litres for the liftback sedan and 660 litres in the wagon (a \$1700 premium) – a full 60 litres more than the outgoing Superb.

As well as Skoda's typical abundance of smart storage compartments through cabin and boot, we like the ashtray sized waste bins in the doors (ideal for used gum), rear tablet holders and umbrellas housed in the front doors.

VITAL STATISTICS

Model: Skoda Superb.

Details: Five-door front- or all-wheel-drive large liftback sedan or wagon.

Engines: 2.0-litre four-cylinder turbo petrol with 162kW @ 6200rpm and 350Nm @ 1500rpm (162TSI); 2.0-litre four-cylinder turbo diesel with 140kW @ 4000rpm and 400Nm @ 1750rpm (140TDI); 2.0-litre four-cylinder turbo petrol with 206kW @ 6500rpm and 350Nm @ 1700rpm (206TSI).

Transmission: 6-speed DSG automatic.

Consumption: 6.4-litres/100km (162TSI); 4.8L/100km (140TDI); 7.3L/100km (206TSI).

Performance 0-100kmh: 7.0-seconds (162TSI); 7.7s (140TDI); 5.8s (206TSI).

Bottom line plus on-roads: \$39,990 (162TSI); \$43,990 (140TDI); \$50,990 (206TSI). Wagon body style adds \$1700.

The lowdown

A real winner here. The new Superb's style is a marked leap over old, the two petrol engines particularly are a fine blend of performance, flexibility and economy, while the ride and cabin comfort would raise eyebrows among BMW and Benz buyers.

The Superb doesn't have the badge cachet of these Germans, nor quite the luxury levels, but this imposingly big Skoda is so smartly spacious and such incredible value it simply must be considered by savvy shoppers.

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The latest and greatest...



Looking for some cycling apparel with local flavour? It doesn't get much better than the Jo Jo from Tineli. Named after Jo Stewart of Tineli Australia, the jerseys are available with sleeves or sleeveless, with matching knicks. RRP \$119 for each piece at Le CycleSportif at Noosa.



Allez Sport Mooloolaba has a great deal on Clif bars, currently two for \$5. The flavours are Blueberry Crisp, Chocolate Almond Fudge, Chocolate Chip, Crunchy Peanut Butter, Oatmeal Raisin Walnut, White Chocolate Macadamia Nut and the new Coconut Chocolate Chip. Every Bar is made with 70% organic ingredients, with 40g of carbohydrates for energy, up to 11g of protein and 11 vitamins and minerals. They contain no GMOs, no high fructose corn syrup and no artificial sweeteners, flavours or preservatives.

The Fabric chamber multi-tool offers 13 functions from an efficient T-bar head. A smooth finish caddy protects the tools and ensures the tool doesn't snag jersey pockets or equipment. The T-Bar system increases functionality and ensures that hard to reach areas of the bike are easily accessed. A reversible ratchet model offers further functionality, providing a simple and elegant improvement upon a cyclist's essential. Check it out at Cycle Zone Mooloolaba, RRP \$79.



While the heat is still on, it won't be long until the mercury falls quickly. The Fusion Cycle Vest was the brand's best seller last winter. It's a technical cycling vest with a wind and waterproof soft shell front and a breathable fine mesh back, keeping the core of your body warm, dry and comfortable. Athletic fit with cycling customised fit, including a longer back with a rear pocket, RRP \$139. Visit www.fusionmultisport.com.au.



The new ASICS GEL-Nimbus 18 is a comfortable and well cushioned shoe for neutral runners and those with rigid foot types. This model incorporates Convergence GEL, an improved GEL that sits closer to the foot and increases cushioning and shock attenuation. Check them out at Allez Sport Mooloolaba, RRP \$240.

Attention ladies: There are bargains to be had at Cycle Zone Mooloolaba. Stock from 2015 ranges is now 40% off, including great brands such as Assos and Specialized.



The Orca Transition Bag is the largest transition bag for all your triathlon needs. Includes compartments for your wetsuit, helmet, bike and run shoes and more. Can be used as a carry bag or a rucksack. RRP \$179 at www.ezisports.com.au.

Upcoming Coast events

REGISTER YOUR EVENT
multisportmecca@apn.com.au

Date	Event	Distance	Location	Website
March 25	Sunshine Coast Cycling Club crit champs	Good Friday club crit championship.	Skippy Park	www.scccracing.wix.com/sccc
March 27	Wild Horse Criterium	The Wild Horse Criterium on Easter Sunday has 80km, 55km, 33km, 22km and 11km running events in the Glasshouse Mountains, Beerburrum. This is a multi-lap event with laps of 11kms, utilising single track off the beaten trail. There is a change of direction at the completion of each lap.	Beerburrum	www.runqueensland.com
April 3	SRAM Enduro Series – round two	Part of the five-round MTB gravity endure series. There are a number of categories available to suit all levels of experience.	Garapine	www.qldmtb.com.au
April 7	Sunshine Coast Cycling Club crit	Criterium racing with Sunshine Coast Cycling Club.	Caloundra	www.scccracing.wix.com/sccc
April 9	Bay Break Multisport Festival	Bay Break is a run, bike, swim, walk event held at the Hervey Bay Surf Life Saving Club. The run includes 2km, 5km or 10km. Swim includes 3km, 1km and a 280m swim for kids under 13. Cycling features two races, Elite A & B Riders for 30minutes and three laps, while the second race is open to all-comers, 30 minutes and three laps. Run and swim includes 10km run & 3km swim, 10km run & 1km swim, 5km run & 3km swim, 5km run & 1km swim, junior run (2km) & swim 280m under 13yrs.		www.herveybaybreak.com.au
April 10	Sunshine Coast Run Series race two	Fun runs of 15km, 10km, 5km and 2km. The 15km challenge will include some off-road and sandy sections.	Coolum	www.atlasmultisports.com.au
April 10	Sunshine Coast Cross Country Series round one	Six race cross country running series staged through the sunshine coast, with 12km, 6km, 4km and 3km options, with 2km, 1km and 500m options for kids.	Buderim	www.scccrosscountry.org
April 10	Sunshine Coast Cycling Club road race	Handicap road race with all grades with Sunshine Coast Cycling Club.	North Arm	www.scccracing.wix.com/sccc
April 16-17	Qld X-Tri Championships and Multisport Weekend	Saturday am: QLD Cross Tri Champs: 1500m swim/30km bike/10km run. Sprint Cross Triathlon: 400m/7.5km/3.3km. Junior Cross Triathlon: 150m/5.5km/1km. Dirt Kids Cross Triathlon: 50m/2km/500m. Saturday pm: Mud Rats Kids Adventure Run, 8km trail run, 4km fun run. Sunday am: 45km XC MTB, 22km XC MTB, Mud Rats Dirt Bike. Times from tri champs, 9km trail run and 5km MTB combine for Dirt Master and Dirt Mistress titles.	Landsborough	www.tre-x.com.au
April 17	Sunshine Coast Cycling Club North versus South	Battle for those north of the river versus south with Sunshine Coast Cycling Club.	Lake Weyba	www.scccracing.wix.com/sccc
April 20	Sunshine Coast Cycling Club crit	Criterium racing with Sunshine Coast Cycling Club, all grades.	Giraween	www.scccracing.wix.com/sccc
April 22-25	Noosa Smiddy Challenge	Four-day ride through the Sunshine Coast and Gympie regions, covering about 450km.	Noosa	www.smiddy.org.au
April 24	Sunshine Coast Cross Country Series round two	Six race cross country running series staged through the sunshine coast, with 12km, 6km, 4km and 3km options, with 2km, 1km and 500m options for kids. Riders will have a non-competitive liaison stage between each of the timed sections. Results will be based on the total cumulative time across the stages. The lowest time in each category will be the winner.	Caloundra	www.scccrosscountry.org
April 29-30	18hr Dark Side Champs and 12hr Dawn Attack	Two adventure races for all skill levels. The 18hr Dark Side four-person course includes: Up to 70km mountain biking, up to 40km trail running/trekking, up to 15km paddling adventure legs, intermediate navigation. 12 Hour Dawn Attack two-person course will complete: up to 40km mountain biking, up to 20km trail running/trekking, up to 10km paddling, adventure legs, basic navigation.	Sunshine Coast	www.adventureraceaustralia.com.au
April 30	TooMoo 220	One-day supported charity ride from Toowoomba to Mooloolaba, 220km with 2000m of elevation. This year's event will include a MiniMoo of 110km.	Toowoomba to Mooloolaba	www.toomoo220.com

Upcoming Coast events

REGISTER YOUR EVENT
multisportmecca@apn.com.au

Date	Event	Distance	Location	Website
May 1	Sunshine Coast Cycling Club Interclub Road Race	Road racing with Sunshine Coast Cycling Club.	Glasshouse Mountains	www.scccracing.wix.com/sccc
May 5	Sunshine Coast Cycling Club crit	Criterium racing with Sunshine Coast Cycling Club.	Caloundra	www.scccracing.wix.com/sccc
May 8	Sunshine Coast Cross Country Series round three	Six race cross country running series staged through the sunshine coast, with 12km, 6km, 4km and 3km options, with 2km, 1km and 500m options for kids.	Glenview	www.scccrosscountry.org
May 14	The Island Charity Swim	Every year swimmers gather to help the Nambour and Currimundi Special Schools. They swim about 11km from Mudjimba Beach, out around Old Woman Island to Mooloolaba.	Mudjimba to Mooloolaba	www.islandcharityswim.com.au
May 14-16	Ultraman Australia	Ultraman Australia is a three-day, 515km annual endurance triathlon. Day 1: Swim 10km and 140km cycle leg. Day 2: 281.1km cycle leg. Day 3: Run 84.3km.	Noosa	www.ultramanoz.com.au
May 15	Glasshouse Trail Series - Cook's Tour	The Glasshouse 50 Cook's Tour is an off-road trail run in Woodford, Queensland with 6.5km, 12km, 31km and 51km running events. The course covers forest trails and dirt roads with views of several volcanic mountain plugs.	Woodford	www.glasshousetrailseries.com
May 15	Sunshine Coast Cycling Club crit	Criterium racing with Sunshine Coast Cycling Club, all grades.	Skippy Park	www.scccracing.wix.com/sccc
May 22	Sunshine Coast Cross Country Series round four	Six race cross country running series staged through the sunshine coast, with 12km, 6km, 4km and 3km options, with 2km, 1km and 500m options for kids.	Maleny	www.scccrosscountry.org
May 22	Tri Fraser Coast	Olympic distance (1.5km swim, 40km bike, 10km run) triathlon. Active Kids and the Active First Timers Aquathons: 7-9 years: 500m run/100m swim/500m run. 10-13 years: 1km run/300m swim/1km run. 13 years+/- adults: 1km run/300m swim/1km run.	Urangan	www.trifrasercoast.com
May 22	Sunshine Coast Cycling Club Age Champs	Age group championships with Sunshine Coast Cycling Club.	Eumundi	www.scccracing.wix.com/sccc
May 28-29	Noosa Ultimate Sports Festival	Starting with an ocean swim off Main Beach, with 3.8km, 2km, 1km and 500m options. Then on the Sunday, Cycle Noosa with 160km and 85km events. There is also Run Noosa, with 21.1km, 10km or 5km races.	Noosa Heads	www.ap.ironman.com
May 29	Weet-Bix TRYathlon	Open to kids aged 7-1, TRYathletes start the swim in the Olympic-sized pool at Kawana Aquatic Centre before cycling along Sportsmans Parade and running through the grounds of Sunshine Coast Stadium. Approximate distances are swim 75m, cycle 3km, run 500m for ages 7-10, and swim 150m, cycle 6km, run 1km for ages 11-15.	Kawana Waters	www.try.weetbix.com.au/events/sunshine-coast
May 29	Sunshine Coast Run Series race three	Fun runs of 10km, 5km and 2km, starting from La Balsa Park the 10km and 5km events take in Pt Cartwright and the foreshore at Buddina.	Buddina	www.atlasmultisports.com.au
June 5	Sunshine Coast Cross Country Series round five	Six race cross country running series staged through the sunshine coast, with 12km, 6km, 4km and 3km options, with 2km, 1km and 500m options for kids.	University of Sunshine Coast	www.scccrosscountry.org
June 12	Sunshine Coast Cross Country Series round six	Six race cross country running series staged through the sunshine coast, with 12km, 6km, 4km and 3km options, with 2km, 1km and 500m options for kids.	Buderim	www.scccrosscountry.org
June 12	Mountain Bike Orienteering State Series	Round four of the State Series. Mountain bike orienteering combines trail riding and navigation. Using specially prepared maps, riders navigate along a network of tracks to checkpoints (controls). Course lengths vary from around 5-40km. Each event will have a number of courses.	Beerburum	www.sunshineorienteers.com.au
June 19	Caloundra Foreshore Fun Run	Foreshore fun runs including 10km and 3km. The 10km starts at Golden Beach and finishes at Moffat Headland.	Caloundra	www.caloundrafunrun.com

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Upcoming Coast events

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Date	Event	Distance	Location	Website
June 26	SRAM Enduro Series – round four	Part of the five-round MTB gravity endure series. There are a number of categories available to suit all levels of experience. Riders will have a non-competitive liaison stage between each of the timed sections. Results will be based on the total cumulative time across the stages. The lowest time in each category will be the winner.	Garapine	www.qldmtb.com.au
July 9	Sunshine Coast Run Series race four	Twilight run at the University of the Sunshine Coast. Run options include 2km, 5km or 10km. The flat, fast course has resulted in plenty of personal best results in previous years and a chance for new runners to test themselves in a safe and unique environment. All events finish with a 300m lap of the world class standard athletics track.	Sippy Downs	www.atlasmultisports.com.au
July 24	Pomona King of the Mountain	The King of the Mountain Festival in Pomona, Queensland is an all-day event for the whole family, climaxing with the Bendigo Bank International Mountain Challenge where competitors run up the face of Mount Cooroora for the 4.2km round trip. Also 3km family fun run, 2.8km dash and kids 4x700m.	Pomona	www.kingofthemountain.com.au
July 24	Flinders Tour	The Flinders Tour is a 10km, 26km and 52km trail run in the Glasshouse Mountains. There is a course revamp for Flinders in 2016. The 50km (52km new) is still two laps, one clockwise and the other anti-clockwise direction. The rough Twins section is gone, mainly due to trail bike damage and a bushfire the week after the GH100 last September. Distances are 52km, 26km and 10km. Early start for walkers in the 26km	Beerburum	www.glasshousetrailseries.com
August 13-14	Mountain Bike Orienteering State Series	Saturday will feature the Queensland sprint and middle distance championships, as well as round six and seven of the state series. On the Sunday is the long course championship. Mountain bike orienteering combines trail riding and navigation.	Sunshine Coast	www.sunshineorienteers.com.au
August 13-14	Noosa Strade Bianche	Take a weekend off-road with the 33km Piccolo Fondo for those wanting an introduction to the ‘strade bianche’, or gravel roads. On Sunday there are two course options: the 133km gran fondo, or the 89km medio fondo.	Noosa	www.noosa-stradebianche.com.au
August 14	Maroochy River Paddle	A marathon paddling race on the Maroochy River starting upstream at the Dunethin Rock Scout Camp and travelling downstream with the out-going tide to finish 17km later in Eudlo Creek at the Sunshine Coast Paddlesports Club. Open to racing kayaks, sea kayaks and fishing kayaks; dragon boats and outrigger canoes; surf spec skis and ocean racing skis; stand-up paddle boards; Canadian canoe, plastic sit-on-top and anything else you might wish to paddle.	Maroochy River	www.maroochyriverpaddle.com.au
August 14	Rainbow Beach Trail Running Festival	The Rainbow Beach Trail Running Festival has 43km, 25km and 10km running events.	Rainbow Beach	www.runqueensland.com
August 19	Cricky’s Onesie Run	Kick off the 7 Sunshine Coast Marathon and Community Run Festival with a 1km run on the esplanade in a onesie. Numbers capped at 100.	Mooloolaba	www.sunshinecoastmarathon.com.au
August 21	Sunshine Coast Marathon and Community Festival	Annual running festival, including 2km, 5km, 10km, 21.1km and 42.2km runs through Alexandra Headland, Mooloolaba and Maroochydhore.	Alexandra Headland	www.sunshinecoastmarathon.com.au
September 3-11	Cycle Queensland 2016 Adventure Tour	The ride starts in Woodford and ends in the spectacular Hervey Bay. Staged on quiet country roads, the ride will travel through Maleny, Kenilworth, Gympie, Rainbow Beach, Maryborough and Burrum Heads before finishing in Hervey Bay.	Woodford	www.cycleqld.bq.org.au

Upcoming Coast events

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Date	Event	Distance	Location	Website
September 4	Ironman 70.3 World Championship	The world's best age group and professional triathletes will converge for the Ironman 70.3 World Championship. More than 3000 athletes will compete over a 1.9km swim, 90km bike and 21.1km run course.	Mooloolaba	www.ironman.com
September 10-11	Glasshouse Trail Series - Glasshouse 100	The Glasshouse 100 is a 100 mile, 100km, 50km, 34km and 11.3km trail run in the Glasshouse Mountains, Beerburrum, Queensland.	Beerburrum	www.glasshousetrailseries.com
September 18	The Mt Cooroora Endurance Challenge	A 4 hour or 8 hour run on a 1.2km lap at Mt Cooroora run solo or in relay team pairs or triples. Each lap takes you up a 1.2km, 280m ascent, before descending along the same route. Test your fitness and endurance on while also raising money for chronically sick kids and their families, through the Children's Hospital Foundation, Humpty Dumpty Foundation and HeartKids through the 1200kms for kids charity team.	Pomona	www.mtcoorooraendurancechallenge.com
October 1	Atlas Multisports Freestyle Clinic	The third of four freestyle clinics with Duane Cannell of Makin' Waves Swim School. This is a freestyle clinic that will improve your technique and increase your swim speed. Ideal for triathletes and open water swimmers. This clinic is structured for swimmers of all levels and abilities.	Buderim	www.atlasmultisports.com.au
October 8-9	Sunshine Coast CycleFest	Includes King and Queen of the Mountain at Palmwoods on the Saturday, followed by 100km and 25km rides on the Sunday.	Sunshine Coast	www.sccyclefest.com.au
October 16	Maleny Lions Mountain View Challenge	The event has a 21km half marathon, 10km and 5km fun runs, and a 3km fun run and walk. The Maleny Blackall Range Lions stage this event to raise funds for the Lions Medical Research Foundation.	Maleny	www.malenyblackallrange.qld.lions.org.au/projectsmvc
October 22	Blackall 100	The 100km trail run traverses the Blackall Range, taking in the Sunshine Coast Great Walk. With a primary 100km event, supported by a 50km event, has generous cut-offs of 25 and 28 hours apply for the 50km and 100km respectively.	Mapleton	www.runqueensland.com
October 26	Endura Run Swim Run	In 2016 the Endura Noosa Run Swim Run will include the Schools Aquathlon Challenge. 8-13 years- 500m run/200m swim/ 500 run. 14 years and over - 1.5km run/750m swim/1.5km run.	Noosa	www.ap.ironman.com
October 28	Noosa Breakfast Fun Run	Come dressed in pink and join some of Australia's premier runner's to run 5km and raise awareness and funds for the National Breast Cancer Foundation.	Noosa	www.ap.ironman.com
October 28	Arena Noosa 1000 Ocean Swim	Get involved in one of Australia's premier ocean swims on one of Australia's best known beaches. All ages and abilities are encouraged to enter.	Noosa	www.ap.ironman.com
October 29	Noosa Multisport Festival	Noosa Parade comes alive for the ASICS Bolt, Australia's premier 5km road race, as well as a criterium cycling race.	Noosa	www.ap.ironman.com
October 30	Noosa Triathlon	Olympic distance triathlon (1500m swim, 40km ride, 10km run).	Noosa	www.ap.ironman.com
November 26	Atlas Multisports Freestyle Clinic	The last of four freestyle clinics with Duane Cannell of Makin' Waves Swim School.	Buderim	www.atlasmultisports.com.au
December	12-Hour MS Swimathon	Cotton Tree Aquatic Centre on the Sunshine Coast will host its inaugural MS Swimathon event to raise vital funds to help people living with multiple sclerosis (MS).	Cotton Tree	www.msswimathon.com.au
December 18	Buderim 9	Climb nine Buderim hills, covering 75km, within three hours in one of the Coast's most challenging cycling events. Participants also raise money for the Cerebral Palsy League.	Buderim	www.buderim9.com.au
December 28-31	Atlas Multisports Christmas Training Block	Kick-start the year with an intensive triathlon training block, with options for advanced (four days), intermediate (three days) and beginner (two days). Endurance training, swim and run skills and drills, pilates, nutrition and transition technique.	Sunshine Coast	www.atlasmultisports.com.au