

# Multisport MECCA

Sunshine Coast Daily

August 10, 2016

## Peter set for fab five

Grant Edwards

Grant.Edwards@apn.com.au

FLEET-footed by day, Peter Cumming anticipates being equally quick next weekend.

The Golden Beach 58-year-old courier is preparing for his fifth successive Sunshine Coast marathon where he's looking to deliver a time around four hours.

Finishing just over that mark in 2015 at an average pace of 5:42 minutes per kilometre, Peter has increased his strength training this year in preparation for the 42.2km journey.

"This is probably the fittest I have been in my life and I just like maintaining that fitness," he said.

"I try and do the Golden Beach Parkrun every Saturday. And then a group of us from that do a long run on a Sunday. When there are no events we might do 20km on a Sunday, and when we are leading up to an event we might get up to 35km.

"We call ourselves the Sunny Coast Dark Runners, and we meet at Happy Valley and run as a group on a Wednesday night down to the Powerboat Club and back.

CONTINUED ON PAGE 2



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# Feeling fit and ready to fire

**FROM PAGE 1**

"I used to run five or six times a week. In the last couple of months I have taken up CrossFit, so I do that three nights a week and run three nights a week and have one day off.

"I'll tell you after the marathon whether it pays off or not."

Losing some mobility with age, the CrossFit activities have boosted his strength and flexibility. On race day, Peter plans to keep the 3:45 pacer in sight and then ensure the 4:00 hour runner remains behind him.

Other Dark Runners such as John Taylor, Rachelle Jacobsen, Peter Wilkinson, Cathy Reynolds and Damien Irving will be at the start line and some of thye members will run together.

With his courier work, Peter can get an extra 20km of running in throughout the day.

He estimates getting in and out of his vehicle at least 200 times a day.

"I wore a watch once and I was doing 20km easy. I don't take much notice of that now," he said.

Moving back to the Sunshine Coast about 13 years ago, Peter was previously an avid triathlete.

Racing events such as Mooloolaba, Noosa and the Gatorade series, the training of three disciplines became too onerous and running proved to be an easy fit.

"A few years ago my daughter, Michelle, suggested to me we do the Noosa half together. And then after that we could do the Gold Coast half. I said 'Well if we do the Noosa half we have to do the Gold Coast full'," Peter said.

"She got injured, and I went on



**Golden Beach's Peter Cumming.**  
PHOTO: JOHN MCCUTCHEON

and did another one at the Gold Coast. Then the Sunny Coast started, so I have kept going with that.

"I never thought I'd run more than 10k, but she got me into it."

Entries in this year's Sunshine Coast Marathon and Community Run Festival will see an improvement over last year, and similar to the record levels set in 2014.

The half marathon is expected to sell out and is capped at 2000, while the marathon will see about 600 compete.

"We will probably get another 2000 entrants overall in the next week. People often leave it to the last minute to know what distance they are going to do," said Jason Crowther of Atlas Multisports.

"The half marathon has seen the greatest growth in past years. It's an achievable distance. It's hard to do a lot of fulls. But you can back up and do consecutive halves as it's less taxing on the body."

Organisers have expanded the family focus this year.

The expo will start from Friday, August 19, from 1pm, with a free family movie night at the Alexandra Headland event precinct from 6pm.



**Raylea Hughes on her way to finishing last year's marathon in 4:03:32.**  
PHOTO: CHE CHAPMAN

## Your chance to win a marathon festival entry

SUFFERING from FOMO? That's fear of missing out at the Sunshine Coast Marathon on August 21.

Sunshine Coast Multisport Mecca has two entries to give away to a race of your choice. Distances include 42.2km, 21.1km, 10km, 5km and 2km.

All you have to do is send us a photograph of yourself training, or your favourite race moment.

Entries must be received by Monday, August 15, at 5pm. The

judging panel's decision will be final, and no correspondence will be entered into. Photos must be able to be republished by Multisport Mecca, with no watermarks or copyright breaches.

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# Top-notch field set for festival

**Steele Taylor**  
steele.taylor@scnews.com.au

ETHIOPIAN Samuel Woldeamanuel is set to attempt a title defence at the Channel 7 Sunshine Coast Marathon on August 21 but he'll be confronted by the event's biggest and best field yet.

The 35-year-old, who broke the race record last year with an effort of 2:18:30, is eager to return to the scene of his success.

But Woldeamanuel (pictured), who holds a personal best of 2:08.45 and has won the Brisbane and Canberra marathons in recent years, is set to face a tougher test this time around.

Organisers are expecting this year's field to be the biggest in the event's five-year history, boasting more elite athletes.

"We'll have some headliners," organiser Jason Crowther said.

There will be more depth with the likes of Barry Keem and Dion Finocchiaro signing up.

They are in the Australian team for the World Ultra Marathon Championships at Spain at the end of the year. Jonathan Peters could also be in the mix.

"They're top quality Australian runners who will probably go around low 2:20s, up around where the African runners will be," Jason said.

"We're starting to attract more national talent.

"In previous years, we've had two African guys out the front and then big gaps to third and fourth but ... (this year) we might have



This year's marathon is set to see a showdown between Roxie Fraser (left) and Clare Geraghty.

four guys up the front having a hit out which would be great. It turns it into more of a race."

Finocchiaro competed in last year's edition and finished third with a personal best but he will return a different runner this time around.

"He's in way better form so should be a low to mid 2:20 runner," Jason said.

The women's field should boast Roxie Fraser and Clare Geraghty.

Fraser won the first three editions of the race before missing last year's to have a baby.

He said the race was becoming more popular among top-line runners.

"It is a world-class event, we're lucky to have it in one of the best places in the world and it's a proven fast course now and that's what attracts elites," he said.

"They don't get to do many marathons so they make sure they're running fast times when they do."

In the half marathon, the field is forecast to include Australia's fastest female half marathon runner Cassie Fein, along with Emily Donkers, Dani Byrnes, Isaiahs Beyn, Peter Run and David Dellow - who is currently preparing for the Ironman World Championship which will be staged in Hawaii during October.

## TIMETABLE

### 7 Sunshine Coast Marathon and Running Festival

Marathon .....	6am
Half marathon .....	6.20am
Australian anthem .....	8.55am
10km .....	9am
5km .....	10.15am
2km .....	11am

There will also be a 10km run, 5km run, 2km run and fun run. Up to 7000 are expected to take part, making it the most attended yet.

The feature race will be held on the same day as the Rio Olympics marathon.



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# Dan reveals his perfect fit

**Grant Edwards**  
Grant.Edwards@apn.com.au

PASSION has always driven Dan Evans.

He is now about to embark on a new and exciting challenge with his own business, Velo Service Course.

Based on Brisbane Rd in Mooloolaba, Dan is looking to offer highly personalised servicing and bike fit packages.

"I want to try to build what Australia doesn't have. As close to a Service Course where the professional teams stage their gear. Over the years I have personally spent time in some of these facilities in Europe, where the teams store their bikes and equipment and team mechanics build and service the bikes. But it's all behind the scenes," he said.

"I want to have a Service Course for the public, offering fitting and servicing. Having all the other cycling accessories like most Aussie bike shops is not my goal."

"Long term I want to offer a complete performance package where we go down the road of building a rider's bike from scratch, and then we can maintain it for their race season. Just like a professional rider has."

"Every week they get their bike cleaned and tuned when training and daily when racing. Your gear will run a lot better with structured maintenance."

"Pros ask 100% of their body, and they expect this from their equipment too. Why don't all cyclists do this?"

Dan will still maintain a strong



relationship with Cycle Zone Mooloolaba where he has been a mechanic since 2013.

Growing up in Melbourne, Dan found a love of riding through mountain bikes before the lure of triathlon struck in his teenage years.

Finishing a plumbing apprenticeship before travelling to the United States with an aim of becoming a triathlon pro, Dan was taught bike mechanics as a way to help fund his travels. It essentially funded his racing career, and wrenching morphed into bike fitting.

After competing at the Hawaii Ironman in 2005, Dan's triathlon career was cruelled after being hit by a car while training.

Some dark days followed that accident, but he returned to the sport off the race course and has built a strong reputation world-wide. Dan has been on the official World Ironman Championship service team and has been a mechanic at Kona since 2006 and on the UCI pro circuit in Europe. He is back on the race course at the pointy end of the field, only now aboard the neutral service vehicle.

Over the years he has worked



Dan Evans with former women's Ironman world champion Chissie Wellington, and (above) former men's champion Chris McCormack.

PHOTOS: CONTRIBUTED

closely with many Ironman champions, including Farris Al-Sultan, Chris McCormack, Rasmus Henning, Luke Van Lierde, Craig Alexander, Chissie Wellington and current 70.3 and Ironman World Champion Jan

Frodeno to name a few.

Dan expects to have his business operational before the 70.3 Triathlon World Championship in September. He will also become a BMC distributor.



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# Swiss' fifth victory at Cebu

SUNSHINE Coast-based triathlete Caroline Steffen has signalled her intentions ahead of the Ironman 70.3 World Championship on the Sunshine Coast next month after a win in the Asia Pacific Championships at Cebu in the Philippines.

Despite being pushed hard by Radka Vodickova of the Czech Republic, the Swiss Miss reigned supreme for a fifth successive year and confirmed her status as the "Queen of Cebu".

Radka dominated the swim, opening up a 53sec advantage from Spain's Judith Corachan Vaquera in 25min51sec, with Caroline some 1min2sec down on the leader.

On the bike, Caroline quickly made up the deficit, but the Czech stuck doggedly to the Swiss athlete as the pair hit second transition just four seconds apart.

Rounding out the top three was Judith Corachan Vaquera of Spain who was more than three minutes behind.

Caroline went on to win her first Asia Pacific title since 2010, sounding a loud warning to rivals



Mooloolaba's Caroline Steffen wins at Cebu. PHOTO: CONTRIBUTED

when she lines up in the world titles at her adopted home stretch on September 4.

Despite her legendary status in the sport, Caroline remained grounded following the win.

"I never take anything for granted, I'm proud to be fit and healthy and to win in Cebu for a fifth time in a row," she said.

"It means a lot to me. I have a major sponsor in the Philippines

and everyone seems to know me.

"It is an absolutely stunning course, but the wind did not make it easy on the way back. It was brutal. It was not an easy race, but I enjoyed it."

In the men's race, Australian competitor Tim Reed blitzed a quality field and defended his Asia-Pacific championship to also signal his intentions ahead of Mooloolaba.

# Coast athletes flex muscle at Yeppoon

KIELS Mountain coach and former professional triathlete Richard Thompson showed some impressive speed at the Yeppoon Triathlon Festival on Sunday.

Rich (pictured on the bike) looked strong ahead of his appearance at the Ironman 70.3 World Championship next month, finishing the Olympic-distance event in fourth overall with a time of 2:04:30 (25:10 swim, 1:01:05 bike, 38:14 run).



Scott Farrell from Palmwoods won the 35-39 age group in 2:05:19 (23:32, 1:03:31, 38:15), while Damien Collins of Beerwah was seventh in open men 2:10:28 (25:57, 1:04:54, 39:37).

Buderim's Rachael Paxton was third in open women with 2:15:39 (24:02, 1:07:39, 43:56).

Ashleigh Hunter of Beerwah was first in the women 25-29 in 2:29:53 (30:24, 1:10:09, 49:19).

Mountain Creek's Courtney Potts secured the victory in women 20-24 with a 2:35:24 (30:21, 1:16:18, 48:43).



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1. Some parts of the seating are not full natural leather. G.I. JOE © 2016 HASBRO All Rights Reserved. Rights acquisition by Born Licensing.



# We're a perfect Olympic fit

**Bill Hoffman**  
Bill.Hoffman@scnews.com.au

TRIATHLON and road cycling are absolutely perfect fits for the Sunshine Coast if a potential bid for south-east Queensland to host the 2028 Olympic Games came off.

Ironman Asia managing director Geoff Meyer said the Sunshine Coast, through its Noosa and Mooloolaba triathlons, had a long history of success.

"You would have to say the Coast is more than prepared (to stage Olympic events)," he said. "We have had the national road cycling titles so they would be ideal for the Coast as well."

The Sunshine Coast will host the Ironman 70.3 World Championships on September 4, an event that includes competition for the world's top 60 men and women professionals as well as 3000 athletes from 60 countries who have qualified for age division competition via 90 separate qualifying events.

That compares against an Olympic event that caters for only



World-class competitors face the course at Mooloolaba earlier this year. PHOTO: GRANT EDWARDS

the top 50 men and top 50 women competitors.

Sailing could also come into the frame. Mooloolaba Yacht Club stalwart Robert Stevenson said the question that needed to be asked was what other venue was better.

"We have a natural, open ocean course that sits in front of the Alexandra Headland-Mooloolaba amphitheatre with easy viewing from beach front high rise as well," Mr Stevenson said.

"The winds are true and access is close from the river to open

water. The Gold Coast doesn't have that. Brisbane doesn't have that."

The SEQ Council of Mayors last month released a pre-feasibility report that may pave the way for a genuine bid for the 2028 Olympics.

## Mayor backs exploring bid to host 2028 Games

**Mark Jamieson**  
Sunshine Coast mayor

THE Olympic Games is an event that millions of people aspire to take part in and it is one, as a region, we should aspire to hosting.

Over the next year, it will be decided whether 2028 will be our time. Last month, south-east Queensland's mayors, including myself, made a commitment to undertake a detailed feasibility for a potential bid for the 2028 Olympic and Paralympic Games.

The feasibility study will be conducted over the next 12 months and will help us determine whether we proceed to make a bid for 2028.

The pre-feasibility study does not quantify the value of the economic and community benefits that would be derived from hosting an Olympics.

This will be examined in more detail in the feasibility study.

However, the pre-feasibility study does note that an Olympic Games, if delivered in a flexible and cost effective way, could

deliver better infrastructure and public transport to south-east Queensland sooner, create jobs and stimulate the economy, produce competition/training venues and drive tourism and investment to our region.

While no figures have been determined so far, in all likelihood if we secured the hosting of the 2028 Olympics, the economic benefit that the Sunshine Coast would derive from this single event alone would far exceed that of any other major event that council currently sponsors.

Indeed, the potential economic benefit would likely exceed the total of the entire major events portfolio currently sponsored by council.

That is why this bid is definitely worth exploring.

My commitment, as always, is to deliver the best outcome for our residents and to ensure any bid advances our agenda as a smart and healthy region.

In the meantime, I look forward to cheering on our Coast athletes as they represent their country in Rio.

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Chris Shapland, at the Island Charity Swim (right), is now preparing for the English Channel.

MAIN PHOTO: JOHN MCCUTCHEON

# Channelling his swim energy

CHRIS Shapland is preparing for a huge feat that will etch his name in history.

He will attempt to swim 33km across the English Channel and become the second oldest Australian to do so.

The Buderim swimming teacher learnt to swim in the Toowoomba Municipal Baths which his parents leased from Toowoomba Council between 1947–60.

The temperature of the baths, about 16 degrees, will be similar to the cold waters of the English Channel.

It will take about 12 hours for Chris, 69, to complete the epic swim and he will race against time to beat a tide change that could sweep him off course.

The way people swim the channel has changed little since it was first completed by Matthew Webb in 1875.

Strict regulations will restrict

Chris from wearing a wetsuit and he will do the swim in just a swimsuit and goggles.

A support team will lower food to him every 30 minutes so he can maintain his nutrition.

Chris trains in his backyard pool, specially built with a device that pumps out current allowing him to swim in one spot.

He has also undertaken open water swims in Noosa and Mooloolaba.

Setting off from an England beach in mid-September, he won't stop until he reaches the shoreline of France.

Chris will swim in a curve, fighting the strong currents off the coast of France.

Man-eating sharks are not common in the channel and Chris said his main concern would be jellyfish.

Remaining relaxed would be key to a successful swim, he said.

## 2017 ENGLISH CHANNEL ATTEMPT

Caloundra's Peter Schultz is in the throes of preparing for his attempt on the English Channel next year.

The Qantas pilot has a strong Ironman history, and over the past year has completed New Zealand, Port Macquaire and Cairns events.

But he is now gearing up for a serious English Channel assault. Peter will move to Sydney next month to train in colder water conditions.

While the channel is his ultimate goal, Peter, as well as Kate Gazzard (pictured), will this weekend travel to Alice Springs to undertake the four-day 223km Larapinta trail run.



"It becomes more mental than physical – it's not such a physical feat if you know how to swim properly," he said.

While it's a personal goal to swim the channel, he also wants to draw attention to swimming.

"If you know how to swim

correctly it's something you can do for the rest of your life," Chris said. "It's impact free and gives your cardiovascular system a real workout."

It's not an easy feat and more people have climbed Mt Everest than have swum the channel.

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Nothing says fun like a slide, mud and fire. Tough Mudder will return to our region next year.

PHOTO: JOHN MCCUTCHEON

# Mud riot will return

**Gemma Westacott**  
Gemma.Westacott@scnews.com.au

PREPARE to get down and dirty once again – Tough Mudder is returning to the Sunshine Coast. After holding the past two south-east Queensland challenges at Sirromet Winery, at Mount Cotton, the organisers of the endurance event will hold next year's mud fest at Woodfordia. "The first ever Sunshine Coast Tough Mudder event still remains one of our biggest events globally and we are thrilled to be coming back," Paul Mudge from Tough Mudder Australia said. "Woodford offers the perfect terrain for Tough Mudder with its undulating topography and scrubby bush and because it's set up for major events, we know it



Caloundra's Tough Mudder in 2014.

PHOTO: JOHN MCCUTCHEON

can accommodate the thousands of Sunshine Coast locals that we hope to see on course." Between 7500 and 10,000 people are expected to take on

the new Tough Mudder course at Woodfordia on May 20-21 next year. Adrenaline junkies can take on more than 20 obstacles, including

## TOUGH MUDDER

**WHEN:** May 20-21, 2017  
**WHERE:** Woodfordia, 87 Woodrow Rd, Woodford  
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three or four new challenges, over the 18-20km course. Mr Mudge said the Woodfordia event would launch next year's season, so Coast participants would be the first in Australia to tackle the additions. "We have also introduced 12 new obstacles since we were last on the Sunshine Coast, including Pyramid Scheme and Block Ness Monster which were new this year, so there are lots of reasons for locals to come back for more mud," he said. "We're also excited to potentially include an obstacle that was designed by a Mudder in the UK for a global obstacle design competition."

View of Coolum from the surf break

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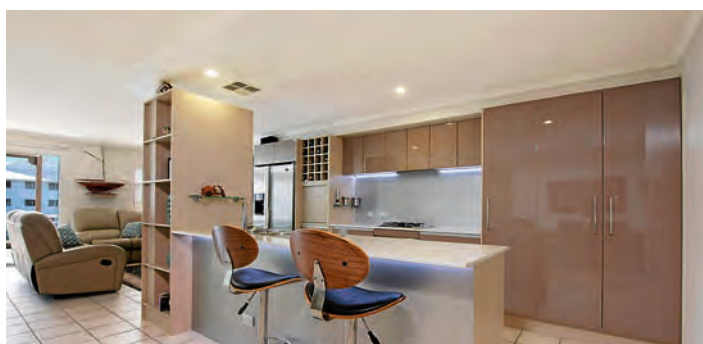
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# Marriage in for the long run

Yaroomba couple in the Q&A spotlight ahead of the Sunshine Coast marathon

**Full name:** Kerri-lyn Boyd.  
**Nickname:** Boydy.  
**Birthplace:** Brisbane.  
**Lives:** Yaroomba  
**Occupation:** Secondary health and physical education and drama teacher.  
**Age and martial status:** 40 – will be 41 the day of the Sunny Coast marathon – married and have two children Lucy (8) and Hamish (4).  
**Coach:** Myself, but for extra advice, my husband – but I don't always take it!  
**Sport:** Marathon.  
**Favourite food:** Fresh grilled snapper.  
**Favourite drink:** A good sauvignon blanc from NZ  
**Pet hates:** When people run beside you in a race with their music really loud for all competitors to hear and they also set their GPS watches at a pace and you hear that constant "beeping" sound. It's pretty frustrating when both things come from the same person!  
**Favourite run location:** Yaroomba to Castaways Beach. I follow the beach and head for the bush tracks along the way. It's got everything, privacy, sand, undulation, hills and beautiful scenery.  
**Most memorable event:** 2013 Melbourne marathon. I cried like a baby when I hit the MCG at the finish – it was fast and flat. I didn't PB but loved the atmosphere.  
**Bucket list event:** Boston and Hawaii marathons. I qualified for Boston but never went. Thank goodness, because the year I would have gone was the year of the bombing. Hawaii – because I'd love to experience the tough conditions and have a great holiday with the kids afterwards.  
**How did you get into the sport:** I've run most of my life but was hooked on triathlon when I met Antony. Once we decided to start our family I new training for three disciplines would be chaotic, especially with both of us training. Running and swimming were convenient to fit in with our family schedule but I just loved pushing myself that little bit further with my running. I had done marathons before children but after the birth of my second, I started to do around two a year.

**Favourite race:** The Great Ocean Road Marathon. Ridiculously challenging and beautiful.  
**Favourite part of racing:** Having my little support crew handing out my nutrition or yelling at me to move my legs around the 33k mark. It's at that point when your head tells you to stop but you can't because they're there pushing you forward.  
**Weekly training schedule:** I like to run four-five times a week. My long runs are on a Sunday (kids in bed), usually two-plus hours. Monday is usually a short recovery run, plus a gym or swim session. I try to do a speed session once a week – usually effort and kilometre repeats. I can never get to the track due to my children's commitments, so Ant and I have a set course for speed work. Hills and undulation runs are also part of my weekly training as well. I try to run Sunday, Monday, Wednesday and Friday and cross-train swim or gym just to help with core and upper body strength, 60-70 kilometres per week.  
**How do you fit in the training:** Having Ant and I train, plus work and a small family, has many challenges. You have to be very organised with the kids and prepared to get out and train, whenever there is a spare moment or whatever the weather is doing. I usually run mornings early mid-week, when the kids are still asleep, as Ant does the morning routine – school/kindy with them. We switch over for the afternoon, he trains and I do the after school commitments. You just can't get too hung up on it though. If I miss a session, I just make it count the next time I'm out.  
**Who you could live with a celebrity, who would it be:** Any celebrity chef would be a bonus – perhaps Jamie Oliver. Just to assist with the children's lunches and dinners. Also help me with my nutrition. I am a sugar addict!  
**My dream job as a child:** A Vet. I grew up watching "Skippy" so I wanted to always help animals.  
**Best movie:** Stand by Me.  
**Name:** Antony Stewart Boyd  
**Nickname:** Boydy.  
**Born:** Wellington NZ.



Ant and Kerri Boyd with their children Lucy (8) and Hamish (4). Ant is a pacer at the marathon, while Kerri is also running.

PHOTO: CONTRIBUTED

**Lives:** Yaroomba.  
**Business owner:** Antony Boyd Electrical.  
**Age:** 40.  
**Sport:** Ultra marathon trail running.  
**Favourite food:** Liquorice allsorts.  
**Favourite drink:** Stein larger pure.  
**Pet hate:** Phil Kearns in the commentary box, commentating an All Blacks versus Wallabies game.  
**Favourite run location:** Most of the bush trails out the back of Mapleton. When I'm home in NZ – Tongariro National Park in the Central North Island. Awesome trails that go up to a volcanic crater lake, 2500m above sea level, just breathtaking. Very rugged terrain and challenging.  
**Most memorable race:** 2006 Port Macquarie Ironman – I'd only been doing tris for about a year and wanted to get a taste of longer distances. Loved the race, felt great and even better for completing it.  
**Bucket list event:** Ultra Trail Mont Blanc – France, 170km of mountain running. It's the pinnacle of ultra running and would love to be there on the start line in the near future. And the Great Southern Endurance Run – Victoria, Mt Buller to Bright, 170km. It's as hard as Mont Blanc but a quarter of the price!

**How did you get into the sport:** After competing in triathlon and Ironman, the commitment was getting a bit hectic with running my own business and family. I've always enjoyed running on trails and did a lot of it back home in NZ. I just wished we had the same terrain as we do back home.  
**Favourite race:** The Glass House 100k. It was my first race, as boring as the scenery was but it felt good to achieve that distance with no injury.  
**Favourite part of racing:** Acknowledging the fact that my body can accomplish these distances, mentally and physically while enduring some amazing scenery. It's pretty cool to look back at the end of a race and see the mountain ranges that you tackled, in the distance.  
**Weekly training schedule:** I train five times a week. Long runs are usually out in the bush 2-6 hours (Saturday). I incorporate a lot of hills and try to do a lot of hill repeat session. This is twice a week. Speed work at least once a week efforts and kilometre repeats once a week. I then will do an undulating recovery run (50-130k per week).  
**Who you could live with a celebrity, who would it be:** Former All Black, Christian Cullen.  
**Dream job as a child:** Pilot.  
**Best movie:** Stephen King's "It" – scared the crap out of me.





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# Outback a tough act to beat

**Grant Edwards**

Grant.Edwards@apn.com.au

WITHOUT doubt, this is one of the best family wagons on the market.

Although we won't call the Subaru Outback a wagon. For all those fashion savvy buyers, it's an SUV.

But really, it's essentially a high riding estate (see, that's European and far fancier).

Whatever you want to call it, the Outback presents as impressive value for money in a reliable package. While Mazda recently updated its CX-9 to provide new competition, the Subaru has been one of the key offerings to tackle the segment's dominance of Toyota with the off-road-focussed Prado and bitumen-friendly Kluger.

With a retail price just below \$43,000, this Premium variant gets all the goodies without having to go aftermarket or tick option boxes.

## Comfort

Remarkably quiet for a diesel, from inside the cabin rarely do you hear any typical oil-burner clatter.

The sizeable cabin ensures four adults find ample space, and you could squeeze in three across the rear bench.

Leather trim comes standard which is brilliant for families. Messes from grubby kids are easily cleaned, although the seats can be somewhat flat for some tastes.

Straightforward operations mean there is little chance of getting confused or baffled by the buttons and knobs. The steering wheel is typically Subaru-busy, where you have stereo, radar cruise control, phone, drive mode and trip computer buttons and toggles.

The central touch-screen is simple and easy to navigate, with red and white backlighting adding some personality to an otherwise black dash colour scheme.

## On the road

Granddad was among the passengers during our tenure and the BMW 3 Series-driver was impressed with the Subaru's ride quality and limited road noise.

While there is also a 2.5-litre four-cylinder and 3.6-litre cylinder petrol version, we think this diesel is the pick.

Strong and efficient, its continuously variable automatic performs admirably and remains a benchmark setter for this transmission.

Most notably with an update



The 2016 model Subaru Outback 2.0D Premium.

PHOTOS: CONTRIBUTED

this year came Subaru's EyeSight technology. Originally missing from diesel variants, it now comes with radar cruise control and automatic braking if sensors detect an oncoming collision. Also included is blind spot monitoring and lane change assist, auto dimming rear view mirror, auto high beam assist and the rear cross traffic alert which detects passing vehicles when reversing from parking spaces.

That's all life-saving stuff. Some companies using Subarus with EyeSight have seen a dramatic reduction in collisions.

Ground clearance is not massive, so rough and ready off-roading is out of the question, but gravel roads, fire trails and beaches are well within the Outback's capabilities.

## What do you get?

Your basic Outback is pretty well equipped with the likes of a Bluetooth and MP3 compatible six-speaker CD stereo with voice command, dual zone air con, leather steering wheel, paddle shifters, alloys, full-size spare as well as automatic lights and wipers, yet these Premium models also get a sunroof, leather trim, power cargo door, heated front seats, sat nav with in-built Pandora internet music app and push-button start.

## Practicality

Space comes in spades and the Outback is perfect for growing families, or those who enjoy active lifestyles.

With 60-40 split folding rear seats, made easier via handles in the boot and on the seat-tops, throwing in bikes and boards is a cinch. Subaru also has some excellent genuine accessories, and we have recently seen a good pack including cargo tray, mats, weather shields and a tow bar for

## VITAL STATISTICS

**Model:** MY16 Subaru Outback 2.0D Premium.

**Details:** Five-seat all-wheel drive large sports utility vehicle.

**Transmission:** Continuously variable automatic.

**Engine:** 2.0-litre boxer turbo diesel generating maximum power of 110kW @ 3600rpm and peak torque of 350Nm @ 1600-2800rpm.

**Consumption:** 6.3 litres/100km (combined average).

**C02:** 165g/km.

**Bottom line plus on roads:** \$42,990.

**Website:** [www.cricksmaroochydoresubaru.com.au](http://www.cricksmaroochydoresubaru.com.au)



\$1741 fitted.

Those in the back have air vents, cup holders, while there are also bottle holders in each door.

In the front is another pair of cup holders, along with ample stowage areas including a large centre console, as well as a spot for phones in front of the shifter close to a pair of USB slots, auxiliary port and 12-volt plug.

## Running costs

Delivering consumption just above seven litres for every 100km, the Outback impressed during some heavy-duty family duties.

Capped price servicing offers peace of mind for upcoming costs but Subarus, like many Japanese manufacturers, require maintenance every six months or 12,500km. That contributes to a

lot of preventative measures, which is one of the reasons why the marque is so well regarded in reliability.

## Funky factor

While not the prettiest, the Outback is no ugly duckling. With some wheel arch and cargo step accessories it does toughen the look somewhat, but it is essentially a utilitarian machine.

## The lowdown

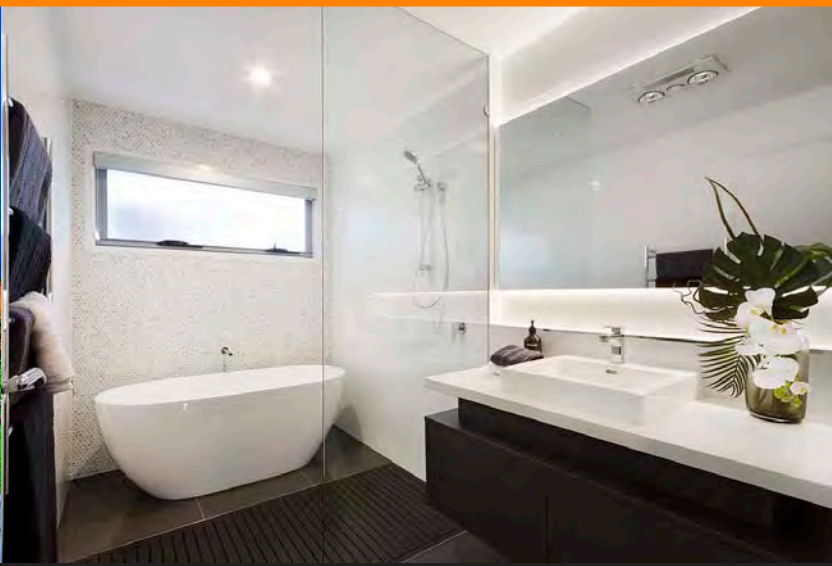
Analyse the performance and specifications, the Outback offers brilliant value for money.

At that price, it beats most rivals who usually start their diesel range for similar coin.

Throw in the Subaru reputation and the internal flexibility, and it stacks high on the list for consideration.



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# The latest and greatest...



Le CycloSportif at Noosa Junction has a great deal on a new Cervelo P5. This super slick time trial machine has a 51cm frame, and a Shimano Dura-Ace Di2 drivetrain. The price has been reduced by \$2000 to \$8000.



Trek's new mountain bike range has arrived at Venture Cycles at Noosaville. Among them is the Fuel EX - regarded as the world's best-loved mountain bike which keeps getting better. Fuel EX continues to set the bar for full suspension trail bike versatility, bringing race-day tech to all-day adventure. Want a rugged, capable long-travel trail bike and a nimble XC bike? Get both with Fuel EX. Whether it's your millionth mile on the trail or your first, you'll love this bike. The range starts from \$2999, up to \$9999.



A range of Oakley Green Fade edition sunglasses have arrived at Le CycloSportif. Only about 1000 of the limited run glasses made it to Australia. Le CycloSportif has six pairs, with wide ranging styles, with prices between \$250-\$360.



Looking for a bike head unit without requiring minister of finance approval? The GPS-enabled Lezyne range has something for all budgets. The Mini is compact and lightweight, doesn't require any sensors, provides speed, time and elevation data, and has 10 hours of run time with a USB charger. The Power is Bluetooth enabled, has 22 hours of run time, and with compatibility with heart rate and cadence sensors. The range-topping Super also receives power sensor compatibility with six data display options and can sync with the Lezyne Ally phone app. Prices start from \$160, with the range-topper \$300, at Cycle Zone Mooloolaba.



Almost 3000 years ago, the pinnacle of sport was celebrated with fire. Spark the torch once again with this limited edition collection of fiery gear from Specialized. The SL Pro jersey has an RRP of \$149, bib knicks are \$219, S-Works shoes \$499, socks \$30 and cap \$25 at Cycle Zone Mooloolaba.

This Kinetic Road Machine Smart 2.0 has pre-installed inRide sensor technology which allows riders to connect to the exclusive Kinetic Fit app for iPhone or Android and begin a power-training program on any Bluetooth-connected smart phone or tablet. No additional sensors or add-ons are needed. Available at Trilogi Cycles, RRP \$749.



Coming soon to Trilogi Cycles at Noosa is the 2017 Scott Foil 10. Completely new for 2017, it features Shimano Ultegra Di2 and integrated Synchros stem. RRP \$5799.95.



## Upcoming Sunshine Coast events

Send us your events:  
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Date	Event	Distance	Location	Website
August 12-13	Caboolture 48 Hour Race	The race at the Caboolture Historical Village in Caboolture, Queensland has 48 hour, 24 hour, 12 hour, 6, 3 and 1.5 hour races. See how far you can run or walk in the given timeframe on a 500m granite loop. This event is the AURA 48 hour championships, IAU bronze road label, and a qualifying race for the IAU 24 hour World Challenge. It can also be run as a relay team.	Caboolture	www.geoffsrns.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.	Caloundra, Sippy Downs and Pomona	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, followed by a swap meet. On Sunday there are three options: the Imperial Century 162km, Gran Fondo 137km and Medio Fondo 87km.	Noosa	www.noosa-stradebianche.com.au
August 14	Fundraising climb up Mt Coolum	Oz Fitness Coolum is hosting a fundraising climb up Mt Coolum for the Cindy Mackenzie Breast Cancer Program. Cost is \$15, followed by a light lunch at 10am (60 Junction Drive, Coolum Beach). A Yoga class is offered after lunch for those that would like to participate.	Coolum	Email: ozfitnesscoolum@outlook.com
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 14	Sunshine Coast Cycling Club road race champs	Road race featuring all grades for Sunshine Coast Cycling Club. Registration from 7am and racing starts at 7.30am. Entry fee is \$10 for all members and visitors. Depending on the number of starters, a separate race will be held for D Grade. Approximately 50kms for A, B, C grades (5 laps), D grade 20km (2 laps).	North Arm	www.scccrcing.wix.com/sccc
August 14	Bushrangers MTB ride	Parklands MTB ride, Radar Hill. Highway side/Radar Hill Road car park, Bli Bli. Time 6.45am for 7am ride off (to 10.30am). Split up into two groups, grade two ride and grade three rides.	Bli Bli	www.bushrangers.org
August 19	Cricks Fun Run	Start the 7 Sunshine Coast Marathon and Community Run Festival with a 1km run on the esplanade. Numbers capped at 200.	Mooloolaba	www.sunshinecoastmarathon.com.au
August 20-21	Rainbow Beach Double Triathlon	The race gives participants have the opportunity to race an Olympic distance triathlon by completing two 'sprint distance' events, consisting of 750m swim/20km ride/5km run, over two consecutive days. Also Active Kids Triathlon (race run in age groups) and Active First Timers Triathlon.	Rainbow Beach	www.rainbowbeachtriathlon.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

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Upcoming Sunshine Coast events

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Date	Event	Distance	Location	Website
August 21	Wide Bay Mountain Bike Series	Round three of the three-hour cross-country enduro MTB Series. The three race series will feature a race hosted by each club and is designed to encourage new riders to the sport and also cater for the more experienced rider. There are also junior races and a shorter 1.5 hour ride for those starting out at mountain biking.	Gympie	www.facebook.com/gympiebikes
August 21	Tri Fraser Coast	Olympic distance triathlon takes place around the Urangan end of Hervey Bay featuring a 1.5km swim starting on the beach at Urangan, 40km cycle consisting of a two lap course around Hervey Bay and a 10km single lap run.	Hervey Bay	www.trifrasercoast.com
August 21	Bushrangers MTB ride	Ringtail Forest MTB ride, meet at Read Park at the cnr Goodwin Street and Poinciana Ave, Tewantin. Time 6.45am for 7am ride off to 11am). Grade three, about 35km.	Tewantin	www.bushrangers.org
August 24	Bushrangers MTB ride	Parklands night MTB ride, meet at Radar Hill Road, Kulangoor, at 6pm for 6.15pm ride off (to 8pm). Grade three.	Kulangoor	www.bushrangers.org
August 28	Hydrothon Sunshine Coast	Hydrothon (16yrs+): Individuals and teams competitors will race over 18km made up of a 1km swim, 9km ski paddle and 8km run. H2K: An introductory event for kids aged 9-10 years. Swim 250m, paddle 500m and run 1.25km. H4K: A fun event for kids aged 11-15 to compete. There are two categories for H4K, short and long board, 500m swim, 1km prone paddle and 2.5km run.	Mooloolaba Spit	www.hydrothon.com.au
August 28	Rotary Chaplaincy Fun Run	The event at Centenary Lakes in Caboolture, has 2km run/walk, 5km run and 10km run events.	Caboolture	www.idestiny.org.au
August 28	Bushrangers MTB ride	Yandina/Cooloolabin Dam Ride for advanced riders. Yandina BMX track, road entrance opposite approx house no 35 Cooloolabin Road, oval/park side. Time 6.45am for 7am ride off (to 11am), grade four. Intermediate riders at Cooloolabin Dam Trail Head/day use area. Time 8am for a 8.15am ride-off, grade three.	Yandina and Cooloolabin	www.bushrangers.org
September 2	1200km for Charity Golf Day	Four-man ambrose event to support Rene Grenfell and the group tackling this year's 1200km for Kids Charity Bike Ride. This year marks the 10th anniversary they be starting from the Sunshine Coast, October 14 and riding inland, through to Sydney, arriving at The Royal North Shore Hospital, on October 22.	Maroochy River Golf Club	www.1200kmsforkids.com
September 3	Sunshine Coast Cycling Club road race	Road race featuring all grades for Sunshine Coast Cycling Club.	Eudlo	www.scccracing.wix.com/sccc
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
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 11	12-Hour MS Swimathon	Cotton Tree Aquatic Centre on the Sunshine Coast will host its MS Swimathon event to raise funds to help people living with multiple sclerosis (MS).	Cotton Tree	www.msswimathon.com.au
September 11	Zoo Run at WildlifeHQ	Zoo Run at WildlifeHQ in Woombye, Queensland is a 5km and 2km fun run to raise funds for Wildlife Emergency, to help with wildlife conservation.	Woombye	www.www.zoorun.com.au/wildlifehq/

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## Upcoming Sunshine Coast events

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Date	Event	Distance	Location	Website
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. Also a fundraiser for the Children's Hospital Foundation and the Humpty Dumpty Foundation.	Pomona	<a href="http://www.mtcoorooraendurancechallenge.com">www.mtcoorooraendurancechallenge.com</a>
September 24-25	Sunshine Coast CycleFest	Includes King and Queen of the Mountain at Palmwoods on the Saturday morning, then in the afternoon there will be a street criterium at Cotton Tree with six events. On the Sunday. There is the 100km (with 1000m of elevation) grand fondo from Cotton Tree riders will travel through Alexandra Headland, Buderim, Bli Bli, Yandina, Eumundi, Verridale, Peregrine Beach, Coolumb Beach, Maroola, Mudjimba, Twin Waters, Bli Bli and Maroochydoore. There will also be a 25km ride from Port Arkwright to Cotton Tree.	Cotton Tree	<a href="http://www.sccyclefest.com.au">www.sccyclefest.com.au</a>
September 24-October 2	Sunshine Coast Bike Week	A nine-day celebration of cycling on the Sunshine Coast. Bike Week encourages people of all ages, sizes and cycling abilities to get into the saddle by offering a packed schedule of events during the week.	Sunshine Coast	<a href="http://www.sunshinecoast.qld.gov.au">www.sunshinecoast.qld.gov.au</a>
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	<a href="http://www.atlasmultisports.com.au">www.atlasmultisports.com.au</a>
October 2	Sunshine Coast Cycling Club King Kunda	Criterium race featuring all grades for Sunshine Coast Cycling Club.	Caloundra	<a href="http://www.scccracing.wix.com/sccc">www.scccracing.wix.com/sccc</a>
October 6	Sunshine Coast Cycling Club crit	Thursday night criterium racing featuring all grades for Sunshine Coast Cycling Club.	Caloundra	<a href="http://www.scccracing.wix.com/sccc">www.scccracing.wix.com/sccc</a>
October 9	Multi Terrain Bike Orienteers round nine	MTB Orienteering is the sport of cross country cycling, combining riding and navigation. Course lengths vary from 5km to more than 40km, in terrain from flat coastal pine plantations to undulating native bush forests. Courses are available to suit riders of all abilities, from social to competitive.	Beerburum	<a href="http://www.mtbo.com.au">www.mtbo.com.au</a>
October 12	Ride2Work Day	Ditch the car and ride to work. This Sunshine Coast Council initiative include a community breakfast in three locations plus but in the chance to win a \$1000 bike shop voucher for anyone that registers.	Sunshine Coast	<a href="http://www.sunshinecoast.qld.gov.au">www.sunshinecoast.qld.gov.au</a>
October 14	1200km For Kids	A 1200km fundraising ride which will start on the Sunshine Coast and finish in North Sydney on October 22.	Sunshine Coast	<a href="http://www.1200kmsforkids.com">www.1200kmsforkids.com</a>
October 15	Wild Women Adventure Race	An all-women adventure race in teams of two. Competitors can expect between 20 to 30 km of mountain biking, 8 to 15 km trail running/trekking and 1-3 km of kayaking/swimming/paddling (water discipline). There may be multiple legs of each discipline.	Noosa Hinterland	<a href="http://www.triadventure.com.au">www.triadventure.com.au</a>
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	<a href="http://www.malenyblackallrange.qld.lions.org.au/projectsmvc">www.malenyblackallrange.qld.lions.org.au/projectsmvc</a>
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	<a href="http://www.runqueensland.com">www.runqueensland.com</a>
October 22-23	Bribie Island Tri Series round one	Four-triathlon series. Points scored from all four triathlon. Long course – 750m swim, 20km cycle, 5km run. Short course - 300m swim 10km cycle 3km run. Active kids and first timers races are staged on the Saturday.	Bribie Island	<a href="http://www.briebietri.com">www.briebietri.com</a>

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# Upcoming Sunshine Coast events

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Date	Event	Distance	Location	Website
October 23	Spring Swim Sunshine Coast	From kids and beginners through to competitive swimmers and triathletes in training. Distances include 3.8km, 2km, 1km as well as junior giants 300m (8-16 years) and 1km (10-16 years).	Mooloolaba	www.worldserieswims.com.au
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	Dress 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	Australia's biggest triathlon, including a 1500m swim, 40km ride, 10km run.	Noosa	www.ap.ironman.com
November 6	All Schools Triathlon	This event is used for selection for SEQ regional teams for the Queensland School State Triathlon Championships to be held in February 2017. The event caters from ages 7-18 and has distances for all. Enter via the registration link online and nominate your region and school you will be competing for in 2017.	Lake Kawana	www.triathlonqld.com.au
November 12	Kawana Aquathlon	Full distance include 2.5km run/1000m swim/2.5km run; Enticer 300m swim/2km run; Junior 10-11 years 200m swim/1km run and Mini (7-9 years) 100m swim/500m run.	Kawana	www.qldtriserries.com.au
November 12-13	Hervey Bay 100	Sunday features a national long course qualifying race with a 2km swim, 80km ride and 18km run. Saturday includes a mini aquathlon (entrants born 2006-2008) of 500m/50m/500m and a junior aquathlon (entrants born 2004-2005) 1km/200m/1km. Also a junior triathlon (entrants born 2002-2003) 400m/12km/3km, intermediate triathlon (entrants born 2000-2001) 600m/16km/4km and senior triathlon (entrants born 1997-1999) 600m/16km/4km as well as a Have a Crack tri (open to those above 15 years) swim 200m/bike 8km/run 2km.	Hervey Bay	www.hb100.herveybaytriclub.org.au
November 12	Open water swim	Organised as part of the Queensland Tri Series, the open water swim events will be staged over 500m, 1000m and 1500m.	Kawana	www.qldtriserries.com.au
November 13	South East Queensland Trail Running Series	Round three of the eight-race series staged in Brisbane, Gold Coast and Sunshine Coast. Features 7.1km and 13.1km trail run races.	Pomona	www.seqtrailrunningseries.com.au
November 13	Queensland Tri Series	Round four of the seven-round triathlon series. Distances include QTS 400m swim/15km bike/4km run; Enticer 200m swim/7.5km bike/2km run and Kool Kids 100m swim/2km bike/500m run.	Kawana	www.qldtriserries.com.au
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 10-11	Bribie Island Tri Series round two	Four-triathlon series. Points scored from all four triathlon, must do three races to qualify for series prizes. Long course – 1km swim, 30km cycle, 8km run. Short course - 300m swim 10km cycle 3km run. Active kids and first timers races are staged on the Saturday.	Bribie Island	www.briebietri.com
December 18	Buderim 9	Climb nine Buderim hills, covering 75km, within three hours. 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



## Upcoming Sunshine Coast events

Send us your events:  
multisportmecca@apn.com.au

Date	Event	Distance	Location	Website
January 10, 2017	Hares and Hounds trail run	The distances this year are 52km, 10km and 5km solo runs and a 52km relay for 2, 3 or 4 person teams. A 10km walk has also been added.	Woodford	<a href="http://www.glasshousetrailseries.com">www.glasshousetrailseries.com</a>
February 5, 2017	Queensland Tri Series	Round six of the seven-round triathlon series. Distances include QTS Sprint 750m swim/20km bike/5km run; Super Sprint 400m swim/15km bike/4km run; Enticer 200m swim/5km bike/2km run and Kool Kids 100m swim/2km bike/500m run.	Caloundra	<a href="http://www.qldtriseriess.com.au">www.qldtriseriess.com.au</a>
February 11-12, 2017	Noosa Summer Swim	In 2017, the event expands to a full weekend program. It offers a range of distances for every ability, from junior events to marathon distances where seasoned swimmers can push their limits. Distances include 3km, 2km, 1km, and juniors 1km and 300m.	Noosa Heads	<a href="http://www.worldserieswims.com.au">www.worldserieswims.com.au</a>
February 11-12, 2017	Bribie Island Tri Series round three	Four-triathlon series. Points scored from all four triathlon, must do three races to qualify for series prizes. Long course – 1km swim, 30km cycle, 8km run. Short course - 300m swim 10km cycle 3km run. Active kids and first timers races are staged on the Saturday.	Bribie Island	<a href="http://www.briebietri.com">www.briebietri.com</a>
February 26, 2017	South East Queensland Trail Running Series	Round seven of the eight-race series staged in Brisbane, Gold Coast and Sunshine Coast. Features 8.3km and 14.8km trail run races.	Ewen Maddock Dam	<a href="http://www.seqtrailrunningseries.com.au">www.seqtrailrunningseries.com.au</a>
March 4-5, 2017	Bribie Island Tri Series round four	Four-triathlon series. Points scored from all four triathlon, must do three races to qualify for series prizes. Series entries receive a discount to all four triathlons and series gift. Long course – 750m swim, 20km cycle, 5km run. Short course - 300m swim 10km cycle 3km run. Active kids and first timers races are staged on the Saturday.	Bribie Island	<a href="http://www.briebietri.com">www.briebietri.com</a>
March 5, 2017	Mooloolaba Mile Ocean Swim	The Mooloolaba Mile is a feature on Queensland's ocean swimming calendar and continues to attract swimmers from all over Australia. The main event, a one mile (1.6km) course is well within reach for beginners and novice ocean swimmers. There is also a 3km, 800m, as well as junior giants of 300m and 800m.	Mooloolaba	<a href="http://www.worldserieswims.com.au">www.worldserieswims.com.au</a>
March 10-11, 2017	Mooloolaba Triathlon Festival	ASICS Mooloolaba Twilight 5km run, 1k Ocean Swim, Superkidz Triathlon and the Special Tri. The event also features the Mooloolaba ITU Triathlon World Cup.	Mooloolaba	<a href="http://www.ap.ironman.com">www.ap.ironman.com</a>
March 12, 2017	Mooloolaba Triathlon	The iconic event of the festival, the Olympic-distance triathlon featuring a 1.5km swim in the Mooloolaba bay, one-lap 40km bike course on the Sunshine Motorway, and two-lap 10km run course from Mooloolaba through Alexandra Headland.	Mooloolaba	<a href="http://www.ap.ironman.com">www.ap.ironman.com</a>
April 2, 2017	Triathlon Pink	All-female triathlon, with short 100m/4km/1km, medium 200m/6km/2km, long 300m/8km/3km, ultra 600m/16km/6km, kids 7-9 50m/2km/500m and kids 10-13 100m/4km/1km. Also a fun run of 1km, 7 Yrs + 3km and 12 Yrs + 6km.	Sunshine Coast	<a href="http://www.triathlonpink.com.au">www.triathlonpink.com.au</a>
April 30, 2017	TooMoo 220	Supported ride from Toowoomba to Mooloolaba which raises money for charity. Riders travel to Toowoomba by bus on the Friday, and then ride back to the Coast achieving a 2000m elevation gain at the same time.	Toowoomba to Mooloolaba	<a href="http://www.toomoo220.com.au">www.toomoo220.com.au</a>
May 20-21	Tough Mudder	Tough Mudder has a new course and new challenges in 2017 at the home of the Woodford Folk Festival - Woodfordia. There will be rolling hills, epic valleys and thick back-forests all lined up ready for Mudders. Experience the rush of Tough Mudder's amazing new 2017 course with thousands of first-timers and legionnaires alike.	Woodford	<a href="http://www.toughmudder.com.au">www.toughmudder.com.au</a>
May 27-28	Noosa Ultimate Sports Festival	Starting with an ocean swim off Main Beach, with 3.8km, 2km, 1km and 500m options on the Saturday. Then on the Sunday, Cycle Noosa with 160km and 85km events. There is also Run Noosa, with 21.1km, 10km or 5km races.	Noosa	<a href="http://www.ap.ironman.com">www.ap.ironman.com</a>