

Sunshine Coast Daily

# Multi**sport** MECCA

Wednesday, August 24

## Our team statesman

WEARING the green and gold in his own backyard was too hard for Jonathan Hamwood to refuse.

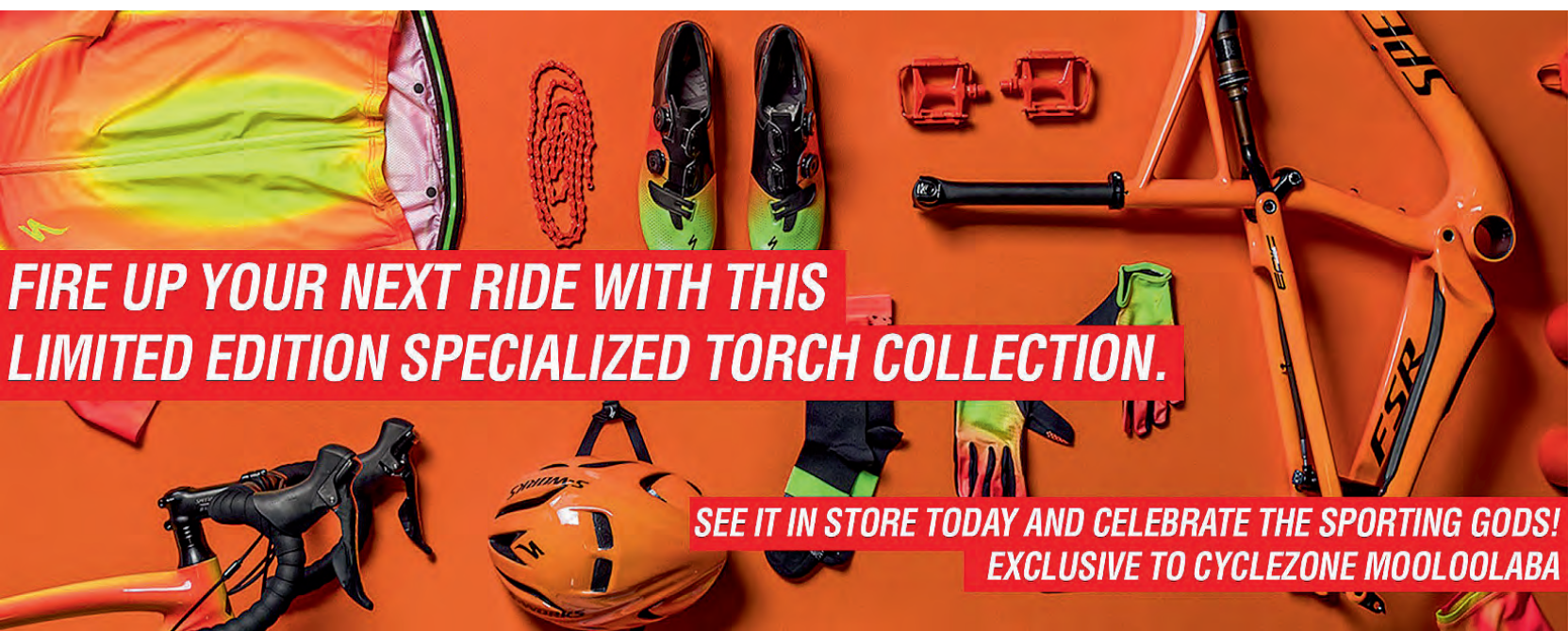
At the age of 67, he's the oldest local male competing at next Sunday's Ironman 70.3 World Championship.

Among the pioneers of the sport Down Under, it's fitting "Jo" got his chance to represent Australia at the first 70.3 world championship event staged in the southern hemisphere.

He started triathlon racing 33 years ago and his passion for a healthy lifestyle and motivation to train across the three disciplines has never waned.

Over the years Jo has represented Australia in Olympic-distance events, including at Montreal and Vancouver (Canada), Oahu (Hawaii), and the Gold Coast.

CONTINUED ON PAGE 2



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# Meet our local world hopes

## FROM PAGE 1

Having completed two Ironmans, Cairns and Melbourne, he was no stranger to the longer distances.

But knowing qualification would take a win in his 65-69 age group, Jo successfully won his division at Ballarat in December with a time of 5:28:15 (32:53 swim, 2:44:50 bike, 2:05:24 run).

"At my age I am getting a few heart spikes so I figure the pace of the half is better suited to me (than the sprint events). But it doesn't make it any easier," he said.

"I usually train six days a week, one discipline each day, so two of each. I'm pretty straight forward, 52 weeks a year. I'm Mr Consistency.

"From summer I went into maintenance mode, doing slightly shorter distances. I have pushed it up to the right distances and each session I usually bike 90km, run about 17km and swim 2.5km. I usually train by myself and I don't have any trouble getting motivated."

The retired air combat officer, who has travelled to all parts of the globe, started in triathlon because it was a "natural progression". He ran to keep fit, cycled to work, and swam during summer.

"It's a lifestyle. I have been doing it for so long I intend to keep it up," he said.

"Your body really does

## SCHEDULE

### September 1

7am: Ocean swim event.

### September 2

7am: Boardies Beach run.

### September 4

6.15am: Pro athlete start.

6.35am: Age group athletes start.

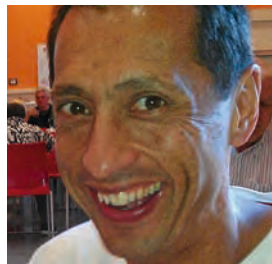
start to tell you are getting older. But that is life and you know you are going to slow down. There is a lot of benefit to being fit."

When it comes to the worlds, Jo doesn't have any outlandish expectations.

The quality of competition will be high and reaching the podium will be difficult.

"There are so many guns in it. I would think there are half a dozen Australians who would beat me," he said

"I'm happy to go around and put in a reasonable effort. Qualifying was my Olympic Games."



**Karl Andre (Woodford), M50-54.**



**Alison Caiafa (Sunshine Beach), F55-59.**



**Hazel Edmond (Tewantin), F65-69.**



**Robbie Andrews (Maroochydore), M50-54.**



**David Chick (Yaroomba), M45-49.**



**Tim George (Alexandra Headland, now Spain), MPRO.**



**Bonnie Atherton (Mooloolaba), F18-24.**



**Damien Collins (Beerwah), M25-29.**



**Scott Farrell (Palmwoods), M35-39.**



**Ash Hunter (Beerwah), F25-29.**



**Melissa Hauschildt (Noosa), FPRO.**



**Paul Davies (Peregian Springs), M35-39.**



**Nathan Fitzakerley (Parrearra), M40-44.**

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# Meet our local world hopes



Jonathan Hamwood  
(Mons), M65-69.



Alice Latham  
(Mooloolaba), F30-34.



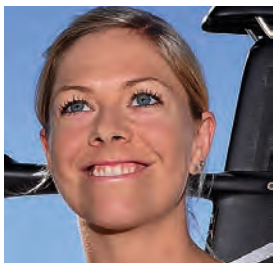
Malin Olsson (Buderim),  
F40-44.



Caroline Steffen  
(Mooloolaba), FPRO.



Richard Thompson (Kiels  
Mountain), M30-34.



Meredith Hill (Marcus  
Beach), F30-34.



Paul McDonald (Mountain  
Creek), M35-39.



Michele Purvis  
(Mooloolaba), F50-54.



Kierra Sansome  
(Aroona), F18-24.



Jacqui Waters (Mt  
Coolum), F25-29.



Jaimielle Jacobs (Noosa  
Heads), F30-34.



Casey Munro  
(Mooloolaba), MPRO.



Sean Richardson  
(Mountain Creek, now  
Brisbane), M30-34.



Kaz Taverner (Parrearra),  
F50-54.



Kacey Willoughby  
(Mooloolaba), F30-34.



Nicholas Kastelein  
(Noosa), MPRO.



Lauren Murphy  
(Caloundra), F35-39.



Anthony Rule (Alexandra  
Headland), M30-34.



Catherine Thiele  
(Mooloolaba), F35-39.



Matthew Wolstencroft  
(Wurtulla), M45-49.



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# Caroline closes in on 70.3 title

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

MOOLOOLABA'S newly crowned Asia-Pacific titleholder Caroline Steffen is eager to show what she can do, on her home soil, at the Ironman 70.3 World Championship on September 4.

The 37-year-old admits she's "not getting any younger" but she is in form, has enjoyed a strong preparation and will have local knowledge when the globe's best endurance athletes collide.

"I'm very excited to have the world championship in my home town, on a course I like," she said.

The Swiss-born star, who is nicknamed Xena for her fierce racing, is a two-time ITU long-distance world champion and two-time runner-up at the Ironman World Championship.

She has won countless races, including the Noosa Triathlon and the past two editions of Ironman 70.3 Sunshine Coast.

She's in ominous form, winning the continental title in Cebu.

Caroline believes she has an advantage over most of her rivals because she lives on the Coast.

"I don't have to travel and I know the course really well. I train fairly often on it," she said. "I think I will have big support and that's definitely going to help me."

The race includes a 1.9km swim at Mooloolaba Beach, a 90km ride which heads into the hills of Rosemount and a 21.1km run with four ascents of Alexandra Headland. But Caroline is wary of her opposition.

"There is going to be a handful of really strong girls, with the world champion from last year, Daniela Ryf, and some from the US.

"I think I'm in the mix for the top five at the moment."

Fellow Coaster Radka Vodickova, second at Cebu, will also compete, as well as former two-time 70.3 world champ Melissa Hauschildt.



Caroline Steffen will compete on home soil for the world title next month.  
PHOTO: DELLY CARR

## Course designed to showcase region and challenge athletes

ATHLETES have been building for months for the world championship at Mooloolaba. Race director Chris Price has been preparing for nearly two years.

With the planning phase over, implementation is underway to host the biggest ever 70.3 Ironman World Championship field.

More than 30 draft-busters will be on course, while there has been a massive effort to ensure all residents respect the road

closures. About 70,000 copies of the change-traffic conditions information up and down the Sunshine Coast have been distributed, as well as letterbox drop and doorknocking of residents in specific areas.

Chris said the key challenge was creating a course which was challenging yet also showcased the region, while also taking the non-event community into consideration.

Among the most talked about sections of the course is the bike

route – primarily the 350m of Rosemount Lane that peaks at about 12% and features on the second half of the total 90km journey.

"There is one pinchy little climb that will test the athletes. But that is what adds to the event and the experience. There is always a talking point in the course," he said. "It's really exciting to have all the international competitors head our way.

"We have been doing this kind of thing for a long while but this

event is unique in its own right."

Ironman works closely with main roads and council in the lead-up to monitor surface condition, and street sweepers are used close to the event.

While the hill will certainly break up the field, with the athletes having to qualify worldwide, close racing is assured.

"It's going to be multiple races within a race and those categories are going to be far more defined than they would be for a normal race," Chris said.

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# Testing run against the elements

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

HOT, dry and remote. The Larapinta Trail in the Northern Territory's MacDonnell Ranges is beautiful yet brutal.

Sunshine Coast pair Kate Gazzard and Peter Schultz embraced the best and worst of the Outback as part of the annual Run Larapinta Stage Race. Held over four days, competitors completed between 19-45km each stage of the Malbunka long course.

The runners are essentially self-supported with occasional aid stations.

After four gruelling days, Kate won bronze in the women's 20-39 age group in 19:26:33, while Peter secured silver in men 50-59 with an effort of 22:39:24.

"I had never been to the red centre before. You could climb and find amazing expanses of outback, red centre rockscapes...it was incredible," Kate said.

"All in all it was bloody incredible.

## RUN LARAPINTA

**Malbunka:** stage one - 19km, stage two - 39km, stage three - 34km, stage four 45km.

### Peter Schultz

Day 1.....2:00:47  
Day 2.....7:33:48  
Day 3.....5:12:21  
Day 4.....7:52:28  
**Total ..... 22:39:24**

### Kate Gazzard

Day 1.....1:57:01  
Day 2.....6:36:28  
Day 3.....4:34:58  
Day 4.....6:18:05  
**Total .....19:26:33**

"We ran with a map but essentially you are on the trail. It's a walking path, but it's rugged and you can get lost easily.

"You have to keep your eyes out for a trail marker. But they are few and far between. You are watching every step, but you really have to look up to watch for the markers."

Enjoying a few days travelling after the event, Kate said day two was the toughest without doubt.

"It was meant to be 39km and it



**Peter Schultz and Kate Gazzard completed the four-stage Run Larapinta Stage Race.**  
PHOTO: CONTRIBUTED

ended up being 42km. There were three massive climbs. Everyone ran out of water so the last four kilometres were pretty miserable," she said

"The climbs were brutal. You couldn't get into a flow because the track was rock.

"It was run walk.

"The people are awesome. It was so different from triathlon. You run with people and have a chat, everyone was checking on each other. The camaraderie against the elements was a refreshing experience from racing."



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# Sam is not done here yet

ETHIOPIAN distance runner Samuel Woldeamanuel has signalled his intention to claim a three-peat at the 7 Sunshine Coast Marathon next year, after defending his title at Alexandra Headland on Sunday.

The 35-year-old stopped the clock in a time of 2hrs22min16sec to win the 42.2km test by just under a minute from Jonathan Peters, with Dion Finocchiaro more than four minutes further adrift.

While Sam could not best his course record set last year, his performance was still impressive given the conditions.

“Last year I ran 2:18, this year 2:22, it’s okay, it was a little bit different, this year it was windy,” he said.

“The first lap was good but the second lap was a little bit slow and it was a bit crowded.”

He led from start to finish to better a field that was of a higher quality than last year.

Multisport Mecca editor Grant Edwards rode the lead bike and said Sam set a stunning pace which he was unable to sustain.

“From the gun he was running 3:10 kilometres and by the time we had returned back over the headland Sam settled into 3:20s,” Grant said.

“Throughout the middle section of the race he maintained that pace, but in the latter stages through Cotton Tree his speed dropped considerably...to about 3.45s.

“We saw Jonathon at the turnaround near Picnic Point and he closed quickly.”

Sam expects to return next year, and said he was eager to

TOP FIVES

Marathon

Men

1. Samuel Woldamanuel

2:22:16

2. Jonathan Peters

2:23:08

3. Dion Finocchiaro

2:27:25

4. Barry Keem

2:32:16

5. Wayne Spies

2:35:26

Women

1. Clare Geraghty

2:50:47

2. Roxie Fraser

2:55:49

3. Elkie Belcher

2:56:58

4. Ruth McGuinness

3:00:30

5. Sally Matsubara

3:06:32

Half marathon

Men

1. David Dellow

1:13:23

2. James Turner

1:13:48

3. 2496 Clay Dawson

1:14:23

4. Tim Toner

1:15:44

5. Sean Richardson

1:16:38

Women

1. Cassie Fien

1:13:25

2. Emily Donker

1:19:27

3. Ellen Christison

1:22:55

4. Claire Rayner

1:23:13

5. Jacqueline Henricks

1:24:10

contest the Melbourne Marathon in October.

He should be in the mix if he is at his peak. He has a personal best of 2hrs08min45sec, set at Barcelona in 2010.

Meanwhile, the runner-up admitted he “did not expect to run that fast”.

Conservative tactics worked as he ran the second half of the course in roughly the same time as Sam.

But he never really thought he could catch the African.

“He was a bit too far in front (about three minutes for most of



Marathon winner Samuel Woldeamanuel. PHOTO: PATRICK WOODS

the way),” he said.

“If it was a one minute gap I could have went for it. Samuel is a very good runner. I would have been surprised if I had been running with him.

“This is the best marathon course I’ve run on. I love it.”

Clare Geraghty won the women’s division (2hrs50min45sec) after reeling in eventual third place-getter Elkie Belcher who set a rapid early pace.

With Elkie struggling in the last 4km, local Roxie Fraser took second place in front of Maroochydore Surf Club and with gritted teeth was never headed.

But it was the half marathon which was the race of the day.

Local professional triathlete David Dellow (1hr13min23sec) just managed to break away from women’s winner Cassie Fien (record 1hr13min25sec) to claim the victory.

Dave, who is training for Hawaii’s Ironman World Championship, took the lead early but was caught by Cassie. He then put the afterburners on in the latter stages to claim a stunning win.

The 10km was won by Thomas Do Canto (31min02sec) and local Melissa Hauschildt (34min52sec).

The 5km was won by Jake Hynes (17min27sec) and Yasmin Doherty 20min52sec) and the 2km by Harvey Cramb (9min09sec) and Arabella Anderson (10min03sec).

The 7 Sunshine Coast Marathon and Community Running Festival organiser Jason Crowther said there was “still a lot of room for growth” at the event, following its fifth edition.

The six-race carnival proved a successful one and a popular one, with about 5500 runners taking to the scenic coastal course.

“We’re still a young event but we want this to be one of the biggest (marathon and run festivals) in Australia and there’s still lot of room for growth,” he said.

“The plan is to get to 12000-15000 runners in 10-15 years. We’ve got to get that national and international market competing.”

And it’s in the main race he’d like to see some more immediate growth.

“We’ve got some fast times here (so) it’s going to draw those fast age group runners who want to run a PB. Our goal is attract those guys and build the marathon numbers.”

See photos from the festival on page 14.

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# Coast top picks for grocers and markets



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

SPRINGTIME on the Sunshine Coast is an exceptional time of year to live here on the Sunshine Coast. Actually, all year is pretty marvellous come to think of it.

We are spoilt for choice for things to do, places to visit, loads of bushwalking or beach activities and a plethora of markets stocking everything from those annoying bird whistle thingies to organic, home-made relish. To top that off, we are treated with a climate to rival the best in the world.

Most important to a travelling athlete is where to get some good hearty local produce. As let's face it, finding good little gems away from home is a massive weight off the shoulders. And the best way to have a good race is to keep the things we eat while we're away, as close to "normal" patterns as possible.

Let's dive in and have a look at some of the stand-out places to grab some grub while you're here on the Sunshine Coast. For the purposes of the upcoming world champs, let's direct our attention to the centre of the coast around Mooloolaba and surrounds.

We are lucky to have an over abundance of easily accessible markets here on the coast, stocking fresh local produce. Here's my top picks for the central Sunny Coast markets and produce stores.

**Grocers – open all week**  
**Bfresh Market Café Deli**

- **Hours:** Open seven days

**CONTACT SCOTTY**

**Background:** Scotty Farrell is a university qualified nutritionist (Bachelor of Nutrition, University of the Sunshine Coast), teacher (Bachelor of Education, University of Southern Queensland), Level 1 triathlon coach, a well-respected top age-group triathlete (Kona qualifier) and ultra-trail runner.

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

- 0800-1800.
- **Where:** 239 Nicklin Way, Kawana.
  - **What:** An assortment of grocery items, fresh produce, a kick-arse deli and cafe all in one. If you're not on a budget and like your produce and products organic, then this is a good place to visit and stock the pantry while you're here.
- Get Fresh @ Cotton Tree**
- **Hours:** Open seven days from 0730-1800.
  - **Where:** King St, Cotton Tree (Maroochydore).
  - **What:** Australian produce, deli items and a great little cafe attached. This is a great little grocer/cafe if you're in the Maroochydore/Cotton Tree area.
- Renee's Pantry**
- **Hours:** 0900-1800 Tues-Thurs, 0900-2100 Fri and 0900-1400 Sat.
  - **Where:** The Lane, Main St, Palmwoods.
  - **What:** Settled in the small town of Palmwoods at the base of the hinterland, this awesome little ethical grocer is a must visit while you're here and if you're local, you



The Eumundi Markets always draw a crowd. PHOTO: LEO WILES

- need to get here now. Stocking a great variety of organic produce and pantry items, you'll fill your shopping bags with ease. If you're looking for something to do Friday night, they put on Mexican street food, live music and fires. Massive brownie points for the other half and if you're here after the event, it's BYO.
- Erbachers Fruit and Vegetables**
- **Hours:** 7 days – 0730-1800.
  - **Where:** 131 David Low Way, Maroochydore.
  - **What:** For busy locals, this is a common spot to grab the weekly produce. A good variety of seasonal fruit and vegetables set out in a super convenient way. You'll save a few dollars here too with pre-packed foods always at a good price. Quality is always pretty good too.
- Farmers' markets**  
**Kawana Waters Farmers' Market**
- **When:** Saturdays from 0700-1200.
  - **Where:** Kawana State College, Sportsmans Parade, Bokarina.
  - **What:** A variety of fresh produce and stack of delectable food stalls for a bite to eat on site. An all-weather venue this market is a favourite for central
- Sunny Coasters with great quality stalls all over.
- The Big Pineapple Outdoor Markets**
- **When:** Saturdays from 0630-1300.
  - **Where:** The Big Pineapple, Nambour Connection Rd, Woombye.
  - **What:** A focus on fresh and local produce, this market is a great spot to chill on a Saturday morning and pick up your produce for the week. A short 15min drive into the base of the hinterland.
- Eumundi Markets**
- **When:** Wednesdays 0800-1330 and Saturdays 0700-1400.
  - **Where:** Memorial Drive, Eumundi.
  - **What:** A large variety of produce and pretty well anything you can think of. The Eumundi Markets draws people from all over the country and the world with its eclectic array of stalls. A must visit while you are here.
- There you have it, a handful of good spots to fill your fridge and pantry. If you live here and haven't been to any of these places then I highly recommend you do. Move away from the big chains and support local businesses. It's always a bonus knowing you're getting good-quality local food in your belly.



View of Coolool from the surf break

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# Going bush gains momentum

**Michael Johns**

Club secretary, Bushrangers Mountain Bike Club  
Sunshine Coast Inc

WHETHER gently trundling through the bush, riding on a bikepacking adventure or hurtling down a flow trail, mountain biking is a multifaceted sport with something for everyone.

It's enjoyable and builds fitness and coordination skills while getting you to some incredibly beautiful environments that many others would probably never get to see.

The Bushrangers mountain bike club recently celebrated its 20th anniversary and since 1995 our members have been riding all over the Sunshine Coast and on trails all over the world.

We have weekly club rides, GoGIRL women-only rides, rookie rides for beginners, interclub rides and we also travel away for rides in Brisbane, Gympie and Hervey Bay. We are also introducing a new style of ride called a "gravel grinder" which is a long-distance ride mostly along dirt roads and trails.

## Where to ride

The Sunshine Coast has some amazing and varied trails and the Bushrangers rotate through them all with our weekly club rides.

There are trails at Cooloolabin, Glasshouse Mountains, Mapleton and Pomona and if you are up for a drive, then the trails at Brisbane, Toowoomba, Gympie, Hervey Bay and Gold Coast are worth the trip.

Here are some local tracks that are popular with the coast's mountain bike riders.

## Parklands Conservation Park

The Parklands trails (near Nambour) are varied, rugged and challenging with mostly intermediate and advanced-level trails.



## Wooroi Conservation Park

The Wooroi trails are fast and flowy and travel through some beautiful environment.

## Sugarbag trails

The Sugarbag Rd trails in Caloundra are a small network of tight tracks filled with fun timber features.

## Ferny Forest trail

The Ferny Forest trail is a beginners' loop opposite the Big Cart Track on Steve Irwin Way. This 10km beginner-level loop goes through some beautiful forest and along the Ewan Maddock Dam.

## Hennessey Hill

Hennessey Hill is a fast, advanced-level downhill track following the Beerburum-Woodford Rd.

## Current projects

### Parklands upgrade

The Bushrangers are applying for funding to upgrade the Parklands Conservation Park to include beginner trails, a covered area and a skills development area to help build up rider skills.

This is the first part of a master



Locations such as Wooroi are popular for riders on the Coast.

PHOTO: NEIL ENNIS

plan to get Parklands open to riders of all level riders.

## Races

The new Parklands Dash mountain bike race and an inaugural CycloCross (CX) race are being planned for later this year.

## Sunshine Coast Trail Alliance

The Bushrangers are pushing for the creation of a Sunshine Coast Trails Alliance. The SCTA would build and maintain trails throughout the Sunshine Coast. It would be run and supported by the relevant sports clubs, councils and other landowners.

## Supporting local bike shops

We are starting a program where we try to support all the local bike shops by inviting them to our rides so they can show off their wares and we can get to know each other.

## GoGIRLs riding group

A women's advocacy officer position was made on the committee and Susie Hume has

created a riding group to encourage more women to try mountain biking. They have regular rides and training workshops.

Their Facebook page is [www.facebook.com/groups/1575444699344916](http://www.facebook.com/groups/1575444699344916).

## One final note

Our club believes the Sunshine Coast has the potential to be a world-class location for mountain biking with its beautiful location and tourism infrastructure. It could easily compete with the eco-tourism hotspots in the US, NZ and Europe. All it needs is some more upgrades to its already impressive trails and buy-in from government, businesses and the community to make it happen.

For more information visit the Bushrangers website at [www.bushrangers.org](http://www.bushrangers.org) or visit our Facebook page, [www.facebook.com/BMTBSC](http://www.facebook.com/BMTBSC).



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# Solo run from Melbourne to Coast

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

JAMIE Milne is going to run himself into the ground at some point.

For now though, he plans to run the 2080km distance between Melbourne and the Sunshine Coast, solo.

That's the equivalent of two marathons a day for 20 days and, on past form, it's a fair show he will make it.

Jamie, who with Leigh Stalker operates Jamie Milne Training at Warana, has every year since 2009 completed an ultra marathon in memory of his Nanna Mary who helped raise him.

Jamie had originally planned to run from Melbourne with Stalker but the demands of their business meant that was not possible.

Instead, a series of guest runners will join him for different sections of the course to maintain focus on what is the most gruelling test of endurance he has undertaken.

The run will leave Melbourne's Albert Park on September 18 at the start of Dementia Awareness Month with a fundraising target of \$20,000 set in support of Alzheimer's Australia, a disease suffered by Jamie's nan in her final years.

He will run on the first day with Josh Jones, founder of the Odín Sports Just Be Nice Project which donates an item of clothing to the homeless for every item it sells.

Rebel Sports has also thrown its support behind Jamie's run, ensuring he has a support team and a place to sleep each night.

Rotary and running clubs will also join at different stages – adding to a Community Kilometre Bank to assist with the fundraising.



**Kim Morrison.** PHOTO: IAIN CURRY

Jamie, a vegetarian, follows the training principles of New Zealand coach Arthur Lydiard whose methods helped the careers of champions Peter Snell and John Walker. The focus is on the quality of training rather than what he describes as "junk miles" that just bring wear and tear to the body.

"I'll really give it my best," Jamie said.

"I just need to master my emotions and mind.

"People on the Coast have been fabulous.

"You couldn't get a better community than we have here. There are a lot of good people behind me."

Among them is another former Kiwi – now proud Australian Kim Morrison – who will join Jamie for the last half of the run.

Kim, the owner of twenty8 Essential Oils, holds the world record as the youngest woman to complete 100 miles (161km) in 24 hours.



**Jamie Milne is gearing up for a run from Melbourne to the Sunshine Coast that will take him 20 days.** PHOTO: JOHN MCCUTCHEON

## MANY MILES FOR MARY

In the late 1990s, Jamie Milne's late grandmother Mary passed away after a lengthy battle with Alzheimer's disease. Jamie was an only child raised by his father and both grandparents played a pivotal role in his upbringing.

"My Nanny was a quiet homebody of a lady with a relentless warmth, love and affection for myself and our family. She was a home keeper and nester for me and my Grandfather whom was a very proud, and hard-working Scotsman, a seasoned athlete and runner," he said. Many Miles for Mary was a thought, a dream, a grieving process stemming from the day of Mary's funeral.

"At the time of the service I was unable to gather words to describe or farewell my Nanny at her passing, even though I really, really wanted to...so I promised myself that day in some way shape or form, I would always remember Mary and farewell her in my own special way."



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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.

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# Sun shines on annual festival



Brothers Ben and Alex Wockner. Alex competed in the 5km event and finished in 23:34.  
PHOTO: PATRICK WOODS



Martin Schett proves popular as the 3:45 marathon pacer.  
PHOTO: PATRICK WOODS



Rebecca Fleischfresser (right) is all smiles before finishing ine half in 2:26 alongside Tessa Taylor.  
PHOTO: PATRICK WOODS



Mecca competition winner Joanne Fernandes was rapt with her 43:51 finish in the 10km.  
PHOTO: CONTRIBUTED



Jayne McNeish and Peta Manwaring finish the half marathon (2:09).  
PHOTO: PATRICK WOODS



Ben Hogan and Jocelyn Martin celebrate their half marathon finish in (2:37) .  
PHOTO: PATRICK WOODS



Competition winner Helen Greenfield finished the half marathon in 1:45.  
PHOTO: CONTRIBUTED



Action from the half marathon.  
PHOTO: PATRICK WOODS



Catherine Thiele and Kacey Willoughby both looked in fine form ahead of the 70.3 World Championship, finishing the half in 1:27.  
PHOTO: SCOTT FARRELL



Injury couldn't stop Ruth D'Hennin and the Rockers for Knockers crew.  
PHOTO: PATRICK WOODS



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# The way to move a crowd

**Grant Edwards**

Grant.Edwards@apn.com.au

SITTING behind in the pilot's seat, there's something about being a man with a van. Or a woman for that matter...but it doesn't quite have the same ring to it.

Not so long ago I was of the thinking that to wield a van was to have given up – you're telling the world you have succumbed to nappies, soccer and the Wiggles on repeat.

But there's something about a van which inspires.

Vans wearing the VW badge have become iconic the world over. While the Multivan doesn't inspire Kombi visions of old, it does possess modern reliability, an ability to maintain the national speed limit and air con which isn't dictated by open windows or a dash-mounted fan.

At just above \$50,000 it's not a bargain buy, but when you need to move an adult netball team it's among the best options.

## Comfort

All aboard. Sampling the long wheelbase variant, the Multivan offers easy entry and exit via dual sliding doors.

Standard set-up are four captain's style chairs in the first two rows with a three-seater bench in the back.

The air-conditioning is controlled at the front but the back has its own zone with roof-mounted vents and lights for those in the back.

Adults will appreciate the excellent head and leg room.

Quintessentially Volkswagen up front, there are some refined looking brushed silver and piano black finishes across the dash and everything is easily located.

Some of the operations are more commercial compared to the latest VW passenger cars, like the stalk-mounted cruise control, but the set-up remains simple to operate.

## On the road

You can't escape the sizable dimensions. At 5.3 metres long and with a 13-metre turning circle the Multivan is a big hauler, although the four-cylinder turbo diesel does an admirable job of providing the motivation.

While there is an uprated version of the oil-burner available on Highline and Executive models, that will set you back at least \$75K.

Getting along quite nicely, rarely do you feel like more punch is needed. Typically van-like in handling, you have to ease into



The Volkswagen Multivan can cater for five adults.

PHOTO: GRANT EDWARDS



corners and allow for additional space when hooking around sharp bends.

The driver sits high for an SUV-like position, which many will appreciate, and once you get used to the length the Multivan is a simple proposition.

Partnered to a seven-speed automatic, the gear changes are usually timely, although on occasions it can hunt for the right cog on downhill sections.

Parking can be a challenge, and often it's best to make use of the reversing sensors and camera rather than driving into positions.

## What do you get?

Among your givens are 17-inch alloys, dual zone air con, sliding doors on both sides, a leather-wrapped steering wheel, rear view camera, cruise control, full audio and phone Bluetooth connectivity, CD stereo with eight speakers and 16cm colour touch-screen display as well as USB connection for access to Apple Carplay and Android Auto.

Safety kit is well looked after, with the likes of electronic stabilisation program, anti-lock brakes an brake assist, electric differential lock, traction control and hill start assist all standard. There is also the system which analyses driving inputs and tells you when to take a break, as well as the autonomous braking function which stops the vehicle after an accident to avoid further collisions.

## VITAL STATISTICS

**Model:** Volkswagen Multivan LWB Comfortline TDI340.

**Details:** Front-wheel drive seven-seat long wheelbase people mover.

**Engine:** 2.0-litre four-cylinder turbo diesel generating maximum power of 103kW @ 3500rpm and peak torque of 340Nm @ 1750-2500 rpm.

**Transmission:** Seven-speed dual-clutch automatic.

**Consumption:** 8.2 litres/100km.

**CO2:** 216g/km.

**Bottom line plus on roads:** \$53,990.

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

## Practicality

All five seats in the back have child seat anchorage points, and they can also be completely removed for a pseudo van (nearly three metres in space). The pew and the chairs sit on rails, so you can push and pull them into desired positions, but it does take some elbow grease on occasions.

Look around the cabin and it's easy to see the lineage to Volkswagen's commercial range. The large front door pockets, dash-mounted dual cup holders, storage box next to the gear lever, upper compartment with lid as well as a lockable glovebox...and you can even option a table for the back.

Parents will love the sun shades which cover both rear window panes on each side.

But in the rear there is a lack of the little extras you expect from a people-mover, with no cup or bottle holders and only pockets in the rear seatbacks. The large rear door can also be a challenge to close and open in tight car parks while you need to lift items 571mm to get them into the back.

The Multivan proved a winner in our trip to Ironman Cairns. The family appreciated the comfy seats while there was plenty of space for a bike box and four suitcases.



## Funky factor

With 17-inch alloys it's not an offensive offering, but it's a people-mover and when moving people is the priority then sex appeal takes a back seat...but you do have space for that in the back if you so desire.

## The lowdown

Vans are on top of very few shopping lists. That's a shame, as many buyers are lured into the well-trodden SUV path before investigating the benefits of the load-luggers.

The VW Multivan offers a quiet and relaxed environment for seven adults which can easily be converted into a mobile board room or removalist chariot.

While lacking a few luxuries, it makes up for it with cabin flexibility and overall comfort.

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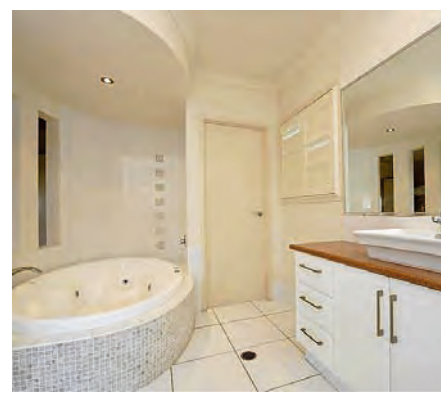
**Features:** North-facing architectural designed private home on Kawana Island

**Price:** Auction, Saturday, August 27, at 2pm

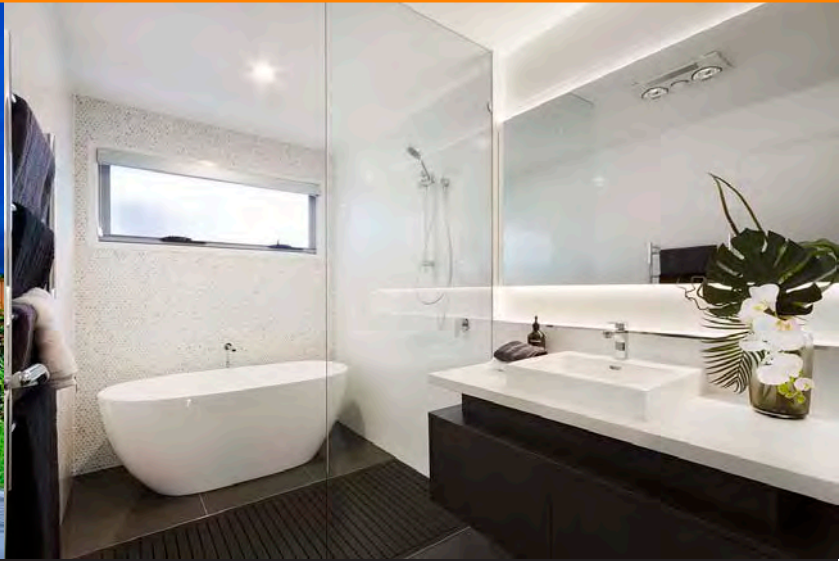
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**Inspection:** Saturday at noon



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# The latest and greatest...



The Nike Free RN OC are being worn by our Olympic athletes. They feature a breathable mesh upper with Flywire cables and a spliced rubber sole. Check them out at Allez Sport Mooloolaba, RRP \$170.



Here's a great way to arm yourself with camera protection on the road. Le CycloSportif now has the Cyclo Fly 6 rear camera/tail light in stock. They feature a 30 lumen light and a 1280x720 HD video camera and have an RRP of \$199. They are also taking orders for the highly anticipated Cyclo Fly 12 front camera and light with an RRP of \$499. Looping video and one button footage protection ensures you never miss the action. The rear camera has a six-hour battery life, while the front has 10 hours. The Fly 12 connects to your iPhone using Bluetooth and WiFi allowing you to adjust your settings and more.



Allez Sport at Mooloolaba has three new Endura flavours in stock, salted caramel, cola kick and fruit burst. RRP \$2.50 each of \$49.95 for a box of 20. The 55g sachets are convenient energy source with energy boosters and a blend of immediate impact and slow release carbohydrates to sustain energy levels.



Garmin's compact, touch-screen GPS 820 cycling computer offers advanced performance monitoring and bike-specific turn-by-turn navigation. It has a 5.8cm high-resolution, capacitive touch display that works with gloves and when wet, along with Garmin's GroupTrack feature that keeps tabs on everyone in your riding pack. Advanced performance monitoring includes VO2 max, recovery advisor, Strava live segments, FTP, performance condition and advanced cycling dynamics. Available now from Le CycloSportif at Noosa, RRP of \$649 for the headunit, or \$799 for the bundle pack incorporating cadence sensor and heart rate monitor.



Ezi Sports have the new range of Arena swimwear for ladies and men. Known for its high quality pool swimwear, Arena is perfect for those swim training sessions. Lots of new styles and one of the most value for money brands in Australia. See the range at Ezi Sports, [www.ezisports.com.au/swimming/](http://www.ezisports.com.au/swimming/)



The first Specialized Venge ViAS Disc has arrived at Cycle Zone Mooloolaba. Hire and give it a go for yourself...progress to buy and your hire cost comes off the final price. The RRP starts from \$6500 for the entry-level model, while the S-Works derivative with SRAM eTap starts from \$13,000.

Upcoming Sunshine Coast events

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

Date	Event	Distance	Location	Website
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 an 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/
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	www.mtcoorooraendurancechallenge.com
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, Peregian Beach, Coolum Beach, Marcoola, Mudjimba, Twin Waters, Bli Bli and Maroochydhore. There will also be a 25km ride from Port Arkwright to Cotton Tree.	Cotton Tree	www.sccyclefest.com.au

CONTINUED NEXT PAGE

## Upcoming Sunshine Coast events

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Date	Event	Distance	Location	Website
<b>September 24-October 2</b>	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>
<b>October 1</b>	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>
<b>October 2</b>	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>
<b>October 6</b>	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>
<b>October 9</b>	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>
<b>October 12</b>	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>
<b>October 14</b>	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>
<b>October 15</b>	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>
<b>October 16</b>	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>
<b>October 22</b>	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>
<b>October 22-23</b>	Hells Bells and Fairy Bells	Grab a friend and start training. Teams of two will navigate their way through a course of approximately 120km with disciplines including kayaking, trekking and mountain biking that is only revealed to them hours before race start. Fairy Bells about half the distance.	Sunshine Coast	<a href="http://www.dareyouadventure.com.au">www.dareyouadventure.com.au</a>
<b>October 22-23</b>	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>
<b>October 23</b>	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	<a href="http://www.worldserieswims.com.au">www.worldserieswims.com.au</a>
<b>October 26</b>	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	<a href="http://www.ap.ironman.com">www.ap.ironman.com</a>
<b>October 28</b>	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	<a href="http://www.ap.ironman.com">www.ap.ironman.com</a>

CONTINUED NEXT PAGE

Upcoming Sunshine Coast events

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Date	Event	Distance	Location	Website
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
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	www.glasshousetrailseries.com
February 4, 2017	Sunshine Coast Run Series	Round one of four races held as part of the annual series staged at varying locations on the Sunshine Coast, with run distances of 10km, 5km and 2km.	Sunshine Coast	www.atlasmultisports.com.au
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	www.qldtriserries.com.au

# Upcoming Sunshine Coast events

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

Date	Event	Distance	Location	Website
<b>February 11-12, 2017</b>	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>
<b>February 11-12, 2017</b>	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>
<b>February 25, 2017</b>	Atlas Multisports Freestyle Clinic	Freestyle clinic with Duane Cannell of Makin' Waves Swim School.	Buderim	<a href="http://www.atlasmultisports.com.au">www.atlasmultisports.com.au</a>
<b>February 26, 2017</b>	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>
<b>March 4-5, 2017</b>	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>
<b>March 5, 2017</b>	Mooloolaba Mile Ocean Swim	The Mooloolaba Mile is a feature on Queensland's ocean swimming calendar. 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>
<b>March 5, 2017</b>	Sunshine Coast Run Series	Round two of four races held as part of the annual series staged at varying locations on the Sunshine Coast, with run distances of 10km, 5km and 2km.	Sunshine Coast	<a href="http://www.atlasmultisports.com.au">www.atlasmultisports.com.au</a>
<b>March 10-11, 2017</b>	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>
<b>March 18, 2017</b>	March 19 Paddy Pallin Adventure Series	Designed for teams of two, the races are fun, fast and furious with three core disciplines...mountain biking, running / trekking, and kayaking. These non-stop events will take between two to six hours to complete. The courses consist of 15-25km of mountain biking, 5-10km of trail running/trekking and 2-4km of kayaking.	Wild Horse Mountain	<a href="http://www.paddypallinadventure.com.au">www.paddypallinadventure.com.au</a>
<b>March 12, 2017</b>	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>
<b>March 26-27</b>	Atlas Training Camp	The focus of the Rainbow ride training camp is to build the endurance capacity of athletes on the bike through providing a well-supported 200km ride. It will also give participants the skills and knowledge of how to prepare and recover for events through nutrition, use of pilates and massage.	Rainbow Beach	<a href="http://www.atlasmultisports.com.au">www.atlasmultisports.com.au</a>
<b>April 2, 2017</b>	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>
<b>April 9, 2017</b>	Sunshine Coast Run Series	Round three of four races held as part of the annual series staged at varying locations on the Sunshine Coast, with run distances of 10km, 5km and 2km.	Sunshine Coast	<a href="http://www.atlasmultisports.com.au">www.atlasmultisports.com.au</a>
<b>April 30, 2017</b>	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>