Sunshine Coast Daily
Multisport MECCA
Wednesday, May 20

The Ultraman hurt's so good

By **GRANT EDWARDS**

SOME people are lucky to witness great things during their lives.

For those at Noosa Heads last weekend, those involved with the inaugural Ultraman Australia were part of something extraordinary.

With 37 competitors at the start line, 35 finished after three gruelling days which included a 10km swim, 420km ride and 84.4km run.

Among the contingent of Australian and international competitors were three Sunshine Coast athletes who did us immensely proud. Stephen Gage, Robbie Andrews and Tony Bryan (pictured) finished in the top 10 and successfully conquered the torturous journey.

Testament to the dedication and talent of the athletes, the title holder came down to a tense final day where Stephen was unable to make up the 15 minutes required on Brisbane's David Kallinowski despite a scorching run – falling just eight minutes shy after more than 21 hours of racing.

Robbie also showed outstanding grit and determination to reach the podium, finishing about an hour overall behind Stephen to grab third.

For the first 70km of the bike leg, David was violently ill after swallowing saltwater but his support crew nursed him through the pain and he was only three minutes down on Stephen after day one.

On day two, David "really suffered" for the first five hours on the bike with back troubles. But some pain-relievers later he attacked and finished day two with a nine-minute lead.

Stephen too faced a major hurdle, knocked off his bike by an elderly driver while travelling through Coolum.

In the women's event, Penelope Holland (26:34:55) held off a fast-finishing Allie Coulter (27:16:41) to claim first, while third was Debi Hazelden.

We caught up with the three Coast athletes after the event to get their perspective on the race.

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Photo: Barry Alsop/Eyes Wide Open Images

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Already looking at improvements

Photo: Barry Alsop/Eyes Wide Open Images

Stephen Gage on the bike.

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Stephen Gage

How are you feeling post event?

Actually not too bad…only my hip is really giving me any grief, it's still swollen from being hit by the car but getting better every day. I'm sleeping pretty well but still waking up tired.

We know you are disappointed to not get the win, but surely you must be rapt with the performance and to post the one of the fastest Ultraman runs in the history of the event?

I think it's the second fastest run ever (weekend of seconds for me!) but yes, I am very happy with the result. We always plan to win, and it's nice to win but I do think you learn more from not being the number one. I've got a few ideas for improvement for next time and am certain I can get there. I know when I am run fit I can run pretty well, but I did surprise myself with that one. I had to go out hard from the start (something I wouldn't normally do) but in this instance it almost paid off in terms of the win and it definitely taught me that the mind is stronger than the body.

What was the highlight?

Definitely the run. I knew I had to run hard right from the start to have a chance of beating Dave.

I started and finished at a similar pace and am proud that I dug deep to record those splits. It was pretty ugly from around the 60km mark, guts started to play up, hip came back to haunt me a few times, and the mind demons descended.

I think I said in the first interview that's the point we are looking for. The look in the mirror moment, who are you and will you do what is needed? With the assistance of my crew we managed to battle on for a good result and I'm stoked that I had the ability to stay focused on the process rather the pain!.

Anything you would have done differently in the lead-up or during the race?

Yep. So I had/have a bad shoulder but will definitely get more swimming in next time. Even if the sets are shorter to manage it. I swam beside Dave for the first 6kms then tested the shoulder and put close to 4.5 mins into him. So I truly think I could have been out of the water much quicker. Secondly we did a stack of biking but apart from Three Peeks didn't do any epic weekends. I think we will incorporate a bit more of this at defined intervals into a program for next time.

During the race? I planned to smash day one and get the lead, which I managed to do, making Dave my three-minute man. When I'm fit, my bike is my weakness but I did think I should be able to hold him. I didn't realise Dave was that strong. He strung me out for the first 180kms on day two and then broke me. At that point I was actually worried about my heart rate cause it had been way above where I wanted it to be for 180 and I began to wonder what day three would hold, i.e could I run? I kept thinking "he'll slow down, he's gotta slow down". Young punk didn't!

Will you attempt an Ultraman again?

Yep. I think I'll aim for Kona UM next year. At this point I am contemplating more races here, ie maybe Cairns and possibly Hawaii, depends on funds.

What's next?

Assuming my hip is ok in a week I should be fit enough to have a good crack at Cairns. If I do well there then maybe Kona this year. I'm just up an age group so it could be good timing. Why waste the fitness?

Anything you want to add?

Yeah this is a totally different sport to Ironman. There's an I in IM but a big U in Ultraman (that's borrowed from the speeches!) but it's true. I reckon it's like a cross between IM and a multi day adventure race. A good crew is half the battle. I had Scotty Farrell, Michael Baker and my wife Danielle crewing for me. They understand what it feels like for the athlete, the highs the lows, when to step in, when to change tactics, offer different food etc and provide positive feedback and advice. It's invaluable and it would be impossible to be at the pointy end without that sort of knowledgeable support.

Tony Bryan

How are you feeling post event?

Tuesday was totally horrible, lack of sleep and legs were totally smashed, Wednesday slightly better, Thursday and feeling pretty good. Not keen to run yet though!

What was the highlight?

Wow, a big three days so hard to pick one highlight? Maybe the run turn around, first marathon done and dusted and realising I still felt reasonably good. Or probably the overall highlight was actually doing an event with a team, an awesome crew to hang with for three days, they were absolutely faultless for 25hrs 41 minutes and 11 seconds. Plus Jackie my wife got to see what we spend so much of our lives doing, was so cool that she actually got into it. I had a sore hand from high fiving my crew, other crews, Ultraman staff and volunteers and other competitors also.

Were there any low points, or times you thought the task was too big?

I reckon I did a good job of managing the low points with nutrition and I seemed to stay really focused the whole three days. The only time I maybe doubted finishing was after day two, late that arvo I felt pretty crappy and the thought of running 84.3km the next morning got really daunting. But I ate heaps and told myself to "trust the training" – I'd run long every Sunday for 20 weeks on crook legs so what's different? It worked.

Anything you would have done differently in the lead-up or during the race?

Training wise – no way, Gagey absolutely nailed our programs. If he isn't coaching half of next year's Ultraman Australia field I'll eat my CMC hat. During the race – definitely less nutrition in the swim, probably not gone as hard day two on the bike off the start (was a fun first 100km though) and maybe a third crew member to spread the load for the team, plus carry nothing on

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Trio now considering Cairns

From Page 2

day three run - leave the lot to the crew (I started with a run belt and dumped after 15kms). Not a great deal though, I was pretty happy with how everything went.

Will you attempt an Ultraman again?

I have no doubt I'll be back. Can't see the sense in learning so much and not trying again. Definitely overseas though, I reckon I could talk the family into an Hawaiian holiday one day?

What's next?

Rest for a bit. There's a coffee meeting booked to discuss Cairns Ironman in three weeks! Too soon to decide yet. I'd like to concentrate on some 70.3s maybe and be a bit more flexible with training for a while.

Anything you want to add?

Just a big thanks again, we had so much local support from the mighty Sunny Coast community, messages and friends out on the course, was awesome! Also – if you're half considering doing an Ultraman event then commit now, it's an awesome event and you won't regret it.

Robbie Andrews

How are you feeling post event?

Still a little tired, went for a run/walk today (Sunday) legs are still sore!

What was the highlight?

It was having my friends and family alongside me while racing, they normally only see you for a couple of minutes as you fly buy, but because they were support they got to ride the wave of emotions that I had while racing.

Anything you would have done differently in the lead-up or during the race?

There was a lot of unknown in the lead up, did we do too much or not enough training, but I think we (TB, Stephen and I) nailed it, Gagey's coaching was spot on. So no I would not have done anything different.

Will you attempt an Ultraman again?

Yes I will, I'm hoping that the three of us could go and represent Australia at the world champs.

What's next?

Lots of sleeping and eating, race-wise will be discussed over a few coffees with TB. We will try and find something that we can both train together for, that is what made this race so fantastic. Being able to rely on each other to be there throughout the build up to Ultraman.

Anything you want to add?

Just a few thank-yous. My sponsors: 17hours, Infinit Nutrition, Cyclezone, CBF, Allez Sport and Argonlaw. Without these guys it would make life very difficult.

David Schloss (left) ran with third-place getter Robbie Andrews for about 60km last Monday.
Photo: Barry Alsop/Eyes Wide Open Images

And to my training buddies, Tony Bryan and Stephen Gage, you guys were rock solid in keeping me going and that is what makes me want to go back, having great training mates like you two!

My support crew, Dave Schloss, he got the call up late to paddle with me on Saturday morning and I was so pumped to have him there, and then to back up and pace me was great, he kept me going.

Leigh Milne, I didn't even have to ask him to help with support. I'm really lucky to call Leigh a great mate, he was spot on all weekend.

And my wife Janene. Jinny is my rock and she gave me so much motivation while out racing, to see her every day was fantastic.

First shipment poised to land

By **GRANT EDWARDS**

CALL it love at first cycling sight.

When born and bred Buddina athlete David Stallan (pictured below) first saw Vivelo bikes they immediately piqued his interest.

"I thought they looked innovative. The tubing is quite different from a lot of other brands," he said.

"To me they looked like a bike that would ride well with excellent stiffness and handling characteristics.

"When I started to really look into them, I found they have brought out a new top of the range road bike that is even more advanced."

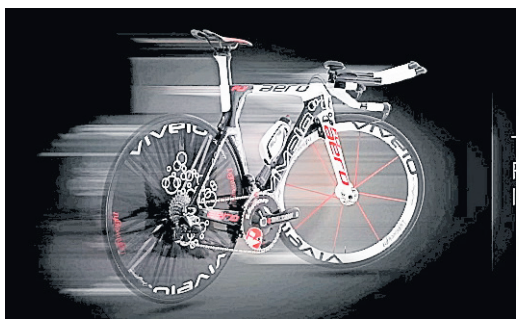
While now based in Emerald as an electrician at a mining site, the work opportunities are close to finished and he's set his sights on expanding the Bulgarian brand into Australia.

The first shipment of Vivelo bike frame, including the Raw and Arc roadies, as well as the Fly Aero time trial bike, is about one week away.

Depending on specification, prices will vary between $4000 and $10,000.

The Vivelos will be built by Cyclezone Mooloolaba and customers can equip the bikes with the drive-trains and wheels that suit their budget.

Stallan, who has a long cycling history on the Coast and used to ride in the National Road Series with Decked Out Coaching as well as track events, has now started racing triathlon and after some successful Olympic-distance races is beginning to "dabble" in 70.3 events.



Buddina athlete David Stallan is bringing Vivelo bikes to Australia, starting with the Raw (above), Arc (below right) and the Fly Aero (below left) time trial offering. ***Photos: Contributed***

He said the move into the cycling industry was a chance to do something he loved for a change, rather than just going to work for a pay cheque.

There are plans to have bike builders in each state, enabling buyers to shop online and in-store to get a look at the Vivelos firsthand.

Bli Bli triathlete Isaac Tonello has already taken the Fly Aero for a spin.

"By far the best TT bike I have ridden. Climbs and corners like a roadie... so stiff and responsive just feels like your energy is going into propelling you forward," he said.

For more information, email viveloaustralia@outlook.com.

VIVELO HISTORY

- The brand originated from Damyan Nikolov's decision in 2007 to provide a special edition road racing bicycle to a professional cycling team sponsored by two companies he co-owned.
- A team chooses the right materials combined with engineering expertise. Add to that the knowledge that comes from decades of racing experience and the outcome is the production of a frameset designed with one purpose – bicycles that are built to win.
- After months of work, four more employees joined the project and contributed to the initial tests and the build of the prototype which showed promising results.
- Damyan Nikolov decided then to put the new bicycle through real-life endurance tests. He put a few samples of the new road bike in the capable hands of the men for which it was initially intended, the riders of the Cycling Club Hemus – Vivelo 1986 – one of the strongest road racing clubs in Southeastern Europe.

Athletes set for worlds

Drew Westbrook.
Photo: Ritchie Duce, Level Eleven Photography

COAST athletes will be awash with green and gold this year as a strong contingent represents Australia at world age group triathlon and duathlon events.

This year, Australia's Age Group World Championship teams have hit astounding numbers, with a total of 1015 athletes selected to represent the nation.

Among them will be Australia's biggest duathlon team, which is set to race on home soil around Adelaide in October.

Sunshine Coast athletes selected to take part are:

Savannah Wayner (Dicky Beach): Sprint and standard.

Tania Gover-Carmody (Moffat Beach): Sprint and standard.

Penny Hearn (Tewantin): Sprint, standard and aquathlon.

Wayne Baatjes (Birtinya): Sprint.

Drew Westbrook (Mooloolaba): Sprint.

Barry Meek (Weyba Downs): Sprint and standard.

Janelle Hooper (Buderim): Cross triathlon.

Joanne Taylor (Cotton Tree): Long course

Dominic Toole (Mooloolaba): Long course.

Rowland Cook (Cotton Tree): Long course.

Olivia Latimer (Bokarina): Duathlon.

Anne Gripper (Maroochydore): Duathlon.

Hazel Edmond (Tewantin): Duathlon.

WORLD AGE GROUP EVENTS

- **Long Distance:** June 28 – Motala, Sweden
- **Cross triathlon:** September 26-27 – Sardinia, Italy.
- **Duathlon:** October 14 – Adelaide, Australia.
- **Standard and sprint distance:** September 15-20 – Chicago, USA

Olivia Latimer.
Photo: Jorge Branco

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Primed for Japanese pilgrimage

By **GRANT EDWARDS**

AFTER covering 1200km of Japanese wilderness in 20 days, Noosa's Andy Bowen is looking forward to reaching running nirvana.

The 43-year-old recruitment business owner has touched down in Japan where he will undertake the Henro Trail encompassing the 88 temples of the Shikoku island.

Together with Sydney's Jane Trumper, they aim to run about 65km a day while carrying their sleeping gear and supplies.

It will be the longest distance that the founding member of NUTRs (Noosa Ultra and Trail Runners) has attempted – superseding the 700km journey across the Kimberley that Jane and Andy completed in 10 days.

Andy said the traditional pilgrimage was "like the Japanese equivalent of Australian grey nomads".

Traversing between the 88 temples is split into four spiritual quarters. The first phase is awakening, then discipline, followed by enlightenment before nirvana.

"I'm expecting to come back floating on a cloud…or as a new man," he laughed.

"People do find it quite spiritual even if you're not spiritually minded.

"It is going to be a once-in-a-lifetime opportunity. I am looking forward to finding out more about myself.

"It's fairly spectacular. You get through the Japanese equivalent of the bush, bamboo forest and so on, and there is a temple in the middle of nowhere. There are certain protocols and practices of what you have to do, such as washing your hands and reciting sutras that we will be doing."

Leading up to the Japan trek, Andy trained for The North Face 100km race with NUTRs members. That preparation included running between 80-130km a week.

He actually completed about 60km of the race across the Blue Mountains on Saturday but didn't push his body to the limit, mindful he was on a long plane journey 36 hours later.

"The training has been more about spending 12 hours a day on your feet. Which is a lot more mental than physical," Andy said. "I have trained as if I am training for North Face and not done specific training for Japan."

Typically the pilgrimage takes most people between 40-45 days, many walk but the majority take buses at various stages.

While Andy and Jane will cover the distance in less than half that time, he said the chance to do something different was too good to refuse.

VITAL STATISTICS

- The Henro Trail follows the journey undertaken by Buddhist monk Kobo Daishi more than 100 years ago
- It includes a journey of about 1200km around 88 temples of the Japanese island of Shikoku

Andy Bowen is about to embark on a 1200km run around 88 temples of the island of Shikoku in Japan. ***Photo: Geoff Potter***

"The opportunity came up to be a part of the world I had never been before and to really see it in a way where you can experience the culture which is very different to the holiday experience," Andy said.

"I would love to think there will be some sort of spiritual awakening or epiphany moments while we are out there but really it will just be great to achieve and it's the longest run I've done.

"We have set expectations very low and planned very little. If you set unrealistic expectations you are setting yourself up for potential disappointment or creating unnecessary stress when you want to enjoy the moment."

Access to modern infrastructure will be spasmodic throughout the trek, but Andy aims to post updates on the www.ultramarathonrunning.com.au website.

Runners survive freezing conditions at The North Face

PALMWOODS triathlete Scott Farrell showed he could also be a pretty handy trailer runner on Saturday.

Crossing the finish line in less than 13 hours, he was the quickest Sunshine Coast competitor over the 100km North Face event in the Blue Mountains.

Carol Hitchcock also had an outstanding run and was the 12th woman overall.

Many of the Coast runners are members of the Noosa Ultra and Trail Runners (NUTRs) group. Claude Desjardins was a stand-out for getting across the finish line after 26 hours.

100km

Scott Farrell 98th 12:48:40.
Carol Hitchcock 156th 13:34:41.
Dylan Cole-Jones 192nd 13:55:54.
Howard McCann 196th 13:56:55.
Ian Rowe 172nd 13:41:44.
Pete Lever 296th 15:19:17.
Tylana Woodward 401st 16:23:41.
Richard Matthews 528th 17:45:44.
Claude Desjardins 830th 26:21:17.
Andy Bowen (withdrew)
Andrew Robertson (withdrew)

50km

Todd Mumberson 72nd 05:58:27.
Leigh Milne 552nd 08:23:49.
Kate Mayne 701st 09:09:15.

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42.2km / 21.1km / 10km / 5km / 2km
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Ocean swim series to expand

THE Queensland Ocean Swim Series has again proved popular this year with more than 3000 Queenslanders and visitors from around Australia and New Zealand taking the plunge.

The Noosa Summer Swim launched the series in January with record attendance of close to 1000 swimmers.

The start line at Noosa Heads was a great showcase for ocean swimming and suggests why the sport is on the move. Swimmers had the opportunity to line up alongside professional triathletes Jan Frodeno and Pete Jacobs and legends like Michael Klim and Emma Snowsill.

Cyclone Marcia spoiled plans for the third annual Mooloolaba Mile in February but the rescheduled date in April presented ideal conditions and as the photos suggest, competitors had plenty of reasons to smile.

Young guns Sarah Thompson and Hayden Potter proved too fast in the flat conditions for the 1.6km Mooloolaba Mile event keeping the perennial trophies at home on the Sunshine Coast.

Kings Beach was the setting for event three, Kings of the Coast, and postcard conditions made for fast times with some of Australia's fastest open water stars in the mix.

The eventual winners were clear favourites George O'Brien and Chelsea Gubecka although the competition was hot on their toes. Another Sunshine Coast local Kareena Lee placed second behind Gubecka and Japanese Open Water Champion Yasunari Hirai followed O'Brien through the finish tape.

On the Gold Coast, Japanese star Hirai proved too strong for the Cooly Classic field taking the 2km honours in a time of 20 minutes, 55 seconds. Hirai, a London Olympian in the 10km marathon swim, was in good company with Olympic triathlete Courtney Atkinson and Olympic legend Klim making up a strong men's field.

Sunshine Coast sensation Sarah Thompson claimed her second win of the series at Coolangatta crossing the line first in the 2km women's event.

From modest beginnings in 2010, the series now includes three events on the Sunshine Coast and next year, these destinations are set to join other events nationwide for a new-look national series.

Icon Events director John Guise is excited about the future of ocean swimming on the Sunshine Coast and thinks the 2015/16 summer will be a break-out year for the events.

"Our events here on the Coast are becoming more and more popular with NSW and Victorian swimmers and our new events in those states will only drive more visitors north every summer," he said.

"We now have an exciting opportunity to link our Queensland ocean swims with other events nationwide. Swimmers can expect some great developments next summer."

Olympian and series ambassador Klim is also excited to see the profile of open water swimming grow around the country and hopes it will convert to success at Rio De Janiero next year.

"There is a really talented bunch of young open water swimmers in Australia right now and it has been so enjoyable to watch their progress throughout the Queensland series this year," he said.

The Milk and Co Queensland Ocean Swim Series was supported by Sunshine Coast Council and Tourism and Events Queensland.

Expect an expansion of the Queensland Ocean Swim Series next year. ***Photo: Contributed***

Europe-bound with Aussie inspiration

By **GRANT EDWARDS**

PACKING for Germany this week, one thing Lucy Coldwell didn't have to remember was confidence.

The 31-year-old cyclist was still on a high from victory at the three-day Mersey Valley Tour in Tasmania as part of the Subaru National Road Series.

She won the tour by 37 seconds, representing the Holden Women's Cycling team, setting up victory with a strong climbing performance in day two where she claimed the stage victory.

Lucy has been based at Mountain Creek since Christmas, where she will return after undertaking her third season on the European tour while living in East Germany.

"I'm really excited because I have come on a lot in the last six to 12 weeks," she said.

"Having gained a bit of confidence from the win here it's really good to take that across with me and build from there.

"It's a big step up with the level of racing and the depth. In Australia there are about 60, but in Europe there are up to 180-200 girls. You have to be a lot more assertive in the bunch."

The Scottish athlete represented her country at the 2014 Commonwealth Games, but has found her best form Down Under.

Working closely with Cyclezone mechanic and former professional triathlete Dan Evans, Coldwell has taken her cycling to the next level with training which has incorporated more variety and gym work.

The veterinarian said she now felt "stronger all over", undertaking about 20-25 hours of training a week.

Lucy Coldwell celebrates after winning the Mersey Valley Tour in Tasmania. *Photo: Contributed*

Working in Caloundra she commutes via bike to help maintain kilometres in the legs and usually racks up about 500km over seven days.

"I spend a lot of time between Palmwoods and Montville up and down the climb. My favourite ride is to Kenilworth which is so beautiful and picturesque with no cars on the road," Lucy said.

"The plan is to come back and hopefully work at Caloundra Vets again, and keep cycling for sure…maybe do some triathlon as well next year."

Brodie Gardner will be in action at the TreX Queensland Championships this weekend. *Photo: Patrick Woods*

Coast's big names set for hinterland off-road races

CLOSE racing is assured in this weekend's off-road triathlon, trail run and mountain bike events at Landsborough.

Staged as part of the TreX Queensland Championships (May 23-24 after being rescheduled due to wet weather), a large local contingent will be vying for victory across the two days.

The off-road triathlon will be held on Saturday at Wildeco Camp, featuring a 1500m swim, 28km mountain bike and a 10.5km trail run.

For long course participants, an 8km trail run on Saturday and a 50km XC MTB on Sunday will be cumulatively added with the long course to decide overall Dirt Master and Dirt Mistress titles. Aside from the long course, other events include sprint, junior, teaser and Dirt Kids races.

Keep an eye out for Coast athletes including mountain bike specialist John Searston. While fresh from an age group victory at Ironman Melbourne, Damien Collins will be tough to beat on the beaten track as will former winner Sam Stow.

In the women's event, highly credentialed adventure racer Kim Beckinsale will be at the pointy end of the field.

Here are the Coast competitors taking part:

Dirt Master - Daniel Dickinson (Bli Bli), John Searston (Alexandra Headland), Damo Andrew (Maroochydore), Damien Collins (Beerwah), Kim Beckinsale (Noosa Heads), Janelle Hooper (Beerwah).

Long course – Barry Meek (Weyba Downs), Jennifer Strack (Maryborough), Ashleigh Hunter (Peachester), James Ryan (Point Lookout), Samuel Stow (Mooloolaba), Brodie Gardner (Marcoola).

Sprint course – Tania Gover (Moffat Beach), Jay Pattison (Tewantin), Aiden Pattison (Tewantin), Wayne Parrott (Pelican Waters).

Junior course – Luca Holness (Peregian Springs), Chelsea Styan (Buderim).

Athletes ready to hit Noosa

Noosa will come alive this weekend for the Ultimate Sports Festival. *Photo: Barry Alsop/Eyes Wide Open Images*

VITAL STATISTICS

What: Noosa Ultimate Sports Festival.
Where: Noosa Heads.
When: Saturday, May 23 and Sunday, May 24.
What: Saturday – swim 3.8km, 2km, 1km or 500m. Sunday – cycle 160km or 85km; run 21.1km, 10km or 5km run/walk.
Enter: On-site event entries are available across the festival – across all events.
Website: www.noosaultimatesportsfest.com

RECORD entries have engulfed the annual Noosa Ultimate Sports Festival.

While online entries closed today, athletes can still enter on-site for any event this weekend. There's plenty to take part in across the two days.

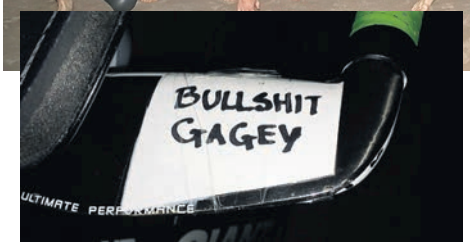
Make a splash in one of the ocean swim events on Saturday (3.8km, 2km, 1km and 500) alongside Queensland open water swim specialists Ky Hurst, Trent Grimsey, George O'Brien and Chelsea Gubecka – taking on both 3.8km and 2km races back-to-back.

For the cycling enthusiasts there are 160km and 85km options on Sunday. Both courses are designed to test the legs and impress your eyes as you will be in awe of the stunning Sunshine Coast scenery that reveals itself across the journey.

Professional triathletes Belinda Granger and Melissa Hauschildt will be among the riders enjoying the best of Noosa and the hinterland. For those who prefer to take part in events on foot, the run events encompass a half marathon, a 10km test or a 5km run/walk with the family. Elite athletes Elliot Jackson, Justin Granger and Emma Carney will battle it out for the win in the half marathon.

From mammoth to manageable

By **JAY BECKLEY**
MEdPsych (Hons)
mental skills coach
and triathlete for
25 years



The field from Ultraman Australia leading up to the 10km swim start. INSET: second-place getter Stephen Gage had a unique way of keeping his mind on the job with this message taped to his handlebars.
Photo: Barry Alsop/Eyes Wide Open Images

IT'S Tuesday morning, and I want to start by acknowledging those that competed in Ultraman Australia. What an amazing display of mental and physical strength. Congratulations, you have created a piece of triathlon history. You should all be extremely proud of your achievement.

With an Ironman, for us age groupers, we know that on average it's going to take between 10 to 12 hours, then the day is done. And we can break that day down into smaller components – 1500 metres to the first buoy, 800 to the next, 1500 metres to the end of the swim, on the bike, ride the first 45km, have a treat, then to 90km, and so on. And we do this purely to make it more psychologically manageable. As Creighton Abrams once asked "how do you eat an elephant? One bite at a time".

I guess you would approach Ultraman the same way, but breaking Ultraman down to make it more psychologically manageable is something that I'm struggling to get my head around.

I'm sitting here trying to work out how Ultraman is mentally possible.

Break it down to just three separate days? No, too big and overwhelming.

Breaking day one down into manageable components is a sound strategy; however, what could be playing on your mind is the fact "I've still got two more days of this left". And I know if it was me, I'd be dreading running a double marathon on the third and final day.

When approaching a mammoth goal, sometimes it pays not to think about it at all. Over thinking a goal runs the risk of not being attempted or achieved as it becomes too overwhelming.

The approach that I'm referring to is called "mindfulness" and in recent years it has gained a lot of attention as a method of solving psychological problems.

Mindfulness has even made its way into sport.

Rooted in Buddhist philosophy, Jon Kabat-Zinn who is one of the leading authorities of mindfulness, defines it as the non-judgemental focus of one's attention on the experience that occurs in the present moment.

Relating mindfulness to that mammoth and potentially overwhelming goal, it treats the negative thoughts that go through your mind simply as passing states that do not require action. In other words, it's about acknowledging the thoughts are there, but they are meaningless, they do not predict an outcome, they have not happened, what is happening, is now.

Applying mindfulness to triathlon, due to the repetitive nature of training and racing, our mind wanders.

Mindfulness allows you to acknowledge what is happening in the environment and to your body, and then to redirect your attention to what will help you perform optimally such as form and technique.

Mindfulness, like sport, is a skill that requires daily practice. The great thing about mindfulness is that you can practise it anywhere. A simple exercise might be doing a body scan whereby you are paying attention to your breathing, posture, and the tension of your muscles working from your feet up. When you are engaged in these exercises you tend to be focused on the body scan and not your thoughts. If your mind starts to wonder, you bring it back to the body scan.

More mindfulness exercises can be found online very easily and by practising these exercises throughout the day will help you develop greater awareness, and eventually you can transfer this awareness to training and racing.

Click here to visit Jay's website
TOP TWO INCHES
Mental Skills Development For Athletes

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Cheap as chips hatch transporter

By **GRANT EDWARDS**

WANT to spend more on your bike than your car?

The Suzuki Celerio has arrived as the brand's new affordability king has been crowned.

Priced from $12,990 drive-away for the manual and $1500 more for the auto, it replaces the popular Alto.

While it sounds like a vegetable with a sunbed obsession, or something you'd need to get a cream for at the chemist, the Celerio is an adept little vehicle.

As opposed to being Indian-built, the Celerio comes from Thailand and is bigger, better to drive and more practical than the outgoing Alto.

Internal finishes are far improved on the Alto and aesthetically the cabin is an inviting location.

All materials are still what you'd expect at this end of the market with a range of plastics used through the console and dash.

Flat seat bases only become noticeable if you attack a bend too quickly, and the cloth trim feels hardy. Still, there is impressive four-person accommodation for a micro machine. With some thoughtful front passengers there is ample room in the back for two adults.

There is additional head, shoulder and leg room both front and back, which is due to the Celerio being 100mm longer and 70mm higher with a wheelbase (distance between the centres of the front and rear wheels) that has grown 65mm.

Given the price-point this ensures there is no array of buttons or high-tech gear to get your head around, and the driver has a large analogue speedometer in the instrument binnacle along with a smaller fuel gauge and tachometer. Getting a comfortable driving position can take some time as the steering wheel just has vertical adjustment – most cars nowadays, and even the utes, have telescopic functionality.

Given there is only a 1.0-litre three-cylinder powering the Celerio, it's surprisingly peppy.

It's an all-new engine, which has been stripped down, made lighter and now has the ability to run on the less expensive E10 or 91RON unleaded fuel as opposed the 95 required previously.

Available in five-speed manual or continuously variable automatic, the three-potter gets the job done honestly and with an exhaust note which doesn't scream.

The manual feels move lively, but the auto will be the volume seller in this genre and it has improved off-the-line performance which results in less "flaring" under acceleration. With easy use of the throttle it feels more like a conventional auto, but stamp your foot and the engine will rev hard without much result…which is a common trait of CVTs.

Proving capable in the city with a tight turning circle and light steering, the Celerio was also accomplished on the highway getting along at 100kmh below 3000rpm.

With only one trim level, basic equipment includes a CD stereo with MP3 capability with USB input, Bluetooth connectivity with steering wheel-mounted controls, air-conditioning, central locking and power windows, six airbags along with anti-lock brakes and traction/stability control.

There is no option for alloy wheels, due to the fact most people shopping at this end of the market are chasing the sharpest bottom line possible. And while there is a spot for fog lights, they aren't available either.

With a 254-litre boot there is enough space for a large suitcase, and the 60-40 split fold rear seat means it's a useful compact transporter that can handle a bike with the front wheel removed while loading is made easier via a wide boot opening.

There are two cup holders in the front, able to handle the 600ml bottles, and other one in the back. Bottles can also be stored in the rear doors.

A handy nook for keys, phones and audio players is just about the gear shifter.

VITAL STATISTICS

Model: Suzuki Celerio.
Details: Four-seat front-wheel drive micro-size hatchback.
Engine: 1.0-litre three-cylinder generating maximum power of 50kW @ 6000rpm and peak torque of 90Nm @ 3500rpm.
Transmissions: Five-speed manual or continuously variable automatic.
Consumption: 4.7 litres/100km (manual, combined average); 4.8L/100km (auto).
CO2: 108g/km; 112g/km.
Bottom line drive-away: $12,990 (m); $14,490 (a).
Website: www.cricksmaroochydoresuzuki.com.au

World champ flexes his muscle

IT'S all fun and games until the starter's pistol sounds.

That's the reality for Run Sunshine Coast ambassador and former Ironman world champion Pete Jacobs, who stormed to victory in the 12km men's event in a time of 43:56 on Sunday.

While he was among just under 2000 people who laced up their joggers for the event, it was Pete who found himself lured to the lead as soon as the race was under way.

"It was nice to keep my reputation up," Pete said.

"I went as an ambassador and just to support the cause and get the word out and be a part of it.

"But once that gun went off a bit of competitive instinct kicked in."

Pete said he pulled alongside a fellow runner Bryan McManus and enjoyed a sociable race, until the duo put on a sprint finish for the crowd, in which Pete, a professional triathlete and Ironman combatant, won.

Pete Jacobs.

"It was nice to put something back and know I've had a bit of a positive impact on some people," Pete said.

The women's 12km event was won by Heather Courtney in 50:22, while the women's 6km event was won by Margie Campbell (nee Atthow) in 23:03 and the men's 6km taken out by Patrick Leahy in 21:30.

Margie Campbell (nee Atthow) and Multisport Mecca editor Grant Edwards. Margie took a break from her honeymoon to win the 6km, after marrying talented Kiwi triathlete Richard Campbell on Friday. ***Photos: Pete Evans***

The latest and greatest...

If it's high time you checked your favourite knicks for wear and tear now's a good time to consider upgrading to the sharp-looking Tineli Lime Green men's cycle kit. Featuring Tineli's highly breathable Vent fabric on the main front and rear panels, the jerseys have the favoured waffle texture fabric through sleeves and side panels for the ultimate fit and comfort. The three rear pockets have double stitching for durability and there's a bonus media pocket with water-resistant lining and cable guide. Bibs and jerseys are in store now at Allez Sport Mooloolaba. RRP $125 each.

Venture Cycles has recently added the Santa Cruz brand to its stable, regarded among the mountain biking world's most desirable bikes. The team now stock Trek, Yeti, Santa Cruz and Intense. Venture has a once-off brand opening special of the Santa Cruz Tallboy XX1 XC/Trail Bike (pictured above) for $8499 (down from $10,149). Also at the moment, Venture has a Project One Fuel EX 9.9 (pictured below) for $8999 (reduced from $12,150). See Jez and the team at Venture Cycles in Noosaville.

With cyclocross beginning to gain momentum, Bicycle Centre Maroochydore has the Norco Threshold 105 in stock. Starting from $2699, it was designed and developed on Canada's Pacific Coast: a region characterised by rugged landscapes and heavy rain. It's equipped with Shimano 105 ST-5800 11spd drivetrain and a full carbon frame.

The original Cervelo S2 design set standards that are now copied across the aero road segment. The new S2 offers an all-new frame and fork, with increased stiffness and refined aerodynamics. This is a bike that delivers maximum performance at a value-conscious price. And Le CycloSportif at Noosa Junction has a great deal in sizes 51, 54 and 56. Priced at $2399, the S2 is equipped with a Shimano 105 drivetrain and 3T bars.

Add some serious styling to your shoe collection with the new Women's Nike Free 5.0 range and you'll receive bonus functionality for free. There are three colours to choose from including conservative but versatile black, bright crimson and feminine fuchsia. The 5.0 is your classic minimalist run shoe that offers the most cushioning of the Nike Free range. Perfect for everyday wear it also carries over to training and racing, moulding to your foot for the perfect customised fit and support. The new styles are available in store at Allez Sport Mooloolaba. RRP $160.

Upcoming Coast events

REGISTER YOUR EVENT
multisportmecca@apn.com.au

Date	Event	Distance	Location	Website
May 23-24	The Queensland Cross-Triathlon Championships MultiSport Weekend	**Long:** 1000m swim - 28km mountain bike - 10.5km run. **Short:** 350m swim - 10km MTB - 3.5km run. Teaser: 150m swim - 4km MTB - 1km trail run. Dirt Kids: 50m swim - 3km MTB - 500m trail run. Also 8km trail run and 50km MTB events.	Ewen Maddock Dam	www.tre-x.com.au
May 23-24	Noosa Ultimate Sports Fest	Swim Noosa will start the festival with 3.8km, 2km, 1km and 500m options on the Saturday. Then on the Sunday, there is Cycle Noosa with 160km and 85km options. Run Noosa over 21.1km, 10km or 5km.	Noosa Heads	www.ironman.com
May 24	Weet-Bix Kids Tryathlon	TRYathletes will start the swim in an Olympic-sized pool at Kawana Aquatic Centre before cycling and running around the specially designed Weet-Bix Kids TRYathlon Course in Stockland Park. Distances are 7-10 years 75m swim, 3km ride, 500m run and 11-15 years 150m, 6km, 1km.	Kawana	www.try.weetbix.com.au
May 24	Mountain bike orienteering – State Series, round three	Mountain bike orienteering, gentle undulating spur-gully pine forest with track network and some point features.	Beerburrum	www.sunshineorienteers.com.au
May 26	Become a better road cyclist workshop	Become a better cyclist and learn more about road safety. Designed for intermediate cyclists aged 18 years and over who would like to increase their confidence on the road. The course covers bicycle handling, hand signals, intersections and roundabouts, changing lanes, cornering and road rules.	Caloundra	www.sunshinecoast.qld.gov.au
May 30	Zoo Run at Bribie Island	Zoo Run at Bribie Island is a 5km and 2km fun run to raise funds for Wildlife Emergency to help open a Wildlife Education Centre on Bribie Island and to help Free the Bears Fund. There is also a kids 1km novelty zoo run.	Bribie Island	www.zoorun.com.au
May 31	Allez Sport Cross Country Series race five	Cross country run over 12km, 6km, 4km, 3km, kids 2km,1km and 500m at Ben Bennett Park.	Caloundra	www.sccrosscountry.org
June 13	Crick Eastham Charity Ride	Now entering its fifth year this annual charity ride extends from Tanawha to Noosa, covering 100km via a scenic route. This year the ride is raising money for SunnyKids.	Tanawha	www.crickeasthamfoundation.org.au
June 14	Bloomhill Buderim Burn	The inaugural Bloomhill Buderim Burn is a 700m road race up the steep and challenging Ballinger Road in Buderim. The steep incline tests even the toughest of competitors while providing a challenging and fun event for families and weekend warriors alike.	Buderim	www.bloomhill.com.au/burn
June 21	Allez Sport Cross Country Series race six	Cross country run over 12km, 6km, 4km, 3km, kids 2km,1km and 500m at Elizabeth Daniels Park.	Buderim	www.sccrosscountry.org
June 21	Caloundra Foreshore Fun Run	Foreshore fun runs including 10km and 3km. The 10km starts at Golden Beach and finishes at Moffat Headland.	Caloundra	www.caloundrafunrun.com
June 26	Become a better road cyclist workshop	Become a better cyclist and learn more about road safety. Designed for intermediate cyclists aged 18 years and over who would like to increase their confidence on the road. The course covers bicycle handling, hand signals, intersections and roundabouts, changing lanes, cornering and road rules.	Birtinya	www.sunshinecoast.qld.gov.au
July 11	Wild Women Adventure Race – round two	Women's only adventure race, a multi-discipline sport involving orienteering or navigation, cross-country running, mountain biking, paddling in teams of two taking up to six hours.	Sunshine Coast	www.dareyouadventure.com.au

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Upcoming Coast events

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Date	Event	Distance	Location	Website
July 11	Allez Sport Sunshine Coast Run Series – race four	The Twilight Neon Run is a late afternoon event which allows runners to finish with glow sticks for extra visibility while a post-series party will commence at 6pm with food, drinks and entertainment for the whole family. Runs of 10km, 5km and 2km at the University of Sunshine Coast.	Sippy Downs	www.atlasmultisports.com.au
July 26	Flinders Tour Trail Run	Based at Beerburrum on the Sunday closest to the 26th July. Matthew Flinders was the first European to climb one of the Glasshouse Mountains (Beerburrum) on this date in 1798. Options include 10km, 25km and 50km.	Beerburrum	www.glasshousetrails.com.au
July 26	Rapha Women's Ride	Join thousands of women around the world to ride 100km. A global event, ride on your own or join one of the organised rides. Rides will be taking place everywhere, including several led by Rapha. Over 8,000 women took part in 2014 — this year organisers are aiming to double that number.	Everywhere	www.pages.rapha.cc/womens100
July 26	King of the Mountain	Tackle the 4.2km mountain run, 3km family fun run, 2.8km dash or kids 4x700m.	Pomona	www.kingofthemountain.com.au
August 2	Queensland Enduro Series – round four	Downhill mountain bike endure, Five descending stages, linked together by untimed liaison stages.	Garapine, near Gympie	www.gravityenduro.com.au
August 7-8	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 an officially measured 500 metre decomposed granite loop.	Caboolture	www.geoffsruns.com
August 8-9	Noosa Strade Bianche	A 'gravel' fondo in the vein of the famed L'eroica in Italy for vintage steel framed cycles, with options for 133km, 89km and 33km loops. Also features a swap meet.	Noosa Marina	www.noosa-stradebianche.com.au
August 9	Miss Muddy obstacle course race	Miss Muddy is a women's only 4-6km obstacle and mud festival for women over 18. It includes colour, mud, climbing, crawling, slipping and sliding and lots and lots of laughter.	The Big Pineapple	www.missmuddy.com.au
August 9	Rainbow Beach trail run	Runs of 10km, 25km and 43km at Rainbow Beach/Cooloola National Park.	Rainbow Beach	www.runqueensland.com
August 15	Island Charity Swim	Swimmers leave Mudjimba Beach, journey around Old Woman Island and all the way to Mooloolaba for about 11km. Fundraiser for Nambour and Currimundi Special Schools.	Mudjimba	www.islandcharityswim.com.au
August 22	Bike maintenance workshop	Participants will learn valuable tips about bike maintenance including and how to clean your bike, repair punctures, adjust your brakes and maintain your chain. The workshop is designed for beginners of all ages, as well as family groups.	Nambour Library	www.sunshinecoast.qld.gov.au
August 22-23	Mountain bike orienteering – national and state series	Mountain bike orienteering, gentle undulating spur-gully pine forest with track network and some point features.	Tewantin and Kenilworth	www.sunshineorienteers.com.au
August 22-23	Rainbow Beach Double Tri	Olympic distance triathlon over two days, 750m swim, 20km cycle, 5km run on both days. Also Active Kids Triathlon (race run in age groups) and Active First Timers Triathlon.	Rainbow Beach	www.rainbowbeachtriathlon.com.au

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Upcoming Coast events

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Date	Event	Distance	Location	Website
August 29	Bike maintenance workshop	Participants will learn valuable tips about bike maintenance including and how to clean your bike, repair punctures, adjust your brakes and maintain your chain. The workshop is designed for beginners of all ages, as well as family groups.	Beerwah Library	www.sunshinecoast.qld.gov.au
August 30	Sunshine Coast Marathon and Community Festival	Annual running festival, including 2km, 5km, 10km, 21.1km and 42.2km runs through Alexandra Headland, Mooloolaba and Maroochydore.	Alexandra Headland	www.sunshinecoastmarathon.com.au
September 5	The Stampede obstacle course race	Run wild through an epic 5km or 10km obstacle course. Inch your way through thick mud, climb cargo nets, speed down our mega slip and slide and dash through live wires charged with 10,000 volts before washing it all down with a cold beer. Junior Stampeders, aged 5-11 years, take on a 2km course.	Woodford	www.thestampede.com.au
September 5	Bike maintenance workshop	The workshop is designed for beginners of all ages, as well as family groups.	Maroochydore Library	www.sunshinecoast.qld.gov.au
September 8	Bike maintenance workshop	The workshop is designed for beginners of all ages, as well as family groups.	Coolum Library	www.sunshinecoast.qld.gov.au
September 10	Bike maintenance workshop	The workshop is designed for beginners of all ages, as well as family groups.	Kawana Library	www.sunshinecoast.qld.gov.au
September 8	Bike maintenance workshop	The workshop is designed for beginners of all ages, as well as family groups.	Caloundra Library	www.sunshinecoast.qld.gov.au
September 12-13	Glasshouse 100 Trail Run	Run options include 100mile (160km), 100km, 50km, 30km, 10km. The 100 mile course consists of two loops - the western section of about 110k and the eastern section approximately 50k. The terrain varies from easy gravel road to rough, steep single track.	Beerburrum	www.glasshousetrails.com.au
September 13	Ironman 70.3 Sunshine Coast	Long distance triathlon, 1.9km swim across Mooloolaba bay, 90km ride along the Sunshine Motorway (two laps) and 21km run from Mooloolaba to Cotton Tree (two laps).	Mooloolaba	www.ironman.com
September 20	Mountain bike orienteering – State Series, round nine	Mountain bike orienteering, gentle undulating spur-gully pine forest with track network and some point features.	Beerburrum	www.sunshineorienteers.com.au
September 26-27	Hells Bells and Fairy Bells adventures races	Hells Bells is a non-stop 24hr adventure race involving trekking, mountain biking, kayaking and other adventure disciplines. Mixed, male or female teams of three must navigate their way unsupported through an arduous 100+km course that is only revealed to them hours before the race. Fairy Bells is held simultaneously with three team members, but only two team members can be on course.	South-east Queensland	www.dareyouadventure.com.au
September 26-27	Atlas Multisports Training Camp	Two days dedicated to triathlon training at Noosa for athletes of all levels and distances. Activities include endurance training, swim and run skills and drills, pilates, nutrition information and transition technique.	Noosa	www.atlasmultisports.com.au
October 4	Black Mountain Trail Race	45km ultra marathon and 21km half marathon following the original Black Mountain Road called the Twin Bridges Track.	Black Mountain	www.dynamicrunning.com.au

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Upcoming Coast events

REGISTER YOUR EVENT
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Date	Event	Distance	Location	Website
October 4	Sunshine Coast Trail Running Series	The Sunshine Coast Trail Running Series is a new series by Those Guys Events. Details to be announced.	TBC	www.sctrailrunningseries.com.au
October 10-17	Sunshine Coast Cycle Fest 2015	New annual cycling event to feature a hill climb, road race, criterium and a gran fondo. Designed for riders of all ages and abilities. Staged as part of cycling celebrations in conjunction with Sunshine Coast Council.	Sunshine Coast	www.facebook.com/sccyclefest2015
October 11	Color Run Sunshine Coast	Also known as the happiest 5km on the planet, is a unique paint race that celebrates healthiness, happiness and individuality.	Quad Park, Kawana	www.thecolorrun.com.au.
October 24	The Blackall 100	The 100km trail run traverses the Blackall Range, taking in the Sunshine Coast Great Walk. With a primary 100km event, supported by a 50km event, has generous cut-offs of 25 and 28 hours apply for the 50km and 100km respectively.	Mapleton	www.runqueensland.com
October 25-26	Bribie Tri race one	**Saturday:** Active Kids and Active First Timers: 100m swim/3km cycle/500m run; 200m swim/5km cycle/1km run, 250m swim/6km cycle/2km run. Ocean swim: 500m or 2km. **Sunday:** Short - 300m swim/10km cycle/3km run or Long – 750m swim, 20km cycle, 5km run.	Bribie Island	www.bribietri.com.au
November 1	Noosa Triathlon and Multisport Festival	Olympic distance triathlon (1500m swim, 40km ride, 10km run), as well as a 1km ocean swim, and a run/swim/run event.	Noosa	www.ap.ironman.com
November 15	Queensland Tri Series – round three	Three triathlon races. QTS - 400m swim, 15km cycle, 4km run. Enticer - 200m swim, 7.5km cycle, 2km run. Kool Kids - 100m swim, 2km cycle, 400m run.	Kawana Waters	www.qldtriseries.com.au
November 21-22	Hundy - Hervey Bay 100	Triathlon featuring a 2km swim, 80km cycle and 18km run.	Hervey Bay	www.hb100.herveybaytriclub.org.au
November 29	Sunshine Coast Trail Running Series	The Sunshine Coast Trail Running Series is a new series by Those Guys Events. Details to be announced.	TBC	www.sctrailrunningseries.com.au
December 6-7	Bribie Tri race two	**Saturday:** Active Kids and Active First Timers: 100m swim/3km cycle/500m run; 200m swim/5km cycle/1km run, 250m swim/6km cycle/2km run. Ocean swim: 500m or 2km. **Sunday:** Short - 300m swim/10km cycle/3km run or Long – 1000m swim, 30km cycle, 8km run.	Bribie Island	www.bribietri.com
December 20	Buderim9	Climb nine Buderim hills, covering 75km, within three hours.	Buderim	www.buderim9.com.au
January 31-February 1	Bribie Tri race four	**Saturday:** Active Kids and Active First Timers: 100m swim/3km cycle/500m run; 200m swim/5km cycle/1km run, 250m swim/6km cycle/2km run. Ocean swim: 500m or 2km. **Sunday:** Short - 300m swim/10km cycle/3km run or Long – 1000m swim, 30km cycle, 8km run.	Bribie Island	www.bribietri.com
February 7	Queensland Tri Series – round six	Three triathlon races. QTS - 400m swim, 15km cycle, 4km run. Enticer - 200m swim, 7.5km cycle, 2km run. Kool Kids - 100m swim, 2km cycle, 400m run.	Caloundra	www.qldtriseries.com.au
March 7-8	Bribie Tri race four	**Saturday:** Active Kids and Active First Timers: 100m swim/3km cycle/500m run; 200m swim/5km cycle/1km run, 250m swim/6km cycle/2km run. Ocean swim: 500m or 2km. **Sunday:** Short - 300m swim/10km cycle/3km run or Long – 1000m swim, 30km cycle, 8km run.	Bribie Island	www.bribietri.com