

## Enduring Blackall duo

MEET the Sunshine Coast's new dynamic endurance duo.

Palmwoods athlete Scotty Farrell and Alexandra Headland's Danielle Gage

can sound the victory bell after securing the overall titles at the Blackall 100 50km race last month.

Scotty posted a new course record with a time of 4:38:51 in what proved to be a cracking battle with Nambour runner Jimmy Tee.

After taking the lead about 6-7km

into the race, Scotty thought he was close to securing victory until Jimmy emerged late in the race.

"It was crazy. I came out of the last section of single trail and I was walking across the road and was just having a little breather and here he is coming out of the bush," Scotty said.

"I had to make a call as to whether I would

retain my pace or race. We had this duel for three or four kilometres. It was on.

"It was as fast as I could possibly go at the end of a

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Photo: Warren Lynam

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Celebrating their 9:13 finish of the 50km event as part of the Blackall 100 are Bli Bli's Melanie and Tom Cameron with son Oliver, 1.  
*Photo: Che Chapman*

# Nothing left in the 50km tank

## From Page 1

50km run. He was right on my shoulder. I could hear him breathing."

It was a remarkable comeback from Jimmy to battle for the lead given it was estimated he was about six minutes behind before the 42km checkpoint.

Coming out of Mapleton Falls there was a steady climb with about 1km to go when Jimmy was unable to maintain the pace and eventually finished 42 seconds behind.

"I kept looking back...I didn't have much left. We were going at it like it was a 5km race," Scotty said.

The women's race saw Danielle dominate the field, ringing the finishing bell after 5:22:02 and nearly 30 minutes ahead of her nearest competitor.

While having completed races such as the North Face 100 back in 2011 and two Glasshouse 50km previously, this is the first time she has trained specifically for a trail run.

She consulted Scotty for a program and the T:Zero Multisport coach ensured she narrowed her training focus.

"I wanted to podium in my age group. I completely gave up bike riding and just ran," she said.

"Scotty got me to mainly do hills, and practically every run was with a backpack and I just found hills.

"I was also a bit more in tune with my food and resting more."

Danielle said she felt strong for most of the race, although she tripped at about the 20km point which led to a minor calf cramp. The cramps worsened between 35-40km and the final 10km were a mental and physical battle.

With varied sporting interests, Danielle is uncertain about her next challenge.

Possibilities include the North Face 100, the Comrades 90km ultramarathon or the Port to Port mountain bike race.

"I like to train with people and do something different every time," she said.

"Pounding the pavement is not interesting to me I would much rather be out in the bush and I quite like the hills rather than the flat surface."

## SEE THE 100KM STORY ON PAGE 11.

### Top Coast age group

#### finishers: 50km

Scott Farrell (Palmwoods) first overall and first 30-39 men 4:38:51.  
Jimmy Tee (Nambour) first 15-29 men and second overall 4:39:33.  
Eugene Craddock (Bli Bli) first 40-49 men 5:08:29.

## TOP TIPS

### Scott Farrell's running top tips:

1. Practice on trails. It uses a plethora of different muscles to running like a metronome on the road. It's almost a different sport. So as much as you can, get off-road, it's way better for the soul as well.
2. Wear the gear in training you intend on using on race day (including your hydration pack). Aside from the obvious chafe, it's a great idea to have this stuff dialled in well in advance of race day.
3. Practice your nutrition a few times, in as near to race conditions as you can. I always advise the athletes I work with to practice their race nutrition 3-4 times during their last six weeks of their race build. If you or your coach are planning things correctly, there should be a few key sessions (longer, more intense sessions, closely mimicking race day) that you can really target and practice everything well. Get your nutrition wrong and you're in for a miserable walk in the woods. Nail it and you'll be singing with the birds.
4. Condition yourself. Again, this comes back to practice. But if you intend on making a certain time for your 30km trail race, then by all means work out how fast you'll need to run to make that time and practice running at this speed to see if your body can handle it. Part of the conditioning process is to build up slowly making sure you get yourself used to running at certain speeds.
5. Stay on your feet. Yes the ground is very uneven, but I've sustained far less injuries running in the bush than running on the footpath. Concentrate and keep your eyes on the trail and run fresh – a good way to end up on your face is to go running in the bush when you're feeling tired.

Todd Mumberson (Palmwoods) third 30-39 men 5:08:35.  
Trevor Allen (Noosaville) fifth 30-39 men 5:20:23.  
Danielle Gage (Alexandra Headland) first overall and first 40-49 women 5:22:02.  
Robert Clark (Wurtulla) fourth 40-49 women 5:50:20.  
Andrew Richards (Buderim) seventh 40-49 men 6:07:39.  
Scott Woodward (Doonan) eighth 40-49 men 6:14:10.  
Dawn Rees (Yandina) seventh 30-39 women 7:15:59.  
Lisa Thompson (Kiel Mountain) eighth 30-39 women 7:33:22.  
Dorthea Knudsen (Sippy Downs) third 15-29 women 7:52:38.  
Kellee Offley (Yandina Creek) 10th 40-49 women 7:53:51.  
Amanda Eriksson (Mudjimba) ninth 30-39 women 7:53:52.  
Trevor Elliott (Warana) first 60-69 men 8:26:58.  
Julie Hosking (Little Mountain) second 50-59 women 8:57:43.  
Tom Cameron (Bli Bli) fifth 15-29 men 9:13:22.  
Linda Vale (Mapleton) fourth 50-59 women 9:18:05.  
Jessica Taylor (Nambour) fifth 15-29 women 10:41:28.  
Colleen Newton (Nambour) eighth 50-59 women 11:54:35.  
Emily Brown (Maleny) seventh 15-29 women 12:06:56.



Danielle Gage and Scotty Farrell won the 50km event at the Blackall 100.

*Photo: Warren Lynam*

Cheryl Lanagan (Little Mountain) ninth 50-59 women 12:07:02.  
Lisa Day (Pacific Paradise) eighth 15-29 women 12:14:35.  
Scott Cupitt (Woombye) seventh 15-29 men 13:33:26.



Alexandra Headland's  
Anthony Rule on his way to  
15th in open men, with a  
final time of 2:12:10.  
Photo: Che Chapman

# Locals flex Noosa muscle

LOCALS performed strongly at the iconic Noosa Triathlon on Sunday, with four Sunshine Coasters among the top-10 women.

Mooloolaba's 2010 race winner Caroline Steffen backed up from last month's Ironman World Championship to finish fifth in the 1.5km swim, 40km ride, 10km run.

Buderim's Kirralee Seidel claimed sixth place among the women (2:06:40) in an impressive performance.

Meanwhile, Radka Vodickova, who has recently relocated to Noosaville with finance Brad Kahlefeldt, snared seventh spot. The Czech competitor clocked 2:06:53.

Buderim young gun Annelise Jefferies finished 10th (2:14:41), after claiming the world under-23 duathlon title last month.

It was an outstanding

showing from Annelise, who has struggled with injury this year.

"This year I was supposed to be doing a masters in physiotherapy and I actually declined the offer to make the most of triathlon," she said.

"I planned an overseas trip for three months with QAS and was staying in France. I did a race in Japan on the way over, but the day before I left (Japan) I got an injury. I still went over to France because they said it was going to be okay after a week or so but in the end it never came right."

In the men's field, Mt Coolool's Ben Shaw claimed sixth place (1:50:41) but Noosa's 2012 ironman world champion Pete Jacobs failed to finish after suffering cramp in the run.

It was a successful day for organisers, with the first beach

swim in the event's 33-year history.

## Our Noosa Tri podium finishers were:

Josh Minogue (Mooloolaba) 2:02:14  
third 25-29 men (1:8:34, 1:03:34, 35:47).

David Chick (Yaroomba) 2:04:59  
second masters men (22:02, 1:00:46, 37:53).

Gregory Ball (Noosa Heads) 2:12:51  
third 50-54 men (23:31, 1:02:17, 41:55).

Darryl Scott (Noosa Heads) 2:10:51  
second 55-59 (24:02, 1:00:57, 40:30).

Kevin Hammond (Burnside) 2:23:25  
third clydesdales 90-99kg (24:13, 1:06:26, 46:58).

Kerrie Crisp (Sunshine Beach) 2:34:09  
first 55-59 women (24:05, 1:10:45, 53:04).

Louise McNulty (Noosa Heads) 2:41:50  
second 55-59 women (24:03, 1:15:48, 55:20).

Penny Hearn (Tewantin) 2:52:42  
second 60-64 women (28:58, 1:19:33, 56:52).

Philip Scott (Noosa Heads) 3:34:37  
first 75-79 men (37:09, 1:31:24, 1:15:37).

Markus Hanley (Tewantin) 6:12:17 first  
80+ man (46:23, 2:21:00, 2:47:03).

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# Jan's still fit and firing at age 72

By GRANT EDWARDS

ENTERING the 70s age bracket, most people are slowing down. Not Sunshine Beach's Jan Croft.

Fresh from winning the 70-plus division of the 3.8km marathon swim at Mooloolaba's World Swims Series "Swim Queensland" event last weekend in a time of 1:03:23, the 72-year-old swimmer actually has plans to ramp up her training in the years ahead.

"Last year I competed in the 70-plus age group at the World Masters Championships in Montreal in the 3km open water swim. I won't go to the worlds this year...I'm hoping to hang in there until the 75-plus age group for another hit-out," she said.

"I still enjoy the swimming, I have no plans for retiring, as long as the body holds out.

"You just manage the injuries. Anyone who has been swimming that long, it would be impossible not to have any issues."

Jan's son Nick is head coach of Multisport Consultants, and each week she joins his squad for three sessions of between 3.5-4km.

Among the faster lanes at squad, she joins athletes less than half her age.

"All I do is hang on to the young ones as long as I can," Jan said.

"I enjoy swimming with the young ones. I enjoy their company...it doesn't matter how old you are."

When training for major events she lifts the training to four or five weekly pool sessions. Jan regularly does gym work to maintain her strength and supplement her training in between swim coaching at Noosa Aquatic Centre.

Growing up in Ayr, Jan has an outstanding swimming pedigree.

She started swimming competitively from the age of



Jan Croft produced an impressive marathon swim at Mooloolaba's World Swims Series, completing the 3.8km journey in 1:03:23.  
Photo: Geoff Potter

## SWIM TIPS

### Jan Croft's tips:

- Train in the pool, and supplement that swimming with an open water swim.
- Swimmers of all abilities need to be looking at the clock. "It's too easy to get out there in the ocean and think it's lovely not pushing as hard as you should be."
- For triathletes, aim for 3.5km up to 4km sets.
- "I find I need a fair bit of work to maintain swim. I swim my best with about 4km training sets," she said.

six and during the 1950s she held state records for every freestyle distance between 50 to 800 metres.

In 1961 Jan secured the Australian 800m title in Brisbane, and did it again one year later in Melbourne.

Training under the guidance of coach Arthur Cusack for most of her career, and in the latter stages Don Talbot, Jan trained with the '62 Commonwealth Games squad in North Queensland but just missed selection for the Perth

## Double delight for pair

SUNSHINE Coast swim coach Duane Cannell (pictured) can walk the walk.

The Bokarina teacher was the World Swims Series overall winner in the 2km with a time of 23:58 at Mooloolaba on October 23. He also won the 1km with an effort of 12:00.

Multisport Mecca's cover star from last edition



Mark Laforest also scored a double, winning the men's 55-59 division with a time of 27:24, and then backed up with a win in his category in the 1km with a time of 13:48.

event before she retired at the age of 19.

Married in her early 20s and then having three sons, Jan got back into swimming and at the FINA Masters championships in 1988 she won gold in the 800m.

With son Nick excelling in triathlon, Jan was drawn into the tri-sport. She completed four Ironmans, two at Forster which earned her qualification for the Hawaii Ironman World Championship on both occasions – the latter was in 1998 which she finished on the podium.

But in 2008 a knee

replacement saw an end to her triathlon career.

"I wasn't very talented at running, it was always a matter of survival," Jan said.

She has just completed the Arena Noosa 1000 event as part of the tri festival (where she again won her age group with a time of 18:51), and her next major events will include the next World Swims Series events at Noosa in February along with Mooloolaba in March, the national masters swim titles in Melbourne in April and the Byron Bay Ocean Swim Classic scheduled for May.

# Choose your run adventure

By GRANT EDWARDS

THOSE looking to find their fitness will have the perfect opportunity as part of next year's Sunshine Coast Run Series.

Each of the four-race series will feature "NavRun", an adventure race style event where two team members must visit as many checkpoints as possible in the 90 minute timeframe.

Participants will be given a topographical map, which they use to find check points.

"Checkpoints are scored differently depending on level of difficulty in reaching them, so you need to choose your strategy," Atlas Multisports event organiser Jason Crowther said.

"Teams must travel on foot at their own pace. Anyone from children to grandparents can experience the personal satisfaction that comes from cross-country navigation at their own level of competition and comfort.

"It will be a fun time for anyone that requires not just run speed but strategy and navigational skills using a map to navigate from point to point in diverse terrain.

"We have introduced this for

## DATE SAVERS

### Sunshine Coast Run Series

**January 31:** Race one, Noosa Springs (2km, 5km and 10km).

**April 3:** Race two, Cooloom (15km, 10km, 5km and 2km).

**May 29:** Race three, Point Cartwright (2km, 5km and 10km).

**July 9:** Race four, Sippy Downs (2km, 5km and 10km).

people who feel like they want to get into adventure racing...this is a stepping stone. And you don't have to be ultra-fit, you can do this with a bit of strategy. It's not necessarily the fastest team that will win."

Once again the four-race series is designed to help people train for the region's marquee running event – the annual Sunshine Coast Marathon and Community Running Festival.

Starting in January, the series features monthly events with distances varying from 2km to 10km. There will also be a one-off 15km challenge staged



Pomona's Christine Metcalfe heads toward Point Cartwright at the annual Buddina run.  
Photo: Michelle Singer

at Cooloom in April.

Discounts of 50% will be offered for those who register in the first two weeks of

December for the series. Those who take up the offer will be paying about \$15 for each event.

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# Sean qualifies in fine style

WHEN bosses deliver good news, it typically involves a heftier pay packet or new role.

But Peter Nel's announcement to Sean Richardson was something money couldn't buy.

Sitting down after crossing the finish of Ironman 70.3 Port Macquarie, Peter delivered the news Sean had won the 30-34 age group title – and clinched a spot at next year's world championship to be staged on home soil.

The Mountain Creek 31-year-old claimed victory after storming home in unseasonably hot conditions. After a 26:22 swim, Sean got through the hilly bike course in 2:25:22 and then posted a 1:26:22 run.

It was the fastest run in his category and the second quickest of any age grouper.

"When I ran over the line I thought I heard I was third. I was completely stoked at coming third and I was jumping around like crazy," Sean said.

"I knew I had passed a few within my age group (on the run).

"I built into the race as it went on...it felt easier and I felt lighter. When you are passing people that gives you a lot of confidence and self-belief.

"Everything just happened. Sometimes you have good days where it feels easy."

## QUALIFIERS

**Taking 2016 world championship slots at Port Macquarie 70.3 were:**

Sean Richardson, Paul Davies, Kacey Willoughby, Catherine Thiele, Michele Purvis.

Moving to the Sunshine Coast in 2014 has paid dividends for Sean's racing. He's getting faster and stronger under the guidance of Jason Crowther of Atlas Multisports, and puts it all down to "consistency".

"There is no secret sessions. It's about being consistent, doing the right things, strength work and being healthy. And having faith in the program," he said.

Sean is now looking forward to wearing the Australian colours at Mooloolaba next September.

But first he plans to return to Port Macquarie next year for the Ironman, where he hopes to qualify for the Kona world championship.

**Sunshine Coast athletes' Ironman Port Macquarie 70.3 results:**

Jarmo Hast (Mooloolaba) 15th professional men 4:15:41.

Sean Richardson (Mountain Creek) first 30-34 men 4:21:04.

Paul Davies (Peregian Springs) third 30-34 men 4:22:40.



**Mountain Creek's Sean Richardson atop of the podium with Aaron William Ashdown second, and Peregian's Paul Davis in third at Port Macquarie 70.3.** Photo: Hannah Richardson

David Dellow (Kawana Island) 17th professional men 4:35:00.

Jessica Fleming (Noosa Heads) fourth professional women 4:37:15.

Jason Cook (Currumbundi) 29th 35-39 men 4:51:51.

Robbie Andrews (Kawana Island) 13th 45-49 men 4:52:47.

Ben Schodol (Cotton Tree) 39th 35-39 men 4:59:27.

Kacey Willoughby (Mooloolaba) second 30-34 women 5:00:13.

Catherine Thiele (Mooloolaba) second 35-39 women 5:04:18.

Adam Dubberley (Mountain Creek) 30th 30-34 men 5:08:23.

Jess Sawkins (Peregian Springs) third 25-29 women 5:08:59.

Lauren Murphy (Maroochy River) sixth 35-39 women 5:10:02.

Michael Hird (Alexandra Headland) 32nd 30-34 men 5:11:30.

Michele Purvis (Mooloolaba) second 45-49 women 5:17:37.

Dylan Murphy (Maroochydoore) 12th men 18-24 men 5:32:42.

Catherine Milgate (Gympie) eighth 45-49 women 5:39:12.

Jarrod Covey (Buderim) 65th 30-34 men 5:41:08.

Jane Simpson (Caloundra) 12th 40-44 women 5:48:13.

Garry Weston (Caloundra) 11th 55-59 men 5:49:43.

Jonathan Hamwood (Mons) second 65-69 men 5:52:49.

Hannah Richardson (Mountain Creek) 11th 25-29 women 5:57:58.

Mark Adamson (Caloundra) 83rd 40-44 men 6:12:02.

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# Youngsters battle at Kawana

By **TRIATHLON QUEENSLAND**

LAKE Kawana will be abuzz with young triathletes on Sunday, November 8 as schools from the top north to the NSW border gather for the annual Triathlon Queensland All Schools event at Lake Kawana.

All Schools is a must do for young triathletes, providing the opportunity to qualify to represent their region at the Queensland State Schools Triathlon in Hervey Bay in February 2016.

The Lake Kawana course provides ideal conditions for juniors, either elite or first timers and is a great hit out for kids to experience competitive race conditions with the support of the Triathlon Queensland team.

"The Kawana course will bring the best out in the athletes, with a tide assisted swim, a flat multi loop bike course and a hint of technicality, we can expect to see some impressive racing," race director Dan Mangano said.

"There are some serious athletes coming through the ranks and we're excited to see the talent on race day. We should also see plenty of first timers at Kawana and to bring them across the finish line of their first tri is sensational."

The Kawana course is



Photo: Triathlon Queensland

## ALL SCHOOLS

### Senior Triathlon:

750m/20km/5km (birth years 1997-1999).

### Intermediate Triathlon:

600m/16km/4km (birth years 2000-2001).

### Junior Triathlon:

400m/12km/3km (birth years) 2002-2003.

### Primary Qualifier

### Aquathlon:

1km/200m/1km (birth years 2004-2005).

### Kids Aquathlon:

500m/100m/500m (birth years 2006-2008).

spectator friendly and fosters a big turnout of supporters for Queensland's young triathletes. All are welcome to come along and cheer on the next generation of triathletes.

For event details visit [www.triathlonqld.com.au](http://www.triathlonqld.com.au).

THE Nissan State Series continues on Saturday, November 14, with the inaugural Kawana Aquathlon at Lake Kawana.

Rivalry builds among mates and within clubs as Triathlon Queensland members race it out over the Nissan State Series in pursuit of a state championship crown, and the heavily contested title of Triathlon Queensland Athlete of the Year.

Kawana Aquathlon is one of six state championship races in the Nissan State Series, meaning extra points up for grabs for Triathlon Queensland members.

State championship aside, the Kawana course is well liked among triathletes, with perfect race conditions on the lake swim.

Whether you're a performance athlete or new to aquathlon, there's

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**Mini kids (7-9yrs):** 100m swim/ 500m run

something for everyone at Kawana with races for ages seven through to 70+ years. If you feel like leaving the bike at home, this is the event for you.

On the other hand, if you're guilty of opting for cycle training, competing in the Kawana Aquathlon is a great opportunity to put your swim and run to the test in the run, swim, run course.

Entries close soon. Visit [www.triathlonqld.com.au](http://www.triathlonqld.com.au) for event details.



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# Ditch the crap for real food



By **SCOTTY FARRELL**  
Bachelor of Nutrition,  
Bachelor of Education, Level 1  
Triathlon coach

PROTEIN... I think we can safely say that without argument, protein is the single most important macronutrient available to our bodies.

It provides the building blocks to repair and grow nearly everything in our body. It is essential to have, without it, you will suffer.

The question is, are all the products we see lining supermarket aisles dedicated to the buff, warranted? Or can we obtain the majority of our protein needs from, you guessed it, real food?

As with everything in nutrition, at the elite end of the spectrum, there are exceptions, but let's focus on the majority... that's you and me, the age group athletes, the weekend warriors.

We're mainly wanting to make sure we're maintaining a good balance of lean muscle and optimise recovery and performance through good eating habits... right?

Click here to visit Scotty's website



My answer is simple. Yes. You can get enough protein from your diet to ensure you are recovering well, performing well and not losing any muscle mass. So please for the love of God, ditch the artificial crap!

How do I do this? By including a good source of protein with every meal.

I know when I'm training anywhere from 10-15 hours per week, I'm having an extra meal most days. That makes four main meals and two or three snacks.

That's loads of time to ensure I'm ingesting ample protein across the day.

A good amount to aim for at most meals is 25-30g of protein. As a guide, a 100g piece of steak has about 30g of protein in it, a handful of nuts is about 6g, a large egg has roughly 6g of protein. Learning



to optimise your protein intake from wholefoods is always your best bet, this is what your body craves and is used to.

What gets my blood curdling is hearing that people head out and spend hundreds of dollars on the latest and greatest pre-workout supplement, then follow this up with a big protein shake immediately after the session and yet they have hardly trained enough to warrant extra protein and aren't eating well in the first place.

How many of you focus on the "one per centers", buying the latest shoes or supplements to try and get that edge, when you haven't yet mastered the basics, like making sure you're eating enough vegetables and fruit?

How many of you know how much protein you should be aiming for each day, as this obviously differs between gender, age, race etc? How many of you know how much more protein you need when you're at the pointy end of your training?

The science is there, the recipe to get your intake right to build that muscle and enhance performance and recovery. It all comes back to basics... and who does it best.

So please, stop lining the pockets of the supplement industry – ditch the highly processed, heat treated, chemically enhanced formulas used to make the crap they put in those big tubs of protein and start eating some real food.



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# Surprise victory

THE Gold Coast's Troy Lethlean set a new course record for the brutal Blackall 100 event in a time of 10:16.47.

He eclipsed the previous mark by 26 minutes.

Meanwhile, Shona Stephenson was second overall and she won the women's 100km race in a time of 11:54.03.

For Troy, it was a remarkable result. He only started trail running 18 months ago, with his first event at Washpool last year, and after Ben Gerhardy dropped out following a solid start he dominated the field for a comfortable victory.

"I honestly thought I'd be okay for 50km and then be walking the last 50km... hopefully a top five or 10," he said. "In my heart I really wanted to run 10 hours, but my

head told me that it was impossible, I hadn't trained enough, I wouldn't make it, I was not capable, it was too hard a course, etcetera.

"Well, I backed myself at the start, ran relatively conservatively early, toughed out light headedness/dizziness from 30-60km, and somehow started to feel good for the last 40km."

The win was equally impressive for Shona. She had contemplated not running because of breathing difficulties.

"My asthma was pretty bad for the first 55km. I was crying at 45km when Sara Emr helped me at the drink stop," she said.

"I then cried and let go for the next 5km. It must have sounded pretty weird to anyone around me. I pulled it all back together, having asthma is so



**Troy Lethlean finished the Blackall 100 in a new record time of 10 hours and 16 minutes.**  
*Photo: Che Chapman*

frustrating, my legs wanted to go, they were bounding away underneath me, they knew what to do, my body is trained for this but I had chest spasms and my lungs were not playing a part in it. It will be my last race in Australia for a little while and I wanted to go out with a win."

**Sunshine Coast 100km finishers:**

Jason Collett (Mudjimba) second

40-49 men 12:37:26.

Greg Hardwick (Pomona) 12th 40-49 men 15:46:38.

Rob Wallace (Diddillibah) fourth 14-29 men 17:32:27.

Jason Miezio (Forest Glen) 15th 40-49 men 17:37:02.

Adrian McCallum (Maleny) 16th 40-49 men 17:37:08.

Kate Mayne (Pomona) sixth 40-49 women 17:45:41.

Colin Mackey (Palmwoods) 17th 40-49 men 18:20:04.

Kirsty Levy (Bokarina) eighth 40-49 women 19:00:36.

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# Peddalling passion for the outdoors

By IAIN CURRY

THE working life contrast for Keith Maricich over recent years could hardly be more pronounced.

From city-bound desk-bound chartered accountant to bike shop owner in Noosa Junction, it has been an impressive life affirming journey for Trilogy Cycles' founder.

Lean of body and eloquent of speech, Keith opened the doors to Trilogy four months ago in a region he set his heart on living after many successful years in accounting and commerce.

And there's a real buzz to his new shop. Situated on Lanyana Way in the Junction – "the side with a good vibe and a very local feel to it," Keith said – its cosy atmosphere, large range of multisport brands and its own coffee cart help make it a place you're keen to linger.

"I've tried to create a relaxed atmosphere at Trilogy so people can hang out, rather than just shop," Keith said.

"These days you can't just be a bike shop anymore, not with online competition. I want to give good service, variety of product and engage the local community."

Twice weekly shop rides have taken off, while organising running workshops with Noosa half marathon winner Patrick Nispel and Noosa Triathlon champ Caroline Steffen shows Keith's drive to engage high profile athletes.

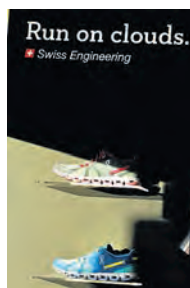
Growing up in Johannesburg in South Africa, Keith was a competitive swimmer and road cyclist through his school years, and the triathlon bug bit after he rode the bike leg in a local tri event, helping his team finish second overall.

His sporting life continued alongside his professional one: first as a chartered accountant, then with his own automotive retail business. He met and married Erinna, an Australian based in South Africa, had a



Keith Maricich is the man behind Trilogy Cycles at Noosa Junction.

Photos: Iain Curry



couple of kids and ultimately upped sticks for Brisbane.

"I sold a successful business so was living like I was on holiday in Brisbane for a while," Keith said. "The idea was always there for a bike shop and I wanted to move to the Coast. I knew there was a good core market for cycling and triathlon here, but I also wanted to cater for all cycling, from mountain bikes to hybrids to kids bikes."

With his corporate background Keith set out business and financial plans and rigidly adhered to them. Over 18 months he worked towards his business model, scouting locations, meeting bike manufacturers and sticking to his principles.

"My passion is not to be an elitist cycling store or specialist mountain bike store. We do cater for these, but my aim is to

get as many people outdoors as possible and enjoying cycling," he said.

On my visit, there was an impressive range of brands on show. Trilogy stocks Scott, Avanti, Malvern Star and the first Felt had just arrived, with Keith hoping to become a distributor shortly.

Kit from Giro, CatEye, Vorgee, Profile Design, Xterra Wetsuits, Funky Trunks and On running shoes are just a selection from an eclectic inventory. There's also a service area where cleaning, bike packing and a premium or full pro service happen: a busy place in the lead up to the Noosa Triathlon, Keith said.

Speaking with Keith, I got the impression he's revelling in his new business, and his will to succeed and make Trilogy part of the community is commendable. "My passion is

small business – it's the backbone of any economy – and I enjoy dealing with people on a daily basis."

And he's right about creating the right atmosphere in the shop, aided no end by the Bean Peddlin' coffee cart in the doorway, open between 7am and 1pm and operated by wife Erinna. Coffee and cycling are inextricably linked, and the mini village feel to the quiet side of Noosa Junction where Trilogy sits makes it an easy-going spot to shoot the breeze a while, pre or post ride.

"I've had some incredibly positive feedback in the four months we've been open, we're heading in the right direction and getting stronger each month," Keith said. "There's a good heartbeat to Noosa Junction, and I'm very happy. It's very different to corporate life."

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# Lightweight versus heavy trails

By IAIN CURRY

THE 2015 award for new car with the most character? For exterior drama alone, Jeep's new Renegade will take some beating.

American designed and tested but built on Fiat's 500X chassis, Jeep's small SUV is a fun front-wheel drive style statement with decent dynamics and room for the family, or in top-spec Trailhawk guise, a talented off-road toy worthy of Jeep's 4x4 heritage.

Shoppers have a choice of five models, all petrol engine. Entry is a Sport with an 81kW 1.6-litre four-potter and manual gearbox; the Sport auto, Longitude and Limited all offer a torquey 103kW/230Nm 1.4-litre; and if you want 4WD (not available on the rest of the range), the Trailhawk's your choice with its 129kW/230Nm 2.4-litre four.

Positives abound. Besides the looks there's superb cabin space, it's a hoot to drive, and technology, kit and interior layout impress.

There has to be a but though, and it's price. The Sport manual is the only one in the sub-\$30 bracket, and to get the better 1.4-litre engine you'll need \$32,500 for the Sport auto. Big money in the hotly contested and crammed small SUV segment.

Surprisingly roomy inside, front and rear passengers enjoy oodles of fresh air above their heads and acceptable leg room. There is a feel of quality and solidness throughout the cabin in all models, while Uconnect audio and touchscreens are standard, with impressive 16.5cm screens in Limiteds and above.

Seats are at their best in the higher grades with leather and electric adjust, but all are quite solid, upright chairs which are fine for normal drives, but I suspect might not be the most cossetting for longer ones.

Multi-function steering wheels seem to have more



controls than modern F1 cars, but work well when you get used to the buttons.

The Renegade's sense of fun carries over from the styling to the drive experience.

Our bitumen test was limited to models with the torquey 103kW 1.4-litre engine, and it's well suited as a flexible all-rounder for town, highway and back road trips.

The four-potter takes some persuading to get moving initially, but proves responsive if you keep the revs up; the torque hit from low down punting it along with gusto.

Don't expect grip, balance or steering feedback to match more sporting orientated premium SUVs, but the Renegade is by no means a body rolling horror. It's fun, stable and planted through the turns, and does a decent job of absorbing road bumps, but the electric steering can feel oddly weighted.

Trailhawk buying 4x4 fans won't be disappointed. Range Rover Evoque-matching 211mm ground clearance, wheel articulation up to 205mm, 20:1 crawl ratio, multi-mode Selec-terrain, hill descent control and fully disconnecting rear axle. This thing has the off-road smarts, and tackled some significant climbs and descents with aplomb.

Interior passenger dimensions are excellent making the Renegade both an

## VITAL STATISTICS

**Model:** 2015 Jeep Renegade.

**Details:** Four-door front- or all-wheel drive small SUVs.

**Engines:** 1.6-litre four-cylinder generating maximum power of 81kW and peak torque of 152Nm (Sport manual); 1.4-litre four-cylinder with 103kW/230Nm (Sport auto, Longitude and Limited), 2.4-litre four-cylinder with 129kW/230Nm (Trailhawk).

**Transmissions:** 5-speed manual (Sport only); 6-speed DDCT auto (Sport, Longitude and Limited); 9-speed auto (Trailhawk).

**Consumption:** 6.0-litres/100km (Sport manual); 5.9 (Sport, Longitude and Limited); 7.5 (Trailhawk).

**CO2:** 141g/km (Sport manual); 137 (Sport, Longitude and Limited); 175 (Trailhawk).

**Towing capacity (braked):** 800kg (Sport manual); 1200kg (Sport, Longitude and Limited); 907kg (Trailhawk).

**Bottom line plus on-roads:** \$29,500 (Sport manual); \$32,500 (Sport auto); \$34,500 (Longitude); \$38,500 (Limited); \$41,500 (Trailhawk) all before on roads.

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

ideal family hauler and weekend adventurer for five adults. It's still a small SUV, so while the boot opening is large and practical, the 351-litres cargo space isn't vast. Fuel economy - especially as tested - isn't groundbreaking.

On the standard includes list is the Uconnect touch-screen audio with integrated voice command and Bluetooth, cruise control, seven airbags and rear-view camera are across the range.

Sport models get a 12.7cm screen, 16-inch alloys and cloth upholstery; Longitudes bring blind spot monitoring, leather steering wheel, dual-zone air

con, parking sensors, two-way electric driver's seat and 17-inch alloys; Limiteds score leather upholstery, 16.5cm touch-screen, 17.7cm colour instrument display, sat nav, BeatsAudio system, power eight-way driver and passenger seats (also heated), bi-xenon headlights, 18-inch alloys and some bling for the front grille, mirrors and roof rails.

The Trailhawk 4x4 also gets off-road specific fruit, including low range, hill descent control, underbody skid plates, 17-inch off-road alloys, Trailhawk front and rear fascia, bonnet decal, black front grille and red tow hook.



Team Mountain Designs is headed for the world champs in Brazil.

Photo: GeoQuest

## Team MD is Brazil bound

THE gang is back together and they're headed for Brazil.

The Mountain Designs team of David Schloss from Wurtulla, Noosa's Kim Beckinsale and Gold Coast pair Gary Sutherland and Leo Theoharis will represent Australia at the world adventure racing championship from November 11-21. Racing in the midwest

region of Pantanal, the event features more than 500km of mountain biking, trail running and trekking, river kayaking, pack rafting, canoeing and navigation.

It's the same Mountain Designs team which won XPD (Australia's most gruelling adventure race) at the Flinders Ranges back in 2013.

They are ready to face the world's best. The AR World Series unites in competition the world's best endurance athletes at premiere Qualifier events around the globe. The top two teams at each of these races gain a coveted position on the start line of the annual pinnacle of the sport, the AR World Championship.

### In brief...

#### Marathon finish

THE Sunshine Coast was represented at the weekend's New York Marathon. Greg Biggs posted a time of 3:17:58, while Linda Florence finished in 5:35:44.

#### World exposure

MARCOOLA'S Brodie Gardner achieved 22nd in the professional field and 43rd overall at World Xterra Champs in Maui. On a technical, muddy and demanding course Brodie was the third Australian home with a time of 3:03:50.

#### Duathlon titles

SAVANNAH Wayner finished fourth in the junior women elite division at the Duathlon ITU World Championships. Annelise Jefferies was first in the under 23s, with 2:05:50. Hazel Edmond (Tewantin) was third in women aged 60-64 with a time of 2:42:21.

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# The latest and greatest...

The Suunto cashback offers runs until December 31 and includes the top-of-the-range SuuntoAmbit3 Run with heart rate monitor. The Bluetooth Smart enabled GPS watch has everything for the runner looking for style, fit and function, helping you plan, progress and recover better than ever. See in store for more details and how to claim up to \$50 on any Suunto purchase between November 1 and December 31. Lime green now available at Allez Sport Mooloolaba. RRP \$420.



Cyclezone Mooloolaba has Speedplay's Zero Aero Pedal System in stock. It is designed to increase speed by slashing wind resistance. With a tiny frontal area, a dimpled surface, and a streamlined profile, the Zero Aero is the ultimate aerodynamic pedal system. It also includes Zero Aero Walkable Cleats with special Aero Base Plate Surrounds. RRP \$359.



This unisex Merida Scultura 5000 not only looks the goods, but is cheaper than the model it replaces. With Shimano Ultegra drivetrain, it starts from \$2749. Check it out at Bicycle Centre Maroochydore on Wisers Road.



If it's time to upgrade your shoe collection for spring and summer take a look at Nike's new range for style and performance. Available in a range of seasonal prints as well as stylish black/white combinations, Nike's new range as something to suit runners of all abilities. Styles now available at Allez Sport Mooloolaba include the Lunarglide 7 (\$200), Zoom Structure 19 (\$200), Zoom Pegasus 32 (RRP \$170), Flyknit Free 4.0 (\$180) and the Nike Free 5.0 Print for both men and women (RRP\$170).



The Merida Big Seven XT-Edition is armed with a Shimano XT drivetrain, Rock Shox forks, and starts from \$2100 at Bicycle Centre Maroochydore.

Brooks Ghost has been a favourite among runners worldwide for its combination of balance, cushioning and durability. Ghost 8 has been released with an updated fit, new upper mesh for better breathability and support while a new footbed provides wearers with adaptive cushioning and responsiveness. Available in both men's and women's sizes at Allez Sport Mooloolaba. RRP \$199.95



# Upcoming Coast events

REGISTER YOUR EVENT  
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Date	Event	Distance	Location	Website
November 6	Telstra Store Maroochydore Simmer Crit Series – race two	Sunshine Coast Cycling Club criterium, grades A, B, C and D. Depending on the number of riders racing on the day, some grades may race at the same time. Racing starts from 6pm. Entry fee - \$10 all members, \$12 visitors.	Caloundra	www.scccracing.wix.com
November 8	Triathlon Queensland All Schools Championships	Queensland School Sport selection races. <b>Senior Triathlon</b> - 750m/20km/5km (birth years 1997-1999). <b>Intermediate Triathlon</b> - 600m/16km/4km (birth years 2000-2001). <b>Junior Triathlon</b> - 400m/12km/3km (birth years 2002-2003). <b>Primary Qualifier Aquathlon</b> - 1km/200m/1km (birth years 2004-2005). <b>Kids Aquathlon</b> - 500m/100m/500m (birth years 2006-2008).	Lake Kawana	www.triathlonqld.com.au
November 8	Beach Bash	Beach Bash is the craziest and sandiest obstacle challenge in Australia. The course is about 4km with up to 26 exciting obstacles designed to challenge you. The kids' event is for 5-10 years and the course ranges from 1-2km.	Maroochydore	www.beachbash.com.au
November 13	Telstra Store Maroochydore Simmer Crit Series – race three	Sunshine Coast Cycling Club criterium, grades A, B, C and D. Depending on the number of riders racing on the day, some grades may race at the same time. Racing starts from 6pm. Entry fee - \$10 all members, \$12 visitors.	Giraween	www.scccracing.wix.com
November 14	Kawana Aquathon	Incorporating the Triathlon Queensland State Aquathlon Championships and Triathlon Australia National Selection Event. <b>Full distance</b> - 2.5km run/1000m swim/2.5km run. <b>Enticer</b> - 300m/2km. <b>Junior (10-11 years)</b> - 200m/1km. Mini aquathon - 100m/500m.	Lake Kawana	www.qldtriseriess.com.au
November 15	Queensland Tri Series – round three	Three triathlon races. <b>QTS</b> - 400m swim, 15km cycle, 4km run. <b>Enticer</b> - 200m swim, 7.5km cycle, 2km run. <b>Kool Kids</b> - 100m swim, 2km cycle, 400m run.	Kawana Waters	www.qldtriseriess.com.au
November 20	Telstra Store Maroochydore Simmer Crit Series – race four	Sunshine Coast Cycling Club criterium, grades A, B, C and D. Depending on the number of riders racing on the day, some grades may race at the same time. Racing starts from 6pm. Entry fee - \$10 all members, \$12 visitors.	Caloundra	www.scccracing.wix.com
November 21-22	Hundy - Hervey Bay 100	Saturday features aquathlon events for kids born 2004 to 2008. Mini Aquathlon – 500m/50m/500m (2006 to 2008). Junior Aquathlon – 1km/200m/1km (2004/2005). Triathlon events for kids born 1997 to 2003: Junior Triathlon – 400m/12km/3km (2002/2003). Intermediate Triathlon – 600m/16km/4km (2000/2001). Senior Triathlon – 600m/16km/4km (1997 to 1999). Have a Crack Triathlon – 200m/8km/2km (15 years and above). Main event is the Sunday triathlon featuring a 2km swim, 80km cycle and 18km run.	Hervey Bay	www.hb100.herveybaytriclub.org.au
November 27	Telstra Store Maroochydore Simmer Crit Series – race five	Sunshine Coast Cycling Club criterium, grades A, B, C and D. Depending on the number of riders racing on the day, some grades may race at the same time. Racing starts from 6pm. Entry fee - \$10 all members, \$12 visitors.	Giraween	www.scccracing.wix.com
November 28-29	Bribie Tri race two	<b>Saturday:</b> 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. <b>Sunday:</b> Short - 300m swim/10km cycle/3km run or Long – 1000m swim, 30km cycle, 8km run.	Bribie Island	www.briebietri.com
November 29	Sunshine Coast Trail Running Series	There will be 14.7km and 8.3km options at Ewen Maddock Dam (Mooloolah Connection Rd). The South East Queensland Trail Running Series has evolved from four events on the Gold Coast, to now include 10 events across the Gold Coast, Brisbane and Sunshine Coast.	Glenview	www.seqtrailrunningseries.com.au

CONTINUED NEXT PAGE



# Upcoming Coast events

REGISTER YOUR EVENT  
[multisportmecca@apn.com.au](mailto:multisportmecca@apn.com.au)

Date	Event	Distance	Location	Website
<b>November 29</b>	Triathlon Pink and Brooks Fun Run Pink	An all-female triathlon with varying distances: <b>Short</b> - 100m/4km/1km. <b>Medium</b> - 200m/6km/2km. <b>Long</b> - 300m/8km/3km. <b>Ultra</b> - 600m/16km/6km. <b>Kids</b> 7-9 - 50m/2km/500m. <b>Kids</b> 10-13 - 100m/4km/1km. And a 5km and 2.5km fun run and walk for adults and kids 1km run.	Sunshine Coast Stadium	<a href="http://www.triathlonpink.com.au">www.triathlonpink.com.au</a>
<b>December 6</b>	12-Hour MS Swimathon	Cotton Tree Aquatic Centre on the Sunshine Coast will host its inaugural MS Swimathon event to raise vital funds to help people living with multiple sclerosis (MS).	Cotton Tree	<a href="http://www.msswimathon.com.au">www.msswimathon.com.au</a>
<b>December 20</b>	Buderim9	Climb nine Buderim hills, covering 75km, within three hours in one of the Coast's most challenging cycling events. Participants also raise money for the Cerebral Palsy League.	Buderim	<a href="http://www.buderim9.com.au">www.buderim9.com.au</a>
<b>December 26-30</b>	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, rides from Mooloolaba	<a href="http://www.atlasmultisports.com.au">www.atlasmultisports.com.au</a>
<b>January 10</b>	Hares and Hounds Trail Run	The Hares and Hounds Trail Run is a 55km trail race which can be run solo (the hares) or in a relay team of two to four members (the hounds). The hounds start an hour after the hares and try to chase them down. There are also 10km and 5km events on trails close to the pool; the relay/ultra goes from Woodford to Beerburrum and return.	Woodford	<a href="http://www.traq.org.au">www.traq.org.au</a>
<b>January 16</b>	Color Run Sunshine Coast	Also known as the happiest 5km on the planet, is a unique paint race that celebrates healthiness, happiness and individuality.	Sunshine Coast Stadium	<a href="http://www.thecolorrun.com.au">www.thecolorrun.com.au</a>
<b>January 31</b>	Sunshine Coast Run Series	Race one of the four-race series at Noosa Springs Golf and Spa Resort. Distances options include 2km, 5km and 10km.	Noosa	<a href="http://www.atlasmultisports.com.au">www.atlasmultisports.com.au</a>
<b>February 6</b>	Noosa Summer Swim – World Swim Series	Ocean swim events include marathon distance (3km), long course (2km), short course (1km) and junior (300m 8-16 years and 1km 10-16 years).	Noosa Heads	<a href="http://www.worldserieswims.com.au">www.worldserieswims.com.au</a>
<b>February 6</b>	Atlas Multisports Freestyle Clinic	The first of four freestyle clinics with Duane Cannell of Makin' Waves Swim School.	Buderim	<a href="http://www.atlasmultisports.com.au">www.atlasmultisports.com.au</a>
<b>February 7</b>	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	<a href="http://www.qldtriseries.com.au">www.qldtriseries.com.au</a>
<b>February 13-14</b>	Bribie Tri race four	<b>Saturday:</b> 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 1.5km. <b>Sunday:</b> Short - 300m swim/10km cycle/3km run or Long – 1km swim, 30km cycle, 8km run.	Bribie Island	<a href="http://www.briebietri.com">www.briebietri.com</a>
<b>February 14</b>	Sunshine Coast Trail Running Series	Two distances, 15.5km and 8.9km at Mapleton National Park. The South East Queensland Trail Running Series includes 10 events across the Gold Coast, Brisbane and Sunshine Coast regions.	Mapleton	<a href="http://www.seqtrailrunningseries.com.au">www.seqtrailrunningseries.com.au</a>
<b>February 6</b>	Atlas Multisports Freestyle Clinic	The second of four freestyle clinics with Duane Cannell of Makin' Waves Swim School.	Buderim	<a href="http://www.atlasmultisports.com.au">www.atlasmultisports.com.au</a>
<b>February 27-28</b>	Atlas Multisports Rainbow Beach Training Camp	Ride 200km to Rainbow supported and then join the camp will also give participants the skills and knowledge of how to prepare and recover for endurance events through nutrition, use of pilates and massage.	Rainbow Beach	<a href="http://www.atlasmultisports.com.au">www.atlasmultisports.com.au</a>

CONTINUED NEXT PAGE

# Upcoming Coast events

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Date	Event	Distance	Location	Website
March 6	Mooloolaba Mile – World Swim Series	Events include marathon distance (3km), long course (2km), short course (1km) and junior (300m 8-16 years and 1km 10-16 years).	Mooloolaba	<a href="http://www.worldserieswims.com.au">www.worldserieswims.com.au</a>
March 10-11	Australian Youth Triathlon Championships	Ages 13-18. 13-14yrs male and female 400m/12km/3km. 15-16yrs 600m/16km/4km. 17-18yrs 750m/20km/5km. Mixed teams relay three athletes (two males and one female) per team 13-15yrs 3 x 200m/4km/1.2km. 16-18yrs 3 x 200m/4km/1.2km.	Twin Waters	<a href="http://www.triathlon.org.au">www.triathlon.org.au</a>
March 11	Mooloolaba Twilight Run	Start the Mooloolaba Triathlon Festival with a 5km run from the Esplanade and part-way up Alex hill.	Mooloolaba	<a href="http://www.ap.ironman.com">www.ap.ironman.com</a>
March 12	Mooloolaba Superkidz & Special Triathlon	For all children aged 7-13 years. Distances include: <b>7-10 years 100m</b> - swim/1km cycle/500m run. <b>11-13 years</b> - 200m swim/3km cycle/1km run. (Age as at event day)	Mooloolaba	<a href="http://www.ap.ironman.com">www.ap.ironman.com</a>
March 12-13	Mooloolaba Triathlon Festival	Mooloolaba Triathlon Festival features the professional ITU sprint event on the Saturday, elite cycling criterium, with the centerpiece the Olympic distance (1.5km swim, 40km ride, 10km run) triathlon on the Sunday.	Mooloolaba	<a href="http://www.ap.ironman.com">www.ap.ironman.com</a>
March 19	Paddy Pallin Adventure Series	Designed for teams of two, the races are fun, fast and furious with teams having to change between three core disciplines several times during the event... 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>
March 19-20	Bribie Tri race four	<b>Saturday:</b> 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 1.5km. <b>Sunday:</b> Short - 300m swim/10km cycle/3km run or Long - 750m swim, 20km cycle, 5km run.	Bribie Island	<a href="http://www.briebietri.com">www.briebietri.com</a>
April 3	Sunshine Coast Run Series race two	Fun runs of 15km, 10km, 5km and 2km. The 15km challenge will include some off-road and sandy sections.	Coolum	<a href="http://www.atlasmultisports.com.au">www.atlasmultisports.com.au</a>
April 16-17	Qld X-Tri Championships and Multisport Weekend	<b>Saturday am:</b> QLD Cross Tri Champs: 1500m swim/30km bike/10km run. Sprint Cross Triathlon: 400m/7.5km/3.3km. Junior Cross Triathlon: 150m/5.5km/1km. Dirt Kids Cross Triathlon: 50m/2km/500m. <b>Saturday pm:</b> Mud Rats Kids Adventure Run, 8km trail run, 4km fun run. <b>Sunday am:</b> 45km XC MTB, 22km XC MTB, Mud Rats Dirt Bike. Times from tri champs, 9km trail run and 5km MTB combine for Dirt Master and Dirt Mistress titles.	Landsborough	<a href="http://www.tre-x.com.au">www.tre-x.com.au</a>
April 29-30	18hr Dark Side Champs and 12hr Dawn Attack	Two adventure races for all skill levels. The <b>18hr Dark Side</b> four-person course includes: Up to 70km mountain biking, up to 40km trail running/trekking, up to 15km paddling adventure legs, intermediate navigation. <b>12 Hour Dawn Attack</b> two-person course will complete: up to 40km mountain biking, up to 20km trail running/trekking, up to 10km paddling, adventure legs, basic navigation.	Sunshine Coast	<a href="http://www.adventureraceaustralia.com.au">www.adventureraceaustralia.com.au</a>
April 30	TooMoo 220	One-day supported ride from Toowoomba to Mooloolaba, 220km.	Toowoomba to Mooloolaba	<a href="http://www.toomoo220.com">www.toomoo220.com</a>
May 15	Glasshouse Trail Series - Cook's Tour	The Glasshouse 50 Cook's Tour is an off-road trail run in Woodford, Queensland with 6.5km, 12km, 31km and 51km running events. The course covers forest trails and dirt roads with views of several volcanic mountain plugs.	Woodford	<a href="http://www.glasshousetrailseries.com">www.glasshousetrailseries.com</a>

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# Upcoming Coast events

REGISTER YOUR EVENT  
[multisportmecca@apn.com.au](mailto:multisportmecca@apn.com.au)

Date	Event	Distance	Location	Website
May 29	Weet-Bix TRYathlon	Open to kids aged 7-1, TRYathletes start the swim in the Olympic-sized pool at Kawana Aquatic Centre before cycling along Sportsmans Parade and running through the grounds of Sunshine Coast Stadium. Approximate distances are swim 75m, cycle 3km, run 500m for ages 7-10, and swim 150m, cycle 6km, run 1km for ages 11-15.	Kawana Waters	<a href="http://www.try.weetbix.com.au/events/sunshine-coast">www.try.weetbix.com.au/events/sunshine-coast</a>
May 29	Sunshine Coast Run Series race three	Fun runs of 10km, 5km and 2km, starting from La Balsa Park the 10km and 5km events take in Pt Cartwright and the foreshore at Buddina.	Buddina	<a href="http://www.atlasmultisports.com.au">www.atlasmultisports.com.au</a>
July 9	Sunshine Coast Run Series race four	Twilight run at the University of the Sunshine Coast. Run options include 2km, 5km or 10km. The flat, fast course has resulted in plenty of personal best results in previous years and a chance for new runners to test themselves in a safe and unique environment. All events finish with a 300m lap of the world class standard athletics track.	Sippy Downs	<a href="http://www.atlasmultisports.com.au">www.atlasmultisports.com.au</a>
August 14	Maroochy River Paddle	A marathon paddling race on the Maroochy River starting upstream at the Dunethin Rock Scout Camp and travelling downstream with the out-going tide to finish 17km later in Eudlo Creek at the Sunshine Coast Paddlesports Club. Open to racing kayaks, sea kayaks and fishing kayaks; dragon boats and outrigger canoes; surf spec skis and ocean racing skis; stand-up paddle boards; Canadian canoe, plastic sit-on-top and anything else you might wish to paddle.	Maroochy River	<a href="http://www.maroochyriverpaddle.com.au">www.maroochyriverpaddle.com.au</a>
August 19	Cricky's Onesie Run	Kick off the 7 Sunshine Coast Marathon and Community Run Festival with a 1km run on the esplanade in a onesie. Numbers capped at 100.	Mooloolaba	<a href="http://www.sunshinecoastmarathon.com.au">www.sunshinecoastmarathon.com.au</a>
August 21	Sunshine Coast Marathon and Community Festival	Annual running festival, including 2km, 5km, 10km, 21.1km and 42.2km runs through Alexandra Headland, Mooloolaba and Maroochydhore.	Alexandra Headland	<a href="http://www.sunshinecoastmarathon.com.au">www.sunshinecoastmarathon.com.au</a>
September 4	Ironman 70.3 World Championship	The world's best age group and professional triathletes will converge on the Sunshine Coast 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	<a href="http://www.ironman.com">www.ironman.com</a>
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	<a href="http://www.glasshousetrailseries.com">www.glasshousetrailseries.com</a>
October 1	Atlas Multisports Freestyle Clinic	The third of four freestyle clinics with Duane Cannell of Makin' Waves Swim School. This is a freestyle clinic that will improve your technique and increase your swim speed. Ideal for triathletes and open water swimmers. This clinic is structured for swimmers of all levels and abilities.	Buderim	<a href="http://www.atlasmultisports.com.au">www.atlasmultisports.com.au</a>
November 26	Atlas Multisports Freestyle Clinic	The last of four freestyle clinics with Duane Cannell of Makin' Waves Swim School.	Buderim	<a href="http://www.atlasmultisports.com.au">www.atlasmultisports.com.au</a>
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	<a href="http://www.atlasmultisports.com.au">www.atlasmultisports.com.au</a>