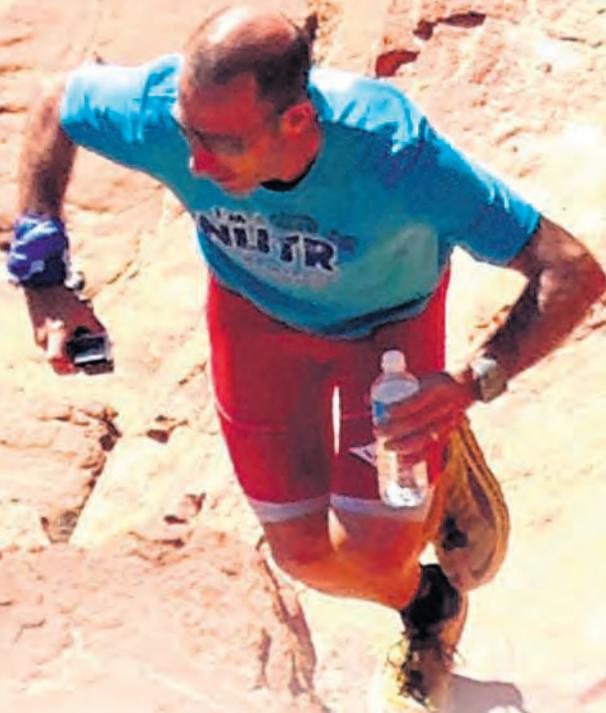


Multisport

M E C C A

Wednesday, November 5



Primed for Blackall torture test

By GRANT EDWARDS

TIRED of analysing his watch every run, Andy Bowen had lost the passion.

Hours spent chasing specific marathon times had left him frustrated and bored.

Searching for new horizons,

he found ultra running reinvigorated his love for the sport.

Challenging trails and ever-changing scenery provided new motivation for the 42-year-old who is preparing for this weekend's inaugural Blackall 100.

The founding member of NUTRs (Noosa Ultra and Trail Runners) is tackling the 100km event and upped his effort in recent months with hopes of completing the journey in about 12 hours.

But having been involved with ultra running for about six

years, Andy knows it's not just about the training.

"It's a lot more between the ears. Knowing what your capacity is, and how to manage your capacity at an event is far more important than being strong. A lot of people can be

To Page 2

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Surviving the ultra challenge

From Page 1

physically strong but mentally weak," he said.

"You always get a bad patch during an event, and once you have been through it a few times you realise the bad patch ends and you come out the other side sometimes feeling better than you did before.

"If I was to look at it as 100km in one hit it would blow my mind, people say 'you must be crazy and mad' because all they think of is driving to Brisbane or the equivalent, I never look at it like that.

"In the big picture, yes it's a 100km race, but all you are looking at for Blackall are three big loops. You break it down and treat them as three individual races which happen to be one after the other.

"The elite guys race right from the gun, for the majority of us its self-preservation for the first 70-80% of the distance. Then you see how you feel then."

Andy has completed about 10 ultra events, but has also achieved some extraordinary feats in recent years.

Among them was a 650km trek across the Nullarbor in one week while another was completing the 223km Larapinta Trail – and he then ran the Alice Springs marathon off the back of that feat.

But that doesn't mean the Blackall 100 will be an easy task.

VITAL STATISTICS

What: Blackall 100.

When: November 8-9.

Where: Start and finish at Queensland Conference and Camping Centre Mapleton, on trails traversing the Blackall Range, taking in the Sunshine Coast Great Walk.

Time: 100km starts at 6am with the 50km starting 7am. Cut-off for 100km is 10am Sunday morning (28 hours) and 9am for the 50km (25 hours).

"I tend to train all the time. I keep myself 50k ready so I can run 50km without any major shock to the body," Andy said.

"Ten to 12 weeks out from the race I will increase my mileage and try and put in specific training sessions to suit the event.

"There is no point going out and pounding the bitumen if you are going to be doing an event 90% on trail, over rocks and rough terrain. You want to get that conditioning into your joints."

His usual week involves about four or five sessions ticking over about 70-80km, but in peak weeks he had been running about 120km.

That includes a mixture of long distance treks, hill repeats and tempo running.

Andy also does karate twice a week to improve flexibility, stretch, and maintain co-ordination and balance.



Andy Bowen is looking forward to this week's inaugural Blackall 100. Inset: Andy off-road unicycling.

Photo: Contributed



Then he also throws some off-road unicycling into the mix. Yes, unicycling!

"It's an incredible workout," he said. "Going downhill is as hard as uphill because there is no free-wheeling.

"It's one of those sports you can constantly improve – when I first started going off-road in an hour I was achieving 90% of maximum heart rate. Now that's down to 70-75% but it's still an amazing workout."

With four runs locked in with the NUTRs each week, Andy also squeezes in the odd lunchtime strength session dragging a truck tyre around the yard.

Given how tough running can be on the body,

interestingly Andy says he remains injury free by off-road running.

"When I run on the trails I never get injured because I find running on the road you have the same range of movement, the same muscles being activated all the time," he said.

"On the trail every time you put your foot down you can feel every muscle firing in a different order, it is constantly adjusting."

Andy won't be alone in tackling the Blackall event, with the local contingent including Kate Mayne, John Ferguson, Andrew Terlich, Dylan Cole-Jones, Leigh Crozier, Claude Desjardins, Ian Rowe, Tylana Woodward, Andrew Robertson and Carol Hichcock.



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Noosa Triathlon competitors will start at Main Beach next year.

Photo: Kari Bourne/KB160871

Noosa Tri to get even better

By **GRANT EDWARDS & ANTHONY BRAND**

REVERED around the world as a bucket-list triathlon, Noosa is about to get even better.

Ironman Asia Pacific organisers have announced plans to stage the swim leg in the ocean off Main Beach next year.

While the 1.5km swim has traditionally be around the canals lined by some of the most prestigious waterfront homes at Noosa Heads, the ocean swim change has athletes salivating.

Atlas Multisports head coach Jason Crowther said the move

is "amazing" and he's already keen to put his hand up for a crack at the new course.

"It'll be the best Olympic distance event in the world, without doubt," he said.

"I'm biased because I live here. But you go to Noosa and you look out from the surf club to the point and there aren't too many places that look like that. Nine out of 10 times the conditions would be flat.

"It'll sell out in a minute and it sells out quick enough now."

Jason said it has the potential to grow even more in participant numbers.

"Everyone would do it if they could get in," he said.

"Noosa's iconic, fun, and a lot of my guys were not doing it as their A-race. Still, half the guys come away with PBs because they go into it so relaxed and have a good race. And there are spectators the whole run.

"It's still a good swim (now), but it doesn't encompass the most pristine part of Noosa which is that bay."

With the possibility of the event being showcased around the world, Ironman Asia Pacific CEO Geoff Meyer said moving the event to the iconic Noosa beach was a logical decision.

"It is such an iconic event and it would be almost

sacrilege not to start it on an iconic beach," he said.

"My operations teams are scratching their heads (about the beach start) but it is something we have to do because we have to keep evolving as an event."

About 8500 people competed in the triathlon on Sunday. More than 12,000 competitors raced in all formats of the festival this year compared to just 186 in 1983.

Government surveys estimate that the event injects upwards of \$19.5 million into the economy and draws between 50,000-60,000 spectators.



Unique New Year's Eve countdown

By GRANT EDWARDS

GOING "lapping" on New Year's Eve gains new meaning for a group of Sunshine Coast swimmers.

With several athletes preparing for long distance events in 2015, they are sending this year out in fine style with a plan of 100 100s at Star Swim School in Maroochydore.

Currently there is a group of five set for the challenge which will also double as a fundraiser for Sunshine Butterflies.

Sara Whitelaw is preparing for the 19.7km Rottneest Island Swim in West Australia. Steve Gage, Tony Bryan and Robbie Andrews are training for the 10km swim leg of Ultraman Australia, while Damien Collins, well, he just likes to challenge himself.

Swim coach Glen Mahoney has issued the challenge to anyone who wants to join the crew, whether that be by team, partially or the whole journey.

"It will be proper session. It definitely won't be 100 100s off the same time cycle," Glen said.

"I'll be mimicking race pace conditions, practicing nutrition intake and really making sure the ultraman guys know what it's like to swim 10k.

"This was just a great opportunity to get the session done in an inspiring environment, and raises some money for an amazing cause in the process."

The five participants will have an abacus at the end of their lane and will flick off the 100s until the complete the task 100 times.

To get the fundraising ball rolling, the Sunshine Coast Marathon has pledged \$1000 from this year's marathon event for Sunshine Butterflies.

Sunshine Butterflies is a registered charity and approved service provider that offers services and support to people with a disability and to



Sara Whitelaw is preparing for the 19.7km Rottneest Island Swim in West Australia, and will use the New Year's Eve as part of her training.
Photo: Glen Mahoney

their families. The organisation offers a range of services which includes the personal fundraising opportunities, support groups and workshops, swim and recreation programs as well as offering information and resources for carers and families to connect and network with each other or to other services.

The Swim and Recreation Club is open to all ages, and all abilities.

Lessons are individually

designed around each member; whether it is to help build confidence or assist with difficulties experienced in a water environment.

The program also helps to develop coordination, self-esteem and confidence, socialisation, water safety, exercise, health and general well-being.

Swimming can also provide a calming "sensory" activity for those within the autism spectrum, while for others it can improve their physical

VITAL STATISTICS

What: 100 100s fundraising swim.

When: December 31, 5am.

Where: Star Swim School, Wise's Rd Maroochydore.

condition if suffering low and high muscle tone.

Anyone who wants to register can do so for \$15, email Star Swim School for more information at info@starswimschool.com.

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First Noosa race delivers success

GETTING around to tackling the biggest triathlon on our patch may have taken Anthony Rule a while, but he certainly made an impact on Sunday.

The Maroochydore athlete (pictured below) went sub-two hours, finishing 20th among the open men.

"I had a great swim with a very aggressive first 200m, then found some good feed and settled into a good rhythm and felt great," he said.

"I had a pretty solid ride with some moderately high power numbers, then dialed it back a little bit in the second half with everyone within 30 seconds at the turn around.

"On the run I got off with the two guys who won the category, and unlike normal where it is my swim that lets me down and my run that saves the day I had a fairly mediocre run and could not find that next gear. I'd say this was probably having had more of an endurance focus and not having done any speed work for a fair while. Consolation prize was I beat my boss at work (Physiocare), Anthony Thomas."

Anthony had a strong preparation for Noosa, having been training for Ironman Western Australia which will be staged in December.

Leading up to Sunday he had peaked with a 10km charity swim at Buderim pool which was part of a training week which saw him train nearly 30 hours. Anthony was rapt with the performance at Noosa in what he described as near perfect conditions.

"I had a nice early wave start at 6:25 and my wave only had 25 or 30 people in it, so no real bawling for position," Anthony said.

"The water was flat, the wind



Casey Munro rips into the bike, where he record the fastest bike split of the day averaging 357watts in a time of 56:31 (including transitions).

Photo: Ritchie Duce of Level Eleven Photography

was non-existent, especially compared to the day before. Great conditions for having a good solid dig and going fast."

Anthony said strong results at Noosa and Sunshine Coast 70.3 has seen the confidence build, and he has been undertaking squads with Tracy Mitchell at Buderim pool which has resulted in producing lifetime best times.

Over the next few months he hopes to race another Olympic distance event at Kingscliffe, and then Ironman Western Australia, throw in a fun ride with the Buderim9, then race some sprint races for the rest of the summer. "As every triathlete dreams, hopefully a return to Hawaii for the Ironman is on the cards next year too," he said.

Results

Casey Munro (Mooloolaba) 17th elite men 1:52:50 (18:01, 56:31, 38:16).

Ben Shaw (Coolum) 15th elite men 1:52:34 (18:01, 57:08, 37:24).

Ricky Swindale (Peregian) 20th elite men 1:57:35 (21:15, 1:01:03, 35:16).

Anthony Rule (Alexandra Headland) fifth open men 1:59:08 (21:19, 1:01:05, 36:42).

Caroline Steffan (Kawana) third elite

women 2:00:29 (20:12, 1:02:39, 37:37).

Drew Westbrook (Mooloolaba) 15th open men 2:11:12 (26:27, 1:04:49, 39:55).

Jacqui Waters (Peregian) fifth open women 2:13:15 (21:17, 1:09:45, 42:12).

Anne Alford (The Palms) sixth open women 2:13:26 (22:18, 1:06:59, 44:08).

Bonnie Atherton (Maroochydore) seventh open women 2:14:07 (21:14, 1:08:08, 44:44).

Leading Coast age groupers

Indiana Voss (Mooloolaba) first in 15-19 women 2:39:41 (24:54, 1:21:14, 53:31).

Natalie Dellow (Mooloolaba) second 30-34 women 02:13:56(22:30, 1:06:45, 44:40).

Michaella Trigg (Kawana) fourth 45-49 women 2:28:03 (29:15, 1:08:32, 50:15).

Gregory Ball (Noosa) third 50-54 men 2:12:19 (25:58, 1:04:22, 41:58).

Maureen Cummings (Pomona) second 50-54 women 2:26:08 (23:03, 1:12:48, 50:15).

Darryl Scott (Noosa Heads) first 55-59 men 2:12:31 (25:48, 1:04:41, 42:01).

Kerrie Crisp (Sunshine Beach) third 55-59 women 2:35:47(25:10, 1:16:32, 54:05).

Hazel Edmond (Tewantin) first 60-64 women 2:42:48 (33:27, 1:18:44, 50:37).

Georgann McEwan (Noosaville) second 60-64 women 2:49:22 (30:30, 1:21:00, 57:51).

Penny Hearn (Tewantin) third 60-64 women 2:49:40 (30:46, 1:23:22, 55:31).

Barry Meek (Weyba Downs) first 65-69 men 2:39:03 (32:18, 1:13:07, 53:37).

Jonathan Hamwood (Mons) second 65-69 men 2:40:11 (29:03, 1:16:29, 54:38).

Christine Walker (Little Mountain) third 65-69 women 3:14:02 (33:35, 1:35:33, 1:04:53).

Denis O'Connor (Noosa Heads) second 70-74 men 2:52:15 (34:20, 1:24:13, 53:41).

Philip Scott (Noosa) first 75-79 men 3:27:48 (34:41, 1:36:42, 1:16:24).

Markus Hanley (Tewantin) first 80+ men 4:54:41 (47:49, 2:22:03, 1:44:48).

Shannon Harben (Buderim) fifth athenas 2:51:19 (28:00, 1:25:57, 57:21).

Chris Sales (Warana) second clydesdales 100+ 2:33:16 (23:49, 1:12:48, 56:38).

Andrew Gibson (Caloundra Tri Club) first paratriathlete 2:42:44(38:17, 1:10:17, 54:09).

Atlas Multisports

Sean Richardson 02:06:58 sixth men 30-34 (23:20, 1:04:14, 39:23).

Jarrold Covey 2:18:09 fourth in Smiling for Smiddy (24:10, 1:09:30, 44:28).

Alan McLean 2:25:02 126th in 40-44 men (25:12, 1:09:01, 50:48).

Graham Murphy 2:25:38 106th in 35-39 men (24:53, 1:09:07, 51:38).

Nick Hinds 2:28:19 100th in 30-34 men (25:45, 1:13:07, 49:26).

To Page 7



Paul Costa heads out on the bike leg of Noosa Triathlon on Sunday.

Photos: Ritchie Duce of Level Eleven Photography

Coast athletes impress at Noosa

From Page 6

Melanie Davidson 2:28:52 eighth in 35-39 women (30:26, 1:12:49, 45:36).

Tommy Hogan 2:29:27 109th in 30-34 men (34:54, 1:09:19, 45:13).

Courtney Hinds 2:31:10 23rd in 30-34 women (27:25, 1:16:30, 47:14).

Paul Costa 2:31:41 207th in 40-44 men (23:23, 1:15:42, 52:35).

Jolie Hannah 2:32:47 18th in 25-29 women (28:30, 1:16:56, 47:20).

Lauren Murphy 2:32:56 28th in 30-34 women (27:39, 1:15:41, 49:35).

Cassy Cason 2:34:00 16th in 40-44 women (29:32, 1:17:51, 46:36).

Dean Nankivell 2:34:04 63rd in 50-54 men (32:32, 1:10:08, 51:24).

John Eastham 2:36:03 248th in 40-44 men (36:56, 1:13:23, 45:44).

Garry Weston 2:36:33 32nd in 55-59 men (28:18, 1:15:07, 53:08).

Dylan Murphy 2:36:35 17th in 15-19 men (29:11, 1:19:00, 48:22).

Natasha Crawford 2:39:25 seventh in Smiling for Smiddy female (27:51, 1:16:13, 55:20).

Jenny McAlpin 2:42:05 26th in 45-49 women (29:21, 1:19:13, 53:30).

Samuel Cooke 2:43:53 179th in 45-49 men (37:35, 1:18:02, 48:15).

Vanessa Ng 2:46:03 37th in 35-39 women (29:15, 1:21:36, 55:11).

Pamela Hudson-Jessop 2:47:00 36th in 45-49 women (36:22, 1:19:46, 50:51).

Ben Johnston 2:48:50 381st in 40-44 men (29:56, 1:24:41, 54:12).

Helen Sheahan 2:49:47 79th in 30-34 women (29:22, 1:22:12, 58:12).

Gaye Ottogalli 2:50:18 73rd in 40-44 women (29:58, 1:25:32, 54:47).

Robert Saftenberger 2:53:04 155th in men 50-54 (31:00, 1:20:52, 1:01:11).

Melissa Massey 2:54:50 91st in 40-44 women (39:09, 1:23:34, 52:06).

Scott Hodder 2:56:36 172nd in 50-54 men (37:27, 1:23:38, 55:30).

Lisa Woodbury 2:56:39 95th in 40-44 women (30:52, 1:23:30, 1:02:16).

Greg Irvine 3:00:52 11th in 65-69 men (32:11, 1:27:46, 1:00:54).

Amy Long 3:02:00 129th in 30-34 women (31:33, 1:33:14, 57:12).

Juan Chacon 3:07:28 in 40-44 men (37:06, 1:25:07, 1:05:13).

Rene Grenfell 3:09:28 in 35-39 women (36:23, 1:25:35, 1:07:30).

Jodi Chapman 3:09:31 147th in 40-44 women (42:30, 1:22:51, 1:04:09).

Jacintha Luermans 3:18:31 132nd in 35-39 women (34:35, 1:37:17, 1:06:38).

Tony Cross 3:42:24 511th in 40-44 men (35:23, 1:32:30, 1:34:30).

Kaylenne Byrne 3:44:14 165th in 35-39 women (31:44, 1:48:01, 1:24:28).

Wayne Metcalfe 3:52:16 125th in 55-59 men (35:50, 1:27:03, 1:49:22).

Sunshine Coast Tri Academy

Matt Carman 2:12:48 17th in 30-34 men (25:29, 1:02:58, 44:20).

Brendon Batzloff 2:16:59 46th in 35-39 men (26:03, 1:07:49, 43:06).

Melissa Charlton 2:29:52 21st in 30-34 women (30:13, 1:16:56, 42:42).

Duncan Bascombe 2:31:08 81st in 45-49 men (30:20, 1:10:45, 50:02).

Sean Longhurst 2:31:55 131st in 30-34 men (28:34, 1:13:20, 49:59).

Leigh Milne 2:34:38 193rd in 35-39 men (27:47, 1:11:17, 55:33).

Paul McDonald 2:36:29 208th in 35-39 men (26:49, 1:15:45, 53:54).

Jasmine Russell 2:37:25 39th in 30-34 women (26:49, 1:17:49, 52:46).

Jane Smith 2:38:05 44th in 30-34 women (25:06, 1:21:34, 51:23).

Philip Treacy 2:38:34 272nd in 40-44 men (35:54, 1:14:04, 48:35).

Gayl Wilson 2:46:42 55th in 40-44 men (31:34, 1:26:21, 48:46).

Gary Turner 2:47:18 sixth in 65-69



Alan McLean on his way to riding a 1:09 at Noosa.

men (34:31, 1:20:06, 52:40).

Paul Clark 2:50:20 397th in 40-44 men (26:48, 1:21:37, 1:01:54).

Garry James 2:58:21 83rd in 55-59 men (31:57, 1:25:42, 1:00:40).

Jay Cunningham 3:05:48 94th in 25-29 women (34:54, 1:27:31, 1:03:22).

Mark Troyahn 3:08:12 293rd in 45-49 men (34:11, 1:28:13, 1:05:47).

Riders sign on Buderim challenge

HOW much ticker do you possess?

Riders across the Sunshine Coast are honing their climbing legs in preparation for one of the region's toughest cycling events – nine hills within three hours.

While the Buderim 9 Challenge may be an uphill battle, gaining support is the complete opposite. Already more than 270 cyclists have signed up to test their mettle against the most difficult climbs Buderim can muster.

Riders don't need to tackle all nine hills, it's a fun event which caters for participants of all levels.

The key aim is to raise funds for the Cerebral Palsy League.

Presented by the Sunshine Coast Cycling Club, the Buderim9 Challenge is supported by major sponsor Argon Law, along with Ord Minnett and Hall Contracting.

One of the event organisers Greg Paix said there was some extra incentive for riders to keep pushing this year.

"Ord Minnett will donate a further \$2 per rider past their hill (number seven) and Hall Contractors are doing the same past their hill (number eight)," he said.

"The parents and kids from the Cerebral Palsy League on



Looking forward to this year's Buderim9 are Greg Paix (right) with his son Joshua and John Gallagher (left) from Argon Law.

Photo: Iain Curry

VITAL STATISTICS

What: Buderim 9 Challenge.

When: Sunday, December 21.

Where: Sign-in at 4.30am, Lions Park, Buderim.

Distance: 74.9km.

Elevation: +1574/-1454 m

Registration: From 4am, event from 5-8am.

Register: www.buderim9.com.au.

the Sunshine Coast will be out in force with the barbecue as well as showing some of their gear that the Buderim9 has been able to help them with like mobility scooters and wheel chairs.

"The support from this event is absolutely fantastic."

Riders must ride the hills according to the event map and all registered riders receive an event jersey and a certificate to indicate the number of hills accomplished.

BUDERIM9 ROUTE

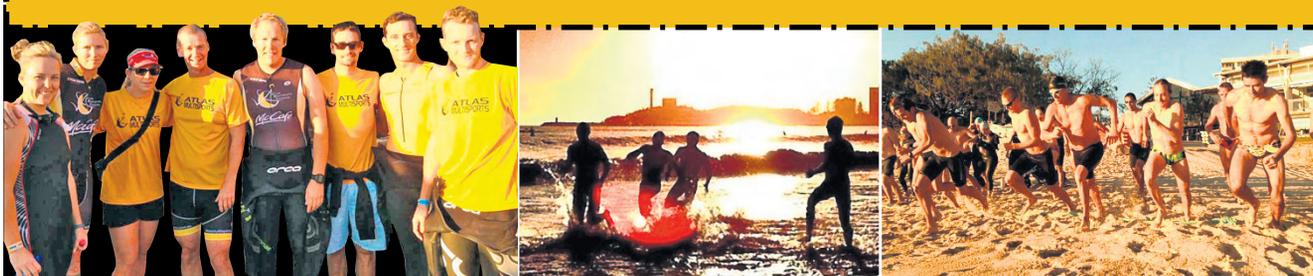
1. Roll down to the bottom of Mons Rd from Lions Park before turning around and returning up Mons Rd (hill one).
2. When on top of Buderim it's through Main Street and onto Gloucester Rd before descending Jones Rd, taking a left turn at the bottom to tackle Lindsay Road (hill two).
3. With that ascended riders head back to King St and down Mooloolaba Rd, turning left into Wisers Rd and journeying through North Buderim onto Pittards Rd and then up Jones Rd (hill three).
4. After surviving that climb it's a left onto Mill Rd after getting back on top of Buderim and another left onto King St before descending Dixon Rd and then taking a left at the base into Karawatha Drv. Then it's another left hander into Golf Links Rd, continuing the climb up Mooloolaba Rd (hill four).
5. At the top it's left into Cogill Rd, another left at the base into Ballinger Rd where riders turn left to tackle Dixon Rd (hill five).
6. Atop the climb it's back to Main St where cyclists will descend Ballinger Rd hill before turning into Cogill Rd (hill six).
7. After surviving that one it's back through Main St and down Crosby Hill Rd where at the bottom there is a left turn into Walgarri Drv. Another left turn into Stringybark Rd and then it's time to battle Ballinger Rd (hill seven).
8. From there it's back through the main street and down Glenmount Rd, where at the base it's a left turn onto the Old Bruce Hwy and up Crosby Hill Rd (hill eight).
9. Tired legs will then propel the challengers down Mons Rd, where at the bottom it's a left hander onto Owen Creek Rd and then another left to battle Glenmount Rd (hill nine).



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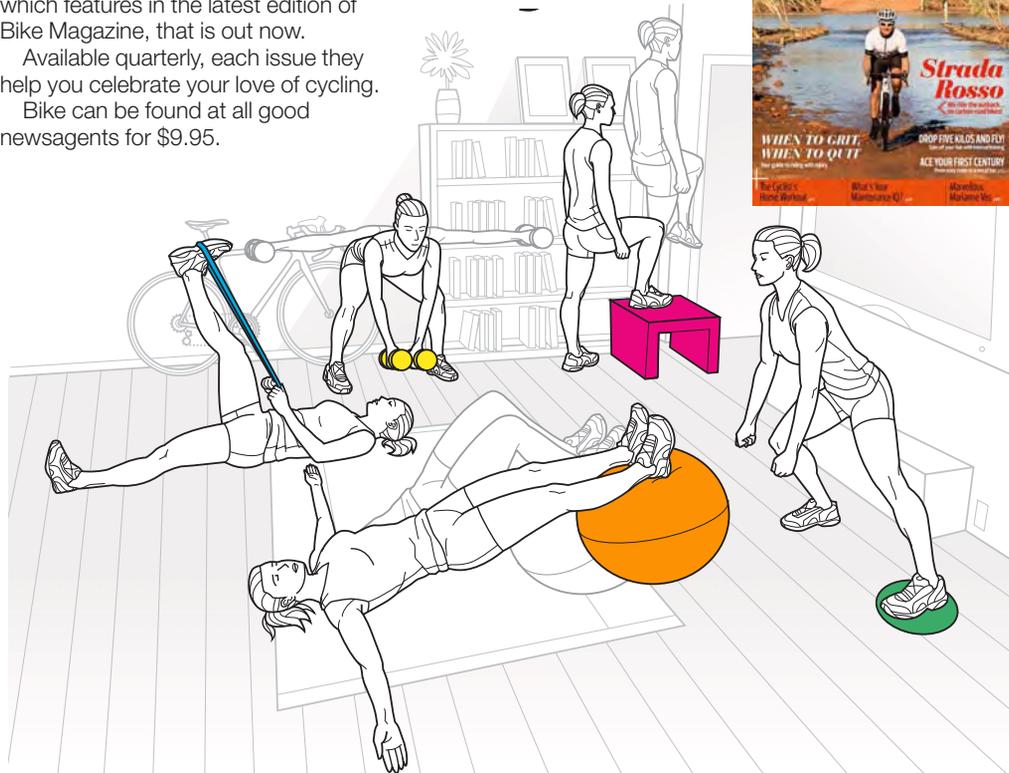
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Get bike strong

CHECK out these cycling training tips which features in the latest edition of Bike Magazine, that is out now.

Available quarterly, each issue they help you celebrate your love of cycling.

Bike can be found at all good newsagents for \$9.95.



BUILDING speed and endurance on the bike is about more than how many kilometres you pedal. "You also need total-body strength, power, core stability and flexibility," says Greg Moore, a performance specialist at St. Vincent Sports Performance in Indianapolis, USA. That said, getting to and from the gym can be a major time drainer, especially when you'd rather be riding. But with the right equipment plus a few key moves, you can get stronger at home – and have more time for the bike. Here's your guide.

The Workout

FIVE AT-HOME MOVES TO POWER UP YOUR RIDE. DO THREE SETS OF 12 REPS

Dumbbell T

Works upper back, glutes

Grab a three- to five-kilo dumbbell in each hand and stand with your feet slightly more than shoulder-width apart, arms down in front of you. Lower into a squat, keeping your knees behind your toes. Raise the dumbbells out to your sides until they're at shoulder level, then lower.

Double Leg Curl

Works core, glutes, hamstrings

Lie on the floor with your heels on top of a fit ball and your arms extended out to the sides at shoulder level.

Lift your hips until you form a straight line from heels to shoulders. Bend your knees, pulling the ball toward your bottom. Return to start.

Step-Up

Works hips, glutes, quads

Stand facing a box or step. Place your right foot on the box, then lift your left knee to hip level in front of you. Step down with your left leg, then the right. Repeat. Complete the prescribed number of reps, then switch legs.

Sliding Lunge

Works glutes, inner thighs, quads, hamstrings

Stand with your feet hip-

ESSENTIAL TOOLS

DUMBBELLS

Simple and versatile, a set can work nearly every muscle in your body.

LOOK FOR A range of 2-10kg

FIT BALL

Best known as a core sculpting tool, it can also double as a bench.

LOOK FOR One that's burst resistant

PLYO BOX OR STEP

Use for step-ups and plyometric moves that build leg strength and power.

LOOK FOR A non-slip platform and adjustable height

RESISTANCE BANDS

Add challenge to lower-body moves; good for stretching pedal-weary legs.

LOOK FOR A set with a variety of resistance levels

SLIDING DISCS

Slip these under your feet or hands to make muscles work harder with every move.

LOOK FOR Discs that work on your surface of choice, whether floor or carpet

width apart, left foot on top of a sliding disc (see above), hands in front of you. Bend your right knee and push your hips back as you slide your left leg out to the side. Return to start. Do all the reps, then switch legs.

Hamstring Stretch

Works glutes, hamstrings

Lie face-up on the floor. Grab the end of a resistance band in each hand and loop it around your right foot. Extend your right leg toward the ceiling and hold it there for five seconds, gently pulling the leg toward you. Return to start. Complete all the reps, then switch legs.

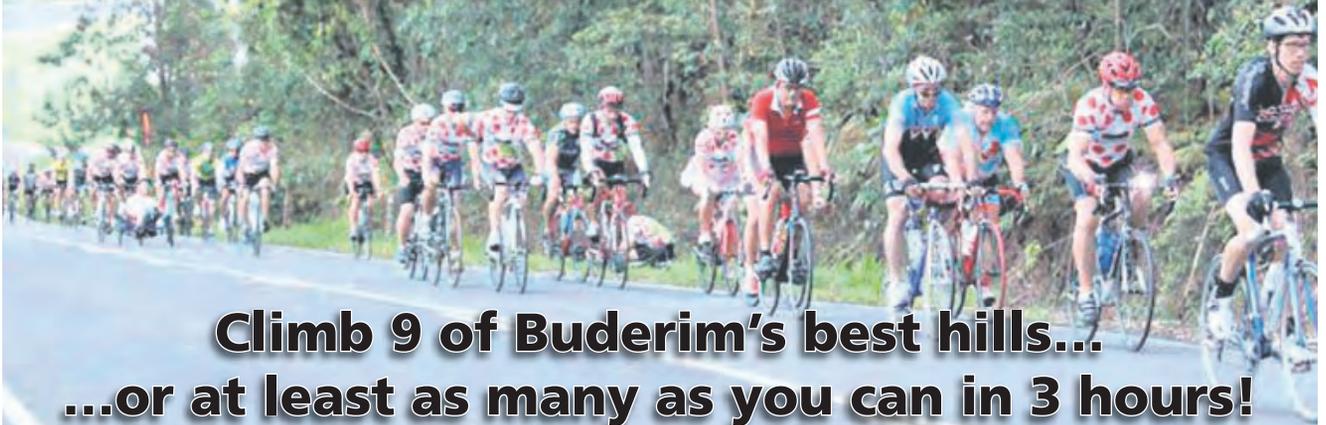
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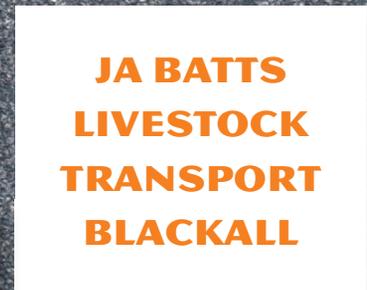
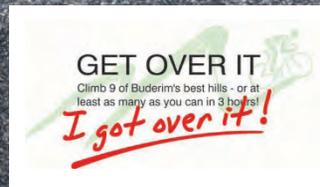
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Room for the family and a bike

By VANI NAIDOO

WAGONS, believe it or not, continue to garner favour particularly with those drivers who want space and creature comforts but are unwilling to buy into the whole SUV phenomenon.

Sculpted new designs have made them sexier than the nondescript tanks which were such a feature of my childhood while a refined performance and top-notch inclusions means that buying a wagon no longer feels like you are settling for second best.

The new Renault GT-Line wagon is not only a clever tactic by the French manufacturer to make an impact in a different market in Australia but is also a keen advertisement for the benefits of a car of this ilk.

Inside, the GT-Line wagon is decidedly upbeat with two-tone leather seats and a simple but effective carbon fibre-effect dashboard the main style features.

Instruments, with a sporty hue, are easy enough to use and includes a 17.7cm touch-screen with R-Link Enhanced Satellite Navigation which offers a wealth of information. The sporty bucket seats are mostly comforted with the front pair heated if you wish.

An on-trend panoramic sunroof lightens things up but compromises head room a bit and, come to think of it, legroom for rear seat passengers is tight too.

Storage options dotted around the cabin are more than useful save for the solitary front cup holder that is poorly placed and almost impossible to use. The boot – 524 litres compared to 372L in the hatch – is generous for this class and you can easily carry a mountain bike with the back seats folded flat and a surfboard when the front passenger seat comes to the party.



VITAL STATISTICS

Model: Renault Megane GT-Line Wagon Premium.
Details: Five-door front-wheel-drive small wagon.
Engine: 1.5-litre four-cylinder turbo diesel generating maximum power of 81kW @ 4000rpm and peak torque of 240Nm @ 1750rpm.
Transmission: Six-speed dual clutch automatic.
Consumption: 4.5 litres/100km (combined average).
Bottom line plus on-roads: \$34,990 (entry from \$30,990).

Powered by a 1.5-litre turbo diesel engine paired with a twin-clutch auto, our test car offered a pleasantly sporty ride with little present to offend.

Renault Sport has had a hand here with stiffer springs and dampers, a lower front roll centre height (by 30mm) and a lower centre of gravity (by 112mm) which combine to help create performance and handling that is a nice surprise. The GT wagon holds its line easily around corners, steering is direct with a fair bit of feedback and it is quite nimble when dealing with inner city intricacies.

There is no hesitation from standstill and while the twin-clutch transmission never misses a beat under hard

braking or on steeper hilly challenges, it does pause momentarily to gather itself when pushed to accelerate quickly.

In the fuel consumption stakes, we achieved 5.2L/100km which is a lot to crow about.

The GT wagon comes with Renault's five-year unlimited kilometre warranty, five-year roadside assist and capped-price servicing for three years.

The inclusions in our Premium model left us spoilt for choice boasting among others 17-inch alloys, keyless entry and start, LED running lights, dual-zone climate control, auto headlights and wipers, heated front seats, panoramic sunroof,

17.7cm TomTom sat nav with reverse camera and parking sensors.

The Megane GT wagon has a five-star ANCAP rating with anti-lock brakes with electronic brake assist and EBD, traction and stability control, front, front-side and curtain airbags and Renault's Visio system which includes lane departure warning.

This clever offering from Renault is a great choice for those that are loathe to go down the SUV path but still want some of the advantages that vehicle offers.

With a sporty ride, a host of exclusions and a peace-of-mind warranty at a reasonable price the GT wagon is definitely one to consider.



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Is your system bug friendly?



By **LORNA GARDEN**
Accredited sports dietitian

YEARS ago, our knowledge of "good" bacteria was limited to those which produced a good red wine or aged cheese.

Today, we are increasingly becoming aware of the many potential health benefits that friendly bacteria or probiotics, can offer.

The human gut is an ecosystem consisting of many different bacteria which live in harmony with us, the host. A healthy digestive system has a good balance of both healthy and potentially harmful bacteria. Sometimes this balance is upset by lifestyle, dietary or environmental factors, resulting in the overgrowth of harmful bacteria. Taking antibiotics, eating an unhealthy diet with excessive refined carbohydrate and not enough dietary fibre, and environmental toxins are all risk factors for disturbing gut micro flora balance.

Probiotics are live micro-organisms (so called "good bacteria") which when taken as a supplement or in fermented food (yoghurt, fermented milks, miso, tempeh, kimichi, kombuchi, sauerkraut) can help restore the balance, particularly in the large intestine.

The strains and species of bacteria found in food and used in probiotic preparations can vary widely, and evidence now suggests that there are clear probiotic-specific effects on health.

The quantity of organisms in the probiotic, are also important, and the strength of a probiotic is measured in colony forming units (CFU). Experts and research differ on the minimum amount of CFU required in a dose of probiotic



Eating more fermented foods like yoghurt will help boost your healthy bug colonies.

in order for it to be clinically effective, with recommendations ranging from two billion to more than 10 billion CFU per dose.

Yoghurts contain probiotics in vastly different amounts, however for yoghurt companies to make a claim on their label about the presence of probiotics, Food Standards Australia and New Zealand (FSANZ) requires that the product contains at least 1,000,000 CFU per gram.

Many commercial yoghurts do not contain amounts considered viable for therapeutic effects, so you need to read the label carefully. The most commonly used probiotic agents are bacteria from the Lactobacillus and Bifidobacterium genera, which form part of the normal healthy intestinal flora.

Some conditions where probiotics may be useful include:

Diarrhoea: There is now considerable evidence that probiotics (particularly

Lactobacillus rhamnosus GG and Saccharomyces boulardii) are useful in preventing antibiotic-related and some infectious diarrhoea. Taken in advance they may reduce the risk of getting gastrointestinal upset when travelling overseas, and I have successfully used probiotic supplements with the Australian Cricket Team a number of years ago, whilst on tour in India.

Immunity: Professor Pyne from the Australian Institute of Sport has reported that there is growing evidence that probiotics reduce the duration and severity of colds in athletes and highly active people. While there is no one strain that has been proven to be the most effective, studies have shown beneficial results with Lactobacillus fermentum and Lactobacillus casei (Shirota). There is also some evidence for probiotics' potential to shorten the duration of gastro symptoms in trained athletes, and some studies report increases in anti inflammatory

Click here to check out Lorna's website

factors and increased antioxidant levels in the blood of athletes, after probiotic supplementation. Ongoing studies also support the general immune boosting effect of a variety of probiotics.

Urinary tract and vaginal infections: Probiotics may help reduce the recurrence of vaginal and urinary tract infections including thrush, with the strains showing most effect being Lactobacillus rhamnosus and Lactobacillus acidophilus.

Irritable Bowel Syndrome: The use of probiotics in Irritable Bowel Syndrome is

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Important role to play in well being

From Page 14

inconclusive however there is some research supporting the strain *Lactobacillus plantarum*, to reduce abdominal pain and diarrhoea. A healthy balance of bacteria in the gut is crucial for overall gastrointestinal health.

Allergies: there is confidence among researchers that bacteria plays a crucial role in immunology, and research is underway looking at the role probiotics may play in preventing or reducing allergies in children.

Anxiety and depression: Preliminary research suggests that probiotics may be able to alter brain neurochemistry and reduce stress hormone levels, having a positive effect on those suffering anxiety and depression.

Acne and skin conditions:

A recent study has looked at the role of probiotics in helping reduce skin conditions including acne. *Lactobacillus plantarum* is a bacteria that produces antimicrobial peptides, which when applied to the skin can act like an anti-inflammatory as well as enhance the antimicrobial properties of the skin.

Other areas of research we still await results on include the use of probiotics in lowering blood cholesterol, reducing diabetes and obesity.

For probiotics to be most

THINGS TO REMEMBER..

- Friendly bacteria play an important role in the healthy gastrointestinal and immune system of active people.
- Stress, antibiotic use and environmental factors can reduce your body's friendly bacteria population
- Probiotics found in yoghurt and fermented foods such as sauerkraut, miso, kefir, kombuchi, kimichi, tempeh and fermented milks can help keep your gut healthy
- Include fresh fruits and vegetables rich in prebiotics to feed your healthy bugs.
- Consider taking a probiotic supplement if travelling overseas, after taking antibiotics, if at increased risk of respiratory infection, or when subject to high training loads or stress levels.

effective, they should be consumed in conjunction with prebiotics.

Prebiotics are indigestible carbohydrates that are used as nourishment by probiotics allowing them to survive in the gut. Prebiotics are found in a variety of plant foods, including soybeans, asparagus, artichokes, garlic, tomatoes, greens, legumes, raw oats, bananas, berries, unrefined wheat and barley.

In summary, probiotics appear to have an important



Sauerkraut and other fermented vegetables offer a range of health benefits.

role to play in our health and well being, and may be particularly important in promoting a healthy immune system in athletes.

While current research supports their use in a few conditions, further studies will help us understand their broader use, as well as the optimal strains for different health outcomes, and ideal doses and timing of intakes, for adults and children.

Probiotic supplements are generally believed to be safe and well tolerated in healthy individuals but should be avoided by those who are severely ill or immune compromised.

Eating more fermented foods including yoghurt, sauerkraut (and other fermented vegetables), kefir, and miso will help boost your healthy bug colonies as well as providing other nutritional benefits.

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The latest and greatest...



2XU has prided itself on bringing the most technical triathlon apparel to the masses. Its 2014/15 range has raised the bar again implementing highly engineered fabrics that are stronger and more durable than ever before. Compression trisuits (men and women's specific) stabilise muscles, enhance circulation to reduce lactic acid and help athletes deliver a better power output. Plus the added intense shots of pink, purple, red and aqua marine on the trimming, panels and stitching adds an extra element of chic to this high performance range.

New styles include; technical lightweight singlets (\$75), essential run shorts (\$80), performance tri shorts (\$130), trisuits (\$199), sublimated cycling jerseys (\$170) and top-of-the-range bib shorts, which have a seamless gripper and pro-level chamois (\$260). Check them out at Allez Sport.



This Profile Design 58 TwentyFour Series full carbon clincher wheelset is currently on special for \$2399. They weigh 1630g and have received impressive road test reviews. Ask the team at Cyclezone Mooloolaba for more information.

Nike's new range of running shoes have landed at Allez Sport just in time for the summer race season. Embracing lighter technology without compromising on structure, cushioning or support the colours are fresh and include the Nike Zoom Elite, Zoom Structure and Lunarglide for men and women.

Receiving rave reviews from mid to long-distance athletes is the new look Structure Triax 18 (\$199.95 in Hyper Punch, Black and Orange, pictured below) has triple the density, firmer foam along the heel and midfoot to reduce excessive pronation while a lightweight wedged foam supports the foot without adding weight.



The Multisport Suit has been Fusion's most popular tri suit for a number of years, however has been updated for this season. Still maintaining key design features such as the compression fit, highly breathable technical fabric, four-way stretch chamois and Fusion energy pockets. However relocating the zip from front to rear for improved performance, particularly in a non-wetsuit swim, and an all new look. Available in black, red and surf blue colours, \$200 with free shipping and returns. Visit the website www.fusionmultisport.com.au.

Upcoming events...

Click on the links for more information
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Date	Event	Distance	Location	Website
November 7	Friday Night Summer Crit Series	A, B, C and D grades criterium cycling. Registration from 6pm, first races from 6.30pm. Visitors welcome.	Caloundra	www.scccrcing.com.au
November 8	Specialized Test The Best	Sample some of Specialized best bikes, 10am - 3pm at Tinbeerwah Hall, Gyndier Drive (road and mountain bikes). Take driver's licence, credit card, helmet and riding pedals/shoes. No bookings required.	Tinbeerwah	www.specialized.com
November 8-9	The Blackall 100	The inaugural Blackall 100 will be on trails traversing the Blackall Range, taking in the Sunshine Coast Great Walk, 100km and 50km events for runners, walkers and hikers.	Blackall Range	www.blackall100.com.au
November 9	Queensland Enduro MTB State Championships	The weekend will start with a prologue stage on Saturday afternoon. This will be used to determine start order the following day. On Sunday morning riders will complete four stages, including a revised blue trail and a whole new trail that will be built for this event.	Garapine, near Gympie	www.emsaustralia.net.au
November 9	Queensland All Schools Triathlon	Ages 7-19: Senior 750m/20km/5km, Intermediate 600m/16km/4km, Junior 400m/12km/3km, Primary Qualifier Aquathlon 1km/200m/1km, Kids Aquathlon 500m/100m/500m.	Lake Kawana	www.triathlonqld.com.au
November 14	ARA 18hr Dark Side Championships	Starting at midnight on Friday and finishes at 6pm on Saturday. Adrenalin pumping action in a true adventure race format including navigation, mountain biking, trail running, kayaking and adventure challenges covering up to 120km cross country.	Sunshine Coast	www.in2adventure.com.au
November 15	Mountain Designs ARA 12hr Dawn Attack	Designed for novices, newcomers and those who prefer their adventure in the light to come along and take on an event of up to 70km with up to 12 hours to finish the distance.	Sunshine Coast	www.in2adventure.com.au
November 15	Sunshine Coast Track Cycling Carnival	All divisions at Caboolture velodrome.	Caboolture	www.sunshinecoastcycling.com.au
November 15	HUUB open water swim	500m "Enticer" option, 1500m competitive (three laps). Wetsuits will be allowed.	Kawana	www.qldtriserries.com.au
November 16	Queensland Tri Series round two	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	www.qldtriserries.com.au
November 16	Rainbow Beach Trail Runs	Run over 43km, 25km and 11km. All events finish at the Sports Club.	Rainbow Beach	www.traq.org.au
November 21	Friday Night Summer Crit Series	A, B, C and D grades criterium cycling. Registration from 6pm, first races from 6.30pm. Visitors welcome.	Girraween, Noosa	www.scccrcing.com.au
November 22-23	Hervey Bay 100 triathlon	Saturday events: Mini aquathlon 500m/50m/500m. Junior aquathlon 1km/200m/1km. Junior triathlon – 400m/12km/3km. Intermediate triathlon – 600m/16km/4km. Senior triathlon – 600m/16km/4km. Have a Crack Triathlon – 200m/8km/2km. Sunday event: 2km swim, 80km ride, 18km run.	Hervey Bay	www.hb100.com.au
November 28	Friday Night Summer Crit Series	A, B, C and D grades criterium cycling. Registration from 6pm, first races from 6.30pm. Visitors welcome.	Caloundra	www.scccrcing.com.au
November 28	A Glow Stick Run	8km, 6km and 4km run through winding flat even trails by the glow of glow sticks at Novotel resort.	Twin Waters	www.glowstickrun.com

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Upcoming events...

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Date	Event	Distance	Location	Website
November 30	Triathlon Pink – women's only event	Ultra: 600m swim, 18km ride and 6km run (2x300m swim, 6 lap bike, 6 lap run). Long: 300m swim, 8km ride, 3km run (4 lap bike, 1 lap run). Medium: 200m swim, 6km ride, 2km run (3 lap bike, 1 lap run). Short: 100m swim, 4km ride, 1km run (2 lap bike, 1 lap run). Kids triathlon: 50m swim, 1.5km ride, 500m run (1 lap bike, 1 lap run).	Kawana	www.triathlonpink.com.au
December 5	Friday Night Summer Crit Series	A, B, C and D grades criterium cycling. Registration from 6pm, first races from 6.30pm. Visitors welcome.	Girraween, Noosa	www.scccrcing.com.au
December 6-7	Bribie Island Series 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, 29km cycle, 8km run.	Bribie Island	www.bribietri.com
December 7	Beerwah 5000	Fundraising 5km and 2km runs. Inaugural event organised by the Glass House Mountains Running and MTB Group.	Beerwah	www.active.com
December 21	Buderim9 cycling challenge	Climb nine Buderim hills, covering more than 70km, within three hours.	Buderim	www.buderim9.com.au
December 21	Xtreme OCR Christmas Special	Obstacle course racing, there will be the 5km, 10km and 15km courses.	Even Maddock Dam	www.xocr.com.au
January 24	BW@N - Beerwah at Night	Queensland's only 50km night time trail run - 50, 30 and 10km options.	Mt Beerwah	www.runqueensland.com
January 25	Sunshine Coast Run Series – Jetts Coolum Classic Fun Run	Fun runs of 10km, 5km and 2km around Palmer Coolum Resort. It's the first race in the Sunshine Coast Run Series.	Coolum	www.atlasmultisports.com.au
January 31	Noosa Summer Swim	First event in the Queensland Milk & Co Queensland Ocean Swim Series. The event includes a range of popular ocean swimming distances, 2km & 1km, along with a 300m Nippers Surf Dash.	Noosa	www.iconevents.com.au
January 31 – February 1	Tre-X Off Road Triathlon Series	Long: 500m swim - 15km MTB - 6km trail run. Short: 350m swim - 10km MTB - 4km trail run. Teaser: 150m swim - 5km MTB - 1km trail run.	Twin Waters	www.tre-x.com.au
January 31- February 1	Bribie Island Series race three	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, 29km cycle, 8km run.	Bribie Island	www.bribietri.com
February 8	Queensland Tri Series round five	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
February 21	Mooloolaba Mile	Round two in the Queensland Milk & Co Queensland Ocean Swim Series. Includes the mile (1.6km) course, along with half mile (800m) and 300m kids dash.	Mooloolaba	www.iconevents.com.au
March 1	Sunshine Coast Run Series – The Chocolate Run	Enjoy one of the best views on the Sunshine Coast and they'll be tempted by sweet treats and hot chocolates as an added incentive. Fun runs of 10km, 5km and 2km.	Point Cartwright, Buddina	www.atlasmultisports.com.au

Continued next page

Upcoming events

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Date	Event	Distance	Location	Website
March 7-8	Bribie Island Series 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 - 750m swim, 20km cycle, 5km run.	Bribie Island	www.briebietri.com
March 8	Bendigo Bank Just Tri It	Triathlon short: 300m swim/10km ride /3km run. Triathlon long: 600m swim/20km ride/6km run.	Caloundra	www.caloundratriclub.org.au
March 8	Kings of the Coast	Your chance to conquer one of four open water distances - 3.8km, 2km, 1km or a free 300m Kids Dash.	Kings Beach	www.iconevents.com.au
March 12-13	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	www.triathlon.org.au
March 14-15	Mooloolaba Triathlon Festival	Friday night: 5km run. Saturday: Ocean swim, Superkiz Triathlon and Mooloolaba Special Triathlon. Sunday: Olympic-distance triathlon.	Mooloolaba	www.usmevents.com.au
March 27	LuncarC 8Hr MTB Enduro	10pm Friday night to 6am Saturday morning. Solo, or teams of two or three. Ride the night and chase the moon.	Petrie	www.in2adventure.com.au
March 29	Bendigo Bank Just Tri It	Triathlon short: 300m swim/10km ride /3km run. Triathlon long: 600m swim/20km ride/6km run.	Caloundra	www.caloundratriclub.org.au
May 2	TooMoo 2015	Fully supported one day ride from Toowoomba to Mooloolaba, 220km with 2000 meters of elevation.	Toowoomba to Mooloolaba	www.toomoo220.com
May 2-3	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 9-11	Ultraman Australia	Swim 10km, bike 20.2km, run 84.3km.	Noosa	www.ultramanoz.com
May 10	Sunshine Coast Run Series - The Mum Run	The Mum Run on Mother's Day include running on the footpaths of the golf course, amazing facilities and a lead golf cart at Noosa Springs Golf and Spa, Noosa Heads. Runs of 10km, 5km and 2km.	Noosa Heads	www.atlasmultisports.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
July 11	Sunshine Coast Run Series - Twilight Neon Run	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
August 30	Sunshine Coast Marathon and Community Festival	2km, 5km, 10km, 21.1km and 42.2km runs.	Alexandra Headland	www.sunshinecoastmarathon.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 TBC	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	Sunshine Coast	www.facebook.com/scyclefest2015