

Multisport

October 19, 2016



Dream run

DIGGING her feet into the Kona sand after the 3.8km swim was paradise for Kierra Sansome.

Only one month earlier at the 70.3 Ironman World Championship at Mooloolaba she was paralysed with cramps and was carried from the water.

Blood tests and various medical analysis could find no reason. While

doing her best to put that event behind her, the problem lingered until she reached Ironman triathlon's biggest stage.

"I tried to not worry about going into race day. Once I got in the water I was starting to stress a bit...for that to happen over there after all the training and money invested would

CONTINUED ON PAGE 2

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Anyone for Hoka Clifton ale?

FROM PAGE 1

have been devastating," she said.

But after reaching the swim finish with full feeling in her legs, it was the start of a dream performance.

The 24-year-old from Aroona went faster in Hawaii than her inaugural Ironman outing at Port Macquarie earlier this year, going six minutes quicker over the world's toughest 3.8km swim, 180km bike and 42.2km run course.

Kierra finished in 10:44:17 to claim fourth in the women's 18-24 age category. Her 1:07:30 swim saw her come out of the water in 12th, climbing one rank with a bike effort of 6:01:43, but then ran her way onto the top-five podium with a 3:28:36 marathon.

"I went into the race without any time expectations, I simply wanted to enjoy the moments, soak up the experience and smile even when it got tough," she said

"Coming down the hill into town you couldn't wipe the smile off my face. The Tribe Ferrosapien (club) high-fived me and then in the finish chute my family and best friend were there cheering loudly as I finished. It was the most memorable feeling."

The performance has ignited fresh opportunities for the youngster.

Since returning from Hawaii, her recovery has been impressive and, together with coach Bruce Thiele, has begun mapping out a plan for a return to Kona.

She'll undertake the Geelong 70.3 in February to get back into racing, before returning to Port Macquarie in her bid to qualify for a return to the Ironman World Championship.

"I had a number people say if

COAST RESULTS

Ironman World Championship

■ David Dellow 08:40:24 24th elite men (swim 48:58, bike 4:38:36, run 3:08:16)

■ Richard Thompson 9:17:39 ninth 30-34 men (53:40, 5:01:25, 3:17:39)

■ Damien Collins 9:27:08 13 25-29 men (59:35, 4:48:57, 3:33:16)

■ Nathan Fitzakerley 10:15:30 102nd 40-45 men (54:53, 5:24:05, 3:46:28)

■ Kierra Sansome 10:44:17 fourth 18-24 women (1:07:30, 6:01:43, 3:28:36)

■ Jason Cheshire 10:57:05 180th 40-44 men (1:03:49, 5:20:02, 4:24:40).

■ Sam Cooke 11:53:54 28th 45-49 men (1:21:09, 6:16:39, 4:04:29).

■ Andrew Hartnett 12:16:27 220th 40-44 men (1:12:18, 6:08:56, 4:42:02).

■ Kaz Tavener 12:41:10 42nd 50-54 women (1:14:01, 6:51:56, 4:20:14).

■ Andrew Roberts 13:56:55 245th 45-49 men (1:18:21, 6:57:59, 5:25:58).

you can run under a 3:30 for the marathon, if you want to go pro in a few years that is within reach," she said.

"That would be an awesome thing to get through, and I would like to give that a crack down the track."

The Coast's fastest age grouper was Richard Thompson. The father of one from Kiel Mountain managed a top 10 finish in the 30-34 men with an effort of 9:17:39.

Beerwah's Damien Collins had



Damien Collins enjoys his Corona, "shoey" style, on the finisher podium at Hawaii.
PHOTO: FINISHERPIX

the most memorable finish. After a shoulder injury during September saw him make an 11th hour decision to compete, he then promptly did a "shoey", drinking beer out of his Hoka Clifton.

The victory celebration has become uniquely Australian and doing it, he followed in the footsteps of Australian Formula 1 ace Daniel Ricciardo, who has made it somewhat of a signature move.

"Last year I did one after the race...but in the hotel room," he said. "The catchers were trying to usher me into recovery. I said 'my missus is getting me a beer so I can drink it out of my shoe, do you

want to see that?'"

They did, and Damien now has his own slice of Ironman history.

It will be his last appearance at Hawaii for some time, as he is now applying for his pro card.

"I have no idea what I am going to do next year," he said. "I just want to get healthy. I've spent the entire year racing injured."

Also producing an impressive finish was Coolum's Jason Cheshire, who fell off his bike two months before Kona after hitting a kangaroo.

Despite limited swim and run training, the owner of Infinit Nutrition still finished in a respectable sub 11-hour time.



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Jan Frodeno on his way to defending his Ironman World Championship crown in Hawaii.

PHOTO: SEAN M. HAFHEY

Entering a league of his own

GREATNESS is forming before our eyes.

Winning one Ironman World Championship ensures you are always regarded as a good athlete. Two delivers greatness, while three means you join the likes of legendary performers such as Dave Scott and Mark Allen.

Jan Frodeno's title defence last Sunday further enhanced his reputation as one of the greatest triathletes to have lived.

The 35-year-old, who spends half of the year at Noosa with wife Emma (nee Snowsill) and their young son Luka, stopped the clock in 8hrs 06min 30sec, to beat compatriots Sebastian Kienle by 3:32 and Patrick Lange

by another 1:12.

He said it was his "best and worst day in one".

"I can't remember when I last suffered so much and right now I'm just so happy," he said.

It was the third-fastest winning time in the event's 39-year history.

He produced a 48:02 swim split over 3.8km, a 4:29:00 bike split over 180km and a 2:45:34 run split over 42.2km. Jan was met by Emma – a five-time Noosa Triathlon champion – at the finish.

He opted not to defend his 70.3 world championship title on the Sunshine Coast last month to focus solely on defending his title in the full-distance event.

Jan has made his mark in all

formats, winning the Olympic race at Beijing in 2008.

He also set a new world record for the full-distance format at Roth this year in a time of 7:35:39 (45:22, 4:08:07, 2:39:18).

There were a host of others with Sunshine Coast links to compete at Kona.

Among the men's elite field, Peregrine Springs' Dave Dellow finished 24th and Sunshine Beach's Luke McKenzie was 35th after fading on the run leg.

In the women's elite field, Australian Mirinda Carfrae produced a stirring run to finish second.

Mirinda, who also regularly uses Noosa as a training base, clocked 9:10:30 to finish 24min

TOP FIVE

Hawaii Pro Men

1 Jan Frodeno 8:06:30

2 Sebastian Kienle 8:10:02

3 Patrick Lange 8:11:14

4 Ben Hoffman 8:13:00

5 Andi Boecherer 8:13:25

Pro women

1 Daniela Ryf 8:46:46

2 Mirinda Carfrae 9:10:30

3 Heather Jackson 9:11:32

4 Anja Beranek 9:14:26

5 Kaisa Lehtonen 9:15:40

behind Czech Republic's Daniela Ryf.

"Daniela was in a league of her own, so I'll take second," Mirinda said.

AWESOME
GEAR FOR
AWESOME
ATHLETES

A collection of triathlon gear for the 17 HOURS event. It includes two singlets (one white with pink and black accents, the other black with pink and white accents) and two pairs of shorts (one white with pink and black accents, the other black with pink and white accents). The gear features the '17 HOURS' logo and the slogan 'REDEFINE YOUR BOUNDARIES'. The background is a vibrant pink and purple gradient.

FIND US ON FACEBOOK

17 HOURS

Veterans debut at world champs

■ Peter English

A PHYSICIAN, fireman, psychologist and sonographer should be capable of coping with dangerous scenarios in any terrain.

In November, this quartet of recreational racers will combine to tackle a gruelling 600km multisport test in their first Adventure Racing World Championship in New South Wales.

It will also be only the second time Kawana nuclear medicine physician Andrew Paszkowski, Buderim sonographer Ian Stewart, Brisbane fireman Gavin Blissner and psychologist Angela Farrell will compete together.

Ian said he expected the race would take them eight days and many sleep-deprived nights to finish.

"It's also an opportunity to explore a beautiful area and an opportunity to be in a world championship," he said.

Ian, who currently has a broken pinky toe, said the Creak Adventure 201 team was formed of like-minded veteran athletes who enjoyed extreme challenges.

By day they are a group of highly skilled professionals, but by night and on weekends they ride, paddle, trek and navigate, preparing for a demanding expedition against the best outdoor athletes from around the globe.

"We are people who are good navigators, cyclists and paddlers, and we have a shared philosophy of participation given we are not actually going to be overly competitive," Ian said.

Ian and Andrew train together regularly across the Sunshine Coast.

They will race with the other two



Preparing for the Adventure Racing World Championship are Andrew Paszkowski, Ian Stewart, Angela Farrell and Gavin Blissner.
PHOTO: CONTRIBUTED

members of the team only once before taking on competitors from more than 30 countries for up to eight days.

The pair has competed in one XPD Australia multi-day race together while Gavin has finished the same event twice.

Angela has been a regular volunteer in these types of challenges as a search and rescue support member.

The Adventure Racing World Championship is based in the town of Ulladulla in the Shoalhaven region of New South Wales.

The race starts on November 10.

ADVENTURE RACING

What: AR World Championship 2016.

When: November 10-18,

Details: Teams representing more than 30 countries on a 600km journey through the Shoalhaven region of New South Wales.

■ Expedition-length adventure racing involves a series of hiking, paddling and cycling legs.

■ It is a non-stop event, with most teams sleeping around three hours per night.

■ Team members must always stay together and to make things more difficult they must find checkpoints during each leg, using only a map and compass.

■ No GPS, computers, smartphones, or outside help are allowed.

■ Mystery disciplines, such as making and paddling a raft, swimming, stand up paddle boarding, caving and abseiling, may also be required



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Racers in for helluva time

PREPARE for the terrain to live up to its name.

New organisers of the Hells Bells adventure race, Vital Racing, have some challenges ahead for competitors in this weekend's events.

More than 70 teams are expected to take part, with the headquarters to be at Coolabine.

There will be three two-person categories across the Hells Bells and Fairy Bells races: mixed, men and women.

Hells Bells competitors have 24 hours of trekking, mountain biking, kayaking and other adventure disciplines over more than 140km. Fairy Bells have the same timeframe but about half the distance.

This year has also seen the introduction of the Adventure Man 100. Adventure racers will have 24 hours to complete a set course of hardcore single track, trails and waterways including 90km mountain biking, 20km trail running and 10km kayaking as well as other, yet to be released adventure challenges.

Among those set for the new



David Schloss and Kim Beckinsale on their way to winning XPD back in 2013. PHOTO: CONTRIBUTED

format is Mark Wayper of Spring Hill, Gladstone's Darren Smith, Peter Abra from Point Vernon and Kuraby athlete Stuart Cottee.

In the prestigious mixed Hells Bells category, local duo Kim Beckinsale of Noosa and Wurtulla's David Schloss will be among the favourites for line honours.

Both are experienced racers,

and were in the four-person team which won XPD in South Australia three years ago.

Also among the locals competing are husband and wife duo Tim Jarrold and Kate Gazzard, Stacey and while in the men's division there is Ross Cattle and Mathew Wolstencroft, as well as Jake Bowles and Mitch Connaughton.

Women go wild

CASS Kimlin and Gina Dunsdon combined to secure victory at the Wild Women Adventure Race at the weekend. Staged at Pomona under the organisation of Tri Adventure, the team of Cass and Gina were comfortable winners ahead of Mandy Caldwell and Linda Thompson. Finishing third overall was Sharyn Smith and Mez lanna. The race featured two treks, two mountain bike legs and a paddle.

Mountain Challenge

A SMALL contingent raced the 21.1km Mountain View Challenge at Maleny on Sunday, with Aidan Hobbs claiming line honours in a time of 1:19:05. Filling the minor placings were Andy Dey (1:22:08) and Paul Hopgood (1:28:35). Securing the women's title was Malin Olsson (1:34:58). In the 10km, Sam Blake won in a swift time of 35:45, followed by Jimmy Tee (41:37) and Iain Schuamberg (43:09). Helen Stanton was first home in the women (44:16), followed by Rachael Hunt (46:37) and Victoria Schultz (48:15). Quickest in the 5km was Mike Cadiang (21:39), who was followed by Nicholas Dwan (22:38), Mason Barry (23:16) and Eliot Audley (25:11).



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Fresh location and new enthusiasm

RAISING the bar in professionalism and delivering the best products on the market is the motivation behind Cycle Zone Mooloolaba's new location.

Moving up the road to 120 Brisbane Rd, the new facility has provided an opportunity for renewed focus.

While floor space has been reduced, Cycle Zone took the opportunity to hone its business operations.

New to the showroom will be the Retul Müve SL Dynamic Fit Bike which works in tandem with Specialized's Body Fit Geometry - the system which is honed and designed to obtain the optimum cycling position for comfort and performance.

While the Retul technology has previously been used to recommend a selection of bikes which suit body types, this is the first time the Coast will have the complete service within a shop and Retul's V7 Series software - which is only available to Specialized Body Geometry retailers.

"The bike is armed with the latest software and enables us to analyse riders in three dimensions simultaneously when the rider is pedalling," Cycle Zone co-owner John Carey said.

"It takes bike fitting to the next level. We'll fit everyone on the Retul bike first and use that as the basis to construct their perfect bike.

"You can wind handles to make minor adjustments to all aspects of the bike. You don't need to hop off the bike unless we need to make cleat adjustments."

The Retul bike undertakes rider analysis using:

- LED markers are captured at 18 frames per second creating millimetre-specific accuracy

Cycle Zone Mooloolaba has moved to 120 Brisbane Road, which now has the Retul Müve SL Dynamic Fit Bike.

PHOTO: CONTRIBUTED



- Data is collected dynamically as a set of averaged pedal strokes from the rider, not from an isolated position or view

- Real-time knee tracing highlighting Y and Z axes, and reporting of power and recovery phases of the rider's pedal stroke

- Dual video capability when utilising the Retul V7 2D video kit displaying sagittal and frontal planes of rider with video pausing and slowing for visualisation and coaching

- Instant generation of personalised data reports

John said the shop move would help deliver a more efficient and premium service.

"We have certainly refined a lot of things. We have the right staff in specific roles which enables us to function faster and better with the right mix and our goal is improve



service and grow as a business," he said.

Cycle Zone will expand its "hire, try and buy" offer, where you can first test "the bikes you would love to own", with the hire cost coming off your total purchase price. Or you can simply just hire a high-end

bike for an event or race weekend if you are keen to take the latest and greatest for a spin.

Bespoke offerings will also be improved, with the team passionate about building bikes to meet budget and style expectations.

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Big plans for the year ahead

Full name: David Alexander Ogg.

Nickname: Oggy.

Birthplace and residence: Born in Wellington, NZ to Aussie parents. Live in Buddina now.

Occupation: Own an accounting and finance business.

Age and marital status: 39 years old, married for 10 years with three beautiful kids, boy/girl twins who are six and a five-year-old son as well.

Club/coach: Atlas Multisports - coached by Jason Crowther and Casey Munro.

Sport: Triathlon and any other related sports that are challenging both physically and mentally.

Favourite food: Porridge when waking up in the dark before training. I like to add a lot of additional things to it so I look forward to dragging myself out of bed to a good meal.

Favourite drink: Single malt whiskies.

Pet hates: Lack of communication and courtesy on the roads (guys in utes try to kill me all the time!), and also tardiness.

Favourite run location: Ewen Maddock Dam, you get to be away from the hustle and bustle and just concentrate on running and soaking up the surroundings.

Favourite ride location: Sunshine Coast Hinterland. It is one of the most beautiful places on earth and has some great hills.

Favourite swim location: There are a few spots on the Sunshine Coast that rank up there, like Noosa, Alex and Mooloolaba. Pretty hard to beat our beaches, but Manly in Sydney is pretty awesome too.

Best or most memorable event: Port Macquarie Ironman in 2015 - it was my first Ironman and was an amazing experience and challenge. I loved it so much I did



Buddina accountant and triathlete David Ogg.

PHOTO: DSAIMAGES

Cairns and Busselton straight after.

Bucket-list event: Norseman Xtreme Triathlon in Norway. You swim in ridiculously freezing water (as low as 13 degrees Celcius) before a crazy ride, then a run up a mountain with air temps as low as two degrees. It's certainly not for the faint hearted, but what an adventure!

How did you get into this sport: I started doing tris when I was a teenager as another way to keep fit and be challenged.

I did my first long course tri here on the Coast a few years ago as a new challenge and as a way to raise some funds for the MS Society.

Favourite race: That's a hard one, I think that is yet to come. I have enjoyed all of the races I've done.

What's your favourite part of racing and training: The people I get to train with. There really is an amazing group of individuals in

this sport. It seems to attract the sort of people that I admire and like to be around.

What does a training week look like for you in terms of volume and disciplines:

Generally anywhere between 10 to 20 hours a week of training with 200-300km on the bike, 8-15km of swimming and 50+km of running.

What is next on your racing agenda:

The Hervey Bay 100 in November, then the Husky tri next Feb, Mooloolaba Olympic distance tri in March and Port Mac Ironman again in May 2017 as the main focus.

How do you manage to fit in training with work and family commitments:

We have worked hard to set up our business in a way that allows family time and training time as this is so important.

I am lucky to have a wife who is extremely supportive but I also see it as a great example for the kids.

Only thing is half the time when I'm just coming home from work they ask "How was your race Dad". They think that's all I do ...

If you could have a celebrity live with you, who would it be and why:

Richard Branson, I have met him once before and he is someone I admire for the challenges he has taken on in life and what he has managed to achieve.

When you were little what job did you want to do:

Truck driver, physio, super hero, you name it. I never really had a specific job I aspired to. All I wanted to do was be successful at something and feel I was achieving something worthwhile day to day.

Best movie: The Bond films I reckon.

Current car: VW Multivan - fits all the kids (and wife), bike, camping gear and a fridge.

Dream car: A Tesla electric van. It hasn't been created yet so we'll be waiting a while ...



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Proving ground for future stars

Triathlon Queensland

TRIATHLON Queensland's All Schools Triathlon will return to the shores of Lake Kawana on Sunday, November 6.

The event is a selection race for juniors in south-east Queensland, who will compete for their chance to represent their region at the Queensland Schools Sport Triathlon Championships, to be held in Hervey Bay next February. Five regional representative teams will be selected following the All Schools Triathlon, including the Sunshine Coast team.

Add a protected swim in Lake Kawana and closed roads for the ride and run to the mix and the 2016 All Schools Triathlon is a must do on the junior triathlon calendar.

Selection races

Primary aquathlon (10-11 years): 1km run - 200m swim - 1km run

Junior triathlon (12-13 years): 400m swim - 12km ride - 3km run

Intermediate triathlon (14-15 years): 600m swim - 16km bike - 4km run

Senior triathlon (16-18 years): 750m swim - 20km bike - 5km run

If the results from last year are anything to go by the All Schools Triathlon is a good indication on who to watch when it comes to the Queensland School Sport Triathlon Championships and the School Sport Australia Triathlon National Championships, with many 2015 All Schools place getters going on to claim podium spots.

Last year, one of the most popular events was the Kids Aquathlon for children aged 7-9 years old, including a 500m run, 100m swim and finishing with another 500m run. While it is not a



The All Schools Triathlon will feature at Lake Kawana on November 6.

PHOTOS: CONTRIBUTED



selection race, it's the perfect introduction to triathlon for the younger kids.

The course provides a great view for parents and a safe closed

course with limited wave numbers, making for the best first time experience. Get the kids signed up and watch them cross the finish line with a massive smile!

With less than two weeks until entries close and spots selling out fast, make sure you secure your child's spot and enter at www.allschoolstriathlon.com.au.

View of Cooloom from the surf break

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French hatch is back in style

■ Grant Edwards

SUBSTANCE and style is the mantra for Renault with its new Megane hatch.

With prices starting from \$22,490, the French marque is looking for conquest sales as it pushes the message of being premium, but without the price tag.

There's little doubt this hatch offers some head-turning design.

Some Renaults of the past have been polarising, yet this fourth gen effort is a departure from the big-bummed style of a decade ago, displaying more stylish lines which is an extension of the DNA found in the lovely little Clio.

For starters there are two turbocharged four-cylinder petrol engines, with wagon and sedan versions to arrive next year.

This hatch derivative will be the volume seller, with the range topping GT-Line (\$32,490) and most potent GT (\$38,490) expected to be the most popular.

Renault has evolved into a niche offering, although with the marketing beginning to push pricing and a strong dealer distribution the marque's hierarchy believes there is a strong case for growth.

Comfort

There is a sizable divide between the base Life and Zen models from the GT duo.

Entry-level buying can feel bereft of glamour, with some hard plastics and vacant looking dash spaces spoiling the party, although cabin space has been improved with a longer wheelbase (distance between front and rear wheels) and greater overall length.

All models come with a colour seven-inch touch-screen and most operations are straight-forward...with a few French caveats. Turning on the cruise control is done via a console-mounted switch and the stereo controls sit on a stalk behind the steering wheel.

Adults can fit in the rear, even though up around 180cm, but the space under the front pews is tight for feet.

On the road

Sprightly off the mark, the 1.2-litre turbocharged petrol engine won't have you languishing at the lights.

It's the engine of choice in three of the four specifications, and feels much quicker than the standstill to 100kmh time of 10.3 seconds dictates. Key to that is having peak torque at just 2000rpm.

Our test drives were across



The 2016 Renault Megane GT is powered by a 1.6-litre turbocharged four-cylinder petrol engine.



some of the worst roads available in NSW and Queensland, yet the Megane managed to offer reasonable ride comfort and cut a swathe through some seriously twisty and hilly terrain.

There was some wind noise, but the Megane settled well over challenging undulations, potholes and dips.

When it came to the range-topping GT, it's a noticeably stronger beast in acceleration and braking. Aided by four-wheel steering, it ripped through hinterland terrain with consummate ease backed by the punchier turbo four-potter to deliver a stirring drive.

What do you get?

Life gets rear camera and rear parking sensors, tyre pressure monitoring system, R-LINK2 multimedia system with seven-inch touch-screen and digital radio, leather steering wheel, dual-zone climate control air con, auto headlights and wipers, front LED Daytime Running Lights, 16-inch steel wheels with a full size temporary spare wheel (a rarity nowadays).

VITAL STATISTICS

Model: 2017 Renault Megane.

Details: Five-door five-seat front-wheel drive hatch.

Engine: 1.2-litre turbocharged four-cylinder petrol generating maximum power 97kW @ 4500rpm and 205Nm of torque @ 2000rpm; 1.6-litre turbocharged four-cylinder petrol generating 151kW @ 6000rpm and 280Nm of torque @ 2400rpm.

Transmissions: Six-speed manual or seven-speed automatic.

Consumption: 5.6 litres/100km (combined average); GT – 6.0L/100km.

Performance 0-100kmh: 10.3 seconds; GT - 7.1 seconds.

Bottom line: Life (m) \$22,490, (a) \$24,990; Zen (a) \$27,490; GT-Line (a) \$32,490, GT (a) \$38,490. Metallic paint \$600.

Website: www.cricksmaroochydorerenault.com.au

Jump up into the Zen and you get Edge LED Daytime Running Lights, 16 inch alloys, sat nav, front parking sensors, electric park brake,

You can add a \$1990 sunroof pack, which also includes a sun visor with light and auto dimming rearview mirror, on both those variants.

When you get into the GT-Line things get more luxurious, safety kit includes Blind Spot Warning, automated parking, electric sunroof, colour TFT instrument cluster, five drive modes, leather trimmed seats, Nappa leather steering wheel, heated front seats and 17-inch alloys (you can get 18s for \$900).

When it comes to the range-topping GT, you get the four-wheel steering, launch control, sport suspension and brakes, dual chrome exhaust, steering wheel paddle shifters, alloy pedals, 18-inch alloys, alcantara leather with blue highlights.

The \$1990 Premium Pack on GT and GT-Line includes Pure Vision LED headlights, 8.7 inch portrait orientation multimedia system with 12-speaker Bose

stereo.

When Renault has its own R-Link system, it does go without smartphone mirroring devices Android Auto and Apple Carplay which have become commonplace in the latest offerings.

Running costs

Fuel consumption should be in the realm of seven litres for every 100km for all models (although our spirited testing saw the figure closer to 10). They do, however, run on the more expensive 95 octane unleaded.

Practicality

Pop the boot and there's a cavernous space, with the 434 litres surpassing a Mazda3 (408), VW Golf (380) and Toyota Corolla (360).

It grows to 1247 with the seats down, which means it beats some compact SUVs like the Honda HR-V, which is great for carting bikes, boards and other equipment.

There are two (albeit shallow) cup holders in the console, and an excellent space in front of the shifter close to USB and 12-volt ports that is perfect for your smartphone.

Levorg 2.0GT-S shown

do something
out of the box

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The long-awaited Subaru Levorg has arrived.

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Levorg 2.0GT-S standard features:

- 2.0-litre Direct Injection turbocharged horizontally-opposed Boxer engine
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- EyeSight® Driver Assist System
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- Intuitive touchscreen infotainment
- Leather seats¹ and electric sunroof
- Sleek, stylish and spacious

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Driveaway (Levorg 2.0GT-S)

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

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Top fields ready to race

Steele Taylor

steele.taylor@scnews.com.au

THREE-time Noosa Triathlon champion Ashleigh Gentle is set to headline an all-star field for this month's Noosa Triathlon.

The 25-year-old Rio Olympian, who is eighth on the ITU points list, should face a stern test from last year's runner-up Charlotte McShane.

The 26-year-old was the best placed Australian in this year's World Triathlon Series (eighth).

Chile's Barbara Riveros, who was fifth at Rio, and New Zealand Olympian Nicky Samuels are also set to compete.

Amid the men's field, Australia's Ryan Bailie and Ryan Fisher are likely to lace-up, after competing at the Games this year.

Ryan was 10th in Rio, seventh on the ITU points list and eighth on the world series.

Young compatriot and world number 13 Jacob Birtwhistle is set to challenge them over the 1.5km swim, 40km ride, 10km run while Dan Wilson is also set to compete.

Race director Rebecca Van Pooss believes it will be a hotly-contested race.

"It's exciting...we have the highest prizemoney for standard distance triathlons in Australia so the elites definitely come out for it," she said. "It's the end of the European season so they're heading back to Australia and the Aussies love to race at Noosa to finish off their year."

More elite athletes will be on the start line but Van Pooss was particularly pleased to see Ashleigh put her hand up.

"We're really happy she's racing," she said.

"For a short period of time we thought she might racing somewhere else but she's confirmed she will be in Noosa and she's pretty excited to be going for three in a row."

Ashleigh has won in 2012, 2014 and 2015 and another win would see her close in on Emma Snowsill's mark of five wins in the women's event and join the Noosa resident as the only women to have won the race three times in a row.

The race is set to again get underway at Noosa Main Beach, after last year's inaugural ocean swim start proved a success. "The only negative comment was that people started swimming off course because they were looking at the fish so that's pretty good



Ashleigh Gentle on her way to claiming her inaugural victory at the 2012 Noosa Triathlon.

PHOTO: WARREN LYNAM



Watch for Dan Wilson to push for victory at Noosa next week.

PHOTO: JOHN MCCUTCHEON

negative feedback as far as were concerned," Van Pooss said.

About 8000 people will take part in the Noosa Triathlon with about 12,000 taking part in events across the festival.

SEE MORE NOOSA TRI COVERAGE ON PAGES 16-17

NOOSA TRIATHLON

Wednesday, October 26

6.30am ENDURA Noosa Run Swim Run/Schools Aquathlon Challenge, Noosa Main Beach

6.45am ENDURA Noosa Run Swim Run Adult/open race start Noosa Main Beach

Thursday, October 27

11am Noosa Tri Charity Golf Day Tewantin-Noosa Golf Club, Tewantin

Friday, October 28

7.30am Barambah Organics NOOSA Breakfast Fun Run start Festival Village, Noosa Woods

1.7pm Noosa Triathlon check-in

4.15pm ARENA Noosa 1000 Ocean Swim Race Start Noosa Main Beach

Saturday 29 October

7.30am Coates Hire Noosa Superkidz Triathlon Event Start Chaplin Park, near the Noosa Yacht and Rowing Club

8am approx TINGIRANA Noosa Special Triathlon Event Start (Tingirana Noosa Special Triathlon will start immediately after all Superkidz have entered the water. This will be approximately 8am)

9.30-9.45am Priority bike racking (Noosa Triathlon Legends Club) transition, Noosa Heads Lions Park

10am-4.30pm Noosa Triathlon transition access transition, Noosa Heads Lions Park

2.30pm SUBARU Australian Open Criterium - women's race start, Noosa Parade

3.20pm Legends Triathlon start, Noosa Parade

4pm ASICS Bolt race start, Noosa Parade

4.40pm SUBARU Australian Open Criterium - men's race start, Noosa Parade

Sunday 30 October

4.45-6am Noosa Triathlon - transition open

6.15am Noosa Triathlon - race start, Noosa Main Beach

4pm Noosa Triathlon presentation ceremony, Noosa Woods

6pm Party on at the Noosa Heads Surf Club

7pm Fireworks spectacular, Noosa Main Beach



IRONMAN NZ 2017 TOUR



Tuesday February 28 – Monday March 6, 2017

6 Night IRONMAN New Zealand Tour from \$1,120*

The Ironman New Zealand Tour commences on Tuesday of race week with athletes arriving into Auckland. Each day the Tri Travel team will assist athletes and spectators with Ironman New Zealand course orientation, training sessions, sightseeing, race registration and a post race breakfast.

*Conditions apply



Weekend is a world-beater

NEXT week's Noosa Triathlon can lay claim to being the world's largest mass participation triathlon.

Established in 1983, last year's Olympic distance (1500m swim, 40km ride and 10km run) triathlon, saw more than 8000 participants cross the finish line, enough to knock the London triathlon off top spot.

Noosa is now followed by the London, Hamburg and Chicago triathlons respectively.

Tourism Noosa CEO Damien Massingham said it was great to see the Noosa Triathlon become the largest triathlon in the world.

"Noosa Triathlon is one of Noosa's signature events and the 2015 event saw a significant change with the swim leg of the event move to Noosa's iconic Main Beach, showcasing one of Noosa's key assets and one of the best coastal and aquatic experiences in Australia."

Professional triathletes from various backgrounds come together each year to compete for one of the sports most coveted titles.

The event's honour roll reads like a who's who of Australian triathlon; Miles Stewart, Emma Carney, Brad Bevan, Loretta Harrop, Craig Walton, Michelle Dillon, Chris McCormack, Courtney Atkinson and Emma Frodeno (nee Snowsill) have all claimed the title.

Australian professional triathlete and multiple Noosa Triathlon winner Ashleigh Gentle is proud to be on the honour roll.

"All here in Australia have known for a long time how great Noosa Triathlon is and that it is the marquee triathlon event and now



Ky Hurst. PHOTO: BARRY ALSOP



Aaron Royle claims victory last year.

PHOTO: BARRY ALSOP



The Run Swim Run and Schools Aquathon.

PHOTO: BARRY ALSOP



Jordan Mercer.

PHOTO: BARRY ALSOP

the rest of the world will know as well," Ashleigh said.

"I feel proud to have been a multiple winner and part of this great events history. Noosa Tri continues to innovate and improve like incorporating the iconic Noosa beach into this year's race.

"It will continue to grow from here."

Professional triathlete and Olympian Courtney Atkinson said that the atmosphere of Noosa Triathlon cannot be recreated anywhere else in the world.

"It's a race which I feel as though I have a strong connection with and it's no surprise that this feeling is reciprocated by fellow athletes to make it the largest Olympic distance triathlon in the

world in 2015," he said.

"The 33 year history of this event is hugely significant in Queensland, Australia and now firmly in the world."

This year's event will again attract some big names across various events, including footballers Andrew Croll (Cowboys), Ben Hannant (Cowboys), Ash Graham (Cowboys), Cam Guthrie (Geelong), Daniel Rich (Lions), Jackson Thurlow (Geelong), Lincoln McCarthy (Geelong) and Rohan Bewick (Lions).

Also there will be Bathurst winner Will Davison, V8 Supercars star Jamie Whincup, rally driver Molly Taylor, ironwoman Courtney Hancock, Channel Seven



Lisa Curry and Grant Kenny have been among the stars to take part.

PHOTO: CONTRIBUTED

personality Mark Beretta, runner Steve Moneghetti and Olympic gold medallist Susie O'Neill.

CONTINUED ON PAGE 17



This year will be Markus Hanley's 26th Noosa Tri.

PHOTO: BARRY ALSOP



Peter Sagan and Robbie McEwen in 2013.

PHOTO: BARRY ALSOP

Early years of legendary race



Noosa Tri has become an iconic event, with this year marking the 34th anniversary. We took a look at the Ironman vault to pull out these great photos from past events. PHOTOS: CONTRIBUTED



Ground floor corner apartment

RIDING, running and swimming doesn't get much better than this location.

This ground floor apartment in "The Observatory", a coveted boutique complex that occupies a commanding corner position in one of the Sunshine Coast's most premium beachside pockets, would make a sensational holiday home, savvy investment or amazing permanent sea-change.

Complete with spacious open plan living and dining flowing out to a wraparound expansive alfresco entertaining terrace showcasing glorious ocean views, contemporary kitchen, separate laundry and secure basement parking for one vehicle; there is a feeling of space, openness and light.

Features include air conditioning, ceiling fans, attractive plantation shutters, striking tiles in bathrooms, private balcony off master bedroom, security intercom, plus lift access from carpark.

From here you are footsteps to



the headland with its majestic breathtaking vista, and a short walk to white sandy beaches; take a 10 minute stroll along the scenic coastal walk into Coolum.

The Observatory is a much admired complex from its prominent position in this blue chip location, and is well maintained with tropical landscaped gardens, on site visitor parking and a

sun-drenched communal in-ground pool and terrace area also showcasing a delightful ocean vista.

Framed by incredible natural beauty, benefiting from gentle sea-breezes and tucked away from the noise and activity of the tourist strip; this is an idyllic beachside location that offers the whole package.

Noosa is a 30 minute drive,

POINT ARKWRIGHT

3/15 Andrew St
2 Bed, 2 Bath, 1 Car

Features: Open plan living, ground floor apartment, expansive terrace, secure basement parking for one vehicle, on-site visitor parking, boutique complex, communal pool, opposite headland, take a scenic coastal walk to Coolum, blue chip location
Price: Offers over \$585,000

Agent: Karine Wright at Amber Werchon Property

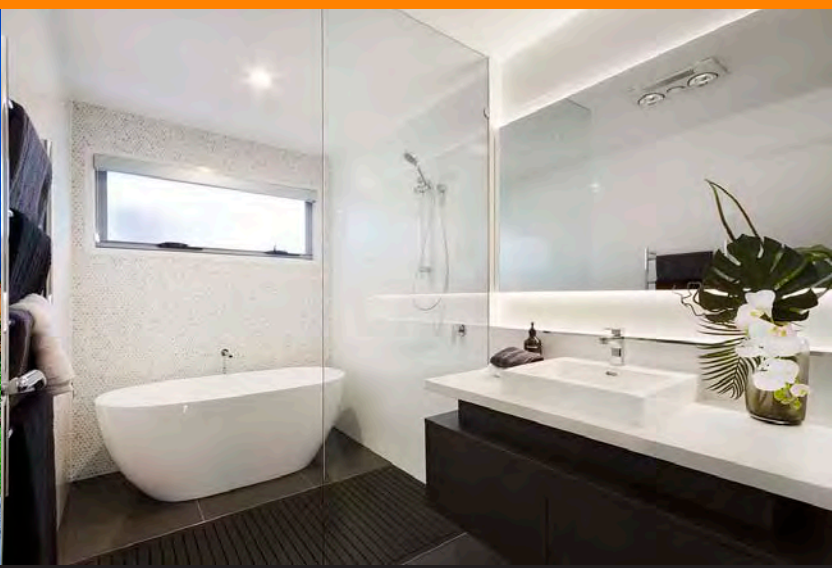
Contact: 0415 131 475

Sunshine Coast Airport 10 minutes, Coolum five minutes, you are never too far from major amenities, yet as you sit on your elegant terrace you will feel a wave of calm.

Investor owner is seeking a sale this spring, and this is a rare opportunity to purchase into this exclusive Point Arkwright enclave.



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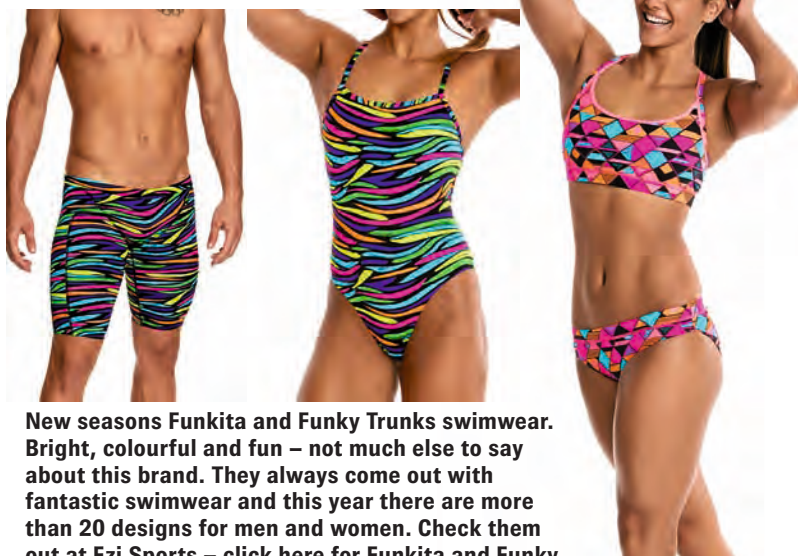


The latest and greatest...



When designing the Turbo Levo FSR 6Fattie, Specialized started by building a trail bike with all the hallmarks that its mountain bikes are known for, while streamlining the design for full integration of the brand's Turbo technology. This means that you get a roomy top tube for an easy fit, ultra-short chainstays for nimble handling, and a low bottom bracket that makes the bike feel glued to the trail. The battery and motor are integrated into the frame and quietly assists with the pedal assisted power, from the 250W motor that makes climbing nearly effortless. The output is also fully adjustable to suit your terrain and enable you to conserve your energy where required. Check it out at Cycle Zone Mooloolaba, RRP \$6500.

Trilogy Cycles at Noosa Heads is now stocking AMO sunglasses. AMO provides high performance and technically advanced sports sunglasses for triathletes, adventure racers, ultra runners and marathoners, mountain bikers and cyclists, and other endurance sports athletes. Each model in the range is created, tested and design by a multisport athlete. RRP from \$230-\$270.



New seasons Funkita and Funky Trunks swimwear. Bright, colourful and fun – not much else to say about this brand. They always come out with fantastic swimwear and this year there are more than 20 designs for men and women. Check them out at Ezi Sports – click here for Funkita and Funky Trunks.



Designed for pushing the limits of enduro racing and trail riding, the 2FO ClipLite Lace delivers pedal connection, comfort, and protection in a simplified lace-up version. This ultra-light version of the popular 2FO Clip is engineered for smooth pedal entry and exit with the Landing Strip cleat pocket, meaning you can focus on going fast on the descent, without the weight penalty for your climb back to the top. It's foot out, flat out – on a diet. Now available at Cycle Zone Mooloolaba, different versions priced between \$169.95-\$199.95.



Trilogy Cycles is running a massive sale with ON running shoes as part of the Noosa Tri Multisport Festival. The secret of ON lies in the 'cloud' elements – hollow pods on the sole of the shoe that cushion landing and then lock to form the solid foundation required for a powerful push-off. The result is a new running experience: fast, light and agile. There will be 15% off all ON shoes in stock from Friday, October 26, to Monday, October 31.



Le CycloSportif has a great deal on a 2016 Cervelo P3, in anthracite white, with a Shimano Ultegra Di2 drivetrain at \$500 off, for \$6700. Or throw on some Reynolds Strike carbon clincher rims for a total cost of \$8500.



Cycle Zone Mooloolaba has the Soudal range in store. The bike wipes are a favourite at \$9.95 for a 50-pack - one wipe can clean a lightly dirt bike after a wet ride or a dusty ride. It's perfect for all materials carbon/alloy/steel. Another great option is the protect and polish at \$12.50, and Stu from Cycle Zone says "it's like a new bike in a can". For matte colour schemes there's the "white lightening matte finisher" at \$19. At those prices it matches the best available online, check them at Cycle Zone's new shop at 120 Brisbane Rd, Mooloolaba.

Upcoming Sunshine Coast events

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

Date	Event	Distance	Location	Website
October 19	Bushrangers MTB Ferny Forest Night Ride	Riding the Ferny Forest loop - 1,2,3 laps - your choice. Suitable to those just starting off on night rides. Ride from 6-8pm, meet at the car park opposite Big Kart Track. Meet 6pm meet for 6:15pm ride off. Grade 2.	Landsborough	www.bushrangers.org
October 22	Blackall 100	The 100km trail run traverses the Blackall Range, taking in the Sunshine Coast Great Walk. With a primary 100km event, supported by a 50km event, has generous cut-offs of 25 and 28 hours apply for the 50km and 100km respectively.	Mapleton	www.runqueensland.com
October 22-23	Hells Bells Adventure Man 100	Hells Bells is a non-stop 24hr adventure race involving trekking, mountain biking, kayaking and other adventure disciplines. Mixed, male or female teams of two must navigate their way unsupported through an arduous 100+km course (about 120km) that is only revealed to them hours before the race. Fairy Bells adventure race is run at the same time and covers about half the distance (about 70kms) but teams have the full 24hrs to complete it. The Fairy Bells course is interwoven through Hells Bells and covers some of the same terrain. Hells Bells Adventure Man 100 is a ground breaking race concept for adventure racing in 2016. Adventure racers will have 24 hours to complete a set course of hard core single track, trails and waterways including 90km Mountain biking, 20km trail running and 10km kayaking as well as other, yet to be released adventure challenges.	Sunshine Coast	www.dareyouadventure.com.au
October 22-23	Bribie Island Tri Series round one	Four-triathlon series. Points scored from all four triathlon. Long course – 750m swim, 20km cycle, 5km run. Short course - 300m swim 10km cycle 3km run. Active kids and first timers races are staged on the Saturday.	Bribie Island	www.briebietri.com
October 23	Spring Swim Sunshine Coast	From kids and beginners through to competitive swimmers and triathletes in training. Distances include 3.8km, 2km, 1km as well as junior giants 300m (8-16 years) and 1km (10-16 years).	Mooloolaba	www.worldseriesswims.com.au
October 23	Noosa Tri Club multi-loop training event	Multi-loop triathlon training event, starting from 6am. Limited spaces available.	Noosa Heads	www.noosatriclub.com
October 26	Endura Run Swim Run	In 2016 the Endura Noosa Run Swim Run will include the Schools Aquathlon Challenge. 8-13 years- 500m run/200m swim/ 500 run. 14 years and over - 1.5km run/750m swim/1.5km run.	Noosa	www.ap.ironman.com
October 28	Noosa Breakfast Fun Run	Dress in pink and join some of Australia's premier runner's to run 5km and raise awareness and funds for the National Breast Cancer Foundation.	Noosa	www.ap.ironman.com
October 28	Arena Noosa 1000 Ocean Swim	Get involved in one of Australia's premier ocean swims on one of Australia's best known beaches. All ages and abilities are encouraged to enter.	Noosa	www.ap.ironman.com
October 29	Noosa Multisport Festival	Noosa Parade comes alive for the ASICS Bolt, Australia's premier 5km road race, as well as a criterium cycling race.	Noosa	www.ap.ironman.com
October 30	Noosa Triathlon	Australia's biggest triathlon, including a 1500m swim, 40km ride, 10km run.	Noosa	www.ap.ironman.com
October 30	Bushrangers MTB Bells Creek/Sugarbag Ride	From the Caloundra Aquatic Centre through to the 'bone yards' via the backroads and a sneaky route under the highway. Ride from 7-11am. Meet at the car park in Central Park Road (off Arthur Street). Meet 6.45am.	Caloundra	www.bushrangers.org
November 6	All Schools Triathlon	This event is used for selection for SEQ regional teams for the Queensland School State Triathlon Championships to be held in February 2017. The event caters from ages 7-18 and has distances for all.	Lake Kawana	www.triathlonqld.com.au

Upcoming Sunshine Coast events

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Date	Event	Distance	Location	Website
November 6	Bushrangers MTB Ewen Maddock Dam Community Ride	Mountain bike ride for all, 7-11am at Ewen Maddock Dam. Grade 2. Children welcome, but under 16 must be accompanied by an adult on the ride. Bring money for coffee stop mid-ride.	Maddock Park, Glenview	www.bushrangers.org
November 12	Kawana Aquathlon	Full distance include 2.5km run/1000m swim/2.5km run; Enticer 300m swim/2km run; Junior 10-11 years 200m swim/1km run and Mini (7-9 years) 100m swim/500m run.	Kawana	www.qldtriseriesseries.com.au
November 13	Bushrangers MTB Parklands Ride	Monthly ride at Parklands. Meet 6.45am at Atkinson Road West, Bli Bli, ride from 7-11am. Grade 4 (adaptable to grade 3).	Bli Bli	www.bushrangers.org
November 16	Bushrangers MTB Parklands Night Ride	Riding the novice track with a few others in the mix. Meet at 6pm along Radar Hill Road, Kulangoor, for a 6.15pm ride off (finish 10pm). Grade 3.	Kulangoor	www.bushrangers.org
November 12-13	Hervey Bay 100	Sunday features a national long course qualifying race with a 2km swim, 80km ride and 18km run. Saturday includes a mini aquathlon (entrants born 2006-2008) of 500m/50m/500m and a junior aquathlon (entrants born 2004-2005) 1km/200m/1km. Also a junior triathlon (entrants born 2002-2003) 400m/12km/3km, intermediate triathlon (entrants born 2000-2001) 600m/16km/4km and senior triathlon (entrants born 1997-1999) 600m/16km/4km as well as a Have a Crack tri (open to those above 15 years) swim 200m/bike 8km/run 2km.	Hervey Bay	www.hb100.herveybaytriclub.org.au
November 12	Open water swim	Organised as part of the Queensland Tri Series, the open water swim events will be staged over 500m, 1000m and 1500m.	Kawana	www.qldtriseriesseries.com.au
November 13	South East Queensland Trail Running Series	Round three of the eight-race series staged in Brisbane, Gold Coast and Sunshine Coast. Features 7.1km and 13.1km trail run races.	Pomona	www.seqtrailrunningseries.com.au
November 13	Queensland Tri Series	Round four of the seven-round triathlon series. Distances include QTS 400m swim/15km bike/4km run; Enticer 200m swim/7.5km bike/2km run and Kool Kids 100m swim/2km bike/500m run.	Kawana	www.qldtriseriesseries.com.au
November 20	Buistrangers MTB Pomona to Cooran ride	A cruise around the Pomona and Cooran tracks. Taking in a bit of Yurol State Forest south of Pomona and the Tuckekoi National Park to the north. Meet at 6.45am, 21 Reserve St, Pomona, 7- 11am. Grade 4.	Pomona	www.bushrangers.org
November 26	Atlas Multisports Freestyle Clinic	The last of four freestyle clinics with Duane Cannell of Makin' Waves Swim School.	Buderim	www.atlasmultisports.com.au
November 27	Noosa Tri Club sprint distance triathlon	Sprint distance and shorter course option for newcomers or juniors.	Noosa Heads	www.noosatriclub.com
December 10-11	Bribie Island Tri Series round two	Four-triathlon series. Points scored from all four triathlon, must do three races to qualify for series prizes. Long course – 1km swim, 30km cycle, 8km run. Short course - 300m swim 10km cycle 3km run. Active kids and first timers races are staged on the Saturday.	Bribie Island	www.briebietri.com
December 18	Buderim 9	Climb nine Buderim hills, covering 75km, within three hours. Participants also raise money for the Cerebral Palsy League.	Buderim	www.buderim9.com.au
December 28-31	Atlas Multisports Christmas Training Block	Start the year with an intensive triathlon training block, with options for advanced (four days), intermediate (three days) and beginner (two days). Endurance training, swim and run skills and drills, pilates, nutrition and transition technique.	Sunshine Coast	www.atlasmultisports.com.au
January 22, 2017	Hares and Hounds trail run	The distances this year are 52km, 10km and 5km solo runs and a 52km relay for 2, 3 or 4 person teams. A 10km walk has also been added.	Woodford	www.glasshousetrailseries.com
February 4, 2017	Sunshine Coast Run Series	Round one of four races held as part of the annual series staged at varying locations, with run distances of 10km, 5km and 2km.	Sunshine Coast	www.atlasmultisports.com.au

CONTINUED NEXT PAGE

Upcoming Sunshine Coast events

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Date	Event	Distance	Location	Website
February 5, 2017	Queensland Tri Series	Round six of the seven-round triathlon series. Distances include QTS Sprint 750m swim/20km bike/5km run; Super Sprint 400m swim/15km bike/4km run; Enticer 200m swim/5km bike/2km run and Kool Kids 100m swim/2km bike/500m run.	Caloundra	www.qldtriseries.com.au
February 11-12, 2017	Noosa Summer Swim	In 2017, the event expands to a full weekend program. It offers a range of distances for every ability, from junior events to marathon distances where seasoned swimmers can push their limits. Distances include 3km, 2km, 1km and 300m on the Saturday, and 5km and 1.5km on the Sunday.	Noosa Heads	www.worldseriesswims.com.au
February 11-12, 2017	Bribie Island Tri Series round three	Four-triathlon series. Points scored from all four triathlon, must do three races to qualify for series prizes. Long course – 1km swim, 30km cycle, 8km run. Short course - 300m swim 10km cycle 3km run. Active kids and first timers races are staged on the Saturday.	Bribie Island	www.bribietri.com
February 11-12 2017	Qld X-Tri Championships and Multisport Weekend	Saturday am: 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. Saturday pm: Mud Rats Kids Adventure Run, 8km trail run, 4km fun run. Sunday am: 45km XC MTB, 22km XCMTB, Mud Rats Dirt Bike. Times from tri champs, 9km trail run and 5km MTB combine for Dirt Master and Dirt Mistress.	Landsborough	www.tre-x.com.au
February 25, 2017	Atlas Multisports Freestyle Clinic	Freestyle clinic with Duane Cannell of Makin' Waves Swim School.	Buderim	www.atlasmultisports.com.au
February 26, 2017	South East Queensland Trail Running Series	Round seven of the eight-race series staged in Brisbane, Gold Coast and Sunshine Coast. Features 8.3km and 14.8km trail run races.	Ewen Maddock Dam	www.seqtrailrunningseries.com.au
March 4-5, 2017	Bribie Island Tri Series round four	Four-triathlon series. Long course – 750m swim, 20km cycle, 5km run. Short course - 300m swim 10km cycle 3km run. Active kids and first timers races are staged on the Saturday.	Bribie Island	www.bribietri.com
March 5, 2017	Mooloolaba Mile Ocean Swim	The Mooloolaba Mile is a feature on Queensland's ocean swimming calendar. The main event, a one mile (1.6km) course is well within reach for beginners and novice ocean swimmers. There is also a 3km, 800m, as well as junior giants of 300m and 800m.	Mooloolaba	www.worldseriesswims.com.au
March 5, 2017	Sunshine Coast Run Series	Round two of four races held as part of the annual series staged at varying locations on the Sunshine Coast, with run distances of 10km, 5km and 2km.	Sunshine Coast	www.atlasmultisports.com.au
March 10-11, 2017	Mooloolaba Triathlon Festival	ASICS Mooloolaba Twilight 5km run, 1k Ocean Swim, Superkidz Triathlon and the Special Tri. The event also features the Mooloolaba ITU Triathlon World Cup.	Mooloolaba	www.ap.ironman.com
March 18, 2017	March 19 Paddy Pallin Adventure Series	Designed for teams of two, the races are fun, fast and furious with three core disciplines...mountain biking, running / trekking, and kayaking. Races take between two-six hours to complete.	Wild Horse Mountain	www.paddypallinadventure.com.au
March 12, 2017	Mooloolaba Triathlon	The iconic event of the festival, the Olympic-distance triathlon featuring a 1.5km swim in the Mooloolaba bay, one-lap 40km bike course on the Sunshine Motorway, and two-lap 10km run course from through Alexandra Headland.	Mooloolaba	www.ap.ironman.com
March 26-27	Atlas Training Camp	The focus of the Rainbow ride training camp is to build the endurance capacity of athletes on the bike through providing a well-supported 200km ride. It will also give participants the skills and knowledge of how to prepare and recover for events through nutrition, use of pilates and massage.	Rainbow Beach	www.atlasmultisports.com.au

Upcoming Sunshine Coast events

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Date	Event	Distance	Location	Website
April 2, 2017	Triathlon Pink	All-female triathlon, with short 100m/4km/1km, medium 200m/6km/2km, long 300m/8km/3km, ultra 600m/16km/6km, kids 7-9 50m/2km/500m and kids 10-13 100m/4km/1km. Also a fun run of 1km, 7 Yrs + 3km and 12 Yrs + 6km.	University of the Sunshine Coast	www.triathlonpink.com.au
April 9, 2017	Sunshine Coast Run Series	Round three of four races held as part of the annual series staged at varying locations on the Sunshine Coast, with run distances of 10km, 5km and 2km.	Sunshine Coast	www.atlasmultisports.com.au
April 30, 2017	TooMoo 220	Supported ride from Toowoomba to Mooloolaba which raises money for charity. Riders travel to Toowoomba by bus on the Friday, and then ride back to the Coast achieving a 2000m elevation gain at the same time.	Toowoomba to Mooloolaba	www.toomoo220.com.au
May 13, 2017	Island Charity Swim	Every year swimmers gather to help the Nambour and Currimundi Special Schools. They swim about 11km from Mudjimba Beach, out around Old Woman Island to Mooloolaba.	Mudjimba to Mooloolaba	www.islandcharityswim.com.au
May 13-15, 2017	Ultraman Australia	Ultra triathlon staged over three days, featuring a 10km swim, 421.1km bike and 84.3km run.	Noosa Heads	www.ultramanoz.com.au
May 20, 2017	Glasshouse Trail Series – Cook's Tour	The Glasshouse 50 Cook's Tour is an off-road trail run with 12km, 33km, 50km and 50 mile running events. This is an annual event on the Sunday closest to the 17th of May because Captain Cook named the mountains on May 17 during his voyage up the east coast of Australia in 1770.	Woodford	www.glasshousetrailseries.com
May 20-21, 2017	Tough Mudder	Tough Mudder has a new course and new challenges in 2017 at the home of the Woodford Folk Festival - Woodfordia. There will be rolling hills, epic valleys and thick back-forests all lined up ready for Mudders. Experience the rush of Tough Mudder's amazing new 2017 course with thousands of first-timers and legionnaires alike.	Woodford	www.toughmudder.com.au
May 27-28, 2017	Noosa Ultimate Sports Festival	Starting with an ocean swim off Main Beach, with 3.8km, 2km, 1km and 500m options on the Saturday. Then on the Sunday, Cycle Noosa with 160km and 85km events. There is also Run Noosa, with 21.1km, 10km or 5km races.	Noosa	www.ap.ironman.com
July 8, 2017	Sunshine Coast Run Series	Final round of four races held as part of the annual series staged at varying locations on the Sunshine Coast, with run distances of 10km, 5km and 2km.	Sunshine Coast	www.atlasmultisports.com.au
July 23, 2017	Pomona King of the Mountain	The King of the Mountain Festival in Pomona features a run up the face of Mount Cooroora for the 4.2km round trip. Also 3km family fun run, 2.8km dash and kids 4x700m.	Pomona	www.kingofthemountain.com.au
July 28, 2017	Wild Women On Top Coastrek	The Wild Women On Top Coastrek is coming to the Sunshine Coast for the first time, with 30km or 60km treks, to raise funds for the Fred Hollows Foundation. The event is open to both men and women, but teams must have at least 50% women. Competitors must start and finish with the same four trekkers, no relays.	Sunshine Coast	www.sunshine.coastrek.com.au
July 30, 2017	Glasshouse Trail Series- Flinders Tour	The Flinders Tour is a 12.5km, 26km and 52km trail run at Beerburrum.	Beerburrum	www.glasshousetrailseries.com
August 18-20, 2017	7 Sunshine Coast Marathon and Community Running Festival	Annual running festival, including 2km, 5km, 10km, 21.1km and 42.2km runs through Alexandra Headland, Mooloolaba and Maroochydore.	Alexandra Headland	www.sunshinecoastmarathon.com.au
September 9-10, 2017	Glasshouse Trail Series – Glasshouse 100	Options include 100 mile, 100km, 50km, 30km and 11km trail run in the Glasshouse Mountains. The terrain varies from easy gravel road to rough, steep singletrack.	Beerburrum	www.glasshousetrailseries.com