

Wednesday, May 18

## Frank has a big tank!

FROM the top of the hill at Cooloolim Tim Franklin knew he had to put the hammer down.

There was still 27km to run in Ultraman Australia double marathon, but the 33-year-old lawyer was ready to put all his cards on the triathlon torture test table.

Gritting his teeth and pushing himself to new limits, he remarkably produced a negative-split marathon and claimed second overall as well as first Australian across the line after three days which saw him and a 40-strong field, and

complete the 10km swim, 421km bike and 84km run.

Singapore's Arnaud Selukov claimed the overall honours with a total time of 7:18:51, after he took the lead from Tim in the dying stages of day one.

Arnaud extended his lead to 10 minutes after posting the fastest bike time on day two, but it was Juan Bautista Arroyo of Spain who was the quickest on Monday's run in 6hrs 55min.

CONTINUED ON PAGE 2



PHOTO: BARRY ALSOP/EYES WIDE OPEN IMAGES



**WHERE EQUIPMENT MEETS DEDICATION**

**6-24 MONTHS INTEREST FREE FINANCING  
AT CYCLEZONE MOOLOOLABA**

PH.0754781001 SALES@CYCLEZONE.COM.AU

# Limits pushed in Ultra test

**FROM PAGE 1**

Early in the double marathon it looked like Tim's second position could have been in jeopardy despite holding a 42-minute advantage over overall third-place Juan.

At one stage on the run Tim was back in 17th place. But under the guidance of coach Xavier Coppock and early pacer Andrew Callow they ensured Tim tempered his effort.

Tim said he legs felt tired at the start, yet he worked into the steady pace of about 5:25 minutes per kilometre. From the turnaround at Twin Waters he looked a refreshed athlete.

He drew inspiration from seeing double amputee Andre Kajlich on course and put everything on the line. Tim expected that moment when he had nothing left – it never came.

With his team of supporters, he ran the last 10km in less than 45 minutes.

Pivotal to his success was a measured approach on day two.

"My game plan was to push pretty hard on day one and managed to be thereabouts, which was cool," he said.

"The swim was super comfortable. And I treated the bike like a 70.3 and I pushed probably too hard, but Xavier and I had done enough work so that I could recover quickly.

"Day two I knew I had to conserve. It was all about day three. I fell into a bit of a hole at the 180-200km mark, but my crew were phenomenal. I think they let me out of sight two times the entire weekend.

"I finished day two strong and I was feeling good. The last 50km of the bike was all about the run, getting the nutrition in for the run

## RESULTS

### Ultraman 2016

#### Men

1. Arnaud Selukov.....22:25:57
2. Tim Franklin .....22:41:45
3. Juan Bautista Arroyo .....23:35:04
4. Adrian Whittaker ....23:37:35
5. Trout Wayth .....24:11:06

#### Women

1. Chloe Lane .....25:34:30
2. Kellie Ridges .....29:13:33
3. Melissa Urie .....31:27:32
4. Krista Page .....32:00:11
5. Susannah Harvey-Jamieson .....32:58:50

and I didn't want to be suffering or hungry."

Looking back at his efforts, Tim was ecstatic to finish strong and soak up the atmosphere with his team on Noosa Main Beach.

"If someone had said to me beforehand you would be second overall and the fastest Australian... I'm just a weekend warrior, and I try not to take myself too seriously and do what I love."

Tim paid tribute to his crew for getting him across the line. With Andrew, Nush Vanderwiit and Paul Scroggie following him for the three days, there was also support from Callan Lloyd, Brad Jones, Tony Bryan, Dave Schloss and Robbie Andrews.

"A lot of other teams had wives, girlfriends and families helping them. I just had mates. They had no obligation, they did it because they are my mates and they were there all day every day.

"I'd still be at the start line sucking my thumb if it wasn't for them."

The endurance challenges don't end here for Tim, who will take



Tim Franklin celebrates with his team after finishing second overall at Ultraman Australia. PHOTO: BARRY ALSOP/EYES WIDE OPEN IMAGE



Double amputee competitor Andre Kajlich.

part in the six-day 250km Big Red Run across the Simpson Desert next month.

In other memorable Ultraman results, double amputee Kajlich finished 11th overall in a time of 26:54:3.

Daryl Allen also became the



Double marathon winner Juan Bautista Arroyo with his wife.

oldest man to ever finish an Ultraman at the age of 66 – he made the run cut-off with 75 seconds to spare.

Meanwhile in the women's event, South Australian broke all records on her way to posting a convincing victory.



# IDEAL

## resort for triathletes

Seachange Cooloom, located in the beautiful seaside village of Cooloom, offers luxurious self-catering accommodation.

Situated in the heart of the Sunshine Coast, it is the perfect resort for the budding Triathlete or Cyclist or just for a getaway with the family.

GREAT SPECIALS

available Feb-Oct from \$800 per week (14 days + from \$600 per week)

View of Cooloom from the surf break

To book email direct on [info@seachangecoolumbeach.com.au](mailto:info@seachangecoolumbeach.com.au)

or call 1800 008 112



We offer stylish air-conditioned, fully self contained 1 & 2 Bedroom & Family Room apartments with beautiful pools, including a 25m lap pool (heated 9 months of the year).

Onsite Manager is a long time triathlete, so can provide local knowledge of where to bike, run & swim.

We also offer GREAT weekend discounts for two nights or more!

(with late check outs Sundays)\*  
\* Subject to availability & conditions apply.

# Locals have unforgettable debuts

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

THERE was no finer example of the Ultraman spirit than the procession along Noosa Main Beach on Monday night.

Athletes and crew were there to welcome home Pelican Waters competitor David Nathan who had shown unyielding resolve to finish the 84km run in 12:28:26 - nearly 30 minutes past the official cut-off.

"That was beyond my wildest dreams," the 55-year-old consultant said.

"To have that happen was incredible, it was so emotional."

Things started well for Nathan, who finished day one after a 3:39:22 swim and a 6:12:58 for his 140km bike. But he described the day two bike course as "brutal" and he finished in 11:35:34 after a gruelling 281km.

After being diagnosed with a stress fracture in his foot five weeks before the event, David knew the double marathon was going to be tough. But at the 15km mark he was hit with gastrointestinal issues which slowed his progress.

But with the support of local youngster Jess Hoskins and legendary former Ironman world champion Scott Molina, he finished and he ranks completing the course among his lifetime highlights.

"At my age you get to a point where pain is temporary and someone said to me you reach a point where the pain goes numb physically and numb mentally," he said

"We predicted I would have done that run in 8.5 to 10 hours. I got a stress fracture in my foot five weeks out and I couldn't run so I had to curtail my running because



**Paul McDonald (left) all smiles with support runner and girlfriend Elise van Dorssen, and overall second-place getter Tim Franklin.**  
PHOTO: GRANT EDWARDS



**Sean Riley gets to the finish.**  
PHOTO: ULTRAMAN



**David Nathan (centre) talks tactics with his paddler, along with friend, coach, crew captain and triathlon icon Scott Molina.**  
PHOTO: CONTRIBUTED

I was in pain."

Paul McDonald of Palmwoods was ecstatic with his performance, finishing the three-day event strong with an 8:32:11 double marathon which lifted him five places overall to 13th.

While he had his peaks and troughs like everyone, the 38-year-old is almost certain he'll be back at the startline next year.

"It was a great event. I enjoyed every minute of it and my crew did too. I think my crew has already

nominated, and I definitely want to come back and do it again," he said.

The journey wasn't without incident for Paul, who had to ride the last 80km sitting up after losing his right time trial arm rest.

"I hit a sink in the road at the bottom of a hill between 60-70kmh. It ripped the bolts out and I lost the arm rest," he said.

"It made the last part very uncomfortable. I couldn't get up to a great speed, but that's racing."

## COAST RESULTS

Paul McDonald.....	27:26:04
David Nathan .....	30:16:58
Sean Riley.....	32:06:27

There was no recovery for Sean Riley. The 47-year-old Sunshine Coast Grammar teacher was back at work the day after his finish.

The double marathon took him 11:30:17 and gave him a total time of 32:06:27.

"It was absolutely sensational. I have never been in an event before that was a such full team thing," Sean said.

"It's just everything. It was a team event...you could see the crew going through as much pain as me.

"And then there's seeing double amputee Andre on course...before I get a chance to congratulate him he's telling me 'you are going so good'.

"WTC has got nothing on Ultraman. Ultraman is all about that family. It's an individual sport but it's the team that gets you through."

**Focus Izalco Max Dura**

**Ace Disc**

RRP \$6499

Le CYCLO



SPORTIF

1/36 Sunshine Beach Road, Noosa Junction

Open Mon - Fri 9.30am - 5.30pm / Sat 10.00am - 4.00pm

**5447 4466** www.lecyclosporitif.com

@lecyclo1

facebook.com/LeCycloSportif



6256944af

# Swimmers conquer the island

**Tessa Mapstone**

Tessa.Mapstone@scnews.com.au

STANDING on Mooloolaba beach watching as more than 60 swimmers splashed to shore, spectators could be forgiven for thinking it was the perfect day for a swim from Mudjimba.

With almost no swell and glassy water as far as the eye could see, the conditions looked inviting.

But even the toughest of those taking part in the Island Charity Swim, starting at Mudjimba and tracking around Old Woman Island before continuing on to Mooloolaba, told a story that couldn't be seen from shore.

Ocean swimmer Duane Cannell said conditions were not what they had seemed when he dived into the water at Mudjimba Beach for the longest swim event he had ever done, and his first crack at the event in support of Nambour and Currimundi special schools.

"As soon as you turned around the island and headed for Mooloolaba it was very choppy," Duane said.

"The winds changed. From the beach it was quite deceiving. Certainly, when you get out there in the open water it was a totally different story."

Despite experiencing cramps for the first 3-4km, Duane pushed on and finished the gruelling 11km distance in just over two hours.

"I was thinking for the last 3km or 4km 'I can't wait to see that sand'," he said.

"I was looking for that sand and when I saw that sand I thought 'only a couple of hundred more metres to go'."

Waiting on the beach to greet Duane, and every swimmer who emerged from the water, Joce Cullpitt had hugs and the highest



**Miles Tollan had special reason to swim on Saturday, with is son Oscar attending Currimundi Special School. The conditions would have been a pleasure compared to when he swam the English Channel back in 2014, which he completed in 15h 20min.**

PHOTOS: JOHN MCCUTCHEON



**Anna Strachan and Brittany Parker.**



**Duane Cannell.**



**Casey Munro is welcomed by Kirsty Higginson as first swimmer home.**

PHOTO: SHANNON DAVIS

praise for the ordinary people who took on the daunting swim and raised huge sums of money to be able to take part.

"I admire them immensely for doing what they do," she said.

"We have some people who are coming up to having done it for 14 years.

"We have people like the Stunned Mullets who have some of our oldest swimmers – one must be in his 80s."

They were joined by elite athletes like Casey Munro (who

was first on the beach in 1:55) and Nick D'Arcy, swimmers training to cross the English Channel, and staff members and parents from Nambour and Currimundi Special Schools.

The one thing they all had in common was the fire to take on the epic challenge, which Ms Cullpitt said replicated the challenges her daughter, and other children with disabilities faced every day. That challenge was tough, and it was painful, but minutes after emerging from the

water, Duane said he would probably do it again next year.

This year's event was co-ordinated by Atlas Multisports for the first time, with the date shift forward to May from August seeing participant numbers grow by 50% on last year.

Atlas's Jason Crowther said he was looking forward to growing the swim, while continuing to maintain the community atmosphere and fundraising efforts for the local special schools.



**DrKateGazzard** MBBS. B.Phty  
SPORTS MEDICINE DOCTOR

**SPECIALISING IN**

- Sports & Exercise Medicine
- Injury Rehabilitation
- Pre-exercise Screening
- Concussion Management
- Wilderness Medicine

**Phone 0416 007 121**

**Email drkate@theproclinic.com.au**

**Clinics**

2/7 Nicklin Way  
Minyama Q 4575

23/5 Innovation Parkway  
Birtinya Q 4575

13/10 Capital Pl  
Birtinya Q 4575



# Ride to help save lives

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

OFTEN in the world of multisport, athlete lives revolves around reaching goals and training schedules between family and work life.

But an event such as the Tour de Cure provides an unforgettable life perspective.

Mother's Day saw the final stage completed of a 10-day 1540km journey from Brisbane to Sydney, via Armidale, which raised \$2.8 million in the process.

Called the 'Signature Tour', it's the Tour de Cure's annual hero event which has evolved into Australia's most-renowned fundraising ride.

But it is much more than just fundraising initiatives.

Along the way they visit schools, spreading the message that one in three cancers can be prevented through the right lifestyle choices.



Riders leave Forster as part of the Tour de Cure. PHOTO: CONTRIBUTED



**David Halliwell.**

David Halliwell of Sippy Downs knows the perils of cancer all too well. He had two malignant melanomas 10 years ago, and then in 2013 he had one of his kidneys removed after doctors found a tumour during a regular check-up.

He first joined the Tour two years ago, and would have returned last year but for a training mishap. But he was back this year for the 10th anniversary event, which retraced much of the

first Tour which was the launch pad for a lasting legacy.

"I just love the camaraderie, the fellow riders and going to the schools," he said.

"The highlight for me, seeing the kids and teaching them the be healthy, be happy, be fit message.

"I really enjoyed the hills, from Grafton to Glen Innes and Armidale, and then down to Coffs was my highlight of the tour. Just great riding and great scenery."



Marcoola elite Brodie Gardner at the Staddie Salute.

PHOTOS: MATT ROBERTS

## Double delight at Straddie tri

STRADBROKE Island proved to be a happy hunting ground for Sunshine Coast athletes on Saturday.

Marcoola's Brodie Gardner was triumphant in the men's off-road Straddie Salute, finishing the 750m swim, 18km mountain bike ride, 8km trail run in 1:23:39 (13:32, 33:35, 36:31).

In the women's race, Noosa athlete Kim Beckinsale was first in the 40-49 age group and second overall with a time of 1:34:14 (15:33, 37:12, 41:27).

Next year's event will be staged on Saturday, May 20.






**Australian Online Triathlon Store**  
Fast Delivery. 2,500 products to choose from.

---

## Champion Sportswear for Women

**SHOP NOW**

Over 100 different styles  
Running, the Gym, Relaxing.










[www.ezisports.com.au](http://www.ezisports.com.au)  
Coolum Beach, Queensland




# NEW HOKA CLAYTON AND TRACER

Only while stock lasts!



Light on weight and light on numbers!  
Get into Allez to secure yours today!

34 Brisbane Rd, Mooloolaba | 5477 5246

OPEN SEVEN DAYS  
[www.allezsport.com.au](http://www.allezsport.com.au)



6259193af

# Climbing to new heights

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

WHEN the Sunshine Coast's Alastair MacKellar stood atop the Australian Junior Hill Climb Championships dais and Mat Hayman did the same at this year's Paris-Roubaix they were worlds apart. But they had one thing in common – Merv McDonald.

The 82-year-old has played a pivotal role in coaching the region's junior cyclists.

Merv may not have been the wind beneath their wings, but has certainly put air in the tyres of countless youngsters for decades.

Awarded an OAM for cycling two decades ago, his most recent success stories have been the likes of Shara Hillow, Dan Fitter and Ryan Cavanagh.

He currently has a squad of 10 in his development program, and charges no money for his time. While these days he needs the aid of a walking frame to get around following a stroke, he continues to help develop the next wave of Australian and Queensland champions.

Among those showing great promise is Alastair. Last weekend he won the under-15 Junior Canberra Tour after finishing with a 2:32:57 lead on the general classification over four stages.

Alastair got an early lead courtesy of the time trial and the first road race, and was never headed.

Before that there was victory at the Anzac 25 staged at Lakeside raceway, as well as winning the Cycling Australia Junior Mountain



**Dedicated cycling coach Merv McDonald.** PHOTO: CONTRIBUTED

Climb Championship in Victoria where he took the title for the individual time trial, road race and general classification.

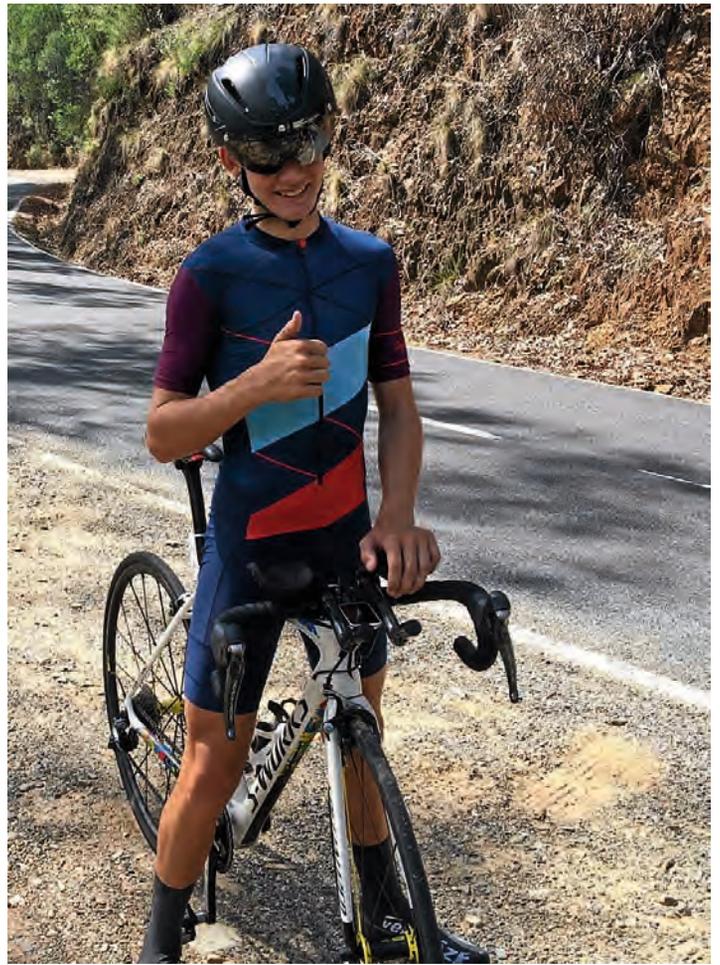
"Merv said it would take 12 months to get him up to speed," Alastair's father Duncan said.

"He has gone from being dropped in races to a national champion. To get to that level in 12 months... it's amazing.

"It's got to the point where I can't keep up with him."

Getting up between 4.30-5am each day, Alastair rides about 250-300km a week. That would include an easy session on the Monday, hill repeats up Crosby Hill Road on Tuesdays, stationary trainer sessions with Merv on Wednesdays, the fast Grind on Thursdays, an easy ride on Fridays before racing or group rides on Saturdays and Sundays.

While racing go-karts ad hoc and surfing, the Matthew Flinders student said it was riding with his dad which inspired the cycling interest.



**Alastair MacKellar during his Australian Junior Hill Climb Championships success.** PHOTO: CONTRIBUTED

"I only started the last couple of months doing alright," the modest 14-year-old said.

"The first win was the national hill climb. That was a big surprise. There was also some good results at local races with the Brisbane and Gold Coast riders and then Canberra.

"I've just been doing lots of training and listening to what the coach says to do. It's not easier (racing) but because the training is in my legs I have more strength and am able to do it."

His sessions with Merv on the stationary trainer involve power

measurements with intervals and sprints.

"Merv is very much about monitoring the kids' heart rate. If they are going through a growth phase he backs off the training," Duncan said.

When it comes to the future, Alastair isn't setting any lofty goals just yet. Next on the agenda is the state titles next month, and if successful there it will be off to nationals in Bendigo during September.

"I just want to keep training, racing and see where it takes me from there," he said.

## REDUCE PAIN - IMPROVE POSTURE - ACTIVATE PERFORMANCE

You don't need to be a sporting professional to achieve peak performance. You can perform & live better through reducing pain, maintaining a good spinal function, & living a healthy lifestyle. The Chiropractors' Association of Australia encourages you to **BACK YOUR INNER ATHLETE** by making sure you have the three 'P's' of chiropractic care tended to:

**REDUCE PAIN** by helping de-stress your spine.

**IMPROVE POSTURE** by educating you on correct posture.

**ACTIVATE PERFORMANCE** by placing importance on good spinal health & function, alleviating pain, improving posture & mobility, & living a healthy lifestyle, to assist with improving performance in life.

According to the World Health Organisation (WHO), 'globally, around 31% of adults aged 15+ were insufficiently active in 2008 (men 28%, women 34%). Approximately 3.2 million deaths each year are attributable to insufficient physical activity.

**OUR SEDENTARY LIFESTYLES ARE CATCHING UP WITH US AND IT'S TIME TO MAKE A CHANGE.**

**543 77 222**

[www.hendreychiropractic.com.au](http://www.hendreychiropractic.com.au)

13/5 Innovation Parkway  
(Level 1), Kawana Waters

**spinalhealthweek™**  
May 23 - May 29, 2016

**FREE SPINAL HEALTH CHECKS DURING MAY**

INCLUDES:

- Digital Posture Photography
- Spinal Motion Exam & Written Report
- Digital Spinal X-rays (if required - bulk billed)

**BOOKINGS ESSENTIAL! DON'T MISS OUT...**

**Hendrey Chiropractic**  
ON LAKE KAWANA



Make an appointment with someone who understands the sport of Triathlon.  
Dr. Carmen Atkinson  
- Chiropractor, 5x Ironman triathlete & Ultra distance runner



# SUNSHINE COAST RUN SERIES



Race # 3 Sunday 29<sup>th</sup> May, 2016 | Pt Cartwright, Buddina | 7.30am

Race # 4 Saturday 9<sup>th</sup> July, 2016 | University of the Sunshine Coast | 4.00pm

We are proudly supporting Compass Institute (charity)



6257315e1



EVENT ORGANISER



# Get packed and stay healthy



**BRODIE GARDNER**  
Sport scientist,  
exercise physiologist  
and elite triathlete

SO FAR in our three-part series on travelling tips for international competition we've provided you with the best advice on when to travel, how to acclimatise to the race conditions in advance, and methods to incorporate race specific sessions into your regular training.

In our final part, we'll cover how to pack your gear, ways to stay healthy during your journey and minimise the effects of jet lag.

Leading into your travel, you'll want to boost your immune system to avoid the increased risk of illness.

To do so I recommend taking a combination of vitamin C/multivitamin with zinc during the preceding three-four days. On the day of your flight, avoid any strenuous training as this may diminish your immune system and increase your risk of peripheral venous pooling.

Include your race day gear (eg. race kit, running and/or cycling shoes, goggles, race belt, pedals, gels, bars, electrolytes) in your carry on luggage. This helps to ensure that even if your checked-in luggage is lost or delayed (this happens regularly), you'll still have the majority of your race equipment with you.

If travelling with a bike, ensure it's well packed to minimise the chance of damage occurring during transit. For those not confident in your own packing ability, see your bike shop who will usually do this for a small fee.

Once on your flight, your focus should be on resting up and



**If you're not confident pulling your bike down for travel, your local shop will do it for you. And if you don't have a hard case, a cardboard box is actually a better option than the soft bags.**

avoiding dehydration.

For rest, the use of sleeping tablets (whether prescription or over the counter) is often advised.

To stay hydrated, the first method is straight forward, drink plenty of fluids. And I don't mean the free beer or wine!

Instead, ensure you have a drink bottle filled with electrolytes at all times and aim to drink 200-300ml per hour. In addition, regularly apply a thin layer of moisturiser over your body to minimise losing moisture through your skin and use a nasal decongestant spray (eg. frequent flyer nasal spray that can be bought from most chemists) which will help to guard against airborne bacteria, wash away any pollutants and keep your nasal passages hydrated.

Further, the use of a HumidiFlyer nasal mask will additionally help keep your airways hydrated and minimise your risk of illness.

Once at your destination, even if

tired avoid the temptation to sleep during daylight hours as this will delay your body to reset its internal clock and therefore may increase symptoms of jet lag.

As your immune system may be diminished, avoid any strenuous activity for one-two days after arrival.

For your diet while at your destination, ensure you follow some simple food safety guidelines.

If the local water is unpalatable, only drink from sealed containers, avoid ice in drinks and ensure salads have been washed with bottled or boiled water. For food, avoid eating from "high-risk" areas such as street-side stalls and opt for freshly cooked and hot food over that which may have been sitting for hours.

Once settled at your destination, ensure all your equipment has arrived and is working. If not, source

## CONTACT BRODIE

**Background:** A practising sport scientist and accredited exercise physiologist with Exercise and Sports Science Australia (ESSA), Brodie has a Masters in Clinical Exercise Physiology and Rehabilitation, and Honours (Biomechanics major) in Sport and Exercise Science.

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

replacements or repairers as soon as possible and remember not to try anything new on race day unless unavoidable.

For the race, follow your regular warm-up and see the new challenge of racing on different terrain and against other competitors as a positive rather than being daunted, even if it is the world championships.

**9/14 Sunshine Beach Rd,  
Noosa Heads**

**07 5449 2876**

FRESHLY BREWED  
**BEAN PEDDLIN'**  
COFFEE IN-STORE!

[www.trilogycycles.com.au](http://www.trilogycycles.com.au)

6286339aa

# What's hiding in your bottle?



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

WE ALL drink from plastic water bottles, and some of us carry them around 24-7 and constantly sip away.

But is that drink bottle you so dearly cling to on an almost daily basis safe for you? Should you be ditching the plastic fantastic and sticking glass bottles in your bidon holder?

Let's dive into the research, see what's lurking and make a solid recommendation for all you health-conscious endurance athletes out there.

Bisphenol-A, more commonly known as BPA, can be found lurking in certain plastic products, lining canned food products and other polycarbonate plastic products found throughout our daily lives.

More pertinent to you, the endurance athlete, is the fact that the water bottles we use on a daily basis have been made with this in the past and may or may not contain the nasty little chemical now.

A large body of evidence outlines the fact that BPA is a common endocrine (controls hormones) disrupter and has been linked to an array of health implications (mainly in animal models) – although let's be honest here, what hasn't been linked to cancer or other diseases these days?

However, as always with science, it is ever evolving and

## CONTACT SCOTTY

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

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

despite the US Food and Drug Administration (FDA) saying current toxicity levels are okay, there is the other side of the coin that suggests we really still don't know just how bad this stuff is.

There's always that little tagline at the end of a scientific study that says "more research needed to make a strong conclusion". When does it end?

What we do know however, and let's keep it simple ('cause that's how I roll), is this:

- The use of plastic bottles containing BPA on a regular "normal routine" basis has been shown to increase levels of BPA in the body – not really a good sign.

- We know that plastics exposed to heat, whether from hot water inside the bottle or from external sources (like the sun on a bottle in your car perhaps) greatly increases BPA leaching out into your water.

- Exposing plastic bottles to detergents can also increase the amount of BPA released from the plastic.



Look for bottles with 1, 2, 4 or 5 recycling codes.

There is a plethora of choice when it comes to bottles these days ... so be safe and opt for BPA-free where you can.

Does this mean avoiding plastic bottles like the plague? Not necessarily, if you go by the FDA recommendations that current toxicity levels are "safe" – are we even meant to have these in our bodies? Probably not, right!

But if you have the choice, it's probably safer to avoid it (BPA). Choose bottles made with the 1, 2, 4 or 5 recycling codes; avoid 3, 6 and most plastics with the 7 label.

Remember too, the science is young, ever-evolving and BPA is one ingredient in a long list of

chemicals used to make plastic products.

The sceptic in me says, if you can, choose another option; the scientist in me is still on the fence. I think for the most part though, people are pretty aware of this stuff these days and, as such, companies making our bottles are going down the BPA-free path. It doesn't hurt to check though.

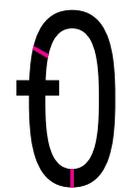
Final words of advice ... choose bottles with the recycling codes 1, 2, 4 or 5, keep them cool and out of the sun where possible, don't use the dishwasher and rinse with cold water. Avoid heating your plastic bottles for any reason, filling with hot liquids, leaving your bottles in the car and using detergents to clean them out.

## LOOKING TO GET THE MOST OUT OF YOURSELF?

Let T:Zero Multisport guide you on your journey to the finish line

Specialising in custom online triathlon & running programs, Sunshine Coast based squad sessions & training camps in a safe & fun environment.

If you're an athlete looking to progress & knock over specific goals or just a beginner we can help.



t:zero  
multisport

live your potential

[www.tzeromultisport.com.au](http://www.tzeromultisport.com.au)



# SUBARU FORESTER 2.5i-L SPECIAL EDITION



FIND OUT WHY THE MOST AWARDED SUV IN OUR FAMILY IS PERFECT FOR YOURS.  
**VISIT CRICKS SUBARU MAROOCHYDORE TODAY.**

**6 YEAR**  
WARRANTY  
ON NEW VEHICLES

## GET MORE DONE AND HAVE MORE FUN IN THE LUXURIOUS FORESTER 2.5i-L SPECIAL EDITION<sup>1</sup>.

An SUV that delivers on style, performance and added functionality, this special edition provides a heightened sense of comfort designed to match the Forester's renowned engineering integrity.

A number of additional features set this special edition apart and help to enhance your all-round driving experience, including:

- Leather seats<sup>2</sup> with perforated inserts
  - Heated front seats
  - Powered driver's seat
  - Push button start
- Rain sensing front windscreen wipers
  - Dusk sensing headlights
  - Front wiper de-icer
  - Heated door mirrors
- High lustre 17" alloy wheels
  - Keyless entry

**ALL OF THESE EXTRAS  
FOR ONLY AN ADDITIONAL  
\$2,000<sup>3</sup>**

1. Vehicle specifications and features are subject to change 2. Some parts of seating are not full leather

3. Recommended Driveaway Price (RDP) of Forester 2.5i-L Special Edition is \$2,000 more than the RDP of standard Forester 2.5i-L.

**CRICKS**  
Drive away happy  
**MAROOCHYDORE**  
Sugar Road

**Cricks Subaru Maroochydore**  
88 Sugar Rd, Maroochydore Phone: 5450 3300  
[www.cricksmaroochydoresubaru.com.au](http://www.cricksmaroochydoresubaru.com.au)

Cricks  
Subaru



>Fully transferable 6 year/200,000km warranty provided by Garry Crick Auto Group. Vehicle must be serviced at any Garry Crick Service Centre in accordance with manufacturer's handbook for warranty to remain valid.

CM/D0285

# Titles reward for tough stuff

## ■ TRIATHLON QUEENSLAND

QUEENSLAND athletes lined up on the Sunshine Coast for the final race of the Nissan State Series and the Cross Triathlon State Championships at TreX Cross Triathlon.

Athletes swapped the road bike for some heavier gear to handle the undulating terrain offered by the rainforest trails of Beerwah State Forest.

Locals went head-to-head with professionals Courtney Atkinson and Benny Allen at the last of four opportunities to qualify for the 2016 Age Group Cross Triathlon World Championships, coming to the Snowy Mountains in November this year.

The atmosphere of TreX is unlike any other with a casual and relaxed vibe mixed with a hint of friendly repartee. Athletes went into the race cool and collected ready to tackle the 1.5km dam swim, 30km trail ride and 10.5km dirty trail run – this truly is an off road adventure that takes some grit to win.

Sunny Coast females cleaned up on home soil with state championship titles for Sunshine Coast Tri Academy's Finnlea Barlow and Noosa Tri Club's Majayha Hamblin, Chloe McLennan and Kim Beckinsale. Coolool Tri Club's Josh Campton also took top spot on the podium to go home with a state championship title.

Congratulations to the 2016 Queensland Cross Triathlon State Champions:

- 7-9: Fletcher Medway, Finnlea Barlow.
- 10-11: Jackson Medway, Majayha Hamblin.
- 12-13: Harry King, Chloe McLennan.



Finnlea Barlow in the lead during the off-road triathlon.

PHOTO: CONTRIBUTED

- 14-15: Callum Kingston, Amy Mitchell.
- 16-17: Dean Cane, Georgia Silvestri.
- 18-19: Hanna Brennan.
- 20-24: Maddison Andrews.
- 25-29: Josh Campton, Kelly-Anne Speight.
- 30-34: George Tambyln, Leela Hancox.
- 35-39: Justin Whitley, Nina Wright.
- 40-44: Scott Green, Yoko Okuda.
- 45-49: Guy Andrews, Kim Beckinsale.
- 50-54: Mark Bristow, Amanda Richards.
- 55-59: John Rafter, Jennifer Strack.
- 60-64: Robert Rhodes.

### Time to try

Sanitarium Weet-Bix Kids TRYathlon comes to the Sunshine Coast on Sunday, May 29, at Sunshine Coast Stadium for the final event of 2016.



Getting ready to race at the TreX triathlon.

PHOTO: CONTRIBUTED

Young TRYathletes will love the Olympic-size pool at Kawana Aquatic Centre before cycling along Sportsman Parade and running through Stockland Park.

Triathlon Queensland is looking for kids to join its media team for Weet-Bix Kids TRYathlon. If you love writing stories or taking photographs then this is the perfect opportunity for you.

It's easy to apply, all you have to do is choose one of the article topics and submit your story. There are heaps of topics to choose from including "How do I train?" and "Why I love triathlon", and you could even interview one of the Weet-Bix Kids TRYathlon TRY Heroes.

Visit [www.triathlonqld.com.au](http://www.triathlonqld.com.au) for all the details and conditions.



# Venture Cycles

You can't buy happiness  
but you can buy a bike









2 Venture Drive, Noosaville. Ph: 5455 6655 | [www.venturecycles.com.au](http://www.venturecycles.com.au)

SUNSHINE COAST'S LEADING BICYCLE STORE

# CYCLEZONE

## MOOLOOLABA

### MID SEASON DEALS

20% OFF PRE-SEASON SPECIALIZED WINTER APPAREL



#### SPECIALIZED VENGE ELITE

- SHIMANO 105 GROUPSET
- PRAXIS WORKS CRANKSET
- FULCRUM RACING 5 WHEELSET

THE VENGE ELITE IS A PURPOSE-BUILT SPEED MACHINE. WITH THE AERODYNAMIC BENEFITS OF A WIND-TUNNEL-OPTIMISED FRAME AND FORK, ALONG WITH THE WORKHORSE PERFORMANCE OF THE SHIMANO 105 DRIVETRAIN, THE VENGE ELITE IS THE PERFECT ENTRY INTO THE AERO ROAD BIKE MARKET.

WAS \$3499  
NOW **\$2599**



#### CANNONDALE EVO 105

- SHIMANO 105 GROUPSET
- CANNONDALE SI CRANKSET
- MAVIC AKSIUM WHEELSET

OUT-CLIMB, OUT-DESCEND, OUT-CORNER AND OUT-LAST THE COMPETITION ON A RACE BIKE SO GOOD, IT'S ALMOST UNFAIR.

PODIUM WINS, CLIMBING LIKE A BILLY GOAT, NAIL BITING DESCENTS, HAIR ON FIRE SPRINTS THIS BIKE HAS IT ALL.

WAS \$3199  
NOW **\$2799**



#### CERVELO P2

- SHIMANO 105 GROUPSET
- FSA GOSSOMER CRANKSET
- SHIMANO RSO 10 WHEELSET

STIFFER, MORE AERO AND FLAT-OUT FASTER THAN OTHER BIKES IN ITS CATEGORY, THE P2 IS ALSO MORE RIDER-FRIENDLY THAN EVER, WITH MORE FIT FLEXIBILITY AND VERSATILE STORAGE AND HYDRATION OPTIONS.

WAS \$3999  
NOW **\$3499**

SHOP 7/105 BRISBANE RD MOOLOOLABA//PH.0754781001//SALES@CYCLEZONE.COM

# TriTravel.

1800 225 022  
res@tritravel.com.au  
[tritravel.com.au](http://tritravel.com.au)



## 4 DECEMBER 2016



Venturing out on my first Ironman as a nervous, naive, 22-year-old I could not have felt more at home with the support and guidance received from Tri Travel that extended well beyond the provision of transport and local course and race knowledge.

The Tri Travel experience allowed for peace of mind with the essential logistics being taken care of so we could totally soak up the incredible race atmosphere and local surroundings leading in to and after the event.

Kind Regards  
Tilly



**RANKED #1**

**BEST  
EVENT FOR  
1ST TIME  
ATHLETES**

**ENQUIRE NOW**



# First time for everything...

PORT Macquarie Ironman was a day of firsts for Aroona's Kierra Sansome.

It was her debut at the long distance and included her inaugural marathon. And she finished the day first on the podium in the women's 18-24 age group.

"I was confident that I had done the training to get to the finish line, but it was the unknown of the whole event," the 23-year-old said.

"I had never ran a marathon before let alone after a 180km ride. Also you never know how race day will go and who will show up."

Kierra, a sales consultant at 99 Bikes, paid tribute to her coach Bruce Thiele and his program as well as the crew from Ferrosapien Sports, but it was her mental toughness that inspired her to run a 3:38 marathon and pass the lead girl in her category.

That effort was rewarded with a spot at the World Ironman Championships in October.

"My Kona training plan starts on the first of July. Before then I am looking forward to some sleep-ins, some strength training in the gym and just training freely with no set plan and heart rate strap on or Garmin on," she said.

"I have also qualified for Ironman 70.3 world championships in September so I am looking forward to that in preparation for Kona."

Kierra got her start in the sport after she started cycling to lose some weight. After losing 10kg in six months she did her first triathlon at Mooloolaba in 2014 and her passion for the sport began.

That year she entered Ironman 70.3 Sunshine Coast, before later finishing in the top 10 at the Hervey Bay 100 and finishing second in her age group.

Since then Kierra has placed third at the 70.3 in Cairns, then fourth at the Sunshine Coast, first in her return to Harvey Bay 100 and then qualified for the world 70.3 championship with first place at Geelong.

Also enjoying an impressive race and securing a Kona spot was Mountain Creek's Sean Richardson.

Lifting his run training, the engineer has qualified for the ironman world championship before, but had struggled in recent times.

"My coach, Jason from Atlas Multisports, and I both agreed that my marathons in my past eight ironmans have been



Aroona athlete Kierra Sansome has qualified for Kona.

PHOTO: CONTRIBUTED

nowhere near my potential," he said.

"The plan for the day was to run well and to keep concentrating during the marathon; things like quick feet, look forward, keep eating gels and drinking Coke."

He started the day well with a personal-best swim of 56 minutes.

During the 5:13:12 ride he kept focused on power and heart rate.

"Port is a tough ride due to the road surface but I found the hills enjoyable as they broke the ride up and allowed for some time out of the TT position," Sean said.

"It started to rain during my second 90km and getting a flat was a thought as I copped a flat in Cairns last year while it was raining. Luckily no flats occurred and I was feeling confident.

"The marathon was a four-lap course and it was fairly busy on the first lap due to the 70.3 athletes, but it was good to see some familiar faces out there. I kept telling myself during the first lap to slow down and to keep concentrating on how I was running.

"In my previous marathons, I have ran poorly between the 28 and 35km mark, however this race it went differently. I ran consistently until about 33km and then it really started to hurt.

"I finished the run in 3:14 which was a seven-minute PB for the marathon. I was so stoked to finally run near my potential and to execute the plan.

"Now it is time to chill out, drink a few beers and then get ready for Kona."

#### Ironman

David DELLOW 8:22:17 (Peregian Springs) second male pro (44:41 4:36:47 2:57:23).  
Jarmo HAST 9:00:40 (Alexandra Headland) eighth male pro (46:56, 5:02:54, 3:06:33).

Sean RICHARDSON 9:29:01 (Mountain Creek) fourth male 30-35 (55:54, 5:13:12, 3:14:12).

Rob TAPPENDEN 9:51:57 (Noosa Heads) 10<sup>th</sup> male 40-44 (51:27, 5:22:14, 3:34:01).

Kacey WILLOUGHBY 10:12:18 (Mooloolaba) second female 30-34 (1:01:46, 5:35:32, 3:30:51).

Michael HIRD 10:17:22 (Alexandra Headland) 15<sup>th</sup> male 30-34 (55:52, 5:15:17, 4:00:45).

Kierra SANSOME 10:50:25 (Aroona) first female 18-24 (1:00:36, 6:16:27, 3:28:11).

Paul CLARK 10:53:23 (Caloundra) 27<sup>th</sup> male 45-49 (56:31, 5:47:20, 4:00:59).

John FRAME 11:00:46 (Noosa Heads) 31<sup>st</sup> male 45-49 (1:01:09, 5:49:50, 4:02:32).

Ross CATTLE 11:04:03 (Mooloolaba) 57<sup>th</sup> male 40-44 (1:09:29, 5:22:35, 4:27:07).

Bruce THIELE 11:15:14 (Mooloolaba) 41<sup>st</sup> male 45-49 (58:46, 5:52:09 4:18:34).

Peter SCHULTZ 11:16:00 (Moffat Beach) 25<sup>th</sup> male 50-54 (56:47, 5:50:51, 4:17:00).

Ron AIMER 11:16:57 (Buderim) 43<sup>rd</sup> male 45-49 (1:05:11, 6:12:05, 3:51:39).

Paul SKELTON 11:22:56 (North Lakes) 27<sup>th</sup> male 50-54 (1:07:07, 5:45:48, 4:24:25).

Cameron HERBERT 11:29:10 (Meridan Plains) 78<sup>th</sup> male 40-44 (1:03:49, 6:16:35, 3:59:17).

Cameron HUTCHINS 11:36:48 (Buderim) 88<sup>th</sup> male 35-39 (1:18:08, 5:46:54, 4:25:18).

Julia NIKOLIC 11:42:35 (Alexandra Headland) fifth female 25-29 (1:08:51, 6:39:36, 3:49:23).

Jadan HALKETT 11:43:20 (Noosa Heads) 26<sup>th</sup> male 25-29 (1:01:54, 5:52:47, 4:41:12).

Paul MARSHALL 11:46:13 (Buderim) 99<sup>th</sup> male 40-44 (1:07:36, 6:13:31, 4:16:47).

Ken RAE 12:25:00 (Noosa Heads) 10<sup>th</sup> male 60-64 (1:05:15, 6:14:19, 4:56:47).

Nathan GLARVEY 12:41:40 (Cooroy) 120<sup>th</sup> male 35-39 (1:06:06, 6:44:22, 4:43:11).

Ben JOHNSTON 12:46:02 (Tuchekoi) 161<sup>th</sup> male 40-44 (1:07:45, 6:23:39, 4:57:19).

Nigel GAFFNEY 12:54:34 (Peregian Springs) 128<sup>th</sup> male 35-39 (1:07:01, 6:07:27, 5:22:16).

Andrew ROBERTS 14:37:17 (Sunshine Coast) 191<sup>st</sup> male 45-49 (1:16:40, 7:25:20, 5:42:26).

Samuel COOKE 12:13:38 (Maroochydore) 85<sup>th</sup> male 45-49 (1:20:17, 6:17:25, 4:24:19).

Koppo KOPCIKAS 12:40:11 (Golden Beach) 152<sup>nd</sup> 40-44 (1:03:31, 6:12:40, 5:06:53).

Leanne SOUTHWELL 12:58:43 (Alexandra Headland) 16<sup>th</sup> female 45-49 (58:26, 6:45:30, 5:09:40).

Sara WHITELAW 13:54:03 (Birtinya) 29<sup>th</sup> female 45-49 (1:00:10, 6:44:59, 6:00:33).

Craig LAMB Male 13:27:44 (Sippy Downs) 91<sup>st</sup> male 50-54 (1:06:14, 6:45:38, 5:18:58).

Greg MCDUGALL 13:39:14 (Aroona) 100<sup>th</sup> male 50-54 (1:01:54, 5:37:13, 6:49:16).

Hannah RICHARDSON 14:04:40 (Mountain Creek) 33<sup>rd</sup> female 30-34 (1:14:17, 6:50:32, 5:49:59).

Andrew TROUT 14:49:15 (Noosville) 113<sup>th</sup> male 50-54 (1:15:44, 6:44:26, 6:36:51).

Denise LANGLER 15:28:50 (Caloundra) third female 60-64 (1:27:46, 7:56:44, 5:41:31).

Bryan LANGLER 16:30:56 (Caloundra) 35<sup>th</sup> male 60-64 (1:31:08, 7:12:51, 7:29:58).

Stephen BLAKE 16:45:21 (Caloundra) 211<sup>th</sup> male 45-49 (1:20:08, 8:22:07, 6:51:20).



Sean Richardson gets the job done. PHOTO: FINISHERPIX

#### 70.3

Paul DAVIES 4:23:34 (Peregian Springs)

eighth male 35-39 (29:56, 2:18:04, 1:31:49).

Sean FRASER 4:39:59 (Dicky Beach) 13<sup>th</sup> male 40-44 (28:40, 2:30:28, 1:36:04).

Brendon BATZLOFF 4:50:19 (Sippy Downs)

24<sup>th</sup> male 40-44 (34:30, 2:34:23, 1:38:02).

Sean RYAN 4:58:08 (Buderim) 29<sup>th</sup> male 40-44 (34:46, 2:33:21, 1:45:38).

Alice LATHAM 4:58:23 (Sunshine Coast)

fourth female 30-34 (28:07 2:46:52 1:39:03).

Emma COMAN-JEFFRIES 5:03:24 (Birtinya)

first female 25-29 (32:59, 2:45:20, 1:41:19).

Lucy COLDWELL 5:01:49 (Mountain Creek)

sixth female 30-34 (37:31, 2:31:53, 1:47:29).

Jamie ISON Male 5:37:36 (Buderim) 55<sup>th</sup> male 35-39 (35:55, 3:13:04, 1:44:10).

Justin HUNTER 5:08:47 (Pacific Paradise) 39<sup>th</sup> male 40-44 (33:17, 2:51:54, 1:32:40).

Lauren MURPHY 5:16:56 (Maroochy River)

sixth female 35-39 (36:11, 2:50:07, 1:46:39).

Paul COSTA 5:20:59 (Bokarina) 51<sup>st</sup> male 40-44 (29:43, 2:45:48, 1:59:49).

Paul BRITTON 5:22:45 (Alexandra Headland)

33<sup>rd</sup> male 45-49 (40:06, 2:40:07, 1:56:29).

Chris MARONEY 5:24:59 (Ilkley) 54<sup>th</sup> male 40-44 (38:34, 2:55:04, 1:46:38).

Basil MACREADEIE 5:27:04 (Noosville) ninth male 55-59 (35:42, 2:44:06, 2:01:31).

Garry WESTON 5:32:35 (Caloundra) 12<sup>th</sup> male 55-59 (35:35, 2:50:39, 2:00:31).

Ken MEWAHA 5:45:40 (Tewantin) third male 65-69 (42:13, 3:02:42, 1:54:13).

Sarah ATKINSON 6:12:19 (Currimundi) 29<sup>th</sup> female 40-44 (37:10, 3:16:13, 2:10:29).

Belinda GROBLER 6:45:56 (Mountain Creek)

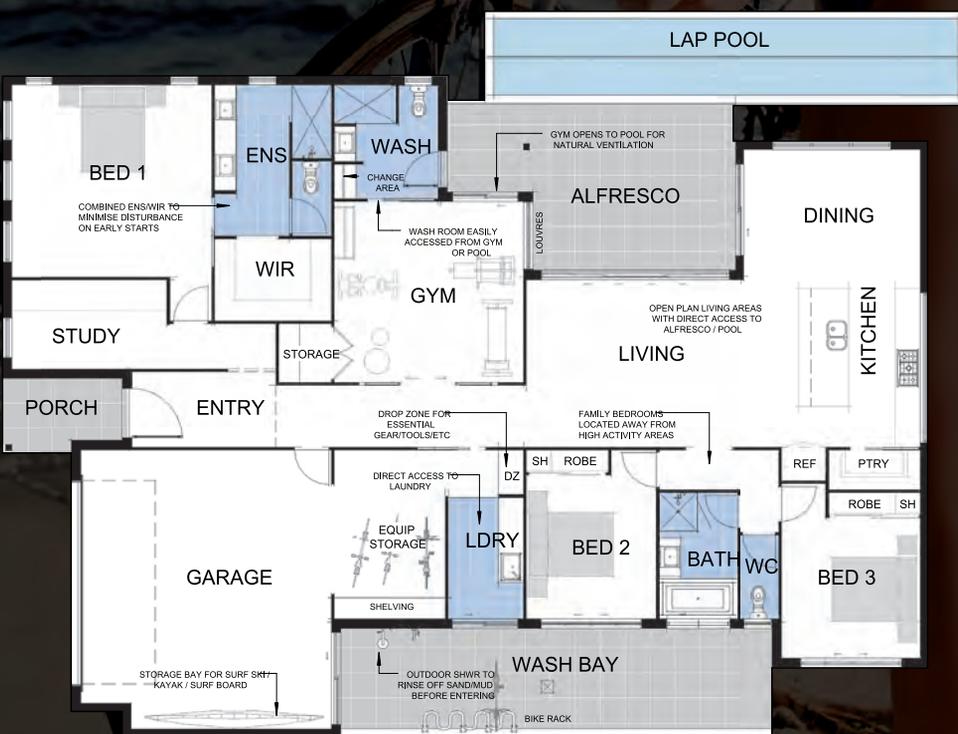
37<sup>th</sup> female 40-44 (45:15, 3:38:47, 2:11:57).

Ben HOGAN 7:04:18 (Caloundra) 89<sup>th</sup> male 40-44 (34:34, 3:32:17, 2:47:05).

# we can design to suit ANY lifestyle

AUSMAR   
custom build

Compliment your vigorous exercise routine with a custom designed home that doubles as your very own training base.



With features like a Lap pool, home gym, dedicated shower facility and changing room, separate master bedroom (So Mum or Dad can sneak out to training early), accessible laundry and second washing machine for sports gear and large tub for rinsing wet suits, plenty of equipment storage and workshop areas, an allocated wash bay for cleaning down a muddy mountain bike, area to store surf boards, ski's and kayaks, high garage entry for cars with racks, trophy shelving in the study. Maybe even a massage room or sauna, the possibilities are endless.

AUSMAR  why compromise?  
www.ausmarcustombuild.com.au

3 Myall Street, Cooroy, QLD 4563  
Phone: +61 7 5442 6413  
or call Marc on 0400 123 984



# Family home with 20m pool

SPACIOUS and centrally located, this home comes with a unique outdoor area.

Take advantage of the heated 20metre double-lane pool for swimming all year round, perfect for large families who enjoy a healthy lifestyle.

Occupying a prime position in Sippy Downs near bus routes, shops and schools, this property has huge potential and is much more than just a house.

The lap pool comes with solar and electric heating as well as custom blanket.

Three of the four bedrooms have walk-in robes and there is a large separate office with built-in desk.

There are two living areas, one with combined dining.

The pride of the home is most definitely the pool and surrounding area, boasting three outdoor entertaining spaces each with their own unique characteristics and offerings.

Spend some time around the fire pit on the purpose built aluminium seating backed by a simple garden, or relax at the end of the pool and enjoy a couple of drinks while the kids play.

Alternatively, enjoy the area just outside of the kitchen and main living, handing food and drinks through the servery window from the kitchen.

There is a fire pit and entertaining area with Balinese garden and fountain.

The kitchen is open and with an abundance of bench space throughout.



Cooking family meals is a breeze in this kitchen with the 60cm stainless steel oven and glass cooktop. Tons of storage is provided with a large pantry and cupboards and drawers under the benches.

An extremely large fridge space will accommodate most double door fridges. The kitchen opens into the main living area and the centre of the home, with access from here to the kitchen, bedrooms, rumpus and entertaining/pool area this will be the space where the family comes

together.

Air-conditioning still under warranty is in one bedroom while brand new fans are throughout the house. There is a new hot water system and new Dynamic Pool-Flow pool pump.

The master bedroom incorporates a large walk-in-robe and ensuite with dual vanity sinks, it is also accessible from two directions.

Slightly separated from the other bedrooms it allows privacy while maintaining proximity for those with young families.

## SIPPY DOWNS

**1 Columbia St**  
**4 Bed, 2 Bath, 2 Car, Pool**

**Features:** Spacious centrally-located house with heated two-lane 20m lap pool, expansive outdoor living, 5kw solar system, two-car lock-up garage plus four secure car spaces

**Price:** Auction on site Saturday, June 4, at 4pm  
**Agent:** Michael Walpole at Amber Werchon Property  
**Contact:** 0449 705 002

**Inspection:** Saturday 1-1.30pm, May 21

Bedroom two and three also incorporate their own walk-in robes with bedroom four having a built-in-wardrobe.

Extra features that the owners have added to this property include but aren't limited to a full solar system, two garden sheds on concrete, solar pool heating and concrete hardstand parking space.

As well as easily maintained gardens there is an extra-wide concreted driveway with double gate providing room for four extra cars or a boat, caravan or trailer.

Sippy Downs is one of the most popular suburbs on the Sunshine Coast with so much to offer from its close location to the beach and in immediate proximity to the Sunshine Coast University, and well regarded public and private schools.

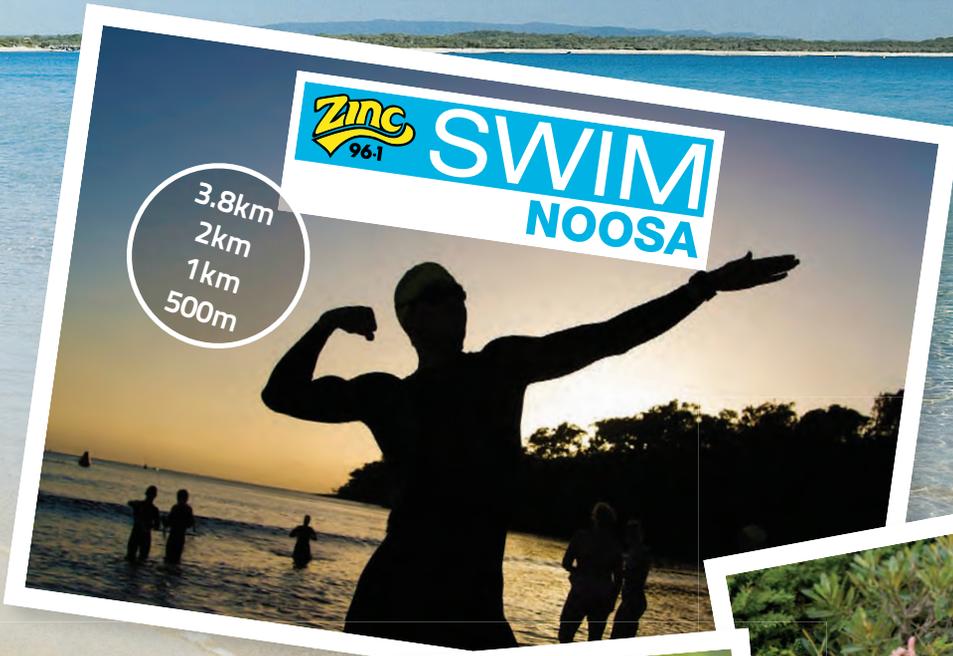
**IT'S LIVE!**  
in Queensland

# NOOSA ULTIMATE SPORTS FESTIVAL

PRESENTED BY   
28-29 MAY

# Head to Noosa

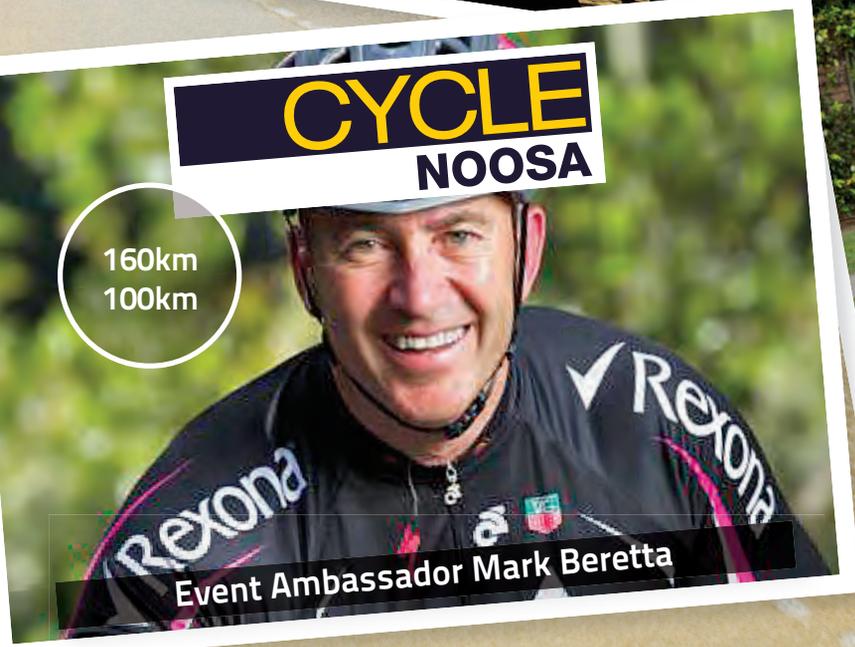
FOR THE ULTIMATE FITNESS WEEKEND



**Zinc 96-1 SWIM NOOSA**

3.8km  
2km  
1km  
500m

NOOSA ULTIMATE  
ENTRIES  
AVAILABLE  
SPORTS FESTIVAL



**CYCLE NOOSA**

160km  
100km

Event Ambassador Mark Beretta



**RUN NOOSA**

21.1km  
10km  
5km

Register online [www.noosaultimatesportsfestival.com](http://www.noosaultimatesportsfestival.com)



TOURISM  
**NOOSA**  
VISITNOOSA.COM.AU



# Coupe ups the style stakes

■ Vani Naidoo

THERE is something about understated elegance, about using subtlety to make an impact that is so incredibly classy. No in-your-face lewdness, no crass promises, no embarrassing compromises. Just the quiet confidence that comes with knowing your worth and an unwavering belief in your ability despite the strengths of those around you.

That is the world of the new C-Class Coupe and one in which Mercedes-Benz, who have had such deserved success with the C-Class sedan and estate, can do little wrong.

Of course following in the footsteps of such acclaim can be a tough gig but the C-Coupe available here in two petrols – C200 and C300 – and a solitary diesel – the C250 d – is both embracing that good fortune and creating some of its own.

It is longer, lower, wider and lighter than the car it replaces and sports AMG styling and a host of goodies – safety and comfort – to have you happy with your lot. All three all-wheel-drive variants tested here are powered by engines familiar to the Benz line-up with the petrols paired with a seven-speed G-Tronic transmission and the diesel a nine-speed. We will have an outing in the AMG C63 S Coupe with its beast of a V8 next week.

## Comfort

Stylish and modern, the double stitched dash of the Coupe mirrors that of the C-Class sedan with a floating tablet-like infotainment screen, flat-bottomed steering wheel and a combination of brushed black oak and alloy to lighten the palette.

Fit and finish is as we have come to expect from Benz with quality high-end touches and an obvious feeling of luxury with the German giant opting for restraint instead of dazzling displays.

The integral front sports seats, built specifically for this Coupe, are all soft leather and lavish comfort, cushioning the small of the back and effectively gripping the thighs during more enthusiastic forays. They move forward to afford entry to the two rear buckets (this is strictly a four-seater) where the accommodations now allow for a tad more head and elbow room but is tight nonetheless - which is hardly a surprise in a coupe.

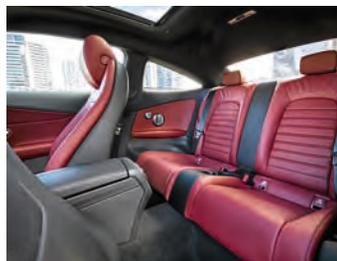
## On the road

We spent most of our time in the



The Mercedes-Benz C-Class Coupe.

PHOTO: MARK BRAMLEY



C300 – expected to be the volume seller here – and the C250d the only diesel on offer, and it was difficult to not be impressed.

Now before you get all excited about the sporty aspirations the Coupe suggests, these manifestations are more about luxury touring than crazy racing moves.

Does it respond when hurled around corners? Yes, in delightful fashion.

Does it have the power for quick overtaking manoeuvres? A big yes.

Is there good body control, reassuring grip and driving feedback? Yes, yes and yes.

But the C-Class Coupe accomplishes these tasks like a lion stretching in the lazy afternoon sun rather than a leopard poised to strike. There is calm and ease and effortless mooching motion. For the leopard excitement, the C63 S AMG with its 4.0-litre engine available later this month is a better fit.

## What do you get?

There is no shortage of equipment on offer with the entry-level C200 offering up dual-zone climate control, 17.7cm colour display infotainment system with touchpad control, Bluetooth connectivity and iPod integration, sat nav, reverse camera with parking sensors, digital radio, push-button start, AMG body

styling, LED performance headlights and 18-inch alloys.

The C250 d adds leather upholstery, privacy glass, keyless entry, powered boot, driver assistance package and 19-inch alloys while the C300 also boasts a larger infotainment screen with internet connectivity and a superior sound system as well as a sports exhaust system. Safety features include nine airbags, adaptive brake with hold function and hill-start assist, 360 degree camera, attention assist, collision prevention assist plus and blind spot assist with the C250 d and C300 also getting steering assist, stop and go, cross traffic assist and lane keeping assist.

## Running costs

Powertrains optimised for efficiency have improved consumption by 20% with official figures at 6.0 litres/100km for the C200, 4.4L/100km for the C250 d and 6.6L/100km for the C300. Warranty is three years unlimited kilometres with capped-price servicing packages available up to 50,000km.

## Practicality

Well, this is a Coupe so there is little sense in complaining about rear leg room or boot space or about how tricky it would be to fit car seats. We do like the automatic seatbelt feeders for the driver and front passenger which eliminates all that fiddling around.

## VITAL STATISTICS

**Model:** Mercedes-Benz C-Class Coupe.

**Details:** Four-door all-wheel-drive luxury coupe.

**Engines:** C200: 2.0-litre four-cylinder turbo-petrol generating maximum power of 135kW peak torque of 300Nm. C250 d : 2.1-litre four-cylinder turbo-diesel generating maximum power of 150kW peak torque of 500Nm. C300: 2.0-litre four-cylinder turbo-petrol generating maximum power of 180kW peak torque of 370Nm.

**Transmission:** Seven-speed 7G-Tronic for C200 and C300 and 9G-Tronic for C250 d.

**Consumption:** 6.0 litres/100km combined for C200, 4.4l/100km (C250 d) and 6.6l/100km for the C300.

**Bottom line plus on roads:** C200 \$65,900 , C250 d \$74,900, C300 \$83,400.

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

And the Mercedes connect me app is a useful tool too, allowing you to carry out various car functions remotely and will even help you find your vehicle in a crowded car park.

## The lowdown

There is a lot to like about the C-Class Coupe. It is stylish, stunning to behold and super fun to drive. It may be pitched as a long-distance cruiser but has a definite sporty edge. Without doubt it has lifted the stock of the already high-flying C-Class. It may not be a practical choice for all comers but then again, it was never meant to be.

# The latest and greatest...



Allez Sport on Brisbane Road at Mooloolaba has taken delivery of the 2XU women's and men's transit jacket RRP\$250 (pictured right). Available in black for men and black or white for women. Ideal in temperatures between -7 to 13 degrees Celcius, the jacket can be used for trips to and from any activity as well as a casual piece to pair with everyday wear. Semi-fitted style with hood. Converts into a pillow by packing the jacket into the hood. The 2XU black vest is the perfect weight for our crisp winter mornings and mild winter days, RRP \$200.

The 2XU women's X Stride Shorts are made from a lightweight fabric with zero cling, and feature ventilated mesh panelling. Reflective trims offer visibility in low-light conditions. They are a great cut and length, RRP \$55 at Allez Sport.



There are all-new colours available from Champion Sports Bras in medium and maximum support. Champion are known for their reduced bounce making them the perfect workout bra for the gym, running and more. See the range at Coolum-based Ezi Sports - lots to choose and great value. Check out the website [www.ezisports.com.au/womens-sports-bras/](http://www.ezisports.com.au/womens-sports-bras/)



Looking for speed? They don't come much quicker than the Zipp 808 wheelset rolling on the new V3 hub. Cycle Zone Mooloolaba has a demo set in-store, so you can give them a try before you buy. RRP \$3899.



It's a great time of year to run in the 2XU Mid-Rise Compression Tights, or use them for recovery to encourage muscle repair. Engineered with 2XU's new wide waistband for greater coverage and support, they also feature HYOPTIK reflective logos helping you stay visible when training in low light. RRP \$150 at Allez Sport, Mooloolaba.



Enter the New Madone 9.2 now with Bontrager Aura Carbon Aero Wheels, 11sp Shimano Ultegra group. Available in Red or black, now in stock. Go faster for less on the bike the competitors can't touch, see the team at Venture Cycles at Noosaville. RRP \$6999.



Stu Phelps from Cycle Zone Mooloolaba reckons these are the go, the brand new Vittoria Graphene Course Competition tyres. Claimed to be the world's fastest tyre fast in a straight line and a beast with claws in the corners. Featuring a tan wall (gum wall) for the connoisseur, RRP\$99.

# Upcoming Sunshine Coast events

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

Date	Event	Distance	Location	Website
May 19	Sunshine Coast Cycling Club crit	Criterium racing with Sunshine Coast Cycling Club, all grades.	Giraween	<a href="http://www.scccracing.wix.com/sccc">www.scccracing.wix.com/sccc</a>
May 22	Sunshine Coast Cross Country Series round four	Six race cross country running series staged through the sunshine coast, with 12km, 6km, 4km and 3km options, with 2km, 1km and 500m options for kids.	Maleny	<a href="http://www.sccrosscountry.org">www.sccrosscountry.org</a>
May 22	Tri Fraser Coast	Olympic distance (1.5km swim, 40km bike, 10km run) triathlon. Active Kids and the Active First Timers Aquathons: 7-9 years: 500m run/100m swim/500m run. 10-13 years: 1km run/300m swim/1km run. 13 years+/ adults: 1km run/300m swim/1km run.	Urangan	<a href="http://www.trifrasercoast.com">www.trifrasercoast.com</a>
May 22	Sunshine Coast Cycling Club Age Champs	Age group championships with Sunshine Coast Cycling Club. Also a fundraiser for Kristina Clonan who has qualified for the world championships.	Eumundi	<a href="http://www.scccracing.wix.com/sccc">www.scccracing.wix.com/sccc</a>
May 28-29	Noosa Ultimate Sports Festival	Starting with an ocean swim off Main Beach, with 3.8km, 2km, 1km and 500m options. Then on the Sunday, Cycle Noosa with 160km and 85km events. There is also Run Noosa, with 21.1km, 10km or 5km races.	Noosa Heads	<a href="http://www.ap.ironman.com">www.ap.ironman.com</a>
May 28	Council pathway ride	Easy pathway ride, taking in some of the best views the coast has on offer. Learn pathway etiquette and meet new people while learning new routes.	Cotton Tree	<a href="http://www.sunshinecoast.qld.gov.a">www.sunshinecoast.qld.gov.a</a>
May 29	Weet-Bix TRYathlon	Open to kids aged 7-1, TRYathletes start the swim in the Olympic-sized pool at Kawana Aquatic Centre before cycling along Sportsmans Parade and running through the grounds of Sunshine Coast Stadium. Approximate distances are swim 75m, cycle 3km, run 500m for ages 7-10, and swim 150m, cycle 6km, run 1km for ages 11-15.	Kawana Waters	<a href="http://www.try.weetbix.com.au/events/sunshine-coast">www.try.weetbix.com.au/events/sunshine-coast</a>
May 29	Sunshine Coast Run Series race three	Fun runs of 10km, 5km and 2km, starting from La Balsa Park the 10km and 5km events take in Pt Cartwright and the foreshore at Buddina.	Buddina	<a href="http://www.atlasmultisports.com.au">www.atlasmultisports.com.au</a>
May 29	Wide Bay Mountain Bike Series	Round one of the three-hour cross-country enduro MTB Series. The three race series will feature a race hosted by each club and is designed to encourage new riders to the sport and also cater for the more experienced rider. There are also junior races and a shorter 1.5 hour ride for those starting out at mountain biking.	Bundaberg	<a href="http://www.facebook.com/bundabergmtbclub">www.facebook.com/bundabergmtbclub</a>
June 5	Sunshine Coast Cross Country Series round five	Six race cross country running series staged through the sunshine coast, with 12km, 6km, 4km and 3km options, with 2km, 1km and 500m options for kids.	University of Sunshine Coast	<a href="http://www.sccrosscountry.org">www.sccrosscountry.org</a>
June 12	Sunshine Coast Cross Country Series round six	Six race cross country running series staged through the sunshine coast, with 12km, 6km, 4km and 3km options, with 2km, 1km and 500m options for kids.	Buderim	<a href="http://www.sccrosscountry.org">www.sccrosscountry.org</a>
June 12	Mountain Bike Orienteering State Series	Round four of the State Series. Mountain bike orienteering combines trail riding and navigation. Using specially prepared maps, riders navigate along a network of tracks to checkpoints (controls). Course lengths vary from around 5-40km.	Beerburum	<a href="http://www.sunshineorienteers.com.au">www.sunshineorienteers.com.au</a>
June 12	Sunshine Coast Cycling Club TT	Sunshine Coast Cycling Club time trial championships, all grades.	North Arm	<a href="http://www.scccracing.wix.com/sccc">www.scccracing.wix.com/sccc</a>
June 18	Wild Horse at Night Trail Run	The Wild Horse at Night trail run is a 25km, 16.5km or 10km trail run through the Glasshouse Mountains at night. This is a fun, participation-based run aimed at raising funds for charity. All runs start at 6pm, entry fees are: 10km \$30, 16.5km \$37.50, 25km \$45.	Wild Horse Mountain	<a href="http://www.runqueensland.com/">www.runqueensland.com/</a>
June 19	Caloundra Foreshore Fun Run	Foreshore fun runs including 10km and 3km. The 10km starts at Golden Beach and finishes at Moffat Headland.	Caloundra	<a href="http://www.caloundrafunrun.com">www.caloundrafunrun.com</a>
June 26	SRAM Enduro Series – round four	Part of the five-round MTB gravity enduro series. There are a number of categories available to suit all levels of experience. Riders will have a non-competitive liaison stage between each of the timed sections. Results will be based on the total cumulative time across the stages. The lowest time in each category will be the winner.	Garapine	<a href="http://www.qldmtb.com.au">www.qldmtb.com.au</a>

CONTINUED NEXT PAGE

# Upcoming Sunshine Coast events

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

Date	Event	Distance	Location	Website
June 26	Interclub cycling race one	Hosted by Hamilton Wheelers Cycling Club, between HWCC, Uni and Sunshine Coast Cycling Club.	Lakeside	<a href="http://www.scccracing.wix.com/sccc">www.scccracing.wix.com/sccc</a>
July 3	Sunshine Coast Cycling Club crit championship	Sunshine Coast Cycling Club criterium championships, all grades.	Skippy Park	<a href="http://www.scccracing.wix.com/sccc">www.scccracing.wix.com/sccc</a>
July 3	Wide Bay Mountain Bike Series	Round two of the three-hour cross-country enduro MTB Series. The three race series will feature a race hosted by each club and is designed to encourage new riders to the sport and also cater for the more experienced rider. There are also junior races and a shorter 1.5 hour ride for those starting out at mountain biking.	Fraser Coast	<a href="http://www.facebook.com/frasercoastmtbclub">www.facebook.com/frasercoastmtbclub</a>
July 9	Sunshine Coast Run Series race four	Twilight run at the University of the Sunshine Coast. Run options include 2km, 5km or 10km. The flat, fast course has resulted in plenty of personal best results in previous years and a chance for new runners to test themselves in a safe and unique environment. All events finish with a 300m lap of the world class standard athletics track.	Sippy Downs	<a href="http://www.atlasmultisports.com.au">www.atlasmultisports.com.au</a>
June 26	Interclub cycling race two	Interclub racing between HWCC, Uni and Sunshine Coast Cycling Club.	Nundah	<a href="http://www.scccracing.wix.com/sccc">www.scccracing.wix.com/sccc</a>
July 24	Pomona King of the Mountain	The King of the Mountain Festival in Pomona, Queensland is an all-day event for the whole family, climaxing with the Bendigo Bank International Mountain Challenge where competitors 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	<a href="http://www.kingofthemountain.com.au">www.kingofthemountain.com.au</a>
July 24	Flinders Tour	The Flinders Tour is a 10km, 26km and 52km trail run in the Glasshouse Mountains. The 52km is still two laps, one clockwise and the other anti-clockwise direction. The rough Twins section is gone, mainly due to trail bike damage and a bushfire the week after the GH100 last September. Distances are 52km, 26km and 10km. Early start for walkers in the 26km	Beerburrum	<a href="http://www.glasshousetrailseries.com">www.glasshousetrailseries.com</a>
July 24	Sunshine Coast Cycling Club road race	Road race featuring all grades for Sunshine Coast Cycling Club.	Rosemount	<a href="http://www.scccracing.wix.com/sccc">www.scccracing.wix.com/sccc</a>
June 31	Interclub cycling race three	Between Hamilton Wheelers Cycling Club, Uni and Sunshine Coast Cycling Club. Men's A 68km (5 laps) 7am, Men's B 68km (5 laps) 7.02am, Men's C 55km (4 laps) 7.04am, Women's A/B 55km (4 laps), 7.06am, Women's C/D 41km (3 laps) 7.08am, Men's D 41km (3 laps) 7.10am.	Glasshouse Mountains	<a href="http://www.scccracing.wix.com/sccc">www.scccracing.wix.com/sccc</a>
August 13-14	Mountain Bike Orienteering State Series	Saturday will feature the Queensland sprint and middle distance championships, as well as round six and seven of the state series. On the Sunday is the long course championship. Mountain bike orienteering combines trail riding and navigation.	Sunshine Coast	<a href="http://www.sunshineorienteers.com.au">www.sunshineorienteers.com.au</a>
August 13-14	Noosa Strade Bianche	Take a weekend off-road with the 33km Piccolo Fondo for those wanting an introduction to the 'strade bianche', or gravel roads. On Sunday there are two course options: the 133km gran fondo, or the 89km medio fondo.	Noosa	<a href="http://www.noosa-stradebianche.com.au">www.noosa-stradebianche.com.au</a>
August 14	Maroochy River Paddle	A marathon paddling race on the Maroochy River starting upstream at the Dunethin Rock Scout Camp and travelling downstream with the out-going tide to finish 17km later in Eudlo Creek at the Sunshine Coast Paddlesports Club. Open to racing kayaks, sea kayaks and fishing kayaks; dragon boats and outrigger canoes; surf spec skis and ocean racing skis; stand-up paddle boards; Canadian canoe, plastic sit-on-top and anything else you might wish to paddle.	Maroochy River	<a href="http://www.maroochyriverpaddle.com.au">www.maroochyriverpaddle.com.au</a>

CONTINUED NEXT PAGE

# Upcoming Sunshine Coast events

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

Date	Event	Distance	Location	Website
August 14	Rainbow Beach Trail Running Festival	The Rainbow Beach Trail Running Festival has 43km, 25km and 10km running events.	Rainbow Beach	<a href="http://www.runqueensland.com">www.runqueensland.com</a>
August 14	Sunshine Coast Cycling Club road race champs	Road race featuring all grades for Sunshine Coast Cycling Club.	North Arm	<a href="http://www.scccracing.wix.com/sccc">www.scccracing.wix.com/sccc</a>
August 19	Cricks Fun Run	Kick off the 7 Sunshine Coast Marathon and Community Run Festival with a 1km run on the esplanade. Numbers capped at 200.	Mooloolaba	<a href="http://www.sunshinecoastmarathon.com.au">www.sunshinecoastmarathon.com.au</a>
August 20-21	Rainbow Beach Double Triathlon	The race gives participants have the opportunity to race an Olympic distance triathlon by completing two 'sprint distance' events, consisting of 750m swim/20km ride/5km run, over two consecutive days. Also Active Kids Triathlon (race run in age groups) and Active First Timers Triathlon.	Rainbow Beach	<a href="http://www.rainbowbeachtriathlon.com.au">www.rainbowbeachtriathlon.com.au</a>
August 21	Sunshine Coast Marathon and Community Festival	Annual running festival, including 2km, 5km, 10km, 21.1km and 42.2km runs through Alexandra Headland, Mooloolaba and Maroochydore.	Alexandra Headland	<a href="http://www.sunshinecoastmarathon.com.au">www.sunshinecoastmarathon.com.au</a>
August 21	Wide Bay Mountain Bike Series	Round three of the three-hour cross-country enduro MTB Series. The three race series will feature a race hosted by each club and is designed to encourage new riders to the sport and also cater for the more experienced rider. There are also junior races and a shorter 1.5 hour ride for those starting out at mountain biking.	Gympie	<a href="http://www.facebook.com/gympiebikes">www.facebook.com/gympiebikes</a>
September 3	Sunshine Coast Cycling Club road race	Road race featuring all grades for Sunshine Coast Cycling Club.	Eudlo	<a href="http://www.scccracing.wix.com/sccc">www.scccracing.wix.com/sccc</a>
September 3-11	Cycle Queensland 2016 Adventure Tour	The ride starts in Woodford and ends in the spectacular Hervey Bay. Staged on quiet country roads, the ride will travel through Maleny, Kenilworth, Gympie, Rainbow Beach, Maryborough and Burrum Heads before finishing in Hervey Bay.	Woodford	<a href="http://www.cycleqld.bq.org.au">www.cycleqld.bq.org.au</a>
September 4	Ironman 70.3 World Championship	The world's best age group and professional triathletes will converge for the Ironman 70.3 World Championship. More than 3000 athletes will compete over a 1.9km swim, 90km bike and 21.1km run course.	Mooloolaba	<a href="http://www.ironman.com">www.ironman.com</a>
September 10-11	Glasshouse Trail Series - Glasshouse 100	The Glasshouse 100 is a 100 mile, 100km, 50km, 34km and 11.3km trail run in the Glasshouse Mountains, Beerburrum, Queensland.	Beerburrum	<a href="http://www.glasshousetrailseries.com">www.glasshousetrailseries.com</a>
September 11	12-Hour MS Swimathon	Cotton Tree Aquatic Centre on the Sunshine Coast will host its inaugural MS Swimathon event to raise vital funds to help people living with multiple sclerosis (MS).	Cotton Tree	<a href="http://www.msswimathon.com.au">www.msswimathon.com.au</a>
September 18	The Mt Cooroora Endurance Challenge	A 4 hour or 8 hour run on a 1.2km lap at Mt Cooroora run solo or in relay team pairs or triples. Each lap takes you up a 1.2km, 280m ascent, before descending along the same route. Test your fitness and endurance on while also raising money for chronically sick kids and their families, through the Children's Hospital Foundation, Humpty Dumpty Foundation and HeartKids through the 1200kms for kids charity team.	Pomona	<a href="http://www.mtcoorooraendurancechallenge.com">www.mtcoorooraendurancechallenge.com</a>
September 24-25	Sunshine Coast CycleFest	Includes King and Queen of the Mountain at Palmwoods on the Saturday, followed by 100km and 25km rides on the Sunday.	Sunshine Coast	<a href="http://www.sccyclefest.com.au">www.sccyclefest.com.au</a>
September 24-October 2	Sunshine Coast Bike Week	A nine-day celebration of cycling on the Sunshine Coast. Bike Week encourages people of all ages, sizes and cycling abilities to get into the saddle by offering a packed schedule of events during the week.	Sunshine Coast	<a href="http://www.sunshinecoast.qld.gov.au">www.sunshinecoast.qld.gov.au</a>

CONTINUED NEXT PAGE

# Upcoming Sunshine Coast events

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

Date	Event	Distance	Location	Website
October 1	Atlas Multisports Freestyle Clinic	The third of four freestyle clinics with Duane Cannell of Makin' Waves Swim School. This is a freestyle clinic that will improve your technique and increase your swim speed. Ideal for triathletes and open water swimmers. This clinic is structured for swimmers of all levels and abilities.	Buderim	<a href="http://www.atlasmultisports.com.au">www.atlasmultisports.com.au</a>
October 2	Sunshine Coast Cycling Club King Kunda	Criterium race featuring all grades for Sunshine Coast Cycling Club.	Caloundra	<a href="http://www.scccracing.wix.com/sccc">www.scccracing.wix.com/sccc</a>
October 6	Sunshine Coast Cycling Club crit	Thursday night criterium racing featuring all grades for Sunshine Coast Cycling Club.	Caloundra	<a href="http://www.scccracing.wix.com/sccc">www.scccracing.wix.com/sccc</a>
October 12	Ride2Work Day	Ditch the car and ride to work. This Sunshine Coast Council initiative include a community breakfast in three locations plus but in the chance to win a \$1000 bike shop voucher for anyone that registers.	Sunshine Coast	<a href="http://www.sunshinecoast.qld.gov.au">www.sunshinecoast.qld.gov.au</a>
October 16	Maleny Lions Mountain View Challenge	The event has a 21km half marathon, 10km and 5km fun runs, and a 3km fun run and walk. The Maleny Blackall Range Lions stage this event to raise funds for the Lions Medical Research Foundation.	Maleny	<a href="http://www.malenyblackallrange.qld.lions.org.au/projects/mvc">www.malenyblackallrange.qld.lions.org.au/projects/mvc</a>
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	<a href="http://www.runqueensland.com">www.runqueensland.com</a>
October 22-23	Bribie Island Tri Series round one	Four-triathlon series. Points scored from all four triathlon, must do three races to qualify for series prizes. Series entries receive a discount to all four triathlons and series gift. Long course – 750m swim, 20km cycle, 5km run. Short course - 300m swim 10km cycle 3km run. Active kids and first timers races are staged on the Saturday.	Bribie Island	<a href="http://www.briebietri.com">www.briebietri.com</a>
October 23	Spring Swim Sunshine Coast	The Spring Swim includes events for every ability, from kids and beginners through to competitive swimmers and triathletes in training. Distances include 3.8km, 2km, 1km as well as junior giants 300m (8-16 years) and 1km (10-16 years).	Mooloolaba	<a href="http://www.worldserieswims.com.au">www.worldserieswims.com.au</a>
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	<a href="http://www.ap.ironman.com">www.ap.ironman.com</a>
October 28	Noosa Breakfast Fun Run	Come dressed in pink and join some of Australia's premier runner's to run 5km and raise awareness and funds for the National Breast Cancer Foundation.	Noosa	<a href="http://www.ap.ironman.com">www.ap.ironman.com</a>
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	<a href="http://www.ap.ironman.com">www.ap.ironman.com</a>
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	<a href="http://www.ap.ironman.com">www.ap.ironman.com</a>
October 30	Noosa Triathlon	Olympic distance triathlon (1500m swim, 40km ride, 10km run).	Noosa	<a href="http://www.ap.ironman.com">www.ap.ironman.com</a>
November 26	Atlas Multisports Freestyle Clinic	The last of four freestyle clinics with Duane Cannell of Makin' Waves Swim School.	Buderim	<a href="http://www.atlasmultisports.com.au">www.atlasmultisports.com.au</a>
December 18	Buderim 9	Climb nine Buderim hills, covering 75km, within three hours in one of the Coast's most challenging cycling events. Participants also raise money for the Cerebral Palsy League.	Buderim	<a href="http://www.buderim9.com.au">www.buderim9.com.au</a>
December 28-31	Atlas Multisports Christmas Training Block	Kick-start the year with an intensive triathlon training block, with options for advanced (four days), intermediate (three days) and beginner (two days). Endurance training, swim and run skills and drills, pilates, nutrition and transition technique.	Sunshine Coast	<a href="http://www.atlasmultisports.com.au">www.atlasmultisports.com.au</a>
April 30, 2016	TooMoo 220	Supported ride from Toowoomba to Mooloolaba which raises money for charity.	Toowoomba to Mooloolaba	<a href="http://www.toomoo220.com">www.toomoo220.com</a>