

Sunshine Coast Daily

Multisport MECCA

November 30, 2016



PHOTO: DELLY CARR

Teacher is world class

TAKING the easy route has never been on Kim Beckinsale's roadmap. Which is why her title at the ITU Cross Triathlon World Championship was pure satisfaction.

The fast-paced course in and around Lake Crackenback at New South Wales was never going to be her forte but, after struggling through the 1.5km swim, the 49-year-old stamped her authority along a 30km mountain bike ride and then turned the screws in the 10km run.

Not only did Kim secure the women's 45-49 world title, she was also the fastest female age grouper.

Crossing the line in less than three hours, her closest rival was Kate Bramley who is 20 years her junior.

This was Kim's second off-road triathlon win after taking victory at the 2013 Xterra World Championship in Maui – impressive given that came hot on the heels of winning the gruelling five-day XPD adventure race.

"In comparison to the Xterra course, (Lake Crackenback) wasn't as hard and

CONTINUED ON PAGE 2

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Pure grit and determination

FROM PAGE 1

not as physically challenging,” Kim said.

“It required a lot of speed. Therefore you had to push 100% on every leg. For me, I know that’s not my strength. I do better when the course is physically tough.

“I rely on a lot of that strength and mental toughness to outdo my opponents.”

Kim has enjoyed a stellar career of endurance racing. An avid adventure racer in recent years, she made the choice to focus on cross triathlon this year rather than again tackling XPD.

But her Snowy Mountains race had a challenging start. While the water temperature was about 15 degrees, the air temperature was around 30 degrees Celsius.

That made standing around in the wetsuit energy sapping, and when Kim finally got into the water her goggles shifted.

With difficulty breathing, she waited until she was through the congestion before trying to get herself settled. But she continued to struggle breathing, throwing breaststroke and backstroke into the usual freestyle mix.

After the first swim lap Kim tried to relax but still battled through, yet maintained strong momentum at the front of the field.

Attacking the course, she rode as hard as she could with a plan to pass all those in front - including competitors who started in the earlier swim wave.

Kim caught training partner Anne Alford as they entered transition together. From there she was never headed with a stellar sub-hour run.

“I was stoked to be in that position. I knew I had to run really hard and not let anyone get near me,” she said.



Kim Beckinsale at the Adventure Racing World Championships in 2011, then at Pomona King of the Mountain in 2013, and below taking the world champs win this month.



PHOTOS: CONTRIBUTED

“I was aware how tough the course was. I had to go out hard and then pace.

“Halfway through the last lap I asked some supporters ‘how am I going?’ and they said ‘go as fast as you can’. I really enjoyed the run and it suited my style. It was a course where you can never get a rhythm with so many twists and turns.

“Coming into the finish was remarkable. To have that opportunity to race just the women, where most events you race against the guys and they are always out there in front of you, it was lovely.

“To get that chance to cross the line first, at my age, beating everyone younger, I was blown away.”

Never one to rest, Kim now has plans to tackle the Red Bull Defiance at Wanaka, New Zealand, with Cass Kimlin – a two-day race staged on January 21-22 which features running,



kayaking and mountain biking. The Sunshine Beach State High School sports co-ordinator loves the constant challenges of racing. “I never take the easy way in my day-to-day. It’s just always the way I have been,” Kim said. “That sense of complacency, sitting back on the couch is not my style. I just seem to want to look for something new, tougher and harder. “I know I’m crazy. You get this sense of satisfaction out of trying something and having a go.”

COAST RESULTS

- ITU Cross Triathlon World Championship Elite**
 Brodie Gardner 2:53:25 (20:11, 1:39:19, 52:18) 16th elite men.
Age group
 Kim Beckinsale 2:58:55 (22:55, 1:36:01, 59:58) first 45-49 female.
 Nick Baker 3:08:05 (28:33, 1:36:49, 59:49) 21st 40-44 male.
 Anne Alford 3:08:42 (23:00, 1:37:49, 1:07:52) first 30-34 female.
 Stephen Wise 3:18:26 (23:33, 1:45:24, 1:06:52) third 60-64 male.
 Kelly-Anne Speight 3:23:30 (27:57, 1:48:24, 1:07:07) fourth 30-34 female.
 Dean McMaster 3:32:06 (27:46, 1:50:51, 01:10:02) 12th 50-54 male.
 Tania Gover 3:45:39 (26:31, 1:59:47, 1:19:20) 12th 40-44 female.
 Fiona Lim 3:53:22 (29:54, 1:59:59, 1:23:28) 13th 45-49 female.
 Cathy Milgate 3:54:46 (28:48, 1:52:17, 1:33:40) 15th 45-49 female.
 Annkathrin Franzmann 3:56:49 (27:17, 1:58:58, 1:30:32) third 55-59 female.
 Bardie Gruber 4:32:30 (30:47, 2:16:02, 1:45:41) third 65-69 female.
 Janelle Hooper 4:42:20 (35:00, 2:24:08, 1:43:11) 23rd 45-49 female.



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Bringing active types together

Grant Edwards

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FINDING like-minded people is the motivation behind a new website just launched by a Sunshine Coast duo.

Activlinx has gone live after more than a year in development under guidance from Paulo Mendes and Bronte Hartland

The website enables users to find others who are training in the same sports.

After joining, you can either find fitness sessions happening near you or create your own.

"I was travelling around Queensland and I would often have the running shoes in my bag and I would often think 'who else is doing a run after work?'," Paulo said.

"I would see all these groups if I was at Bundaberg, Townsville or Hervey Bay and I would always wonder who they are, where they start from, and whether they would let me join them.

"So there I am running by myself... and it's pretty lonely and boring."

Paulo thought there would be some easy way to find the



Paulo Mendes and Bronte Hartland have developed a website to help athletes to find others training in the area in a wide range of sports and activities. PHOTO: WARREN LYNAM

information. But nothing was available. That's when he enlisted the help of marketing and IT graduate Bronte.

Developing the website hasn't been a simple process, but the

final product is something which can cope with the load of millions of worldwide users.

"It's non-discriminatory, in whether you want someone to shoot some hoops with down the

road, whether you want to swim across the bay at Mooloolaba or someone to swim the English Channel with," Paulo said.

Check out the website at www.activlinx.com.



Sydney continues hot form for Kirra

KIRRA Seidel claimed one of the best results of her career on Sunday, a second placing at Ironman 70.3 Western Sydney.

The Buderim athlete finished the 1.9km swim, 90km ride, 21.1km run event at Penrith in 4hrs14min37sec (27:27, 2:20:13, 1:24:46).

She was about six minutes behind winner Annabel Luxford, and about one minute ahead of

Natalie Van Coevorden, amid stifling conditions.

"I'm really happy with that performance," Kirra said.

"I was hoping for a hot day but then when it started to warm up I wondered why."

Melbourne-based Annabel was never headed during the race.

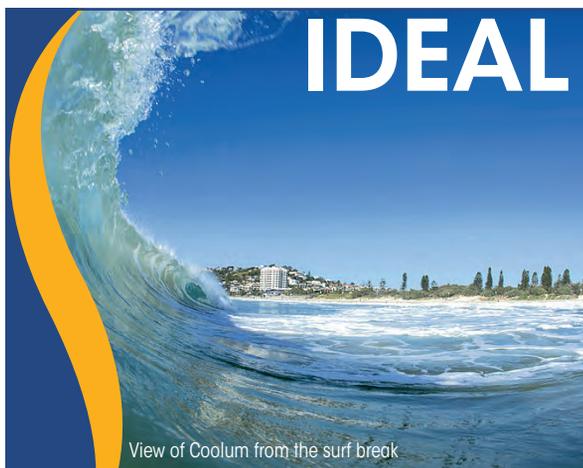
"It started to get warm towards the end," she said. "The crowd support was fantastic. The other

athletes pushed me."

But it's been a significant year for Kirra.

She finished an impressive second in the Mooloolaba Triathlon in March, won Tri Fraser Coast in August and was eighth in the hotly contested Noosa Triathlon last month.

Noosaville's Katy Duffield was fifth in the open women 4:25:48 (31:20, 2:24:25, 1:27:37).



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Channel-ing swim dream

Grant Edwards
Grant.Edwards@apn.com.au

SITTING in Manly, there are times when Peter Schultz questions his ambition.

But the fire of facing the English Channel swim next August burns bright to extinguish negative sentiment.

“Failure is not trying, just getting there on the beach and having a crack...and even if I don’t make it for whatever reason, not to try would be the failure,” Peter said.

“I’m dreading the pain. More than anything else you have to have a positive mindset. I’m just thinking of getting myself to that point where I can try to meet the challenge and seeing if I’m good enough.”

What lies ahead is a 32km swim in the chilly Channel waters. That’s if you can travel in a straight line.

Currents, wind, rain, tides and storms – there are a range of factors which could derail the 51-year-old’s plans.

But Peter, who has lived on the Sunshine Coast on and off for more than 40 years, is leaving nothing to chance.

The Qantas pilot moved to Sydney two months ago for the cooler water temperatures and has increased training.

Each month Peter’s coach Trent Grimsey is raising the bar. There is a three-week build followed by an easier seven days.

Sessions are growing from 5km to 7km a session, which will ultimately total about 40km each week.

“The odd week we will punch through that, and Trent says that’s about the limit of most people

ENGLISH CHANNEL

How far? About 32km.

How long will it take? The fastest swim is by Trent Grimsey 6hrs 55min set in 2012 and the slowest nearly 27 hours.

Where do they take place? Swims usually start at or near Shakespeare’s Cliff or Samphire Hoe (in between Folkestone and Dover), and aim to finish at or near Cap Gris Nez (between Boulogne and Calais). Nowadays swims are from England to France.

What are the rules? A Standard Channel Swim must be accomplished without assistance of any kind other than the provision of nourishment – and pilotage. Swimmers are restricted to a ‘standard swim costume’, a costume (for both sexes) shall be of a material not offering thermal protection or buoyancy and shall be sleeveless and legless: ‘Sleeveless’ shall mean the costume must not extend beyond the end of the shoulder onto the upper arm; ‘legless’ shall mean the Costume must not extend onto the upper leg below the level of the crotch.

before the body breaks down,” Peter said.

“It’s a reasonable amount of swimming when you have a full-time job.”

Peter’s involvement with endurance sport started about



Caloundra’s Peter Schultz is preparing to swim the English Channel. PHOTO: JOHN MCCUTCHEON

seven years ago. After a limited sporting background, “competent at most things without being a star”, it was triathlon which piqued his interest.

Tackling the Huskisson half-iron distance for his first triathlon

(1.9km swim, 90km ride, 21km run) led to nine full-iron distance events.

“Just doing normal training I realised I was reasonable at endurance events. I’m not fast, I

CONTINUED ON PAGE 5



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Inspired by Des Renford's feats

FROM PAGE 4

just stick it out," he said.

"I'm most looking forward to the challenge. You set yourself that challenge, and then beating all the obstacles that go in your way as you move towards it. There is no guarantees, I may not make it for whatever reason.

"There is a bit of ego in there, you have to believe you can do it... the reality is I'm not sure, but at the same time I have a belief that I can do it. That is what I'll be tapping into."

Tackling the English Channel has been at the back of Peter's mind for years. It started when watching Des Renford as a child in the 1970s – Des swam the English Channel 19 times from 19 attempts after taking up marathon swimming only at the age of 39.

"The Mudjimba Island Swim, I did that once with a few with friends," he said.

"Just slowly little things go into your head.

"When I was doing the international legs, I would fly into London early in the morning and you would see the French and



English coast. I would wonder if I can do that.

"Then it goes from the back of your mind to the front of your mind again."

Peter's training agenda includes the 10km Vladswim Challenge Swim at Balmoral on December



The Coast's Chris Shapland became the second oldest person to swim the Channel in September in a time of 16h 28min. Miles Tallan achieved the feat in back in 2014, in 15h 20min. PHOTO: CONTRIBUTED

17 as a qualifier for Perth's 25km Port to Pub on March 25, then a four-day camp in Melbourne for long Port Phillip Bay swims at Easter before tackling the 10km Roughwater Swim at Bondi in May.

The swim will also be used to

raise money and awareness for the Cambodian Children's Fund. Started by an Australian Scott Neeson in 2004, Peter sponsors two girls after he volunteered for three months at the non-government organisation in 2014 helping to teach English.






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Turning up the heat on Hamo

HILLS and heat put Sunshine Coast athletes to the test at Hamilton Island Triathlon this month.

Among more than 230 competitors were 14 from Atlas Multisports, along with eight from Noosa Tri Club.

While elite youngster Jake Birtwhistle took the overall win in 1:06:47 (10:30, 36:11, 19:18) and Natalie van Coevorden was victorious for the women with a time of 1:11:02 (10:30, 38:50, 20:44), the weekend was all about getting the race done and then letting the hard work of celebrations begin.

Atlas's Lisa Crowther, who finished fifth in the 30-39 women in a time of 1:35:05 (14:52, 51:47, 26:57), said the race was tough.

"It was the hardest, hilliest and hottest triathlon I have ever experienced," she said.

"It looked as though all of Hamilton Island's staff was involved, making the athletes feel like rockstars.

"Highlights were cycling along the Hamilton Island airstrip, but there was a brutal headwind in one direction, as well as off road/sand running and also swimming in the clear blue water."

Post-race recovery saw athletes served fruit in the water, with beach massages and a massive ice bath.

"When you came back to collect your bike all of your gear was packed up with a little gift. The best 'goodie bag' I have ever seen," Lisa said.

"Sponsors prizes were amazing with first place in their age categories receiving a Garmin watch or Maui Jim sunglasses, or prizemoney."

The Hamilton Island Tri has become an annual trip for the women of Atlas, using it as a



Atlas Multisports Tri Club members (from left) Maree Heaton, Gaye Ottogalli, Lisa Crowther, Brenda Bimrose, Krstyna Ennis, Inna Atkinson, Linda Florence, Sue Denham, Natasha Crawford, Ruth D'Hennin and Janeene Mansey.

PHOTOS: CONTRIBUTED



Lisa Crowther tackles the tough beach run.

chance to get away to an idyllic location, race and have a great time. Many of the group have graduated from the Atlas women's course which caters for females of

all ages, backgrounds and fitness abilities who have little or no experience in triathlon.

The four-week course provides women with the skills to compete

BEGINNERS COURSE

What: Atlas Women's Triathlon Course.

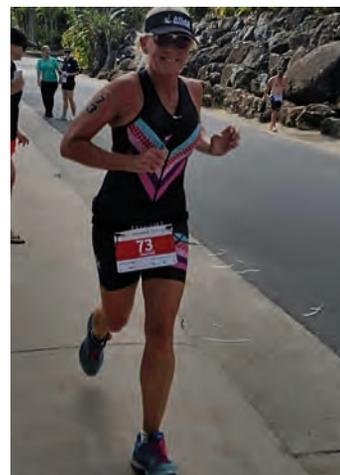
Start: February, running over four weeks.

Details: Each course offers four diverse training sessions a week taking participants through running, swimming, cycling and skills training. Members are also welcome to Atlas Multisports squad sessions.

in a triathlon or just to improve their fitness while having fun and making new friends.



Race recovery Hamilton Island style.



Gaye Ottogalli.



Kylie Isaacs reaches the finish.

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Sometimes however, we face injuries, and of course they totally suck, especially if they occur in those final few weeks before our next major race.

In my experience however, in the depths of our frustration and in our incapacitation, can lay a beautiful gift - a silver lining.

I recently injured my shoulder. In addition to my triathlon training schedule, I play a sport called ultimate frisbee. Yes frisbee! It's a fun, dynamic sport, that means I get to run around barefoot in the sand chasing a disc with friends every Sunday afternoon. After a big week of training, this is usually a great way to get in extra kilometres in the legs, while being distracted by the joy of 'playing' a team sport with mates.

About nine weeks ago, in what could've been a spectacular dive in the end zone to catch the disc to score a goal, I rather spectacularly, and in my usual clumsy way, fell hard on an outstretched arm damaging my rotator cuff muscles.

For weeks now I've been nursing a rather painful shoulder with limited movement. Running, cycling and swimming have been difficult, as well as daily tasks like doing my hair and driving a car.

I've diligently been treating my injury, and as always things never seem to happen as quickly as we'd like. But as a chiropractor, I can appreciate that 'healing takes time'. It requires persistence and patience.

As my shoulder was improving, but not yet fully recovered, I decided to hit the pool. I wasn't sure if I'd be able to turn my arm



There can be a silver lining to an injury. Is it highlighting the need for rest? Does it reveal problems with your technique or your equipment?

PHOTO: OSTILL

over, but I knew that getting in the water, doing some gentle rehab exercises and at the least kicking drills would be useful.

As it turned out, I was able to rotate my arm gently through a freestyle stroke, although I had little strength in it. I've been forced to slow my stroke rate, to lengthen my glide. I've been focusing on my hand entry, my pull through the water, high elbow and my body rotation. My shoulder injury is quick to let me know with stabbing pain if I get it wrong.

So... the silver lining! Perhaps this shoulder injury offers me the

time to correct my stroke, to stop 'fighting' the water, to learn to 'feel' the water better, to pay more attention to the subtleties of my stroke, and maybe, just maybe, I may improve my technique and efficiency.

What is your injury teaching you?

Is it highlighting the need for rest? Does it reveal problems with your technique or your equipment?

Once you move through the angry and frustrated phase of an injury, take the time to explore the gift the injury may be offering.

CONTACT CARMEN

Background: Joining Hendrey Chiropractic this year, Dr Carmen graduated from RMIT University in 2001 with Honours. She is also a passionate Ironman triathlete and ultra-distance runner. She has travelled the world competing in some of the largest ultra-endurance events. In 2015 Dr Carmen competed in the Ironman World Championship. Next year she will compete in Ultraman Australia.

Website:
www.hendreychiropractic.com.au



Is your diet copping the rough end?



Scotty Farrell
Endurance sports
nutritionist at
Natural Athlete
and co-head coach
at T:Zero Multisport

CONTRARY to what popular media will have you believe, there are better and more sustainable ways to get to a healthy balanced weight and take maximum enjoyment out of what you eat on a daily basis.

Time and time again I cringe at the sight of detox this and fad diet that as if they all have the magic pill everyone is after. Sure all these diets might help you lose weight and feel better in the short term but where sustainability and long-term health are concerned, they don't really have solid evidence to make their claims. Actually, come to think of it, none of them care about your long-term health at all, they're just trying to make you follow their 'cult' and make a buck or two along the way.

Here's a little background info into what goes on these days with our daily eating habits that kinda lends itself to an overweight nation:

- We've been brought up to eat everything on our plates or we don't get dessert.

- Plate sizes have pretty well doubled - serving sizes fit enough to feed Andre the Giant are now considered the norm in most households.

- Foods are highly processed, supercharged with everything under the sun and, most pertinent to the rising obesity rates, the energy content in packaged foods is through the roof.

- Processed foods are nearly



See, even apples can be sexy!

PHOTO: VITALII GUBIN

always energy rich and nutrient poor.

- We don't eat enough vegetables.

I could go on, but you get the picture as to why there's a fair chunk of our society, even in the endurance scene, with bigger bods than they should have.

So how do we combat this stuff when it's so readily shoved in our face everywhere we go?

To avoid this developing into a thesis, we'll focus today on my good friend the environment. For the purpose of today, we're talking about your physical food environment – how and where you go about your day and how the food you eat is physically placed throughout your day.

Think back to when you were a kid... sure Nana did some kick-arse baking and treats were there to be had with morning smoko, but I'm willing to bet when you poured into the house after running amok all day, the first thing she pointed to was the fruit bowl?

Times have changed and if asked that question at home right now it's probably more likely to be

something in a packet that gets served up for afternoon tea.

Here's some unsexy simple tips to create an eating environment that promotes healthy eating:

- Make sure the fruit bowl is accessible to all and super convenient. Chuck it on a bench or table that has high traffic flow around it.

- Use smaller plates. The simple fact of using smaller plates and glasses has been shown to decrease total caloric intake

- Be organised: plan ahead. Rather than leaving things to the last minute and grabbing whatever is on the shelf in front of you while you're at your hungriest, prepare something the day before and have it with you for when the hunger bear arrives.

- Cook excess at dinner time (for tomorrow) and take your leftovers from dinner (veges and all) for brekky or lunch the next day. It's no secret we all need more colour in our eating habits and a sure-fire way to do this is eat leftovers from dinner.

- Think vegetables first, then plan around them. Too often it's

CONTACT US

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

meat or pasta then veg as an afterthought. Start with veg and work backwards.

- Eat a rainbow a day. Think about making sure you're covering a wide range of colours across your day/week. Most of us eat a pretty beige diet, so adding colour (natural colour) is a good way to cover your bases.

- Eat more real food and eat less packaged stuff.

These are just a few simple strategies to use in your daily eating regime.

There is no one size fits all approach, it has to be whatever works best for you. Like anything in life, we need to practice and strive to be better than we were yesterday. Imagine if you improved one thing about your health each week. After a year we'd all be pillars of health right? If only it was that easy.

Sure... eating like your grandparents did might not be all that in vogue, but it's a hell of a lot simpler and healthier than what's out there currently.

#eatlikeyourgrandies

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Team survive tough tests

THEY took nearly twice as long as the winning team, but Creak Adventure were rapt with the Adventure Racing World Championship debut.

Staged at Shoalhaven in New South Wales the team of Kawana nuclear medicine physician Andrew Paszkowski, Buderim sonographer Ian Stewart, along with Brisbane fireman Gavin Blissner and psychologist Angela Farrell finished in 184 hours (63rd from 99 teams).

Wurtulla project manager David Schloss, along with team-mates Kathryn Preston, Damon Goerke and Leo Theoharis, were the first Australian team home in a dramatic sprint finish after more than 100 hours of racing and finished sixth overall.

Meanwhile Gary Palmer, who was in a team with Cass Kimlim,



Gavin Blissner, Ian Stewart, Angela Farrell and Andrew Paszkowski from team Creak Adventure post caving at the Adventure Racing World Championship.
PHOTO: CONTRIBUTED

Paul Elby and Darren Smith, finished 29th in 128 hours.

But for Creak Adventure, it was all about the experience.

"We had a positive experience for all of the race, with only a few difficult times, mostly involving being cold and hypothermic on one of the night paddle stages," Ian Stewart said.

"Certainly the combination of 185km of paddling made the final paddling stages difficult, as tiredness and sore shoulders and

wrists came into play for many teams. Toward the end of the race I started hallucinating due to tiredness, what adventure racers call the sleep monsters.

"We expected the caving section to be in simple tourist caves, but were somewhat surprised to find ourselves squeezing into mud and water-filled tubes. Not the place to be if you are claustrophobic.

"We also did a rafting section down grade one and two rapids,

that was just plain fun."

Ian said the team got on beautifully, with "not a raised voice in the eight days and nights".

The question remains whether they will return.

"Expedition racing gets under your skin," he said.

"During the race you are sure it will be your last event, but the itch comes back and needs to be scratched. I'd be happy to come back and race with the Creak Adventure team again."



Keith Maricich and his son Nathan with three-time Tour de France winner Chris Froome.
PHOTO: CONTRIBUTED

Tour champ drops into Noosa

DRESSED casually and in a baseball cap, the lanky bloke could have been anyone. And most people took little notice of the cycling champion in their presence.

But after a double take last week, Trilogy Cycles owner Keith Maricich identified him as none other than three-time Tour de France winner Chris Froome.

"He just came in with his wife. I had my kids in the shop, they had ridden to the shop after school," Keith said.

"Kids being kids they were making a bit of noise and we had some other people in the shop.

"I look and though 'Is hit him or not?'. We got chatting and I just asked 'Chris?'

"He was in town looking for some spare Continental tyres. He is doing the L'Étape Australia."

Keith said no one had recognised him, not even others in the shop.

"He was humble, very unassuming," Keith said.

"He was here on holiday, and doing a bit of training and I saw



The photo posted by Chris Froome from Noosa.

PHOTO: TWITTER

him riding by himself a bit. He loves the area and from what I have heard, true or not, he was looking at real estate. It was mentioned to me he was talking to a real estate agent."

On Twitter during the week, Chris tweeted "Loving the training Down Under. Heading to the Snowy mountains this weekend to ride @LetapeAU on 160km of closed roads. See you there."



Why mountain bikers need the alliance

Michael Johns

Secretary - Bush Rangers MTB Club Sunshine Coast

DEAR mountain bikers and mountain bike clubs within the Sunshine Coast – it's time to start a conversation about the future of our trails on the Sunshine Coast and what could be a positive step towards bigger and better things for the community.

World-class trails

Most of you know that there are amazing trails appearing all over Australia, there are towns in Europe, US and NZ making money through bike tourism (apparently Rotorua's economy gets \$15M) and just recently Cairns had another World Cup event (10,000 spectators in 2014 and \$10M to their economy).

So the question is why doesn't the Sunshine Coast have these things? We have lots of riders, multiple mountain bike clubs, great weather, various types of natural environment and we know how to look after tourists – so surely all that is needed now is some co-ordination, enthusiasm and world-class trails?

World-class trails will attract international tourists to Queensland, help us grow more amazing riders, increase employment and fitness levels and build a respect for the environment and pride in the community. How many of us hear people talking about the great trails in NZ – wouldn't it be nice to have them talking about the awesome trails on the Sunshine Coast?

The challenge

We are a fractured bunch and individually we are having to fight harder to get any recognition from the councils and government. This means that currently the Sunshine Coast consists of clubs competing with each other to get small grants to try and maintain our own tiny pockets of trails.

To get big support from other stakeholders like local business, councils and government they need us to step up and push our local knowledge, passion and resources into it this dream.

What will the SCTA do for us?

The Sunshine Coast Trail Alliance (SCTA) needs us and we need the SCTA because with input, co-operation and commitment from all of the clubs and riders, the SCTA can start asking for more investment in our trail infrastructure in a single, co-ordinated voice.

We can create a coast-wide masterplan with the goal of creating and maintaining trails that we can share with the world (but we get to ride every day).

The SCTA will also be a simpler avenue for the councils and government departments to allocate resources to, knowing that it will benefit the whole coast and that it will lessen the landowners' workload.

The SCTA could be a group of keen trail users with the training, equipment and money needed to build and maintain our trails. The SCTA could co-ordinate regular maintenance days and will work in with the internal processes of the various landowners (e.g. provide risk assessments, submit permits).

So what now?

No matter where you ride or what club you are in we need to talk about what we want on the Coast. We also need to be realistic about how we get there and how we can sustain our current and new trails.

Let's get together with the landowners and talk about the benefits and identify any potential problems with the SCTA concept so it gets started on the right foot. Watch our page or the SCTA Facebook page for details www.facebook.com/sc.trails.alliance/.



We have lots of riders, great weather, various types of natural environment and we know how to look after tourists – surely all that is needed now is some co-ordination, enthusiasm and world-class trails?
PHOTO: CONTRIBUTED



Spectacular year of multisport

THIS edition marks the end of 2016 for Sunshine Coast Multisport Mecca.

Again growing in readership throughout the year, every fortnight has seen increasing multisport interest.

The past 12 months has been massive. At the peak was September, when the Coast hosted the Ironman 70.3 World Championship.

"We released a special printed edition which promoted the Sunshine Coast to the world with an aim of bringing them back to our stunning home," Multisport Mecca editor Grant Edwards said.

"There has rarely been a dull moment in the multisport fraternity this year and it's been exciting to speak with so many people from all walks of life.

"Cycling, triathlon, running, swimming and paddling attracts many great people, and through our coverage of age groupers and amateur athletes we hope to have inspired as well as given many local competitors the kudos they deserve."

Here are some of this year's highlights.



Julia Emblin (above) and Mick Patton (right) became world champions at the UCI Gran Fondo at Perth in September.



Kacey Willoughby was among the local stars to shine at the Ironman 70.3 World Championship.



RIGHT: Kona rookie Kierra Sansone finished in 10:44:17 to claim fourth in the women's 18-24 age category at the Ironman World Championship.



Celebrating the life of the legendary Scott Penny, who lost his battle with cancer.



WHERE EQUIPMENT MEETS DEDICATION
6-24 MONTHS INTEREST FREE FINANCING

Tim Franklin on his way to second at Ultraman Australia.



WHERE EQUIPMENT MEETS DEDICATION
6-24 MONTHS INTEREST FREE FINANCING
AT CYCLEZONE MOOLOOLABA



WHERE EQUIPMENT MEETS DEDICATION
6-24 MONTHS INTEREST FREE FINANCING
AT CYCLEZONE MOOLOOLABA

Nicholas Kastelein gave us insights of training with world Ironman champ Jan Frodeno.



WHERE EQUIPMENT MEETS DEDICATION
6-24 MONTHS INTEREST FREE FINANCING
AT CYCLEZONE MOOLOOLABA

Bruce Thiele attracted plenty of attention ahead of his 20th Ironman Australia.



WHERE EQUIPMENT MEETS DEDICATION
6-24 MONTHS INTEREST FREE FINANCING
AT CYCLEZONE MOOLOOLABA

Kaz Tavener qualified for both the 70.3 and Ironman world championships this year.



BUY ONE GET ONE FREE
SPECIALIZED MOUNTAIN TYRES
AT CYCLEZONE MOOLOOLABA

We revealed the need for heart checks ahead of endurance events.

Perfect for race recovery

Grant Edwards
Grant.Edwards@apn.com.au

GLIDING alongside a turtle above a kaleidoscope of coral the daily grind becomes a distant memory.

Snorkelling on the Low Isles of the Great Barrier Reef feels a world away from reality and where the glossy brochures become a reality.

It's also a timely recovery from a massive week in this part of the world.

Cairns Adventure Festival has evolved over the past five years into one of the state's most popular event destinations for good reason. Escaping the start of winter looms large with temperatures in the high 20s and the allure of leaving jumpers behind.

The jewel in the festival crown is the Ironman event, a 3.8km swim off Palm Cove, 180km ride between Port Douglas and Cairns, followed by a three-lap marathon on Cairns esplanade.

There is also a half iron-distance event run concurrently, and collectively there is a brilliant buzz around the race precinct leading up to the Sunday event.

It's a great day even for those not racing, with the constant flow of athletes of all calibres providing entertainment until the midnight cut-off.

After some action-packed days, Port Douglas offered the perfect recovery destination.

With a relaxed atmosphere it's a refreshing break from the state's southern coastal highrises with a natural appeal. Think Noosa, but without the bravado... but with a similar car park battle in the Main Street.

Hiring a car is the best way of making the most of your time in town, and enables quick passage around town, although there are a multitude of shuttles available for those who don't want to steer themselves.

We stayed at the QT following fun and engaging experiences at the brand's hotels in Sydney and the Gold Coast, and, like many of the other major resorts, it's



The Low Isles offers a spectacular location for snorkelling.

IF YOU GO

What: Cairns Adventure Festival.

When: June 5-13, 2017.

Details: Range of events, from sprint distance triathlon, mountain bike challenge, ocean paddle, swim, fun run, and half-iron distance and full ironman.

Best restaurants: Bazaar at the QT and Watergate Restaurant and Lounge Bar in Port Douglas.

Best caffeine hits: Origin Espresso, Sparrow and The Little Lader in Port Douglas, while in Cairns try Cruze and Caffiend.

positioned a few kilometres from the Port Douglas heartbeat of McCrossen Street.

Quirky with a retro beach feel, the QT offered a family friendly environment with free access to games, table tennis and tennis part of the deal. There are also two pools, one 25m long for those keen to maintain the training regime.

Well worth throwing into the mix is the resort's Bazaar, the buffet for breakfast and dinner. Similar to the awesome Gold Coast set-up, the Bazaar is designed as a recreation of the traditional marketplace "with a 21st Century twist".

With cured meats hanging from



Rooms at the QT have a funky, beachy feel. Then relax in the pools.



the ceilings, there is an array of dishes at the ready.

Throughout Port Douglas there are a range of dining options, many with deals where kids can eat free when ordering before 6pm. Yet the culinary highlight was at Watergate Restaurant and Lounge Bar. We've been fortunate to dine at some of the best locations on the eastern sea board over recent years, and our experience was equal to upper

echelons of dining in capital cities.

There are a host of activities available close to Port Douglas, and our family activities included a trip to the breathtaking Mossman Gorge, the hilariously entertaining Hartley's Crocodile Adventures and the Ree Springter snorkelling journey to the Low Isles.

The latter was a true highlight. Taking only 15 minutes courtesy of the jetboat, it was a short journey but a world away.



The Reef Sprinter takes just 15 minutes to reach the Low Isles.



QT Port Douglas's Bazaar restaurant.



Action from the Cairns Ironman.



Hartley's Crocodile Adventure is action-packed.



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



Tasty big dual-cab beefcake

■ Brent Davison

WHEN Volkswagen brought its Amarok light truck to Australia almost six years ago the launch was quickly followed by rave reviews.

Amarok was everything buyers in the class wanted: powerful, comfortable, capable, driveable and, most importantly, affordable.

There was one thing missing though – a beefy six-cylinder engine.

Volkswagen addressed that particular issue for Australian buyers this week, lifting the bonnet on a facelifted Amarok duo that is the vanguard for a fully revamped four-cylinder model range that will arrive here in the first quarter of next year.

Two model grades – Highline and Ultimate – one mechanical package, Volkswagen Group's 3.0-litre V6 turbo-diesel, the same engine that has been doing sterling service in Audi's Q5 and Q7 SUV.

For Amarok it is mated to an eight-speed automatic transmission and drives all four wheels through a Torsen system running a default 40:60 front/rear torque split but can vary that through to a 60:40 split depending on track conditions.

The eight-speeder is familiar but for this application low gear is lower and top gear higher and the six in the middle spaced a little further apart, the whole thing taking advantage of the big (165 kilowatts) power output and much bigger (550 Newton metres) torque numbers.

Comfort

The first Amarok had the comfort levels of a car both internally and dynamically and the V6 variants are no different.

Cabin comfort is impressive, not just for the way the supportive seats give you a big cuddle in the twists and turns but also for the way the dash and instrumentation has been laid out. Yes, it is all in the VW tradition and therefore all very familiar but it all makes sense.

Also impressive is the lack of transmitted road and engine noise and Amarok V6 can lay claim to having one of the quietest cabins in the business to the point where, at speeds in excess of 120kmh (oops, sorry officer!) conversations can be had without the need for raised voices.

On the road

With its 165kW on song from 2500rpm through to 4500rpm, its 550Nm of torque kicking-in from



Great for carrying bikes and going off-road, the new Volkswagen Amarok.

PHOTOS: CONTRIBUTED:



1500rpm and staying solid until 2500rpm and a 4.71:1 low gear ratio, Amarok V6 is never going to be a slouch and will leap from standstill to 100kmh in a hot hatch-like 7.9 seconds.

A 3000-kilogram payload (GCM 6000kg) might slow it down, but probably not by much.

Ride and handling is superb in relative terms and easily the best of the current crop of light trucks,

What you get?

Is there anything simpler than a light truck? Not really. A frame chassis with body on top, rudimentary suspension, everything nicely over-engineered for durability and a grunty engine to make it all happen.

The smooth and powerful V6 diesel donk, eight-speed auto trans (a six-speed manual will be available late next year for the harder-core enthusiasts) and four-wheel drive has already been explained but the standard equipment list is something else again.

A full suite of chassis electronics is standard on both grades and Highline buyers get stainless steel side steps, 18-inch alloy wheels, bi-xenon headlights, LED daytime running lights and chrome sill bars with integrated LED lighting.

Inside there is chrome trim, multi-function steering wheel, six-speaker audio, satellite navigation, Bluetooth connectivity, App Connect, a rear view camera, front and rear parking sensors,

VITAL STATISTICS

Model: Volkswagen Amarok V6

Details: Four-door, twin-cab light trucks in Highline and Ultimate specifications.

Engine: 3.0 litre V6 turbocharged diesel generating 165kW @ 2500-4500rpm and 550Nm @ 1500 -2500rpm.

Transmission: Eight-speed sport automatic with paddle shifters.

Consumption: 7.1 litres/100km (combined average).

Performance 0-100kmh: 7.9 seconds.

Bottom line plus on-roads: Highline \$59,990; Ultimate \$67,990.

Website: www.cricksmaroochydevv.com.au



climate control air-conditioning and heated front seats with fabric trim.

Options list

Cargo bed liners, designer roll bars, bigger wheel and tyre packages, hardtop canopies are all available for Amarok V6.

Practicality

Is there anything more practical than a four-door, five-seat light truck? Probably not although the option of rubberised flooring and vinyl seats would probably have a high take-up rate if it were offered.

The fact Amarok has one of the largest load beds in the class (the tray is 1555mm long, 1620mm wide tapering to 1222mm between the wheel arches and has 508mm-high sides) and can hold a standard Euro, Australian or CHEP pallet is a bonus, as is its low 708mm load height 911kg

payload (for Highline. Ultimate holds 864kg).

Funky factor

Trucks are cool and Amarok V6 is, right now, the coolest of them all.

It can be made even cooler just by ticking a few boxes on the accessories list. Maybe start with optional 18, 19 or (for Ultimate) 20-inch wheels and work upwards from there.

The lowdown

Amarok 2.0 litre got it right, Amarok V6 gets it righter. Right?

At its launch we tackled wet, gravel roads with seriously steep inclines and the trucks kept asking for more.

Bitumen roads were a piece of cake and the hardest part was trying to work out why and how a light truck could do what Amarok V6 is so obviously capable of doing.



Picturesque rainforest setting

DO YOU have a sense of adventure? Here, you are only kilometres from Ewen Maddock Dam - the perfect location for trail runners, mountain bikers and adventure racers.

For those who love to ride, you are also positioned in the heart of the hinterland where there are some amazing rural routes at your doorstep.

This charming modern Queensland style home tucked away on 1.57 lush hectares framed by rainforest and native bush, offers peace and privacy in an idyllic picturesque setting and is also perfectly set up for dual living.

Over two levels, the home is complete with five bedrooms, three bathrooms, separate living areas, elegant kitchen plus kitchenette, expansive covered deck overlooking resort-style in-ground pool, Balinese hut, car accommodation for five vehicles, plus single bay shed with power.

The lower level is fully self-contained with its own external access and private deck – this could be used as a granny flat, home office, guest accommodation or teenagers' retreat, the choice is yours and its use may change over time as your family grows and needs differ.

Features include timber floors, reverse cycle air-conditioning, cosy fireplace to keep you toasty and warm on a crispy cool winter's evening, stone benches in kitchen, stainless steel appliances, ceiling fans, timber fretwork, generous storage, 5kW solar power, solar



hot water, 25,000-litre rainwater tank and private bore.

For the family that loves to entertain – this is the business.

Whether enjoying a barbecue on the deck, or toasting the good life in the Balinese hut while the kids swim in the pool, this is a magical place to celebrate any special occasion, in privacy, comfort and style.

A bitumen driveway with external lights leads to the property, and the setting's natural

beauty is so magnificent it has been awarded a "Land for Wildlife" classification. Home to an abundance of wildlife including hundreds of species of birds, it has a sanctuary-like ambience, where you will feel miles away from suburbia, yet in actual fact you are only a short drive to amenities.

Located just a few minutes from the local primary school and the Mooloolah township with its retail, parks, rail to Brisbane, sporting

MOOLOOLAH VALLEY

18 Guilfoyle Ct

5 Bed, 3 Bath, 4 Car, Pool

Features: Expansive timber deck, quality kitchen plus kitchenette, resort-style in-ground pool, Balinese hut, single bay shed, private 1.57ha framed by native bush and rainforest, dual living potential

Price: Auction on Site

Saturday, December 3, at 11am

Agent: Matt Glynn at Ray White Kawana

Contact: 0404 315 066

Inspection: Contact agent



facilities and more, plus 20 minutes to Caloundra's beaches, and about 60 minutes to Brisbane; you can benefit from the best of both worlds – country living without compromising conveniences.

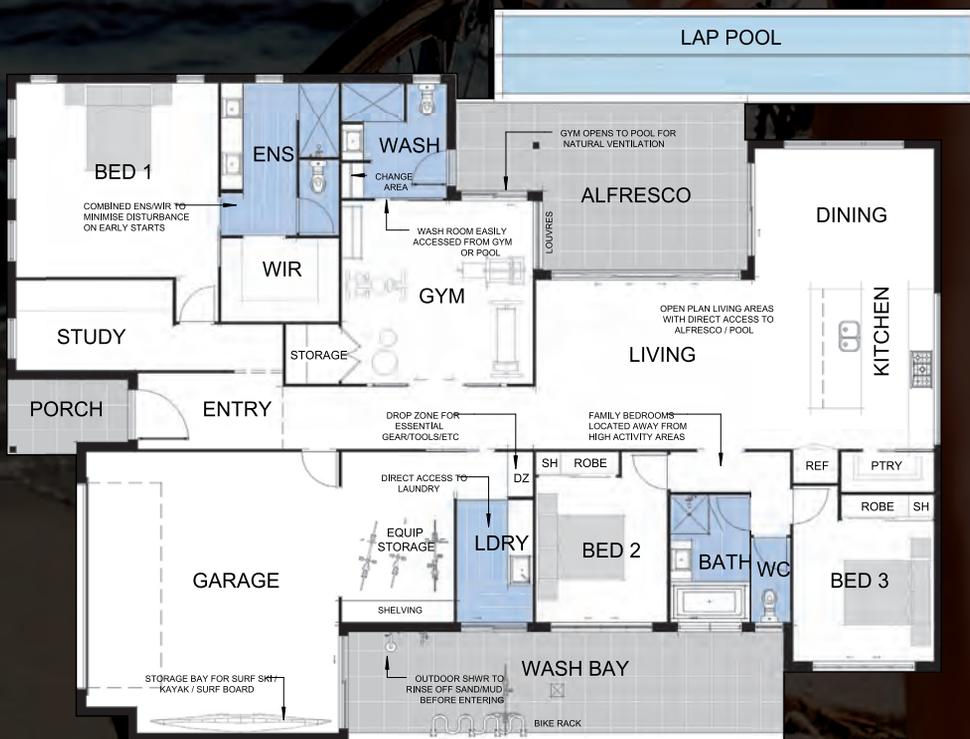
Owner is regretful about selling but is committed to securing a sale this spring; buy today and you and your family could be celebrating Christmas 2016 out on your timber deck amongst the rainforest.

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?
custom build
www.ausmarcustombuild.com.au

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

The latest and greatest...



The 404 Firestrike carbon clincher is designed for durability and impact resistance but, at 1620 grams per wheelset, is also light weight. Add awesome value to that list. Cycle Zone Mooloolaba has the Zipp Firestrike 404 wheelset for RRP of \$3500, down from \$4650. Each 404 Firestrike Clincher includes Zipp black titanium skewer, Zipp valve extender by Silca, Zipp tube 700c x 23mm, Zipp rim tape 700c x 20mm, Zipp individual wheel bag and Zipp Platinum Pro Evo brake pads.



Venture Cycles at Noosaville has a full range of great kids bikes ready to roll (no headaches Christmas Eve, no tears Christmas morning). Made especially for kids so they are easy to ride, starting at \$229 (pictured is the \$539 Superfly 20).



Bianchi's latest TT bike has left no stone unturned in its quest for aerodynamic advantage, utilising 'viscoelastic' material which NASA have used. This reduces vibration to the rider, giving a more compliant ride, which will be great news given a TT bike's usual harshness. There is nothing to disturb airflow, wires, fixers, screws and cables all hidden from sight. The rear triangle is tiny, with a partial cut out for the rear wheel, while the front triangle is huge giving it great aerodynamic profile minimising drag. A cover over the front forks and cockpit is a remarkable bit of engineering, seamless and imperceptible in its application. Check out the Aquila now at Le CycloSportif, RRP \$8499 for the frame, aero bars and seat post.



Allez Sport at Mooloolaba has just received the limited release men's Asics Gel-Kayano 23, RRP \$259.95. The Kayano is renowned for providing optimal balance, as well as a lightweight cushioned comfort for a luxurious ride. The FluidFit upper benefits from a seamless stretch mesh reinforcement that not only adapts to the foot's natural motion, but also provides increased forefoot support - together creating a custom sock-like fit.



The 2017 model Asics Gel 2000 5 is now available in men's and women's styles at Allez Sport Mooloolaba. It features a seamless upper which enhances durability and forefoot support as well as Fluid Ride 2 technology and Convergence Gel that provides you with a stable and cushioned run. RRP \$199.95.



Comfort, vision and ease of adjustment are critical requirements when competing in open water swims and triathlons. Speedo Futura Biofuse Pro is the ultimate open water and triathlon goggle. Cushioned comfort seals reduce leakage and marks around your eyes. Anti-fog Ultra lenses provide excellent vision and clarity. Polarised lenses reduce glare. Available from Coolum-based Ezi Sports for RRP \$59.95. [Click here for the link.](#)

The new Specialized Prevail helmet is forecast to arrive at Cycle Zone Mooloolaba this week. Weighing just 203grams (medium) is regarded as the most complete lightweight racing helmet, combining incredible ventilation, WinTunnel tested aerodynamic design and ultra-light construction in order to achieve the best all-around performance against the peloton. RRP \$329.



Upcoming Sunshine Coast events

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

Date	Event	Distance	Location	Website
December 3	Sunshine Coast Cycling Club crit	Criterion racing with Sunshine Coast Cycling Club. Visiting riders from other clubs are welcome. Depending on the number of riders racing on the day, some grades may be combined. D Grade – 30 minutes + 2 laps, C Grade – 35 minutes + 2 laps, B Grade – 40 minutes + 2 laps, A Grade – 45 minutes + 2 laps.	Giraween	www.scccracing.wixsite.com
December 4	Bushrangers Mapleton Community MTB Ride	Event for new riders to the club. Challenging ride with steeper slopes and obstacles, possibly on a narrow track with poor traction. Meet at Delicia Road, Mapleton, opposite Lilleyponds, at 6.45am for 7-11am ride.	Mapleton	www.bushrangers.org
December 10	Stand Up Sunshine Coast	Free demonstrations and training on stand-up paddleboards, spinal checks and barbecue, 11am-1pm. Chance to win a stand-up paddleboarding pack valued at \$1400.	Lake Kawana	www.hendreychiropractic.com.au
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 11	Bushrangers MTB Parklands Ride	Monthly ride at Parklands. Meet 6.45am at Radar Hill Rd, Kulangoor, ride from 7-11am. Grade: Split into two groups, grade two ride and grade three ride.	Kulangoor	www.bushrangers.org
December 11	Bargara Sprint Triathlon	Bargara Triathlon Club event featuring a sprint-distance 750m/20km/5km, give it a try 375m/10km/2.5km and 7-12 year olds 100m/2km/500m.	Bargara	www.bargaratri.org.au
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 18	Bushrangers MTB Wooroi Forest Ride	Meet Wooroi day-use area on Cooroy-Noosa Road, Tewantin, at 6.45am for 7-11am ride. Grade: Grade 2/3.	Wooroi	www.bushrangers.org
December 21	Bushrangers MTB Ferny Forest Night Ride	Suitable to those just starting off on night rides. Meet 6pm for 6.15-8pm ride at Steve Irwin Way rest area opposite Big Kart Track. Grade 2, doing the Ferny Forest loop - 1,2,3 laps - your choice.	Wooroi	www.bushrangers.org
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 1, 2017	Bushrangers MTB Ewen Maddock Dam Community Ride	Monthly community ride that welcomes and introduces new riders to the club. Meet 5.45am for 7-11am ride at Ewen Maddock Dam, Maddock Park, Mooloolah Connection Road. Grade 2. Children welcome, but under 16 must be accompanied by an adult on the ride. Bring money for coffee stop mid-ride.	Mooloolah	www.bushrangers.org
January 8, 2017	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
January 15, 2017	Bushrangers MTB Glasshouse Mountains Ride - Town	Riding to two lookouts and return. Meet 6.45am for 7-11am ride from Glasshouse Mountains Sports Club (Steve Irwin Way on left just after bridge). Grade 3.	Glasshouse Mountains	www.bushrangers.org
January 26, 2017	Bargara Aquathlon	Bargara Triathlon Club aquathlon featuring a 3km/400m/3km/400m/2km, give it a try 3km/400m/3km, and 7-12 year olds 100m/1km.	Bargara	www.bargaratri.org.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

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Upcoming Sunshine Coast events

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multisportmecca@apn.com.au

Date	Event	Distance	Location	Website
January 28, 2017	BW@N Australia Day Marathon	This run will be based at Mt Beerwah National Park Day Use Area, consisting of three events of 10km, half marathon and full marathon. The marathon starts at 4.30pm and runs into the darkness with the half marathon starting at 6pm and the 10km starting at 6.30pm.	Mt Beerwah	www.runqueensland.com
January 29, 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 15km, 10km, 5km and 2km.	Noosa Springs	www.atlasmultisports.com.au
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.worldserieswims.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 19, 2017	Coolum Tri Festival	New sprint distance triathlon featuring a 750m swim, 20km bike and 5km run. Race to be staged in Coolum's industrial estate with the swim held in a freshwater lake.	Coolum	www.vitalevents.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
February 26, 2017	Bendigo Caloundra Community Bank Just Tri It Series – race one	A two-race triathlon series for all levels. The event has two distance options, short - 300m swim/10k, bike/3km run and long - 600m swim/20km bike/6km run. There are also two kids races for children aged 7 to 12. Kids 7-9 race 100m swim/2.5km bike/500m run, and ages 10-12 200m swim/5km bike/1km run.	Golden Beach	www.caloundratriathlonclub.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.worldserieswims.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 15km, 10km, 5km and 2km.	University of Sunshine Coast	www.atlasmultisports.com.au

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Upcoming Sunshine Coast events

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Date	Event	Distance	Location	Website
March 10-11, 2017	Mooloolaba Triathlon Festival	ASICS Mooloolaba Twilight 5km run, 1km Ocean Swim, Superkidz Triathlon and the Special Tri. The event also features the Mooloolaba ITU Triathlon World Cup.	Mooloolaba	www.ap.ironman.com
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 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 19, 2017	Bendigo Caloundra Community Bank Just Tri It Series – race two	A two-race triathlon series for all levels. The event has two distance options, short - 300m swim/10k, bike/3km run and long - 600m swim/20km bike/6km run. There are also two kids races for children aged 7 to 12. Kids 7-9 race 100m swim/2.5km bike/500m run, and ages 10-12 200m swim/5km bike/1km run.	Golden Beach	www.caloundratriathlonclub.com.au
March 26-27, 2017	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
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 15km, 10km, 5km and 2km.	Buddina	www.atlasmultisports.com.au
April 23, 2017	Bargara Triathlon	Bargara Triathlon Club event featuring an Olympic-distance 1.5km/40km/10km, give it a try 750m/14km/4km and 7-12 year olds 100m/2km/500m.	Bargara	www.bargaratri.org.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 and 145km bike on day one, day two is a 274km bike (421.1km total) and 84.3km run on day three.	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.	Woodford	www.toughmudder.com.au

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Upcoming Sunshine Coast events

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Date	Event	Distance	Location	Website
May 21, 2017	Mooloolaba Ocean Enduro	No entry fees, no official organiser, participants must provide their own safety, a real old school event, just like the first Hawaii Ironman: 3.5km swim, 1km run, 20km surf ski, 7km board paddle, 9km run. Teams and individuals, and category for swimmers only for the initial swim leg only (called the shark bait category).	Mooloolaba Spit	https://www.facebook.com/MOEDISTANCE/?fref=ts
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 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
September 10, 2017	Ironman 70.3 Sunshine Coast	Half-Ironman distance triathlon, featuring a 1.9km swim off Mooloolaba Main Beach, two-lap 90km bike route along the Motorway and also some hinterland aspects, and two-lap 21.1km run course from Mooloolaba to Maroochydore.	Mooloolaba	www.ironman.com
September, 2017	12-Hour MS Swimathon	Cotton Tree Aquatic Centre will host its MS Swimathon event to raise funds to help people living with multiple sclerosis (MS).	Cotton Tree	www.msswimathon.com.au
September 17, 2017	Mt Cooroora Endurance Challenge	The Mt Cooroora Endurance Challenge is a 4 hour or 8 hour run on a 1.2km lap at Mt Cooroora run solo or in relay team pairs or triples.	Pomona	www.mtcoorooraendurancechallenge.com
September 23-24, 2017	Sunshine Coast CycleFest	Includes King and Queen of the Mountain at Palmwoods on the Saturday morning, then in the afternoon there will be a street criterium at Cotton Tree with six events. On the Sunday. There is the 100km grand fondo. Also a 25km ride from Port Arkwright to Cotton Tree.	Cotton Tree	www.sccyclefest.com.au
October 15, 2017	Mountain View Challenge	Lions Club of Maleny stage this event to raise funds for medical research and to provide keen runners the opportunity to compete on a challenging but scenic circuit. Events include 21.1km, 10km, 5km and 3km runs.	Maleny	www.malenyblackallrange.qld.lions.org.au/projects/mvc
October 21, 2017	Blackall 100	Two trail runs, featuring 100km and 50km events. The 100km starts at 6am with the 50km starting an hour later at 7am. Cut-off for the 100km is 10am Sunday morning (28 hours) and 9am for the 50 km (25 hours).	Mapleton	www.blackall100.com
November 1-5, 2017	Noosa Triathlon Festival	Australia's biggest triathlon, including a 1500m swim, 40km ride, 10km run. The festival includes a swim/run, fun run, 1000m swim, along with elite 5km Bolt and criterium racing.	Noosa	www.ap.ironman.com
November 19, 2017	Hervey Bay 100	Main event is a 2km swim, 80km ride and 18km run. Saturday includes a mini aquathlon, junior triathlon and Have a Crack tri.	Hervey Bay	www.hb100.herveybaytriclub.org.au