

He was never supposed to be competing as an individual at the inaugural Mooloolaba Triathlon in 1993, but a promise from Benny Pike saw him toe the start line.

Brad (pictured right on Alexandra Headland hill) was only in Mooloolaba to celebrate the new event and take part in a team, which was to include the Coast's own Australian swimming golden girl Lisa Curry.

Lucky he did, the then 25-year-old delivered a brilliant race to claim the title.

CONTINUED ON PAGE 2



Mooloolaba follows Noosa's footsteps



1993 RESULTS

Open men

- 1. Brad Beven 1:36:58 (14:56 swim, 50:35 cycle, 31:26 run).
- 2. Andrew Noble 1:38:44 (16:42, 51:35, 30:43).
- 3. Miles Stewart 1:39:06 (15:13, 52:13, 31:39).
- 4. Darren Wood 1:39:36 (15:18, 51:54, 31:32).
- 5. Craig Sly 1:39:58 (15:18, 52:04, 42:35)

Open women

- 1. Alex Laws 1:51:06 (16:12, 57:01,
- 2. Natalya Orchid 1:53:54 (17:43, 58:52, 36:25).
- 3. Jackie Gallagher 1:56:04 (19:16, 1:01:06, 36:18).
- 4. Lena Edmonson 2:02:16 (17:48, 1:04:44, 39:44).



That was in the midst of Brad's rise to triathlon royalty.

Inducted into the Triathlon Australia Hall of Fame in 2013, the Mooloolaba win was at the beginning of his World Cup Series dominance, which saw him claim the title four years in succession from 1992-1995.

"Benny Pike talked me into coming to do a relay in the bike leg, then I saw these guys hooning around on Harleys and I said 'I wouldn't mind a go at one of those'," he said.

"He said, 'If you do the race I'll promise you a Harley ride,' because he was trying to talk me into it the whole time.

"Back then I would really try and get my head around a race before doing it and I had never thought of doing this one.

"I ended up having a good race so it all worked out for the best but I'm still waiting for my Harley ride."

Mooloolaba was launched off the back of a successful decade of triathlon at Noosa.

Garth Prowd was at the helm of race organiser USM Events at the time, and said it was designed to "book-end" the season - with Noosa in October and Mooloolaba in May.

With the backing of committee members such as Rod Forester, Ken Neil, Bill Freeman and Doug Jewry, it started a dynasty which has lasted 25 years when next year's triathlon is staged in March.

The first event had its teething issues, with the advertised Olympic-distance shortened on the bike due to police restrictions. With the swim off main beach,

Bruce Thomas and Chris Southwell on the run. PHOTOS: SCD ARCHIVE



the ride was five laps onto the Sunshine Mwy (turning left toward Kawana) and looping back through the esplanade, while the run was three laps between Mooloolaba and Alexandra Headland surf clubs.

Transition stretched from where the Loo with a View now stands, down to the car park near the surf club.

With about 1000 athletes in the first year, the cycle format had to be abandoned in future years due to course congestion.

There was some impressive quality among the elites in the inaugural race, with Brad up against the likes of Simon Knowles, Miles Stewart, Craig Sly and Darren Wood from the US.

The women's race was won by Alexandra Laws from Natalya Orchid and Jackie Gallagher.

"There was good community support for it. Noosa had proved triathlon was a sport suitable and beneficial to the Coast," Garth

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Laying triathlon foundation







Action from the inaugural Mooloolaba Triathlon, staged on May 16, 1993.

PHOTOS: SCD ARCHIVE

FROM PAGE 2

"By '95, Noosa was a world cup race, and then Mooloolaba took the mantle.

"Noosa and Mooloolaba still stand apart. Both have significantly high numbers of team entries, which is very unusual in Australia. Many people only do one triathlon once a year, and it's generally Mooloolaba or Noosa."

From its inception, Mooloolaba played a pivotal role in laying the triathlon foundation in Australia.

Brad, now a coach based at the Gold Coast's Tallebudgera Valley, said the race quickly became renowned among the elites.

"I remember in 1997 it was national champs when Chris McCormack got second. We ran head-to-head for the whole run and bashing each other around.

"We got to the hill and he did this almighty sprint and I thought there was no way I could hang with him, but he blew up and I just



Andrew Noble leads Miles Stewart at Mooloolaba in 1993.

got him with 200m to go," he said.

"Chris went on to bigger and better things, but that was the breeding ground for some of the future leaders in the sport in Australia and all over the world.

"These were the formative years for a lot of us to go on to bigger

and better things internationally.

"It's one of those iconic races now. Even then it was a great place to do well at and a great course.

"Mooloolaba has got a lot busier but the triathlon has coped with the larger numbers."

MOOLOOLABA TRIATHLON

What: 2017 Mooloolaba
Triathlon Festival.
When: March 10–12.
Details: The festival includes a
5km run on the Friday, then on
the Saturday the ITU sprint
triathlon along with Superkidz
triathlon, ocean swim and
cycling criterium.
The Olympic-distance age
group event will be held on the
Sunday.

Since 1999, the festival has hosted an ITU World Cup event that has been won by gold medallists, and world champions alike, but has only been in sprint-distance format since 2014.

Next year's festival will be held from March 10–12.



Prove we're Queensland's fittest

Jenna Cairney
ienna.cairney@scnews.com.au

GET your walking shoes on – the Sunshine Coast Daily needs you to stand up for town pride.

We're about to launch a stepping challenge, encouraging individuals to do something about their fitness leading into summer, and we'll be competing with other towns and cities to see which place walks the most.

We're doing it because over the past week, we've shared some pretty horrific statistics about our region's obesity problem.

If we don't start making lifestyle changes today, we won't be around long enough to make them later. Hence the Kick the Kilos stepping challenge, and to help motivate you, Australian surfing champion Sally Fitzgibbons joins our Weekend magazine team today to share her fitness tips and tricks and give us a nudge in the right direction with her own 12-week challenge.

"If I could help one person into a healthier lifestyle, for me, that's the most rewarding thing," she said.

The Sunshine Coast Daily is determined to impact many lives.

We're going up against 14 other regions in Queensland and Northern New South Wales who have signed up to our Kick the Kilos stepping competition. So where is our fittest town?

The aim is to walk or run as many kilometres as you can over 12 weeks, log your scores in our Strava app group, and it will pool together with everyone else's scores in that group. The town that racks up the biggest distance overall and per capita wins.

The competition starts next Saturday so we have a week to sign up as many people as possible in our region to Strava – so spread the word.

As the editor of Sunshine Coast Daily, I care about our community. I've signed up to the competition, my staff have signed up, and now I am asking you to get on board.

I particularly challenge business leaders and community group heads to encourage their staff and members to join.

Let's show these other regions what we're made of and Kick the Kilos together.

Here's how to get involved:

- Download Strava from the App Store or Google Play on your smartphone.
- Create your account with an email and password. Select running as your core activity (even if you will be mostly walking).
- Click the three dots in the bottom right corner 'More', select 'clubs' and then search Kick the Kilos. Find the Sunshine Coast Daily group and join.
- When you're ready to log a workout, select the 'record' button in the bottom centre of the toolbar. It will locate you on the GPS. Press it again when you start walking and again when you have finished. Tap the finish flag once you're done to save the workout.
- Name your workout and hit save. This will ensure it shares to the Kick the Kilos group.
- In the Strava app, you can track your own workouts and progress, plus the activities of your group. You can also see which individuals are leading in live time under the tab 'view leaderboard'.

If you have a Fitbit with GPS capabilities or other fitness tracker head to www.strava.com/ upload/device and sync your accounts. Every step counts!

The competition finishes December 10.



Sally Fitzgibbons has joined us in our quest for a healthier region.

PHOTO: CONTRIBUTED

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- This deal is only available until October 19, so head to www.sunshinecoastdaily.com.au/free or phone 1300 361 604.



Page 4. Sunshine Coast Multisport Mecca



Locals poised for ultra experience

Grant Edwards

FIVE locals are among the contingent set to face Ultraman Australia in 2017.

Trilogy Cycles owner Keith Maricich (Noosa Heads) is among the initial starters' list, along with Andrew Hartnett (Noosa Heads), Ben Johnston (Tuchekoi) and Carmen Atkinson (Buddina).

After finishing his first Ultraman in May this year, Sean Riley (Palmwoods) will also return for another crack at the three-day event which encompasses a 10km swim, 421km bike and 44km run over three days.

It will again be staged from Noosa, from May 13–15.

Next year's event will see entrants from eight other countries, including Brazil, Canada, New Zealand, Poland, Ireland, South Africa, USA, Great Britain and Spain.

Apart from the Sunshine Coasters, there will be 10 other Queenslanders, five from West Australia, nine Victorians, five

ULTRAMAN

May 13: 10km swim, 140km

May 14: 281.1km ride. May 15: 84.3km run.

Each stage must be completed within 12 hours or less.

Tasmanians, seven from New South Wales and two from South

Australia.

Meanwhile, one of this year's
Ultraman Australia finishers,
Greg McDermott, is inspiring
people to live healthy and active

The Sydney man, nicknamed The Fruit Guy because of his plant-based diet, is in the centre of Queensland as part of his epic lap of Australia by bike.

He is attempting to average 180km a day for 79 consecutive days to complete 14,815 gruelling kilometres.

Every day he's on the road unaided and is only supported at set stops by his partner April Gillies in a campervan.



Carmen Atkinson is primed for Ultraman Australia next year.

PHOTO: JOHN MCCUTCHEON

"The aim of this ride is to raise \$50k for Youth Off The Streets and also to educate, motivate and inspire all Aussies to find their passion, live with purpose and have a crack at whatever they dream," she said.

"Greg and I have both done this in the past three years and have lost 30kg each and are now plant-based endurance triathletes."







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Clinic 3: 1st October Clinic 4: November 26th

Buderim School Pool, Main Street, Buderim \$60.00 per swimmer (limited to 15 spots)





Marathon man set for Chicago

Grant Edwards
Grant.Edwards@apn.com.au

PRESSURE is building on the shoulders of Jason Crowther ahead of next month's Chicago Marathon.

Crowther is tackling the US event together with a group of marathon committee members, including McDonald's franchise owners Gary Binet (along with his sons Cameron and Ben) and Greg Biggs, as well as Westpac business banker Stephen Gage.

Ronald McDonald House
Charities is the primary
beneficiary of both the Chicago
and Sunshine Coast events,
hence the strong local contingent
making the long haul to compete
overseas. All locals will be raising
money for the south-east
Queensland division of the
charity.

But Crowther has a unique strategy for his fundraising campaign. The triathlon coach is looking for 60 sponsors to guess his finishing time to the minute – anywhere between 2hours 30minutes to 3hours 30minutes.

"We will offer a \$20 ticket for every minute and the top three will be in the running for one of three prizes," Crowther said.

"The person who gets the correct time can take their pick between a free entry to any event in next year's Sunshine Coast Marathon Festival, full entry to the Sunshine Coast Run Series or a month's free coaching.

"Second and third places will be a random draw of the remaining two."

The former professional triathlete has run four standalone

CHICAGO MARATHON

Park.

When: October 9.

Details: On race day, runners from all 50 US states and more than 100 countries will set out to reach the finish line in Grant

Crowd: Runners enjoy the support of 1.7 million spectators as they run through 29 neighborhoods.

marathons during his career. Two in Japan, one in Las Vegas and another in England.

His fastest is a 2:36, while the slowest was 3:23.

"I have been doing a bit (of training)... I can't give away my times but I'm not going to go slower than 3:30," he said. "I have done the ks. The work is in the bank, and it will come down to race day and see how fast I go out."

This week Crowther will peak with a total close to 90km. That has included every weekend of about 35-40km on long runs, while mid-week has been two-hour sessions at Parklands to build strength.

He has also thrown some tempo runs into the mix to improve race pace, followed by the odd speed session.

Helping fuel his training is the Sunshine Coast Daily's Kick the Kilos campaign which tracks walkers and runners' distances.

An advocate of healthy lifestyles, Crowther applauded the campaign which aims to help tackle Queensland's obesity



Jason Crowther is preparing to take part in the Chicago Marathon with a group of other local athletes. PHOTO: JOHN MCCUTCHEON

epidemic and get people off the couch. "It's not just for physical health benefits, it's mental. If more people went out and went for a jog or walk for just half an hour it really breaks up the day and you feel so much better for the experience," he said.





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Excitement builds for CycleFest

After entering the 25km event, Carrolyn is now preparing for the 100km ride

Full name: Carrolyn Ireland. **Birthplace:** New Zealand.

Lives: Buderim.

Occupation: Education Practice Advisor for Early Childhood. Age and marital status: 57, married with a 28-year-old daughter.

Sport: Cycling.

Favourite food: Kiwi fish and chips – there is something about 'shark and tattie' and the way they are cooked in NZ.

Favourite drink: Banana mango smoothie

smoothie.

Pet hates: Smokers, especially inconsiderate ones!

Favourite ride location:

Anywhere there is a view of the sea and preferably flat!

Best or most memorable event: B2GC, my first 100km. Bucket-list event: To ride the final Paris leg of the Tour de France.

How did you get into this sport:

I have a bad knee injury and am trying to avoid a knee replacement. The physio recommended cycling to strengthen the muscles around the knee.

Favourite race: Anything flat.
Current bike: Liv Avail.
Dream bike: Avail Advance Pro.
What has a training week look
like for you: Monday and
Wednesday I ride for about
1.5 hours with my husband.
Saturday is the Giant ladies social
ride, Sunday is a longer ride



Buderim's Carrolyn Ireland is in training for the 100km Gran Fondo as part of this weekend's Sunshine Coast CycleFest.

PHOTO: CONTRIBUTED

two-hour-plus, Tuesday and Thursday is CX Works, a core class at the gym and RPM, Friday is sleep in and rest day.

How do you manage to fit in training: By getting up at 4.30am, four days a week to exercise before work and making it a priority.

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

because she would be able to advise me on nutrition and exercise.

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

Archaeologist.

Best movie: Lord of the Rings. **Current car:** Peugeot 307 convertible.

Dream car: Mercedes-Benz SI 63 AMG.

CYCLEFEST

When: September 24–25. Enter: Online entries have closed, but on the day entries will be taken. Events include:

- Coast Life Homes Mountain Challenge (Palmwoods to Montville 8km Time Trial open to the public);
- WIN NEWS Gran Fondo (100km ride open to the public);
- Maroochy RSL Piccolo Fondo (25km).



Support follows horror crash | In brief...

Roxanne McCarty-0'Kane

SITTING by her husband's bedside as machines pumped oxygen into his punctured lungs, Deborah Neal felt isolated from the world.

With no family or friends on this side of the world, the Texan holidaymaker was taking each day as it came as her husband James "Darrel" Neal embarked on a long road to recovery following a serious car accident. Darrel was left in a medically-induced coma in Nambour Hospital's intensive care unit

But the Sunshine Coast sporting community has embraced the Texan couple and Deborah has been blown away by the support she has received from complete strangers.

The couple arrived on the Coast in late August so Darrel, an avid ironman competitor, could take on the 70.3 Championship in Mooloolaba on September 4.

Two days after the 56-year-old crossed the finish line after a gruelling grind of almost six hours, the couple were involved in an accident with a truck at the Caloundra interchange on the Bruce Highway while they were on their way to the Glasshouse Mountains.

Deborah was left with a couple of broken ribs and concussion while her husband, who copped the full brunt of the impact, broke every rib and punctured both of his lungs.

"He was in really bad pain," Deborah said.

"They let him try and fight through it for a couple of days, but then they went ahead and put him in a coma so that he can breathe and not be in so much



Deborah and Darrel Neal on the Sunshine Coast before the car accident. PHOTO: CONTRIBUTED

pain." With Deborah staying alone in a hotel near the hospital, Darrel's brother Richard reached out to the sporting community by email from his home in Texas, asking them to give his family "some love".

And they responded with gusto. Sunshine Coast Triathlon Academy head coach Toby Coote said he was touched by the email. He immediately contacted Kevin Hammond, who lives in Burnside, to ask if he would visit Deborah.

"Kevin and his wife Angie visited and then invited Deborah over for a home-cooked meal and since I put something up on Facebook, our crew has offered spare rooms, cars and other things to help out and that's what sport is all about," he said.

"It brings out the best in people, especially in a tragic situation like we've got here."

A few days later, Deborah said Tim Rook from the Noosa Triathlon Club had come to the hospital and "brought some goodies signed by some of the

pros". "Darrel doesn't know any of this yet, but these amazing people have offered to visit again when he wakes up and he would love to have visitors to talk about triathlons," she said.

In a small-world story, an aunt of a woman who lives in a suburb near the Neals' Texan home was a chaplain at the hospital and has visited to pray with Deborah and took her to church on Sunday.

"It is really nice to see these people take care of us," Deborah said. "All of this helps a lot, it just blows me away."

Deborah said Darrel had started to breathe again on his own and his lungs were almost healed, but the doctors were not expected to give medical clearance for him to fly home for at least another six weeks.

Interestingly, the couple honeymooned on the Coast after they were married on October 4, 30 years ago, so they may still be here to mark the occasion.

"Hopefully, he won't be in the hospital at that stage," Deborah

Triathlete recovering

AN IRONMAN 70.3 competitor injured before the race is expected to make a full recovery. Gold Coast-based triathlete Jake Montgomery was injured on Saturday afternoon when the Cervelo P5 he was riding and a car collided on David Low Way at Diddillibah. The 22-year-old was taken to Nambour General Hospital with a serious head injury before being taken to Royal Brisbane and Women's Hospital. The police Forensic Crash Unit is investigating. Officers want to speak with anyone who saw the crash or helped afterwards. Anyone with information can call Crime Stoppers on 1800 333 000. Silver success

NOOSA'S Jo Stewart won silver at the Amy Gillett Gran Fondo on September 11. The co-owner of Le CycloSportif finished second in the women 55-59 age group with a time of 3:42:22, about 14 minutes behind winner Heather Hamling. Riding alongside her was partner Greg Ball, and she rode so quick that he qualified in the top 25% of his field qualifying them both for next year's world championships in

Expanded program

THE Noosa Summer Swim will extend to a two-day program in February next year. A 5km Grand Prix event will be added on Sunday, February 12, in a new format set to attract more than 1500 swimmers. Other events on the Saturday will include 3km, 2km. 1km and 300m.

Bronze finish

TEWANTIN'S Penny Hearn finished third at the ITU World Triathlon Grand Final aquathlon last week. She was about one minute down on second after an effort of 50:59 (run 12:30, swim 21:28, run 13:18).

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Mountain biking for rookies





Secretary Bushrangers Mountain Bike Club Sunshine Coast

IN OUR last article I said that whether gently trundling through the bush, riding on a bike-packing adventure or hurtling down a flow trail, mountain biking is a multifaceted sport with something for everyone.

Beginner riders regularly contact our club wanting advice on how to take the first step into mountain bike riding. So I'll provide some answers here and I'll try to keep it general because everyone starts at a different spot on the path.

Learn from my mistakes

Three years ago I had the epiphany that I had become fat and very unfit. My brother had started riding again so I figured I'll do it too. I went into the back shed and dragged out my first mountain bike - a 1993 GT Avalanche with 21-speed drivetrain, 26-inch wheels, no suspension and 1kg of spider webs and wasp nests.

After a tin of WD40 and random fiddling with the rusty cables and screws I got the bike moving and making the right noises. The perished rubber brake pads sort of slowed me down and I got about five gears working. I pumped up the cracked tyres rock hard and ripped off the wheel reflectors. I was ready to go!

The nearest place to ride was a pleasant sounding place called "Parklands" near Nambour. When I got there I had no idea where the trails were let along how difficult they were to ride. It was midday in summer, I had no water, no food, I almost had heart attacks trying to get up the hills (walking of course), I tore down the steep, loose, rocky fire roads way too fast and was only barely able to keep the bike straight by dragging my feet along the ground (the high-pitched screaming may have helped as well).

Somehow I got home that day and threw the bike in the shed and thought horrible things about mountain biking for the next few days.

Everything went wrong because I simply didn't know my limits. I let my over-confidence get the better



Riding on the Sunshine Coast with Bush Rangers Mountain Bike Club.

PHOTO: CONTRIBUTED

of me and assumed my fitness and skills in bike repair and handling were greater than what they really were. Luckily I had a brother and friends who supported/teased me into sticking with it.

Fitness

The type of fitness required for mountain biking is twofold because you need the endurance to ride for 1-3 hours on surfaces that require your constant attention as well as the ability to give intense bursts again and again when you have to go over steep hills and obstacles.

Doing too much too soon leads to injuries and accidents so take things easy and listen to your body. Drop down to the lowest gear, focus on your breathing and spin up those hills as slow as you want and don't be afraid to walk it. Stop and rest regularly. No one is judging you as they were there at some point and the fact you are out there doing it is awesome. It's simply a matter of time before you'll be climbing that hill easily.

Bike handling skills
Even though I rode bikes all the time in my youth now that I've started mountain biking I'm having to learn so much more. Even a basic trundle along a dirt road requires new skills because of the uneven and loose surface. Things like when to get up out of the saddle, how and when to shift your weight around, when to brake and when not to brake.

These skills are required no matter if it's an easy, intermediate or advance ride and they get better with practice. So watch the online help videos, look at how others do it, ask questions and



keep practising them whenever you ride.

Bike mechanical skills

Mountain biking is not the same as riding on the road as things like tyre pressures and body position are different, for example running too much air in your tyres will lower your traction and will also cause your bike to "ping" off rocks and roots so you lose control. The position of your seat and handlebars play a critical role in how the weight is positioned over the wheels - too much weight forward and you go over the bars, too much weight back and you can't steer.

Do some research, ask questions and use your local bike shop. It is amazing seeing the results in your riding from that new knowledge you pick up.

New bikes can have wider tyres, bigger wheels, disc brakes, suspension and aggressive geometries...yes, these can make life easier for you but it's a steep learning curve trying to keep all these upgrades in good working order (or a regular service at the bike shop). So before you throw out your old clunker remember that it's not the bike, it's the rider.

We have riders who use bikes with only one gear and no suspension and they keep up with the best of us.

Just ride!

It's not rocket-science, it's just practice - so start riding now. Join a club and ride with other mountain bikers of various levels. It keeps it fun and gives you access to a lot of knowledge.

Begin with pavement rides and easy trails and get a feel for the bike and make adjustments as needed - doing this will be helping your fitness as well. When you are ready, go do a 'green' level trail such as Ferny Forest (opposite the Big Kart Track on Steve Irwin Way). It's 10km long and has a taste of everything and it can accommodate you when you're learning and as you progress.

We all use the trails so respect the hikers, runners, horse riders and other bike riders. We've got to stick together and watch out for one another. Always offer to help if someone needs it because one day it could be you.

Visit the Bushrangers website at www.bushrangers.org or visit our Facebook page www.facebook.com/BMTBSC/



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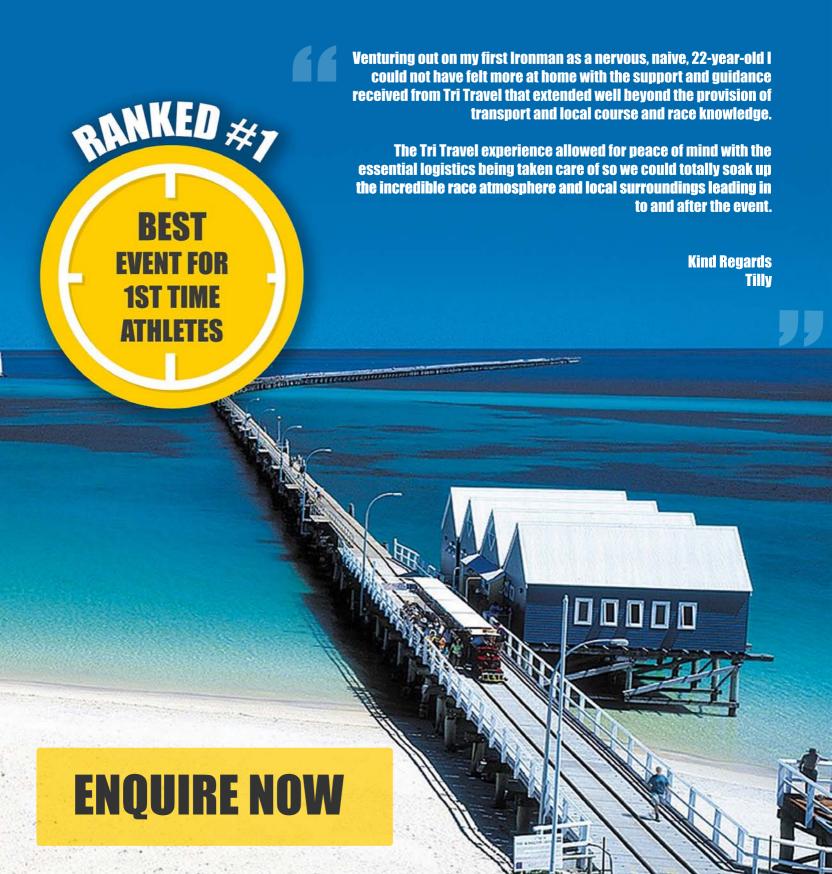


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Honda's top comeback kid

Grant Edwards

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MANY moons ago, there was a bloke called "Honda" in my footy club.

Unfortunately for him, it had nothing to do with being a descendent of the marque's founder, Soichiro. Nope, he was a "Sibbick", and we canny Aussies had coined the nickname. That's a tribute to the longevity and notoriety of the Civic.

The 10th generation Civic has now arrived, and the timing couldn't be better for Honda. Struggling through the GFC and natural disasters over the past decade, the outlook is beginning to clear.

Early indications are they're on a winner. Sales numbers have been strong in the competitive small car segment. We sampled the second-rung VTi-S and range-topping VTi-LX for some household testing.

Comfort

Spacious with generous internal proportions, the Civic feels more mid-size than small.

Across the dash are some engaging lines which capture passenger attention, bolstered by the centrally located colour touch-screen.

Finding your way through the system needs little analysis, and from the base model you have the advantage of Apple CarPlay and Android Auto. These systems essentially mimic your phone on the touch-screen when plugged in... it's outstanding, you can send and receive text messages, use Siri for searches and making calls, make use of your apps and it also means you don't really need the sat nav embedded.

Our range-topping VTi-LX gets all the bells and whistles in terms of technological functionality. It did freeze twice, but a quick software "reflash" had it running seamlessly again. The driver has a digital readout in a modern set-up, featuring a large speedometer along with a configurable trip computer, with a tachometer sitting above like a rainbow which glows different hues depending on your driving style.

Various buttons are on the steering wheel for easy access, with the highlight coming via the volume control which can be turned up and down via a swipe of the nodules.

On the road

Two petrol four-cylinder engines are offered, one with a turbo and one without.



The 2016 Honda Civic sedan.

PHOTO: CONTRIBUTED





Neither will rekindle Honda's motor racing prowess. Indicative of the small sedan market, the performance is solid and reliable.

While the 1.5-litre turbo option is more responsive under acceleration and has more linear strength under your right foot, it's not remarkably stronger than the 1.8-litre naturally aspirated powertrain.

When pressing for a rapid response, the continuously variable transmission can become flustered as the engine races to meet driver expectations. That's typical CVT operation, although some manufacturers (Subaru for one) do an impressive job of getting it to operate like a conventional automatic shifter.

You are encouraged to explore the Civic's ability due to its impressive road holding and responsive chassis. Carving through the corners with aggressive ease, it feels impressively dynamic, with sharp steering and adept ability. Neither outstandingly quiet or noisy, the sedan feels rock-solid with an air of confidence and predictability.

VITAL STATISTICS

Model: Honda Civic VTi-S and VTi-LX.

Details: Four-door five-seat front-wheel drive small sedan. **Engine:** 1.8-litre four-cylinder petrol generating 104kW @ 6500rpm and 174Nm @4300rpm (VTi and VTi-S); 1.5-litre four-cylinder turbocharged petrol with 127kW @ 5500rpm and 220Nm @ 1700rpm (VTi-L, RS and VTi-LX).

Transmission: Continuously variable automatic (paddle shifters on 1.5-litre turbo models).

Consumption: 6.4-litres/100km (1.8-litre engine); 6.0-litres/100km (1.5-litre turbo engine).

Bottom line plus on-roads: \$24,490 (VTi-S); \$33,590 (VTi-LX). Website: www.crickshondasunshinecoast.com.au

What do you get?

Honda had the option of bringing in a bargain- basement model, but opted to start with higher pricing and meet buyer expectations.

Our VTi-S came with Apple CarPlay and Android Auto smartphone connectivity, 17.7cm LCD screen, reversing camera, LCD instrument cluster, cruise control and LED running lights, 16-inch alloys, parking sensors, smart keyless entry, LaneWatch blind spot monitoring and leather steering wheel.

The top-shelf VTi-LX gets everything available, including 17-inch alloys, auto lights and wipers, dual zone climate control and digital radio, electric sunroof, better audio and sat nav, and power heated leather seats, as well as the Honda Sensing safety suite, with warnings and then interaction to prevent you hitting the car in front or straying from your lane and adaptive cruise control with Low-Speed Follow which offers near autonomous low speed driving.

We especially love the LaneWatch camera mount to the left rear mirror. It gives you a view of exactly what is in your blind-spot – a unique function in the industry.

Practicality

Without exaggeration, the boot is massive. Just shy of 520 litres, it's better than a Commodore, and trumps its nearest rivals in the Toyota Corolla (470), Mazda3 (408) and even its HR-V SUV stablemate (437).

Two large suitcases were easily ensconced, and the seats fold 60-40 by the pull of a lever in the boot to handle other gear. This ensures fitting a bike is simple.

Up front and there's some interesting storage positions, one in front of the shifter and one below. There are two cup holders in the front console, and another two in the rear fold-down armrest. Doors can handle drink bottles, but they are a tight squeeze.

Running costs

Fuel consumption was close to the official figures, so expect about seven litres per 100km for both the turbo and naturally aspirated models. Capped-price servicing is available, but there is no roadside assist unless you take out the "Plus" warranty which extends coverage for the car to five years/140,000km.















GARMIÑ



Neat, sweet and complete

CLOSE to the beach and Lake Kawana, this home appeals to active types who don't want to spend their weekends confined to the garden.

This immaculate, easy care lowset home in a quiet street, boasts low maintenance living and an amazing Sunshine Coast lifestyle enhanced by a huge sparkling resort-style in ground pool framed by tropical vegetation, endless days of sunshine.

Complete with three bedrooms, two-way bathroom, two separate living areas, well equipped galley style kitchen, expansive covered alfresco entertaining area overlooking pool, and single lock up garage with room on-site to park additional vehicles on a fully fenced 576sq m block, this is a superb home for a small family, downsizer or investor.

Well cared for with no immediate money needing to be spent, features include:



air-conditioning in lounge, security screens, ceiling fans, stainless steel dishwasher, timber blinds, electronic gate, and good storage.

The design embraces relaxed, leisure-focussed living, and the gardens require minimal effort to keep in good condition; with such a fantastic pool, the children will

spend so much time in the water it will be a good healthy lifestyle with more outdoors time and less time indoors staring at screens.

Located in a well established street with neighbourhood traffic only, and within an easy flat walk from Lake Kawana, parks and local shops.

WURTULLA

12 Winch St

3 Bed, 1 Bath, 2 Car Features: Expansive alfresco entertaining, fully fenced 576sq m block

Price: Auction on site Saturday, September 24, at 12.30pm

Agent: Ben Wilson and Kelly Pares at Ray White Kawana Contact: 0407 584 378, 0447 987 384

For riders it's an easy commute to Mooloolaba up Nicklin Way, it's a short journey to Oceanic Drive, while it's also close to the Mooloolah River National Park for mountain bikers.





Page 18. Sunshine Coast Multisport Mecca

SWIM, RIDE OR RUN TO **CHECK OUT OUR DISPLAY HOMES!**





DISPLAY LOCATIONS

11 Agua Circuit **BELLS REACH**

14 Greenhaven Circuit **NARANGBA**

24 Lighthouse Circuit **BIRTINYA ISLAND**

> **5 Agnes Place BLI BLI**











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QBCC 1083000



The latest and greatest.



Almost six years ago Allez Sport at Mooloolaba began stocking the Infinit Nutrition range. Not well known in Australia at the time, but popular in North America, the brand was well known for the ability of the user to customise Infinit Nutrition to their requirements. Their core mixes such as Go Far and Speed have become a must have for a large proportion of Allez Sport customers in both training and racing, and the team continually has people coming back to buy more, saying how well it worked for them. RRP \$59.95, also available in single serves for \$5.



teration of yesteryear, you'll experience a whole new, faster, and more efficient geometry. Specialized has managed to keep the same fit, feel, and position that riders all came to love from the SL4. Up front is a system called Future Shock, and essentially, it's a piston in the head tube with 20mm of travel. It is armed with an Ultegra 6800 11-speed drivetrain, hydraulic disc brakes and ultra-tough DT R460 Disc Pro wheels. RRP \$5300. Check it out at Cycle Zone Mooloolaba.





Pjur Active 2skin offers skin protection against chafing and blistering. Our skin suffers - whether we're running, cycling, swimming, skiing or hiking. Our skin is constantly exposed to stress, which most often results in chafing and blistering. Pjur Active solves this with an invisible protective layer which strengthens the skin's cell structure and spreads out stress and pressure on the skin over a bigger area. 2skin remains on the surface, lubricating for longer and keeps the skin breathable at the same time. All Pjur Active 2skin products are odourless, especially skin-compatible and clear of preservatives. 2skin is recommended by world Ironman champ Jan Frodeno and is priced from \$14.95. Read more about Pjur Active at www.ezisports.com.au.





The team at Allez Sport in Mooloolaba believe the new Mizuno Premium Aero Singlet with an RRP of \$70 is the best performance run singlet on the market. It has moisture management technology to keep the body dry, patterning for better anatomical fit of garment offering freedom of movement, along with reflective logos and piping. The Rider 5.5 Shorts have lightweight fabric for superior breathability and a RRP of \$60.





aerodynamic efficiency on the market, combined with a highly functional selection of components, the IA 16 is the latest option for athletes looking for a competitive advantage. RRP \$3999.



Le CycloSportif at Noosa has this 51cm Cervelo P3 with an Ultegra electric drivetrain for \$5360, a saving of \$1340. There is 20% off all bike floorstock at Le CycloSportif until the end of September.



Date	Event	Distance	Location	Website
September 24- 25	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 (with 1000m of elevation) grand fondo from Cotton Tree riders will travel through Alexandra Headland, Buderim, Bli Bli, Yandina, Eumundi, Verridale, Peregian Beach, Coolum Beach, Marcoola, Mudjimba, Twin Waters, Bli Bli and Maroochydore. There will also be a 25km ride from Port Arkwright to Cotton Tree.	Cotton Tree	www.sccyclefest.com.au
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	www.sunshinecoast.qld.gov.au
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	www.atlasmultisports.com.au
October 2	Sunshine Coast Cycling Club King Kunda	Criterium race featuring all grades for Sunshine Coast Cycling Club.	Caloundra	www.scccracing.wix.com/sccc
October 6	Sunshine Coast Cycling Club crit	Thursday night criterium racing featuring all grades for Sunshine Coast Cycling Club.	Caloundra	www.scccracing.wix.com/sccc
October 9	Multi Terrain Bike Orienteers round nine	MTB Orienteering is the sport of cross country cycling, combining riding and navigation. Course lengths vary from 5km to more than 40km, in terrain from flat coastal pine plantations to undulating native bush forests. Courses are available to suit riders of all abilities, from social to competitive.	Beerburrum	www.mtbo.com.au
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	www.sunshinecoast.qld.gov.au
October 14	1200km For Kids	A 1200km fundraising ride which will start on the Sunshine Coast and finish in North Sydney on October 22.	Sunshine Coast	www.1200kmsforkids.com
October 15	Wild Women Adventure Race	An all-women adventure race in teams of two. Competitors can expect between 20 to 30 km of mountain biking, 8 to 15 km trail running/trekking and 1-3 km of kayaking/swimming/paddling (water discipline). There may be multiple legs of each discipline.	Noosa Hinterland	www.triadventure.com.au
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	www.malenyblackallrange.qld.lions.org. au/projectsmvc
September 18	Wooroi Forest Ride MTB	Bushrangers Mountain Bike Club, 7-10.30am. Meet Wooroi day-use area, Cooroy-Noosa Road, Tewantin, 6.45am for 7am ride off. Grade 2/3.	Tewantin	www.bushrangers.org
September 21	Parklands Night Ride MTB	Bushrangers Mountain Bike Club 6-8pm. Meet Radar Hill Road, Kulangoor. Meet 6pm for 6:15pm ride off. Grade 3.	Parklands	www.bushrangers.org
September 25	Sugarbag Ride with guest LBS - HIT Bikes	Bushrangers Mountain Bike Club, 7-10.30am. Meet car park in Caloundra Aquatic Lifestyle Centre, Central Park Road (off Arthur Street. Meet 6.45am for 7am ride off. Grade 3.	Caloundra	www.bushrangers.org
October 22	Blackall 100	The 100km trail run traverses the Blackall Range, taking in the Sunshine Coast Great Walk. With a primary 100km event, supported by a 50km event, has generous cut-offs of 25 and 28 hours apply for the 50km and 100km respectively.	Mapleton	www.runqueensland.com



Date	Event	Distance	Location	Website
October 22-23	Hells Bells and Fairy Bells	Grab a friend and start training. Teams of two will navigate their way through a course of approximately 120km with disciplines including kayaking, trekking and mountain biking that is only revealed to them hours before race start. Fairy Bells about half the distance.	Sunshine Coast	www.dareyouadventure.com.au
October 22-23	Bribie Island Tri Series round one	Four-triathlon series. Points scored from all four triathlon. Long course – 750m swim, 20km cycle, 5km run. Short course - 300m swim 10km cycle 3km run. Active kids and first timers races are staged on the Saturday.	Bribie Island	www.bribietri.com
October 23	Spring Swim Sunshine Coast	From kids and beginners through to competitive swimmers and triathletes in training. Distances include 3.8km, 2km, 1km as well as junior giants 300m (8-16 years) and 1km (10-16 years).	Mooloolaba	www.worldseriesswims.com.au
October 26	Endura Run Swim Run	In 2016 the Endura Noosa Run Swim Run will include the Schools Aquathlon Challenge. 8-13 years- 500m run/200m swim/ 500 run. 14 years and over - 1.5km run/750m swim/1.5km run.	Noosa	www.ap.ironman.com
October 28	Noosa Breakfast Fun Run	Dress in pink and join some of Australia's premier runner's to run 5km and raise awareness and funds for the National Breast Cancer Foundation.	Noosa	www.ap.ironman.com
October 28	Arena Noosa 1000 Ocean Swim	Get involved in one of Australia's premier ocean swims on one of Australia's best known beaches. All ages and abilities are encouraged to enter.	Noosa	www.ap.ironman.com
October 29	Noosa Multisport Festival	Noosa Parade comes alive for the ASICS Bolt, Australia's premier 5km road race, as well as a criterium cycling race.	Noosa	www.ap.ironman.com
October 30	Noosa Triathlon	Australia's biggest triathlon, including a 1500m swim, 40km ride, 10km run.	Noosa	www.ap.ironman.com
November 6	All Schools Triathlon	This event is used for selection for SEQ regional teams for the Queensland School State Triathlon Championships to be held in February 2017. The event caters from ages 7-18 and has distances for all.	Lake Kawana	www.triathlonqld.com.au
November 12	Kawana Aquathlon	Full distance include 2.5km run/1000m swim/2.5km run; Enticer 300m swim/2km run; Junior 10-11 years 200m swim/1km run and Mini (7-9 years) 100m swim/500m run.	Kawana	www.qldtriseries.com.au
November 12-13	Hervey Bay 100	Sunday features a national long course qualifying race with a 2km swim, 80km ride and 18km run. Saturday includes a mini aquathlon (entrants born 2006-2008) of 500m/50m/500m and a junior aquathlon (entrants born 2004-2005) 1km/200m/1km. Also a junior triathlon (entrants born 2002-2003) 400m/12km/3km, intermediate triathlon (entrants born 2000-2001) 600m/16km/4km and senior triathlon (entrants born 1997-1999) 600m/16km/4km as well as a Have a Crack tri (open to those above 15 years) swim 200m/bike 8km/run 2km.	Hervey Bay	www.hb100.herveybaytriclub.org.au
November 12	Open water swim	Organised as part of the Queensland Tri Series, the open water swim events will be staged over 500m, 1000m and 1500m.	Kawana	www.qldtriseries.com.au
November 13	South East Queensland Trail Running Series	Round three of the eight-race series staged in Brisbane, Gold Coast and Sunshine Coast. Features 7.1km and 13.1km trail run races.	Pomona	www.seqtrailrunningseries.com.au
November 13	Queensland Tri Series	Round four of the seven-round triathlon series. Distances include QTS 400m swim/15km bike/4km run; Enticer 200m swim/7.5km bike/2km run and Kool Kids 100m swim/2km bike/500m run.	Kawana	www.qldtriseries.com.au
November 26	Atlas Multisports Freestyle Clinic	The last of four freestyle clinics with Duane Cannell of Makin' Waves Swim School.	Buderim	www.atlasmultisports.com.au
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.bribietri.com



Date	Event	Distance	Location	Website
December 18	Buderim 9	Climb nine Buderim hills, covering 75km, within three hours. Participants also raise money for the Cerebral Palsy League.	Buderim	www.buderim9.com.au
December 28-31	Atlas Multisports Christmas Training Block	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	www.atlasmultisports.com.au
January 10, 2017	Hares and Hounds trail run	The distances this year are 52km, 10km and 5km solo runs and a 52km relay for 2, 3 or 4 person teams. A 10km walk has also been added.	Woodford	www.glasshousetrailseries.com
February 4, 2017	Sunshine Coast Run Series	Round one of four races held as part of the annual series staged at varying locations on the Sunshine Coast, with run distances of 10km, 5km and 2km.	Sunshine Coast	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 juniors 1km and 300m.	Noosa Heads	www.worldseriesswims.com.au
February 11-12, 2017	Bribie Island Tri Series round three	Four-triathlon series. Points scored from all four triathlon, must do three races to qualify for series prizes. Long course – 1km swim, 30km cycle, 8km run. Short course - 300m swim 10km cycle 3km run. Active kids and first timers races are staged on the Saturday.	Bribie Island	www.bribietri.com
February 25, 2017	Atlas Multisports Freestyle Clinic	Freestyle clinic with Duane Cannell of Makin' Waves Swim School.	Buderim	www.atlasmultisports.com.au
February 26, 2017	South East Queensland Trail Running Series	Round seven of the eight-race series staged in Brisbane, Gold Coast and Sunshine Coast. Features 8.3km and 14.8km trail run races.	Ewen Maddock Dam	www.seqtrailrunningseries.com.au
March 4-5, 2017	Bribie Island Tri Series round four	Four-triathlon series. 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	www.bribietri.com
March 5, 2017	Mooloolaba Mile Ocean Swim	The Mooloolaba Mile is a feature on Queensland's ocean swimming calendar. The main event, a one mile (1.6km) course is well within reach for beginners and novice ocean swimmers. There is also a 3km, 800m, as well as junior giants of 300m and 800m.	Mooloolaba	www.worldseriesswims.com.au
March 5, 2017	Sunshine Coast Run Series	Round two of four races held as part of the annual series staged at varying locations on the Sunshine Coast, with run distances of 10km, 5km and 2km.	Sunshine Coast	www.atlasmultisports.com.au
March 10-11, 2017	Mooloolaba Triathlon Festival	ASICS Mooloolaba Twilight 5km run, 1k Ocean Swim, Superkidz Triathlon and the Special Tri. The event also features the Mooloolaba ITU Triathlon World Cup.	Mooloolaba	www.ap.ironman.com
March 18, 2017	March 19 Paddy Pallin Adventure Series	Designed for teams of two, the races are fun, fast and furious with three core disciplinesmountain biking, running / trekking, and kayaking. These non-stop events will take between two to six hours to complete. The courses consist of 15-25km of mountain biking, 5-10km of trail running/trekking and 2-4km of kayaking.	Wild Horse Mountain	www.paddypallinadventure.com.au



Date	Event	Distance	Location	Website
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 Mooloolaba through Alexandra Headland.	Mooloolaba	www.ap.ironman.com
March 26-27	Atlas Training Camp	The focus of the Rainbow ride training camp is to build the endurance capacity of athletes on the bike through providing a well-supported 200km ride. Itr 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.	Sunshine Coast	www.triathlonpink.com.au
April 9, 2017	Sunshine Coast Run Series	Round three of four races held as part of the annual series staged at varying locations on the Sunshine Coast, with run distances of 10km, 5km and 2km.	Sunshine Coast	www.atlasmultisports.com.au
April, 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
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 20-21, 2017	Tough Mudder	Tough Mudder has a new course and new challenges in 2017 at the home of the Woodford Folk Festival - Woodfordia. There will be rolling hills, epic valleys and thick back-forests all lined up ready for Mudders. Experience the rush of Tough Mudder's amazing new 2017 course with thousands of first-timers and legionnaires alike.	Woodford	www.toughmudder.com.au
May 27-28, 2017	Noosa Ultimate Sports Festival	Starting with an ocean swim off Main Beach, with 3.8km, 2km, 1km and 500m options on the Saturday. Then on the Sunday, Cycle Noosa with 160km and 85km events. There is also Run Noosa, with 21.1km, 10km or 5km races.	Noosa	www.ap.ironman.com
July 8, 2017	Sunshine Coast	Final round of four races held as part of the annual	Sunshine Coast	www.atlasmultisports.com.au
	Run Series	series staged at varying locations on the Sunshine Coast, with run distances of 10km, 5km and 2km.		
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
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