

Sunshine Coast Daily Multisport MECCA

September 7, 2016

Classy Coast show

CHARGING up the headland, Kacey Willoughby's smile said it all.

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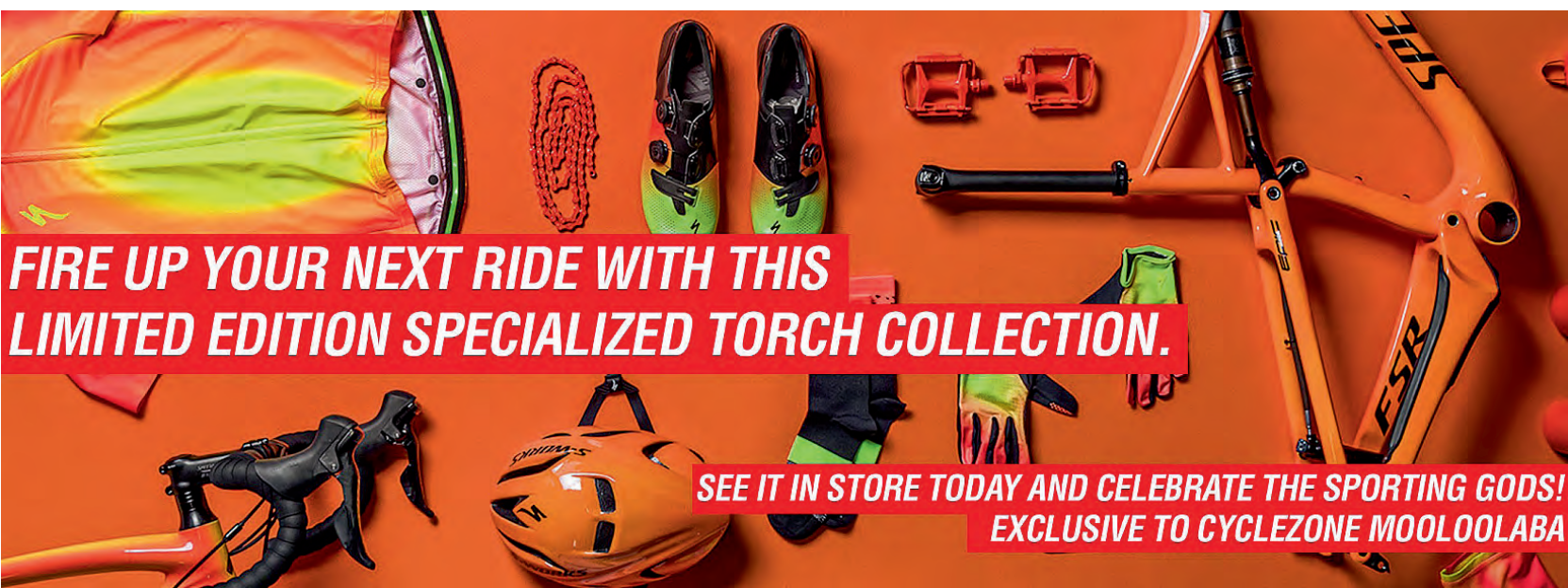
The Brightwater teacher was among more than 30 locals who took part in Sunday's Ironman 70.3 World Championship where the globe's best athletes delivered a captivating performance in front of a massive crowd.

"The atmosphere was amazing," Kacey said.

"The hill was busy, but it was busy right into Cotton Tree. It was really good, there was never a lull spot on the course.

"With all the other tris I have done the atmosphere hasn't even compared."

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Aussies take world by storm

Luke Simmonds

Luke.Simmonds@scnews.com.au

THERE'S racing smart and then there's using your wisdom (teeth) to get you across the line.

Australia's Tim Reed took out the Ironman 70.3 World Championship at Mooloolaba on Sunday with a sprint finish across the line, one second ahead of two-time title holder, Germany's Sebastian Kienle, with a time of 3hr 44min 14sec.

Both runners surged ahead multiple times, but the lead never exceeded 20 metres before the other would claw the lead back as Reed and Kienle led for the entire run leg.

The obvious outcome was for the 2012-13 champion Kienle to break the younger Reed, but the Aussie was quietly confident his wisdom teeth would get him across the line.

"I had my wisdom teeth out a couple weeks ago and I had a lot of complications with that and I couldn't eat for four days," Reed said.

"I dropped down to 61kg and normally I'd race at 67kg, so (I thought) if I get onto the run leg I should be able to run better than I ever have before, as long as I haven't lost my strength.

"Purely from a physics perspective and that played out – sometimes things happen and it works out to your advantage."

But before the mind games set in, Reed and Kienle agreed to run in single file together to stave off any threat from the big Swiss Olympic-distance triathlete Ruedi Wild who was storming home in windy conditions.

"Seb (Kienle) said to me early on 'let's work together' and I was all for that because there was a lot of



Australian Tim Reed takes the win on Sunday.

PHOTO: PATRICK WOODS

MEN'S TOP FIVE

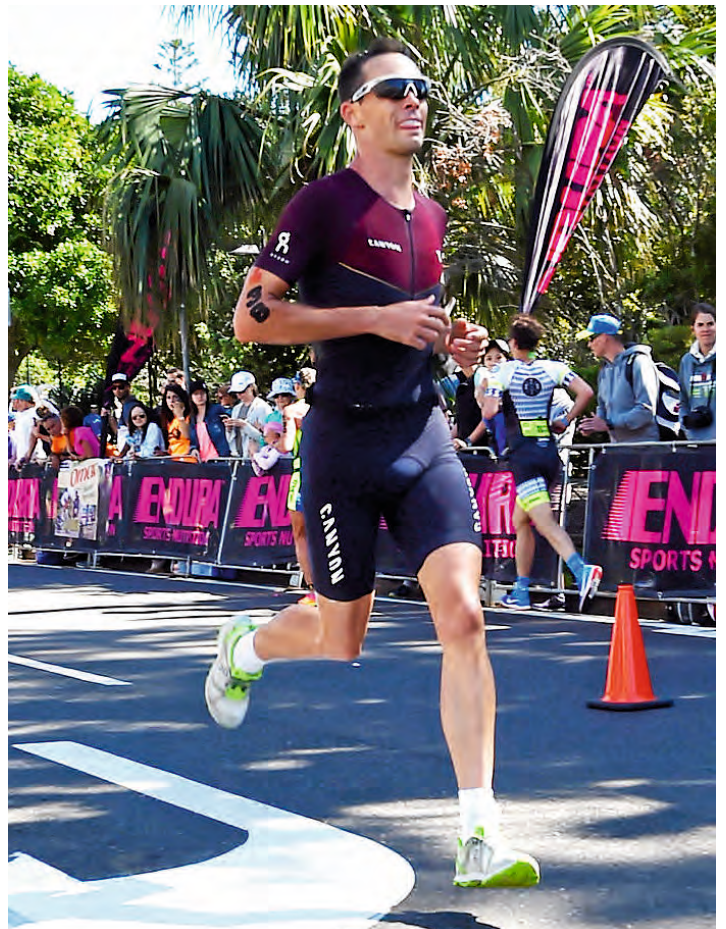
Tim Reed (AUS).....	3:44:14
Sebastian Kienle (GER)...	3:44:15
Ruedi Wild (CHE).....	3:44:40
Terenzo Bozzone (NZL) ..	3:45:52
Sam Appleton (AUS)	3:46:02

wind out there – I just wanted silver or gold," Reed said.

"With different athletes there are just some guys you want to beat because of a personal rivalry, but with Sebby (Kienle) I didn't feel that urge to beat him – I just wanted to get the most out of myself."

Meanwhile, regular training sessions with reigning Ironman world champion Jan Frodeno appear to be paying off for Noosa-based Nicholas Kastelein, who claimed a career-best sixth place – clocking 3hrs46min21sec, to finish just over two minutes behind Reed.

It was a breakthrough



Nicholas Kastelein approaches the finish of the Ironman 70.3 World Championship at Mooloolaba.

PHOTO: GRANT EDWARDS

performance.

"It was above my expectations," he said.

"Everyone in my circle, like family, had been talking about finishing in the top-10 and I thought 'gee, the pressure is on, that's pretty optimistic'. But then sure enough I finished sixth so I'm very happy."

Kastelein has been training with Frodeno for the past two years, spending their summers at Noosa.

The hard sessions with Frodeno appear to have moulded Kastelein into a serious competitor in his own right.

He will race in an Ironman Western Australia in December in an attempt to qualify for the world championship in Kona next year. But Kastelein leaves for Spain on Monday to rejoin Frodeno before they both head to Hawaii next month, when the latter will attempt to defend his world title.

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Catherine Thiele gets the gee-up from Kate Gazzard, and (right) Richard Thompson turns off Old Maroochydore Rd at the Ironman 70.3 World Championship.

PHOTOS: GRANT EDWARDS



Locals excel in world spotlight

THE Sunshine Coast proved quite the show-off on Sunday.

While cool conditions started the day, a spectacular sunrise followed by warm conditions in the low 20s greeted more than 3000 athletes for the Ironman 70.3 World Championship.

There was an amazing vibe around the course, with crowds packing the Mooloolaba Esplanade and the hill on Alexandra Headland.

Our leading age-grouper was Sean Richardson, who has recently moved to Brisbane from Mountain Creek.

Sean was rapt with his performance post-race,

considering he never tapered for the event ahead of his preparations for Kona where he qualified for the Ironman World Championship.

Also showing impressive speed was former elite Richard Thompson, who continues his revival in the sport after a brief retirement.

There were two podium finishers from the Coast, including Noosa Heads' Le CycloSportif owner Greg Ball in the men's 55-59 division and Tewantin's Hazel Edmond in the women's 65-69 age group.

SEE WORLDS PHOTOS ON PAGES 10, 12 AND 14

COAST RESULTS

Nicholas Kastelein 3:46:21 (Noosa) sixth professional men (22:43, 2:06:41, 1:12:46).
Tim George 4:08:26 (Alexandra Headland, now Spain) 30th professional (25:41, 2:18:33, 1:20:18).
Melissa Hauschildt 4:11:09 (Noosaville) second professional women (26:46, 2:21:06, 1:18:43).
Sean Richardson 4:12:43 (Mountain Creek, now Brisbane) 13th men 30-34 (28:24, 2:16:20, 1:20:32).
Richard Thompson 4:13:11 (Kiels Mountain) 15th men 30-34 (26:13, 2:13:30, 1:26:56).
Paul Davies 4:14:47 (Peregian Springs) fourth men 35-39 (26:57, 2:16:51, 1:23:46).
Caroline Steffen 4:17:16 (Mooloolaba) fifth professional women (24:13, 2:23:09, 1:25:10).
Nathan Fitzakerley 4:22:59 (Parrearra) ninth men 40-44 (24:48, 2:23:36, 1:27:28).
Scott Farrell 4:23:15 (Palmwoods) 36th men 35-39 (26:12, 2:21:08, 1:28:46).
Matthew Wolstencroft 4:23:36 (Wurtulla) fourth men 45-49 (27:05, 2:23:54, 1:25:21).
Casey Munro 4:24:15 (Mooloolaba) 39th professional men (22:49, 2:27:07, 1:29:04).
David Chick 4:27:09 (Yaroomba) seventh men 45-49 (28:06, 2:24:22, 1:27:36).
Greg Ball 4:39:33 (Noosa) second men 55-59 (30:00, 2:28:43, 1:33:30).
Robbie Andrews 4:39:54 (Maroochydore) 15th men 50-54 (28:01, 2:29:31, 1:34:07).
Meredith Hill 4:51:12 (Marcus Beach) fifth women 30-34 (31:10, 2:37:32, 1:33:43).
Anthony Rule 4:55:47 (Alexandra Headland) 180th men 30-34 (28:57, 2:40:17, 1:38:40).
Jacqui Waters 4:58:05 (Mt Coolumb) 12th women 25-29 (27:29, 2:45:06, 1:37:00).
Bonnie Atherton 5:00:39 (Mooloolaba) 10th women 18-24 (28:28, 2:41:28, 1:42:35).
Kacey Willoughby 5:05:31 (Mooloolaba) 29th women 30-34 (31:33, 2:46:55, 1:39:02).
Alice Latham 5:07:36 (Mooloolaba) 33rd women 30-34 (26:44, 2:50:11, 1:42:09).
Catherine Thiele 5:08:16 (Mooloolaba) 23rd women 35-39 (30:43, 2:46:03, 1:43:06).
Jaimielle Jacobs 5:08:34 (Noosa Heads) 37th women 30-34 (28:08, 2:51:21, 1:39:40).
Paul McDonald 5:15:16 (Mountain Creek) 250th men 35-39 (30:19, 2:43:57, 1:49:15).
Ash Hunter 5:20:31 (Beerwah) 43rd women 25-29 (33:42, 2:51:13, 1:46:39).
Malin Olsson 5:21:45 (Buderim) 42nd women 40-44 (32:15, 2:47:34, 1:53:10).
Lauren Murphy 5:35:20 (Caloundra) 82nd women 35-39 (32:38, 2:54:43, 1:57:40).
Kaz Taverner 5:35:58 (Parrearra) 19th women 50-54 (33:26, 3:01:57, 1:49:49).
Jonathan Hamwood 5:56:18 (Mons) 14th men 65-69 (35:07, 3:01:56, 2:08:01).
Hazel Edmond 6:06:31 (Tewantin) second women 65-69 (39:24, 3:16:09, 1:58:01).
Alison Caiafa 6:08:26 (Sunshine Beach) 34th women 50-55 (40:02, 3:16:47, 1:58:32).

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Bold display to bag world title

Luke Simmonds

Luke.Simmonds@scnews.com.au

PLAYING tricks on her own mind has worked out for Britain's Holly Lawrence as she staved off Sunshine Coast's Melissa Hauschildt to win the women's Ironman 70.3 World Championship in a time of 4hr 09min 12sec.

The 25-year-old went into the run leg with a five-minute lead over the rest of the field after setting her race up with a strong swim and ride.

It's a tactic she has successfully employed in recent years and it paid off, despite Hauschildt gaining more than three minutes in the final leg to put the mental pressure on.

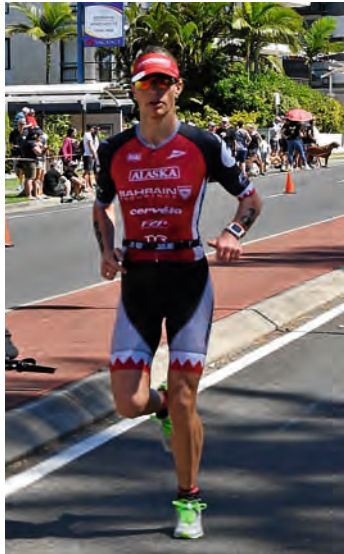
"It's always a tactic, I like being out in front; that's where I get out of the swim anyway and I just put the hammer down," Lawrence said.

"Obviously it's not very nice having the time going down on the run (leg) knowing people are gaining on you," she said.

"I tell myself it's actually longer than it is – if it's 5km I tell myself it's 7km just to try and get myself as relaxed as possible – if I'm okay with it being longer then when it becomes shorter I'm pretty glad. "I focus on keeping calm and and never get ahead of myself or the possibility of winning it. It was only going into the finish straight that I actually believed it."

Lawrence was lost for words on the finish line as she yelled "I'm the fricken world champion" in the post-race interview.

Unlike three of the top five women's competitors who will go to Kona in five weeks' time, the 70.3 world champs was Lawrence's focus for 2016.



Caroline Steffen on the home stretch. PHOTO: GRANT EDWARDS

Lawrence moved to Santa Monica, USA, last year and only changed coach this year and it's paid off with good results leading up to yesterday's world champs.

"My main goal was always the (70.3) world champs – but just consistency – I went back to an old coaching team who is just very scientific with the bike workouts," she said.

"Last year I was hindered with injuries and illness; I was spiralling and I quite easily can put myself into a hole.

"And just this year I've been building (and) haven't had any injuries, touch wood."

Sunshine Coast-based triathletes Caroline Steffen and Radka Vodickova produced a strong showing to finish the race in fifth and ninth place respectively.

Steffen was cheered across the line in fifth place by her dog Monty, who was in the crowd.

She finished the race in 4hr



Great Britain's Holly Lawrence won (right) the women's race from local Melissa Hauschildt. PHOTO: PATRICK WOODS

17min 16sec behind last year's winner and compatriot Daniela Ryf.

The Swiss Miss battled hard in the main pack all day after coming out of the swim in a time of 24min 13sec, but the 37-year-old was hardly fazed.

"I really enjoyed today," she said.

"The ocean swim felt like an open water swim on Friday morning with the group at 6am. I really felt at home.

"The swim was a piece of cake – it was really cruisey – I was so happy with the swim."

Despite struggling slightly on the run, it was enough for Steffen to hold on 10 seconds ahead of Australia's Annabel Luxford.

"I knew that course, every single twist, corner and every single bump and I felt really good on the bike today," she said.

"I was hurting a bit in the run at the end, but you can't always

TOP FIVE WOMEN

Holly Lawrence (GBR) ...4:09:12
Melissa Hauschildt (AUS) 4:11:09
Heather Wurtele (CAN) .4:13:36
Daniela Ryf (CHE)4:14:09
Caroline Steffen (CHE)4:17:16

finish on the podium.

"The goal of course was to finish top three, but top five is good."

Steffen moved to the Coast in 2009 and despite all of her family being in Switzerland, she had one of the biggest cheer squads at the event.

"So many of my friends, my dentist, my hairdresser and everyone was out there cheering me on," she said.

"I've never had such amazing support before, even my dog Monty was out there dressed up in the Swiss cycling jersey – it was pretty cute."



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Massive cycling week ready to roll

Inspired by the world-class athletes who dominated Coast roads on Sunday?
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Time	Event	Location	Registration essential
Saturday 24 September			
6am	CycleFest Coast Life Homes Mountain Challenge	Palmwoods to Montville	info@sccyclefest.com.au register online www.sccyclefest.com.au
11.30am-12.45pm	CycleFest Free Kids Cycle Workshop and Ride, Sunshine Coast Council	Cotton Tree Esplanade	www.sunshinecoast.qld.gov.au
1-5pm	CycleFest Crick's Skoda - Grand Prix Street Crit (QRTS riders only)	Cotton Tree Esplanade	Live demonstrations, entertainment, bike stallholders, food and beverage vendors
9-11am	Introductory Mountain Bike Ride - kids/adults Caloundra Off Road Cycling Association - CORCA	Ben Bennett Car Park, Queen St, Caloundra	Wally T 0410571270 Steve T 0403878555
7-8am	Introductory Come and Try Ride Sunshine Coast Touring Club	Kawana Surf Club	Helen Gavigan T 0409 625 889 www.scbtc.org.au
Sunday 25 September			
6am	CycleFest QRTS Men's 110km Road Race	Cotton Tree	QRTS riders only
6.20am	CycleFest QRTS Women's 100km Road Race	Cotton Tree	QRTS riders only
6.40am	CycleFest WIN News 100km Gran Fondo	Departs Cotton Tree Park	www.sccyclefest.com.au
8.15am	CycleFest 25km Piccola Fondo proudly presented by Maroochy RSL	Departs Andrew St Park, Yaroomba	www.sccyclefest.com.au
9-11am	Basic Skills for Females Sunshine Coast Council	Meridan Sports Fields	www.sunshinecoast.qld.gov.au

☐ Free events ☒ Paid events

Time	Event	Location	Registration essential
Tuesday 27 September			
10-11.30am	Childrens intermediate cycling course Sunshine Coast Council	Sunshine Coast Stadium	www.sunshinecoast.qld.gov.au
Wednesday 28 September			
6-7am	Shop Road Ride - intermediate Giant Sunshine Coast	Giant Sunshine Coast Brisbane Rd	Louise Vant Giant Sunshine Coast T 5444 3811
Thursday 29 September			
10-11.30am	Childrens intermediate cycling course Sunshine Coast Council	Sunshine Coast Stadium	www.sunshinecoast.qld.gov.au
6-7pm	Advanced Mountain Bike Night Ride 99 Bikes Kawana	Parklands Forest (carpark entrance at Radar Hill Road)	Nathan 99 bikes T 5314 2500
Friday 30 September			
5.30-7am	Commuter Cycle Training Sunshine Coast Council	Happy Valley Car Park, Caloundra	www.sunshinecoast.qld.gov.au
Saturday 1 October			
2 - 4pm	Come and Try Day Sunshine Coast BMX Club	Yandina Sports Ground	Rodney Carter T 0405 449 304
6-8am	Ladies Only Social Road Ride Giant Sunshine Coast	Giant Sunshine Coast Brisbane Rd	Louise Vant Giant Sunshine Coast T 5444 3811
Sunday 2 October			
9-11am	Sunday Social Pathway Ride Sunshine Coast Council	Port Artkwright Headlands Park, Yaroomba	www.sunshinecoast.qld.gov.au
7-9am	Mountain Bike Ride - kids/adults Bushrangers MTB Club	Delicia Rd, Mapleton (opp Lilly Ponds)	Ben Johns T 0414 250 990 info@bushrangers.org



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Dynamic duo on top of the world

■ Grant Edwards and Steele Taylor

CYCLING on the Sunshine Coast is world-class. And we have two riders testament to the fact.

Buderim's Mick Patton and Julia Emblin of Noosa Heads both secured global titles on Sunday with victory in the Gran Fondo World Championships at Perth.

For Mick, it was his first world crown, and reward for his tough training regime which has seen him complete about 500km a week in preparation for the race.

The title wasn't decided until the final stages, when he claimed the sprint finish.

"The first 50km was flat on the highway out of town and then we hit the hills and there was a section called the zig zags which just doubles back on itself. We were riding with 65-69s as well as 70s plus and when we got to the top there was only about 15 in the bunch and only three of them were in my division," he said.

"We did a couple of hard climbs and the French guy got away from me and he was pretty handy and I ended up with a guy from Tasmania. Then I got away from him and then ended up catching the Frenchman again and then we were in a group of about four or five and we had to come up the zig zag again.

"He didn't attack me on the hill which was a big mistake because he was a bloody handy climber. He looked really good on the hills. When we came back into the finish I let him lead it out and then took the sprint pretty easy."

For Julia, she too got the job done in a sprint finish ahead of Dutch rider Marti Valks.

"I was sitting on her wheel up the last climb. It was a zig zag, right and left, and I looked up for the finish," she said.



Julia Emblin (above) gets the win at the 2016 UCI Gran Fondo World Championships. Mick Patton (above right) claimed victory in the men's 70-plus division.



PHOTO: CONTRIBUTED

"At about 500m she dropped off behind me and I thought 'What's she going to do?' I stayed calm and kept looking back. At 50m I clicked up a few gears, got out of the gears and thought 'I'm going for it'."

It was her second world title, having also claimed the win at South Africa in 2012.

Feeling strong throughout the race, Julia paid tribute to her training with friend Jo Stewart.

"All in all it was a fantastic race. There were 15 in my age group, so we raced with all the women 55-plus together," she said.

"It was just a great race. It had

everything, it had climbs, technical downhills, sharp corners, and the last climb didn't have a huge gradient but at each turn was very sharp and narrow.

"Jo and I have been pumping out the Ks. Just quietly going about our training. She knows a thing or two about training.

"It's not like it's a chore. We have been diligently doing it. They have been long rides, some nice hills like repeats out of Eumundi, and also rides to Kin Kin and back."

Both Mick and Julia now have the signs set on defending their titles in France next year.

COAST RESULTS

- UCI Gran Fondo World Championships:
- Julia Emblin first women 60-64 3h21:51
 - Sue Dingas 22nd women 45-49 3h28:50
 - Kent Carpenter 34th men 45-49 4h21:46
 - Robert Dawson 23rd men 65-69 3h28:20 +11:52
 - Catherine Scott 15th women 55-59 3h42:45
 - David Frith 97th men 45-49 4h31:01
 - Robert Marcucci 12th men 4h20:07
 - Michelle Singer eighth women 35-39 3h19:10



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Janelle Hooper completed a wet Big Red Run in 2016. Day three had to be abandoned due to rain.

PHOTO: CONTRIBUTED:

Desert turns into quagmire

Grant Edwards
Grant.Edwards@apn.com.au

CROSSING the finish line of the gruelling Big Red Run proved bittersweet for Beerwah's Janelle Hooper.

She finished the Outback trek in just over 37 hours, but had to struggle through after injury and a rare downpour which cause the cancellation of day three.

"It was amazing. It was more than what I really expected," she said.

"I just wanted to make sure I finished. You always keep your personal expectations to yourself.

"I just wanted to finish but I had wanted to run as much as I could and keep up with the middle group.

"But I ended up injuring myself on the first day."

The Big Red Run, which is held in Birdsville, is an annual 250km six-day stage race run across the



Simpson Desert. Competitors run a marathon each day for the first three days, day four is 31km, while day five is 84km, and day six is 8km to cross the finish line in Birdsville.

But this year, wet weather played havoc.

A rolled ankle about 30km into the race was the source of Janelle's troubles. She then compensated for the pain, which resulted in knee soreness.

Compounding the issue was



heavy rain which set in overnight after the first day.

"We got up in the morning to mud... there was water everywhere. We could hardly walk around the campsite," Janelle said.

"We all had on our wet weather gear and it was freezing cold. The whole first section was slippery.

"One of the guys weighs his shoes and they were 2.5kg."

The third day was a forced rest day as the support vehicles

BIG RED RUN

Janelle Hooper's results:

Day one: 6:33:19
Day two: 8:18:38
Day three: 0:00:00
Day 4: 5:00:44
Day 5: 17:08:48
Total: 37:01:29

couldn't leave the campsite.

That led to changes of the fourth-day course due to the waterlogged terrain.

It caused increasing difficulties for Janelle who nursed her injuries through the elements.

"Quitting wasn't an option," she said.

While there was a short rest for Janelle, she is back into training, this time to represent Australia in the 40-49 age group at the world cross triathlon championship to be staged at Lake Crackenback, NSW, during November.

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Three triathletes are shown from the waist up, standing side-by-side. They are wearing triathlon jerseys in green, red, and blue. Each jersey has 'SWIM | BIKE | RUN' and 'U7' printed on it. They are also wearing black triathlon shorts. The background is a dark, textured surface.

The logo for U7 HOURS, featuring a stylized figure running and the text 'U7 HOURS'.

Postcard-perfect global event



Terenzo Bozzone finishing third.
PHOTO: CHE CHAPMAN



Nathan Fitzakerley on the headland at the Ironman 70.3 World Championship. PHOTO: GRANT EDWARDS



Germany's Andreas Dreitz delivered the second fastest bike split of the day (2:55:36) but slowed on the run and finished 11th overall.
PHOTO: MATT ROBERTS/GETTY IMAGES



Elite men on the run. PHOTO: CHRIS HYDE/GETTY IMAGES



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Driveaway (Levorg 2.0GT-S)

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

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Coast on song for title decider



Anthony Rule on the run.

PHOTO: GRANT EDWARDS



Athletes prepare for the Ironman 70.3 World Championship at Mooloolaba.

PHOTO: GRANT EDWARDS



The second half of the bike course featured a steep climb.

PHOTO: CHRIS HYDE/GETTY IMAGES



Age groupers prepare for the start of the 2016 Ironman 70.3 World Championship.

PHOTO: GRANT EDWARDS



Action from transition.



The elite men exit the water.



Heading onto Petrie Creek Rd.

PHOTO: GRANT EDWARDS



Former world Ironman champion Craig Alexander gets introduced to the crowd.

PHOTO: GRANT EDWARDS



Andy Lukas gets pumped for the bike leg.

PHOTO: GRANT EDWARDS

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Strong support for local athletes



Former Coast athlete Sean Richardson on the run.



David Chick heads into the last kilometre.



Kaz Tavener in action at the 2016 Ironman 70.3 World Championship at Mooloolaba.

PHOTOS: GRANT EDWARDS



Greg Ball on his way to second in his age group.



Hazel Edmund races toward second place in women 65-69.



Robbie Andrews (above) and Meredith Hill (right).



Paul McDonald on the bike at Rosemount.



Alice Latham hits the halfway mark of the 21.1km run.

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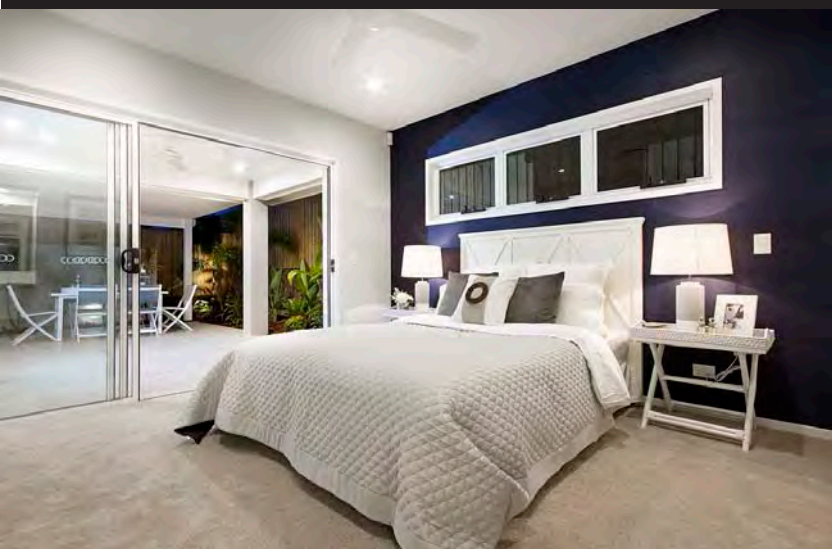
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Iain Curry riding L'Etape du Tour 2016 cyclosportive in the French Alps.

PHOTO: MIRKO FUHRHERR

Amateurs get taste of le Tour

Iain Curry
iain.curry@scnews.com.au

PLEASURE and pain. It's the combination hill climbing bike riders know all too well, as the thrill of scaling a mountain in stunning surrounds is tempered by the agony of turning those pedals over endlessly despite the legs begging you to stop.

The phenomenon broke extreme new ground for me at this year's L'Etape du Tour in the French Alps. This is the world's largest cyclosportive, held on what would be Stage 20 of 2016's Tour de France, with about 15,000 amateur competitors labouring to cross three picturesque mountains: the Col des Aravis, Col de la Colombiere and Col de Joux Plane.

That final mountain tried to kill me, pure and simple. Its 11.6km length at an average gradient of 8.5% (kilometres six to 11 at an average of nearly 10%) – up where the air is thin and the sun relentlessly beats down – were as torturous as I've experienced on a bike. Stuff your divine views; I never want to see that cruel mountainside again.

Despite living in the bicycling mecca that is the Sunshine Coast, I'm not one of these cycling obsessives able to spend 30 hours a week in the saddle and

then enjoy a coffee or three with the lycra-clad group post-ride each morning.

No, I'm the textbook Fair Weather Cyclist. I prefer to venture out when the sun is warm, the wind meter is untroubled and I'm not having time stresses courtesy of a young family and funny work hours: a sad constant these days.

I do love the training though, and know how important it is to enable completion of an event like L'Etape du Tour. Proper preparation prevents poor performance, so I mapped out a thorough training plan last Christmas to ensure I'd both complete and enjoy my time in the French Alps cyclo-marathon.

I'm not one for excuses, but my pre-event six months of training was interrupted – butchered, actually – by a root canal procedure, Ross River fever from a mosquito bite (10 weeks off sport), jaw surgery, the flu and a couple of throat-ripping coughs the kids kindly shared with their old man. Okay, seems I am one for excuses.

Upshot was I arrived at the starting line in the French ski resort of Megeve with only two 100km+ rides in my legs, and a maximum climbing distance of 1100m. The L'Etape involved a 12km uphill ride to the start line, 122km over the Alps and then a 20km ride home.

In all, about 3700m climbing in a day. I was in trouble.

My six L'Etape co-riding friends seemed in far better fettle. As they did final checks on their stunning full carbon bells 'n' whistles bikes, they spoke of extensive European summer training excursions. My confidence was getting wobbly.

While Mont Blanc's snow-capped peak glowed in the setting sun as it overlooked our pre-race overnight stop of Saint Gervais, a decent pasta dinner and a couple of local beers boosted my spirits. As did the weather for our start the next morning. My previous L'Etapes in the French Pyrenees had been sullied by rain and freezing descents, so a blue sky and decent heat were godsend.

Positives of these L'Etapes are excellent organisation, closed roads, ample feed and water stations, good marshalling and all-important medical help should things get sticky. Then there's the unique experience of taking part in a race with thousands of other pain/thrillseekers.

For the start you're herded into pens depending on your race number, you listen to all the different languages being spoken by riders from across the globe, and drool over the high-value bikes about to embark.

CONTINUED ON PAGE 17

VITAL STATISTICS

What: Etape du Tour 2016, a cyclosportive held on Stage 20 of the 2016 Tour de France, 13 days before the pro riders.

Where: From Megeve to Morzine, French Alps.

Distance: 122km (route shortened from original 146km after dangerous rock falls).

Mountains to climb: Col des Aravis, 1487m, (Cat 2 climb); Col de la Colombiere, 1618m, (Cat 1 climb); Col de Joux Plane 1691m, (Hors Categorie/beyond categorisation).

Total climbing height: 2873m.

Number of participants: 15,000.

Number of finishers: 11,212.

Different nationalities of competitors: 62.

Winning time: 3 hours, 33 minutes (34.27kmh average speed), Tao Quemere, France.

More info:

www.letapedutour.com

Australian equivalent: Try L'Etape Australia in the Snowy Mountains, NSW, December 3, 2016, www.letapeaustralia.com; or the Bupa Challenge at the Tour Down Under in Adelaide, January 20, 2017, www.tourdownunder.com.au.



Iain Curry (third from left) with fellow riders at L'Etape du Tour 2016 cyclosportive in the French Alps. PHOTO: CONTRIBUTED

Suffering in the mountains

FROM PAGE 16

Free coffee had been provided, so the body and mind buzz were in overdrive.

A downhill start departing the ski resort loosened the legs up nicely as we negotiated the first turns in the world's largest peloton. Riders of all abilities take part, so for our first mountain ascent after just 22km it was a bunched field elbowing each other for space.

The Aravis is a 7km climb at 7% and proved a lovely opening, steep enough to get the heart rate going but not enough to truly punish the legs.

The climb complete, it was time to fly. Descending for kilometres at a time is a rare treat, and all the more gratifying when you can use both sides of the road, holding the racing line and imagining yourself a fearless Grand Tour rider. The sun was getting higher in the sky, the course lined with cheery locals through rural French towns and my mates pedalling alongside. Days like these are why we first got on a bicycle.

In no time we were at the foot of the famed Col de la Colombiere, a long climb of 11.7km at a palatable 5.8% average.

Tough yes, but the pleasure of picture-postcard cliff faces, mountain streams and alpine views far outweighed the pain. This was going too well.

My mood changed within seconds of starting the Colmbiere's decent. Sharp, blind hairpin bends had caught out some riders, and rock walls and off-piste drops are unforgiving.

First a lady in the wall, blood pouring from under her helmet and through her eyes, her face frozen in shock. Thankfully, professional help was already on

the scene. Not a kilometre later marshals furiously flag waving at another corner, with an ambulance housing another broken rider who'd left the road.

An air ambulance landing by the roadside around the next corner was decent inspiration to keep my fingers on the brakes.

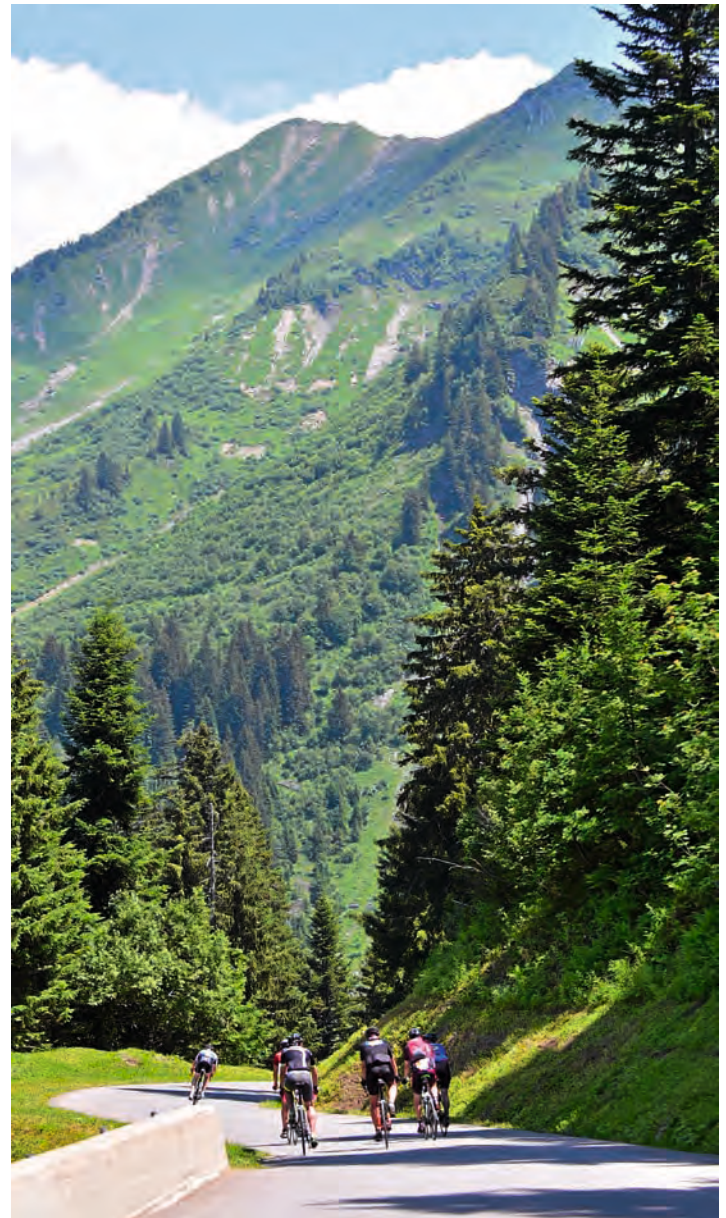
Tucking behind the back wheel of a trusted old friend I was sharing beers with the night before, fears of fatal falls dissipated as we scythed past more cautious decenders, finding a glorious rhythm of balance and speed to Colombiere's base. We then happily settled into a fast group ride through the flat French countryside, drafting along at a lazy 40kmh to the L'Etape's venomous sting in the tail: Col de Joux Plane.

By now it was midday, blazingly hot and we took a break at the mountain's base, stuffing our faces with energy bars, bananas and gingerbread cake. The organisers even laid on kilos of cheese for us, which seemed a wonderfully French way of putting some fat back on. All that was missing was a medicinal cognac.

Yet nothing could have prepared me for what was to come. My poor physical state and lack of proper training finally made me pay now I had a hundred hard kilometres in my legs.

The Joux Plane's first kilometre is at a brutal 10%, and combined with the heat my spirit disappeared to a dark place. Eleven more kilometres of this? A heart rate that would make cardiologists wince, cramping hamstrings and a mind screaming to stop. It was torture, and progress upwards was depressingly slow.

Many stopped and sought



L'Etape du Tour cyclists make their way through the Alps.

PHOTO: THOMAS VON HASSELBACH

shelter under what little shade there was, others hopped off and began the long walk up the mountain. I cracked after 7km when the gradient nudged above 9% once more. In agony, short on water and semi-hallucinating I joined a group under a tree and parked my behind. I didn't want to play anymore.

No words can convey the suffering of those last few kilometres up the Joux Plane when I finally clipped into my pedals again, and I wasn't the only one feeling a bit teary when finally crossing the timing mat at the mountain's summit. It was over. Riders were shouting in triumph, pain and relief, and from there a blissful decent into Morzine, another rich man's ski resort playground.

The town packed with spectators as we rounded the final corners, a final sprint to the finish line and a charming French girl

BY THE NUMBERS

Bananas eaten: 11 tons
Isostar energy bars: 19,000
Isostar energy gels: 27,000
Cheese: 1 ton
Oranges: 3.4 tons
Almonds: 160kg
Slices of gingerbread: 66,500
Sugar cubes: 54,000
Vittel still water: 52,400L
Perrier sparkling water: 11,700L
Isostar energy drinks: 13,000L
Volunteers: 900
Helicopters: 2
Gendarmes (police): 140
Motorcycles: 75

placing a medal around my slumped, sweaty shoulders.

Before long a cold beer down the neck and, among friends, we could begin recounting our heroic pursuits in these French mountains. Was easy, wasn't it?

Much-improved SUV re-birth

■ Vani Naidoo

THE medium SUV market seems to have taken on a life of its own, growing faster than Jack's magic beans with 20% of all cars sold last year coming from that segment. It's no surprise then that manufacturers are lining up for their share of the giant's gold, either bringing new product to market or improving existing offerings to both keep old customers and attract new ones.

The Koleos is Renault's hero in this story with the latest offering in 2WD and 4WD guise expected to really drive the company's intent to be more than a bit-part player in Australia.

It is bigger and better than the outgoing model with a powerful design and spacious interior, and while it may not be a giant slayer, it certainly has the nous to deliver the French manufacturer a happy ending.

Comfort

A more refined, luxurious interior was one of the cornerstones of this new Koleos and Renault's designers have responded with a no-fuss, sleek console matched nicely with good material choices with just enough texture for a feeling of almost effortless class.

An 8.7-inch portrait colour touch screen - a control-centre of sorts - makes a statement in the dash; the surrounds uncluttered by the usual dials and buttons.

The seats are noticeably more enveloping, the improved side bolstering and lower back support adding to the comfort. There is real leather for the range-topping Intens only, but honestly the other variants don't suffer from the lack of it. For it is the spaciousness, particularly in the second row, with its 289mm of knee room, that is the true champion in this interior tale.

So much so in fact, that even those passengers who exceed 6ft are able to travel comfortably in the back. There are in-cabin storage options including size-adjustable central cup holders that can be heated or cooled. A 458-litre boot with an easy-load lip provides ample room for luggage which grows to a really special 1690 litres with the one-touch, easy fold rear seat laid down.

On the road

This Koleos carries over the same 2.5-litre petrol engine that did duty in the outgoing model and while power and torque remains the same, the compression ratio has been increased, friction reduced



The 2016 Renault Koleos in Zen specification.

PHOTO: CONTRIBUTED



and lighter mechanical components used to improve fuel consumption and emission figures.

All variants are paired with an Xtronic continuously variable transmission, an able little unit that certainly cannot be faulted for a lack of trying. Look, we are not really fans of CVTs, their droning tends to hurt the ears, but Renault claims this example offers smoother, more dynamic driving.

On a picturesque launch drive route through the north coast of New South Wales, for the most part on secondary roads, we found the Koleos an enthusiastic performer.

It was composed and balanced, with even deep ruts, fallen trees and loose gravel doing little to halt its progress. Brakes are sharp, there is hardly a sign of any wallowing and it is sharp enough out of corners to keep you interested.

On the bitumen, which is where it will spend most of its life, the Koleos is more than competent and quiet too. A quick burst brings that trademark CVT whine as it takes a deep breath and gathers itself but once at speed the going is smooth and clearly comfortable.

What do you get?

French marques tend to be a generous sort and Renault is no different. The 2WD entry-model Life is not short on equipment with inclusions numbering 17-inch alloys, rear view camera with parking sensors, R-Link 2 multimedia system with voice

VITAL STATISTICS

Model: Renault Koleos 2WD and 4WD.

Details: Five-door front-wheel-drive and four-wheel-drive medium SUV.

Engine: 2.5-litre four-cylinder petrol generating maximum power of 126kW @ 6000 and peak torque of 226Nm @ 4400rpm.

Transmission: Continuously variable automatic.

Consumption: 8.1 litres/100km (combined average 2WD); 8.3L/100km (4WD).

Bottom line plus on roads: Life - \$29,990 (2WD); Zen - \$33,990 (2WD), \$36,490 (4WD); Intens - \$43,490 (4WD).

Website: www.cricksmaroochydoorenault.com.au

control and custom screens, 7.0-inch landscape colour touch screen with fingertip controls, dual-zone climate, auto headlights and rain-sensing wipers, and leather steering wheel.

The mid-range Zen, expected to be the volume seller, adds electric parking brake, push-button start, heated front seats, 18-inch alloys, rear privacy glass, artificial leather upholstery and electrically adjustable driver's seat with lumbar support.

The top specced Intens also gets 4WD wheels with 4X4 i-technology, LED headlights, remote engine start, 8.7-inch colour touchscreen, hands-free power tailgate, panoramic sunroof, leather trim and a host of safety features including blind spot warning, forward collision warning, lane departure warning, park assist and side parking sensors.

Running costs

According to Renault, fuel efficiency figures have dropped to 8.1l/100km for the 2WD and 8.3l/100km for the 4WD. A diesel option is expected late next year. The Koleos comes with a five-year, unlimited-kilometre warranty, five years free roadside assist, and the first three services capped at \$299. Service intervals are 30,000km or 12 months.

Practicality

This Koleos is nothing if not a

practical option. Surprisingly, while you would think this is an ideal family vehicle, it is empty-nesters, say Renault, who have proved the staunchest ally.

It offers the space and comfort this demographic needs, the wider door openings to allow easy entry and exit, cavernous boot space and the sort of technological innovation that is appealing.

The high ground clearance (210mm) and approach (19deg) and departure angles (26deg) allows comfortable travel on secondary roads. It would be nice to have some extra safety gear in the mid-range Zen instead of having to option it.

Funky Factor

Powerful muscular lines, a broad stance and new chrome grille with unmistakable Renault badge points to elegance and dynamism. The wide horizontal tail lights, chrome inserts and c-shaped LEDs add to the Koleos's presence.

The lowdown

With its spacious interior, sharper styling and on-trend inclusions, the new Renault Koleos is easy to like. An excellent warranty and improved dealer support adds to the allure. The Koleos is a medium SUV that makes sense and is likely to prove the most important part of Renault's equation for success in Australia.

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4 DECEMBER 2016



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

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

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With the Blackall 100 events approaching, Allez Sport at Mooloolaba has the Hoka One One Speed Instinct in stock. Built to nimbly dance over technical terrain, the Speed Instinct is the first trail shoe to utilise Pro2lite technology, with a soft heel density that transitions into a firmer, more responsive forefoot. Multi-directional lugs on a durable, full length rubber out-sole provide significant traction no matter your foot placement. This new introduction from HOKA is responsive enough to race up the mountains, and forgiving enough to get down them. RRP \$219.95.



Like to try before you buy? Cycle Zone Mooloolaba offers rent, try and buy. If you want to take a bike for a decent test ride before committing you hard earned, this is the program for you. Cycle Zone has a range of test and new bikes available. Bikes such as the Cervelo P2 (starting from \$1800 in a range of sizes) and the Felt B16 (from \$1500) are now available. Once you ride, take the rental cost of the bike off the final price.



Allez Sport has a wide range of new season compression apparel from 2XU. 2XU's graduated compression garments promote increased blood flow for faster warm up and greater oxygen to muscle tissue. This allows muscles to become more extensible for greater movement efficiency. During September there is 20% off the range.



Venture Cycles at Noosaville is now the sole Troy Lee Designs retailers for the Coast. Troy Lee Designs "for the world's fastest racers" in store now at the Coast's premium store for all things MTB, starting at \$44.95.



Venture Cycles at Noosaville has the only Trek Slash 9.9 currently in Australia. The world's fastest purpose-built enduro race weapon for only \$8999.



Le CycloSportif at Noosa Heads is offering a free fitness mat with every Wahoo trainer until September 15. Whether you're looking for the accuracy and control of a direct-drive bike trainer or the flexibility and convenience of a wheel-on solution, KICKR and KICKR SNAP offer two distinct indoor training solutions.

Upcoming Sunshine Coast events

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

Date	Event	Distance	Location	Website
September 10-11	Glasshouse Trail Series - Glasshouse 100	The Glasshouse 100 is a 100 mile, 100km, 50km, 34km and 11.3km trail run in the Glasshouse Mountains, Beerburrum, Queensland.	Beerburrum	www.glasshousetrailseries.com
September 11	12-Hour MS Swimathon	Cotton Tree Aquatic Centre on the Sunshine Coast will host its MS Swimathon event to raise funds to help people living with multiple sclerosis (MS).	Cotton Tree	www.msswimathon.com.au
September 11	Zoo Run at WildlifeHQ	Zoo Run at WildlifeHQ in Woombye, Queensland is a 5km and 2km fun run to raise funds for Wildlife Emergency, to help with wildlife conservation.	Woombye	www.www.zoorun.com.au/wildlifehq/
September 18	The Mt Cooroora Endurance Challenge	A 4 hour or 8 hour run on a 1.2km lap at Mt Cooroora run solo or in relay team pairs or triples. Each lap takes you up a 1.2km, 280m ascent, before descending along the same route. Also a fundraiser for the Children's Hospital Foundation and the Humpty Dumpty Foundation.	Pomona	www.mtcoorooraendurancechallenge.com
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

Upcoming Sunshine Coast events

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Date	Event	Distance	Location	Website
October 22	Blackall 100	The 100km trail run traverses the Blackall Range, taking in the Sunshine Coast Great Walk. With a primary 100km event, supported by a 50km event, has generous cut-offs of 25 and 28 hours apply for the 50km and 100km respectively.	Mapleton	www.runqueensland.com
October 22-23	Hells Bells 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.briebietri.com
October 23	Spring Swim Sunshine Coast	From kids and beginners through to competitive swimmers and triathletes in training. Distances include 3.8km, 2km, 1km as well as junior giants 300m (8-16 years) and 1km (10-16 years).	Mooloolaba	www.worldserieswims.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. Enter via the registration link online and nominate your region and school you will be competing for in 2017.	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.qldtriserries.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.qldtriserries.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.qldtriserries.com.au

CONTINUED NEXT PAGE

Upcoming Sunshine Coast events

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Date	Event	Distance	Location	Website
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
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.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 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.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 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

Upcoming Sunshine Coast events

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Date	Event	Distance	Location	Website
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. 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
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. 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.	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 Currumbundi 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 Run Series	Final round of four races held as part of the annual series staged at varying locations on the Sunshine Coast, with run distances of 10km, 5km and 2km.	Sunshine Coast	www.atlasmultisports.com.au
July 23, 2017	Pomona King of the Mountain	The King of the Mountain Festival in Pomona features a run up the face of Mount Cooroora for the 4.2km round trip. Also 3km family fun run, 2.8km dash and kids 4x700m.	Pomona	www.kingofthemountain.com.au
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