

Multisport MECCA

July 11, 2018

Our awesome foursome

IT'S amazing what you can do with a little help from your friends.

Danielle Evans has been inspired back into competition, lured by good mates and three days of cycling on home turf.

Evans will join the *Multisport Mecca* team taking part in Velothon, joining noted triathlete David Chick, adventure racer David Schloss and cyclist Lucy Coldwell in a powerhouse four-person team

which will cover 361km and more than 5000m of climbing from July 20-22.

"I was dragged back on the bike again by Chicka (David Chick)," Evans said.

"When he was training for Grafton to Inverell I did a few of the bigger rides. I started to really enjoy it again."

CONTINUED ON PAGE 2



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Great banter and home racing

FROM PAGE 1

No stranger to long events, having tackled some of the nation's toughest adventure races as well as the Cape to Cape mountain bike event, Evans completed the challenging Three Peaks cycling event at the Snowy Mountains during 2015. Then concentrating on running, Evans won the Blackall 100's 50km trail race in 2016.

Injury saw her sidelined from running, but Evans was back on the bike last year during a trip to Europe which included riding through Germany and Switzerland.

Undertaking this three-stage race on home turf has rekindled a competitive fire despite the prospect of facing some of the region's toughest climbs.

"Before Three Peaks we were finding all the hills we could on the Sunshine Coast," she said.

"I've pretty much done all of them ... being local makes it a lot easier and I know what I'm in for.

"I love the scenery. It should be good fun when I'm not suffering up a hill. It's good to be back on the bike with all the boy banter.

Whenever we ride I'm the only female. It's good fun, I like their talk."

While Chick is the elder statesman of the team at 48, expect him to lead from the front.

Last year he was at the pointy end of the race, with his best showing second on day two. Any chance he had of pushing for the lead on day three was cruelled when a puncture at the back of Cooroy saw him separated from the front group.

"I'm surprised I was close to the leaders, there were a few good climbers pushing it along Stanley River," he said.

"We know which way to go this year. There will be no left-hand turn on the top of Bellthorpe ... last year we got the wrong directions.

"There is a good amount of variation throughout the three days. You have a lot of climbing without anything too steep on the first day, you have all the great scenery, along the ridge to Montville, and a fast undulating ride on the Saturday. Then the last day is a hard finale getting up Obi Obi. It would be the steepest and longest of anything on the Coast. You certainly know your heart is working."

Joining a cycling race will be a



TOUGH FINISH: David Chick (left) on his way to completing a gruelling day one of Velothon Sunshine Coast last year.

PHOTO: GRANT EDWARDS



Danielle Evans after winning the Blackall 100 50km event.

PHOTO: WARREN LYNAM



Lucy Coldwell riding in the Buderim9.

PHOTO: GRANT EDWARDS

new experience for Schloss.

While he's used to multi-day events, the chance to have good meals and actually sleep properly is a rarity. He's enjoyed success adventure racing around the world, covering hundreds of kilometres hiking, mountain biking and paddling in races lasting up to seven days.

While his sights are set on the Adventure Racing World Championship at Reunion Island in early November (see story on page 7), Velothon is something he's been keen to tackle after seeing the success of its inaugural year.

A noted climber he'll be in his element on days one and three.

"It will be awesome training," he said.

"I have never ridden the specific course, but I have done all the climbs. That includes Obi Obi, which I have only done once on a time trial bike. I managed to get up it without walking."

Completing the team is Coldwell, who has an impressive cycling resume.

After representing Scotland at the Glasgow 2014 Commonwealth Games, Coldwell made the Sunshine Coast home in 2015.

She continued riding in the elite ranks both nationally and overseas, but the vet returned to the Sunshine Coast to explore other sports, including triathlon and adventure racing.

Coldwell is now a regular on the mountain bike. Last year she completed a multi-stage race across India, while last month she was fourth in the elite women over the Bayview Blast marathon course. Last year her attempt to tackle Velothon was cut short by the flu, and she's excited to be part of the Mecca team to face Velothon next weekend.

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Sequel promises to be better

AFTER its debut last year, Velothon Sunshine Coast returns this month with a bigger amateur peloton.

Organised by Ironman, Velothon is designed as “the ultimate winter cycling escape” for southerners and locals alike who are given the opportunity to share the long-kept secret of the Sunshine Coast’s spectacular hinterland and coastal roads.

The Sunshine Coast’s trademark has always been golden sunlight and stunning surf beaches but, for those in the know, it is also a genuine cycling mecca.

“The Sunshine Coast is custom made for cycling and what makes the Velothon Sunshine Coast truly unique is the combination of the intensely beautiful scenery and how the roads keep the rider both entertained and switched on,” an Ironman spokesperson said.

“Just when you are being lulled and feeling comforted by the beauty of the Sunshine Coast hinterland and the long shadow of the Glass House Mountains, you are quickly brought back to reality by the true challenge of Velothon, the consistent roller-coaster undulations and the sharp climbs.”

Race director Toby Keegan has put together a mix of sprints, hills, flats and distances to satisfy riders of all abilities.

Entries are still open, and options include the three-day (361km) and the one-day (155km or 90km) courses with the full tour experience of sprint, king of the mountain, team and stage winner’s jerseys all up for grabs and managed road closures throughout.

Stage one

When: Friday, July 20 (118km hinterland climbing).

Start: Buderim Wanderers Football Club, Buderim.

Finish: Ballinger Road, Buderim.



LOCAL LEGEND: Robbie Andrews climbs Ilkley Road as part of the first stage of the inaugural Velothon Sunshine Coast. PHOTO: GRANT EDWARDS

A brutally honest opening day from Sippy Downs winding its way into the hilly hinterland and finishing at Buderim.

The view over the spectacular Glass House Mountains makes all the day’s climbing worth it.

A king of the mountain in the final kilometre up Ballinger Road will keep you grinding until the last moment.

Stage two

When: Saturday, July 21 (88km Glass House Mountains).

Start: Seaview Tce, Moffat Beach, Caloundra.

Finish: Pine Grove Rd, Woombye.

Start next to Moffat Beach and finish in the lovely town of Woombye in the hinterlands. Day two has some blissful rolling flats and engaging climbing.

This is the sprinter’s day, with a finish that gives everyone a chance to claim enviable bragging rights.

VELOTHON SUNSHINE COAST

When: July 20-22.

Website: www.velothonsunshinecoast.com.au

Entry details, three-day Velo: Includes Velothon official cycling jersey and socks, five feed stations, five sprint sections and five King of the Mountain sections, \$540.

One-day Velo: Choose between a 152km or 90km course, two sprints and two King of the Mountain sections for long course and one each for short, \$178.20 for long course and \$124.20 for short.

Stage three

When: Sunday, July 22 (Coastal 152km).

Start: Twin Waters.

Finish: Cotton Tree Park, Maroochydore.

Ride along the beach from Mudjimba to Noosa to stretch those day-three muscles before heading inland toward Kenilworth where more challenges await. The inland section of this course will

either be the highlight or the bane of your Velo. Before you make the finish near the Velo Clubhouse at Maroochydore you’ll need to conquer Obi Obi hill. The question ‘did you make it or walk it?’ will be the talk of the Velo Clubhouse at the end of the day.

Each day will begin with a staged start with athletes released onto the road in small groups from the designated timing zone.

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Weston to crack the Whip-pet on Obi Obi hill

Full name: Garry Weston.
Nickname: Whippet.
Birthplace: Tarcutta, NSW.
Current residential suburb: Ivadale Lakes, Caloundra.
Occupation: Director of finance (accountant).
Age and marital status: Just turned 60, married to Lynette (The Hippie). We have a daughter Toni, son-in-law Brendan and 3 grandkids, Callen, Avery and Deedee (oh, and a 16 yo Dachshund, Leah).
Sport: Triathlon.
Club/coach: Atlas Multisports, Jason Crowther.
Favourite food: Thai (or stir-fry).
Favourite drink: Nothing like a good protein shake after a training session, but a glass of red wine with dinner is always nice (or a cold beer).
Pet hates: End of financial year (work gets a bit crazy).
Favourite run location: Mooloolaba to Alexandra Headland, the scenery is spectacular (takes your mind off the run).
What are your favourite shoes: Hoka One One.
Favourite ride location: Flat ride would be Caloundra to Noosa (we have a fabulous coastline). Hills would be Montville repeats.
What bike to you ride: Specialized Shiv (TT) and Specialized Venge (road bike).
Favourite swim location: Mooloolaba, it's a great place to swim and close to home.
What goggles and swimmers

do you use: Vorgee Extreme goggles and Funky Trunk swimmers.
Best or most memorable event: The inaugural Sunshine Coast Ironman 70.3, it was my first 70.3 as well (oh, and getting drug tested after the 2015 Mooloolaba Tri, they held me for two hours...got the all-clear).
Bucket-list event: Roth (have to do a full Ironman first).
Favourite race: Noosa Triathlon.
What's your favourite part of racing and training: I enjoy the competition of being in an event, and I love the friendship of all the people I train with and you get to meet people from all over the country.
What does a training week look like for you in terms of volume and disciplines: I try and get around 15 hours per week of training in. 3 x 1-hour swim (bit tough through winter, so not as many); 2 x 1-hour run + 1-hour drills / sprints; 2 x 1.5 hour bike + 2 x 3 to 4 hour either flat (tempo) or hills.
What is your most dreaded sessions: Swimming in winter or running time trials.
How are you feeling ahead of Velothon: I am feeling pretty good, getting some decent rides in (long and a lot of hill training). Still a bit nervous about tackling Obi Obi (it got the better of me at last year's Velothon) but I will be giving it my best shot.
What is on your athletic agenda this year: Sunshine



READY TO TRI: Gary Weston is preparing for three days on the bike as part of Velothon Sunshine Coast. PHOTO: CONTRIBUTED

Coast Velothon in July (three-day Velo), either the 10k or 5k run at the 7 Sunshine Coast Marathon, age group world championships sprint distance triathlon in September, Bribie Tri Series, Noosa Tri in November.
How do you manage to fit in training with work and life commitments: Firstly, I have a very understanding wife (sounds like I have to buy her another ring), early starts before work or late

training after work. The endurance sessions on the weekends.
If you could have a celebrity live with you, who would it be and why: Jennifer Hawkins (Lyn has always known that Jen will be my next wife).
When you were little what job did you want to do: Policeman or a doctor.
Best movie: Top Gun.
Current car: Subaru XV.
Dream car: Aston Martin.



Join Grant Edwards as he chats with inspiring athletes from the Coast and beyond, available now!

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Schloss wins on the Wildside

■ Grant Edwards

VICTORY has become a habit for Wurtulla adventure racer David Schloss.

Fresh from 40th birthday celebrations at Kenilworth only one week earlier, Schloss was back in his element helping team Thought Sports to a nail-biting win last month.

After more than 30 hours of racing, only one minute separated two teams in an epic Wildside Geoquest Special Edition adventure race that started and finished near Forster in NSW. Schloss, together with Thought Sports teammates Damon Georke, Rob Preston and Kathryn Preston, secured the win despite a one-hour penalty for missing a checkpoint.

Finishing 1hr and 1min ahead of team Thunderbolt - which included Hugh Stodart, Bernadette Dornom, Leo Theoharis and Joshua Street - Thought Sports were awarded the win. Thought Sports did reach the "tower" area required, but failed to find the control which was on a nearby fencepost.

The victory follows success for Schloss in March when he won XPD Bay of Fires as part of another team called Tri-Adventure Antelopes.

While the annual Queen's Birthday race doesn't attract an international field like an XPD race, it was still exciting from the gun.

"Physically it was tough because you couldn't take your foot off the gas," Schloss said.

"It was different this year because they didn't give us all the maps. Usually we get the maps on Friday, and we spend the afternoon planning before racing on Saturday morning.

"This time it was maps for the first three legs. You knew guesstimated times for the other



PLANNING AHEAD: Rob Preston and David Schloss (right) in action at Wildside Geoquest Special Edition adventure race.

PHOTO: WILDSIDE GEOQUEST

legs, and you knew what order legs were going to happen in, but you didn't know what it involved until you got the maps."

Starting in the dark at 6am, teams set a cracking pace down Nine Mile Beach to Forster before paddling against a roaring tide up to Wang Wauk.

That was followed by a challenging mountain bike ride, which saw Coast competitors Russell Stringer (team Wild Earth Tiger Adventure) and Sara Barrett (team Wild & Co Tiger Adventure) both sidelined after falling and breaking collarbones.

Wild Earth Tiger Adventure had been among the leaders early before the accident.

But for Thought Sports, a decision to charge ahead after collecting the maps at checkpoint

four proved pivotal. While Thunderbolt sat down and plotted their direction, Schloss and Georke combined their navigating skills on the move.

"It's good having Rob who is experienced and thinks on his feet. Because we have raced with and against those guys (Thunderbolt), it all comes down to those strategic decisions," Schloss said.

"No one team is exponentially better than the other, so a little nav mistake can cost you."

Going into a paddle in the dark on Saturday night, Schloss took over navigation while Georke began looking at the bike leg ahead.

Going into the lead, Thunderbolt AR stayed in touch until the second mountain bike leg when Thought Sports surged ahead and was never

caught. Schloss now turns his attention to race advisor for the Sunshine Coast's own adventure race, Hells Bells, next month.

He will then make the journey to Reunion Island in early November for the AR World Championship where he will again team with Georke, and Elizabeth Dornom and Tom Chadbourne for a tilt at the title.

Last month's race was co-organised by Woombye-based event manager Chris Dixon.

Organisers had put GeoQuest on the backburner, but Dixon and his company Wild & Co took over the event in conjunction with Fully Rad Adventures. GeoQuest is an iconic event on the adventure racing calendar and has been held on the June long weekend annually over the past 16 years.



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Four-hour marathon ambition

MATTY HOLDSWORTH

Matty.Holdsworth@scnews.com.au

HE'S a 91-year-old World War II veteran with steel plates for knees but Vic Williams is proving age is no barrier to keeping fit.

One month after he turns 92 in July, Mr Williams will be the oldest competitor in the Sunshine Coast half-marathon.

When his "busted" knees were fixed in 2011 he found a passion for running.

It quickly turned into long distance.

In the average half-marathon, he regularly crosses the finishing line in under four hours, his shuffling feet refusing to quit.

"I am a slow runner, but I get there," Mr Williams said. "Towards the end, particularly the last three kilometres, I really struggle through it but I do.

"I started off doing the 10km runs but now I can do 21km. I had to get both of my knees fixed with steel plates, the cartilage was all worn out.

"I was more into rowing as a youngster, only recently did I really get into it. A few days ago I did 21km and pulled up pretty well. I wasn't aching or sore."

The Townsville-based grandfather was just 18 when he signed up with the Australian Army in 1944. He never left the country but was still involved in a precarious situation.



BEST FOOT FORWARD: Vic Williams will be the oldest competitor at August's Sunshine Coast half marathon. PHOTO: ZAK SIMMONDS

"The Japanese had broken out and were on the run around Cowra area (in central NSW)," he said.

"We were in a dangerous position trying to catch them and round them up. There were thousands of Japanese who were scattered all over the place.

"For someone who was just 18, we had some scary nights."

The 7 Sunshine Coast Marathon will be held on August 19, and Mr

MARATHON FESTIVAL

What: 7 Sunshine Coast Marathon and Community Running Festival.

When: August 17-19.

Website: www.sunshinecoastmarathon.com.au

Details: Marathon, half marathon, 10km, 5km and the 2km. The half marathon is a one loop course with marathon entrants completing a multi loop course (1 x 21km + 2 x 10.5km).

Williams will compete in the 75-plus category.

His family, who live on the Coast, will be there for support.

Pa Rambo wants another shot

ON THE *Ninja Warrior* obstacle course, success can come down to millimetres and seconds.

Buderim grandfather-of-three Ian 'Pa Rambo' Newland learned that last night when a small misjudgement saw him splash out in the opening heat of season two.

Newland had successfully completed the first three obstacles when he just missed the tricky transition from a ball hanging from a short chain to a cargo net.

"The one I was worried about was the bridge of blades. I was so excited over getting through that one I lost a little bit of focus," he told the *Daily*.

"I should have gone back into safety mode, but I just went ahead.

"When you walk up on to that stage and see the lights, the cameras and your family is there, your heart rate just goes right up. You've got to get that energy



under control."

He may not have completed the course, but the 65-year-old still proudly holds the title of the show's oldest ever competitor.

"I hope to inspire older people, 60 plus and even under, to get out there and enjoy life and keep fit and eat right," he said.



STAR SHINES: Ian 'Pa Rambo' Newland takes on the Australian Ninja Warrior obstacle course. PHOTO: CHANNEL 9

"To have a healthy, fun attitude – I find that's the big thing. Do all the stuff with your grand kids. Don't sit there and watch them at the skate park; buy a skateboard and do it with them."

Within weeks of filming, Newland was back at home training on his backyard obstacle course which he continues to expand. He can't wait to have another crack at *Ninja Warrior*

next year.

"I'm hoping I can build on what I've done," he said.

"The next season my goal will be not only to complete (the course) but compete in the semi-final and hopefully make it into the grand final."

He's also cheering on his training partner Matt Filippi, who will feature on the show next week.

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Incredible just to be involved

■ **Karyn Moffatt**

THE air was crisp, the sky perfectly clear and the sun just coming up over the horizon.

The ocean was calm and, being a warm 23 degrees, was certainly in favour of the swimmers.

To see the spray of the waves and the sun coming through, I felt honoured just to be here ... being a part of this incredible event and helping such a worthwhile charity.

Since 2001, the annual Island Charity Swim from Mudjimba to Mooloolaba has been a major fundraiser for the inspirational children at the Nambour and Currimundi special schools.

It's not a race but a personal challenge for many swimmers and each year has enticed more and more to undertake the 11km ocean swim out past Old Woman Island.

It's the one of the longest open-water swims in Australia.

At 25km, Western Australia's Port to Pub is the longest open-water swim Down Under.

It all began with Tracy Mitchell, our Buderim swim squad coach asking if I was interested in swimming the Byron Bay Ocean Classic - 2.2km from Wategos to Main Beach.

As a warm-up to this event, I swam with the Mooloolaba Beach Bums from Mooloolaba to Alex Headland on Anzac Day. Yes, I'd be lying if I said I wasn't scared, but it was brilliant fun.

Incredibly, two gentlemen, Colin and Patrick, offered to swim either side of me so sharks would eat them first. Huh, what caring folks these beach bums are!

The squad then started talking about the next upcoming event ... the Island Charity Swim from Mudjimba and around Old Woman Island to Mooloolaba.

You could be part of a team or as an individual.

It was too late for me to be ready to go that distance but I wanted to be part of the event.

I signed up as part of the support network for squad members Janelle McCosker and Tanya Revell - they needed a paddler and a boat - and I was lucky enough to go onboard with my camera.

It was amazing to be included. These people have known each other for years, and taken part in the swim.

To jump in at the last minute and take photos was fantastic.

There was a lot of anticipation in the lead up for this event. Training. Excitement. Nerves.



Suddenly it was here.

We left the marina just after 6.15am. The sun was just coming up.

It was a bit cool but the sea was beautiful ... lake Mooloolaba!

Even having grown up on the Coast I had had not seen the coastline from such an angle. It was just the perfect aspect, and an added bonus, to be so close to the ocean and on the windward side of the island.

Swimmers and support crews would stop to take it all in - sightings of dolphins, turtles and schools of fish.

It was good catching up with other groups along the course and the banter that went on. The Maroochydore Fire Station team, had us in stitches at one point. Never a dull moment with that lot.

Hayley, one of the crew, couldn't resist the opportunity and jumped in for a swim.



AMAZING EXPERIENCE: Janelle McCosker and Tanya Revell from Buderim Swim Squad, finishing up on the spectacular Mooloolaba shoreline.
PHOTO: KARYN MOFFATT

Janelle and Tanya swam the entire 11km and they needed little encouragement.

At one point Tanya asked me to take a video of her doing butterfly.

The two of them were enjoying every bit of it, especially with all the water creatures. They were in their element, enjoying the moment.

Wrecker, our captain, took Kerry and I into the shallow shores of the spit and from there we walked along the beach to welcome the swimmers ashore.

There was a tremendous feeling of satisfaction to have been part of

the day, and a sense of achievement for the swimmers. To experience the true sense of the natural high the swimmers had.

One couple - she was blind and he swam with her - that was incredible. It just shows you can do anything.

Next year I'll definitely be swimming.

The swim club has given me so much. They are a fabulous collection of people from all walks of life.

They have all come together for the same reason - the love of swimming and a positive attitude.



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FOUNDATION BUILDING: Fiona Thomme (left) and Fiona Fewtrell.

PHOTO: PATRICK WOODS

Fionas form dynamic duo with 'L' plates

COMBINED, they have celebrated their 70th birthday. Now it's time for a new challenge.

Fiona Fewtrell and Fiona Thomme are about to embark on an intense five-month training schedule to tackle this year's Beach House Hotel Hervey Bay 100 after winning Multisport Mecca's Build an Athlete competition.

The triathlon rookies will be trained by Jason Crowther of Atlas Multisports, learning the ropes ahead of the greatest fitness battle they have ever faced - a 2km swim, 80km cycle and an 18km run.

Neither has tackled an Olympic-distance event, let alone a long-distance triathlon. Fewtrell raced her first triathlon earlier this year - the enticer at Caloundra with a 300m swim, 10km cycle and 2.5km run. Thomme has never toed the start line of a tri.

But they will now be guided by the best in the business to set them off on the right tri-sport path.

John Carey of Cycle Zone Mooloolaba will provide the bike fit to ensure there are no injuries as they ramp up the cycling kilometres, while David Chick of Allez Sport will supply tri suits for race day.

The pair both work for Sunshine Coast Council, and they share an appreciation of wine as well as getting outdoors.

They decided to enter to provide some motivation outside their 9-5 desk jobs.

Both completed the Gold Coast half marathon this year, as well as



Action at the Hervey Bay 100.

PHOTO: ALISTAIR BRIGHTMAN

ATHLETE ONE

Name: Fiona Fewtrell
Age: 32
Suburb: Caloundra
Athletic background: Former surfboat rowing, Crossfit and completed 2018 Gold Coast half marathon

the Caloundra Foreshore Fun Run. "I'm so excited. Fiona is terrified of swimming in the open ocean but I have told her she has five months to prepare," Fewtrell said.

"I'm stoked. We're both so excited."

We'll follow their progress in the coming months as they build toward new endurance goals.

The Hervey Bay 100 is a long

ATHLETE TWO

Name: Fiona Thomme
Age: 42
Suburb: Baringa
Athletic background: Parkrun, sport in general, Sunshine Coast half marathon 2017 and Gold Coast half 2018

course triathlon takes place along the foreshore of the protected waters of Hervey Bay and is run by the Hervey Bay Triathlon Club. There are a range of events across the weekend, including Super Saturday events, which consist of our 'Have a Crack Tri', children's aquathlon and triathlon events, as well as the Barge2beach ocean swim.

Charity race day

BUSHRANGERS MTB Club is hosting a charity race day on Sunday, July 15. The first race is a one-hour endurance event for those wanting to give racing a try for the first time. Open to all (ages 12-plus). It will be an MTBA 'come and try' event so all racers get free race insurance. Second race is a harder two-hour enduro. Rider who gets the most laps in the two hours wins. MTBA race membership (or day licence) is necessary. The day will be staged at 32 Ruwoldts Road, Dulong, and racing gets under way at 8.30am.



Mendes achievement

PAULO and Anna Mendes (pictured above) completed the Gold Coast 100km road race on June 10. The married couple completed the journey together and crossed the line holding hands in 11:30:35. Nearly half the field retired.

Roth box ticked

AFTER battling interrupted training preparation and injury, Dave Matthews finished Challenge Roth. After getting through the 3.8km swim, he struggled on the bike and run with soreness to finish in 14hr 21min 4sec.

MTB event returns

RACE organisers In2Adventure will host the Sunshine Coast XC MTB Festival next year at Beerwah State Forest. To be staged on April 28 in conjunction with the TreX Cross Triathlon Series, competitors will be able to tackle four distances: 50km, 25km, 8.3km and a short free kids circuit.

Seat to Summit

SUNSHINE Coast athlete James McAlloom is preparing for an ultra adventure which will see him run from the coastal town of Tathra to the summit of Mt Kosciusko in New South Wales. He'll embark on the journey, which he has called Sea to Summit and will be more than 150km, from July 19.

World champs

ROWLAND Cook was ninth in the 65-69 age group standard duathlon as part of the ITU Multisport World Championships in Denmark. Cook finished in a time of 2:21:18 (42:01 run, 1:05:28 bike, 26:47 run). In the sprint duathlon, he was 12th (final time of 1:17:57, 26:09 run, 35:57 bike, 11:19 run). He will also compete in the aquathlon and aquabike events. Jo Hamwood is also racing in the 70-74 age group of the aquabike.



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Technology ready to nab drivers

Grant Edwards

CAMERA technology which catches drivers using their phones while driving is not in the frame for Queensland.

New South Wales this month legislated camera-based enforcement of illegal mobile phone use – the only problem is the system isn't ready.

The NSW Government is in the middle of a tender process having called for expressions of interest.

Alex McCredie, project manager for One Task, is among those who have tendered for the work and believes his company has created a world-first system which catches people in the act.

"It's ready to trial. There are some things to nut out in collaboration with the government ... as with how our systems fit into their systems," he said.

"In terms of technology to capture people, we have demonstrated that works and catches a lot of people.

"We are only aware of one other system in Saudi Arabia where drivers are caught when holding their phones up to their ear, the One Task cameras analyses all use of devices.

"All of the people we see out on the roads are all holding their phones, texting, browsing or on Facebook.

"No one holds their phone up to their ear any more.

"It's an even more dangerous activity because your eyes are totally averted from the road. It captures at a point as they drive past, and it captures footage and analyses whether someone is on



READY WHEN THEY ARE: Alex McCredie with the cameras which can detect people using their mobile phones while driving. PHOTO: MARK STEWART

the phone."

The system flags when a driver is found breaking the law. It is reviewed by the computer, followed by final manual analysis.

Similar laws introduced in NSW are not currently being considered in the Smart State.

Last year Queensland initiated a campaign encouraging drivers to "Chin Up".

Queensland Transport and Main Roads Minister Mark Bailey hosted road safety experts at a safety forum during in February to discuss driver distraction and develop solutions.

"The forum built on work already under way by Transport and Main Roads which is working with the Queensland Police Service, the

automotive industry and mobile phone manufacturers on this issue," a spokesperson said.

"As part of the TMR's body of work, current legislation and penalties will be reviewed to ensure they are effective.

"Queensland is not currently considering introducing similar legislation to that in NSW."

Driver Safety Australia managing director Russell White (pictured) said the issue of mobile phone use while driving had reached epidemic proportions.

"We have made so many great

in-roads into road safety, this issue now ranks as the highest as it's an addiction for the vast majority of people," he said.

"Pedestrian incidents are on the increase, people are so engrossed they are not situationally aware.

"If they are trying to interface with that screen their eyes could be off the road for several seconds."

Travelling at 100km/h, drivers are travelling the length of an Olympic swimming pool every two seconds.

Mr White said authorities could not afford to "take your foot off the throttle with alcohol, drugs and seat belts", but mobile phone usage while driving needs to be escalated in road safety warnings.

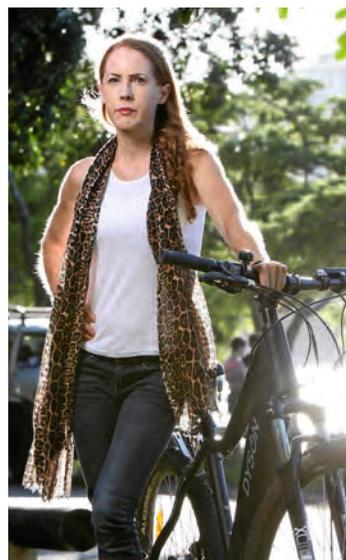


PHOTO: STEVE POHLNER

Similar reforms needed to save cyclist lives on road

WITHOUT action, risk for the most vulnerable road users will only escalate.

Last year 27 road fatalities were caused by driver distraction and 76 per cent of Queensland drivers admit to using mobile phones while driving.

Bicycle Queensland chief executive officer Anne Savage (pictured) welcomed reforms by the NSW Government.

"Passengers, pedestrians, and bike riders combined accounted for 43 per cent of deaths on Australian roads since 1989 – almost equal to driver deaths, which make up 45 per cent of crash fatalities," she said.

"Of particular concern to Bicycle Queensland, serious injury crashes among cyclists have been increasing by about eight per cent every year and are higher today than they were five or 10 years ago.

"Cyclists are overrepresented in casualty counts, making up about three per cent of all road fatalities and 15 per cent of all road hospitalisations, with the vulnerable road user group accounting for 38 per cent of the overall road toll in Queensland last year."

Bicycle Queensland says analysis of road crashes reported to the police has found nearly 800 cyclists are injured on Queensland roads each year, costing the

economy more than \$220 million annually.

"In terms of the overall percentage increase, Queensland is forecast to experience the third highest fatality increase of all Australian states, just behind Western Australia and the Northern Territory, where traffic growth is expected to be greater than the rest of Australia," Ms Savage said.

"Without concerted investment to improve on-road bike lanes and build new separated cycleways, this trend will be hard to arrest.

"Urgent action is needed to end the rising death toll caused by driver distraction and mobile phone use."

Horrific toll of driver distraction

Grant Edwards

PREPARATIONS had been two years in the making. Graham Walters was just days away from tapering and getting jetting out before tackling the gruelling Haute Route Alps from Geneva to Nice.

The 60-year-old of Eatons Hill never got on that plane. Nor will he ever get the chance to walk again, let alone ride his bucket-list event.

During a training ride he was struck by a vehicle driven by a mother distracted by a mobile phone at Burpengary on August 11, 2016

Lucky to survive after being flung into the air and finishing 30m from the initial contact. Mr Walters is now a paraplegic with no movement below the waist.

Driver Katherine Grace Roche, pleaded guilty to a charge of dangerous operation of a motor vehicle causing grievous bodily harm in the District Court earlier this year, and received a two-year jail term wholly suspended. Her licence was also suspended for two years.

"They get up in the morning and get on with their lives. I get up and it takes me two hours to get up after exercises, and toiletries done because you have no bowel or bladder function," Mr Walters said.

"It's humbling, then you shower and dress. It's a two-hour ordeal getting into your wheelchair."

"The impact hasn't just been on me, it's been on my wife as well. She's suffered significant mental stress and trauma and my kids as well. It's taken two years out of our lives."

He welcomed legislative changes in NSW enabling authorities to charge drivers caught using their phones while driving.

Yet before being rolled out, Mr Walters said greater penalties must be introduced.

"If you are on your phone and you get caught, the punishment needs to be significant," he said.

"Whether its a dollar amount that really hurts someone in the hip pocket, or whether it's significant points off their licence. I would love that phone to be taken off the person and be given a suspended driving sentence.

"They do the same with drugs and alcohol. Using a mobile phone should be classified the same.

"I have been in a car and wound down my window and told people to get off their phones and they have turned around and told me to mind my own business."

Working a rescue paramedic

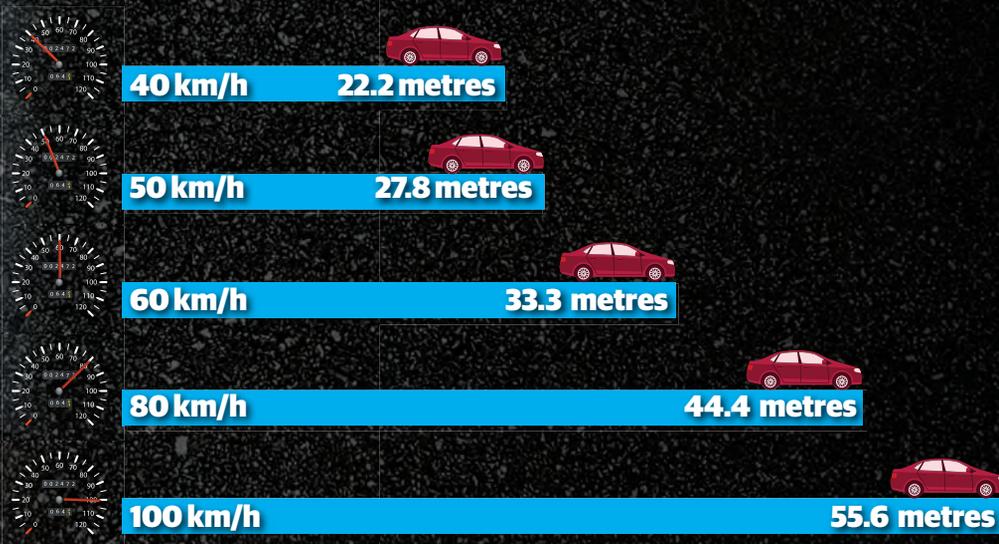


DAILY IMPACT: Graham Walters was days away from leaving to go and tackle the Huate Route Alps ride in France when he was hit by a car and is now a paraplegic. PHOTO: AAP - DAVID CLARK

ABOUT 76% of Queenslanders admit to using their mobile phone illegally in the car. It's illegal to use a handheld mobile phone at any time while driving, unless you are legally parked.

The average person's time to react to an event is 1.8 seconds. If a driver's eyes are off the road for "just two seconds", it can mean nearly four seconds before reacting to a hazard.

DISTANCE TRAVELLED IN 2 SECONDS WHEN DISTRACTED



Primary data courtesy Transport and Main Roads QLD.

before the incident, Mr Walters had also worked for Queensland Ambulance Service and had also been a physical education teacher.

The Brisbane court was told Roche had her four children in the car with her at the time when her husband called and she leaned over to show her son where the speaker was on the phone.

That moment of distraction caused her to veer over the road and collide with Mr Walters.

He had been a cyclist for more than 35 years.

Shine Lawyers' national special counsel, Roger Singh said the issue of using mobile phones while driving was approaching epidemic proportions and applauded the NSW government for taking action.

"Something has to be done as a matter of urgency to stamp out this kind of conduct behind the wheel," he said.

"Steps have been taken for many

years now with respect to illicit substances and those who are drinking alcohol and seeing fit to drive, and as far as mobile phones are concerned its up there with negligent act.

"Phones are incredibly addictive. We see time again, a moment of distraction can kill people or severely injure people. This a great measure (cameras) and hopefully we will see it rolled out in all states."

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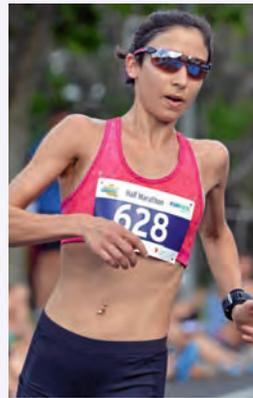
Dr Melanie Panayiotou

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Blacklaw's charity cycling double

Tessa Patrick

Tessa.Patrick@scnews.com.au

FOR fitness trainer Dallas Blacklaw, 521km on a cycle was his idea of a fun time.

When he realised he could raise money for a worthy charity in his effort, he was all in.

Over the course of four days, the personal trainer and keen cyclist will compete in the Velothon Sunshine Coast and the Noosa Classic, in the hope of raising \$1521 for Guy Sebastian's charity, The Sebastian Foundation.

The Yaroomba resident's campaign is Burn 2 Shine: Cycle Conscious, named after his personal training business and the singer's most recent album, *Conscious*.

The campaign is his first fitness fundraiser, but he and his wife Catrina felt a calling to help those less fortunate.

"I couldn't tell you why exactly we're doing it, it's just something we had to do," he said.

Blacklaw will cycle the events, and his wife has been identifying domestic violence shelters on the Sunshine Coast that The Sebastian Foundation would be able to help.

"They [The Sebastian Foundation] do some really good work for people looking to transfer accommodation after DV relationships," he said.

"Their work is about making it a



BURN 2 SHINE: Dallas Blacklaw will cycle 521km to raise money for The Sebastian Foundation. Dallas with his wife Catrina.

PHOTO: JOHN MCCUTCHEON

little more liveable and comfortable."

The trainer knew people who had been through violent relationships and come out the other side, so he wanted to bring awareness to the taboo issue.

"It was a cause that was close to my heart," he said.

Blacklaw has a profound love of fitness, ranging from his work with Les Mills studios in New Zealand to

his own personal training businesses, and cycling is just the cherry on top.

"I stay relatively active in my day-to-day work so I won't be racing in the events," he said.

"I'm just doing it in my own time and enjoying it as much as I can."

Blacklaw believes keeping fit is rewarding in more ways than physical. He noticed the mental benefits, in particular, were unlike

anything else.

"I think movement in general is the most underutilised medicine in world," he said.

"If people got to move more, if people knew how good exercise felt then we would have an epidemic."

The Velothon is later this month, and the Noosa Classic is in August.

For more, search 'Dallas Blacklaw' on gofundme.com.

Frodeno wins in Frankfurt and trounces key rival in strong marathon

JAN Frodeno is on track for a triumphant return to the Ironman World Championship.

The German-born athlete, who lives at Noosa with wife Emma (nee Snowsill) and their two children for about half of the racing year, was victorious at Ironman European Championship Frankfurt on Sunday with a time of 8hrs and 58 seconds.

Most importantly, Frodeno defeated the man who took his world title last year. The forecast marathon battle with Patrick Lange never eventuated, with Frodeno taking the lead early in the run and was never headed with an effort of 2:39:06.

Aussie athlete Josh Amberger pushed the pace early, leading Frodeno out of the 3.8km swim and then extended his lead on the bike to as much as four minutes. But the leading men reeled Amberger in during the latter stages of the 185km bike leg.

The major contenders left transition together, but Frodeno



VICTORY: Jan Frodeno put on commanding performance to win the Ironman European Championship.

PHOTO: FELIX RUDIGER

averaged 3min 46sec for every kilometre to smash the field.

Patrick Nilsson was next best with a marathon of 2:46:02, while Lange could only manage 2:47:15.

It was an impressive performance from Frodeno, who suffered a crash during a training ride recently which left him with 10 stitches on his face and some

bruises. He was able to continue training until a few days later when a ruptured hamstring tendon put him off running for a week.

Post race, Frodeno said it was a game of patience.

"Somewhere halfway through I got so frustrated, I did try to attack, I lost a bit of patience and rode hard for half an hour. But then

again I couldn't shake the guys," he said.

"You have the two Patricks - with a C and without a C - and you kind of try to make sure that you don't chauffeur the two best runners of the sport into the second transition zone.

"I came here with a bit of a mission and I'm super happy that it worked out... I'm preparing for Hawaii, it's the biggest race and the biggest challenge is to come to this race and beat Patrick (Lange) at his own game, the second half of the marathon. And that was my intention and that's what I did."

Frodeno is expected to return to Noosa as he prepares for the Ironman World Championship race at Hawaii during October.

In the women's race, it was all about the machine that is Daniela Ryf. The Swiss athlete not only trounced the women's field, with the nearest rival 26 minutes behind, but she also finished seventh overall - beating some quality male athletes.

Riding high preparing for China tour

ACA-Ride Sunshine Coast's Australian-based contingent have been sleeping in altitude tents and training with oxygen masks to prepare for their toughest test of the season in China from July 22.

The high-tech preparation is a necessity for the two-week Tour of Quinhai Lake, with most of the 1841km-race occurring at about 3000m of altitude.

"It's our biggest event in terms of difficulties and length - it's known as the fourth grand tour," ACA's co-founder Ben Kersten said.

Michael Potter, Cameron Scott and Ashley Mackay have been supplementing their road rides with the altitude acclimation in Australia to help avoid the serious fatigue and racing heart rate that can end a stage prematurely.

"We will go a week early to stabilise," Kersten said.

"The guys here have been sleeping in altitude tents, or using hypoxic masks or training in chambers."

The seven-man team's top two hopes for success across the 13-stage event are Freddy Ovett and Leigh Howard.

Both have been training in the Pyrenees mountains in Andorra to adjust to the lung-sapping conditions in central China.

Ovett and Howard, who has ridden five grand tours including the Tour de France, have bases in Europe and are being monitored

closely by ACA's high-performance director Stu Shaw.

In the climbing stages Ovett will be the protected rider, while Howard will be supported in the sprints.

But the team has suffered a setback with the withdrawal of Commonwealth Games team pursuit gold medallist Kelland O'Brien due to illness.

"With the squad we have we'll be super happy with a stage win with Leigh or Freddy, but I won't be surprised to see Potter and Scott get a podium," Kersten said.

"The rest of the squad will be doing a lot of learning and focusing on survival.

"It's a massive experience."

The event will be a major test for the new development squad, which is based at the University of the Sunshine Coast's high-performance precinct.

Twenty-two Pro Continental and Continental teams, including outfits from Europe and Asia, will compete in the event.

A strong tour for Ovett is vital and would impress professional teams from Europe as he has stepped out of the under-23 ranks this year.

Ovett, who is studying Business Administration at USC, is in form after posting a King of the Mountain Strava time during the Girona Cycling Festival on the famous Els Angels climb that was



GOING UP: Freddy Ovett in Andorra training. PHOTO: INSTAGRAM

quicker than Mitchelton-Scott brothers Simon and Adam Yates.

Howard has eight professional victories and has ridden for World Tour teams Orica GreenEdge, IAM Cycling and HTC Colombia, which was led by superstar Mark Cavendish.

He was also a team-mate of

O'Brien's when they set a world record in the team pursuit at the Commonwealth Games.

"Having Leigh's experience will be super helpful for the guys," Kersten said.

New signing Jono Noble, a USC student, and Toby Orchard complete the seven-man roster.



Back to future for tri bike course

ATHLETES at this year's Ironman 70.3 Sunshine Coast triathlon can again embrace a flat and fast course.

The two-loop route at Rosemount introduced for the 2016 world championship, and used again in 2017, has been ousted in favour of two laps of the Sunshine Motorway.

It's a similar course to the initial 70.3 Sunshine Coast races in 2013, 2014 and 2015 that saw riders undertake a 50km loop toward Peregian, and then a 40km journey to Coolim. Instead, athletes this year will undertake two 40km loops with the extra 10km covered via an additional section through Alexandra Headland and Maroochydore via Aerodrome Rd.

The rolling hills route, which encompassed Rosemount and Diddillibah, was initially designed to break up riders during world championship racing.

Multisport Mecca announced the change on Facebook at the

70.3 SUNNY COAST

What: Ironman 70.3 Sunshine Coast.

When: Sunday, August 26.

Entry: \$421.20 until July 26, \$437.40 until sold out. Teams \$469.80 until July 25, or \$502.20 until sold out.

weekend, and there were responses for and against.

David Chick said he was concerned the course had been sanitised. "It will suit the drafters who are prolific on this course already, but were quickly despatched off the back as soon as a hill came along around Rosemount," he said.

But Peregian athlete Nathan Fitzakerley welcomed the change.

"I think it's a good idea. More options for spectators to see the bike leg," he said. "You still need to swim fast and run hard to do well. Alex Parade should now be lined with spectators."

The latest and greatest...



The Clifton 5 is the latest in the family of award-winning Clifton shoes. True to its heritage, the 5 is light, cushy, and fast. Combined with the forgiving and adaptive forefoot, we're talking a smooth ride. The 5 also has a new engineered mesh upper with fewer overlays than previous versions to optimise breathability and comfort. Clifton is the best known Hoka model and has undergone a softening in the midsole, more like the Clifton 3 in this latest edition. New colours available, in wide and standard widths, in women's and men's styles, at Allez Sport at Mooloolaba from \$219.95.



The game-changing Bondi family's new offering is the most cushioned shoe in Hoka One One's road-shoe lineup. They've further enhanced the smooth, balanced ride delivered by the full-EVA midsole, the comfortable and breathable upper, and the Meta-Rocker technology. This delivers a consistent ride for all distances. The Bondi 6 will take you far and wide in comfort. Only launched worldwide this month, now available for \$249.95 from Allez Sport Mooloolaba.



Specialized's "Deflect" Hybrid jacket is constructed from wind- and water-resistant material. The jacket also includes wrist seals to stop water from seeping up the sleeves and a drop tail to deflect wheel-spray. To add to this jacket's versatility, it features fully removable sleeves. The jacket easily packs itself into its rear pocket and then fit nicely into a jersey pocket. Available from Cycle Zone Mooloolaba, RRP \$189.95.



The S-Works 6 XC mountain bike shoes are the lightest, most connected XC race shoes in the world. Weighing only 270 grams per shoe, but they feature Specialized's stiffest and lightest carbon fibre outsole for pedalling efficiency and feedback, while they borrow some unparalleled traits from the road version of the S-Works 6 for explosive speed and superior comfort. On sale at Cycle Zone Mooloolaba from \$500.



It's not only the most aerodynamic bike on the road, but it's also lost 460 grams. The S-Works Venge is the new shape of speed. Striking the perfect combination of weight and aerodynamics plays a crucial role in a bike's overall performance. Engineers saved 240g in the frame, 25g in the fork, 107g in the cockpit, 25g in the seatpost and 63g in small parts. So no matter the course, the Venge will prove to be the fastest option when you need to go up, down, and all around. Check it out at Cycle Zone Mooloolaba from \$14,500.

Upcoming Sunshine Coast events

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

Date	Event	Distance	Location	Website
July 15	Sunshine Coast Cycling road race	Race one of the Sunshine Coast Cycling Club road race series.	Rosemount	www.scccracing.wixsite.com
July 20-22	Velothon Sunshine Coast	The ultimate winter cycling escape to the sun, bringing together a stunning riding location, dream race set-up and a world class rider experience on and off the bike. Choose from a three-day ride of 361km and 5340m of climbing, or a one-day ride with 155km or 95km options.	Cotton Tree	www.velothonsunshinecoast.com
July 21	Prince and Princess of the Mountain	Held the day before the King of the Mountain Festival in Pomona, the 3.4km track from the Lions Den on Mountain St to the base of the mountain is designed for 9-13-year-olds as a lead-up race for children interested in the King of the Mountain challenge.	Pomona	www.kingofthemountain.com.au
July 22	Rainbow Beach Trail Running Festival	Trail running events including a marathon, half marathon and 11km running events.	Rainbow Beach	www.runqueensland.com.au
July 22	Pomona King of the Mountain	The Pomona King of the Mountain Festival is an all-day fun filled event where competitors run up the face of Mount Cooroora. The program includes a 3km fun run, but Mountain Challenge, is a steep, almost vertical climb up the mountain, 4.2km race to the top of the mountain and back.	Pomona	www.kingofthemountain.com.au
July 22	Sunshine Coast Cycling road race	Race two of the Sunshine Coast Cycling Club road race series.	North Arm	www.scccracing.wixsite.com
July 27	Sunshine Coastrek	The second annual event run by Wild Women On Top, with 30km or 60km treks, to raise funds for the Fred Hollows Foundation. The event is open to both men and women, but teams of four must have at least 50% women. Competitors must start and finish with the same four trekkers, no relays.	Sunshine Coast	www.sunshine.coastrek.com.au
July 29	Glasshouse Trail Series - Flinders Tour	Matthew Flinders was the first European to climb one of the Glasshouse Mountains (Beerburrum) on July 26, 1798. Flinders' Tour is based at Beerburrum State School. Distances include 52km, 26km, and 12.5km.	Beerburrum	www.glasshousetrailseries.com
August 4	Queensland Cross Country Championships	All runners aged six and up, of all abilities, are encouraged to compete. There are no qualifying standards. Age groups include under-7, under-8, under-9, under-10, under-11, under-12, under-13, under-14, under-15, under-16, under-17, under-18, under-20, open, masters 35-44, masters 45-54, masters 55-64, masters 65+.	Maleny	www.qldathletics.org.au
August 9	Sunshine Coast Cycling winter crit	First race of the winters crits organised by Sunshine Coast Cycling Club.	Caloundra	www.scccracing.wixsite.com
August 11-12	Hells Bells and Fairy Bells	Teams of two (four-person for A1 registered teams) will navigate their way through a course of about 120km with disciplines including kayaking, trekking and mountain biking that is only revealed to them hours before race start. Team categories for all male, female and mixed. Fairy Bells about half the distance. Each year a new and exciting course is developed.	Sunshine Coast	www.wldnco.com
August 11-12	Noosa Strade Bianche	The Noosa Strade Bianche pays homage to the 'golden age' of cycling. In the vein of the famed L'Eroica in Italy, Noosa Strade Bianche is strictly for steel framed cycles with downtube shifters (or bar-end shifters). As a celebration of the steel framed cycle, there is no restriction on age of the frame set. The Saturday includes a 33km Mini Fondo, and a swap meet. On the Sunday there is a 82km Medio Fondo, 137km Gran Fondo and a 162km Imperial Century.	Noosa	www.noosa-stradebianche.com.au
August 11-12	Rainbow Beach Double Triathlon	Rainbow Beach Triathlon is an Olympic distance event over two days by completing a 'sprint distance' 750m swim/20km bike/5km run triathlon on the Saturday afternoon and then another of the same distance on Sunday morning. The two events are combined to give an 'Olympic' distance time, from which the event placegetters are calculated. Participants can choose to enter either the double race or just one of either the Saturday race or Sunday race. Saturday Active Kids first wave starts at 2pm. Active First Timers first wave starts 2.30pm. Race 1 (750/20/5) first wave starts 3.30pm. Sunday race two (750/20/5) first wave starts at 7.30am.	Rainbow Beach	www.rainbowbeachtriathlon.com.au

CONTINUED NEXT PAGE

Upcoming Sunshine Coast events

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

Date	Event	Distance	Location	Website
August 12	Maroochy River Paddle	The Maroochy River Paddle is a marathon paddling race on the Maroochy River starting upstream at the Dunethin Rock Scout Camp and travelling downstream with the outgoing tide to finish 17km later in Eudlo Creek at the Sunshine Coast Paddlesports Club. Racing craft include kayaks, sea kayaks and fishing kayaks; dragon boats and outrigger canoes; surf spec skis and ocean racing skis; stand-up paddle boards; Canadian canoe, plastic sit-on-top and anything else you might wish to paddle.	Maroochy River	www.maroochyriverpaddle.com.au
August 16	Run Nation Film Festival	The Run Nation Running Film Festival presented by Travelling Fit at BCC, Sunshine Plaza, is the only film festival in Australia that is dedicated to showing the most inspirational running films from around the world.	Sunshine Plaza	www.runnationfilmfestival.com
August 19	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. This year's half marathon will again have a one-loop course.	Alexandra Headland	www.sunshinecoastmarathon.com.au
August 9	Sunshine Coast Cycling winter crit	Second race of the winters crits organised by Sunshine Coast Cycling Club.	Caloundra	www.scccracing.wixsite.com
August 25	Australian Cross Country Championships	National championships featuring 10km, 8km, 6km, 4km and 3km events in age groups from under-14 to open men and women.	Maleny	www.athletics.com.au
August 25-26	Sun SEQer Rogaine	The 2018 Australian Rogaining Championships. The event will be held in the vicinity of the Manumbar locality, in the Gympie region.	Gympie	www.qldrogaine.asn.au
August 26	Australian Winter Race Walking Championships	Athletics Australia will offer events for all ages at the 'Winter Walks' with entry details to be provided as they come to hand. Distances from 1km-20km.	Maleny	www.athletics.com.au
August 26	Ironman 70.3 Sunshine Coast	Half-Ironman distance triathlon, featuring a 1.9km swim off Mooloolaba Main Beach, two-lap 90km bike route along the Motorway and also some hinterland aspects, and two-lap 21.1km run course from Mooloolaba to Maroochydore.	Mooloolaba	www.ironman.com
August 26	Noosa Classic	Make your choice from three courses: The Maxi Classic, is a challenging 160km ride through some of the most breathtaking scenery you can experience on two wheels. There's also The Challenge Classic; a 120km option for those with less time on their hands, or distance in their legs. For a more cruisy and casual experience, The Social Classic is a 45km ride through the most stunning areas of the Noosa region.	Noosa	www.noosaclassic.com.au
August 30	Movie: We Are Triathletes	Feature-length documentary dedicated to the sport of Ironman triathlon.	Sunshine Plaza	www.au.demand.film/we-are-triathletes/
September 2	Sunshine Coast Cycling road race	Race two of the Sunshine Coast Cycling Club road race series.	Glass House	www.scccracing.wixsite.com
September 8-9	The Glasshouse 100	The Glasshouse 100 is a 100 mile, 100km, 54km, 33km and 11km trail run in the Glasshouse Mountain. The terrain varies from easy gravel road to rough, steep singletrack. There are beautiful views throughout the course, particularly from the top of Mt Beerburum and Wildhorse Mountain.	Beerburum	www.glasshousetrailseries.com
September 9	Sunshine Coast Cycling road race	Race three of the Sunshine Coast Cycling Club road race series.	Rosemount	www.scccracing.wixsite.com
September 9	Hervey Bay Pier 2 Pub	Ocean swim at Torquay with 500m, 1km and 3km distances available.	Hervey Bay	www.oceanswims.com
September 16	Mt Cooroora Endurance Challenge	The challenge is a four-hour or eight-hour run on a 1.2km lap at Mt Cooroora run solo or in relay team pairs or triples. Spend a day on this magic mountain testing your fitness and endurance, with all money raised to the Children's Hospital Foundation, Humpty Dumpty Foundation and HeartKids through the 1200kms for kids charity team.	Pomona	www.mtcoorooraendurancechallenge.com
September 22	Brisbane Open Water Swim	Lake Kawana hosts Brisbane Open Water Swim on September 22-23 with swim distances 1.25km, 2.5km, 5km and 10km. Open to SQ registered swimmers, members of clubs affiliated with other State Swimming Associations and international swimmers who meet clearance criteria.	Lake Kawana	www.brisswim.org.au

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Upcoming Sunshine Coast events

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Date	Event	Distance	Location	Website
September 23	Bli Bli Unite Fun Run and Walk	The untimed 4km Bli Bli Unite Fun Run & Walk is a family friendly event which will help to raise funds for victims of domestic violence.	Bli Bli	www.atlasmultisports.com.au
September 30	Sunshine Coast Cycling road race	Race four of the Sunshine Coast Cycling Club road race series, as well as club championships.	North Arm	www.scccrcing.wixsite.com
September 30	Dam Dash	The Dam Dash involves kayaking, mountain biking and running/walking to checkpoints which will be located around the course. This race is fully off-road, on well-established tracks and trails. You will have to plan your own course to maximise the time and gather the highest points. The winner is the team who gathers most points in three hours.	Landsborough	www.xciteadventureracing.com.au
October 6-7	Sunshine Coast CycleFest	Includes King and Queen of the Mountain at Palmwoods on the Saturday morning, then in the afternoon a street criterium at Cotton Tree with six events. On the Sunday, there is the 110km Gran Fondo, new 55km Classic and a family ride near Cotton Tree.	Cotton Tree	www.sccyclefest.com.au
October 14	Maleny Runfest	The Maleny Blackall Range Lions stage this event in spring each year in order to raise funds for medical research and to provide keen runners the opportunity to compete on a challenging but scenic circuit. Distances include 3km run/walk, 5km, 10km and 21km.	Maleny	www.malenyblackallrange.qld.lions.org.au
October 14	Sunshine Coast Cycling road race	Race five of the Sunshine Coast Cycling Club road race series.	Cootharaba	www.scccrcing.wixsite.com
October 20	Queensland Open Water Swimming Championships	Annual state championships for all age groups, within a range of distances and an opportunity for open water swimmers to gain qualifying times to nominate for the Australian Open Water Swimming Championships.	Lake Kawana	www.qld.swimming.org.au
October 20-21	Blackall 100	The Blackall 100 traverses the Blackall Range, taking in the Sunshine Coast Great Walk. With a primary 100km event, supported by a 50km event.	Montville	www.runqld.com.au
October 20-21	Bribie Triathlon Series race one	First race of the four-event series. Active Kids (7-9 years: 100m swim/3km cycle/500m run, 10-11 years: 200/6/1km, 12-13 years: 250/6/2km, 14 years+: 250/6/2km) and first timers (250m swim, 6km bike, 2km run) compete on the Saturday, there is also a 1.5km and 500m open water swim. Sunday features the triathlons. Long course - 750m swim, 20km cycle, 5km run. Short course - 300m swim, 10km cycle, 3km run.	Bribie Island	www.briebietri.com
October 25	Sunshine Coast Cycling sprint	Race one of the Sunshine Coast Cycling Club sprint race series.	Caloundra	www.scccrcing.wixsite.com
October 28	All Schools Triathlon	For athletes looking to qualify for the Queensland School Sport State Triathlon Championships or just give triathlon a go. All Schools Triathlon is just for kids and teens aged 7-18 years of all abilities. Aquathlon (ages 7-9 DOB 2010-2008): 500m run - 100m swim - 500m run. Primary aquathlon (ages 10-11 DOB 2007-2006): 1km run - 200m swim - 1km run. Junior triathlon (ages 12-13 DOB 2004-2005): 400m swim - 12km cycle - 3km run. Intermediate triathlon (ages 14-15 DOB 2003-2002): 600m swim - 16km cycle - 4km run. Senior triathlon (ages 16-18 (DOB 2001-1999): 750m swim - 20km cycle - 5km run.	Lake Kawana	www.triathlon.org.au
October 27	TreX Sunshine Coast	Race three of the TreX Series at Ewen Maddock Dam and taking in the rainforest trails and fern-filled bushland of Beerwah State Forest. The off-road triathlon series includes: Standard course: 1000m swim, 18.5km bike, 7km run. Sprint course: 400m, 10km, 3.5km. Junior & Teaser: 150, 4km, 1km. Dirt kids: 50m, 1.5km, 500m. Aquabike/Duathlon: standard & sprint distance.	Landsborough	www.trextriathlon.com.au
October 28	Trail Run Australia	Part of a four-race series which also includes Port Stephens, Bendigo and the Snowy Mountains. Race distances include half marathon, 10-12km, 5-6km and free kids event. The series culminates at the Snowy Mountains in New South Wales with a 50km Ultra added to the festival.	Landsborough	www.trailrunaustralia.com
October 31	Noosa Run Swim Run Aquathlon	Run along Noosa Main Beach and swim in Laguna Bay at Noosa Main Beach. 8-13 years- 500m run/200m swim/ 500m run. 14 years and over 1.5km run/750m swim/1.5km run.	Noosa Heads	www.noosatri.com.au

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Date	Event	Distance	Location	Website
November 2	Noosa Breakfast Fun Run	Raising money for breast cancer research, the run features a 5km one lap course starting from Noosa Woods. The run takes you up Hastings Street to Park Road and then back down Main beach to Noosa Spit where you will then return to Noosa Woods.	Noosa Heads	www.noosatri.com.au
November 2	Noosa 1000 ocean swim	1km M-shaped ocean swim off Noosa Main Beach. Minimum age 10. Age as at event day.	Noosa Heads	www.noosatri.com.au
November 2	Sunshine Coast Cycling sprint	Race two of the Sunshine Coast Cycling Club sprint race series.	Girraween	www.scccracing.wixsite.com
November 3	Noosa Tri Superkids Triathlon and Noosa Special Triathlon	The kids only version of the famous Noosa Triathlon. Short achievable distances for kids aged 7-13 years based on participation and fun. 1-13 years - 200m swim/5km cycle/900m run. 7-10 years - 100m swim/3km cycle/500m run. The Noosa Special Triathlon is the only triathlon specifically held for people with special needs, 100m swim/3km cycle/500m run.	Noosa Heads	www.noosatri.com.au
November 3	Australian Criterium, Asics 5km Bolt and legends triathlon	Women's open cycling criterium, and then the legends of all sports undertake a relay triathlon at Noosa Parade in a battle to find the best team. Followed by the 5km Asics Bolt run. Afternoon finishes with open men's cycling criterium.	Noosa Heads	www.noosatri.com.au
November 4	Noosa Triathlon	The world's biggest Olympic-distance triathlon, including a 1500m swim, 40km ride, 10km run.	Noosa Heads	www.ap.ironman.com
November 8	Sunshine Coast Cycling enduro crit	Race one of the Sunshine Coast Cycling Club enduro crit race series.	Caloundra	www.scccracing.wixsite.com
November 10	Trachyte Tour Duathlon	A new event for 2018, consisting of multiple run and MTB legs. Distances and events include: Run-bike: 15/20km (approx), Run-bike-run-bike: 30km (approx), Run-bike-run-bike-run-bike: 45km (approx).	Woodford, Beerwah, Beerburrum	www.aaaracing.com.au
November 16	Sunshine Coast Cycling sprint	Race three of the Sunshine Coast Cycling Club sprint race series.	Girraween	www.scccracing.wixsite.com
November 17	Kawana Aquathlon and Open Water Swim	Ahead of the Queensland Tri Series is the aquathlon, a Triathlon Queensland State Championship sanctioned event. The events include full distance - 2.5km run/1km swim/2.5km run, enticer - 300m swim/2km run, kool kids (10-11 years) 200m swim/1km run and kool kids (7-9 years) 100m swim/500m run. The open water swim distances include 500m, 1000m and 1500m.	Kawana	www.qldtriseries.com.au
November 18	Queensland Tri Series	Round three of the Queensland Tri Series at Kawana. Events include sprint (15 years+) - 750m swim/20km bike/5km run, enticer (12 years+) - 200m swim/5km bike/2km run, kool kids (7-14 years) - 100m swim/2km bike/500m run.	Kawana	www.qldtriseries.com.au
November 17-18	Hervey Bay 100	Annual long-distance triathlon, including a 2km swim, 80km ride and 18km run. On the Saturday is a kids and beginners event of a 200m swim, 8km ride and 2km run, as well as a 2km Barge2Beach swim.	Hervey Bay	www.hb100.herveybaytriclub.org.au
November 24-25	Bribie Triathlon Series race two	Second race of the four-event series. Active Kids (7-9 years: 100m swim/3km cycle/500m run, 10-11 years: 200/6/1km, 12-13 years: 250/6/2km, 14 years+: 250/6/2km) and first timers (250m swim, 6km bike, 2km run) compete on the Saturday, there is also a 1.5km and 500m open water swim. Sunday features the triathlons. Long course - 1km swim, 30km cycle, 8km run. Short course - 300m swim, 10km cycle, 3km run.	Bribie Island	www.bribietri.com
November 22	Sunshine Coast Cycling enduro crit	Race two of the Sunshine Coast Cycling Club enduro crit race series.	Caloundra	www.scccracing.wixsite.com
November 30	Sunshine Coast Cycling sprint	Race four of the Sunshine Coast Cycling Club sprint race series.	Girraween	www.scccracing.wixsite.com
December 1-2	Noosa Cycling Open	Sunshine Coast Cycling Club's Noosa Open with the prologue at Gyndier Drive and the crit at Girraween on the Saturday, followed by the road race at Pomona (Old Bruce Highway).	Noosa	www.scccracing.wixsite.com/sccc

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Date	Event	Distance	Location	Website
December 9	Beerwah at Daybreak	Staged at the base of Mt Beerwah at the end of Mount Beerwah Road in the Glass House Mountains National Park. There are four events: the 42km marathon; 21km half marathon; 10km; and marathon relay for teams of two.	Beerwah	www.runqld.com.au
December 9	Sunshine Coast Cycling enduro crit	Race three of the Sunshine Coast Cycling Club enduro crit race series.	Caloundra	www.scccrcing.wixsite.com
December 16	Buderim 9	The Challenge is an exciting annual 76km community cycling event covering nine different hills of Buderim. It lasts for three hours and is held on the last Sunday every year before Christmas.	Buderim	www.buderim9.com.au
December 23	Christmas Crit	Sunshine Coast Cycling Club criterium racing.	Skippy Park	www.scccrcing.wixsite.com/sccc
January 26, 2019	AusTRAILia Day Marathon/ Beerwah@night	Based at Mt Beerwah National Park Day Use Area, and also known as Aus'Trail'ia Day Marathon, consisting of three events of 10km, half marathon and full marathon in the Glasshouse Mountains.	Glasshouse Mountains	www.runqld.com.au
February 2-3, 2019	Noosa Summer Swim	The weekend festival will again offer a range of distances for every ability, from junior events to the 5.0km Noosa Grand Prix where seasoned swimmers can push their limits alongside current Olympic swimmers. Distances include 1km, 2km, 1km, juniors 300m and 1km on the Saturday, followed by the 5km and 1.5km on the Sunday.	Noosa	www.worldserieswims.com.au
February 23-24, 2019	Bribie Triathlon Series race three	Third race of the four-event series. Active Kids (7-9 years: 100m swim/3km cycle/500m run, 10-11 years: 200/6/1km, 12-13 years: 250/6/2km, 14 years+: 250/6/2km) and first timers (250m swim, 6km bike, 2km run) compete on the Saturday, there is also a 1.5km and 500m open water swim. Sunday features the triathlons. Long course - 1km swim, 30km cycle, 8km run. Short course - 300m swim, 10km cycle, 3km run.	Bribie Island	www.bribietri.com
March 2-3, 2019	Mooloolaba Beach Festival	A program of events including ocean swims, paddling events that both elites and weekend paddlers will enjoy and community events that the whole family, of any age, can participate in. The Saturday to feature 2.5km 2.5km Alex Headland to Mooloolaba Ocean Swim or the 5km grand prix starting at Mooloolaba Beach, travel north towards a turn at Alex Beach, then return following the headland back to the finish at Mooloolaba. On the Sunday is the Mooloolaba Mile (1.6km) ocean swim and Half Mile, followed by the Junior Giants (300m & 800m).	Mooloolaba	www.worldserieswims.com.au
March 15, 2019	Mooloolaba Twilight 5km Run	The launch event for the Mooloolaba Triathlon Festival, the 5km run along the esplanade and up the hill toward Alexandra Headland.	Mooloolaba	www.ap.ironman.com
March 17, 2019	Mooloolaba Triathlon	The Olympic-distance triathlon featuring a 1.5km swim in the Mooloolaba bay, one-lap 40km bike course on the Sunshine Motorway, and two-lap 10km run course from through Alexandra Headland.	Mooloolaba	www.ap.ironman.com
March 23-24	Bribie Triathlon Series race four	Final race of the four-event series. Active Kids (7-9 years: 100m swim/3km cycle/500m run, 10-11 years: 200/6/1km, 12-13 years: 250/6/2km, 14 years+: 250/6/2km) and first timers (250m swim, 6km bike, 2km run) compete on the Saturday, there is also a 1.5km and 500m open water swim. Sunday features the triathlons. Long course - 750m swim, 20km cycle, 5km run. Short course - 300m swim, 10km cycle, 3km run.	Bribie Island	www.bribietri.com
April 20, 2019	Wild Horse Criterium	Events of 11km, 22km, 33km, 55km along with six hour and 12 hour events. There will also be a free children's event of up to 3km.	Wild Horse Mountain	www.aaracing.com.au
May 10-12, 2019	Ultraman Australia	A three-day, 515 km annual endurance divided into three stages over three days. Day one - 10km swim and 140km bike. Day two - 281.1km bike. Day three - 84.3km run.	Noosa Heads	www.ultramanoz.com.au
May 11, 2019	Island Charity Swim	Fundraising swim of 11km from Mudjimba Beach around Mudjimba Island (Old Woman Island) to Mooloolaba Beach.	Mudjimba to Mooloolaba	www.islandcharityswim.com.au