

# FINISH

# Multisport

Sunshine Coast Daily

## MECCA

November 22, 2017



## Duo keen for the long haul

GUIDED by some of the best in the triathlon business, Helen Greenfield and Glenn Petrie have become long-course athletes.

The Sunshine Coast duo were the inaugural winners of

Multisport Mecca's Build an Athlete competition, which saw the pair successfully complete Sunday's Hog's Hervey Bay 100 triathlon.

CONTINUED ON PAGE 2

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# Foundation laid for the future

**FROM PAGE 1**

Both rookies to the sport mid-way through the year, their dedication and determination came to the fore over a 2km swim, 80km ride and an 18km run.

Helen finished fourth in the 35-39 women's age group, finishing in 4:41:07.

Starting well, Helen was fourth out of the water with an effort of 34:09, dropped back a few places with a ride of 2:39:27, but then finishing with a brilliant run of 1:27:31 which was the second best in her category.

For Glenn, he was 15th in the men's 40-44 age group with an effort of 4:31:48.

Swimming was always going to be his greatest challenge, and he got out of the water in 37th position with a time of 40:23 for the 2km. Glenn then cranked up the pace on the bike, lifting himself to 26th with 2:29:34 over the 80km cycle.

But with his favoured run leg last, Glenn put on the afterburners to produce the fastest 18km of his age group with 1:21:49.

Both produced outstanding efforts after being trained by Atlas Multisports, given mechanical and bike support by Cycle Zone Mooloolaba, their tri kits came from Allez Sport, wellbeing from Hendrey Chiropractic and free entry from the Hog's Hervey Bay 100.

When Helen reached the finish, it marked a new beginning for the Parklands mother of two.

She's already looking toward 70.3 Sunshine Coast next August, and possibly Mooloolaba Tri in March.

"I have really enjoyed the



**Build an Athlete competition winners Helen Greenfield and Glenn Petrie.**

PHOTOS: GRANT EDWARDS

training and the structure. I enjoy seeing it on the program and getting it done," she said.

"It's such a supportive community of people. The people I have met, it's just been amazing.

"I enjoyed the whole time (on Sunday). I felt physically fit enough to do it."

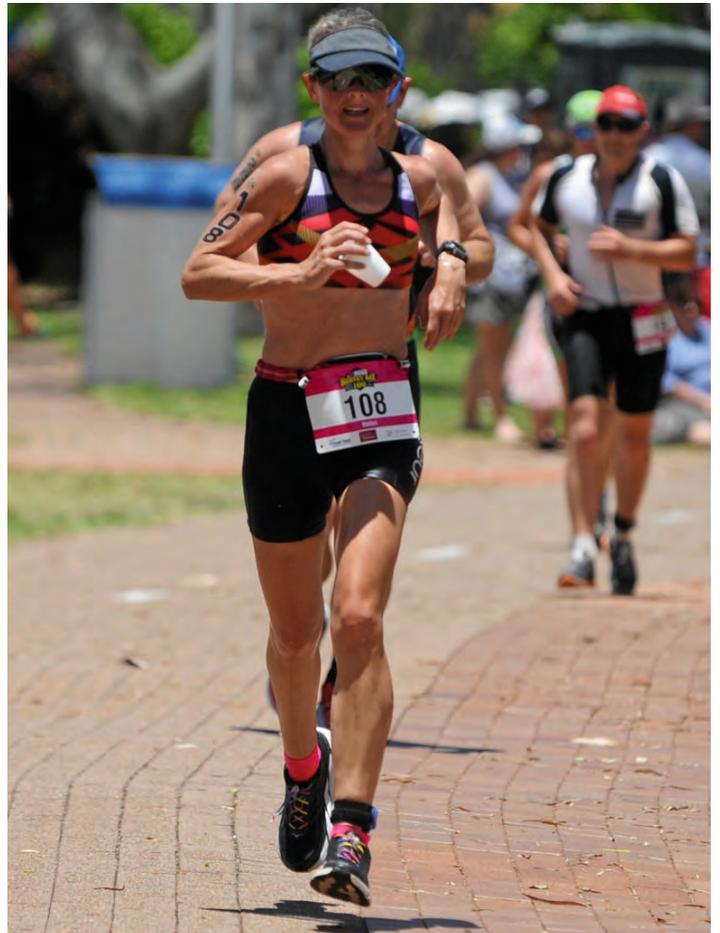
Excitement is also building for Glenn. He's already entered Noosa Tri for next year and is determined to improve.

"I really enjoyed it. I still struggled with the swim, that's a bit disappointing because I put a fair bit of work into it," he said.

"A couple of years I couldn't swim a lap of the pool. So to swim 2km is pretty awesome for me.

"I'm going to do some (swim) lessons. I am determined to get better."

Given he has such a strong run, Glenn believes he has the capacity to improve in the swim and bike legs to get closer to the



leaders in his age group.

"I thought I would do it (Hervey Bay 100) and that's it. But that's the thing with sports like these, they are addictive... now it's like what's next?" Glenn said.

The inaugural competition proved to be a great success.

Six months ago the judging panel, including Jason and Lisa Crowther, David Chick, David Hendrey, John Carey and Mecca

editor Grant Edwards analysed a strong list of applications to find the winners.

"Our goal was to find two people who would stick to the task and reach the finish," Grant said.

"Helen and Glenn went above and beyond. They overcame some major hurdles en route to the start line and proved inspirational in their application."



**Glenn Petrie had the fastest run split for his age group at the Hog's Hervey Bay 100.**



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# Coast elites rise to Bay occasion

**Grant Edwards**  
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THERE was double reason to celebrate for the Sunshine Coast at yesterday's Hog's Hervey Bay 100 triathlon, with Callum Millward and Meredith Hill claiming overall victories.

Callum, a Kiwi who now lives at Noosa, led out of the 2km swim and then pushed ahead on the 80km bike leg. Looking strong on the 18km run, he was never headed and won from visiting overseas athlete Benjamin Andersen by nearly six minutes (3:36:14).

Beerwah's Damien Collins finished third in 3:37:11.

In the women's event, Peregian Beach's Meredith Hill got the win after racing for exactly four hours.

She surged to the lead during the bike leg after regular training partner Alise Selsmark was given a five-minute penalty for drafting. Meredith had taken the lead from Alise during the third lap when another competitor dropped in between. Alise remained too close according to the officials.

Meredith won by 4min 50sec from Alise who was charging with angry purpose on the run.

It was Meredith's first long-distance race since she claimed second place in the gruelling Norseman Xtreme triathlon in Norway. The physiotherapist conquered that 226km course, which included a 3.8km swim in cold water and a mountainous 180km ride and 42.2km run, in 12hrs16min50sec.

Meredith used Sunday's race as a hit-out ahead of travelling west in two weeks for Ironman West Australia.

"I've been in training for Ironman WA for the past few months but only this week have I began to feel



Peregian's Meredith Hill attacks the last lap of bike leg.

PHOTO: GRANT EDWARDS



Callum Millward.

some decent fitness," she said.

"It has taken me a long time to bounce back from Norseman. My swim always lets me down but I was pleased to ride back into first female during the third lap.

"I knew there were some strong runners in the field so I did have to dig to hold on to the lead I had starting the run. It was a perfect little test to see where I'm at for IMWA in two weeks."

The event was staged in cooler-than-usual conditions,



Alise Selsmark takes the drafting penalty at the 2017 Hog's Hervey Bay 100.

which proved perfect for racing.

Hill said it was a "spectacular location, so well organised and a great community vibe".

"I'll be back," she said.

Millward will also turn his attention to Ironman racing at WA.

The Coast had a strong contingent racing at Hervey Bay, with many coming away with podium finishes.

Taking age group wins were



The open men's winner Callum Millward (centre) with Damien Collins (left) and Benjamin Anderson.

Michael Baker of Peregian Springs, Melissa Charlton from Buderim, Tewantin's Ken Mewha and Nathan Glarvey of Cooroy. Those on the podium included Sean Clancy (Sunrise Beach), Wade Scougall (Little Mountain), Hamilton Andrews (Mt Coolum) and Katie Kenny (Parrearra).

**See page 12 for all the Sunshine Coast results.**



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# Superman seat grab...your nuts

**Grant Edwards**  
Grant.Edwards@news.com.au

HAVING literally picked up his manhood from the Gold Coast hinterland forest floor, Jacob Cross faced the longest 20 minutes of his life.

After landing a Superman seat grab, the Cycle Zone Mooloolaba mechanic approached the lip of the next jump but his feet had slipped off the pedals. His feet hit the ground and everything else followed through.

The rear part of his seat sheared off directly behind the seatpost. He also snapped the fender as the full force of his body descended on the rear wheel.

"I knew straight away I had done something big time," he said.

"I looked down and I saw two swinging things like on a piece of string.

"I scooped them up and ran for about 100 metres. Al (Nik Barber's father) got me on the ground eventually and we just played music while I waited for the ambulance."

Conveyed to the emergency department at the Gold Coast, scans and x-rays revealed he had pierced his bladder, ruptured his scrotum and had come within 2-5mm of lacerating his femoral artery. Had the latter occurred, he could have bled out in less than 10 minutes.

"We were getting warmed up on



Jacob Cross was lucky to escape permanent injury after a crash at the Gold Coast. PHOTOS: CONTRIBUTED



the jumps. We took a break and while we were there I was saying 'I really want to do it'," he said.

"Two attempts prior to the crash I came close, and buzzed my nuts on the second attempt. You think that would have been fair warning.

"Just before I crashed Nik had actually yelled out to me 'Do you want any more kids?'"

Back at work and on the tools four days later, Jacob is already planning to return to the bike.

He's racing again in two weeks at Thredbo's Cannonball Festival.

As for the trick, will he attempt the Superman seat grab again?

"One day," Jacob said. "I'll line my pants with bubble wrap."



## Triathlete feels right at home in swim for spring

ELITE triathlete Clayton Fettell recently relocated to the Sunshine Coast and it appears he's found the region to his liking, with victory at the Spring Swim on Saturday.

The 31-year-old won the main men's race, which was reduced from 5km to 1.25km due to some unstable conditions, in 15min and 25sec.

He finished ahead of fellow locals Blair Day (16:13) and Casey Munro (16:18) in the main men's race.

Rosemount's Sarah Windsor was the first to hit the line in the main women's race.

She won in 17:47, ahead of youngsters Ashleigh Alfred (17:53) and Lisa Stewart (17:58).

"I like open swimming ... so I actually like a bit of surf and a bit



Winner Clayton Fettell (centre), second Blair Day (right) and third place Casey Munro.

of roughness. It makes it exciting," the 39-year-old said after using her nous to win.

"Your surf skills don't really diminish with age so in the wave area coming out, that's when I got in front."

There was plenty on the line, with prize money for the main



Clayton Fettell claims the title.

PHOTOS: JOHN MCCUTCHEON

races. All events were held over 1.25km because of the conditions.

"Safety takes priority and it's the safety of the least competent in the field ... so I think they did a

great job in changing it."

Almost 400 swimmers were at the event, which is the opener on the World Series Swims circuit.

— Steele Taylor

# Epic eight-hour test of stamina

ONE of the toughest obstacle courses just got tougher with an Australian first coming to the Coast.

Tough Mudder Australia has announced the launch of Toughest Mudder, a gruelling eight-hour obstacle course built to challenge competitors' strength and stamina in 2018.

The event will launch for the first time in Woodfordia sandwiched between the Tough Mudder half and full events on May 19 and 20 from midnight to 8am.

Participants will see how many times they can make it around the looped course in eight hours with the winning male and female each taking home \$5000, followed by \$2000 for second place, \$1000 for third, \$500 for fourth and \$250 for fifth place for both sexes.

After the course closes on Saturday afternoon, the course will re-open at midnight with new obstacles and challenges incorporated.

## NEW EVENT

**What:** Toughest Mudder.

**When:** May 20, 2018.

**Where:** Woodfordia.

**Details:** Eight hours from midnight to 8am.

**Entry:** \$199.

Tough Mudder Australia marketing director Paul Mudge said he was looking forward to the country's most competitive taking on obstacles designed to offer up a challenge.

"We have some of the most competitive mudders in the world right here in Australia and we are stoked to be able to offer them a shot at Toughest Mudder on our home turf for the first time next year."

"Toughest Mudder takes teamwork, stamina and mental grit to the next level. The course runs over an eight-hour period in the middle of the night. Even though



**Next year will see the introduction of Toughest Mudder, an eight-hour event at Woodfordia.**  
PHOTO: BRYN SCOTT

it's ultimately a single competitor's event, it still requires a lot of teamwork and encouragement to overcome certain obstacles and make it across the finish line."

Registrations for Toughest Mudder are open. For more information visit [www.toughmudder.com.au/](http://www.toughmudder.com.au/)

[australias-toughest-mudder.com.au](http://australias-toughest-mudder.com.au)

The event is an insight into the World's Toughest Mudder, which is a 24-hour obstacle course to see who can complete the most laps of a 8km course peppered with 20-25 of Tough Mudder's "biggest, baddest, most insane obstacles".

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# Tri entries sell out in nine hours

ATHLETES need to be just as quick on the keyboard as they do on the course.

Next year's Noosa Triathlon has already reached individual capacity.

Only a fortnight ago the 2017 edition of the world's biggest standard-distance triathlon was run and won.

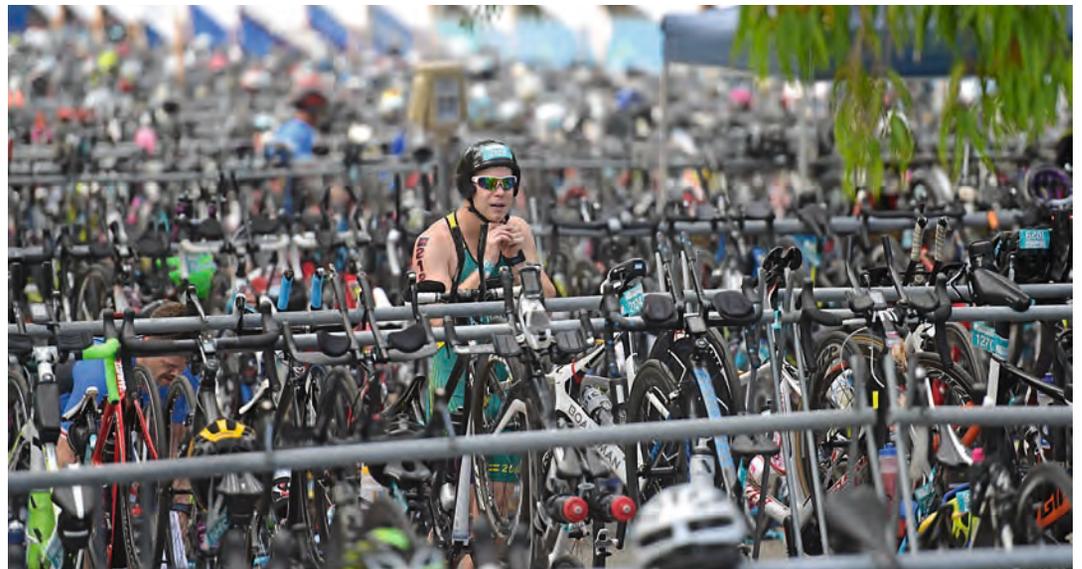
In a touch more than nine hours the individual entry slots were snapped up last Tuesday.

During recent years there have been more than 5000 individual entrants in the iconic race.

Individual entry fees for 2018 start at \$307 (including Triathlon Australia fee) for age group and \$313 for open, while team entries start at \$405 plus a \$16.20 Triathlon Australia fee.

More than 8000 athletes compete across both the individual and team disciplines of the Noosa Triathlon, and about 12,500 take part in the range of events across the festival week which attracts about 30,000 spectators.

Premium mates waves, for those desperate for early start



Next year's Noosa Tri transition will once again be at capacity.

PHOTO: WARREN LYNAM

times, were sold within three hours.

This year's sell-out in just nine hours outshone the 48 hours it took last year to exhaust individual entries.

Team entries are still open and individual entries with charity

partners are still available for those eager to test themselves.

Noosa Triathlon regional director Rebecca van Pooss said entries opened at 11am last Tuesday.

She expected the remaining team slots and charity partner individual spaces to be taken up

over the next few months.

"It's pretty astonishing really," Rebecca said.

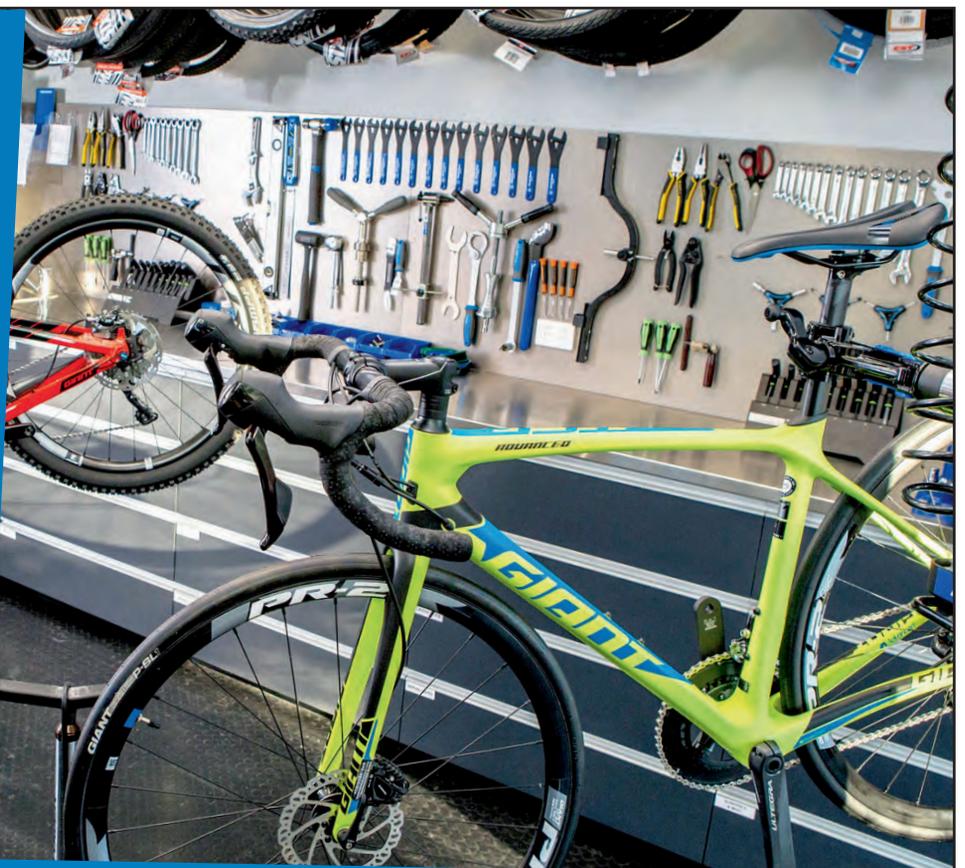
This year's tri was won by Australian Commonwealth Games team members Ashleigh Gentle and Jake Birtwhistle.

— Scott Sawyer

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# Stage race to savour

**Grant Edwards**

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COMBINING family and fun was the inspiration behind Tony Bryan's return to West Australia for the Cape to Cape MTB four-day stage race.

The Coolool 51-year-old tackled the 224km journey with brother Shaun, while father Barry was along for the journey as support crew.

"It's an awesome event. This year was the 10 year anniversary and there were 1800 riders," Tony said

"They usually run from Cape Leeuwin to Cape Naturaliste at Dunsborough but this year they started and finished each day back at the winery.

"Its just a big party atmosphere."

The first day was at Xanadu Winery, before taking on looped stages at Leeuwin Estate, Colonial Brewery and the Margaret River town centre.

Tony finished 68th in the 50-59 age group, completing the four days in 11:59:59.2 (day one 55km 3:14:23.8, day two 63km 3:08:31.3, day three 56km 2:56:00.6, day four 50km 2:41:03.5).

"The WA government have spent millions. Margaret River used to be just surfing and wineries, but they have made mountain biking a full tourism industry," Tony said.

"It's all single track, hundreds of kilometres of single track.

"Each day was 70% single track and we were just smashing through some of the best riding.

"You self seed on entry. The pros left then every 15 minutes the next wave went of about 100 riders. They would start with about 5km of gravel road and by the



**Tony Bryan (left) gets past Ben English in West Australia's Cape to Cape mountain bike stage race.**

PHOTO: CONTRIBUTED

time you got into the scrub it was really well seeded.

"Mountain bikers are such as good crew. They are so polite. If someone is behind you you just scoot over and let them through."

Despite being trumped by his younger brother by about 40 minutes, Tony loved the experience.

The Ultraman finisher, who is still in the throes of recovery after

tearing his hamstring off the bone earlier this year, said the riding was akin to undertaking an Olympic-distance triathlon.

"It is really high heart rate, it hurts," he said.

Cape to Cape MTB was first held in 2008 with a field of about 100 participants. Nine years later it now holds the title as Australasia's biggest MTB multi-stage endurance race.



## Barge swim win

TRIATHLETE Kirra Seidel won the women's division of the inaugural Barge2Beach swim at Hervey Bay on Saturday. Kirra was a comfortable winner in 38:51, swimming with the lead males for much of the 2.5km journey. It was an innovative event as part of the Hog's Harvey Bay 100, with swimmers taken offshore by barge before jumping off and swimming ashore.

## Games focus

HINTERLAND cycling talent Shara Gillow will be looking to her legs "to do the talking" at the national road championships to cement her Commonwealth Games return. The Belli Park product said her path to a second Games berth would be relying on performances from the national championships held at Ballarat in January.

"There's three other races (Games qualifiers) that I will not do after that and then I think the team is announced so I'm hoping to go really well at the national championships," she said

## Commonwealth run

FOR the first time in Commonwealth Games history, a 5km fun run will take place on the same course and at the same time the world's best athletes chase gold in the GC2018 Marathon. Beginning at the marathon starting line, runners and wheelchair participants will follow a section of the marathon course and then loop back to a grandstand finish at Southport Broadwater Parklands. Entry is \$66 per person. The 5km race starts 25 minutes after the men's marathon.

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# Katey shows sprint versatility

**Steele Taylor**  
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REIGNING Ironman 70.3 Sunshine Coast women's champion Katey Gibb showed her wares over the sprint distance on Sunday.

The Buderim 30-year-old clocked 1hr 6min and 9sec to win the Kawana Triathlon.

She finished ahead of Madi Roberts (1:07:24) and Lucy Bowden (1:09:14) in the open women's section.

"Lucy had me a bit worried on the bike," Katey said.

"She had a pretty good bike split and I didn't really gain anything there and cycling is my strongest leg.

"She held the gap there and then Madi is a really good runner so I wasn't complacent at all."

Katey won the Ironman 70.3 Sunshine Coast (1.9km swim, 90km ride, 21.1km run) in September but proved she is also more than capable over the shortest triathlon distance (750m swim, 20km ride, 5km run course.)

"Most of the races I do have long, straight stretches where you can really time trial on the bike but this was quite a technical course," she said.

Katey moved from Perth to the Sunshine Coast just over a year ago.

Meanwhile, the men's race was won by Parrearra's Simon Hearn.

He clocked 59:47 to beat David Pinto (1:00:35) and Matt Duncan (1:01:38) in the open men's section.

It was part of his build-up to the Ironman 70.3 Western Sydney.

"This was a really good lead-in race and a good confidence builder," he said.

"It was a good opportunity to test out the gear you're going to be using for the longer race.

"My goal there is to go as close to four hours as I can and if that goes well I'll look to get my professional licence for the 70.3 distance."

The 24-year-old savoured a win near his home suburb, after moving from Melbourne with his partner in autumn.

"We love it up here. The training is amazing and we've got a really good group with Toby Coote at the Sunshine Coast Tri Academy," he said.

"It's nice to get one close to home, that's for sure," he said.

The race was the third stop on the Queensland Triathlon Series schedule, with many competitors

chasing qualifying berths for the age group sprint world championships on the Gold Coast next year.

## Full aquathlon

Jake Hynes (Bokarina) 35:31 1st male.  
Ryan Marsh (Caloundra West) 39:41 14-15 5th male.  
Alice Latham (Mooloolaba) 41:54 30-34 1st female,

Dmitri Simons (Noosaville) 42:26 45-49 1st male.

Kate Gazzard (Minyama) 43:37 35-39 1st female.

Taniab Gover (Birtinya) 45:32 40-44 1st female.

Nina Atkinson (Buderim) 46:28 14-15 8th female.

Charlotte Durand (Maroochydhore) 47:58 25-29 2nd female.

Richard Scolaro (Bokarina) 49:21 50-54 5th male.

Peter Thorpe (Glass House Mountains) 54:18 50-54 7th male.

Penny Hearn (Tewantin) 56:40 65-69 1st female.

Sally James (Peregian Springs) 1:01:34 50-54 4th female.

Soraya Shah (Glass House Mountains) 1:02:20 45-49 5th female.

Alicia Hamel (Buderim) 1:06:09 35-39 9th female.

## Enticer aquathlon

Peyton Craig (Warana) 12:58 U14 3rd male.

Jazzy Shults (Mountain Creek) 14:07 U14 2nd female.

Hayden Small (Peregian Springs) 14:55 U14 10th male.

Maddox Han (Pelican Waters) 15:00 U14 11th male.

Joshua Nixon (Buderim) 15:53 U14 16th male.

Leyla Atkinson (Buderim) 18:09 U14 14th female.

## Junior aquathlon

Ella Liow (Mountain Creek) 9:01 10-11y 2nd female.

Finnlea Barlow (Aroona) 9:12 10-11y 3rd female.

Oscar Starr-Thomas (Alexandra Headland) 9:38 10-11y 7th male.

Matthew Nixon (Buderim) 10:03 10-11y 9th male.

## Mini aquathlon

Lily Small (Peregian Springs) 5:12 7-9y 3rd female.

Pipi Barlow (Aroona) 5:21 7-9y 4th female.

Shilo Smith (Marcus Beach) 7:05 7-9y 10th female.

## QTS sprint

Simon Hearn 59:47 (Parrearra) 1st (11:16, 32:12, 16:17).

Matt Duncan 01:01:38 (Maroochydhore) 3rd (11:14, 33:16, 17:06).

Jake Hynes 01:01:48 (Bokarina) 4th (11:01, 33:23, 17:22).

Michael Hooper 01:02:21 (Mooloolaba) 1st (11:38, 32:55, 17:46).

Matthew Wolstencroft 01:03:15 (Sunshine Coast) 2nd (12:31, 32:47, 17:55).

Nathan Fitzakerley 01:03:34 (Parrearra) 1st (11:48, 33:03, 18:41).

Casey Stuart 01:03:59 (Landsborough) 3rd Male (12:12, 33:04, 18:42).

Dmitri Simons 01:04:35 (Noosaville) 5th (12:40, 33:33, 18:21).

Ryan Devlin 01:05:12 (Warana) 2nd (13:24, 35:08, 16:39).

Katey Gibb 01:06:09 (Buderim) 1st (12:17, 35:39, 18:11).

Ty Harding 01:06:33 (Woombye) 5th (12:50, 34:32, 19:09).

David Wassman 01:07:54 (Golden Beach) 7th (12:32, 35:29, 19:51).

Chloe McLennan 01:08:00 (Tewantin) 1st (12:12, 36:05, 19:43).

Chris Brownell 01:08:23 (Bli Bli) 11th (18:47, 23:07, 26:28).



Katey Gibb won the women's race at Kawana.

PHOTO: LEANNE HANDRECK PHOTOGRAPHY

Lucy Bowden 01:09:14 (Buderim) 3rd (13:55, 34:57, 20:22).

Robbie Andrews 01:09:25 (Maroochydhore) 6th (14:14, 35:29, 19:41).

Jack Hawke 01:09:51 (Peregian Springs) 10th (14:21, 36:26, 19:02).

Chad Stevens 01:09:52 (Buderim) 17th (13:09, 37:27, 19:14).

Michael Small 01:10:36 (Peregian Springs) 19th (13:39, 35:47, 21:08).

Chloe Turner 01:10:51 (Buderim) 1st (12:53, 38:28, 19:29).

Adrian Lovatt 01:11:14 (Caloundra) 16th (14:23, 38:13, 18:37).

David Ford 01:11:16 (Maroochydhore) 13th (14:21, 36:53, 20:00).

Greg Rehbock 01:12:01 (Pelican Waters) 19th (13:20, 37:07, 21:33).

Elias Evans 01:12:40 (Golden Beach) 13th (15:34, 35:06, 21:59).

Kaya Shults 01:13:24 (Mountain Creek) 4th (11:16, 38:33, 23:33).

Leigh Gunn 01:13:42 (Noosaville) 24th (15:53, 36:05, 21:43).

Nicholas Vanderpoll 01:13:44 (Peregian Beach) 25th (14:53, 35:54, 22:55).

Tania Gover 01:14:28 (Birtinya) 3rde (13:53, 37:58, 22:35).

Mark Munchenberg 01:14:53 (Buderim) 20th (16:18, 37:47, 20:47).

Ross Cattle 01:15:46 (Mooloolaba) 25th (15:23, 38:20, 22:02).

Rowland Cook 01:15:53 (Cotton Tree) 2nd (15:47, 37:35, 22:30).

Ron Craig 01:16:01 (Warana) 32nd (16:04, 38:43, 21:12).

Kevin Guest 01:16:46 (Mount Coolum) 22nd (14:46, 38:03, 23:55).

Maddison Dutton 01:16:48 (Mooloolaba) 3rd (13:23, 38:51, 24:33).

Jessica Huxley 01:16:50 (Peregian Springs) 9th (13:43, 40:15, 22:51).

Ben Wolstencroft 01:16:52 (Warana) 22nd (14:15, 39:15, 23:21).

Maureen Cummings 01:16:57 (Cotton Tree) 1st (13:31, 40:17, 23:07).

Scott Newman 01:17:31 (Moffat Beach) 35th (16:22, 38:10, 22:58).

Tony Bryan 01:17:38 (Coolum Beach) 23rd (17:09, 36:33, 23:55).

April George 01:18:05 (Alexandra Headland) 9th (15:04, 43:35, 19:25).

Dave Nicholls 01:18:23 (Palmview) 27th (14:03, 40:34, 23:45).

Samuel McIntyre 01:18:34 (Parrearra) 24th (11:14, 42:24, 24:54).

Inna Atkinson 01:19:08 (Buderim) 3rd (16:06, 39:45, 23:16).

Mathew Lionnet 01:19:48 (Mountain Creek) 29th (17:53, 42:18, 19:36).

Liz Lucas 01:19:48 (Buderim) 10th (15:43, 39:41, 24:23).

Shane Brearley 01:20:45 (Maroochydhore) 39th (16:17, 41:15, 23:12).

Virginia Sargeant 01:21:51 (Buddina) 12th (14:49, 41:48, 25:13).

Belinda Leary 01:22:08 (Noosaville) 11th (20:20, 38:49, 22:58).

Julia Turner 01:22:17 (Buderim) 13th (12:45, 42:41, 26:49).

Sandii Rixon 01:22:33 (Dickie Beach) 5 Female (16:06, 40:36, 25:49).

David Jones 01:22:55 (North Maleny) 36 Male (14:02, 43:02, 25:50).

Gavin Smith 01:23:07 (Woombye) 43 Male (15:02, 44:15, 23:49).

Rachel Wicks 01:23:15 (Maroochydhore) 5 Female (16:18, 40:58, 25:58).

Sean Beardmore 01:23:17 (Black Mountain) 37 Male (18:21, 39:23, 25:31).

Susan Byron 01:23:23 (Buddina) 9 Female (18:11, 42:23, 22:48).

Garry Weston 01:23:33 (Caloundra) 16 Male (16:12, 40:49, 26:31).

Katrina Palmer 01:24:52 (Mooloolaba) 16 Female (19:17, 42:43, 22:50).

Peter Holgate 01:25:06 (Tewantin) 2 Male (19:01, 40:29, 25:34).

Troy Huckstepp 01:25:10 (Tewantin) 39 Male (15:06, 43:40, 26:23).

Blake Jones 01:25:12 (Sippy Downs) 45 Male (18:06, 42:28, 24:36).

Penny Hearn 01:25:20 (Tewantin) 1 Female (16:52, 42:59, 25:27).

Susan Greenham 01:26:45 (Buderim) 26 Female (15:59, 45:24, 25:21).

Amanda Eriksson 01:27:34 (Mudjimba) 17 Female (17:28, 46:34, 23:31).

Dean Cathcart 01:28:02 (Kuluin) 39 Male (17:51, 41:28, 28:41).

Leigh Schrieber 01:28:07 (Little Mountain) 40 Male (22:14, 43:07, 22:45).

Gary Turner 01:31:29 (Buderim) 4 Male (18:47, 44:16, 28:26).

Dirkk Von Plessen 01:31:39 (Birtinya) 1 Male (18:18, 44:15, 29:05).

Sue Hancock 01:33:08 (Noosa Heads) 16 Female (18:38, 45:36, 28:53).

Petrina King 01:33:13 (Mooloolaba) 22 Female (16:01, 48:40, 28:30).

Anna Eaton 01:33:25 (Caloundra) 23 Female (17:55, 46:49, 28:40).

Allan Churchward 01:35:10 (Maroochydhore) 5th (20:10, 49:56, 25:02).

Robert Easton 01:35:37 (Noosa Heads) 46th (17:54, 50:02, 27:40).

Jo Burton 01:36:14 (Alexandra Headland) 29th (21:56, 46:47, 27:31).

Sally James 01:38:12 (Peregian Springs) 19th (18:03, 48:32, 31:36).

Gareth Wells 01:38:15 (Beerwah) 47th (19:24, 56:00, 22:50).

Michelle Doyle 01:38:38 (Nambour) 24th (17:58, 47:47, 32:52).

Rachel Carseldine 01:38:45 (Maroochydhore) 25th (15:00, 52:30, 31:13).

Ian King 01:41:32 (Sunshine Coast) 3rd (20:35, 48:43, 32:12).

Nathan Waller 01:44:07 (Maroochydhore) 41st (22:20, 52:11, 29:34).

Shaun Campion 01:45:52 (Maroochydhore) 7th (20:50, 53:11, 31:49).

Fiona Livock 01:49:44 (Maroochydhore) 31st (21:06, 01:01:45, 26:52).

James Richardson 01:49:52 (Little Mountain) 42nd (19:10, 56:27, 34:13).

Wendy Latham 01:56:07 (Parrearra) 15th (19:13, 01:03:46, 33:06).

Frank Haworth 02:31:25 (Forest Glen) 1st (21:44, 01:09:37, 01:02).

# The Ultimate Queenstown Experience



## Tour Dates - 17th to 24th of March 2018

- Airport Transfers
- Seven nights stay at Peppers Beacon Resort based on 4 sharing a 2-bedroom/2-bathroom lake front apartment. (Supplement available if you would like a bedroom to yourself)
- Breakfast each morning
- All transfers to/from activities
- Mountain bike hire for four days
- Three days of mountain bike rides (including 1 Skyline lift ticket)
- Three scenic runs (option to walk)
- Moke Lake Horse Trek
- Visit two Otago Wineries
- Four dinners at some of Queenstown's best restaurants, including drinks
- Three lunches including the fabulous Gibbston Valley Winery
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# Coast excels at the 'Hundy'

SUNSHINE Coast results from the Hog's Hervey Bay 100:

Callum Millward (Noosa Heads) 03:30:28  
1st Open Male (00:27:11, 01:54:48, 01:08:28).  
Benjamin Andersen (Aalborg) 3:36:14 2nd Open Male (00:27:14, 01:59:29, 01:09:30).  
Damien Collins (Beerwah) 03:37:11 3rd Open Male (00:29:02, 01:57:12, 01:10:56).  
Seano Clancy (Sunrise Beach) 03:57:04 3rd 30-34 Male (00:28:50, 02:12:15, 01:15:58).  
Meredith Hill (Peregian Beach) 04:00:00 1st Open Female (00:31:44, 02:09:27, 01:18:49).  
Alise Selsmark (Peregian Springs) 04:04:50 2nd Open Female (00:28:00, 02:18:55, 01:17:54).  
Wade Scougall (Little Mountain) 04:10:26 3rd 40-44 Male (00:32:56, 02:12:02, 01:25:27).  
Hamilton Andrews (Mt Coolum) 04:12:52 2nd 17-24 Male (00:30:13, 02:14:30, 01:28:08).  
Jason Cheshire (Coolum Beach) 04:16:21 8th 40-44 Male (00:31:16, 02:09:22, 01:35:43).  
Andrew Hunt (Peregian Beach) 04:17:32 10th 40-44 Male (00:34:24, 02:19:35, 01:23:32).  
Michael Baker (Peregian Springs) 04:17:44 1st 50-54 Male (00:33:16, 02:14:45, 01:29:41).  
Melissa Charlton (Buderim) 04:19:56 1st 35-39 Female (00:36:44, 02:19:28, 01:23:43).  
Destry Gourlay (Coolum Beach) 04:23:57 4th 50-54 Male (00:35:17, 02:21:15, 01:27:24).  
Aaron Belsham (Mooloolaba) 04:26:28 7th Open Male (00:35:12, 02:14:22, 01:36:53).  
Grant Callaghan (Aroona) 04:28:05 4th 45-49 Male (00:36:33, 02:19:35, 01:31:55).  
Damien May (Currimundi) 04:29:07 7th 30-34 Male (00:35:19, 02:23:56, 01:29:51).  
Glenn Petrie (Buderim) 04:31:48 15th 40-44 Male (00:40:23, 02:29:34, 01:21:49).  
Rick Shambrook (Caloundra) 04:36:02 8th 45-49 Male (00:35:14, 02:24:35, 01:36:12).  
Katie Kenny (Parrearra) 04:36:23 3rd 40-44 Female (00:32:33, 02:33:16, 01:30:34).  
Gavin Bell (Currimundi) 04:40:31 12th 45-49 Male (00:36:20, 02:26:45, 01:37:25).  
Helen Greenfield (Parklands) 04:41:07 4th 35-39 Female (00:34:09, 02:39:27, 01:27:31).  
Paul Foster (Golden Beach) 04:41:31 22nd 40-44 Male (00:37:03, 02:09:28, 01:54:59).  
Cameron Sluce (Tewantin) 04:45:16 10th 30-34 Male (00:39:59, 02:30:58, 01:34:17).  
Emma Cook (Currimundi) 04:48:41 4th 40-44 Female (00:39:14, 02:27:10, 01:42:16).  
Kellee Offley (Yandina Creek) 04:57:26 4th 45-49 Female (00:38:30, 02:31:40, 01:47:15).  
Keith Maricich (Noosa Heads) 04:57:48 15th 35-39 Male (00:32:37, 02:23:51, 02:01:19).  
Liam Owen (Golden Beach) 04:59:05 17th 45-49 Male (00:41:40, 02:30:17, 01:47:08).  
Ken Mewha (Tewantin) 04:59:27 1st 65-69 Male (00:38:35, 02:43:12, 01:37:39).  
Jodie Clark (Golden Beach) 05:01:54 5th 40-44 Female (00:39:43, 02:31:49, 01:50:21).  
Anna Matthews (Kuluin) 05:02:37 6th 35-39 Female (00:38:39, 02:34:55, 01:49:02).  
Nic Van Der Maat (Noosaville) 05:05:46 32nd 40-44 Male (00:29:20, 02:32:16, 02:04:09).  
Alex Atzori (Maroochydore) 05:05:55 17th 35-39 Male (00:38:14, 02:32:47, 01:54:54).



**Seano Clancy of Sunrise on his way to third in the 30-34 age group.**

PHOTOS: GRANT EDWARDS



**Melly Charlton runs to an 35-39 age group win.**



**Michael Baker riding to victory in the men 50-54 division**



**Destry Gourlay was fourth in men 50-54.**



**Wade Scougall finished third in his 40-44 age group.**



**Ken Mewha was the winner of the men 65-69.**

PHOTO: ALISTAIR BRIGHTMAN

Sarah Ryan (Buderim) 05:09:36 8th 35-39 Female (00:40:04, 02:43:40, 01:45:51).  
Adam Watson (Caloundra West) 05:16:02 35th 40-44 Male (00:48:30, 02:44:22, 01:43:10).  
Troy Anderson (Peregian Springs) 05:17:10 36th 40-44 Male (00:39:47, 02:34:18, 02:03:04).  
Paul Stacey (Noosa Heads) 05:20:55 40th 40-44 Male (00:30:54, 02:43:06, 02:06:54).

Nathan Glarvey (Cooroy) 05:22:26 1st Wheelie Male (00:46:45, 02:47:42, 01:47:57).  
Kylie Heading (Caloundra) 05:23:19 10th 40-44 Female (00:36:36, 02:52:03, 01:54:39).  
Sheree Smith (Caloundra) 05:23:20 11th 35-39 Female (00:33:47, 02:42:55, 02:06:37).  
Melinda Rashleigh (Alexandra Headland) 05:26:33 12th 35-39 Female (00:46:22,

02:49:04, 01:51:07).  
Sharon Copp (Golden Beach) 05:41:58 11th 45-49 Female (00:39:30, 02:44:45, 02:17:42).  
Steve Dunn (Nambour) 05:48:12 4th 55-59 Male (00:41:13, 02:36:35, 02:30:23).  
Joanne Fahey (Sunrise Beach) 06:56:02 7th 50-54 Female (00:43:47, 03:14:32, 02:57:42).



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# The mountains were calling

■ Lucy Coldwell

AS A young girl my family spent most weekends on foot in the Scottish hills and mountains.

As a 'roadie' I found myself dreaming and missing their magnificence so often. What more to satisfy this urge than the mighty Himalayas.

The Hero Mountain Bike Himalaya is a 650km, nine-day stage race from Shimla to Dharamsla taking on 16,000m of climbing. With stages varying in distance from 55km to 91km, to me this sounded doable. I love climbing, and had completed quite a few stage races on the road with stages over 130km in length, so I figured I was well prepared for the challenge ahead.

With a shiny new light hardtail, I entered a couple of one-day mountain bike races in the local area, and riding the mountain bike twice a week to try and gain some skills by commuting to work on my road bike. Hopefully I could wing my way through, thinking it surely wouldn't be that technical right? Wrong!

Holy moly, was I in for a shock! But the adventure started way before the race.

"Sometimes you have to surrender to win. Surrender is at the heart of the Indian experience."

In the western world we are used to an organised way of life. In India nothing goes to plan, but somehow it just happens, in a relaxed fashion and it always works out in the end, usually with an unexpected twist.

Arriving at Delhi airport, my heart and head were racing in anticipation of being reunited with my beloved bike and finding the bus station to travel on to Shimla. I was soon stopped in my tracks by a sign with my name on it.

My heart sank as I was told that my bike hadn't made it from Singapore.

With a leap of faith, I decided to keep going to Shimla, forget about what could go wrong, and just surrender.

Leaving the safety of the airport behind, I jumped on the Delhi Metro and into the sweaty obtrusive heat of the day. Like a smack in the face, I was transported into a different world. My senses were overwhelmed by the smells, sights and sounds of Delhi.

Off I went to catch the 10-hour bus trip along the twisting, turning, narrow roads to the mountains.



Buderim athlete Lucy Coldwell on her Hero Mountain Bike Himalaya adventure. PHOTOS: CONTRIBUTED



After a bumpy journey and arriving late that night, I crashed into bed, and the next morning just felt at peace as I looked out at a view of serenity in the mountains.

My roommate was Nienke, a fellow vet. What are the chances? We settled in, my bike duly arrived in one piece the next morning and soon it was time to register, and hear about the adventures ahead.

It didn't take too long to realise I was totally under prepared mentally, physically and technically for what the next nine days were to hold.

## Prologue Day

On the eve of stage one there had been some rain for the unannounced prologue that had us riding around a 1km circuit in town and negotiating some greasy steps. Thankfully our prayer to the weather gods had been answered and that was the only precipitation for the week.

## Stage 1

Announcement: "Stage 1 will start at 9am, be at the start for 0845 sharp". We all listened on day one, only to learn that we could become a little more relaxed about the start times. After much excitement in town and a lot of hanging around, laughing and last minute toilet stops, the rider role call began.

As soon as we were out of town, there was a steep rocky downhill section, and more than 90 riders fighting for the front. "Dang" I heard and felt something hit off my back wheel...hoping it was just a noise I carried on regardless. My heart sunk as I felt the softness in my back tyre, 1km into stage one – a puncture on my brand new tubeless tyres.

I had no choice but to stop and put a tube in. Rather a novice at this, luckily a charitable rider stopped to help me, thank goodness his pump was a lot better than mine, and 15 minutes

later I was back rolling again.

Huffing and puffing up all the hills, and trying to keep a positive mindset I was in disbelief hitting narrow single tracks where we were balancing on cliff edges, then descents with huge rocks that I just couldn't negotiate, even carrying my bike, I was in fear of slipping down into ditches and rivers.

Finally I caught up with Nienke, Eve and Chrissy, they were also hike and biking, and seeming quite as distressed as I was with the terrain. A gush of relief hit me as I was reunited with my buddies. This was short-lived as poor Nienke had actually fallen down a cliff and badly hurt herself, but carrying on headstrong, determined to get to the end.

## Stage 2

The day began with a 4km climb, and I pushed to stay with the group, however as soon as we hit the first technical enduro section, the others were gone. A lot of the day was filled with long technical descents, super steep sections, slippery grassy slopes and lots of unexpected holes. You never knew what would be round the corner. I laughed as I shared the trail with a wandering cow.

Next was a long, hot climb, at over 40 degrees. Dehydration was beginning to take its toll, and climbing at what felt like snail pace became increasingly arduous. The views were breathtaking and a welcome distraction. As I looked down the road below could be seen winding up the mountain just like an alpine climb, and off in the distance were snow capped jagged mountain peaks.

## Stage 3

I woke up with a new lease on life, thank goodness, with a total of 3000m of climbing over 50km through the mighty Jeloria pass. After we finally hit the top of the climb the most eventful part of the

day was definitely the descent into Gada Gushani. The road was made of broken tarmac and bumpy gravel sections, and was open to cars.

Flying down the descent, we were negotiating oncoming traffic, and even had to come to an abrupt halt to carry our bikes through the small gap on the side of the road to pass a traffic jam. The road was wide enough at many sections for one car only and every car was fighting to squeeze through small gaps. There were deserted cars planted into the side of the cliff on one side of the road, and often a wide bus to squeeze past after a corner.

## Stages 4-8

After the rest day on day four there were five more days of riding though the mountain passes, with many more surprises. At least by now we knew what to expect. Stages 7-8 brought us finally to Dharamsala passing through the Kangra valley and looking at the breathtaking Dhauladhar mountains. Arriving in Palampur was a treat as we descended we watched the paragliders soaring in the skies above.

The final day ended with, of course, another long, steep rocky climb, where we crossed the final finish line on top of a hill overlooking Dharamsala. With a mix of elation and exhaustion we congratulated each other and enjoyed the views. It meant so much to the riders and organisers.

But it means so much more to the country. Each year the number of Indian participants is rising, and the awareness and accessibility of sport is increasing.

This race was an amazing adventure – meeting new friends, seeing remote and inaccessible places barely any tourists would be lucky enough to set eyes on, and experiencing a completely different culture and way of life.

# The latest and greatest...



Often called 'Clifton for the trail', the Hoka One One Challenger ATR 4 looks even more like a Clifton with its cleaner, less busy look and more breathable upper. It is fast and light, offering a smooth, smooth ride. Where it diverges from the Clifton and takes the path less travelled is in its multi-lugged outsole. RRP \$220 at Allez Sport.



You've just finished a long run or grueling race, and simply put, your feet need some TLC. Enter the Ora Slide. Hoka One One put it lauded oversized midsole and meta-rocker into a sandal and love the result. No flip, no flop, just comfort and support. Your tired feet just got rescued. RRP \$99.95 from Allez Sport.



Venture Cycles is running out 2017 frames at 20% off. Your dream bike could start right here... Intense primer was \$4699 now \$3759. Santa Crus Hightower was \$5099 now \$4079.



Venture Cycles at Noosaville has the 2017 model Intense Prime on sale from \$10,099 down to \$8499. The Intense Primer ticks all the boxes with its playful 130mm of all mountain/trail suspension and with a simple switch of a bolt it will go to a 115mm XC orientated race bike. You can have your cake and eat it too.



3T has done it again, reinventing the aero road bike from scratch with the Strada. But "aero road" doesn't do it justice, as it's not just extremely aero but also comfortable. How can one bike be both? The Strada is the first aero road frame optimized for wider tires, so finally you can be fast and comfortable all the time, from the cobbles to the climbs. All day, every day, with one and the same bike. Frameset RRP \$4999 at Cycle Zone Mooloolaba.



Bikes play an integral part in our daily lives, and this S-Wallet Bifold lets the world know just how much. It's made from the same material found on Specialized's S-Works shoes, so it's guaranteed to be soft, supple, and extremely durable. Carry it with pride. RRP \$39 at Cycle Zone Mooloolaba.



Specialized's new Power Pro Elaston saddle is in a category all its own. It's very lightweight, which led to the design's inclusion of a stiff, FACT carbon shell with durable titanium rails. Meanwhile, the Body Geometry design was developed to cater to both men and women alike. RRP \$299 at Cycle Zone Mooloolaba.

The new Specialized Sitero Expert Gel adds an extra layer of comfort to the Sitero shape, making it the perfect option for long distance rides in an aerodynamic position. And to further ensure strength and durability, it features hollow titanium rails and SWAT mounts for seat bag storage options. RRP \$169 at Cycle Zone Mooloolaba.



Named after the Maori word for "spring back", the Hoka One One Hupana's responsiveness-due to its full RMAT midsole and outsole-creates a sensation of flying just above the ground. The Hupana is a shoe you can wear all day. With its clean lines, versatility and fit, the Hupana is a shoe you'll want to add to your running shoe collection today. RRP \$199.95 at Allez Sport.



# Upcoming Sunshine Coast events

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

Date	Event	Distance	Location	Website
<b>November 25-26</b>	Bribie Tri Series race three	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	<a href="http://www.bribietri.com">www.bribietri.com</a>
<b>November 26</b>	Road Race	Sunshine Coast Cycling Club road race at North Arm.	North Arm	<a href="http://www.scccrcing.wixsite.com/sccc">www.scccrcing.wixsite.com/sccc</a>
<b>November 30</b>	Thursday Night Criterium	Sunshine Coast Cycling Club criterium racing at Caloundra.	Caloundra	<a href="http://www.scccrcing.wixsite.com/sccc">www.scccrcing.wixsite.com/sccc</a>
<b>December 2-3</b>	Atlas Multisports Women's Tri Workshop	Atlas Multisports encourages women from all ages and fitness levels to get out and enjoy triathlon. These workshops for females of all ages, backgrounds and fitness abilities who have little or no experience in triathlon. The two-day course provides women with the skills to start in a squad or compete in a triathlon whilst making new friends. All sessions are provided in a safe, fun, female-only training environment.	Sunshine Coast	<a href="http://www.atlasmultisports.com.au">www.atlasmultisports.com.au</a>
<b>December 2</b>	Freestyle Clinic for Triathletes and Open Water swimmers	Clinic with Duane Cannell and Jason Crowther includes the basics of the freestyle stroke, including common misunderstandings and misconceptions. Aim is to enhance your efficiency in the pool so you can swim further, more easily. Swim bio mechanics - generating more propulsion in the water, create speed and reduce drag/resistance and how to develop the high elbow catch. Also, how to stay focused during training and how to get the most out of your swim sessions.	Buderim	<a href="http://www.atlasmultisports.com.au">www.atlasmultisports.com.au</a>
<b>December 3</b>	Sunday Morning Criterium	Sunshine Coast Cycling Club criterium racing at Caloundra.	Caloundra	<a href="http://www.scccrcing.wixsite.com/sccc">www.scccrcing.wixsite.com/sccc</a>
<b>December 14</b>	Enduro Criterium	Sunshine Coast Cycling Club criterium racing at Caloundra, enduro race three.	Caloundra	<a href="http://www.scccrcing.wixsite.com/sccc">www.scccrcing.wixsite.com/sccc</a>
<b>December 16</b>	Beerwah at Daybreak	It's back! The Mt Beerwah Daybreak Run is a 10km, 21km and 42km races in the Glasshouse Mountains. Marathon starts at 4am. Half at 6am.	Mt Beerwah	<a href="http://www.runqueensland.com.au">www.runqueensland.com.au</a>
<b>December 16</b>	Atlas Yoga	Atlas yoga sessions to help stretch out those sore tired muscles. Sessions will be 1hr in length.	Buderim	<a href="http://www.atlasmultisports.com.au">www.atlasmultisports.com.au</a>
<b>December 17</b>	Buderim 9	Rated as one of the toughest rides on the Sunshine Coast, cover the nine hills of Buderim within three hours, covering nearly 75km and raising money for the Cerebral Palsy League.	Buderim	<a href="http://www.buderim9.com.au">www.buderim9.com.au</a>
<b>December 28-31</b>	Atlas Multisports Christmas Training Camp	Finish 2017 with an intensive and fun weekend of triathlon training on the beautiful Sunshine Coast. The camp offer beginner, intermediate and advanced options for all levels whether you are attempting your first event, sprint, Olympic, long course or Ironman event.	Sunshine Coast	<a href="http://www.atlasmultisports.com.au">www.atlasmultisports.com.au</a>
<b>December 31</b>	New Year's Eve Criterium	Sunshine Coast Cycling Club criterium racing at Giraween.	Giraween	<a href="http://www.scccrcing.wixsite.com/sccc">www.scccrcing.wixsite.com/sccc</a>
<b>January 27, 2018</b>	AusTRAILia Day Marathon	AusTRAILia Day marathon of 42km, or 21km and 10km options. Formerly known as Beerwah @ Night) was first held in 2015 as an introduction for those wanting to have an opportunity to run at night in a safe, well managed event. 2016 saw the event change name to the AusTRAILia Day marathon. The event is staged at Mt Beerwah on the Saturday night closest to Australia Day. AusTRAILia Day marathon is the first event in the Run Queensland Day/Night series.	Beerwah	<a href="http://www.runqueensland.com.au">www.runqueensland.com.au</a>

CONTINUED NEXT PAGE

# Upcoming Sunshine Coast events

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

Date	Event	Distance	Location	Website
<b>February 3-4, 2018</b>	Noosa Summer Swim	The Noosa Summer Swim, presented by Milk & Co, is over a full weekend program offering a range of distances for every ability, from junior events to a new 5.0km marathon distance where seasoned swimmers can push their limits. Distances include 300m, 1km, 2km, 3km on the Saturday, and then a 5km and 1.5km option on the Sunday.	Noosa Heads	<a href="http://www.worldseries swims.com.au">www.worldseries swims.com.au</a>
<b>February 10, 2018</b>	Caloundra Open Water Swim	Staged ahead of the Queensland Tri Series, the swim options are 500m, 1000m and 1500m.	Caloundra	<a href="http://www.qldtriseri es.com.au">www.qldtriseri es.com.au</a>
<b>February 11, 2018</b>	Queensland Tri Series round six	Round six of the Queensland Tri Series at Caloundra. 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.	Caloundra	<a href="http://www.qldtriseri es.com.au">www.qldtriseri es.com.au</a>
<b>February 17-18, 2018</b>	Mooloolaba Beach Festival	In 2018, celebration of sand, surf and beach culture on the Sunshine Coast. Saturday to feature beach yoga sessions, 2.5km Alex Headland to Mooloolaba Ocean Swim, 5km Mooloolaba Grand Prix Ocean Swim, 5km Paddle Race (paddle board and SUP). Sunday to include beach yoga sessions, 300m and 800m Junior Ocean Swim, 800m Mooloolaba Half Mile and the headline 1.6km Mooloolaba Mile event.	Mooloolaba	<a href="http://www.worldseries swims.com.au">www.worldseries swims.com.au</a>
<b>February 24-25, 2018</b>	Bribie Tri Series race three	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 are the triathlons. Long course - 1km swim, 30km cycle, 8km run. Short course - 300m swim, 10km cycle, 3km run.	Bribie Island	<a href="http://www.briebietri .com">www.briebietri .com</a>
<b>February 24-25, 2018</b>	Atlas Multisports Women's Tri Workshop	Atlas Multisports encourages women from all ages and fitness levels to get out and enjoy triathlon. These workshops for females of all ages, backgrounds and fitness abilities who have little or no experience in triathlon. The two-day course provides women with the skills to start in a squad or compete in a triathlon whilst making new friends. All sessions are provided in a safe, fun, female-only training environment.	Sunshine Coast	<a href="http://www.atlasmultis ports.com.au">www.atlasmultis ports.com.au</a>
<b>February 25, 2018</b>	South East Qld Trail Running Series	Round seven of the series at Ewen Maddock Dam, with headquarters at 164 Connection Rd. Racing starts at 6.30am with distances of 14.7km and 8.3km.	Ewen Maddock Dam	<a href="http://www.seqtrail runningseries.com.au">www.seqtrail runningseries.com.au</a>
<b>March 3, 2018</b>	Freestyle Clinic for Triathletes and Open Water swimmers	Clinic with Duane Cannell and Jason Crowther includes the basics of the freestyle stroke, including common misunderstandings and misconceptions. Aim is to enhance your efficiency in the pool, so you can swim further more easily. Swim bio mechanics - generating more propulsion in the water, create speed and reduce drag/resistance and how to develop the high elbow catch. Also, how to stay focused during training and how to get the most out of your swim sessions.	Buderim	<a href="http://www.atlasmultis ports.com.au">www.atlasmultis ports.com.au</a>
<b>March 4, 2018</b>	Bendigo Bank Just Tri It Series Race One	A two-race triathlon series for all levels. The event has two distance options, short - 300m swim/10k, bike/3km run and long - 600m swim/20km bike/6km run. There are also two kids races for children aged 7 to 12. Kids 7-9 race 100m swim/2.5km bike/500m run, and ages 10-12 200m swim/5km bike/1km run.	Golden Beach	<a href="http://www.caloundrat riat hlonclub.com.au">www.caloundrat riat hlonclub.com.au</a>
<b>March 9, 2018</b>	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	<a href="http://www.ap.ironman">www.ap.ironman</a>

CONTINUED NEXT PAGE

# Upcoming Sunshine Coast events

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Date	Event	Distance	Location	Website
<b>March 10, 2018</b>	Mooloolaba Superkidz Tri and Ocean Swim	The Saturday starts with the Superkidz Triathlon and the Special Tri, followed by a 1km Ocean Swim. Also features the elite sprint-distance ITU Triathlon World Cup race for men and women on the Saturday afternoon.	Mooloolaba	<a href="http://www.ap.ironman">www.ap.ironman</a>
<b>March 11, 2018</b>	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	<a href="http://www.ap.ironman.com">www.ap.ironman.com</a>
<b>March 17, 2018</b>	Paddy Pallin Adventure Series	Teams have to change between three core disciplines several times during the event: mountain biking, running/trekking and kayaking.	Wild Horse Mountain	<a href="http://www.paddypallinadventure.com.au">www.paddypallinadventure.com.au</a>
<b>March 24-25, 2018</b>	Bribie Tri Series race four	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 are the triathlons. Long course – 750m swim, 20km cycle, 5km run. Short course - 300m swim, 10km cycle, 3km run.	Bribie Island	<a href="http://www.briebietri.com">www.briebietri.com</a>
<b>April 1, 2018</b>	Wild Horse Criterium	Trail running event is staged at night, beginning from 6pm, and includes distances of 25km, 16.5km and 10km.	Wild Horse Mountain	<a href="http://www.runqueensland.com.au">www.runqueensland.com.au</a>
<b>April 14, 2018</b>	Freestyle Clinic for Triathletes and Open Water swimmers	Clinic with Duane Cannell and Jason Crowther includes the basics of the freestyle stroke, including common misunderstandings and misconceptions. Aim is to enhance your efficiency in the pool, so you can swim further more easily. Swim bio mechanics - generating more propulsion in the water, create speed and reduce drag/resistance and how to develop the high elbow catch. Also, how to stay focused during training and how to get the most out of your swim sessions.	Buderim	<a href="http://www.atlasmultisports.com.au">www.atlasmultisports.com.au</a>
<b>April 14-15, 2018</b>	Hervey Bay Break	Bay Break is a multisports event held in Hervey Bay. This year Bay Break is a run, walk and bike event held in the Urangan Pier Precinct. Participants can enter in a single event or multiple events. Running events include junior 2km event, a 5km, 10km and 21km. Walkers can enter 2km and 5km events. There are three criterium races for cyclists and, A-grade 30 mins 3 laps, B-grade 30 mins and 3 laps, C-grade 30 mins and 3 laps.	Hervey Bay	<a href="http://www.herveybaybreak.com.au">www.herveybaybreak.com.au</a>
<b>April 22, 2018</b>	Bendigo Bank Just Tri It Series Race Two	Second race of the series for all levels. The event has two distance options, short - 300m swim/10k, bike/3km run and long - 600m swim/20km bike/6km run. There are also two kids races for children aged 7 to 12. Kids 7-9 race 100m swim/2.5km bike/500m run, and ages 10-12 200m swim/5km bike/1km run.	Golden Beach	<a href="http://www.caloundratriathlonclub.com.au">www.caloundratriathlonclub.com.au</a>
<b>April 28-29, 2018</b>	TreX Cross Triathlon Championships	Seven-race off-road triathlon series culminates at Ewen Maddock Dam. Events include standard course: 1500m swim, 30km bike, 10.5km run. Sprint course: 400m swim, 10km bike, 3.5km run. Junior and teaser: 150m swim, 4km bike, 1km run. Dirt Kids 50m swim, 1.5bike, 500m run. Aquabike (swim and bike): Standard and sprint distance.	Landsborough	<a href="http://www.trextriathlon.com.au">www.trextriathlon.com.au</a>
<b>April 29, 2018</b>	Triathlon Pink	Triathlon open and available to children aged 7-14 and ladies of all ages. Short – 100m swim, 4km cycle, 1km run. Medium – 200m, 6km, 2km. Long – 300m, 8km, 3km. Ultra – 600m, 16km, 6km. Runs: kids – 1km, 7+ 3km, 12+ 6km.	Sippy Downs	<a href="http://www.triathlonpink.com.au">www.triathlonpink.com.au</a>

CONTINUED NEXT PAGE

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Date	Event	Distance	Location	Website
May 5, 2018	TOOMOO 220	The TOOMOO 220 is not an event and certainly not a race, at 220km with 2000m of elevation gain, the TOOMOO is fast being recognised as a well supported group ride designed to take you out of your comfort zone, test and reward you like never before.	Toowoomba to Mooloolaba	www.toomoo.com.au
May 12, 2018	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
May 12-14, 2018	UM 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 19-20, 2018	Tough Mudder	The 2018 Tough Mudder season will kick off at the home of the Woodford Folk Festival (Woodfordia) where there is rolling hills, epic valleys and thick back-forests all lined up ready for our Mudders. Experience the rush of Tough Mudder's new 2018 course which will be a total change up on 2017 with two distances: more than 20 obstacles over 16km or more than 13 obstacles over 9km.	Woodfordia	www.toughmudder.com.au
May 26, 2018	Runaway Noosa Marathon	The inaugural event will feature five distances, 42.2km, 31.6km, 21.1km, 10km and 5km. The marathon can be run as an individual, or a two or four-person relay. The multi-lap course will start and finish in the heart of Noosa.	Noosa Heads	www.runawaynoosamarathon.com.au
May 27, 2018	Swim Noosa	Previously part of the Noosa Ultimate Festival, Swim Noosa is now staged on the Sunday featuring 3.8km, 2km, 1km and 500m swims.	Noosa Heads	www.ap.ironman.com
June 16, 2018	Wildhorse at Night	Night trail run near Beerburum, Queensland on Saturday, 16 June 2018 with 25km, 16.5km and 10km options, covering some of the Glasshouse 100 course. This event is part of the Runaway Marathon Series (which includes Hawkes Bay International Marathon, Queenstown Marathon and Runaway Barossa Marathon).	Beerburum	www.runqueensland.com.au
July 13-15, 2018	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 22, 2018	Rainbow Beach Trail Running Festival	Trail running events including a marathon, half marathon and 11km running events.	Rainbow Beach	www.runqueensland.com.au
July 27, 2018	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 27, 2018	Pomona King of the Mountain	The Pomona King of the Mountain Festival is an all-day fun filled event for the whole family where in the main race competitors run up the face of Mount Cooroora. The program includes a 3km fun run, but the Bendigo Bank International 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
August 11-12, 2018	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

CONTINUED NEXT PAGE

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Date	Event	Distance	Location	Website
<b>August 11-12, 2018</b>	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. NSB encourages the renaissance of the artisan-built steel frame taking place across the world. 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	<a href="http://www.noosa-stradebianche.com.au">www.noosa-stradebianche.com.au</a>
<b>August 19, 2018</b>	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 has a one-loop course.	Alexandra Headland	<a href="http://www.sunshinecoastmarathon.com.au">www.sunshinecoastmarathon.com.au</a>
<b>August 26, 2018</b>	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	<a href="http://www.ironman.com">www.ironman.com</a>
<b>September 17, 2018</b>	Mt Cooroora Endurance Challenge	The challenge is a 4 hour or 8 hour run on a 1.2km lap at Mt Cooroora run solo or in relay team pairs or triples. Spend a day on this magic mountain testing your fitness and endurance, as you also benefit the lives of chronically sick kids and their families, through the donation of all money raised to the Children's Hospital Foundation, Humpty Dumpty Foundation and HeartKids through the 1200kms for kids charity team.	Pomona	<a href="http://www.mtcoorooraendurancechallenge.com">www.mtcoorooraendurancechallenge.com</a>
<b>October 6-7, 2018</b>	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	<a href="http://www.sccyclefest.com.au">www.sccyclefest.com.au</a>
<b>October 31, 2018</b>	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	<a href="http://www.noosatri.com.au">www.noosatri.com.au</a>
<b>November 2, 2018</b>	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	<a href="http://www.noosatri.com.au">www.noosatri.com.au</a>
<b>November 2, 2018</b>	Noosa 1000 ocean swim	1km M-shaped ocean swim off Noosa Main Beach. Minimum age 10. Age as at event day.	Noosa Heads	<a href="http://www.noosatri.com.au">www.noosatri.com.au</a>
<b>November 3, 2018</b>	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	<a href="http://www.noosatri.com.au">www.noosatri.com.au</a>
<b>November 3, 2018</b>	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	<a href="http://www.noosatri.com.au">www.noosatri.com.au</a>
<b>November 4, 2018</b>	Noosa Triathlon	The world's biggest Olympic-distance triathlon, including a 1500m swim, 40km ride, 10km run.	Noosa Heads	<a href="http://www.ap.ironman.com">www.ap.ironman.com</a>