

Mu^{ti}SPORT

August 30, 2017

M E C C A

Going long on home course

■ Phillip Rodda

AFTER a breakthrough Mooloolaba Triathlon victory, Buderim's Annelise Jefferies is chasing another home success Ironman 70.3 Sunshine Coast.

The former world under-23 duathlon champion has switched to long-course racing and has been refreshed by the change of approach.

"A couple of years ago when I was doing some riding training on the road, I realised how much I enjoyed doing longer distances," she said.

Annelise trains about 20 hours a week across the three disciplines and crams in part-time university studies and work as a receptionist.

Now 24, she has gained confidence from her Mooloolaba success but also understands the importance of finding the balance between life and sport.

CONTINUED ON PAGE 2



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Annelise builds 70.3 momentum

FROM PAGE 1

"I used to train 30 hours a week but training is more about quality than quantity, it's a smarter way of training," she said.

"I used to be so tired from training, it was mentally intense, but I learned it's about giving yourself the opportunity to have other things outside of sport."

She said she felt confident that with her triathlon experience, she could adapt quickly to the 70.3 distance incorporating a 1.9km swim, 90km cycle and 21.1km run.

"You see athletes that are really successful in the 70.3 races, a lot of them picked up the sport later in life," she said.

"I've done a few runs at the 70.3 distance before this so I feel I'm ready for the up in intensity and distance."

This steady build-up included a sixth placed finish in Taiwan during March where she finished in 4:40:20 (29:50 swim, 2:28:57 cycle, 1:34:22 run), followed by a fourth at Challenge Melbourne with an effort of 4:40:29.1 (34:02, 2:36:48, 1:25:08) during April and a fourth in the standard-distance Subic Bay 51.5 in the Philippines.

Annelise is in her third year of studying Nutrition and Dietetics and is part of USC's High Performance Student Athlete Program.

She said her studies were helping her with her sports nutrition.

"There's a few things I picked up there which helped me and crossed over into my training, like enhancing my recovery," she said.

Annelise said it was vital to get recovery and attitude right for your fitness and mental health.

"It's so underestimated, especially in amateur athletes," she said. "Recovery is everything from doing your easy sessions easy so you can do your hard sessions hard, to making sure you're getting quality hours of sleep every night."

"You can take it (training) too far, it's still about work-life balance. If you're not enjoying it why do it. It has to be internal motivation; external motivation shouldn't come into it."

The half-iron distance is on September 10 in Mooloolaba.



Annelise Jefferies wins this year's Mooloolaba Triathlon

PHOTO: WARREN LYNAM

Pair all revved up for long-course debut

SUPERCARS commentator Riana Crehan's passion is the adrenalin-filled, high-speed, high-tech and intense world of motorsport.

But when Riana and her partner, race driver Will Davison are not travelling the high pressure, 15-round Supercars Championship you will find them at the pool, on their bikes or running.

Riana was always into sport at school, on the athletics team or the swimming team and was a very active kid, but dance was her first love from the moment she could walk.

"I was into jazz, tap, acrobatics and ballet. I worked as a professional dancer for many years and I did my first concert at 18 months old and my first gig was at eight or nine years old," she said.

"I was full on until I was 18-19 years old doing competitions and all the exams and stuff back in Perth where I grew up."

"I stopped dancing because I moved on with my work. I met Will who was doing a bit of different sort of training and that was when I got into cycling and other things and when I started my very amateur triathlon career. I wouldn't call myself a triathlete but I certainly give it a go."

HALF IRONMAN

What: Ironman 70.3 Sunshine Coast.

When: Sunday, September 10.

Details: Home to the 70.3 world championship last year, the 2017 course maintains many of the same elements. The transition will be on the esplanade, while the bike course retains two loops at Rosemount after a lap of the Sunshine Motorway.

Riana's baptism by "freezing" was a sprint race in Melbourne and her first venture into open-water swimming.

"I certainly remember the very first ocean swim I did," she said.

"It would have been about nine degrees, I had no wetsuit and I looked around at everyone and I was the only person in normal swimmers."

"That was my initiation. I have always been one of those people who are pretty headstrong and once I set myself a goal I am determined to achieve it. That is what happens, you start with something a bit smaller, then you want to go to the next level. You try an



Motorsport commentator Riana Crehan is preparing for Ironman 70.3 Sunshine Coast.

PHOTO: CONTRIBUTED

Olympic distance and do that a couple of times and it grows. I have done a few Olympic distance races in Noosa and Townsville and they were fun races."

With both sprint and Olympic distance under her belt Riana and Will decided it was time to step it up and take on the 1.9km swim /90km ride /21km run that is 70.3 racing.

The pair have prepared under the guidance of Adam Gordon for their 70.3 debut next weekend.

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Pilot finally lands in France

■ Grant Edwards

FOUR hours into the epic 32km English Channel swim was Peter Schultz's primary hurdle.

Struggling to urinate, the pain was getting to the point where he knew it could derail his year-long effort to conquer the iconic swim.

"I don't know why that was happening but it was and it was getting painful to the point where I knew that if the issue wasn't sorted the swim could be over whether I liked it or not," he said.

"I didn't feel negative about it but more how am I going to sort this out.

"At one of the feed stops I just floated and made myself let go of all the worry, the tension and what ifs, telling myself that if I had to float here for half an hour till the job was done then so be it, it didn't matter about the time but the swim was over if I didn't.

"That did the trick. I managed to get enough out to take the pain away then on the next feed I was given some very strong tea and from there we were back in business."

Peter completed the journey in 11 hours and 55 minutes.

Reaching the French sand ended a year-long focus for the 52-year-old. He moved to Sydney from Caloundra to swim in colder water as part of his preparation.

With excellent preparation under the guidance of Trent Grimsey, Peter looked strong and determined throughout the challenge.

"I've done long swims in training where it was mentally quite easy and similarly ones where it was a battle from start to finish," Peter said.

"The Channel swim was a good one for me. There were certainly dark times but I never once felt



negative or that the job was too great."

Peter said apart from his health issue, the other greatest battle was toward the end "when your body is hurting and the coast just never seems to get any closer".

"We had swum into darkness having started from Dover at midday," he said.

"It was a very black night, there was no point looking forward as, because of the currents, where you were looking bore no relation to where you were going or where you would eventually hit the beach that you couldn't see anyway – just lights from the towns.

"Your mind wants to go to negative places, you've got to shut that down straight away. Put those thoughts out of your head and keep swimming. 'It'll be over when it's over' I kept telling myself, 'swim from feed to feed and don't think any more than that'. 'Relax, stay positive, you'll get there'."

Now back at work behind the controls of Qantas aircraft, the pilot said there were two pieces of advice which were true: "It is the longest swim of your life followed by the hardest swim of your life", as well as "It's 90% mental, the rest is in your head".

With such a feat, there were a lot of people to thank.

Peter paid tribute to Toby Coot



Peter Schultz prepares for the Channel. PHOTOS: SARA WHITELAW

from SCTA, his first real swim coach, along with Trent for his programs and all the open water swimmers he has met along the way.

He also enjoyed some hard work under the guidance of Vlad Swim head coach Vlad Mravec in Sydney. Tim Denyer from Red Top Swim in the UK was Peter's manager on the day and in all things leading up to the swim, while the team of Reg and Ray Brickell from support vessel Viking Princess "are second to none if you want a successful swim".

Nutritionist Tara Diversi guided him with weight gain and swim feeding, while there were also many wonderful friends on the Sunshine Coast and in Manly that supported and encouraged him along the way.

"There is no overstating how important that friendship and family support is," he said.

"But most especially Sara Whitelaw who put up with so much sh*t from me along the way and then still travelled all the way over there to put up with more on the day itself."

TRAINING

■ Peter was swimming five times a week, four pool sessions and one long ocean swim. He also did strength and conditioning training at the gym twice a week.

■ The big weeks were 40-50km in total, but the majority were about 30km.

■ Pool sets were generally either aerobic or heart rate, 1-2km warm up, 3-4km main set then about 1 km warm down.

■ Main sets were any combination of 200s, 400s, 800s, easy then hard, building, progressive overload, 1km time trials, many variations.

■ Most pool sets were 5-7km, some up to 12km. The ocean swims were to hold a steady strong pace, practice feeding, teach yourself to relax and enjoy the swimming. Anything from 3-8 hours.

Peter has no plans for his next challenge, "still too early to say".



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Fitting farewell for events king

■ Grant Edwards

HUMBLE yet steadfastly dedicated, Garth Prowd OAM is remembered for many things. The man renowned as multisport events royalty on the Sunshine Coast has been laid to rest, but his influence will remain.

A large crowd gathered on August 18 for a special memorial service honouring Garth at Noosa Woods, where some of Australia's greatest sporting stars delivered heartfelt tributes.

Gold medal-winning triathlete Emma Frodeno (nee Snowsill), marathon running legend Steve Moneghetti and Noosa triathlon hall of famer Emma Carney were among those who spoke about the man hailed as mentor, innovator, leader, friend and, most of all, a doting father and husband.

"He was a mentor, a friend ... he always pointed me in the right direction. He taught me so many values and maintaining those outside of business," Emma Frodeno said.

"This sport has given me everything I know about living life, an amazing life. Garth has been a fantastic role model.

"I dedicate my greatest achievement in this sport to him."

Steve Moneghetti paid tribute to Garth's belief and dedication. The 5km Noosa Bolt, staged as part of the Noosa Multisport Festival, remains Australia's most prestigious over that distance.

"It was like he had a body double. He achieved so much and he would give you 100% of his attention," Steve said.

"Garth, I don't know what you're doing up there. I think of you on that scooter revving the guts out of it. Note to God: don't argue, let him organise it."



Steve Moneghetti and Emma Carney pay tribute to Garth Prowd's family at the special memorial service at Noosa Woods. PHOTO: GRANT EDWARDS

Garth had humble beginnings. He started his working life selling Fords, an interesting choice given he was about to marry into the Madills family which had the nearby Holden dealership, before going on to work as advertising manager for the Noosa News, and partner in a signwriting business before becoming a triathlete and eventually launching USM Events and taking over Noosa Triathlon.

After selling USM to Ironman in 2012, which had more than 50 events at the time and attracted more than 200,000 participants annually, he was a highly respected events consultant.

Brother-in-law Garth Madill said Garth brought people together.

"He was the leader who really made things happen," he said.

"His network of friends, leaders in the industries was enormous. There would be a lot of people all over the world feeling his loss.

"Through all this he didn't lose



USM founder Garth Prowd OAM. PHOTO: DARRYN SMITH



Emma Frodeno (nee Snowsill) at Garth Prowd's special memorial service at Noosa Woods. PHOTO: GRANT EDWARDS

sight of his family or friends. He didn't get himself up on a pedestal. He took life as it comes."

Garth, who was awarded an Order of Australia, died surrounded by wife Robyn, daughters Sally, Megan, Katie and son-in-laws Matt and Ben on July 30, aged 65, following a cycling training accident.



A large crowd pays tribute to Garth Prowd.

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Launching the 2018 Giant range are Giant Noosa team members (from left) Louise Vant, Kane Carpenter and Jesse Sutton. PHOTO: GRANT EDWARDS

Colour your day with new event

SUNSHINE Coast Stadium will be the first venue in the world to host the biggest global colour festival series on Earth, The Color Movement, after securing the event for October 21 ahead of larger national and international city counterparts.

Continuing The Color Run's mission to change what it means to get healthy and active, The Color Movement aims to create a worldwide movement that looks outside the traditional means of fitness and shows there are plenty of ways to keep fit while having fun.



The new all-ages colour festival series is looking to engage all Australians, no matter what body shape or fitness level, in new ways to be active. Participants will be able to explore five new colourful worlds – from a magical foam ocean to a world of glittering confetti rain and a bubble-filled chill-out zone.

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Cyclist killer appeals jail sentence

Grant Edwards

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THE man convicted of killing cyclist Stephen Small has appealed the severity of his nine-year jail sentence and a non-parole period of four years.

Nathan Craig MacDonald pleaded guilty to crashing his Great Wall ute into Mr Small at Doonan, who was riding home from work, on March 14 last year. MacDonald was convicted of dangerous driving causing death, admitting to being intoxicated at the time and leaving the scene before police arrived.

Under the current sentence, he will be eligible to apply for parole in March 2020, four years after the crash.

The case will now go to the Court of Appeal. A hearing date is yet to be determined.

At the time of sentencing, crown prosecutor Sam Bain told the court MacDonald did not brake or stop when he ploughed into Mr Small from behind, killing him instantly.

Judge John Robertson said Mr

Small had no chance to take evasive action as MacDonald drove into him, the left side of his ute fully in the marked bike lane.

"It is beyond belief that you couldn't have known that you hit him from the sound of the bicycle dragging down the road," he said.

While MacDonald has launched his own action, Member for Maroochydore Fiona Simpson last month wrote to the Attorney-General and Minister for Justice Yvette D'Ath seeking an appeal on the grounds that the sentence was insufficient. She also called for an appeal over the sentence imposed on Corey Michael Sinclair, who was a passenger in the car at the time Mr Small was killed. Sinclair and MacDonald had attacked another cyclist, Rod Wilcox, 30 minutes before killing Mr Small.

Sinclair pleaded guilty to common assault while adversely affected by a substance and was fined \$450 and sentenced to 60 hours community service.

At the sentencing, Judge Robertson said in "over 20 years ... this is one of the most serious



examples of dangerous driving causing death that I've come across".

Stephen's former partner Yolanda Brady was left shattered after hearing of the appeal.

"This whole legal system is screwed completely. It's an archaic system which needs to be changed. If you take someone's life, four years doesn't make up for that. It doesn't allow victims to move on," she said.

"It's a farce. He got away with murder. It was so intentional, to get a diluted sentence then have the audacity to appeal speaks volume of his character.

"I thought the judge deliberately gave the sentence he did so an appeal couldn't be put in place.

"All I can pray for is he digs a bigger hole for himself and has to sit a bigger sentence.



Stephen Small with his son Oscar. PHOTO: CONTRIBUTED

"MacDonald is sitting there thinking poor him, he doesn't get to see his kids. He clearly hasn't had a day for a poor little boy who will never see his father again."

Cyclists have banded together waiting for an outcome to the appeal, calling for new laws which deliver harsher penalties for those who deliberately hurt or kill cyclists.

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Young guns on state team

THE future is bright for the Sunshine Coast triathlon fraternity, with five Coast athletes making it into the Triathlon Queensland team.

Those selected in the maroons team are under-20s Romy Wolstencroft (Sunshine Coast Tri Academy), Jake Hynes (SCTA), under-16s Chloe McLennan (Race Pace Coaching), and under-14s Peyton Craig (SCTA) and Jazzy Shults (SCTA).

All members of the team will compete in the Australian Junior and Youth Championship series.

This season marks an important one for athletes as they work towards selection for the 2018 Youth Olympic Games team.

The Queensland team has a long history of producing athletes who have proved successful on the world stage. Olympians Ashleigh Gentle, Emma Jackson and Ryan Fisher, and 2017's breakthrough athlete Matt Hauser, have all been Triathlon Queensland representatives in their junior years.

"We have selected athletes into this program for a long time, and we are looking to continue that tradition, but also really focus down on these athletes," executive director Tim Harradine said ahead of the national series.

"We will be working through a holistic approach to develop these individuals as athletes and people.

"Triathlon is a late developing sport, and we realise there is a wealth of talent in this group and in those not selected. We will be looking to assist in the growth and development of as many athletes as possible."

Junior development and



Chloe McLennan.



Romy Wolstencroft.

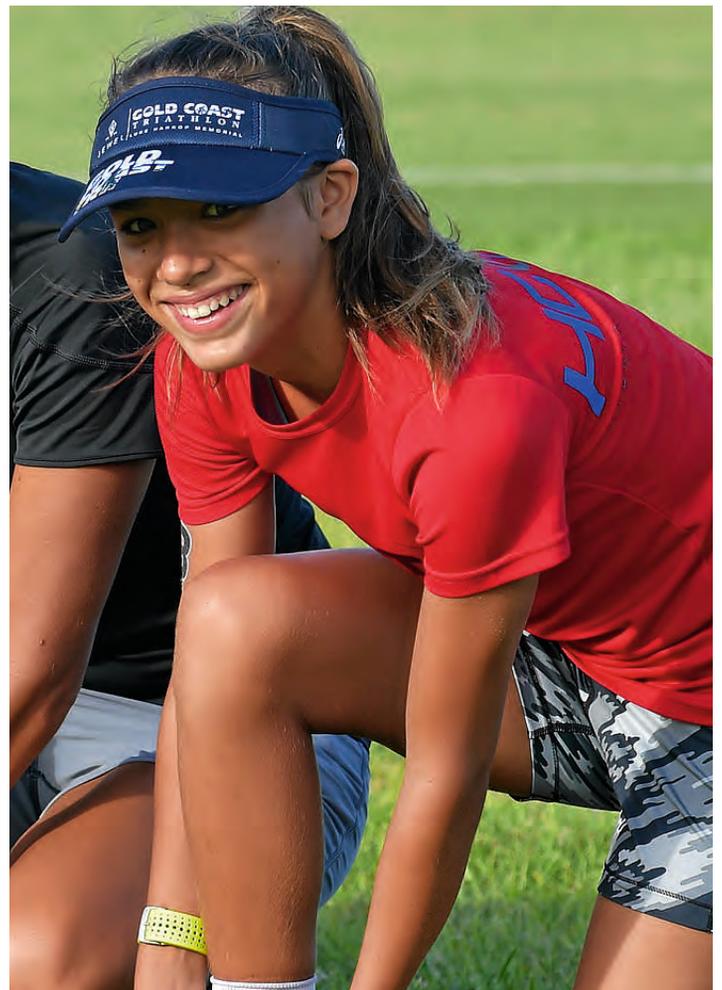
coaching officer Dan Mangano had nothing but praise for the local clubs and coaches.

"The coaches of these athletes have done an amazing job in developing these athletes, the clubs continue to support the program, and we are excited about this crop of talent coming through," he said.

Athletes have been selected from across Queensland, based on their results over the past season.

Placings in the national junior series, the School Sport Australia competition and local competitions were used in the selection process.

Automatic selection was granted to athletes with outstanding results in last year's national junior series or Australian Schools Championships. The depth of talent within the pool of



Jazzy Shults is on the Queensland team. PHOTO: WARREN LYNAM



Peyton Craig.



Jake Hynes.

junior athletes made the selection process difficult.

The schedule for the team will be finalised in the next week.

"We look forward to supporting our athletes over the coming season and watching them grow and develop," Dan said.

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World podium performances

ECSTATIC with his podium position at the ITU Multisport World Championships Festival, Maroochydore's Robbie Andrews just gets better with age.

The 51-year-old has been to the prestigious Ironman World Championship twice previously and was third in the inaugural Ultraman Australia during 2015, but this was his best race against global opponents in long-course triathlon.

Robbie said he was particularly "pumped" with his run over a challenging 30km course which saw him finish third in the 50-54 category.

"I had a very steady and consistent race. I was rapt with the swim as I came out in the top four," Robbie said after his effort of 45:26 for the 3km – an average pace of 1.30 for every 100m.

"Riding within myself for the first 50, I upped it a bit and then at 90 I upped it again.

"I ran well, it was pretty even at 45 minutes for each lap for a 2hr 15min."

Leading the long-course charge for the Sunshine Coast was local lifeguard Zsolt Dallos. The former paddler was fifth in his age group, and posted the third fastest bike time overall.

"I was very happy, how I raced, first time doing that distance," he said.

"Things to work on, but it's time to have a well-deserved rest and recovery."

Also impressing at Penticton was veteran Rowland Cook, who secured two duathlon medals.

Sunshine Coast results:

Aquathlon: swim 1km, run 5km.

Jordan Gover 35:22.0 fourth men 45-49 (14:44, 19:37).

Tania Gover 42:09 fourth women 40-44 (18:12, 22:48).

Anastasia Heikkila 42:19.0 10th women 16-19 (16:12, 24:51).

Duathlon standard: run 10km, cycle 40km, run 5km.

Rowland Cook 45:04.0 second men 65-69 (19:29, 23:56).

Duathlon sprint: run 5km, cycle 20km, run 2.5km.

Rowland Cook 1:17:45.0 third men 65-69 (23:31, 39:10, 11:24).

Cross triathlon swim: 1.5km, bike 21km, run 8km.

Ryan Devlin 2:53:39.0 sixth men 25-29 (25:24, 1:49:44, 34:55).

Long course: Swim 3km, bike 120km, run 30km.

Zsolt Dallos 6:20:54.0 fifth men 35-39 (47:09, 3:07:26, 2:21:37).

Robbie Andrews 6:25:03.0 third men 50-54 (45:26, 3:19:55, 2:15:07).



Ben Johnston, Rowland Cook and Jo Panther celebrate one of Rowland's two podium finishes at the ITU Multisport World Championships Festival in Canada. PHOTOS: FACEBOOK



Robbie Andrews on his way to third at the ITU Multisport World Championships Festival in Canada.

Ben Johnston 8:23:24.0 37th men 40-44 (56:41, 3:51:05, 3:26:18).

Aquabike: swim 3km, bike 120km.

Jordan Gover 4:07:02.0 third men 45-49 (42:16, 3:22:24).

Graham Murphy 4:11:33.0 ninth men 40-44 (45:15, 3:23:22).

Tony Bryan 4:16:48.0 seventh men 50-54 (53:24, 3:20:38).

Lauren Murphy 4:37:18.0 seventh women 35-39 (49:39, 3:44:56).

Jonathan Hamwood 4:43:31.0 fifth men 65-69 (53:35, 3:46:30).



Tony Bryan, pictured at the swim start of the world championships, tore his hamstring off the bone earlier this year. Not one to sit around, he decided to swim. That led to him completing the 10km Island Charity Swim. And while he had qualified for the long-course and off-road events, his inability to run meant he was out ... so decided to do the aquabike instead where he finished sixth.



Tania Gover in recovery.



Lauren and Graham Murphy in training.



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Kate Gazzard
Sports medicine
doctor, physiotherapist
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ONCE upon a time, sport used to be seasonal. We'd swim and play tennis or cricket in the summer then in winter we'd turn to rugby, cross country, hockey or football.

History shows that this style of multi-sport training produced a well-balanced, happy, engaged and injury free athlete who may then go on to specialise and excel in their chosen field after leaving school.

Times have changed and more often we see kids training and competing in one sport from an early age with hopes and aspirations of being the world's best.

While most experts agree that some degree of sports specialisation is necessary to achieve elite levels, there is great debate as to whether such intense practise must begin during early childhood and to the exclusion of other sports to maximise potential for success.

There is a growing concern that sports specialisation before adolescence may be deleterious to a young athlete.

I see a lot of child athletes in my practice and, sadly, those suffering the most severe, debilitating injuries are those who are specialising in just one sport and training excessively while their little bodies are growing.

For most sports, there is absolutely no evidence that intense training and specialisation before puberty are necessary to achieve elite status.

Risks of early sports specialisation include higher rates of injury, increased psychological stress, and quitting sports at a young age.

Here are the statistics on specialised sport:

1. Children who specialise in a single sport account for 50% of overuse injuries in young athletes.

2. A study by Ohio State University in the USA found that children who specialised early in a single sport led to higher rates of adult physical inactivity. That's right – those who go for broke at a young age are often the first to quit and stay on the sidelines for life.

3. In a study of 1200 youth



Odds ratio of injury risk in relation to weekly training hours in youth athletes.
GRAPHIC: MED SCI SPORTS, FIT2FINISH.COM

EARLY SPECIALIZATION	MULTILATERAL PROGRAM
• Performance improvements were immediate	• Performance improvements were continuous
• Best performances between 15-16 because of early adaptation	• Best performances over 18 due to physical and mental maturation
• Performance inconsistencies within competitions	• Performance consistencies within competitions
• By 18, many athletes quit or "burnout"	• After 18, many athletes were starting to "come into their own"
• Forced adaptation accounted for a high rate of injuries	• Gradual adaptation accounted for a low rate of injuries

The comparison between early specialisation and multilateral development.

REF: T.O BOMPA, "TOTAL TRAINING FOR YOUNG CHILDREN," 2000

athletes, Loyola University found that early specialisation in a single sport is one of the strongest predictors of injury. Athletes in the study who specialised were 70% to 93% more likely to be injured than children who played multiple sports.

4. Children who specialise early are at a far greater risk for burnout due to stress, decreased motivation and lack of enjoyment.

5. Early sport specialisation in females is associated with increased risk of knee pain disorders and may lead to higher rates of future ACL tears.

If that is not enough for you, here are research-based reasons for multi-sport participation:

1. Better skills and ability:

Research shows that early participation in many sports leads to better overall athletic development, skill acquisition, longer playing careers, increased motivation and confidence.

2. Smarter players: Multi-sport participation leads to better

decision making and pattern recognition, as well as increased creativity. These are all qualities that coaches of high level teams look for.

3. Most professional athletes come from a multi-sport background:

A 2013 American Medical Society for Sports Medicine survey found that 88% of professional athletes surveyed participated in more than one sport as a child.

4. Free play equals more play:

Research has found that activities which are intrinsically motivating, maximise fun and provide enjoyment are incredibly important. These are termed 'deliberate play' (as opposed to 'deliberate practice', which are activities motivated by the goal of performance enhancement and not enjoyment). Deliberate play increases motor skills, emotional ability, and creativity. Children allowed deliberate play also tend spend more time engaged in a sport than athletes in structured

CONTACT KATE

Background: Kate has 16 years of sports medicine experience as both a physiotherapist and a doctor. She has worked with international rugby teams, and extensively with ultra runners and triathletes including Brad Kahlefeldt and current world Ironman champion Jan Frodeno, and is also a qualified instructor in Advanced Wilderness Life Support for the Wilderness Medical Society and has completed a Diploma in Mountain Medicine with the US Army.

Website:
www.theproclinic.com.au



training with a coach.

5. 10,000 hours is not a rule:

In his survey of the scientific literature regarding sport-specific practice in The Sports Gene, author David Epstein finds that most elite competitors require far less than 10,000 hours of deliberate practice. Specifically, studies have shown that basketball (4000), hockey (4000) and wrestling (6000) all require far less than 10,000 hours. Even Ericsson, the researcher credited with discovering the 10 000 hour rule, says his work is being misrepresented and ignores many of the elements that go into high-performance (genetics, coaching, opportunity, luck) and focuses on only one, 'deliberate practice'. That, he says, is wrong.

While some degree of sports specialisation is necessary to develop elite-level skill development, for most sports, such intense training in a single sport to the exclusion of others should be delayed until late adolescence to optimise success while minimising injury, psychological stress, and burnout. Let kids play!



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The central section features the AUSMAR logo and promotional text overlaid on a background image of a woman running on a path and a modern kitchen interior.



QBCC 1083000

Atlas's German powerhouse

Full name: Corinna Atkinson.
Nickname: Inna.
Birthplace: Esslingen in Germany.
Lives: Buderim.
Occupation: Mum and language teacher.
Age and marital status: 48 and married to Mick, with three children Nina, Leyla and Calvin.
Club/coach: Jason Crowther, Atlas Multisports.
Favourite food: Thai food, salad and Snickers bar.
Favourite drink: Peppermint tea when I am good, and vodka when I am at my best.
Pet hates: Punctures, inconsiderate car drivers while cycling and early mornings.
Sport: Triathlon, skiing, snowboarding.
How did you get involved in triathlon: Years ago my dad saw an ad in the newspaper and asked me if I would like to try it together with him. We participated in many races together afterwards. And he has always been my inspiration and role model in this sport.
What bike do you ride: Kuota.
Favourite run location: Ewan Maddock Dam, because the forest reminds me of home and I can take my dog with me.
Favourite ride location: On remote roads in the Black Forest in Germany or Atlantic Coast in France because there is hardly any traffic.
Favourite swim location: Mooloolaba, because it is flat, warm, shark-free and I am surrounded by fellow Atlas people.
You recently ran the half at the 7 Sunshine Coast Marathon Festival and then backed it up with the 10km with your daughters, how was that experience: After I had finished the half I was on a bit of a high and thought I will accompany my daughters for maybe 2km, but then I felt so good and just kept going. Love training and racing with my kids. Best thing ever.
Best or most memorable event: My first iron-distance in Roth in 2000, because my brother, father and husband did it too.
Bucket-list event: Great Wall of China Marathon.
Favourite race: Roth (I have done it four times, and once as a relay with my dad).
What's your favourite part of racing and training: I love the Wednesday track sessions with Atlas and their Saturday rides because the people are all very encouraging and lovely. My favourite part in racing is racking



Inna Atkinson with her father Alwin Kiesel.

PHOTOS: CONTRIBUTED



Inna (second from right) with her daughter Nina, close friend Ginny Brooks and daughter Leyla.

the bike, because now I can't get a puncture anymore!
What does a training week look like for you: Three swimming sessions, three running sessions (one long one), two or three bike rides (one long one), and two core strength sessions.
What is next on your racing agenda: World champs 70.3 in Chattanooga in September.
How do you manage to fit in training with work and life commitments: Get up early and

get it done.
If you could have a celebrity live with you, who would it be and why: Ryan Gosling because I would love to discuss world affairs with him.
When you were little what job did you want to do: Teacher.
Best movie: Cool Runnings and Eddie the Eagle.
Current car: VW Touareg.
Dream car: Any self-cleaning car that doesn't need a fuel stop, meanwhile Porsche 911.



Inna on the bike.

World bronze medal for Alex

TEENAGE Sunshine Coast cycling sensation Alex Martin-Wallace secured a bronze medal at the 2017 UCI Junior Track World Championships in Montichiari, Italy.

Alex claimed bronze in the scratch race having earlier pulled on the green and gold in team pursuit qualifying.

According to Cycling Australia, Alex was well positioned throughout the race and then unleashed her powerful turn of speed to sprint her way on to the podium with bronze.

"I'm so happy to get bronze it's my first race on the world stage as a junior and I really went in to it just trying to get some experience, so really happy to come away with a medal," said an excited Alex.

"The scratch race was a really good opportunity to get used to how they race over here."

The Cycling Australia report said the opening 15 of 30 laps were raced at a fairly sedate pace before a three-rider group of Alijah Beatty (United States), Petra Sevcikova (Czech Republic) and Olha Kulynych (Ukraine) attacked quickly gaining a small advantage on the bunch. Belgium's Shari Bossuyt bridged across and continued over the top solo, and looked to be stealing the show with the bunch unwilling to take up the chase.

With the laps counting down the bunch finally swung in to action with three laps remaining, with the field back together as the bell sounded. Martina Fidanza (Italy) was the first to open her sprint and was able to hold off the charge from Mylene De Zoete (Netherlands) with Alex completing the podium.

There wasn't great news for



Alexandra Martin-Wallace won bronze in the women's scratch race at the junior world track championships. PHOTO: FILE

Alex in the women's madison, where she suffered a crash.

Alex and Maeve Plouffe (SA) finished a brave sixth after a heavy crash in the first third of the race after making a flying start.

After edging eventual gold medallists Italy in the opening sprint to take the early lead the Australian pair took second in sprint two to hold the equal lead with home nation.

A lap later Alex was involved in a crash with the Italian team also going down. Despite the set back both Maeve and Alex battled all the way to finish sixth.

Alex was also part of the team pursuit which featured Jade Haines (WA), Alice Culling (VIC)

and Maeve. They finished fourth overall in a close battle with France having earlier set a new Australian record in the first round.

A time of 4mins 33.246secs for 16 laps of the track in round one not only earned them a ride for a medal but slashed more than three seconds off the previous best time by an Australian team. The existing record of 4mins 36.792secs was set by Jade, Kristina Clonan, Nicola MacDonald and Ruby Roseman-Gannon a year ago in Switzerland.

Italy set a new world record of 4mins 21.554 to collect gold ahead of New Zealand (4:27.610).

Alex was born and raised on

Hamilton Island where she started racing triathlon.

After moving to the Sunshine Coast at the age of eight, riding around the Coast (and then eventually on the velodrome), cycling became her first love.

"Alex was always strong in criterium racing which is still her strength today, on and off the road, as well as time trials," her mum Tess said.

"Alex is very easy going and doesn't over analyse anything, so her success has come as a surprise. But she is sensible and grounded, she eats well, sleeps well, trains hard and studies hard for Year 12. She just has to be very effective with time management."



Noosa's Julia Emblin on top of the podium with fellow Aussie Gaye Lynn (left) and Kiwi Sharon Prutton. PHOTO: UCI

Julia secures world title double with France sprint finish victory

NOOSA'S Julia Emblin has won back-to-back world titles. In another sprint finish, she triumphed at the UCI Gran Fondo World Series in Albi, France.

Julia beat fellow Aussie Gaye Lynn, while Kiwi Sharon Prutton was seven minutes behind the the 75+ category.

Matthew Clark came in after more than four hours on bike and finished 120th out of more than 300 riders in the men 45-49 age category.

After being unwell for two weeks, reigning 70+ age category

champion Mick Patten of Buderim was 12th – seven minutes down on the French winner.

Robert Marucci was 152nd in the men 50-54 age group.

This year's road race circuits started in the heart of the Episcopal City.

The international field for both races passed along the river Tarn, before exploring the vineyards of Gaillac. The 155km course included all the men categories under 60 years old and 97km for all the female categories and men 60+.

Time trial champs success

■ Mel Keeble

A STRONG team of Sunshine Coast riders made the trip to North Stradbroke Island on August 19-20 for the Queensland State Individual and Team Time Trial Championships.

Twenty-two Coast riders joined more than 300 competitors, plus an estimated 500 spectators, officials and support crews, at the championships being held for the first time on North Stradbroke Island.

Based at Dunwich, cyclists raced over a challenging course towards Amity Point and Point Lookout over distances between 20km and 80km.

Kaden Groves produced another outstanding ride to win the Elite Men's title on Saturday with an average speed of 43kmh in the tough and windy conditions. His closest rival was almost two minutes behind.

Kaden's win comes on the back of dominant performances over the past month, including wins at the Charles Coin Memorial and Cunningham Classic.

Cathy Scott is the new State Time Trial Champion in the Masters Women 6 division, winning by over seven minutes. Sue Dingas put in a strong ride to finish third in the Masters Women 4 division with an average speed of 34kmh. Ali Thomas finished in third place in the Masters Women 5 division.

Jason Ford claimed second place in the Masters Men 5 division, three seconds behind the winner. Shaun Phillipson was third in the Master Men 2 division.

Ocker Henning was less than 30 seconds from taking the top step of the podium in the Under-19 Men's race. Ocker finished in third place in front of fellow Coast riders Taj Jones, Sutton Henning and Luke Matthews.

The Under-23 Men's title was a showdown of the fastest young riders with Brisbane's Oliver Smith claiming the title. Following close behind were Sunshine Coast riders Ryan Cavanagh (second), Jonathon Noble (third), Patrick Kennedy (fourth) and Jake van der Vliet (sixth).

A number of riders backed up on the Sunday for the Team Time Trial Championships.

Kaden claimed his second state championship in two days winning the Elite Men's team time trial. Kaden joined with Kyle Bridgwood, Ryan Cavanagh and



Ocker Henning was third in the under-19 time trial.

PHOTO: FILE, MEL KEEBLE

RESULTS

Individual time trial results.

Under-19 men

3rd - Ocker Henning

Masters men 5

2nd - Jason Ford

Masters men 2

3rd - Shaun Phillipson

Masters women 6

1st - Cathy Scott

Masters women 5

3rd - Ali Thomas

Masters women 4

3rd - Sue Dingas

Under-23 men

2nd - Ryan Cavanagh

3rd - Jonathon Noble

4th - Patrick Kennedy

6th - Jake Van Der Vliet

Elite men

1st - Kaden Groves

Team time trial results

Elite men

1st - Kaden Groves, Ryan Cavanagh, Michael Ryan, Kyle Bridgwood

Masters women 4

1st - Sue Dingas, Cathy Scott, Sherry Ey, Leah Roberts



Cathy Scott claimed the Masters 6 win.

PHOTO: FILE, MAL KEEBLE



The Sunshine Coast Cycling Club time trial team of Kaden Groves, Ryan Cavanagh, Michael Ryan and Kyle Bridgwood.

PHOTO: FACEBOOK

Michael Ryan to take the win with an average speed of close to 49kmh.

Sue Dingas and Cathy Scott teamed up with Sherry Ey (Bundaberg Cycling Club) and

Leah Roberts (Moreton Bay Cycling Club) to win the Masters Womens 4 division.

That's twice in two weeks

CLAY Dawson's coach told him he was crazy to attempt his second marathon in as many weeks and even he doubted whether he could back-up from a winning effort in Brisbane.

But the 35-year-old shocked both of them with an impressive victory at the 7 Sunshine Coast Marathon.

He clocked 2hrs27min30sec to finish a minute ahead of Dion Finochiaro, with Klarie McIntyre a further 33 seconds adrift.

"Expletives aside, that was amazing," he said. "Absolutely unbelievable."

"My coach has faith in me all the time but (with) two weeks since the last marathon there was so much doubt."

"I was just very fortunate, I know that."

Clay, who also won the Gold Coast Marathon last month, was just 30 seconds off his personal best.

He's enjoying near-career best form this year, with new coach Peter Reeves.

"Rather than train harder, we've been training easier and keeping more of a routine and the pay-off is this," he said.

"It was my 11th marathon. It took me eight to break 2:30 and now I've done three in a row (sub-2:30) so it's a sure sign that good coaching can do a lot."

But Clay caught his mentor by surprise when he said he was keen to have a go at the Sunshine Coast event.

"When I told my coach I was doing this race he said I was crazy," he said.

"It's not biologically favourable to do two marathons within two weeks, let alone two marathons hard."

"He always believed in me but I think we (are) both shocked (with the result)."

Meanwhile, many lonesome early morning runs on country roads paid dividends for Elkie Belcher when she crushed the women's race record.

The 25-year-old clocked 2hrs42min34sec to break Roxie Fraser's mark by more than seven minutes in the event's sixth edition.

She finished more than seven minutes ahead of Julianne Wilkinson, with Leah Fitzgerald another two minutes adrift.

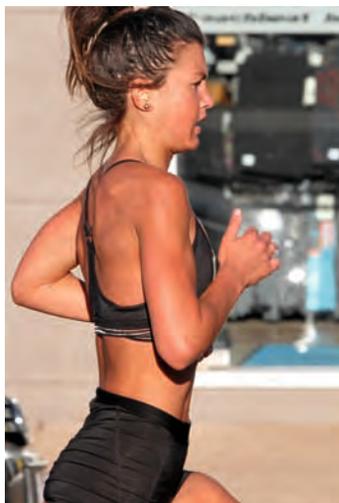
"I've been working so hard so it's a bit of a relief," she said.

"I train by myself in a country town near Maryborough. I'm out there running in the dark by myself



Winner of the men's marathon Clay Dawson.

PHOTO: DARRYN SMITH



Winner of the women's marathon Elkie Belcher.



Mecca columnist Kate Gazzard finishes the marathon 11th female overall after "blowing up" in the second half to finish with a time of 3:18:53.



Leader of the Rockers for Knockers team Ruth D'Hennin (left), with Kim Koina and Claire Davies after they finished in 5:28:40. PHOTO: CONTRIBUTED:



Wade Scougall (left) and David Ogg pace for the marathon.

PHOTO: MICHELLE SINGER

at 4.30 in the morning but I think that gives me the discipline to stay strong (for) the whole race.

"Training by yourself is hard but it makes the race easier."

She had hoped to run under 2:50.00 so she was elated with

the result, which was her first victory in her fourth marathon.

It was also dramatic improvement on her efforts at Alexandra Headland last time around, when she faded to finish in 2:56.55.



Trevor Smith on his way to a time of 4:49:50.

PHOTO: DARRYN SMITH

Prize missed but title won

Steele Taylor
steele.taylor@scnews.com.au

DUAL Olympian Collis Birmingham hopes to make another attempt at breaking Pat Carroll's 23-year-old record after missing the mark at Alexandra Headland on August 20.

The Victorian went into the Sunshine Coast Half Marathon determined to become the fastest Australian on Australian soil and claim a \$25,000 prize purse with it. He was two minutes shy, at 1hr03min18sec, in the event, which doubled as the national championships.

"It was tough out there. I never really got into the pace that I needed to," he said.

"When we turned around and were coming back there was a little bit of wind and it was pretty hard work but I'm happy with the effort.

"I knew it wasn't going to be easy so the outlook is maybe I'll have another crack at it some other time.

"I think it just shows how good the record is."

He may have missed out on the lucrative reward but he still claimed the national crown and the 32-year-old did manage to break one barrier.

In fact, he crushed the race record, beating Alastair Stevenson's old mark by almost six minutes in the event's sixth edition.

He finished almost a minute ahead of Chris Hamer, with Mitchel Brown another 1min21sec back.

"Once the hill was out of the way (within the first 5km) I wanted to open up and try and make up some time," he said.

"I felt pretty good for most of the way but I just wasn't on pace and it was a bit too difficult to try and claw it (Carroll's time) back by the end."

Birmingham has his sights on running the marathon at the Commonwealth Games on the Gold Coast next year and is preparing for a qualifying opportunity in Japan in December.

He represented Australia at the Olympics at Beijing in 2008 and at London in 2012, on the track in the 5000m.

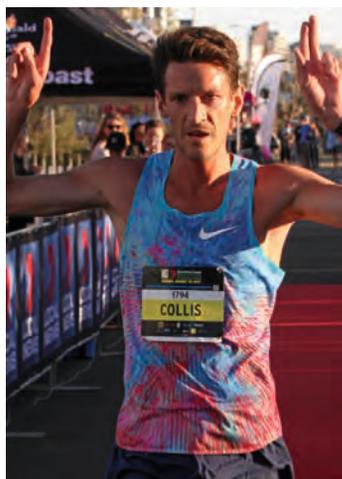
He has run quicker than Carroll before, but overseas, clocking 1min056sec in Japan in 2013.

In the women's event, Linda Spencer admitted she didn't set out to claim victory in the Australian Half Marathon



Alice Latham (1:34:37), Sarah Sherwood (1:47:49) and Helen Greenfield (1:30:44) post the half-marathon.

PHOTO: DARRYN SMITH



Winner of the men's half marathon Collis Birmingham.

PHOTO: DARRYN SMITH



Gary Binet (left) and Garry Crick enjoy the inaugural Running with the Stars event.

PHOTO: MICHELLE SINGER



Rachelle Brutnell and Sam Mallinder.

PHOTO: DARRYN SMITH



Dan Sowden and Dan Smith of Ray White take part in Running with the Stars.

PHOTO: MICHELLE SINGER

Championships but she'll gladly take the title.

The 35-year-old from Mandurah in Western Australia stopped the clock in 1hr15min38sec to finish almost three minutes ahead of

Stephanie Auston, with Tennille Ellis another minute back.

The half marathon was just one of several events at the 7 Sunshine Coast Marathon and Community Running Festival.

It also included a marathon (42.2km), 10km, 5km and 2km races.

More than 5000 participants converged for the event, which was held in cool conditions.

The latest and greatest...



The Asics Gel-Kayano 24 for women is lightweight and made for long distance runs. This iconic road running shoe has racked up more than 20 years of success, helping over pronators stay stable and comfortable over long distances. RRP \$259.95 from Allez Sport at Mooloolaba.



Cushioned and comfortable, the Asics GT-1000 Grade School shoe is loaded with technical features for young athletes and future marathoners alike. The fun athletic running shoe features Rearfoot GEL Cushioning System Technology for excellent shock attenuation and DuoMax Support System for a stable ride. Available from Allez Sport Mooloolaba in boys (left) and girls styles, RRP \$110.



Lifestyle meets performance running with the brand new Brooks Revel. With its foot-hugging knit upper and a BioMoGo DNA midsole that provides comfortable, soft cushioning and an on-trend look that goes anywhere — on the run or on the town. Check them out at Allez Sport, RRP \$179.95.



The Specialized Diverge Comp has been designed from the bottom-up to be a fully-fledged exploration machine. But now, it's also equally adept at crushing dirt climbs as it is to cruising to the coffee shop or hopping into a local group ride. Available now at Cycle Zone Mooloolaba, RRP \$4000.



The 2018 Giant TCR Advanced 2 Disc is priced at \$2799. The latest TCR entry level disc road bike is the perfect all rounder with Advanced-grade carbon frame with Shimano 105 11-speed componentry and Giant Conduct hydraulic disc brakes rolling on Giant PR-2 disc wheelset with Gavia tubeless tyres. Available now from Giant Sunshine Coast and Giant Noosa.



This 2018 Giant Trance 2 thrives in the most challenging conditions, with ALUXX SL aluminium frame running Shimano SLX 1x11-speed drivetrain and brakes. It has 140mm of Maestro suspension with Fox Float Performance trunnions mount rear shock and Fox 34 Rhythm 150mm-travel fork with Boost thru-axle. Complete with Giant XC1 Disc wheelset with Maxxis High Roller II tubeless tyres ready to go. Available now from Giant Sunshine Coast and Giant Noosa, RRP \$3799.



The advantages of the next generation S-Works 6 LTD Road Shoes Redhook can be summed up in three simple phrases — explosive speed, superior comfort, and unrivaled style. The speed comes as a direct result of an incredible fit and better connection, delivering more efficiency and power to the pedals. Check them out at Cycle Zone Mooloolaba, RRP \$499.



The new Specialized epic comp carbon is a perfect introduction to your world of XC riding and racing. It has a build that lets you give racing a try without breaking the bank. Available from Cycle Zone Mooloolaba, RRP \$5200.

Upcoming Sunshine Coast events

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

Date	Event	Distance	Location	Website
September – whole month	Love to Ride	Love to Ride is all about showing more people how easy and enjoyable cycling is. If you love to ride, then let's spread the love. The challenge is back to get more people riding on the Sunshine Coast, and the competition is returning this September with more prizes and more friendly competition, and a new challenge format. Earn points for every person you encourage to ride and for every ride you log.	Sunshine Coast	www.lovetoride.net
September 2-3	Rainbow Beach Double Triathlon	Two triathlons in two days. On the Saturday is active kids from 2pm, and then the active first timers at 2.30pm. Race one (750m swim/20km bike/5km run) starts 3.30pm. On the Sunday, the race starts at 7.30am (750m swim/20km bike/5km run). The two events are combined to give an 'Olympic' distance time. Competitors can do one or both races.	Rainbow Beach	www.rainbowbeachtriathlon.com.au
September 2	Adventure racing skills clinic	Get the lowdown on navigation and gear, paddling, mountain biking and trail running. BYO all your adventure gear (including mini first aid kit), mountain bike equipment, compass (map-board would be beneficial if you have one), backpack sufficient to carry shoes for foot nav and food/drink during sessions, hydration/nutrition for all sessions. Paddle craft and paddling equipment will be provided. Bookings essential, email triadventure@optusnet.com.au .	Noosa	www.triadventure.com.au
September 3	Maroochy River Paddle	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. Paddlers use any craft including: racing 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
September 9-10	Queensland road cycling championships	Queensland under-19, elite and masters men/women road racing championships.	Wamuran	www.qld.cycling.org.au
September 9-10	Glasshouse Trail Series – Glasshouse 100	Options include 100 mile, 100km, 50km, 30km and 11km trail run in the Glasshouse Mountains. The terrain varies from easy gravel road to rough, steep singletrack.	Beerburrum	www.glasshousetrailseries.com
September 10	Ironman 70.3 Sunshine Coast	Half-Ironman distance triathlon, featuring a 1.9km swim off Mooloolaba Main Beach, two-lap 90km bike route along the Motorway and also some hinterland aspects, and two-lap 21.1km run course from Mooloolaba to Maroochydore.	Mooloolaba	www.ironman.com
September 17	Mt Cooroora Endurance Challenge	The Mt Cooroora Endurance Challenge is a 4 hour or 8 hour run on a 1.2km lap at Mt Cooroora run solo or in relay team pairs or triples.	Pomona	www.mtcoorooraendurancechallenge.com
September 24	Time trial championships	Sunshine Coast Cycling Club time trial championships	TBC	www.scccracing.wixsite.com/sccc
September 24	Mountain Bike Orienteers State Series	Round nine of the State Series. Using specially produced maps, riders navigate their way along roads, tracks and trails to control markers (checkpoints). Course lengths vary from 5km to over 40km.	Beerburrum	www.mtbo.com.au
October 7-15	Sunshine Coast Bike Week	Celebration of riding, with a range of events for participants of all ages and abilities staged by Sunshine Coast Council.	Sunshine Coast	www.sunshinecoast.qld.gov.au

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Upcoming Sunshine Coast events

Send us your events:
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Date	Event	Distance	Location	Website
October 7-8	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 Mid Fondo and a 25km Family Fondo from Port Arkwright to Cotton Tree.	Cotton Tree	www.sccyclefest.com.au
October 8	Sunny Coast Scramble	Queensland Rogaine Association hosts Metrogaine at Caloundra. Instead of getting checkpoints, answer questions about the area's key landmarks.	Caloundra	www.qldrogaine.asn.au
October 12	Thursday Night Criterium	Sunshine Coast Cycling Club criterium racing at Caloundra.	Caloundra	www.scccracing.wixsite.com/sccc
October 15	Mountain View Challenge	Lions Club of Maleny stage this event to raise funds for medical research and to provide keen runners the opportunity to compete on a challenging but scenic circuit. Events include 21.1km, 10km, 5km and 3km runs.	Maleny	www.malenyblackallrange.qld.lions.org.au/projectsmvc
October 15	Wild Women Adventure Race	All you really need is a basic level of fitness, a female friend and a willingness to try something a little different. Competitors can expect between 20 to 30 km of mountain biking, 8 to 15 km trail running/trekking and 1-3 km of kayaking/swimming/paddling (water discipline). There may be multiple legs of each discipline.	Sunshine Coast	www.triadventure.com.au
October 15	12-Hour MS Swimathon	Nambour Aquatic Centre will host its MS Swimathon fundraiser. Teams of at least six people are sponsored by friends, family and work colleagues to swim in a 12-hour relay.	Nambour	www.msswimathon.com.au
October 18	Ride2Work Day	Ride2Work Day is an annual national event that promotes cycling to and from work.	Sunshine Coast	www.sunshinecoast.qld.gov.au
October 19	Thursday Night Enduro Criterium	Sunshine Coast Cycling Club criterium racing at Caloundra, enduro race one.	Caloundra	www.scccracing.wixsite.com/sccc
October 21-22	Bribie Tri Series race one	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	www.briebietri.com
October 21	Color Run	It's called a run, but more like a dance, walk shuffle. Hosted at Sunshine Coast Stadium, it claims to be the original happiest 5k on the planet. Enter a world where you can dance through a cloud of colour, swim through an ocean of dreamy foam and party the day away with giant unicorns and more music than ever before.	Kawana	www.thecolorrun.com.au
October 21-22	Blackall 100	Two trail runs, featuring 100km and 50km events. The 100km starts at 6am with the 50km starting an hour later at 7am. Cut-off for the 100km is 10am Sunday morning (28 hours) and 9am for the 50 km (25 hours).	Mapleton	www.blackall100.com
October 22	Kunda Cup Criterium	Sunshine Coast Cycling Club criterium racing at Skippy Park.	Landsborough	www.scccracing.wixsite.com/sccc
October 29	Shimano MTB Enduro Series championship	There are a number of categories available to suit all levels of experience. Riders will have a noncompetitive liaison stage between each of the timed sections. Results will be based on the total cumulative time across the stages. The lowest time in each category will be the winner. Practice available on the Saturday, February 25.	Garapine	www.emsaustralia.net.au
November 1	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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Upcoming Sunshine Coast events

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Date	Event	Distance	Location	Website
November 3	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 3	Noosa Criterium	Sunshine Coast Cycling Club criterium racing at Giraween.	Giraween	www.scccracing.wixsite.com/sccc
November 3	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 4	Noosa Tri Superkids Triathlon and Tingirana 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 Tingirana 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 4	Australian criterium, Asics 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 5	Noosa Triathlon	Australia's biggest triathlon, including a 1500m swim, 40km ride, 10km run.	Noosa Heads	www.ap.ironman.com
November 9	Thursday Night Enduro Criterium	Sunshine Coast Cycling Club criterium racing at Caloundra, enduro race two.	Caloundra	www.scccracing.wixsite.com/sccc
November 11	MooMar Urban Race	Third race of the series, involves trekking/running/walking to checkpoints which will comprise a series of multiple choice questions relating to landmarks, street signs, and other particular points of interest. You will have to navigate yourself around the coastline hills of Mooloolaba and Maroochydore within the three-hour race duration. This race will be held in the evening at 6pm, so you will have to bring a torch.	Mooloolaba and Maroochydore	www.xciteadventureracing.com.au
November 18	Sunshine Coast Spring Swim	The Sunshine Coast Spring Swim offers distances for every ability (5km, 2.5km, 1.25km, and juniors 300m and 1.25km), a simple course layout for kids and beginners and longer events for competitive swimmers and triathletes in training.	Mooloolaba	www.worldserieswims.com.au
November 18	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	Barge2Beach	The inaugural Kingfisher Bay Resort Barge2Beach is an open water swim. Up to 200 swimmers will take a barge to a location 2km off shore from the race precinct located near Enzo's At The Beach. The drop of a drawbridge will signify the start of the race, when swimmers work their way back to the shore.	Hervey Bay	www.hb100.herveybaytriclub.org.au
November 18-19	Hog's Hervey Bay 100	Main event is a 2km swim, 80km ride and 18km run. Saturday includes a mini aquathlon, junior triathlon and Have a Crack tri (200m swim, 8km bike, 2km run).	Hervey Bay	www.hb100.herveybaytriclub.org.au
November 19	Queensland Tri Series round three	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

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Upcoming Sunshine Coast events

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Date	Event	Distance	Location	Website
November 25-26	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	www.briebietri.com
November 30	Thursday Night Criterium	Sunshine Coast Cycling Club criterium racing at Caloundra.	Caloundra	www.scccracing.wixsite.com/sccc
December 3	Sunday Morning Criterium	Sunshine Coast Cycling Club criterium racing at Caloundra.	Caloundra	www.scccracing.wixsite.com/sccc
December 14	Enduro Criterium	Sunshine Coast Cycling Club criterium racing at Caloundra, enduro race three.	Caloundra	www.scccracing.wixsite.com/sccc
December 16	Daybreak Run	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	www.runqueensland.com.au
December 17	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	www.buderim9.com.au
December 31	New Year's Eve Criterium	Sunshine Coast Cycling Club criterium racing at Giraween.	Giraween	www.scccracing.wixsite.com/sccc
January 27, 2018	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. There was also plenty of challenge involved with the inclusion of the infamous Dungeon. 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	www.runqueensland.com.au
February 3-4, 2018	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	www.worldserieswims.com.au
February 10, 2018	Caloundra Open Water Swim	Staged ahead of the Queensland Tri Series, the swim options are 500m, 1000m and 1500m.	Caloundra	www.qldtriseries.com.au
February 11, 2018	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	www.qldtriseries.com.au
February 24-25, 2018	Mooloolaba Mile Ocean Swim	In 2018, the program of events will expand with some new distances, held over two days at Mooloolaba Beach. One Mile (1.6km), and the program now includes a 3km course. Package entries are available to swim both. Also half mile (800m), as well as junior 300m and 800m races.	Mooloolaba	www.worldserieswims.com.au
February 24-25, 2018	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	www.briebietri.com

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Upcoming Sunshine Coast events

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Date	Event	Distance	Location	Website
March 4, 2018	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	www.caloundratriathlonclub.com.au
March 9-10, 2018	Mooloolaba Triathlon Festival	Mooloolaba Twilight 5km run on the Friday night, then on the Saturday a 1km Ocean Swim, Superkidz Triathlon and the Special Tri. Also features the Mooloolaba ITU Triathlon World Cup.	Mooloolaba	www.ap.ironman
March 11, 2018	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 Alex Headland.	Mooloolaba	www.ap.ironman.com
March 24-25, 2018	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	www.briebietri.com
April 1, 2018	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	www.runqueensland.com.au
April 22, 2018	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	www.caloundratriathlonclub.com.au
April 28-29, 2018	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	www.trextriathlon.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	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
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
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
August 19, 2018	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	www.sunshinecoastmarathon.com.au