

Sunshine Coast Daily

Multisport

MECCA

February 15, 2017

Riding the wave of momentum

Grant Edwards
Grant.Edwards@apn.com.au

FROM the golden sands of Surfers Paradise to the dusty plains of Goondiwindi. Josh Minogue secured watershed victories in both locations, but it's his latest which has some of the best looking in the rear-vision mirror.

The Mooloolaba 29-year-old won his age group and finished fifth overall at Hell of the West, a 2km swim, 80km ride and 20km run at Goondiwindi, trumping some triathlon elites in the process.

It was a breakthrough result for Josh who has become addicted to the tri-sport after a successful stint in surf events.

During 2014 he claimed the famed Coolangatta Gold title – a 46km torture test which includes surf ski, three runs, swim and board legs over four hours. Josh was also a competitor in the Kellogg's Ironman Series before his first triathlon at Noosa during 2015.

CONTINUED ON PAGE 2



PHOTO: DELLY CARR | TRIATHLON AUSTRALIA



WIN TWO TICKETS

TO THE VIP PARTNERS LOUNGE AT THIS YEARS MOOLOOLABA TRIATHLON FESTIVAL

BOOK YOUR BIKE IN FOR A PRE-EVENT SERVICE AT CYCLEZONE MOOLOOLABA FOR YOUR CHANCE TO WIN. ENTRIES CLOSE 9TH MARCH

CYCLEZONE
MOOLOOLABA

NOW LOCATED AT
120 BRISBANE RD / MOOLOOLABA
PH. 0754781001 / CYCLEZONE.COM.AU

Sports presenter making news

FROM PAGE 1

“Before I moved up here eight years ago from Wollongong I had never seen a tri. I hadn’t ridden a pushy since I was 16 or 17 on a BMX,” he said.

“I had been riding the bike for about six months (before Noosa) and it was a whole new world.”

With an excellent swim (18:34), weak bike (1:03:34) and strong run (35:47) he finished third in the 25-29 age group.

Grand plans grew and Josh went to Geelong 70.3 last July where he was quickly humbled. Despite posting a swim time which rivalled the leading elites (22:19), and a reasonable bike, his work was quickly undone when he became a “vomiting mess” after the 21.1km run.

After overcoming some neck injuries he returned to Noosa three months ago, where he won his age group and finished 21st overall.

With an ambition of getting to the Hawaii world championship, the WIN sports presenter is currently preparing for Ironman New Zealand on March 6 under the guidance of coach Brett Davidson and the SansEgo group. Hell of the West was designed to be a stepping stone before heading for the land of the long white cloud, and Josh was ecstatic with the result.

“The result didn’t really matter as long as the performance was good. I just wanted to ride consistently and I wanted to run at a pace that was a little bit quicker than a marathon pace and not be a vomiting mess at the end,” he said.

“I wasn’t expecting to go as well as I did and it was exciting. It was a good honest country town and good honest racing.”

While laid-back and relaxed,



Mooloolaba triathlete Josh Minogue on his way to an age group victory at Hell of the West.

PHOTO: MELISSA GLADMAN PHOTOGRAPHY

Josh knows when to deliver big efforts in training but the Ironman preparations have proven testing. Long solo rides, trying to stay with the likes of Chelsea Gubecka in Michael Sage’s open-water swimming squad, and also doing training work with Alexandra Headland surf clubmates have tested him physically and mentally.

Accepting his bike improvement will take time, Josh doesn’t have professional expectations from the sport. He’s currently building a house with girlfriend Taryn in Maroochydore, and is rapt just to being enjoying triathlon.

“Watching Crowie (Craig Alexander) go around for years, he was a hero of mine before I got to do any of this sort of stuff...if I ever got the chance to put my foot on the line with the top guys that would be awesome,” he said.

“I’m not going to hold my

breath. There are enough pros out there that are rolling around calling themselves pros. There are so many guys who are too good to be age groupers but not good enough to challenge for a top 10 at a major race.

“At best, I might be at the bottom end of that. I’m not too stressed.”

If he manages to achieve a Kona slot, Josh would like to chase some of the toughest races in the world, like Triathlon Alpe d’Huez, Swissman and the iconic Challenge Roth.

Coast results:

Luke McKenzie (Sunshine Beach) 3:48:41 third open male (29:47, 2:02:48, 1:16:06).
 Josh Minogue (Mooloolaba) 3:51:41 first male 25-29 (28:34, 2:04:20, 1:18:47).
 Katey Gibb (Mountain Creek) 4:10:07 third open female (33:43, 2:13:06, 1:23:17).
 Scott Farrell (Palmwoods) 4:10:53 first male 35-39 (34:45, 2:05:12, 1:30:54).
 Zsolt Dallos (Mooloolah Valley) 4:15:13 second male 35-39 (37:28, 2:04:14,

1:33:30).
 Danny Salter (Maroochydore) 4:29:36 second male 45-49 (38:48, 2:20:27, 1:30:20).
 Robbie Andrews (Maroochydore) 4:34:14 fourth male 50-54 (38:37, 2:17:51, 1:37:44).
 Ashleigh Hunter (Beerwah) 4:37:31 first female 25-29 (40:00, 2:16:04, 1:41:26).
 Tim Rook (Noosaville) 4:48:24 14th male 45-49 (42:08, 2:22:11, 1:44:05).
 Tony Bryan (Coolum Beach) 4:51:42 10th male 50-54 (47:34, 2:15:04, 1:49:02).
 Michael Baker (Peregian Springs) 4:56:58 19th male 45-49 (39:48, 2:32:43, 1:44:26).
 Katherine Rivera (Peregian Springs) 4:58:31 seventh female 35-39 (50:58, 2:27:50, 1:39:43).
 Jason Reed (Mountain Creek) 5:06:17 13th male 50-54 (40:59, 2:27:39, 1:57:39).
 Tracey Bell (Mountain Creek) 5:09:02 fifth female 45-49 (50:51, 2:32:27, 1:45:43).
 Peter Fry (Noosa Heads) 5:15:56 seventh male 55-59 (45:12, 2:25:04, 2:05:38).
 Nigel Gaffney (Peregian Springs) 5:30:17 24th male 35-39 (47:09, 2:37:58, 2:05:10).
 Anna Matthews (Maroochydore) 5:32:06 13th female 35-39 (43:49, 2:36:49, 2:11:27).
 Jeremy Eddes (Maroochydore) 6:19:15 36th male 40-44 (49:39, 2:58:37, 2:30:59).

Wild Horse Mountain
 Saturday
 18th March 2017
 www.paddypallinadventure.com.au

Running Riding and Kayaking

Kayaks provided

Paddy Pallin
 SINCE 1930
 Adventure Series

OSPREY

Worldly peloton rolls into town

Grant Edwards

Grant.Edwards@apn.com.au

MIDDLE-aged cyclists inspired by the Tour de France will be the primary target market of this year's inaugural Velothon Sunshine Coast.

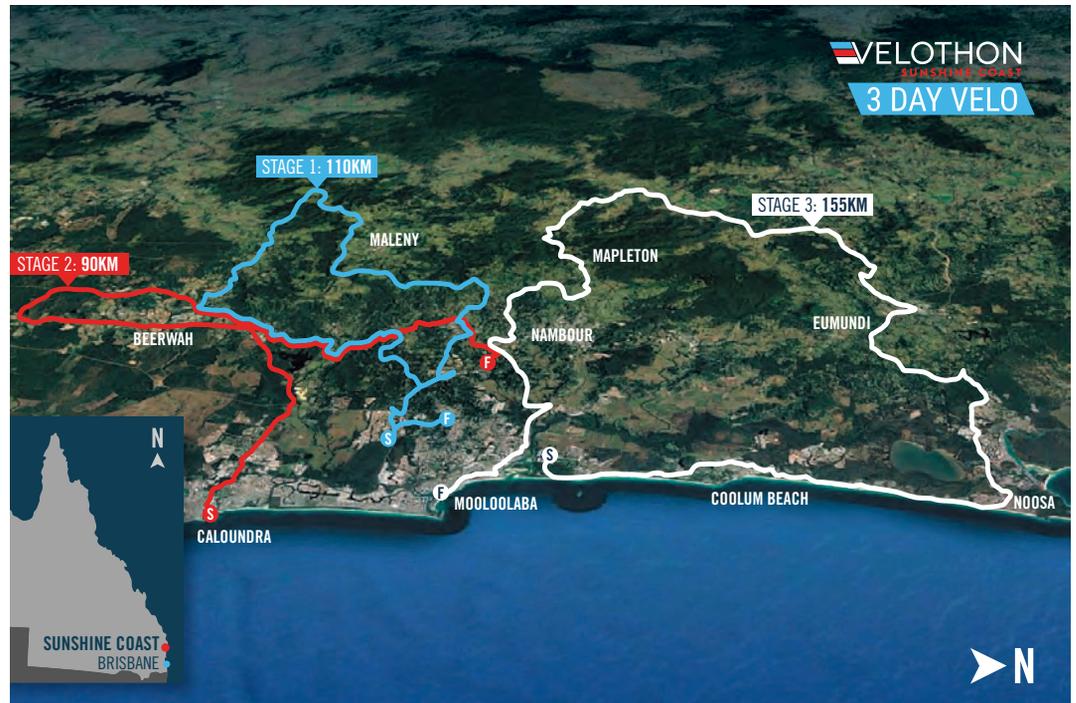
Staged on "managed roads", where police and main roads will provide support through busy intersections, there will be three distance options – two options as part of a one-day ride or a three-day mini tour.

Early participant interest has focused on the three-day event which encompasses 355km with 5091m of climbing. Yet the one-day event on Sunday, July 16, that will feature two distance options, is expected to see the peloton swell for a journey of 155km (2050m of vertical) or 95km (1041m).

Velothon Sunshine Coast follows the successful Velothon series formula, which attracts about 15,000 competitions in Berlin, 14,000 in Wales and about 5000 at Stockholm, but with a twist. There will be a three-day option rather than just a one-race event with a completely amateur field.

While overseas Velothons have closed roads and offer "the professional experience" for weekend warriors, organisers are taking small steps with the Coast community. It's hoped the event will be embraced by the local business and tourism fraternities.

"There are a plethora of one-day rides, and securing professional athletes down here (like what they do overseas) was incredibly difficult at the time of year we wanted to host it, we thought it would be better to differentiate it...so three days worth of riding was a different model to try,"



COURSES ARE SUBJECT TO CHANGE

Ironman Oceania managing director David Beeche said.

Three rider categories will be available – under 23 (ages 18-22), open (23-39) and masters (40-plus). There will also be a team classification, where four members can wear the same kit, work together, and the fastest three riders will count to a cumulative time each day.

The first two days will encompass about 100km each, with the inaugural stage starting in Sippy Downs, heading into the hinterland through Maleny with a hilltop finish at Buderim. Day two will start from Caloundra and feature flatter terrain through Beerwah with the culmination at the Big Pineapple.

Day three starts at Twin Waters and heads north to Noosa, out the

back into Eumundi, passing through Obi Obi, Mapleton and Nambour before the big finish at Mooloolaba.

Entries are expected to open within the next week.

"The groundswell of market knowledge is starting to build," Mr Beeche said.

"We took a few stakeholders down to the Tour Down Under and a lot of people down there were talking about it and aware of it so I think we are off to a good start.

"The rest of southern Australia is in the depths of winter and that is going to be an appealing factor for riders to come up and have a holiday with friends and family and do some riding.

"That is really the core of this product. That feeling of one day of riding and you just want more."

VELOTHON

When: July 14–16.

What: There are three ride options – a three-day ride featuring 355km of riding and 5091m of climbing, or one-day rides with distance options of 155km (2050m) or 95km (1041m).

Where: Headquarters will be at the beachfront of Mooloolaba, but race start locations will vary each day.

Details: Ironman, which is owned by Chinese company Wanda Sports Holding, acquired Lagardère Sports early last year. The Lagardère Sports endurance division included the Velothon series.



Venture Cycles

You can't buy happiness
but you can buy a bike






2 Venture Drive, Noosaville. Ph: 5455 6655 | www.venturecycles.com.au





National title breakthrough

Steele Taylor

steele.taylor@scnews.com.au

MAROOCHYDORE'S Brodie Gardner is taking aim at a top-10 result at the world cross triathlon championships after snaring his maiden national title.

The 30-year-old believes local knowledge played a significant part in his victory at the Australian Cross Triathlon Championships at Landsborough on Saturday, when he conquered the 1.5km swim, 30km ride, 10km run in 2hrs15min05sec, overcoming defending champ Ben Allen by 1min39sec.

After finishing runner-up last year and fourth the previous year, it was a welcome triumph.

"The last couple of national titles have been at altitude which doesn't seem to suit me, so having a local race on a course I've probably ridden more than any other guys that were out there racing on the weekend, that certainly helped, having that local knowledge and having that local support as well," he said.

He trailed by almost three minutes after the swim and by 45 seconds after the bike but finished strongly during an intensely hot run leg.

"I think I put my work as a exercise physiologist and sports scientist into practice, trying to work some heat strategies," he said.

Brodie will next take aim at the XTERRA Asia-Pacific Tour, with seven races in about nine weeks, including an attempted title defence at Saipan in the Northern Mariana Islands.

"A lot of hot destinations...(and) I haven't worked out how many flights it is, probably 20-30," he said.

But it's the ITU World Cross Triathlon Championships in Canada in August which is really in his sights, particularly after a disappointing result as last year's corresponding event in New South Wales.

On that occasion, Gardner had an injury-plagued preparation before the race in the Snowy Mountains.

"I finished 16th on pretty poor form. I don't think I hit the sort of numbers (leg splits) I was capable of so if this whole season goes well I think a top-10 (at Canada) would be feasible."

That's assuming he can get there. There's limited prize money and less sponsorship in cross



Brodie Gardner hits the finish line on Saturday.

PHOTO: RODDY RIGUEZ 2014

triathlons. I think every season I'm getting stronger and stronger (but) it's always hard, it's an expensive sport," he said.

"It drains more money then it brings back in."

Gardner has raced on the road before but says "my future's on the dirt and trails. I enjoy that a lot more."

"Not having a strong swim background, you're race is over before it (essentially) starts (in Olympic distance triathlons)."

Meanwhile, Switzerland's Renato Bucher won the women's race at Ewen Maddock Dam, in 2hrs34min20sec, two minutes ahead of national title winner Penny Slater.

The Sunshine Coast saw a swag of national champions, including Robbie Andrews, Kate Schultz, Ryan Devlin, Gina Dunsdon and Annkathrin Franzmann.

Coast standard distance results were:

Brodie Gardner (Maroochydore) 2:15:05.22 first male open (23:27.04, 1:09:38.11, 39:35.02).
Isacc Tonello (North Arm) 2:32:59.98 second 35-39 male (27:03.16, 1:13:48.07, 47:57.39).
Dyson Findlay (Noosa Heads) 2:34:01.07 fifth male 45-49 (28:16.94, 1:15:41.51, 46:43.80).
Jesse Sutton (Sunrise Beach) 3:36:37.55 13th male 30-34.
Robbie Andrews (Maroochydore) 2:38:25.51 first male 50-54 (27:24.90, 1:20:57.68, 46:40.50).
Kate Schultz (Maroochydore) 2:39:00.64 first female 30-34 (25:30.74, 1:18:52.89, 51:24.34).
Rohan Creed (Shelly Beach) 2:40:12.34 third male 40-44 (26:59.10, 1:17:49.14, 51:56.40).

Ryan Devlin (Warana) 2:40:30.98 first male 25-29 (27:23.31, 1:26:58.17, 42:58.43).
Anne Alford (Jones Hill) 2:42:37.56 second female 30-34 (26:25.94, 1:20:44.16, 0:51:57.17).
Kim Beckinsale (Noosa Heads) 2:43:01.66 fourth female open (26:41.64, 1:23:01.42, 51:12.66).
Adam Dinnage (Tewantin) 2:44:26.76 fourth male 40-44 (27:12.87, 1:20:18.53, 51:51.21).
Greg Ball (Noosa) 2:45:12.35 third male 55-59 (29:42.60, 1:23:44.45, 47:12.05).
Grant Edwards (Buderim) 2:48:29.40 eighth male 35-39 (28:57.89, 1:24:52.76, 50:23.56).
Kelly-Anne Speight (Noosa Heads) 2:52:17.93 third female 30-34 (31:05.49, 1:23:47.76, 53:24.53).
David Stallan (Twin Waters) 2:52:38.21 11th male 35-39 (29:44.03, 1:20:52.43, 58:01.71).
Gina Dunsdon (Sunrise Beach) 2:54:26.54 first female 45-49 (31:36.91, 1:26:12.93, 52:01.60).
Tony Bryan (Coolum Beach) 2:54:56.49 third male 50-54 (32:42.73, 1:21:16.19, 56:31.13).
David Readett (Maroochydore) 2:57:59.34 fifth male 50-54 (30:18.23, 1:28:13.99, 55:41.25).
Glen Dean (Noosaville) 3:01:12.69 10th male 30-34 (34:55.11, 1:24:21.47, 57:40.12).
Dean McMaster (Tewantin) 3:02:06.95 seventh male 50-54 (33:21.40, 1:26:04.99, 56:30.17).
Steve Wise (Noosa Heads) 3:07:20.97 third male 60-64 (28:37.94, 1:27:54.38, 1:06:03.46).
Richard O'Connell (Noosaville) 3:09:53.85 10th male 50-54 (38:50.39, 1:04:01.16, NA).
Nick Love (Currimundi) 3:18:04.82 11th male 50-54 (29:47.78, 1:26:29.29, 1:16:44.63).
Bob Vander-Wal (Moffat Beach) 3:21:53.10 12th male 50-54 (27:49.02, 1:39:57.03, 1:10:09.76).
Lawrence Clark (Golden Beach) 3:23:32.32 17th male 40-44 (32:24.25, 1:41:01.11, 1:06:03.29).
Mark Adamson (Golden Beach) 3:25:05.57 19th male 40-44 (31:23.20, 1:35:05.24, 1:14:23.79).



Robbie Andrews and Tony Bryan celebrate their podium finishes at the Australian Cross Triathlon Championship.

PHOTO: CONTRIBUTED

Annkathrin Franzmann (Noosa Heads) 3:27:06.88 first female 55-59 (34:24.12, 1:36:19.33, 1:11:31.98).
Paul Francis Gallagher (Kuluin) 3:25:17.12 20th male 40-44 (41:02.72, 1:23:37.26, 1:15:23.25).
Lestar Manning (Sunrise Beach) 3:28:21.00 fifth female 55-59 (42:59.55, 1:35:36.76, 1:04:30.22).
Dean Nankivell (Coes Creek) 3:30:45.32 seventh male open (43:11.18, 1:42:51.34, 59:36.90).
Daniel Dickinson (Bli Bli) 3:33:03.84 12th male 30-34 (37:01.28, 1:23:01.59, 1:27:33.15).
Leanne Southwell (Alexandra Headland) 3:33:39.58 fifth female 45-49 (29:30.66, 1:53:17.26, 1:07:31.80).
Jamie Hagan (Aroona) 3:44:07.47 16th male 35-39 (33:24.66, 1:39:59.50, 1:26:16.04).



John Taylor will become the 10th person aged between 80-84 in the world to complete 200 park runs.
 PHOTO: WARREN LYNAM

Heartfelt record

Alex Nolan
 alex.nolan@scnews.com.au

CONSIDERED one of the toughest courses on the Coast, Nambour's Parkrun track is not for the faint-hearted.

It makes the feat Mooloolaba 83-year-old John Taylor is about to achieve all the more remarkable.

A three-time heart attack survivor, John will compete in his 200th Parkrun this weekend.

He will become the oldest Parkrunner in the world to achieve the milestone and the 10th person between the ages of 80-84.

John started running in his 40s when he started to "get nervous" about his health.

"I said, 'If I can keep running, I can stay alive'. For me it's always a challenge and I just feel the alternative to going out and trying to get as fit as you can is not very nice at my age," he said.

"The alternative is sitting in front of the TV all day and that doesn't work for very long, I've noticed."

John doesn't dwell on his heart condition, although his cardiologist does recommend he

stop when he begins to lose breath.

That sometimes happens during a Nambour Parkrun, with three large hills testing even the fittest of athletes.

"It's a trail and there's no pavement anywhere. You've got to watch where you put your feet," he said.

John, originally from New Zealand, moved to the Coast 30 years ago. He is a proud member of the Mapleton Choir, for which he plays the piano.

He once followed professional sport and was a devout All Blacks fan, but has since lost interest due to constant rule changes in the professional era.

John thinks Parkrun is the perfect way to keep fit, meet new people and to feel better about yourself.

"I'd encourage anybody to come along," he said. "There's so many people who don't get out and do some real physical activity. (Parkrun) is an easy way because you don't have to do more than you can (handle) and you get applauded just for doing it"

IDEAL resort for triathletes

Situated in the heart of the Sunshine Coast.

OFFERING: • Self-contained units • 25m lap pool • Unlimited Free Wifi • On-site Manager is a long-time triathlete with local knowledge on bike/swim/ run locations

COME AND STAY FOR YOUR NEXT EVENT, YOU WON'T BE DISAPPOINTED!!!!

LONG WEEKEND SPECIALS \$400

for two nights in 2 bedroom apartment, late check out Sunday.

7 DAY WINTER SPECIALS FROM \$800

FEB – SEPT for two bedroom apartment (excludes Easter and school holidays).



To book email direct on

info@seachangecoolumbeach.com.au

or call 1800 008 112



BUY ONE, GET ONE FREE

FOR THE MONTH OF FEBRUARY
BUY ONE SPECIALIZED ROAD TYRE
RECEIVE THE SECOND FREE AT

CYCLEZONE MOOLOOLABA

NOW LOCATED AT
120 BRISBANE RD//MOOLOOLABA
PH. 0754781001//CYCLEZONE.COM.AU



Devastated athlete may not return

Alex Nolan and Grant Edwards

IRONMAN Australia winner and Noosa resident Beth Gerdes says she does “not intend” to return to professional racing after she was handed a two-year doping ban by the World Anti-Doping Agency.

Beth was “devastated” after she had been engaged in a seven-month investigation after she was notified in May last year that she had provided an Adverse Analytical Finding (AAF) in a drug test following her win at Port Macquarie in April.

It found traces of banned substance ostarine, the same substance that landed former world champion boxer Lucas Browne in hot water after a world title bout in Russia.

Like Browne, American-born Beth claimed she was unaware of how traces of the substance were found in her system. WADA's prohibited list was updated on January 1 and includes ostarine as a substance prohibited at all times, in and out of competition.

“The penalty for an intentional anti-doping violation is a four-year suspension,” Beth wrote in her blog.

“Following a lengthy and expensive investigation on my part, the WTC (World Triathlon Corporation) has agreed that based on the evidence presented, my ingestion of ostarine was unintentional, meaning that I had absolutely no knowledge that the substance was in my body.

“However, without a definitive answer to the exact source of the ostarine, despite exhausting all options, I will still serve a two-year suspension from the WTC, which is the minimum possible sanction without definitively proving the source of the ostarine.

“I do not intend to compete or return to professional competition as this has not only ruined my career, but my spirit as well. I will not say that I will never again toe a start line, as I hope one day to join my children in a turkey trot or fun run, but at this point, that is the extent of it.”

Fellow American Lauren Barnett

FACT FILE

■ Ostarine is a selective androgen receptor modulator (SARM for short) and has been used for treatment of conditions such as muscle wasting and osteoporosis

■ It has also been found to significantly improve lean body mass and physical function

■ It's a substance popular in the body-building fraternity for building lean muscle tissue, burning fat, and increasing strength as well as endurance

also tested positive for the substance in July.

Both triathletes claimed contamination from salt tablet supplements.

Lauren was able to provide tablets and sealed bottle tablets which both tested positive for contamination, and only received a six-month sentence.

The two-year suspension still stands for Beth who provided tablets for testing, but tests showed only low levels of ostarine not high enough to confirm the finding.

Beth encouraged her followers to read her lengthy account of events which led to the charge.

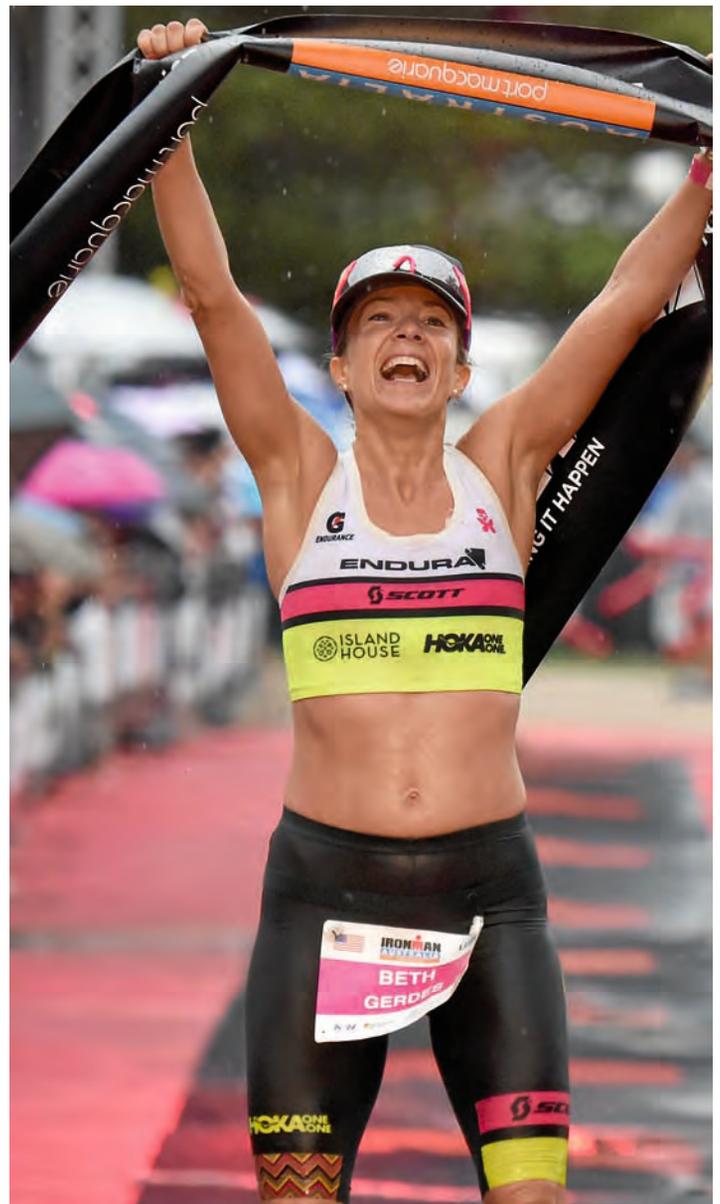
“To those who believed in me, supported me, or competed with me, I am sorry. Losing triathlon in this way, not the competition, but the lifestyle, the people and ‘myself’, is the biggest disappointment of my life.”

Beth and now husband Luke McKenzie moved to Noosa in 2015 and were married in June last year. They are now expecting the arrival of their second child in July this year.

She had been a vocal opponent to drug cheats, most notably taking aim at sanctioned local athlete Kirra Seidel in 2015 after the 70.3 Sunshine Coast.

After Kirra beat her to the line, she Tweeted “that awkward moment when you cross the finish line <20 seconds behind someone fresh off a 2yr doping ban”.

“I am a staunch anti-doping



Noosa-based Beth Gerdes crosses the line first at Ironman Australia. Below, the controversial tweet from 2015. PHOTO: CONTRIBUTED



advocate and have spoken out publicly in the past against dopers (who are probably laughing at me) and for lifetime bans in sport for convictions,” she said.

“Ostarine contamination (being present in supposedly ‘safe’

products where it is not listed), whether on or off-course, is a serious issue and I encourage you to read my full story.”

Click here to read Beth's full blog.

See more on page 9.



**Everything
you need for
Mooloolaba
Triathlon**

34 Brisbane Rd, Mooloolaba | 5477 5246

6259193ao

OPEN SEVEN DAYS
www.allezsport.com.au



6530127aa

Victims of unregulated industry

Grant Edwards

Grant.Edwards@apn.com.au

DRUG cheats deserve to be rubbed out permanently. But Noosa-based triathlon veteran Belinda Granger believes some of the latest busted athletes are guilty of naivety – not cheating.

Beth Gerdes became the latest Sunshine Coast athlete to be banned for two years after she tested positive for ostarine from what's believed to have been salt pills. Kirra Seidel received the same timeframe ban for elevated levels of testosterone and was unable to prove where the contaminants came from, despite also maintaining an innocent stance.

Yet Belinda believes both athletes are victims in an unregulated industry. Recognising she too "has learned a lot" in recent months despite being a veteran of more than 50 iron-distance

races where she claimed victory on 15 occasions, she said the finger should also be pointed at the supplement companies.



Triathlon veteran Belinda Granger.

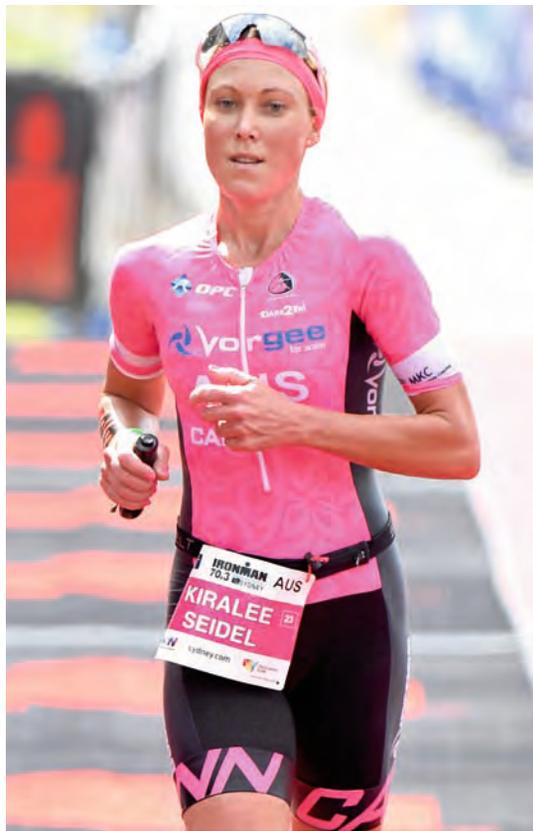
American athlete Ashley Paulson also tested positive in March for ostarine, but was given a six-month suspension because officials accepted it came from a contaminated supplement. Ashley was able to prove what supplement was actually contaminated.

Australian Lisa Marangon tested positive for ostarine at Challenge Melbourne, and has received the maximum four-year ban until March 2020 despite disputing the result.

Meanwhile last year, Lauren Barnett tested positive in July, only to later prove her banned substance came from salt tablets she took during the race.

"Supplements are such a money making business. As athletes, when we are training 30-plus hours a week, we are not looking for shortcuts. We are looking for ways that we can promote recovery and help us to get the most out of ourselves day in and day out. Many athletes rely on certain supplements to help with this.

"I know when I was training really hard I often relied on supplements for recovery, for



Kirra Seidel made a successful comeback to triathlon after a two-year ban.

PHOTO: DELLY CARR/SPORTSHOOT

example, protein shakes after a hard training day.

"Lots of the times we are relying on the fact we think the ingredients that are listed on these supplements are all that is in there. There have been so many incidents now, and even on products that have been tried and tested over many years, that have come up with positives for contamination. I recently read an article that said in a recent investigation 67 supplement products from Australian internet sites and retail stores were tested and alarmingly one in five supplements showed contamination with a banned substance. This is incredibly disturbing".

While believing both Beth and Kirra deserved short disciplinary actions, Belinda said more needed to be done to educate young athletes.

She would also like to see more mandatory drug testing at events – whether that be for the top three or a larger group, so long as athletes knew there was a possibility of being tested.

"We know as athletes, that every single thing we put in our mouth is our responsibility" she said.

"A lot of the time you assume

athletes are educated in these things – and they're not. Unless they have an amazing support network around them how can we expect them to know or even trust who to ask on these sorts of issues."

The supplements industry is a lucrative one. Allied Market Research has found that the global sports nutrition market would garner revenue of US\$44billion annually by 2021.

With big money at stake, questions are being asked about processes and accreditation.

Gels, bars and drink supplements were once confined to specialists - now there is an entire aisle full at the supermarket with some manufacturers responsible for wide-ranging products potentially using the same facilities.

"There are so many supplements which say they are approved, even products that are AIS (Australian Institute of Sport) approved, but what does this actually mean? There has been an instance where an AIS-certified product has shown contamination," Belinda said.

"The supplement companies have to take some responsibility.

"I really believe that quality control is lacking. Who is



Beth Gerdes doesn't expect to make a triathlon return after her two-year ban.

PHOTO: PETER GARDINER

approving the stamps which say it's test approved and the product contains no performance-enhancing products? Is that approved by the government or a company just shoving logos on there? How stringent is their testing? Can they be 100% certain there has been no cross contamination?

"Some companies pay for every batch of their product to be tested. Others will test every fourth or fifth and others don't test at all."

Belinda doesn't shy away from the fact drug cheats need to be rubbed out – for life. But she said the cases which will, and have, maligned athletes such as Kirra and Beth has created grey areas.

"Most of the people I have known who took drugs it was win or nothing. It was all about the win at any cost. Beth was an average athlete who worked her arse off," she said.

"Beth loves the sport of triathlon, she loves the lifestyle, winning races was just an added bonus. She thought if I can do it and win races then I don't understand why everyone else can't do that. That is why she took such a staunch position when it came to taking drugs. Even Beth now knows it's not so black and white."

Focus shifts to Mooloolaba

Alex Nolan
alex.nolan@snews.com.au

BRISBANE'S Drew Box has confirmed his team which includes world champion Mario Mola will be back for next month's Mooloolaba Triathlon.

Drew cruised to victory in round six of the Gatorade Queensland Tri Series, the Caloundra Triathlon, overtaking world championship hopeful Sam Betten in the run leg to win in 53min16sec.

The 27-year-old will on Tuesday head for Cape Town and a World Cup event in South Africa, before he returns to Australia, where he will join coach Joel Filiol and the likes of Mola and fiance Emma Jackson for a training camp on the Gold Coast.

Jackson headed the female division of Sunday's race, finishing in 1hr1min11sec, holding off Darthea Clydsdale and Emma Quinn.

From there they will contest Mooloolaba and a World Cup event in New Zealand.

Box said the key to winning was to play it "smart" in the blistering hot conditions.

"From the get-go the water was awfully hot and it was so hot by the run leg," he said.

"I had a pretty good swim leg leading out from Sam (Betten) ... he was riding (the bike) well so I played smart and sat behind him a fair bit. Then on the run leg I had to play smart again. I took the lead about 2km into it."

Box is looking forward to another tilt at Mooloolaba on March 12.

"It's an awesome course and it's very hard with the hill," he said.

"Summer this year has been awfully hot, hopefully by that time in March it cools down. It's always good at home though. The family can come and watch and we always get a big crowd."

He said training with Mola had done him a world of good.

"It's always amazing to train with a world champion," he said.

"You can understand why he is a champion but he's a nice guy as well."

Coast sprint results

Ryan Devlin (Warana) 59:49 third male 25-29 (10:08, 31:58, 17:42).
Michael Hooper (Mooloolaba) 1:00:43 fourth male 20-24 (8:53, 31:45, 20:04).
Dmitri Simons (Noosaville) 1:00:47 first male 45-49 (10:16, 30:55, 19:35).
Jordan Gover (Birtinya) 1:01:36 second male 45-49 (9:02, 31:30, 21:03).
Adam Dubberley (Mountain Creek) 1:04:06 fifth male 30-34 (9:22, 33:56, 20:47).
Robin Stead (Bli Bli) 1:04:17 fourth male 35-39 (10:25, 34:18, 19:33).

Ty Harding (Woombye) 1:04:32 third male 40-44 (9:59, 34:15, 20:17).
David Wassman (Golden Beach) 1:04:52 fifth male 35-39 (9:54, 34:10, 20:48).
Harry Wilson (Mountain Creek) 1:05:08 fifth male 20-24 (10:37, 35:17, 19:13).
David Readett (Maroochydore) 1:06:23 second male 50-54 (10:13, 32:36, 23:32).
Chris Pye (Noosa Heads) 1:06:26 eighth male 30-34 (11:12, 32:12, 23:02).
Scott Shults (Maroochydore) 1:06:28 fifth male 40-44 (11:14, 34:20, 20:53).
Adrian Lovatt (Caloundra West) 1:06:45 second male mates (10:36, 36:06, 20:02).
David Ford (Maroochydore) 1:06:48 third male 50-54 (10:08, 35:33, 21:07).
Christian Kock (Maroochydore) 1:06:56 ninth male 30-34 (11:21, 34:09, 21:25).
Paul Williams (Pelican Waters) 1:07:41 11th male 35-39 (10:42, 34:25, 22:33).
Darren Lockhart (Caloundra) 1:07:43 ninth male 40-44 (11:57, 34:24, 21:22).
William Carrette (Maroochydore) 1:07:47 ninth male 25-29 (11:15, 36:01, 20:30).
Melissa Charlton (Buderim) 1:08:12 first female 35-39 (11:51, 34:39, 21:41).
Mark Munchenberg (Buderim) 1:10:22 10th male 45-49 (11:52, 35:35, 22:55).
Andrew Holford (Peregian Springs) 1:10:22 17th male 30-34 (11:36, 36:25, 22:20).
Rachel James (Mooloolaba) 1:10:48 second female 30-34 (10:17, 36:38, 23:53).
Lene Knudsen (Beerwah) 1:10:59 second female 35-39 (9:55, 36:47, 24:16).
Hans Lombard (Shelly Beach) 1:11:00 13th male 45-49 (12:15, 36:50, 21:54).
Andy Thomas (Caloundra) 1:11:04 16th male 25-29 (12:52, 36:56, 21:15).
Tania Gover (Birtinya) 1:11:06 second female 40-44 (10:35, 37:27, 23:04).
Greg Rehbock (Pelican Waters) 1:11:26 19th male 30-34 (10:11, 37:48, 23:26).
Robert Luxford (Alexandra Headland) 1:11:29 eighth male 50-54 (11:21, 36:35, 23:31).
Dean McMaster (Tewantin) 1:11:36 ninth male 50-54 (12:19, 35:19, 23:57).
Scott Newman (Moffat Beach) 1:11:51 22nd male 35-39 (11:11, 36:15, 24:23).
Dave Nicholls (Palmview) 1:11:51 16th male 45-49 (10:45, 37:29, 23:36).
Rick Shambrook (Caloundra) 1:12:31 5 male mates (12:07, 36:14, 24:08).
Cathie Visona (Buddina) 1:12:55 fourth female 40-44 (11:36, 37:35, 23:43).
Rowland Cook (Cottontree) 1:13:30 fourth male 60-64 (12:08, 36:15, 25:07).
Bob Vander-Wal (Moffat Beach) 1:14:11 14th male 50-54 (10:22, 38:21, 25:27).
Anastasia Heikkila (Caloundra) 1:14:23 fourth female 16-19 (10:27, 38:52, 25:04).
Cameron Pleydell (Sippy Downs) 1:14:43 19th male 40-44 (11:23, 37:29, 25:50).
Maureen Cummings (Mooloolaba) 1:14:58 first female 55-59 (10:18, 39:03, 25:36).
Clea Ford (Maroochydore) 1:15:08 sixth male 14-15 (10:52, 39:34, 24:41).
Paul Gleeson (Golden Beach) 1:15:20 10th male mates (9:53, 42:28, 22:57).
Spencer Ives (Beerwah) 1:17:02 23rd male 40-44 (13:53, 38:08, 24:59).
Richard Wood (Buderim) 1:17:44 24th male 40-44 (13:56, 39:25, 24:23).
Martin Anderson (Wurtulla) 1:18:15 22nd male 45-49 (10:48, 40:52, 26:33).
Kylie Heading (Caloundra) 1:18:24 10th female 40-44 (10:52, 40:46, 26:44).
Pat O'Connor (Nambour) 1:18:25 21st male 50-54 (15:22, 40:29, 22:33).
Daniel Wood (Mount Cooloom) 1:19:04 29th male 30-34 (12:12, 42:30, 24:21).
Jessica Lee (Sippy Downs) 1:19:10 fifth female 30-34 (13:01, 38:56, 27:11).
Alison Rodger (Caloundra) 1:19:24 ninth female 25-29 (10:10, 42:03, 27:10).
Richard Padgett (Buddina) 1:19:41 27th male 40-44 (10:22, 40:26, 28:52).
Inna Atkinson (Alexandra Headland) 1:19:57 fifth female 45-49 (12:30, 39:55,



Drew Box salutes at the Caloundra Triathlon and will now head to South Africa for a World Cup event. PHOTO: LEANNE HANDRECK

27:31).
John Duffy (Mooloolaba) 1:20:37 16th male mates (12:01, 43:46, 24:49).
Brooke Leis (Forest Glen) 1:20:51 13th female 40-44 (13:04, 41:29, 26:17).
Brendan Cooper (Beerwah) 1:20:55 31st male 40-44 (12:31, 43:02, 25:21).
Troy Huckstepp (Tewantin) 1:21:03 32nd male 40-44 (11:34, 41:20, 28:08).
Kevin Blackhall (Mooloolaba) 1:21:06 22nd male 50-54 (16:00, 40:30, 24:35).
Warren Venaglia (Shelly Beach) 1:21:18 23rd male 50-54 (13:38, 38:50, 28:48).
Brett Barrett (Buderim) 1:21:20 34th male 40-44 (11:11, 42:16, 27:52).
Alan Green (Maroochydore) 1:21:34 24th male 50-54 (13:56, 39:58, 27:40).
Rob Cross (Wurtulla) 1:21:36 25th male 50-54 (14:54, 41:00, 25:41).
Penny Hearn (Tewantin) 1:21:49 first female 60-64 (12:43, 41:44, 27:21).
Nick Stewart (Maroochydore) 1:22:03 28th male 50-54 (11:29, 45:32, 25:01).
Ella Kenafake (Warana) 1:22:09 fourth female 20-24 (11:48, 43:34, 26:45).
Bradley Chesham (Buderim) 1:22:10 34th male 35-39 (12:12, 43:58, 25:59).
Maddie Ganter (Bardon) 1:22:12 fifth female 20-24 (11:42, 44:01, 26:29).
Shane Copp (Golden Beach) 1:22:25 26th male 45-49 (12:24, 38:23, 31:36).
Gavin Smith (Maroochydore) 1:23:20 34th male 30-34 (11:05, 44:51, 27:23).
Luke Jensen (Cooloom Beach) 1:23:49 38th male 35-39 (15:51, 43:04, 24:54).
Alicia Evans (Golden Beach) 1:24:20 15th female 25-29 (13:34, 41:45, 28:59).
Tanya Brown (Caloundra West) 1:24:24 12th female 35-39 (13:27, 41:23, 29:32).
Jan Morrison (Buderim) 1:24:33 fourth female 55-59 (12:06, 40:18, 32:09).
Sue Kerkow (Golden Beach) 1:25:14 fourth female 50-54 (14:11, 43:26, 27:36).
Belinda Grobler (Mountain Creek) 1:25:16 17th female 40-44 (13:02, 44:03, 28:10).
Susan Greenham (Buderim) 1:25:16 ninth female 45-49 (12:31, 42:54, 29:51).
Rachael Eames (Mooloolaba) 1:25:38 18th female 40-44 (13:26, 44:20, 27:51).

Gary Holland (Buderim) 1:25:55 seventh male clydsdale (14:00, 41:05, 30:50).
Phil Herbert (Buderim) 1:26:09 sixth male 55-59 (14:26, 40:39, 31:03).
Steve Dunn (Nambour) 1:26:14 33rd male 50-54 (11:35, 42:13, 32:25).
Marion Brown (Sunrise Beach) 1:26:27 first female athenas (10:48, 45:32, 30:06).
Georgia Holliday (Buderim) 1:27:35 sixth female 20-24 (12:41, 44:52, 30:01).
Fayleyne Preston (Buderim) 1:28:21 third female 60-64 (13:29, 41:12, 33:39).
Paula Ryan (Kings Beach) 1:28:31 sixth female mates (13:31, 42:53, 32:07).
Tina Reynolds (Mooloolaba) 1:28:48 11th female 30-34 (14:31, 42:35, 31:41).
Heather Haines (Caloundra) 1:29:58 14th female 45-49 (11:44, 47:02, 31:11).
Hayley Crabtree (Mountain Creek) 1:31:22 20th female 35-39 (13:31, 43:58, 33:52).
Miranda Giuliani (Buderim) 1:32:13 21st female 35-39 (14:21, 42:57, 34:54).
Ian King (Parrearra) 1:32:47 first male 70-74 (14:28, 44:18, 34:00).
Scott Armstrong (Mountain Creek) 1:34:40 10th male 55-59 (12:18, 44:49, 37:32).
Christopher Brown (Mount Cooloom) 1:34:55 11th male 55-59.
Katrina Palmer (Mooloolaba) 01:35:08 20th female 40-44 (16:31, 48:06, 30:30).
Rebecca Fleischfresser (Alexandra Headland) 1:36:30 24th female 35-39 (16:26, 48:16, 31:47).
Cotttrill Larissa (Caloundra) 1:36:37 25th female 35-39 (15:21, 48:04, 33:12).
Kylie Isaacs (Parrearra) 1:38:47 26th female 35-39 (15:04, 48:07, 35:36).
Brena Hunter (Palmwoods) 1:39:50 17th female 30-34 (14:56, 45:01, 39:52).
Sally James (Peregian Springs) 1:41:37 seventh female 50-54 (14:10, 50:09, 37:17).
Vanessa Barillaro (Peregian Springs) 1:51:53 28th female 25-29 (14:06, 59:50, 37:56).
Michelle Patterson (Tewantin) 1:55:01 eighth female 55-59 (16:03, 1:05:30, 33:27).

RUN FOR FUN



Try the new 15km on/off road Challenge

March 5th 2017

April 9th 2017

Book your spot now

www.atlasmultisports.com.au/events



**ATLAS
MULTISPORTS**

EVENTS ORGANISER

www.atlasmultisports.com.au

Flip flops your feet will love



Kate Gazzard
Sports medicine
doctor, physiotherapist
and triathlete

IT'S summer which means it's flip flop time.

One of my big summer beefs is seeing athletes walking around in a basic pair of thongs with no support or cushioning (*sigh*).

If you value what your footsies do for you out on the track/road/bike, take care of them this summer with a plush pair of pluggers, especially if you are suffering from plantar fasciopathy and Achilles or flexor tendon problems. Love your feet.

1. Hoka One One Recovery Slides

Hands down my new favourites. Hoka (main picture, right) have transferred their much-lauded oversized midsole and meta-rocker into a slide and the result is just lush. No flip, no flop, just comfort, cushioning and support. Your tired feet just got rescued big time.

Visit the boys at Allez Sport in Mooloolaba or check them out on www.hokaoneone.com.au, RRP \$99.95.



2. Oofos

These pluggers put the ooooooh in Oofos, offering a very plush ride with arch support. These are a close second favourite. Great for plantar fascia woes and recovery after long sessions on your feet.

www.oofos.com.au, RRP \$79.95.



3. Olukai

Inspired by the feeling of bare feet in wet sand, Hawaiian brand Olukai builds their footwear with anatomically contoured footbeds to deliver the perfect balance of instant comfort and lasting support.

Medial and lateral arch support reduces aches and pains, and promotes healthier functioning for superior natural shock absorption and a coiled spring effect in the foot.



Olukai's heel cup cradles the foot, minimises side-to-side movement, and provides stability and natural shock absorption. The heel cup centres and aligns the foot to minimise pronation and supination, reduces pressure on the arch, and enhances the body's natural cushioning and bone protection.

www.thewalkingcompany.com.au/brand/olukai, RRP \$78-\$100.

Post Sandal in a range of summer colours.

www.vionicshoes.com.au, RRP \$49-100.



4. Orthaheel

The original brand in arch support and footwear. A range of arch supportive footwear with options for most occasions. Tried and proven, Orthaheel is the most trusted brand in the world for footwear, providing effective relief from painful feet.

www.thewalkingcompany.com.au/brand/scholl-orthaheel, RRP \$49-80.



5. Archies

Cheap and cheerful pluggers that look like real pluggers but offer an arch support that is also friendly on the hip pocket. You can even choose how high you want your arch support. Just check the sizing guide when you order on line as you need to go for a smaller size than usual.

www.archiesfootwear.com.au, RRP \$35.

If you're struggling with plantar fascia or Achilles tendon

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

problems, research has shown comprehensively that the best treatment you can do is an exercise rehabilitation program involving an adequate balance of strength training (yes, strength training for your plantar fascia), recovery, correcting biomechanics or aggravating factors and a graded return to training. Shockwave treatment can also provide symptomatic relief and enhance tendon healing.

Contact us at www.theproclinic.com.au if you need further information to help you get back on your feet.

Happy running.



Action at last year's Paddy Palin Adventure Series.

PHOTO: LACHLAN RYAN/ELEMENT

Race inspires need for adventure speed

EXCITEMENT is building for the return of fast, action-packed adventure racing.

The Paddy Pallin Adventure Series will descend on Wild Horse Mountain for another exciting race suitable for the experienced and novices.

While adventure races are typically held over longer periods, some days or weeks, this is a chance to test athletes' quick thinking and push up the heart rate.

Standard entries close on February 18, from there the prices will increase \$10 per entry until sold out or final registrations close on March 15.

What is it?

Short, fast and fun, and suitable for anyone and everyone with a real sense of adventure, the Paddy Pallin Adventure Series is designed to offer the perfect introduction to the exhilarating sport of adventure racing.

Designed for teams of two, the races are fun, fast and furious with teams having to change between three core disciplines several times during the event...mountain biking, running or trekking and kayaking.

These non-stop events will take between two to six hours to complete so there is never any time to get bored or tired – you will constantly be challenged throughout the race, physically and mentally.

The Classic courses consist of 15-25km of mountain biking, 5-10km of trail running/trekking and 2-4km of kayaking. There are multiple legs of each discipline, which add up to the distances quoted.

The Novice course consists of 5-15km of mountain biking, 3-5km of trail running/trekking and 1-2km of kayaking.

So, if you are new to the sport of adventure racing and are looking for an exciting challenge that lives up to your love of outdoors and action-packed adventure, then the Paddy Pallin Adventure series is a great way to experience what this exhilarating, growing sport is all about.

Equipment required

All participants will need to supply their own mountain bike for each event (two per team). Mountain bike hire is available.

Kayak legs of the event will be completed using Toyboy Voyager

ADVENTURE RACE

What: Paddy Pallin Adventure Series.

When: Saturday, March 18.

Where: Wild Horse Mountain.

Details: Expect a course featuring running, riding and kayaking (kayaks provided).

How much: \$105, with teams of two available in competitive all-female, all-male and mixed, and \$95 for the novice section across the same gender categories. Prices rise from February 18.

Website: www.paddypallinadventure.com.au

II sit-on-top two person kayaks. The kayaks, paddles and personal flotation devices (PFDs) are supplied and included in the entry fee.

Navigation

Each event will require some basic navigation skills, although if you can read a street directory, you will be able to complete the course.

All checkpoints can be reached by following tracks and paths, however occasionally it may be faster to go cross-country.

Fifth place

SURVIVING the freezing and challenging conditions of Wanaka, the team of Cass Kimlin and Kim Beckinsale finished fifth at this year's Red Bull Defiance adventure race. They produced a total time of 14:58:02 over two days of hardcore racing, just one minute ahead of the sixth place team. The race featured running, kayaking and mountain bike endurance disciplines across some of New Zealand's toughest terrain.

Series returns

PREPARATIONS are under way for the 2017 Allez Sport Cross Country Series. The six-race series will begin on Sunday, April 2 and conclude on June 11.



Get over it

DECEMBER'S Buderim 9 saw a strong turnout of riders in typically warm conditions. Dylan Newbery (pictured) was the quickest male in an impressive two hours and 11 minutes, while Lucy Coldwell was the fastest woman. More than 230 riders took part, with 140 completing all nine hills within three hours.

Winners announced

LAST month Sunshine Coast Multisport Mecca ran a competition for the first race of the Sunshine Coast Run Series. Rachele Jacobsen and Sarah King both received free entries. We'll have more event entry competitions this year.

Triathlon delayed

PLANS for a sprint-distance triathlon at Coolool have been delayed due to resourcing. Originally scheduled for February 19, organisers Vital Events are hoping to stage the tri later this year.

Ultra finish

FORMER Coast residents Margie and Richard Campbell finished Tarawera Ultramarathon at the weekend. Richard was 20th male in 10:03:33, while Margie was fifth female in 10:04:30.

RACE, RELAX, ENJOY: THE DESTINATION TRIATHLON OF 2017

FIJI INTERNATIONAL TRIATHLON

Denarau: 8-11 June 2017

**5 NIGHT SHERATON PACKAGES
FROM \$760*
PER PERSON, TWIN SHARE**



It's not just about racing!

Fiji International Triathlon Festival has set itself on the destination triathlon event calendar, from the pre-event celebrations and course familiarisation, through to event day and the memorable Gala Presentation Night.

For package details:

Phone: 1800 225 022 (Freecall within Australia)
Int: +61 3 5221 2966 Email: res@tritravel.com.au



TriTravel
www.tritravel.com.au

*Conditions apply. Price is per person, twin share and includes return airport transfers and daily buffet breakfast

The ultimate triathlon chariot

IMAGINE sitting back and relaxing after racing while returning home in the process.

That is the vision behind Kia's self-driving Niro Triathlon concept car.

Unveiled at the Speciality Equipment Market Association (SEMA) Show last November, it's a sneak peek of what might be coming in the future. There's no price-tag, yet, or a plan to put it into a production, rather it's a display of what motoring companies can do.

The Niro Triathlon offers refuge in a cabin designed to relax and recharge while also providing top-notch training and safety equipment.

Custom built by the master craftsmen at LGE-CTS Motorsports, the hybrid has been transformed into a true crossover-utility lifestyle vehicle.

Removal of the roof from the D-pillars back creates a small bed and allows for the custom bike rack, tool box and tablet computer mount. The Felt IA 2 road-racing bike can be removed or locked in place for repairs or transport.

The ONEU safety laser bike lane light mounted on the front and rear illuminates a laser LED road behind or in front of the vehicle. So the athlete can train while the Niro autonomously keeps pace.

In the front, there's no steering wheel - just a tablet that can also be used for entertainment or performance analysis while the Niro drives the athlete home or to the next competition.

Riding on a lowered suspension, the Niro Triathlete is shod with 265/35R-18 Dunlop Direzza sport tyres and lightweight 18-inch Method Rally Race wheels.

Removal of the passenger-side B-pillar facilitates easy entry into a cabin designed for comfort and efficiency. The back door has been modified to open on a rear-pivot hinge while the front door has



Kia's autonomous Niro Triathlon concept showcases design ability.

PHOTO: CONTRIBUTED



been redesigned to open wider than a stock Niro, allowing the doors to open a full 90 degrees.

With no reason to drive, the athlete is cosseted in an

ultra-comfortable Human Touch zero gravity ergonomic reclining chair. Numerous custom cabinets hold essential supplies, attire and parts, and a portable sink nozzle in

the door allows for a quick post-race clean-up.

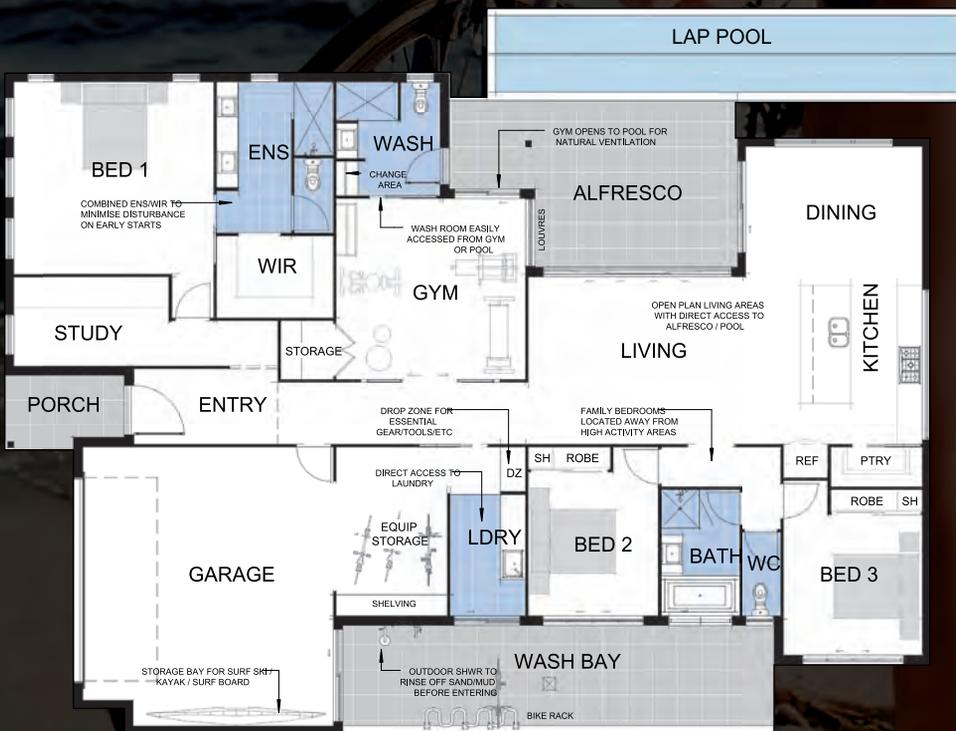
There is also cradles and baskets for shoes, helmets, pumps and tools.



We can design to suit ANY lifestyle

AUSMAR 
custom build

Compliment your vigorous exercise routine with a custom designed home that doubles as your very own training base.



With features like a Lap pool, home gym, dedicated shower facility and changing room, separate master bedroom (So Mum or Dad can sneak out to training early), accessible laundry and second washing machine for sports gear and large tub for rinsing wet suits, plenty of equipment storage and workshop areas, an allocated wash bay for cleaning down a muddy mountain bike, area to store surf boards, ski's and kayaks, high garage entry for cars with racks, trophy shelving in the study. Maybe even a massage room or sauna, the possibilities are endless.

AUSMAR  why compromise?
custom build
www.ausmarcustombuild.com.au

3 Myall Street, Cooroy, QLD 4563
Phone: +61 7 5442 6413
or call Marc on 0400 123 984



Near-new family tranquil haven

SITTING between Yandina and Coolum, it's the perfect location for cyclists who love the open spaces.

Captivated by breathtaking panoramic ocean views that extend from Old Woman Island to Mt Coolum and all the way up to Noosa, this architecturally designed residence is a haven of light, space and style.

Enviably set against a natural bushland backdrop, it is perfectly positioned on a tranquil two-acre parcel at the end of a cul-de-sac. Enjoying an ideal north-east aspect, this near new home showcases premium features throughout, an open-plan, easy-care layout and seamless indoor/outdoor living for a relaxed coastal lifestyle.

Designed to capture elevated coastal vistas, expansive glass doors open out to an impressive outdoor entertaining deck spanning the width of the home.



Light-filled interiors enjoy a spacious design with raked ceilings and stunning blackbutt timber floors.

Ideal for entertaining, the stylish stone kitchen is appointed with high-end European appliances.

The master suite is generously sized with private access to the

deck. It features a versatile custom built study space/retreat, walk-in wardrobe and luxury ensuite.

There are a further two bedrooms, including one that enjoys good separation, with private access to the outdoor entertaining deck, walk-in wardrobe and family bathroom.

Step downstairs to discover a large versatile space offering a unique opportunity to enhance or re-design. Complete with a stylish bathroom, the lower level is a potential double lock-up garage,



YANDINA CREEK

**28-30 Carnarvon Crt
3 Bed, 3 Bath, 2 Car**

Features: Spectacular ocean views, serene bush back-drop, modern interior with quality fittings, minutes to Coolum Beach, architecturally designed home.

Price: Offers over \$800,000

Agent: Ambre Perry at McGrath Estate Agents

Contact: 0438 162 520

Inspection: Contact agent



fourth bedroom and rumpus room or a granny flat. The potential is limitless.

Minutes to Coolum Beach and its vibrant beachside precinct, it is conveniently close to private and public schools, Sunshine Motorway, Bruce Highway, shops, and modern amenities.





Competitors in the Noosa Summer Swim take to the water at Noosa Main Beach at the weekend.

PHOTO: CONTRIBUTED

Hot response to new format

■ Michele Sternberg

THE new two-day Noosa Summer Swim format attracted more than 1500 swimmers to the weekend event held at Noosa Main Beach.

In searing summer temperatures, swimmers from Australia and all around the world took to the water to cool off and prove their abilities in a range of ocean swim races.

Olympic medallist Jessica Ashwood claimed a thrilling victory in the women's 5km race at the Noosa Summer Swim.

The 23-year-old finished in 54 min 56.9 sec, just 0.2 seconds ahead of Sunshine Coaster and Olympic open water swimmer Chelsea Gubecka.

Another local, Kareena Lee, finished third, another 31 seconds adrift.

For Ashwood, who claimed a bronze medal in Rio de Janeiro as part of the Australian women's 4x200m freestyle relay squad, it was a promising win over the long distance.

Meanwhile, in the men's race, Yasu Hirai won in 51 min 38 sec, just four seconds ahead of Jack McLoughlin, with Jarrod Poort finishing third a second back.

The Noosa Summer Swim is part of the World Series Swims and Aussie swim icon Michael Klim is the event ambassador.

Droves of competitors

converged for the event at Noosa Main Beach, which featured a variety of distances for an array of age groups.

The new festival format attracted more than 1500 swimmers, along with 4000-plus supporters in tow to soak up all that Noosa had to offer.

This year the Noosa Summer Swim also lent its support to the fight against kids' cancer through a new national partnership that encouraged thousands of swimmers to get behind The Kids Cancer Project.

Swimmers who raised more than \$250 had their entry fee refunded.

The Noosa Summer Swim was supported by Tourism Noosa, the Queensland Government through Tourism and Events Queensland and local partners, Noosa Civic, Mantra French Quarter, RACV Resort, Emerald Noosa and the Noosa Surf Club.

Top placings:
300m Junior Giants Female

- 1 Belle Anderssen 5:32.4
- 2 Zoe Butcher 5:34.8
- 3 Jenaya Ecker 5:55.5
- 4 Chloe Enever 6:14.8 0
- 5 Sophie Manley 6:20.3

300m Junior Giants Male

- 1 Matthew Lewis 5:30.7
- 2 Luke Talbot 05:45.6
- 3 Dan Rowe-Hagans 5:59.3
- 4 Charlie 7:09.7
- 5 Lachlan Saw 07:23.5

1000m Junior Giants Female

- 1 Lulu Korac 10:59.4



- 2 Finella Gibbs-Beal 11:11.7
- 3 Belle Anderssen 11:19.3
- 4 Chloe Rowe-Hagans 11:30.8
- 5 Jemima Bromage 11:34.7

1000m Junior Giants Male

- 1 Samuel Short 10:16.2
- 2 Connor Mcareavey 11:03.0
- 3 Luke Talbot 11:49.1
- 4 Dylan Pilkington 11:57.9
- 5 Tristan Kay 12:17.3

2km Female

- 1 Jessica Oates 21:34.6
- 2 Mia Smallman 21:49.5
- 3 Vivian Bogomiagkoff 23:05.0
- 4 Libby Trickett 23:19.2
- 5 Jane Stevens 23:20.7

2km Male

- 1 Jarrod Poort 18:25.4 0
- 2 Zachary Bromage 19:27.8 0
- 3 Jordan Smith 21:07.3 0
- 4 Graeme Brewer 21:57.3 0
- 5 Craig Elmore 22:05.9

3km Female

- 1 Aisha Thornton 33:24.9 0
- 2 Summer Short 33:25.5 0
- 3 Alise Selsmark 35:11.6 0
- 4 Angelica Armellini 35:18.7 0
- 5 2Alexandra Evans F35:58.8

3km Male

- 1 Jarrod Poort 28:58.8
- 2 Yasu Hirai 29:05.5 0
- 3 Wesley Roberts 29:18.5 0
- 4 Michael Lidstone 29:40.9 0
- 5 Blair Day Male 29:42.2

5km Female

- 1 Jessica Ashwood 54:56.9 0
- 2 Chelsea Gubecka 54:57.1 0
- 3 Kareena Lee 55:18.1 0
- 4 Jessica Lavin 55:22.8 0
- 5 Ashleigh Duyzer 1:03:28.7

5km Male

- 1 Yasu Hirai 51:38.2 0
- 2 Jack McLoughlin 51:42.3 0
- 3 Jarrod Poort 51:43.5 0
- 4 Hayden Cotter 51:45.3 0
- 5 Ollie Signorini 51:45.3

The latest and greatest...



Hoka One One, known for its ground-breaking approach to running, tackles stability head on with the arrival of the Arahi. Lightweight at just 215 grams and cushioned, the Arahi redefines what is possible with a supportive shoe. Featuring Hoka's new J-Frame™ technology - designed to further enhance the active foot frame – it delivers support and protection while guiding your foot without the use of rigid and unforgiving materials. Check them out at Allez Sport Mooloolaba, in both women's and men's styles, RRP \$239.95



New in 2017, the Brooks Caldera will get you through all the ups and downs of your outdoor adventure. An extremely responsive shoe that provides energy and a stable ride even as fatigue sets in. The sticky rubber outsole offers supreme uphill and downhill traction while the high surface area lugs that allow the shoe to flex. A protective double-layered mesh with strategic stretch and structure give an impeccable fit in a nearly seamless upper and the Integrated Gaiter Tab at the heel secures gaiters with hook and loop. Available now at Allez Sport Mooloolaba, RRP \$249.95.

Need some new rubber? Cycle Zone Mooloolaba is offering buy one, get one free road tyres. Only available in store for the month of February or while stock last. Options include S-Works Turbo (\$79), Specialized Turbo Pro, Specialized Roubaix and Specialized All Condition (all \$59).



New at Cycle Zone Mooloolaba are Absolute Black oval chainrings. The whole range is available, but in stock is the premium Shimano 110/5 (bolt pattern) oval chainrings that are designed for pre 2014 cranks like Shimano Dura-Ace FC7900, FC7800, Ultegra FC6750, Shimano 105 -5750 and many more with five-bolt fitting. These are claimed to be the finest shiftable oval chainrings on the market. The shape enables easier and faster climbing, your pedal action feels smoother, knee fatigue reduction, better cadence and reduces shifting gears by 15%. Check them out, RRP \$299.



This little thing is just handy, mountain biking, running, hiking ... whatever your thing is this will keep the essentials handy for \$99.95 at Venture Cycles, Noosaville.

This year will see the introduction of an elite range of both tri and cycle kits from 17hours. These will be in addition to the brand's current kits. The elite one piece tri suits will feature all Italian fabrics and chamois, lightweight, race cut design. They will feature a full length front zipper with lightweight front and rear mesh fabric.



Upcoming Sunshine Coast events

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

Date	Event	Distance	Location	Website
February 15	Bushrangers MTB Parklands Night Ride	Meeting on the Radar Hill Road side of Parklands at 6pm for 6.15pm ride off. Return at 8pm. Grade three, riding the novice track with a few others in the mix.	Kulangoor	www.bushrangers.org
February 18	Garapine MTB session	Ride the Garapine mountain bike trails used for competition grade enduro and cross-country events. All riders must have current MTBA membership and bring their membership details for sign-in on arrival. Ride fee \$10, 7am-3pm.	Garapine	www.garapine.com.au/enduro/
February 19	Summer Crit Series	Sunshine Coast Cycling Club series, race three at Lake Weyba. Registration 6.30am, racing 7am. A-grade 45min +2 laps, B-grade 40min +2 laps, C-grade 35min +2 laps, D-grade 30min +2 laps.	Noosaville	www.scccracing.wixsite.com
February 25	Atlas Multisports Freestyle Clinic	Freestyle clinic with Duane Cannell of Makin' Waves Swim School.	Buderim	www.atlasmultisports.com.au
February 26	South East Queensland Trail Running Series	Round seven of the eight-race series staged in Brisbane, Gold Coast and Sunshine Coast. Features 8.3km and 14.8km trail run races.	Ewen Maddock Dam	www.seqtrailrunningseries.com.au
February 26	Bendigo Caloundra Community 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
February 19	Boneyards Extended Edition	John Seaston will lead the Bushrangers MTB Club ride from Glenview Cemetery, Steve Irwin Way. Starting at the Glenview Cemetery they will be riding new route through the forests.	Glenview	www.bushrangers.org
February 26	Lesley Thompson Memorial Crits	Sunshine Coast Cycling Club criterium at Skippy Park.	Landsborough	www.scccracing.wixsite.com
February 26	Shimano MTB Enduro Series round one	Riders will have a non-competitive 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
February 26	Bush Rangers MTB Wooroi Forest ride	Meet at the Wooroi day-use area, Cooroy-Noosa Road at 6.45am for a 7-10.30am ride. Grade two/three.	Tewantin	www.bushrangers.org
March 4-5	Bribie Island Tri Series round four	Four-triathlon series. Long course – 750m swim, 20km cycle, 5km run. Short course - 300m swim 10km cycle 3km run. Active kids and first timers races are staged on the Saturday.	Bribie Island	www.briebietri.com
March 5	Mooloolaba Mile Ocean Swim	The main event, a one mile (1.6km) course is well within reach for beginners and novice ocean swimmers. There is also a 3km, 800m, as well as junior giants of 300m and 800m.	Mooloolaba	www.worldserieswims.com.au
March 5	Sunshine Coast Run Series	Round two of four races held as part of the annual series staged at varying locations on the Sunshine Coast, with run distances of 15km, 10km, 5km and 2km.	University of Sunshine Coast	www.atlasmultisports.com.au
March 9	Summer Crit Series	Sunshine Coast Cycling Club series, race four at Fred Chaplin Circuit. Registration 6pm, racing 6.30pm. A-grade 45min +2 laps, B-grade 40min +2 laps, C-grade 35min +2 laps, D-grade 30min +2 laps.	Bells Creek	www.scccracing.wixsite.com
March 10-11	Mooloolaba Triathlon Festival	ASICS Mooloolaba Twilight 5km run, 1km Ocean Swim, Superkidz Triathlon and the Special Tri. The event also features the Mooloolaba ITU Triathlon World Cup.	Mooloolaba	www.ap.ironman.com
March 11	Mooloolaba Criterium	Elite cycling criterium featuring some of the nation's best male riders, 45 minutes + 3 lap high intensity criterium race.	Mooloolaba	www.ap.ironman.com
March 12	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

CONTINUED NEXT PAGE

Upcoming Sunshine Coast events

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

Date	Event	Distance	Location	Website
March 12	Wide Bay Mountain Bike Series	Four-round cross-country mountain bike series. Race one features a three-hour cross-country race.	Bundaberg	www.facebook.com/WideBayMTB
March 18	March 19 Paddy Pallin Adventure Series	Designed for teams of two, the races are fun, fast and furious with three core disciplines...mountain biking, running / trekking, and kayaking. Races take between two-six hours to complete.	Wild Horse Mountain	www.paddypallinadventure.com.au
March 18	Bright Run – Glow Fun Run	Bright Run is a glow fun run at Mooloolah Recreation Reserve that will raise funds for Fusion's local youth programs. The run is glow themed with participants encouraged to dress up in glow gear as they run about 3km, seven laps of the oval.	Mooloolah	www.brightrun.com.au
March 19	Bendigo Caloundra Community Bank Just Tri It Series – race two	A two-race triathlon series for all levels. The event has two distance options, short - 300m swim/10km 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 26	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	www.herveybaybreak.com.au
March 26	Mountain Bike Orienteers State Series	Round one of the State Series. Using specially produced maps, riders navigate their way along roads, tracks and trails to control markers (checkpoints) placed at specific locations. Course lengths vary from 5km to over 40km, in terrain from flat coastal pine plantations to undulating native bush forests. Courses are available to suit riders of all abilities, from social to competitive. There are classes for males, females and pairs/groups, covering ages from 10 to over 70 years.	Beerburum	www.mtbo.com.au
March 26-27	Atlas Training Camp	The focus of the Rainbow ride training camp is to build the endurance capacity of athletes on the bike through providing a well-supported 200km ride. It will also give participants the skills and knowledge of how to prepare and recover for events through nutrition, use of pilates and massage.	Rainbow Beach	www.atlasmultisports.com.au
April 2	Triathlon Pink	All-female triathlon, with short 100m/4km/1km, medium 200m/6km/2km, long 300m/8km/3km, ultra 600m/16km/6km, kids 7-9 50m/2km/500m and kids 10-13 100m/4km/1km. Also a fun run of 1km, 7 Yrs + 3km and 12 Yrs + 6km.	University of the Sunshine Coast	www.triathlonpink.com.au
April 9	Sunshine Coast Run Series	Round three of four races held as part of the annual series staged at varying locations on the Sunshine Coast, with run distances of 15km, 10km, 5km and 2km.	Buddina	www.atlasmultisports.com.au
April 14	Good Friday Crit	Sunshine Coast Cycling Club criterium at Girraween Sports Complex. Registration 3.30pm, racing 4pm. A-grade 40 minutes + 2 laps, B-grade 35 minutes + 2 laps, C-grade 30 minutes + 2 laps, D-grade 20 minutes + 2 laps.	Noosa Heads	www.scccrcing.wixsite.com
April 16	Wild Horse Criterium	The 2017 course will be run around a 11.5km lap, changing direction on completion of each lap (for those competing in distances beyond one lap). 1 loop (11km), 2 loops (22km), 3 loops (33km), 5 loops (55km), 7 loops (50 mile - 80km).	Wild Horse Mountain	www.runqueensland.com
April 16	Easter Time Trial	Sunshine Coast Cycling Club time trial at North Arm State School, 7- 9am.	Yandina	www.scccrcing.wixsite.com

CONTINUED NEXT PAGE

Upcoming Sunshine Coast events

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

Date	Event	Distance	Location	Website
April 23	Bargara Triathlon	Bargara Triathlon Club event featuring an Olympic-distance 1.5km/40km/10km, give it a try 750m/14km/4km and 7-12 year olds 100m/2km/500m.	Bargara	www.bargaratri.org.au
April 30	TooMoo 220	Supported ride from Toowoomba to Mooloolaba which raises money for charity. Riders travel to Toowoomba by bus on the Friday, and then ride back to the Coast achieving a 2000m elevation gain at the same time.	Toowoomba to Mooloolaba	www.toomoo220.com.au
May 7	Rosemount Road Race	Sunshine Coast Cycling Club road race, 7-9am. Meet at Paynters Creek Road.	Rosemount	www.scccracing.wixsite.com
March 12	Wide Bay Mountain Bike Series	Four-round cross-country mountain bike series. Race two features three-four laps of cross country riding.	Fraser Coast	www.facebook.com/WideBayMTB
May 13	Island Charity Swim	Every year swimmers gather to help the Nambour and Currimundi Special Schools. They swim about 11km from Mudjimba Beach, out around Old Woman Island to Mooloolaba.	Mudjimba to Mooloolaba	www.islandcharityswim.com.au
May 13-15	Ultraman Australia	Ultra triathlon staged over three days, featuring a 10km swim and 145km bike on day one, day two is a 274km bike (421.1km total) and 84.3km run on day three.	Noosa Heads	www.ultramanoz.com.au
May 14	Glasshouse Trail Series – Cook's Tour	The Glasshouse 50 Cook's Tour is an off-road trail run with 12km, 33km, 50km and 50 mile running events. This is an annual event on the Sunday closest to the 17th of May because Captain Cook named the mountains on May 17 during his voyage up the east coast of Australia in 1770.	Woodford	www.glasshousetrailseries.com
May 20-21	Tough Mudder	Tough Mudder has a new course and new challenges in 2017 at the home of the Woodford Folk Festival - Woodfordia. There will be rolling hills, epic valleys and thick back-forests all lined up ready for Mudders.	Woodford	www.toughmudder.com.au
May 21	Mooloolaba Ocean Enduro	No entry fees, no official organiser, participants must provide their own safety, a real old school event, just like the first Hawaii Ironman: 3.5km swim, 1km run, 20km surf ski, 7km board paddle, 9km run. Teams and individuals, and category for swimmers only for the initial swim leg only (called the shark bait category).	Mooloolaba Spit	www.facebook.com/MOEDISTANCE/?fref=ts
May 26	Giraween Crit	Sunshine Coast Cycling Club criterium racing, 6-8pm at Girraween Sports Complex.	Noosa Heads	www.scccracing.wixsite.com
May 27-28	Noosa Ultimate Sports Festival	Starting with an ocean swim off Main Beach, with 3.8km, 2km, 1km and 500m options on the Saturday. Then on the Sunday, Cycle Noosa with 160km and 85km events. There is also Run Noosa, with 21.1km, 10km or 5km races.	Noosa	www.ap.ironman.com
May 28	Mountain Bike Orienteers State Series	Round three of the State Series. Using specially produced maps, riders navigate their way along roads, tracks and trails to control markers (checkpoints) placed at specific locations. Course lengths vary from 5km to over 40km, in terrain from flat coastal pine plantations to undulating native bush forests. Courses are available to suit riders of all abilities, from social to competitive. There are classes for males, females and pairs/groups, covering ages from 10 to over 70 years.	Beerburum	www.mtbo.com.au
June 11	Wide Bay Mountain Bike Series	Four-round cross-country mountain bike series. Race three features three-four laps of cross country riding.	Bundaberg	www.facebook.com/WideBayMTB
June 17	Wild Horse @ Night	The night trail runs start from 6pm at the Wild Horse Mountain car park with 10km, 16.5km and 25km distances. Course marking will consist of flagging tape, painted arrows on the ground, arrows on trees, signage where necessary and red, flashing LED lights mounted on posts at key points.	Wild Horse Mountain	www.runqueensland.com

CONTINUED NEXT PAGE

Upcoming Sunshine Coast events

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

Date	Event	Distance	Location	Website
June 18	Sunshine Coast Memory Walk & Jog	Inaugural event at Kawana Surf Club to help raise vital funds and awareness for dementia. Course includes stunning ocean views as you make your way towards Point Cartwright Lighthouse and back, either 2.5km or 5km.	Buddina	www.memorywalk.com.au
June 24	Sunshine Coast Cycling Crit Champs	Sunshine Coast Cycling Club Criterium Championships, 7-10am, at Skippy Park.	Landsborough	www.scccrcing.wixsite.com
July 14-16	Velothon Sunshine Coast	The inaugural event will offer a three day or one day road cycling event and include: 3-day Velo ride from Friday to Sunday with each day being between 90km and 155km. 1 Day Velo ride on the Sunday with two distance options from 95km and 155km. Participants can also enter as a team of four, in the three day ride, with the three best times combining for their stage finish time. Velo Clubhouse event hub on the Mooloolaba waterfront providing highlights of the Tour. A cycling sports expo will be staged at Mooloolaba.	Mooloolaba	www.velothonsunshinecoast.com
July 23	Pomona King of the Mountain	The King of the Mountain Festival in Pomona features a run up the face of Mount Cooroora for the 4.2km round trip. Also 3km family fun run, 2.8km dash and kids 4x700m.	Pomona	www.kingofthemountain.com.au
July 28	Wild Women On Top Coastrek	The Wild Women On Top Coastrek is coming to the Sunshine Coast for the first time, with 30km or 60km treks, to raise funds for the Fred Hollows Foundation. The event is open to both men and women, but teams 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 30	Glasshouse Trail Series- Flinders Tour	The Flinders Tour is a 12.5km, 26km and 52km trail run at Beerburrum. Flinder's Tour is based at Beerburrum State School, and pays tribute to Matthew Flinders who was the first European to climb one of the Glasshouse Mountains (Beerburrum) on this date in 1798.	Beerburrum	www.glasshousetrailseries.com
August 4-6	Hells Bells and Fairy Bells	Teams of two 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. Fairy Bells about half the distance.	Sunshine Coast	www.dareyouadventure.com.au
August 12-13	Noosa Strade Bianche	The Noosa Strade Bianche pays homage to the 'golden age' of cycling. In the vein of the famed L'EROICA in Italy, Noosa Strade Bianche is strictly for steel framed cycles with downtube shifters (or bar-end shifters). As a celebration of the steel framed cycle, there is no restriction on age of the frame set. The Saturday includes a 33km Piccolo Fondo and a swap meet, while on the Sunday there are 162km Imperial Century with about 2400m of climbing, 137km Gran Fondo and 82km Medio Fondo options.	Noosa	www.noosa-stradebianche.com.au
August 13	Wide Bay Mountain Bike Series	Four-round cross-country mountain bike series. Race three features three-hour race of cross country riding.	Fraser Coast	www.facebook.com/WideBayMTB
August 18-20	7 Sunshine Coast Marathon and Community Running Festival	Annual running festival, including 2km, 5km, 10km, 21.1km and 42.2km runs through Alexandra Headland, Mooloolaba and Maroochydore.	Alexandra Headland	www.sunshinecoastmarathon.com.au
August 20	Rainbow Beach Trail Run	Trail runs through Rainbow Beach/Cooloola National Park with distances of 11km, 21.1km and 42.2km starting at Phil Rodgers Park.	Rainbow Beach	www.runqueensland.com
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

CONTINUED NEXT PAGE

Upcoming Sunshine Coast events

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

Date	Event	Distance	Location	Website
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 TBC	12-Hour MS Swimathon	Cotton Tree Aquatic Centre will host its MS Swimathon event to raise funds to help people living with multiple sclerosis (MS).	Cotton Tree	www.msswimathon.com.au
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	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) placed at specific locations. Course lengths vary from 5km to over 40km, in terrain from flat coastal pine plantations to undulating native bush forests. Courses are available to suit riders of all abilities, from social to competitive. There are classes for males, females and pairs/groups, covering ages from 10 to over 70 years.	Beerburum	www.mtbo.com.au
October 7-8	Sunshine Coast CycleFest	Includes King and Queen of the Mountain at Palmwoods on the Saturday morning, then in the afternoon there will be a street criterium at Cotton Tree with six events. On the Sunday, there is the 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 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 21	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 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 1-5	Noosa Triathlon Festival	Australia's biggest triathlon, including a 1500m swim, 40km ride, 10km run on the Sunday, November 5. The festival includes a swim/run, fun run, 1000m swim, along with elite 5km Bolt and criterium racing.	Noosa	www.ap.ironman.com
November TBC	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 19	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.	Hervey Bay	www.hb100.herveybaytriclub.org.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 in the process.	Buderim	www.buderim9.com.au