

# Multisport MECCA

March 15, 2017



## Cyclists attacked during training

Grant Edwards

BEFORE killing cyclist Stephen Small while he was on a training ride, two men in a ute tried to run down fellow rider Rod Wilcox (pictured).

The incident happened only 30 minutes before the 42-year-old father of one was hit and killed by a white ute driven by Nathan Craig MacDonald on March 14 last year while riding on Eumundi-Noosa Rd.

CONTINUED ON PAGE 2

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# ‘They were out to kill me’

**FROM PAGE 1**

Mr Wilcox was headed home to Noosaville after a ride to Sunshine before he was attacked by the two men, who dragged him alongside their vehicle, and soon after attempted to run him over.

“They were definitely out to kill me. There was nothing about cyclists...it was all just abuse about nothing. It was almost like a game for them,” Mr Wilcox said.

“You couldn’t reason with them, they were out to do damage that day. I don’t care whether they were on drugs or alcohol, they made decisions that day.”

Still shaken by the incident, the married father-of-two was riding solo in the bike lane through Noosaville when he was approached.

“All of a sudden I looked to my right and I could feel somebody beside me. This white ute pulled right up beside me in the bike lane and grabbed my hand onto the side of the car and I just looked at him in shock,” Mr Wilcox said.

“He had black sunglasses on and he just looked at me with an evil smile. I thought I knew him... ‘who would do this’ I was thinking.

“He started to try and pull me in as I was riding and the driver was trying to corner me into a parked car as well.

“They were carrying on, with all sorts of things, saying you are an effing this and an effing that. All sorts of names – over nothing – it was just me at five o’clock in the afternoon.”

After letting go, the white ute sped off.

With seemingly no one around, Mr Wilcox gathered his thoughts before getting back in the saddle and trying to get home to phone the police.

Heading toward the yacht club, the Great Wall dual cab was stopping and starting on the roadside before it went out of sight. Ascending a hill Mr Wilcox saw the vehicle again.

“I rode past and slowed down. As I am riding past I slowed and I said ‘I’ve got your number plate and I’m reporting you to the police’,” he said.

“They got out of the car and started giving me the abuse again. One said ‘I want to kill you, you f\*cking idiot’. All I remember was those words: ‘I’m going to kill you’ from the passenger.”

Both returned to the vehicle and then launched another attack near Ely St.

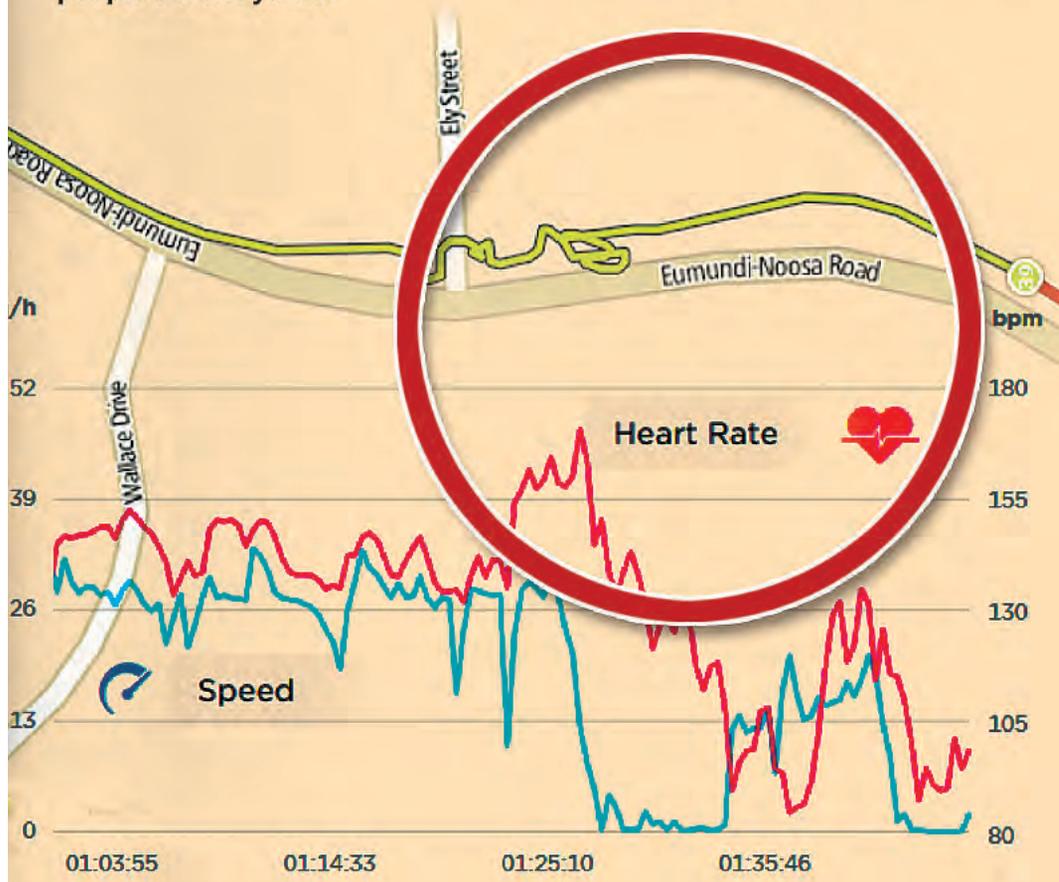
“The wheels started going and



Rod Wilcox of Noosaville was attacked by two men when out on his bike.

PHOTO: IAIN CURRY

**As Rod Wilcox rode towards Ely Street, a white ute revved and ‘came at me full-bore’. Mr Wilcox took cover behind a power pole and said it missed him by centimetres before driving on the footpath and over people’s front yards.**



the driver just revved the car and came at me,” Mr Wilcox said.

“He went at me full-bore. I rode my bike behind the power pole and he came within centimetres. I can’t estimate how many kilometres an hour he was going, but it was high speed.

“If I hadn’t of had that power

pole there I have no doubt I would have been run over.”

The ute drove onto the path, through some front yards and up the street.

Witnesses quickly came to Mr Wilcox’s aid and called the police.

Data from his GPS-enabled watch and heart rate monitor tells

the story. His heart rate peaked at more than 165 beats per minute while travelling at zero kilometres per hour – the highest point on his entire 1hr35min ride.

“As soon as they sped off I yelled these guys are going to kill somebody. They had intent on killing me,” he said.

# Tragic loss of father on a ride

**Grant Edwards**  
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THERE was nothing accidental about the death of cyclist and father Stephen Small.

His former partner Yolanda Brady believes he was run down in a cold-blooded hour of terror at Doonan last March 14.

Nathan Craig MacDonald pleaded guilty this week to dangerous driving causing Mr Small's death, admitting to being intoxicated at the time and leaving the scene before police arrived.

Having attended every hearing leading up to Monday, Ms Brady was in shock at MacDonald's early plea at Maroochydore District Court after a year-long wait.

MacDonald appeared in court via videolink from prison.

He sat quietly behind a table, hands in his lap, shoulders slumped as he pleaded guilty to the charges.

Noosaville man Rod Wilcox was targeted by MacDonald and the vehicle's passenger, Corey Michael Sinclair, just before Mr Small was run down.

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

MacDonald's sentencing has been delayed until May so a psychologist's report can be prepared.

Ms Brady had lobbied police and the prosecution to upgrade the charges to murder.

"Accidents happen, but there was nothing accidental about this," Ms Brady said.

Tragedy struck Mr Small while he was on a training ride on his way home from work.

On the bike he was a natural. One of the truly talented.



**Doonan's Stephen Small (pictured with his son Oscar) had lived in the Noosa area for more than a decade, but previously had an impressive cycling career in the UK.** PHOTOS: CONTRIBUTED



Having lived in Noosa for more than a decade, he loved nothing more than to get out and ride – although work had taken precedence in recent years for the 42-year-old.

An electrician by trade, his Commerce Court shed was his base, but he lived on the rolling hills of Doonan.

Stephen loved the area, reminding him of the UK where he grew up.

Family and work commitments had reduced his riding time in recent years, and after being ribbed by his mates for "getting a bit chubby", it was a return home to his father's funeral in December

2015 that reignited his determination to race.

"Steve was always a passionate cyclist," Ms Brady said.

"He had been using his cycling to travel to and from work to try and get in a bit of extra mileage and to alleviate stress on the road, it just made sense.

"To watch him on a bike, to even just see him manoeuvre amongst the group in a race, he was one of the best cyclists you had seen.

"He was very strong and could ride all day."

One of Stephen's close friends, Ian Cuthbertson, now lives at Noosa but had also grown up

cycling and raced against him as a junior.

While still coming to terms with the loss of his close mate, he remembers a strong and quality athlete.

"He actually rode in An Post Rás, which is a tour of Ireland and one of the hardest amateur stage races you can do," he said.

"He was a really handy cyclist. More of a domestique rider, super powerful, you could sit behind him dragging you along all day.

"Steve would just go and go all day long, but just didn't have the sprint to bring home the wins. He quite enjoyed working for other people."



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# Why we got the bum steer

**Grant Edwards**

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THREE key factors led to one of the weakest fields in elite Mooloolaba Triathlon history competing on Saturday.

It was an Aussie double in both ITU World Cup races, with Luke Willian winning the men's race and Emma Jackson securing the women's title.

But overshadowing the results were athletes who were not at Mooloolaba.

The combination of a post-Rio downturn, the shift from sprint distance to Olympic distance and the impending new Super League Triathlon all saw the big guns shun the Sunshine Coast.

Many of the world's best men are already in Australia, with the likes of English Olympic gold medal champion Alistair Brownlee, Spanish five-time ITU winner Javier Gomez Noya and compatriot Mario Mola Diaz, South African powerhouse Richard Murray, along with Aussie stars Ryan Bailie, Jake Birtwhistle, Ryan Fisher and Aaron Royle all now on Hamilton Island for the three-day Super League challenge.

"With the (April 8) world tri series on the Gold Coast being a sprint and New Plymouth (March 22) being a sprint, the thinking was that Mooloolaba should be an



One of the smallest elite fields competed at the 2017 Mooloolaba Triathlon. PHOTO: GRANT EDWARDS

Olympic distance," Ironman Oceania managing director David Beeche said.

"It's always a challenge in a post-Olympic year.

"You get this slump where athletes are taking some time out, undertaking a different style of racing or thinking about other things before they start their build-up to Commonwealth Games.

"We are still committed to ITU and the ITU product.

"It's a great showpiece for the sport and working out how

collectively as a sport we deal with this Olympic year hangover, for want of a better term, is something that has been an issue since triathlon was introduced at Sydney Olympics in 2000."

Offering athletes additional travel and accommodation incentives remains an option.

There is an established protocol as to what elites are provided, depending on the event and level of athlete, and it may be that greater incentives are required to lure athletes back to the Coast.

Prizemoney for first at

Mooloolaba was \$7500, whereas Super League is offering \$100,000. Ironman and the ITU will be watching with interest this weekend.

"This kind of thing isn't new in the sport. It's been done before with new formats and big prizemoney and all the promises that get made at the early stage of a new product," David said.

"Time will tell. These products have come and gone before.

"When that prizemoney is thrown its hard to blame the athletes for chasing the money."



Javier Gomez Noya will star in the Super League Triathlon.

PHOTO: WARREN LYNAM

## Professionals chase cash in new League

ELITE triathlon is facing the biggest shake-up in recent years, with \$100,000 for the winner of the inaugural Super League Triathlon up for grabs.

The world's fastest triathletes are on Hamilton Island for a three-day torture test this weekend.

They will battle for a slice of a total prize pool worth more than \$200,000.

Twenty-five superstar male athletes will battle short-course formats over three days.

"We're bringing the world's best athletes to Hamilton Island. It's a tropical paradise but we're going to break them here. This course is brutal," Super League Triathlon co-founder Chris McCormack said.

"The time trial course may be only six kilometres, but the last kilometres are as tough as I've seen in triathlon.

"It may be one of the prettiest finish lines I've ever seen at a

sporting event, but you've got to work your backside off to get there."

■ **March 17 – Triple Mix:** Round 1 – swim (300m), bike (6km), run (2km). 10-minute break, round 2 – run (2km), bike (6km), swim (300m). (10-minute break) round 3 – Bike (6km), Swim (300m), Run (2km). The winner of Triple Mix is determined by the athlete's cumulative time across Rounds 1, 2, and 3.

■ **March 18 – Equalizer:** Part 1 – Cycling individual time trial. Part 2 – pursuit swim (300m), run (2km), swim (300m), bike (6km), run (2km). Part 2 is started as a pursuit based on the 'penalty' time lost by each athlete to the first finisher in the morning's ITT.

■ **March 19 – The Eliminator:** Round 1 – swim (300m), bike (6km), run (2km). 10-minute break starts when round winner crosses the finish line. Top 15 finishers proceed to round 2 – swim (300m), bike (6km), run (2km).

### EVENT LAUNCH

**Super League Triathlon**

**Where:** Hamilton Island.

**When:** March 17 – Triple Mix, March 18 – Equalizer, March 19 – Eliminator. Live coverage from 4.30pm.

**Watch:** On Fox Sports and on [www.superleaguetriathlon.com](http://www.superleaguetriathlon.com).

Top 10 finishers proceed to round 3 – swim (300m), bike (6km), run (2km).

■ **Prizemoney (based on accumulated points over the three days):** 1st \$100,000, 2nd \$50,000, 3rd \$25,000, 4th \$10,000, 5th \$8000, 6th \$6000, 7th \$4800, 8th \$3500, 9th \$3000, 10th \$2500.

All finishers in 16th place or below will receive one point each. Non-finishers will receive zero points. Three points will be deducted from each athlete who does not start the race.

# Dream victory in home town

**Steele Taylor**

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BUDERIM'S Annelise Jefferies is savouring a home-town victory after a gritty showing in the open women's division of the Mooloolaba Triathlon.

More than 3000 competitors took to the Olympic-distance course for the 25th edition of the event but the 24-year-old's effort was particularly special.

She crossed the line in 2hr05min, 24 seconds ahead of Katey Gibb. Fellow Buderim resident Kirralee Seidel was third.

"It's very special to have a title on home ground," she said after a 1.5km swim, 40km ride and then a tough 10km run leg in 28-degree heat.

"Coming over the hill and to the finish line, I just wasn't sure how far Katey was behind me," she said.

"I saw at the turnaround at the far end she was only 15 seconds behind me so I was trying to stretch it out during that last few kilometres and really push it down the hill at the end.

"The last 2km was very hard."

Annelise is in the midst of a transition to Ironman 70.3 racing, having made her debut at the longer format with a fifth placing at Thailand last year, where she said she "made a lot of mistakes".

She'll tackle 70.3 Taiwan on Sunday.

In a small professional women's field, key rivals will include Noosa-based Radka Vodickova along with fellow Aussie Kate Bevilaqua.

Annelise was initially a cross country runner who started triathlons when she finished school. She quickly picked up cycling skills but battled in the water.

A world under-23 duathlon title-holder in 2015, Annelise improved her swim leg during the past couple of seasons.

"I used to get really nervous before the start of the swim but now I have much better control of my pre-race nerves and I'm finding I can just stay there (at the back of the main pack) and also (because of) a number of more years in the pool," she said. "I've



Annelise Jefferies wins the women's race. PHOTO: WARREN LYNAM

been gaining more strength every year." She's also noticed improvements since linking with Nick Croft's squad at Noosa at the start of the year.

A third-year nutrition and dietetics student at University of the Sunshine Coast, Annelise also works two part-time jobs, largely to support her triathlon pursuits.

"Still, my mum and dad are my

biggest sponsors," she said.

Meanwhile, reigning Noosa Triathlon champion Dan Wilson won the open men's race in 1hr49min52sec, seven seconds ahead of Tim O'Donnell. Sunshine Coast's Luke McKenzie was third.

Dan, 31, who is also making a transition to 70.3 racing, said: "It was good old-fashioned running duel there."

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# Olympian eyes running prize

**Steele Taylor**

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TWO-time Olympian Collis Birmingham has his eyes on the prize, a \$25,000 reward at this year's Sunshine Coast half marathon.

The 32-year-old is eager to set the fastest time by an Australian on Australian soil, when he contests the 21.1km event at Alexandra Headland in August.

Should he better the 1994 effort of Pat Carroll (1hr01min11sec) he'll snare the lucrative purse which is being dangled by organisers, who want the event to be known as 'Australia's fastest half marathon'.

And given he has recorded a quicker time overseas (an Australian record of 1hr56sec, on a flat course at Marugame, Japan, in 2013) Birmingham has reason to believe he can achieve it.

"That definitely gives me some confidence," he said.

"It would be nice to get up there and give it a crack and see if I can do it. It's going to be tough... but there's plenty of incentive."

Collis is yet to do a half marathon on home soil but has competed in many overseas.

He competed at the Games in 2008 and in 2012, on the track, but he's looking to qualify for next year's Commonwealth Games at the Gold Coast via the marathon (42.2km).

The McDonald's Sunshine Coast half marathon is part of his preparation to his first marathon later this year, which he hopes will help earn him a berth in the national team.

"I think I'll be pretty fresh for the (Sunshine Coast) race... I'm certainly taking it seriously," he said.

Defending women's champion Cassie Fien is returning for the event, which is part of the 7 Sunshine Coast Marathon and Community Running Festival. The reward is also on offer for the women, with the mark belonging to Lisa Weightman (1hr09min, 2010).

Collis expects more elite runners to be attracted to the race because of the money on offer.



Long-distance runner Collis Birmingham. PHOTO: DAVID J. PHILLIP

## Proposed changes to deliver faster course

HALF marathoners better have a need for speed.

Route changes are yet to be finalised, but on the drawing board is a course which will see just two turnaround points rather than the current six - which should equate to about one minute of saved time for elite competitors.

The course is expected to extend north.

The long-term goal is a single-lap marathon and attract more than 7000 athletes annually.

Race organiser Jason Crowther said the goal over the next two or three years was to spread the word about a fast course.

"We want people to come here and try and set a PB," he said.

"We get over a 50% return rate from past participants...with the amount of events on the calendar that is a really big return rate.

"It is because it's such a community event and raises so much money for charities.

"We have an amazing destination, we just need to be able to sell it to the Brisbane, Sydney, Melbourne and New Zealand runners. Bringing those



Half marathon winner Cassie Fien.

PHOTO: PATRICK WOODS

recreational runners who come and spend a week here and spend a lot of money on the Sunshine Coast."

One athlete keen to give the record a nudge is last year's female winner Cassie Fien.

"I'll definitely give it a crack," Cassie said.

She pushed local elite Ironman athlete Dave Dellow all the way in a race which the triathlete won in a thriller.

The air force fitness instructor, who is based at Amberley, said

she relies on a structured training regime rather than talent.

"I work really hard. But that is what I like about running, and that is what attracts me to the sport as it doesn't come easy for me," she said

"Sunshine Coast is like a second home for me. I was born and bred in Brisbane and our family holidayed on the Sunshine Coast and my grandparents live up here.

"When I saw this event I was hooked.

### FESTIVAL

**What:** 7 Sunshine Coast Marathon and Community Running Festival.

**When:** August 20.

**Details:** Options include 2km, 5km, 10km, 21.1km and 42.2km.

"Having that hill at the start you are nice and fresh so you can get up it easily, and then you can use it to come back down and get some speed and then continue on for the rest of the course.

"A personal goal of mine is getting under 71 minutes. I am hanging around that 71:11...and I have got it a number of times. So if I can come here and break that I will be a happy girl."

Cassie, who was an Olympic reserve for the marathon at Rio, is dedicated to representing Australia.

"Running is my passion. It's my life and breath. I love it more than people half the time," she said.

"To find your passion in life... I have everything I need."

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# Elite skipping into new event

LANDSBOROUGH'S Skippy Park criterium track will come alive at the end of March when elite cyclists line up for a new event on the Cycling Queensland calendar.

The inaugural Lesley Thompson Memorial Criterium is being hosted by the Sunshine Coast Cycling Club on Sunday, March 26. The venue for a full day of fast racing will be the Skippy Park Criterium Track at Landsborough.

Club president Robert Thompson said the open event is expected to attract elite cyclists with a large prize pool on offer.

"With over \$3000 in prizes up for grabs, the Lesley Thompson Memorial Criterium is one of the richest one-day cycling events in Queensland," Robert said.

"The club has been wanting to put on a high-quality event and almost 12 months of planning has gone into getting everything in place.

"Our club has produced some extraordinary cycling talent and we thought it was time we put out an invitation for the best cyclists to join us on the Sunshine Coast.

"The event will feature all-day racing from 7am with talented junior and senior riders coming from across south-east Queensland."

The club boasts a number of champions, including Kristina Clonan, Alex Martin-Wallace, Shara Gillow, Daniel Fitter, Kaden Groves and Alastair Mackellar.

Vice president Melanie Murray said the club had no hesitation in naming the event after Lesley Thompson, Robert's late wife.

"Lesley was an important and much-loved member of the club," Melanie said.

"Lesley's passions were junior and women's cycling – she loved going to junior carnivals and watching the talented kids grow



Ocker Henning, Jason Ford, Ben Brodrick and Elliot Mckean racing at Skippy Park. PHOTO: MAL KEEBLE



Jonathon Curry (left) and Robert Marcucci. PHOTO: MAL KEEBLE

and develop.

"Lesley was always encouraging women to get on a bike and give it a go."

Lesley passed away in May 2016 after a long fight with cancer. The club is honouring Lesley's legacy with the naming of the Lesley Thompson Memorial Criterium.

The focus of the event will be on junior and women's racing, and

the feature event will be the women's A/B criterium who will compete for the Lesley Thompson Cup.

The purpose-built Skippy Park criterium track is a flat 1.2km track, located just south of Landsborough on Old Landsborough Road. The event will result in some of the most exciting racing held on the Sunshine Coast.

## CRITERIUM

**What:** Lesley Thompson Memorial Criterium.

**When:** March 26, racing from 7am.

**Where:** Skippy Park, Landsborough.

**Details:** An open event with riders of all ages and grades encouraged to enter. The focus of the event will be junior and female racing – two passions for Lesley Thompson.

**Websites:**  
www.scccrcycling.wixsite.com  
www.qld.cycling.org.au

The event is being sponsored by local businesses – Mackellar Mining, Metsure Insurance Brokers and Ord Minnett – and supported by the Glass House Little Athletics Club.

Entries close on March 19 and further information is available on the Sunshine Coast Cycling Club and Cycling Queensland websites.

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# Ironman with family legacy

**Full name:** Andrew Trout.

**Nickname:** Trouty.

**Age:** 53.

**Birthplace and current residential suburb:** Born in England, moved to Australia in 1966, lived in Noosa since 1993.

**Occupation:** Construction estimator.

**Age and marital status:** 53, divorced with one son.

**Club:** Noosa Tri Club.

**Sport:** Triathlon, cycling.

**Favourite food:** Vegan nachos.

**Favourite drink:** Chocolate coconut water.

**Pet hates:** A closed mind. Racism and misogyny. Getting slower as I get older.

**Favourite run location:** Noosa River for the view.

**Favourite ride location:** Noosa to Maleny, a mix of beauty and challenging hills with some rewarding descents and coffee stops.

**Favourite swim location:** Ocean: Noosa Main Beach because of the pristine clarity and warmth of the water. Pool: Cotton Tree Aquatic Centre, it's clean, quiet and friendly and close to work.

**Best or most memorable event:** Inaugural Ironman Melbourne in 2012. My father was terminally ill but was able to be there to see me finish and then in 2013 my brother was there as well but he too passed away later that year. I now carry a small container of their ashes across every finish line. Their pain makes me forget mine when the going gets tough.

**Bucket-list event:** Ironman World Championship in Hawaii.

**How did you get into this sport:** Having recently cycled from Melbourne to Sydney in 1988 I was looking for a new challenge

and a friend mentioned this crazy new sport of triathlon. My first race was 1990 and I was hooked.

Having been told by doctors that I could never run and never thinking I had a chance, my father encouraged me to enter my first full distance Ironman in 2012 and now I've completed one annually for him since then.

**Favourite race:** Ironman 70.3 Sunshine Coast (close second Ironman Australia).

**What's your favourite part of racing and training:** The sense of achievement and self satisfaction gained, proving people wrong and encouraging others to have a go. Helping people to see the expanse of possibilities once they see the clear beauty and calmness above the cloud, hearing them say "wow ... I did that!" and being part of a unique culture.

**What does a training week look like for you in terms of volume and disciplines:** Usually six days a week and varies of course with life. Monday: swim, run. Tuesday: 80km bike.

Wednesday: swim, run. Thursday: 80km bike. Friday: swim, run. Saturday long ride of 100km or more. Sunday rest.

**What is next on your racing agenda:** Ironman Australia, Port Macquarie, May 7.

**How do you manage to fit in training with work and family commitments:** I ride to work and home which is 85km return and most swim sessions are early morning before work. Home life is a lot quieter these days but it's just a matter of communication and flexibility.

**If you could have a celebrity live with you, who would it be:** This was hard, Craig Alexander, a



Sunshine Coast triathlete Andrew Trout.

PHOTO: CONTRIBUTED

true gentleman of the sport, or maybe Brian Cox - the dinner conversations would be brilliant.

**When you were little what job did you want to do:** Woodworker

or fine furniture maker.

**Best movie:** Loved the Secret Life of Walter Mitty.

**Current car:** Toyota Camry.  
**Dream car:** Tesla.



## Course has world championship edge

CHANGES to the Ironman 70.3 Sunshine Coast course have inspired a new wave of interest.

After a successful world championship last year, which saw the bike course encompass hilly sections of Rosemount and Diddillibah, organisers have retained many of the key elements.

After the rectangular 1.9km swim in the Mooloolaba bay, athletes will again head north on the Motorway for the 90km bike leg, but on the return turn off onto Maroochydore Rd and undertake two loops of Paynters Creek and Petrie Creek roads.

The steep 16% Upper Rosemount climb has been removed.

For the 21.1km run, the Duporth Ave and Ocean St elements have been retained.

"It's really good when you host a world

championship event like we did last year to leave some kind of legacy from that and to have some of the elements of that course both in terms of retaining the transition on the waterfront and having some hills in the (bike) course has been really well received by the athletes," Ironman's David Beeche said.

"Numbers are tracking well.

"This has always been one of our most popular 70.3s. It's a great destination and off the back of the world champs people love coming to do triathlon on the Sunshine Coast."

The event will be staged on September 10.

Individual prices from now until July 26 will be \$421.20 plus Triathlon Australia insurance, while they will rise to \$437.40 from July 27.

Team entry prices will remain at \$502.20 plus insurance.

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# Athletes return for anniversary race

AGE group triathlon racing of old returned on Sunday for the 25th anniversary of the Mooloolaba Triathlon.

Strong entires saw more than 3000 participants tackle the course lauded by athletes.

Warm water temperature and outstanding visibility saw fast swim times, while tempered winds ensured quick bike splits.

Conditions were warm on the run, yet there were many personal bests posted on the day.

Among the leading Sunshine Coast age group performers were Jake Hynes who got third in the men 15–19 division with a time of 2:04:35 (18:44, 1:00:37, 42:05), Zsolt Dallos who also managed third in the men 35–39 2:06:51 (22:35, 1:00:30, 40:50), Dmitri Simons who was second on the 45–49 podium with 2:07:14 (22:51, 58:18, 42:31), while Melissa Charlton achieved second in women 35–39 2:18:37 (28:15, 1:03:35, 43:44) and Maureen Cummings was third in 55–59 women 2:35:36 55 (23:45, 1:12:26, 55:53).

Looking ahead to future Mooloolaba events, Ironman's David Beeche said pricing would be at the forefront of post-race



**Competitors are off and racing on Sunday morning.** PHOTOS: WARREN LYNAM AND GRANT EDWARDS

discussions – with the initial offer of \$140 entry proving popular.

“We did it as a one-off special because we wanted the 25th to be a really special year and we wanted to attract as many as possible. We’ll be looking at the feedback on that and assessing whether we do that again...yet to be determined but it triggered a certain amount of interest which was great,” he said.



**Lee Callum completes the swim.**



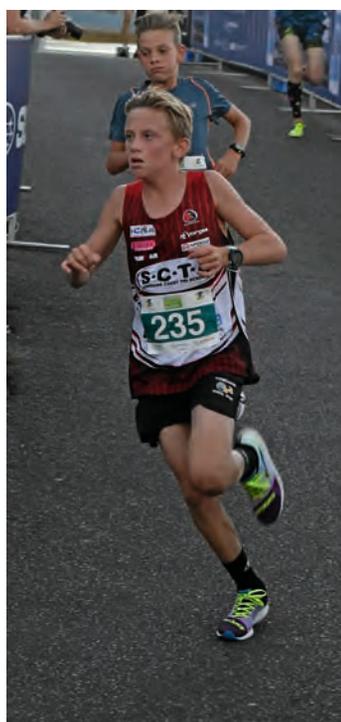
**Paulo Mendes sets up in transition.**



**Abigail Jones.**



**Jaclyn Munge heads for the bike course.**



**Peyton Craig on his way to a 17:58 run at the twilight 5km.**



**Meg Roberts heads for third place in 16–19 women at the 5km with 20:21.**

# Four proudly wear maroon

PROUD tradition continued with locals achieving state selection at the Queensland Schools Triathlon and Aquathlon Championships in Hervey Bay last month.

Romy Wolstencroft, Kaya Shults, Jazzy Shults and Ryan Marsh of Sunshine Coast Tri Academy will travel to Penrith in April to vie for national titles. Jake Hynes and Elliott Gray were both named as first reserves.

Comfortably winning the senior female race (born 1999–2000) by more than 90 seconds, Romy will head south with plenty of confidence. The defending champion, Romy was just behind the leaders out of the swim and after 4km on the bike she went to the lead.

“When it came to put the running shoes on she showed her class with a blistering 19.45 5km run split,” SCTA head coach Toby Coote said.

“Going to Penrith, it’s fresh water which means she won’t have as much buoyancy in the water. It’s also turning into draft-legal.

“In nationals there are only six athletes per state so there are less to work with.

“It depends on how it all plays out. If she misses that pack out of the swim... but if she is within a minute of them off the bike more than likely she will run them down.”

Kaya will be a strong contender in the intermediate female (born 2002–2001) division.

She only got out of plaster nine days before the race due to a



**Kaya Shults.**  
PHOTO: MATTHEW MCINERNEY

scaphoid injury, but the noted swimmer still stuck with the leaders and took the lead in the bike leg. She only just missed the podium after being passed in the last 500m.

Ryan (junior male born 2003–2004) came off the bike in second place and while he faded in the run, he managed to qualify for the team with a fifth position. It was a massive improvement on last year’s 31st placing.

Jazzy (junior female 13–14, 2003–2004) impressed in her first outing at the championships with a great swim, before dropping a few places, then running herself into seventh. One of the team members was unable to compete in Penrith, and Jazzy was elevated. As the youngest of the team, it augers well for a strong



**Romy Wolstencroft wins the Queensland Tri Series race at Kawana last year.**  
PHOTO: LEANNE HANDRECK

future.

First reserve Jake Hynes was unable to start due to a knee injury – unfortunate given his form at Mooloolaba Triathlon on Sunday where he finished third in the 15–19 age group with an effort of 2:04:35 (18:44, 1:00:37, 42:05).

For Toby, the latest Queensland team members take SCTA’s total

to 47.

“It just shows the developing athletes... we must be doing something right,” he said.

Toby made the team back in 1993 after being encouraged by Kawana State College teacher Mark Holstein and was followed by Jason Crowther a couple of years later.



**Toby Coote has been involved with the Mooloolaba Triathlon for 25 years.**  
PHOTO: WARREN LYNAM

## Intimate knowledge of iconic race

IT WAS fitting that Toby Coote had the best seat in the house for the 25th edition of the Mooloolaba Triathlon.

He has been involved in the event since its inception in 1993, competing on 13 occasions and providing commentary for the past 11 years.

The 41-year-old from Warana was on the back of a motorbike at the front of the race, providing updates to thousands of spectators lining the course.

“I love it. I get to watch the race unfold and report that to everybody. I have the best job on the course,” he said.

Toby has been a contender, coach and commentator at

triathlons around the country but said nothing compared to the events on the Coast.

“Noosa and Mooloolaba are the two best races in Australia... they are two iconic races that have been on the calendar for such a long time,” he said.

He remembers the inaugural Mooloolaba event, where he finished 35th amid 255 athletes.

“There was hardly any barriers and after the swim you ran up through the crowd into the transition area,” he said.

Now there’s about 3000 starters and Toby, who runs Sunshine Coast Tri Academy, had 40 athletes compete at the weekend’s event.

# Toughest of battles in New Zealand

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

AFTER 10 successful finishes at Ironman New Zealand, 2017 was the toughest for Coolum Beach's Dessie Gourlay.

Strong winds whipped up the swim course and made conditions extremely difficult on the bike.

High attrition numbers attested to the course battles, with many unable to meet the 2hr 20min swim cut-off. More than 180 didn't finish.

Returning home to New Zealand has always made the event special for Dessie. He has completed two in Auckland, and the past eight straight at Taupo.

His family turned out in force, all wearing a 10-year celebration singlet to honour his efforts.

"That was the hardest of the 10 because of the weather," he said.

"It was the toughest I have ever done it. It wasn't like it is in the ocean when it's rough, the waves were coming from every direction.

"A lot of people drank water on the swim...lucky it was pure New Zealand water.

"After the swim it was survival mode for everyone. There was a tail wind early and it was a false sense of security. As soon as you turned around you realised it was like a tornado behind you."

Dessie will return again next year, with an aim to complete his 12th Ironman – having also completed Cairns once.

That will put him in line for a legacy spot at the Ironman World Championship in Kona.

"I would like to earn it (in my age group), but if you don't you take it any way you can," he said.

There was no rest for Dessie when he returned home, completing the Mooloolaba Triathlon in 2:18:40 (26:58, 1:04:03, 43:01) which saw him 12th in the 45–49 age group.

Meanwhile, former Coolangatta Gold winner Josh Minogue had a bittersweet experience.

Heading to New Zealand full of confidence after being the first age grouper home at Hell of the West, the Ironman challenge proved humbling.

He still finished in an outstanding time of 9:32:12, but missed a Kona slot by one position when he finished fourth in the men's 30–34 division.

After an solid 50:56 swim where he led the field, the WIN Television sports presenter then faced a hefty challenge on the bike.

"I don't think I have been more



**Coolum's Dessie Gourlay had strong family support, with everyone wearing commemorative 10-year singlets (pictured right).**

PHOTOS: CONTRIBUTED



**Josh Minogue on the marathon at Ironman Zew Zealand.**

out of depth in a situation," he said.

"On the first lap on the bike, the wind was hooking at 35km an hour. Because of the hills it was swirling.

"I was in a bit of shock because I wasn't expecting it. In the days leading up there hadn't been a breath of wind.

"The second lap was a little bit better. It was a strong head wind but that was what I was expecting. There were times you were with it and then it would smash you in the face.

"I think everyone used a whole lot more energy than they wanted (on the bike). It set a lot of people

up for a tough marathon."

Looking back at the event, Josh was philosophical about the experience and has a new appreciation for the full distance triathlon.

"Ironman is definitely tougher than the Coolangatta Gold or the Kellogg's series where you get heart rate up but then rest in between races," he said.

"This is that consistent effort and you go through low periods. That's the toughest part to fight out of the low periods.

"Halfway through the bike I thought 'never again'. I'm looking to get some more experience and go again next year."

**Coast results:**

Josh Minogue 9:32:12 (Maroochydhore) fourth men 30-34 (50:56, 5:13:41, 3:20:39).  
Fawn Whiting 10:09:19 (Sunshine Coast) seventh professional women (1:10:13, 5:33:51, 3:19:39).  
Justin Voss 11:04:02 (Alexandra Headland) 16th 40-49 men (1:14:10, 5:44:37, 3:56:35).  
Dessie Gourlay 11:47:26 (Coolum) 20th 50-54 men (1:19:50, 6:06:05, 4:09:03).  
Jason Reed 11:50:01 (Mooloolaba) 24th 50-54 men (1:16:46, 6:22:34, 4:00:38).  
Tracey Bell 12:24:07 (Mountain Creek) fourth 50-54 women (1:28:29, 6:39:25, 4:03:00).  
Patrick Shanahan 12:58:53 (Buderim) 51st 35-39 men (1:11:22, 6:17:15, 5:20:24).  
Anthony James 13:17:09 (Sunshine Coast) 52nd 50-54 men (1:24:13, 6:30:29, 5:05:13).  
Tania Gover 13:47:29 (Moffat Beach) 11th 40-44 women (1:20:34, 7:07:32, 5:09:09).



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There is a formal lounge and dining area with vaulted ceilings, reverse-cycle air-conditioning and wood fireplace.

As well as a large kitchen with gas cooktop there is a large, closed-in entertainment area and 6m x 6m recreational room – perfect for a children's area or a home business.

The property is fully fenced for horses and has a dam as well as a three-bay shed with power.

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**Agent:** Selena Pryde at Raine & Horne Noosa Hinterland

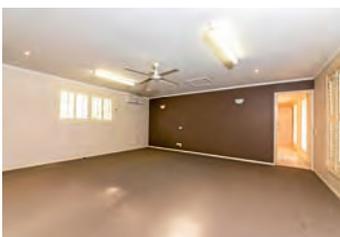
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# The latest and greatest...



Allez Sport Mooloolaba is now stocking 32Gi sports nutrition products. See the range, including the sports drink \$49.95, food bar \$3.95, gel \$3.95 and chewable tabs \$6.95.



Pre-load for a race or get that extra edge towards the end of an event to increase alertness, concentration and improve your endurance performance with the IsoGel Extreme. Easy to open and swallow, each sachet contains 23g of carbohydrate energy and a high dose of caffeine (100mg). In stock now at Allez Sport Mooloolaba for \$2.70.

Looking for German precision? Allez Sport Mooloolaba now stocks a range of CEP Compression gear, including tights, socks, and sleeves for running, biking, triathlon and endurance events. CEP products enhance performance and recovery through the targeted use of compression to improve blood circulation and speed up lactate metabolism. The range starts from \$29.95.



Here's a bargain. Drop into Cycle Zone Mooloolaba and take a look at the Bell Star Pro Helmet with visors. Switch from full ventilation on climbs to wind-slicing aerodynamics in the sprints and flats. This ground-breaking Active Aero technology can be engaged with the simple slide of a button. It was \$399, but tell them you saw it in Multisport Mecca and you'll take it home for \$199.



Cycle Zone Mooloolaba is now stocking the PowerBar range. The protein bar helps replenish tired muscles and has no artificial flavours or colours. Check them out for \$4.99.



With an ultra-lightweight build, this bike gets downright punchy on the climbs and greater stiffness means precise handling. It all adds up to the ultimate aero race machine for sprints, short-distance triathlons and everyday training on the road. Envie Advanced models from \$2799-\$7999. Pictured Liv Envie Advanced Pro 0 with SRAM RED eTap.



Every aspect of this Giant Propel Advanced Pro frame is engineered as a complete system to deliver aero road performance. The frame is hand-crafted using Advanced-grade composite material to produce a bike that's both stiff and light, with a sharp, responsive ride quality. Purpose-built aero road technologies, including SpeedControl SL brakes and a Vector seat post further enhance this well-rounded, wind-slicing performer. For the bell lap of a criterium or a sprint distance triathlon, this is your ultimate weapon. From \$3999-\$9299. Pictured Giant Propel Advanced Pro 1.

# Upcoming Sunshine Coast events

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

Date	Event	Distance	Location	Website
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	<a href="http://www.paddypallinadventure.com.au">www.paddypallinadventure.com.au</a>
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	<a href="http://www.brightrun.com.au">www.brightrun.com.au</a>
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, <b>short</b> - 300m swim/10k, bike/3km run and <b>long</b> - 600m swim/20km bike/6km run. There are also two kids’ races for children aged 7-12. Kids <b>7-9</b> race 100m swim/2.5km bike/500m run, and ages <b>10-12</b> 200m swim/5km bike/1km run.	Golden Beach	<a href="http://www.caloundratriathlonclub.com.au">www.caloundratriathlonclub.com.au</a>
March 19	Mango Hill Mud Run	Mango Hill State School Mud Run is a fundraiser for primary school children with a 2km 10-obstacle course. This is open to all primary school kids.	Mango Hill	<a href="http://www.mangohillmudrun.com.au">www.mangohillmudrun.com.au</a>
March 26	Lesley Thompson Memorial Criterium	The inaugural criterium hosted by Sunshine Coast Cycling Club. An open event with riders of all ages and grades encouraged to enter. The focus of the event will be junior and female racing – two passions for Lesley Thompson. Racing from 7am, with the feature a women’s A/B criterium who will compete for the Thompson Cup.	Landsborough	<a href="http://www.scccrcing.wixsite.com/sccc">www.scccrcing.wixsite.com/sccc</a>
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	<a href="http://www.herveybaybreak.com.au">www.herveybaybreak.com.au</a>
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 more than 40km, in terrain from flat coastal pine plantations to undulating native bush forests. Courses are available to suit riders of all abilities, from social to competitive. There are classes for males, females and pairs/groups, covering ages from 10 to over 70 years.	Beerburrum	<a href="http://www.mtbo.com.au">www.mtbo.com.au</a>
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	<a href="http://www.atlasmultisports.com.au">www.atlasmultisports.com.au</a>
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	<a href="http://www.triathlonpink.com.au">www.triathlonpink.com.au</a>
April 2	Bushrangers MTB Club Mapleton Community Ride	Arrive at Delicia Road, Mapleton, opposite Lilleyponds at 6.45am for a 7-10.30am ride, grade three.	Mapleton	<a href="http://www.bushrangers.org">www.bushrangers.org</a>
April 2	Allez Sport Cross Country Series	First of the six-race series which caters for runners, joggers, walkers of all ages and abilities. Distances include 10km, 6km, 5km, 3km, 2km, 1km and 500m. Race staged at Elizabeth Daniels Park.	Buderim	<a href="http://www.sccrosscountry.com.au">www.sccrosscountry.com.au</a>

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# Upcoming Sunshine Coast events

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Date	Event	Distance	Location	Website
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	<a href="http://www.atlasmultisports.com.au">www.atlasmultisports.com.au</a>
April 9	Bushrangers MTB Club Parklands Ride	Arrive at Radar Hill Rd, Kulangoor, 6.45am for 7-10.30am ride. Split up into two groups, grade two ride and grade three.	Parklands	<a href="http://www.bushrangers.org">www.bushrangers.org</a>
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	<a href="http://www.scccracing.wixsite.com">www.scccracing.wixsite.com</a>
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	<a href="http://www.runqueensland.com">www.runqueensland.com</a>
April 16	Easter Time Trial	Sunshine Coast Cycling Club time trial at North Arm State School, 7- 9am.	Yandina	<a href="http://www.scccracing.wixsite.com">www.scccracing.wixsite.com</a>
April 16	Bushrangers MTB Club Pomona to Cooran Ride	Meet Reserve Street Park, Pomona, at 6.45am for 7am ride off. Grade two.	Pomona	<a href="http://www.bushrangers.org">www.bushrangers.org</a>
April 19	Bushrangers MTB Club Parklands Night ride	Arrive at Radar Hill Rd, Kulangoor, 6pm meet for 6pm-8pm ride. Grade three. Riding the novice track with a few others in the mix.	Parklands	<a href="http://www.bushrangers.org">www.bushrangers.org</a>
April 22	Rogue Adventuregain	Teams of two compete to collect as many checkpoints as possible over a 24 hour time period. The Rogue involves multiple stages of the traditional adventure racing disciplines of trekking, mountain biking and kayaking where teams must navigate through the course using a map and compass on a route of their own choice. Each stage is effectively its own small rogaine where competitors may attempt to collect as many or as few checkpoints as they wish, making this event achievable by all levels of athlete. Strategy, precise navigation and perseverance will play just as a significant role as raw fitness. 24-hour and six-hour course options with teams of two competitors. Racers must complete the course together (no relays).	Lake Wivenhoe	<a href="http://www.rogueadventure.com">www.rogueadventure.com</a>
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	<a href="http://www.bargaratri.org.au">www.bargaratri.org.au</a>
April 23	Allez Sport Cross Country Series	Second of the six-race series which caters for runners, joggers, walkers of all ages and abilities. Distances include 10km, 6km, 5km, 3km, 2km, 1km and 500m. Race staged at Ben Bennett Park.	Caloundra	<a href="http://www.scccrosscountry.com.au">www.scccrosscountry.com.au</a>
April 23	Bushrangers MTB Club Mapleton Ride	Arrive at Delicia Road, Mapleton, opposite Lilleyponds at 6.45am for a 7-10.30am ride. Split into two groups, grade two and grade three.	Mapleton	<a href="http://www.bushrangers.org">www.bushrangers.org</a>
April 29	TooMoo 220	Supported ride from Toowoomba to Mooloolaba which raises money for STEPS Charity. Riders travel to Toowoomba by bus on the Friday, and then make the 220km ride back to the Coast achieving a 2000m elevation gain at the same time.	Toowoomba to Mooloolaba	<a href="http://www.toomoo220.com.au">www.toomoo220.com.au</a>
April 30	Bushrangers MTB Club Glasshouse to Peachester Ride	Arrive 6.45am for 7-10.30am ride at Glass House Mountains Lookout, Glass House Mountains. Grade two.	Glass House Mountains	<a href="http://www.bushrangers.org">www.bushrangers.org</a>
May 7	Rosemount Road Race	Sunshine Coast Cycling Club road race, 7-9am. Meet at Paynters Creek Road.	Rosemount	<a href="http://www.scccracing.wixsite.com">www.scccracing.wixsite.com</a>
May 7	Allez Sport Cross Country Series	Third of the six-race series which caters for runners, joggers, walkers of all ages and abilities. Distances include 10km, 6km, 5km, 3km, 2km, 1km and 500m. Race staged at Maleny Golf Club.	Maleny	<a href="http://www.scccrosscountry.com.au">www.scccrosscountry.com.au</a>

CONTINUED NEXT PAGE

# Upcoming Sunshine Coast events

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Date	Event	Distance	Location	Website
May 7	Wide Bay Mountain Bike Series	Four-round cross-country mountain bike series. Race two features three-four laps of cross country riding.	Fraser Coast	<a href="http://www.facebook.com/WideBayMTB">www.facebook.com/WideBayMTB</a>
May 12-13	LunarC MTB Enduro	The LunarC is back after a two-year hiatus, and is an eight-hour night riding enduro starting a 10pm Friday – available for solo and teams competitors. The first round of the three-race Moreton Bay MTB Series.	Petrie	<a href="http://www.in2adventure.com.au">www.in2adventure.com.au</a>
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	<a href="http://www.islandcharityswim.com.au">www.islandcharityswim.com.au</a>
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	<a href="http://www.ultramanoz.com.au">www.ultramanoz.com.au</a>
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	<a href="http://www.glasshousetrailseries.com">www.glasshousetrailseries.com</a>
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	<a href="http://www.toughmudder.com.au">www.toughmudder.com.au</a>
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	<a href="http://www.facebook.com/MOEDISTANCE/?fref=ts">www.facebook.com/MOEDISTANCE/?fref=ts</a>
May 21	Allez Sport Cross Country Series	Fourth of the six-race series which caters for runners, joggers, walkers of all ages and abilities. Distances include 10km, 6km, 5km, 3km, 2km, 1km and 500m. Race staged at Ewen Maddock Dam.	Glenview	<a href="http://www.sccrosscountry.com.au">www.sccrosscountry.com.au</a>
May 26	Giraween Crit	Sunshine Coast Cycling Club criterium racing, 6-8pm at Girraween Sports Complex.	Noosa Heads	<a href="http://www.sccracing.wixsite.com">www.sccracing.wixsite.com</a>
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	<a href="http://www.ap.ironman.com">www.ap.ironman.com</a>
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.	Beerburrum	<a href="http://www.mtbo.com.au">www.mtbo.com.au</a>
June 4	Allez Sport Cross Country Series	Fifth of the six-race series which caters for runners, joggers, walkers of all ages and abilities. Distances include 10km, 6km, 5km, 3km, 2km, 1km and 500m. Race staged at Sunshine Coast University.	Sippy Downs	<a href="http://www.sccrosscountry.com.au">www.sccrosscountry.com.au</a>
June 10-11	Moreton Bay MTB Series – Back 2 Back	Here's your chance to enjoy a weekend of riding without any long laborious hours on the bike at Murrenbong Scout Camp. Competitors take part in three 20km races hosted across two days and winners are determined by the best cumulative time across all three races. Races will take place on Saturday morning, noon Saturday and Sunday morning with each race being run in a different direction on the course. Race one clockwise, race two anti-clockwise and race three clockwise.	Petrie	<a href="http://www.in2adventure.com.au">www.in2adventure.com.au</a>

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# Upcoming Sunshine Coast events

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Date	Event	Distance	Location	Website
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	<a href="http://www.facebook.com/WideBayMTB">www.facebook.com/WideBayMTB</a>
June 11	Allez Sport Cross Country Series	Final event of the six-race series which caters for runners, joggers, walkers of all ages and abilities. Distances include 10km, 6km, 5km, 3km, 2km, 1km and 500m. Race staged at Elizabeth Daniels Park.	Buderim	<a href="http://www.sccrosscountry.com.au">www.sccrosscountry.com.au</a>
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	<a href="http://www.runqueensland.com">www.runqueensland.com</a>
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	<a href="http://www.memorywalk.com.au">www.memorywalk.com.au</a>
June 18	Caloundra Foreshore Fun Run	The 10km run hugs the Pumicestone Passage from Golden to Bulcock beaches. Runners travel through Kings and Shelly beaches before climbing over Moffat Headland to the finish. There is also a 3km option. All money raised supports Our Lady of the Rosary primary school.	Caloundra	<a href="http://www.caloundrafunrun.com">www.caloundrafunrun.com</a>
June 24	Sunshine Coast Cycling Crit Champs	Sunshine Coast Cycling Club Criterium Championships, 7-10am, at Skippy Park.	Landsborough	<a href="http://www.scccracing.wixsite.com">www.scccracing.wixsite.com</a>
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	<a href="http://www.velothonsunshinecoast.com">www.velothonsunshinecoast.com</a>
July 22-23	Wide Bay MTB Series – Back Stage Triple	Tackle three diverse stages across two days in the aim to record the shortest cumulative time across all three stages. Stage one 4.5km time trial (Saturday AM) will start and finish at race HQ. Stage two (Saturday PM) sees riders tackling an all new course across a 7.5km lap. Starting in category wave starts, riders have three opportunities in three separate races to record the fastest lap time with the two best times counting towards riders overall time for this stage. The final stage is an action-packed 30km race with riders completing three laps of the 10km course.	Petrie	<a href="http://www.in2adventure.com.au">www.in2adventure.com.au</a>
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	<a href="http://www.kingofthemountain.com.au">www.kingofthemountain.com.au</a>
July 28	Sunshine Coastrek	Challenge yourself and have fun with your friends, trekking the thrilling 30km or super 60km from Twin Waters or Caloundra to Noosa. Soak up the pristine Sunshine coastline, white powder beaches, spectacular bays, secret bush trails, breathtaking headlands and complete an incredible personal challenge with your friends while restoring sight. Teams of four, with at least 50% women, you have between 9 to 18 hours to complete the challenge, getting fit while raising money to transform lives through the work of The Fred Hollows Foundation.	Sunshine Coast	<a href="http://www.sunshine.coastrek.com.au">www.sunshine.coastrek.com.au</a>

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Date	Event	Distance	Location	Website
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	<a href="http://www.glasshousetrailseries.com">www.glasshousetrailseries.com</a>
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	<a href="http://www.dareyouadventure.com.au">www.dareyouadventure.com.au</a>
August 5	Wild Women 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, triadventure@optusnet.com.au.	Noosa	<a href="http://www.triadventure.com.au">www.triadventure.com.au</a>
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	<a href="http://www.noosa-stradebianche.com.au">www.noosa-stradebianche.com.au</a>
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	<a href="http://www.facebook.com/WideBayMTB">www.facebook.com/WideBayMTB</a>
August 18	Cricks Onesie Fun Run	The Cricks Onesie Fun Run is held on the Friday evening before the 7 Sunshine Coast Marathon and Community Run Festival and takes "competitors" through the event precinct and expo at dusk for two laps of mayhem and fun.	Mooloolaba	<a href="http://www.sunshinecoastmarathon.com.au">www.sunshinecoastmarathon.com.au</a>
August 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	<a href="http://www.sunshinecoastmarathon.com.au">www.sunshinecoastmarathon.com.au</a>
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	<a href="http://www.runqueensland.com">www.runqueensland.com</a>
September 2	Wild Women 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, triadventure@optusnet.com.au.	Noosa	<a href="http://www.triadventure.com.au">www.triadventure.com.au</a>
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	<a href="http://www.glasshousetrailseries.com">www.glasshousetrailseries.com</a>
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	<a href="http://www.ironman.com">www.ironman.com</a>

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Date	Event	Distance	Location	Website
<b>September TBC</b>	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	<a href="http://www.msswimathon.com.au">www.msswimathon.com.au</a>
<b>September 17</b>	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	<a href="http://www.mtcoorooraendurancechallenge.com">www.mtcoorooraendurancechallenge.com</a>
<b>September 24</b>	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	<a href="http://www.mtbo.com.au">www.mtbo.com.au</a>
<b>October 7-8</b>	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	<a href="http://www.sccyclefest.com.au">www.sccyclefest.com.au</a>
<b>October 15</b>	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	<a href="http://www.malenyblackallrange.qld.lions.org.au/projectsmvc">www.malenyblackallrange.qld.lions.org.au/projectsmvc</a>
<b>October 15</b>	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	<a href="http://www.triadventure.com.au">www.triadventure.com.au</a>
<b>October 21</b>	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	<a href="http://www.blackall100.com">www.blackall100.com</a>
<b>October 29</b>	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	<a href="http://www.emsaustralia.net.au">www.emsaustralia.net.au</a>
<b>November 1-5</b>	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	<a href="http://www.ap.ironman.com">www.ap.ironman.com</a>
<b>November TBC</b>	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	<a href="http://www.worldserieswims.com.au">www.worldserieswims.com.au</a>
<b>November 19</b>	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	<a href="http://www.hb100.herveybaytriclub.org.au">www.hb100.herveybaytriclub.org.au</a>
<b>December 17</b>	Buderim 9	Rated as one of the toughest rides on the Sunshine Coast, cover the nine hills of Buderim within three hours, covering nearly 75km and raising money for the Cerebral Palsy League in the process.	Buderim	<a href="http://www.buderim9.com.au">www.buderim9.com.au</a>