

Multisport MECCA

March 29, 2017

Fitting finale

SUNSHINE Coast teenager Alex Martin-Wallace out sprinted the best in women's cycling to claim the inaugural Lesley Thompson Memorial Cup on Sunday.

Alex (pictured), who turns 17 this week, spent much of the 40-minute race in the chasing group after Brisbane cyclists Amy Schramm and Hannah Tohill made an early break.

Alex shared the workload with the group of four chasing riders to bridge the gap with four laps remaining.

The current under-19 women's track combined scratch race Queensland champion showed her class to cross the line ahead of the elite field.

Alex said the pace was on from the start and there were
CONTINUED ON PAGE 2



CYCLEZONE MOOLOOLABA

VISIT THE MOST VERSATILE & PROGRESSIVE BICYCLE STORE ON THE SUNSHINE COAST // CELEBRATE MOOLOOLABA TRIATHLON FESTIVAL 25TH ANNIVERSARY THIS 10-12TH MARCH

RACE **HIRE** **LIFESTYLE** **NUTRITION**

CYCLEZONE MOOLOOLABA NOW LOCATED AT 120 BRISBANE ROAD MOOLOOLABA // WWW.CYCLEZONE.COM.AU // PH. 07 5478 1001

ENVE KAYAK GARMIN OAKLEY SPECIALIZED ZIPP cannondale cervelo PowerBar FELT SPENSER



Sunshine Coast Cycling Club's Mackenzie Voss competes in the under-17 girls. PHOTOS: MAL KEEBLE

Alex helps chase group to claim inaugural cup victory

FROM PAGE 1

a few nervous moments as the lead riders had a 400 metre gap over the chasing group.

"I knew the race was going to be tough and when Amy and Hannah got a break on the field there were some nervous looks as the chasing girls got themselves organised," she said.

"I didn't want to spend too much energy in the chase and I was lucky that we all shared the pace making.

"When we caught the break I was feeling good and my local knowledge of the Skippy Park track helped in the sprint to the finish line."

Alex said the win was an emotional one as Lesley

Thompson had been a big part of her development as a junior rider.

"I always remember Lesley being at the junior carnivals and supporting the Sunshine Coast kids," she said.

"Lesley was our biggest supporter, with junior and female cycling her biggest passions.

"Winning the inaugural Lesley Thompson Memorial Cup is a special honour and also an emotional one."

The inaugural Lesley Thompson Memorial Criterium was hosted by the Sunshine Coast Cycling Club on Sunday, March 26. The venue was the Skippy Park Criterium Track at Landsborough.

The event was named after Lesley Thompson, club president

Robert Thompson's late wife.

Club publicity officer Mal Keeble said the event was a great success with more than 150 riders taking part.

"Riders travelled from across Queensland and interstate to compete at and support the event," Mal said.

"Junior, masters and elite riders competed on the fast Skippy Park circuit for over \$3000 in prizes thanks to sponsors MacKellar Mining, Metsure Insurance Brokers and Ord Minnett Buderim.

"The club already has plans to host the event again next year and bring more of the best riders to the Sunshine Coast."

In the men's race, Sunshine Coast riders put on a strong

RESULTS

Masters C and D men

- 1 - Jeffrey Liddell
- 2 - Jason McNulty
- 3 - Giovanni Rizzo

Prime - Jesse Sutton

Masters D

- 1 - Daniel Piat

Masters B and elite C men

- 1 - Alan Jones
- 2 - Caleb Fenech
- 3 - Michael Jones

Prime - Ben Brodrick

Under-11 boys and girls

- 1 - James Sherlock
- 2 - Ethan Isaacs
- 3 - Eden Cunningham

Under-13 girls

- 1 - Eliza Carnes

Under-15 boys

- 1 - Timothy Richards
- 2 - Ryan Elliot
- 3 - Tyler Tomkinson

Under-15 girls

- 1 - Isabelle Carnes
- 2 - Jess Sherlock
- 3 - Izzy Burkwood

Under-17 boys

- 1 - James Moriarty
- 2 - Alastair MacKellar
- 3 - Clinton Fraser

Prime - James Moriarty

Masters A and elite B men

- 1 - Tremain Permewan
- 2 - Haddo Kilmartin
- 3 - Taj Jones

Prime - Tim Lofthouse

Under-17 girls

- 1 - Sophie McAuley
- 2 - Brooke Carnes
- 3 - Maddison Dillon

Prime - Sophie McAuley

Elite women

- 1 - Alexandra Martin-Wallace
- 2 - Hannah Tohill
- 3 - Michaela Murray

Prime - Amy Schramm

B women

- 1 - Maddison Taylor
- 2 - Mikaela Cash

C and D women

- 1 - Briana Coombe
- 2 - Fiona Porteous
- 3 - Cathy Scott

Prime - Fiona Porteous

D woman

- 1 - Kylie Burkwood

Elite men

- 1 - Stuart Shaw
- 2 - Daniel Fitter
- 3 - Mal Rudolph

4 - Mick Miller

Prime 1 - Ryan Cavanagh

Prime 2 - Kaden Groves

showing in an elite field of riders, including Paralympian Kyle Bridgwood. Stuart Shaw from Canberra Cycling Club took the win with Sunshine Coast's Daniel Fitter second and Fraser Coast Cycling Club's Mal Rudolph third.



Sunshine Coast Cycling Club's Kylie Burkwood leads Briana Coombe in the combined C/D women's race.



Alex Martin-Wallace (second wheel) in the chase group.

Iconic fundraising island swim

Bill Hoffman

bill.hoffman@scnews.com.au

WHEN it comes to bucket lists, the Island Charity Swim has become a must-do for both elite athletes and pluggers looking for a real challenge to their comfort zone.

First completed in 2001 and drawing big fields ever since, the event to be held on May 13 is also much more than that.

Swimmers don't just have to be up to the open ocean crossing from Mudjimba, around Old Woman Island and over to Mooloolaba, they must also reach fundraising thresholds which help pour

much-needed funds into the Nambour and Currimundi special schools.

Organiser Jason Crowther says the 2017 swim is on target to raise significant funds for the schools with 35 individual swimmers already nominated as well as a growing number of teams who relay-swim the crossing.

This month, professional triathlete Casey Munro, who was the first to finish last year, led a group of four including event novice Grant Edwards, Crowther and Jarrod Covey on a familiarisation swim off the beach at Mudjimba and around the island and

back to the beach.

For Grant, it was the first time in the water at the island and he was blown away by the clarity of the visibility and the abundance of marine life.

He has been drawn to the event principally through his friendship with Nathan "Nugget" Dell and his wife Shannon whose daughter Lola attends Nambour Special School.

"It's the values of the event," Grant said of his keenness to give the swim a go.

"It's a really great event and I've always wanted to be part

JOIN THE SWIM

When: May 13.

Details: The swim is 11km from Mudjimba Beach around Mudjimba Island (Old Woman Island) to Mooloolaba Beach. Raising funds for Currimundi and Nambour special schools.

Website: www.islandcharityswim.com.au

of it. The heritage and generosity of the people is not lost on me, and it's an honour for me to be involved."

Click here to see the video.



Jarrod Covey, Grant Edwards, Jason Crowther and Casey Munro take part in the annual Mudjimba Island Charity Swim.

PHOTO: PATRICK WOODS



Venture Cycles

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









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

Infected with excitement bug

Grant Edwards

Grant.Edwards@news.com.au

AGGRESSION is what Coolum's Ben Shaw promised to take into the inaugural Super League Triathlon series.

He delivered by pushing the pace on the bike, and ultimately it proved his undoing.

Currently undertaking bouts of antibiotics to combat staph infection, Ben came off his bike twice as he attempted to apply pressure to the star-filled 24-man field at Hamilton Island.

The invitation-only line-up saw superstars of triathlon battle it out over a range of formats all vying for a piece of the \$200,000-plus prize pool.

"I went out of my way to contact Macca (organiser Chris McCormack). I grew up watching the F1 series and I was excited to race Super League," Ben said.

"He ended up giving me a wildcard. My job was to turn up and spice things up and be aggressive.

"Maybe I went a bit overboard. The first crash I didn't hit the corner any harder than any other lap, but in between transition the carpet got wet, when I went over it was wet on the tyres. I was tired anyway and when you get tired you lose a bit of concentration.

"The second crash my bike was trashed. I had borrowed wheels with racing slicks – completely my fault."

Ben finished 18th overall after he was unable to complete the final race due to the crash.

Overall \$100,000 winner was South African Richard Murray, followed by Spaniard Mario Mola (\$50,000), Tasmanian Jake Birtwhistle (\$25,000), Spain's Javier Gomez Noya (\$10,000) and Richard Varga of Slovakia (\$8000).

The new League saw three action-packed afternoons of racing, where the traditional triathlon format was abandoned. Racing included the Triple Mix where the order of disciplines was rotated with three events, the Equalizer where athletes started in the order where they finished following a morning's 6km cycling time trial, and then the three-race Eliminator where the lowest five finishers from the first two races were relegated to the sidelines.

"The formats are awesome. It's a really refreshing change," Ben said.

"Having to back up each day, short rests and short loops, it's just explosive and you can be



Coolum's Ben Shaw pushes the pace as part of the Super League Triathlon Series. PHOTO: DELLY CARR



Mario Mola, Richard Murray and Jake Birtwhistle on the podium. PHOTO: CLINTON BARTER

rewarded for aggressive racing.

"It was a shock to the system for the Europeans. It was boiling hot, it was 38-40 degrees.

"It was a good atmosphere too, and felt more professional. Every race is different, and you reset and everyone has the same chance of racing well or bad. That's the excitement and there was a lot of unknown."

Following his injuries, Ben withdrew from the April 8 ITU World Cup event to be held on the Gold Coast.

He will instead look to race Continental Cup in China during June as he continues to work his way back from a stress fracture in his tibia.

From there Ben hopes to improve his run under the guidance of run coach Pat Clohessy, and expects to run the 10km as part of the Gold Coast marathon festival and then target Noosa Triathlon.

Showcase of what's to come

HAILED as a new era in triathlon, the new Super League received rave reviews.

Broadcast by Fox Sports in Australia, last weekend's three-day super-sprint distances of 300m swims, 6km cycle legs and 2km runs were also streamed live across the globe.

Super League Triathlon's official live broadcast partners included Eurosport (UK and Europe), Siminn (Iceland), Fox Sports in Asia and Australia, SuperSport (South Africa), beIN Sports (USA and Canada), the Bike Channel (Italy), Tencent (China) and Sky Sports (New Zealand).

Organisers said it resulted in 110 airings of live programs and replays across the event weekend, reaching millions across the globe. A 49-minute event highlights program is being distributed to 43 networks, reaching 388 million households, this week.

Live race streaming on Facebook and the Super League Triathlon website, and uploaded highlights and full race coverage to YouTube are close to one million combined views.

While nothing has been announced, the Hamilton Island event was designed to whet the appetite of audiences. It's expected there will be a series

of five or six races staged in Thailand between October and March.

"We want triathlon to be exciting, innovative, and entertaining – this is critical for any sport's survival in this era," co-founder Chris McCormack said.

"I believe Super League Triathlon will lead the way for professional triathlon racing in this capacity. That is what we set out to do with Super League Triathlon, we accomplished that on Hamilton Island, and this is only the beginning."

Multisport Mecca's followers agree.

Paul Wheat said "it's great and the coverage was awesome. Exactly what the sport needs - I love racing in IM 70.3 events but this is off the charts. Take note IM".

There was similar sentiment from Andrew Trout: "Brilliant just like the glory days of Grand Prix in the '90s where Macca came from, this is to triathlon what Big Bash is to cricket".

Anthony Rule said it was a "much better spectator sport than the ITU or long-course stuff, more of it would be good", while Chris John commented that "Super League Tri is what triathlon should have been for the last 15 years. This is what should be at the Olympics".



Triathlete Ashleigh Gentle is keen to be part of the women's Super League Triathlon Series. PHOTO: LACHIE MILLARD

Women: Bring it on

■ **Tom Boswell, Gold Coast Bulletin**

TRIATHLETE Ashleigh Gentle wants to be involved in Super League Triathlon despite an unprecedented focus on the world series.

Super League Triathlon hosted its first event on Hamilton Island last weekend. Ashleigh's partner and 70.3 half-ironman competitor Josh Amberger will be among the men's field racing as part of the series that will carry about \$2 million in prize money.

The Gold Coaster, who is based in Wollongong with coach Jamie Turner, said she wanted to be involved when the SLT introduces a women's competition later this year.

"If there is a women's series that is going to go ahead at the end of the year I'd definitely love to be involved in it," she said. "It seems like a really good opportunity and really different and exciting racing, so I'd love to be able to be part of the women's race when it comes together."

The 26-year-old will also use 2017 to push for a career-high ranking in the WTS where her

previous best was a seventh-place finish in 2013.

Ashleigh's appearances have been sporadic in her six years in the WTS with injury as well as Commonwealth and Olympic Games stopping her from devoting more attention to chasing a world title.

And despite opting not to race in the first leg at Abu Dhabi in favour of competing at the Mooloolaba Triathlon earlier this month, Ashleigh said she wanted to challenge the best in the WTS this year.

"I'd love to be able to race a lot of the world series and really try to chase a good world ranking," she said.

"I don't feel as though I have really focused on the series much at all since I've done it. Some years was a bit injury riddled, I had the Glasgow Commonwealth Games in 2014 and then Rio last year."

Ashleigh is still nutting out her exact schedule but she will feature in the Gold Coast and Hamburg races that also offer automatic spots at next year's Commonwealth Games.

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

SUNSHINE COAST TRIATHLON PINK 1&2 APRIL
UNIVERSITY OF THE SUNSHINE COAST, SIPPY DOWNS

CYCLEZONE MOOLOOLABA

TO SUPPORT THE TRIATHLON PINK PARTICIPANTS WE WOULD LIKE TO EXTEND OUR HELP WITH THE DIRTY BUSINESS

DO IT YOURSELF... WITH GUIDANCE

NOW COULD BE A GOOD TIME TO LEARN TO CHANGE A TYRE, GREASE A CHAIN CORRECTLY, ADJUST YOUR BRAKES & SETUP YOUR HEAD-STEM AND BARS.

POP INTO THE CYCLEZONE MOOLOOLABA AND LET US GUIDE YOU THROUGH YOUR BIKE WITH OUR TOOLS AND GET YOUR HANDS DIRTY. THIS IS A FREE SERVICE WE WOULD LIKE TO EXTEND TO PINK PARTICIPATORS.

PRIOR IN-STORE WELCOME

\$35 SAFETY SERVICE

VALUED AT \$49

YOUR SAFETY SERVICE INCLUDES:

YOUR FRAME INSPECTED FOR DAMAGE
BASIC DRIVE TRAIN CLEAN & RE-LUBRICATED
MINOR WHEEL TRUE IN THE BIKE
GEARS ADJUSTED & LIMIT SCREWS CHECKED
BRAKES INSPECTED & ADJUSTED
TIGHTEN HEADSET TO CORRECT TORQUE
TYRES INFLATED TO CORRECT PRESSURE
TEST RIDDEN & RUNNING GREAT!

*PRIOR INSTORE BOOKING REQUIRED

\$79 STANDARD SERVICE

VALUED AT \$109

YOUR STANDARD SERVICE INCLUDES:

A DETAILED BIKE CLEAN
YOUR FRAME INSPECTED THOROUGHLY FOR DAMAGE
THE ENTIRE DRIVE TRAIN DEGREASED & RE-LUBRICATED
ALL CABLES LUBRICATED
WHEELS TRUED IN 'TRUING STAND'
BOTTOM BRACKET BEARINGS INSPECTED & ADJUSTED
HEADSET BEARINGS INSPECTED & ADJUSTED
HUB CONE BEARINGS INSPECTED & ADJUSTED
DERAILLEUR LIMIT SCREWS ADJUSTED & REAR DERAILLEUR HANGER STRAIGHTENED
DERAILLEURS INSPECTED & ADJUSTED
BRAKES INSPECTED & ADJUSTED
TIGHTEN ALL BOLTS & FITTINGS FOR CORRECT TORQUE
TYRES INFLATED TO CORRECT PRESSURE
TEST RIDDEN & RUNNING GREAT!

*PRIOR INSTORE BOOKING REQUIRED

CYCLEZONE MOOLOOLABA
SHOP 2/ 120 BRISBANE RD
MOOLOOLABA QLD 4575
CYCLEZONE.COM.AU
PH. 07 5478 1001

20% OFF PINK

 SPECIALIZED S-WORKS WAS \$549 NOW \$439	 SPECIALIZED HD BAR TAPE WAS \$49 NOW \$439	 SPECIALIZED RBX SPORT JERSEY WAS \$89 NOW \$71	 SPECIALIZED RBX COMP JERSEY WAS \$130 NOW \$104	 SPECIALIZED WOMENS SOCKS FROM \$19	 ELITE CAGE WAS \$25 NOW \$20
 SPECIALIZED PROPERO III WAS \$159 NOW \$127	 SPECIALIZED PURIST BOTTLE WAS \$24 NOW \$19	 SPECIALIZED SPEEDZONE WIRELESS COMPUTER WAS \$69 NOW \$55	 KASK MOJITO HELMET WAS \$279 NOW \$223		

Teams get Wild for Paddy Pallin

LOCAL teams dominated the fast and furious racing at the Paddy Pallin Adventure Series this month.

Staged at Wild Horse Mountain, the short-course event attracted strong entries in both the competitive and novice sections.

In the women's event, the combination of Noosa's Kim Beckinsale and Maryborough's Cass Kimlin proved too strong for Jan Leverton and Shan McGrath, while in the men's division the Gold Coast combination of Gary Sutherland and Mark Rose won over Andrew and Ben Gillespie.

The weather was warm and clear despite rain leading up to the event, which attracted more than 170 teams.

The Novice category again proved to be a hit with many families and first-time adventure racers enjoying the day.

Gary and Mark were comfortable overall victors courtesy of strong navigation, but had to work hard for the win. Mark had done little preparation, apart from an eight-week Muay Thai course, so he did well to maintain a quick pace.

"I have done that race every year. It's one I have always enjoyed doing for the past 13 or 14 years," Gary said.

"We were on the same course as the mixed teams but in a different order. The course only came back together with three controls to go.

"You are always trying to beat everyone, although you didn't know until that last one if you were in front.

"We had lots of rain in the week leading up, but the race directors had a good course away from the low-lying areas so you could stay out of the mud."



Emily Field and Patricia Cook loving the Paddy Pallin Adventure Series at Wild Horse Mountain.

PHOTOS: MIKE MOLLOY, ELEMENT PHOTO AND VIDEO PRODUCTIONS

Women

1st Mountain Designs Wild Women (Kim Beckinsale, Cass Kimlin) 2:57:17
 2nd Tri Adventure Vintage (Jan Leverton, Shan McGrath) 3:14:44
 3rd Azers (Meriel Ianna, Sharyn Smith) 3:47:39
 4th Beta L8 than Neva (Renee McCall, Jaime Green) 4:03:58
 5th KNT (Tammy Werner, Kristy Lovejoy) 4:08:05
 6th Tiger Chicks (Kelly Ransome, Christine Perry) 4:24:48
 7th Burn Baby Burn! (Tanya Wehl, Margaret Bhugon) 4:57:31
 8th Team Wombat (Sonja Wilson, Fiona Thomme) 4:59:02
 9th North Rangers (Karen O'Connor, Annie Cusack) 4:59:48
 10th Here for Beer (Renee Lightfoot, Claire Pegler) 5:17:18

Men

1st Tiger Adventure (Gary Sutherland, Mark Rose) 2:31:39
 2nd Empire Strikes Back (Andrew

Gillespie, Ben Gillespie) 3:06:02
 3rd Happy Ending (Brad Wirth, David Billing) 3:15:50
 4th Tiger Keep Calm and Cramp On (Michael Gardiner, Tim Williams) 3:27:53
 5th Pink Socks (Josh McCall, Craig Allom) 3:30:02
 6th Finding Space (Stephen Porter, Damien Andrew) 3:40:17
 7th Wide Open Warriors (Rick Dennis, Beau Tanton) 3:49:38
 8th The Continual Cramps (Matthew Armstrong, Dominic Barnes) 3:54:42
 9th Insta-Selfie (Samuel Blackadder, Jason Hicks) 3:55:29
 10th A Side of Bacon (Ben Callard, Donald Piggott-Mckellar) 3:55:32

Mixed

1st FOMO (Amie Munson, Peter Abra) 3:08:57
 2nd Di Hard (Diana Slack, Scott Bennett) 3:23:00
 3rd Tri Adventure AR (Abbey Anderson, Rick Anderson) 3:24:52
 4th Giddy Up (Mandy Caldwell, Michael Page) 3:36:08
 5th Cause We Can (Nigel Moore, Lisa Scott-Irving) 3:44:39
 6th Team Lantana (Janelle Schafer, Michael Schafer) 3:52:40
 7th Brownies (Clayton Brown, Kirstin Brown) 3:53:29
 8th If found please return to start (Tom Hopper, Fridja Ernens) 3:53:31
 9th The Weirdos (Jared Weir, Eleri Weir) 3:54:08
 10th Just Met (Patrick Sherwood, Dianne Brown) 3:55:23

Novice results

Women

1st C-Kat (Kate Miguel, Claire Neylon) 2:46:03
 2nd Bush Buddies (Mila Erens, Sonia Muller) 2:58:17
 3rd Mel & Nadien (Nadien Vermeulen, Melanie Coghill) 3:01:05
 4th Thing 3 n Thing 4 (Angelika Hannon, Karyn Lees) 3:10:13
 5th Alpha Wolf Squadron (Felicity Slack-Smith, Tamasin Roeger) 3:11:48
 6th Dayboro Damsels in Distress (Emily

Field, Patricia Cook) 3:15:52
 7th Abfab (Penny Cumines, Catherine Shepherd) 3:25:18
 8th Team Branita (Anita Magee, Bree Habner) 3:34:45
 9th Renegades (Kelly Waddell, Sara Banks) 3:35:46
 10th Fossil Fuelled (Janet Southern, Rachel Mecham) 03:37:11

Men

1st Rob & Sean (Robert Dunsmuir, Sean Bell) 2:21:07
 2nd Cumines (James Cumines, Joseph Cumines) 2:28:55
 3rd Pride of Pumicestone (Jeremy Couch, Ryan Haggerty) 2:35:52
 4th Mike Nolan (Matthew Low, Sunil Ranu) 2:40:38
 5th The Chiefs (Matthew Mooyman, Jonathan Mayall) 2:43:51
 6th Um, it's me and him (Paul Stanley, Damien Stokes) 2:44:31
 7th Storm Troopers (Paul Ellis, James Watt) 2:51:26
 8th WabJab (Wade Bain, Jacob Bain) 2:53:03
 9th The Old and the Restless (Lindsay Wootten, Tobi Edwards) 2:55:07
 10th Kokoda2018 (Tim Fleming, Nathan Dean) 3:10:01

Mixed

1st Liddy (Gerie Liddy, David Liddy) 2:05:20
 2nd Sparkle Pony (Saara Brough, Carrick Brough) 2:18:34
 3rd Norfolk and Chance (Christopher Dodd, Taylor Prowse-Cooper) 2:29:29
 4th Team JnT (Natasha Reid, Jake Whiteoak) 2:34:26
 5th Chafing the Dream (Claudia Pippia, Tyson Whitten) 2:43:27
 6th The A&A Show (Arna Love, Alex Hodgson) 2:49:48
 7th CK Fitness (Conrad Leisemann, Katie Stevens) 2:50:52
 8th Is it happyhour yet? (Brett Wellauer, Marianne Wellauer) 2:53:52
 9th Team Armara (Mark Armstrong, Jasmine Armstrong) 2:56:49
 10th Roped-In (Micah Bernoff, Claire Naughtin) 3:00:51



Heather MacLeod in action at the Paddy Pallin Adventure Series.



**Allez Sport
Cross Country Series
starts April 2nd
6 Races - Visit store
for details**

34 Brisbane Rd, Mooloolaba | 5477 5246

OPEN SEVEN DAYS
www.allezsport.com.au



6530127ad

Sloshy's sense of adventure

Full name: David Schloss.
Nickname: Sloshy.
Birthplace: Downtown Redcliffe.
Lives: Wurtulla.
Occupation: Construction project manager, Ausmar Homes.
Age and marital status: 38, married with three kids (two 12-year-olds going on 18 and one five-year-old going on 10).
Sport: Adventure racing.
Favourite food and drink: Milo.
Pet hates: Organising a training ride, run or paddle and those that you are meeting pull out at the 11th hour.
Favourite run location: Parklands – the single trails are awesome. You can run for hours and it doesn't feel like it.
Favourite ride location: Sunshine Coast Hinterland – Bellthorpe across to Maleny.
Tell us about your recent win at the eight-hour Upside Down rogaine: Met my teammate when we had dinner three hours before the event which started at 10pm. This was to be his first rogaine. Plan was to have some fun and see how we go. Lucky for us, after the first couple of checkpoints we got our navigation on track and found everything we went for. We moved well between checkpoints. Although looking back, there was certainly a better route than we picked but we were lucky enough to keep pushing hard for the full eight hours and came away with a nice win at 6am.
Best or most memorable event: Winning my first multi-day adventure race. We completed the event in just over five days.
Bucket-list event: Montane Spine Ultra run in England – Running for 24 hours a day over five-plus days in the middle of winter.
How did you get into this sport:



David Schloss on his way to victory with his team at XPD 2015.

PHOTOS: CONTRIBUTED

Through a great mate (Rob Gowland) who I used to paddle with. He had been competing for a few years and I was lucky enough to even get a third place with him in a seven-day race in Alaska in 2015.

Favourite race: AR World Champs Shoalhaven 2016.

What's your favourite part of racing and training: The camaraderie. Getting to the finish with three other like-minded people who like yourself have had minimal sleep and food and seeing places that are not shown in most tourist brochures.

What does a training week look like for you: Two paddles, runs and bike rides. Leading up to a specific event the volume increases from 12 hours a week to a maximum of 20. This is hard getting this done with work, family and life in general. Needless to say, I also practice the sleep

deprivation element of my racing.

What is next on your racing agenda: 24-hour race at the end of April called Rogue Raid. Then off to France at the end of May to do a seven-day race called Raid in France. Lead navigator for a Canadian team.

How do you manage to fit in training with work and family commitments: Early morning starts. Being in the construction industry, the working day normally starts at 6.30/7am, I have to get my training done before this.

If you could have a celebrity live with you, who would it be and why: Mark Webber. He loves to go fast, loves the outdoors, is an Aussie and a top bloke.

When you were little what job did you want to do: Wanted to be a vet.

Best movie: Lethal Weapon.

Current car: Renault Trafic van – work car.



Competing at last year's Hells Bells.

Dream car: Anything that Grant Edwards gets to drive!

BACK YOUR INNER ATHLETE

Take your performance to the next level. Hendrey Chiropractic may help you

Reduce Pain ■ Improve Posture ■ Activate Performance

Discover the difference good spinal health can make. Get in touch today!

Initial consultation and examination only \$37

Same day appointments including Saturdays ■ Digital postural imaging ■ On-site x-rays ■ Vet Affairs, HICAPS

Book your consultation today

5437 7222 ■ 13/5 Innovation Parkway, (Level 1), Kawana Waters

www.hendreychiropractic.com.au

Hendrey
Chiropractic
ON LAKE KAWANA

65492959c

Olympian joins island swim field



Jason Crowther
Atlas Multisports
head coach and
ex-professional triathlete

AN EVENT, not a race, the Island Charity Swim started how most crazy challenges do with a bet between two mates.

Bill Hoffman and Ashley Robinson swam from Mudjimba around the Old Woman Island and finished at Mooloolaba Spit to raise funds and awareness for Nambour and Currimundi Special Schools.

It has now turned into an annual event raising \$60,000-\$80,000 for the two schools and attracting endurance athletes wanting a challenge swimming as an individual or a team.

Rio Olympian Jarrod Porte is lining up at this year's event.

Most will know him from his gutsy swim at the Rio Olympics where he led the 10km open water event for 95% of the race before being swamped by the pack in the final stages.

After growing up in Buderim he has since moved to Illawarra.

"I have always wanted to do the swim over but unfortunately could never fit it into my schedule, however this year works," Jarrod said.

"I think it's a great challenge and is for a really great cause.

"My main race distance is 10km so 11km is fine for me and I'll have no trouble getting it done."

Jarrod's main strategy will be to get out there strong and hold the best pace he can.

"No real goal time when I do open water swims (environmental factors decide that) but I would imagine I'd get through it in two hours," Jarrod said.

"Next on the cards is really a lot of training and racing to prepare



Olympian Jarrod Poort after winning at Noosa last year, and below as a youngster when he was an emerging star on the Sunshine Coast as a 13-year-old. PHOTO: BARRY ALSOP AND BRETT WORTMAN



ABOUT JASON

Background: A former professional triathlete, Jason has travelled extensively with triathlon over both long and short course distances. Jason along with his wife Lisa founded Atlas Multisports in 2011. They are also organisers of the annual Sunshine Coast Marathon Festival.

Website:
www.atlasmultisports.com.au.

and get ready for Tokyo in four years' time. You can't win the races that I do without putting in good old honest hard work, so this year that's the focus."

Last year Casey Munro finished the swim in 1:55 in what looked

like perfect conditions from the beach, but 2km off the sand the southerly wind threw up some chop.

In his first attempt we asked Casey about the experience.

"I thought it was a good challenge, but just the right amount of challenge," he said.

"It is the right distance to be able to swim hard the entire way. I like the fact that it is a local iconic swim. Everyone knows that it is a long way from the island to Mooloolaba. It is an event that is good to do as you are never going to do it on your own. With the support and boats you feel safe out there.

"The conditions looked ideal from the beach but there was chop from the island to Mooloolaba. It was a case of swimming accordingly as into chop I lifted my stroke rate and shortened my stroke. I had to

switch off as you don't feel like you are moving. My paddler sat on my right where I breathe so I couldn't see land and just swam without worrying about distance.

"I am returning this year as I couldn't go past the recovery spread! It is the best recovery spread of any event I have ever done. I also want the challenge to go faster, but that all comes down to conditions."

Athletes are treated to some of the best home cooking on the Sunshine Coast when they complete their swim.

This is made by all of the parents at the special schools. In the evening there will also be presentations, dinner, music and drinks at Mudjimba SLSC all put on by Nambour and Currimundi Special Schools P&C.

The community spirit in this event is phenomenal as athletes and their families are shown what this event is all about.



Casey Munro will return to the Island Charity Swim this year.

PHOTO: PATRICK WOODS

Take The Guess Work Out of Preparing For Your Next Race...

Online Programs Available



**ATLAS
MULTISPORTS**

EVENTS : COACHING

www.atlasmultisports.com.au

Unadulterated diesel beefcake

■ Grant Edwards

Value

Getting this range-topping ute on the road will see little, if any, change from \$70,000.

That takes it into lofty territory, but considering many are happy to part with more than 100k for a range-topping LandCruiser then the Amarok is a bargain.

What buyers are chasing here is the hairy-chested V6 engine – a derivative of what we've seen in Audis and the Porsche Cayenne (engineers have taken a little shine off it) – which makes it Cherry Ripe for towing.

By ute standards it's downright fancy, getting niceties like nappa leather, stainless steel side steps, 19-inch alloy wheels, multi-function steering wheel, six-speaker touchscreen with satellite navigation, full Bluetooth connectivity, auto parking and stainless steel pedals.

Comfort

Those up front get height adjustment, the drive has electric functionality, but legroom is limited in the rear.

The accommodation is still reasonable enough for adults, although better suited to kids.

Accessing the child seat restraint points can be challenging with straps either side of the rear seat-back having to be pulled simultaneously for access.

Bottle holders in each door are useful, as are the dual cup holders in the centre console, but the floor-based ones in the rear lack functionality.

Driving

Just brilliant. Exercise your ankle and the big ute hauls like a sports car.

Planting your foot is rewarded with immediate response, with no hint of turbo lag the light steering



The V6-powered Volkswagen Amarok Ultimate.

PHOTOS: CONTRIBUTED



makes the ute feel lithe.

Knifing through city traffic with ease, all that gusto makes for an easy car to drive, even with a load on the back. Most importantly the wife loved it and returned from a journey with glowing endorsement.

There is even steering wheel-mounted paddles if you

want to take manual-style control, although the eight-speed box does a mighty job of selecting the right cog in varying conditions.

Feeling adept on the double front wishbones and a leaf-sprung rear suspension there is some bounce, which is what you'd expect from a ute which can handle 864kg in the back.

Safety

This is the chink in the Amarok armour. It has a five-star safety rating which was awarded back in 2011, one year before curtain airbags extending into the rear were mandated.

Expect this to change for the 2018 model which will hopefully arrive this year.

It still comes with some nice stuff like rear view camera and the full suite of active safety gizmos like anti-lock brakes, trailer sway control, stability and traction control, but goes without radar cruise control.

Alternatives

Key rival is the Ford Ranger Wildtrack Double (\$59,590),

VITAL STATISTICS

Volkswagen Amarok V6 Ultimate

Price: \$67,990.

Safety: Five-star, four airbags

Engine: 3.0 litre V6 turbocharged diesel 165kW/550Nm.

Transmission: Eight-speed sport automatic.

Thirst: 7.1 litres/100km.



The VW Amarok easily handles four mountain bikes.

Mazda BT-50 GT (\$51,790) and the petrol-powered Toyota HiLux SR5 (\$56,390).

Verdict

Bursting with power, it makes the Amarok one of the best drives on the dual cab market.

Families will be concerned with the lack of airbags in the rear, although at the forefront of the buying decision will be the outstanding grunt offered by the V6.

There's no doubting it's a fun drive.

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

Ultraman goes its own way

Grant Edwards
Grant.Edwards@news.com.au

HIDDEN hinterland gems have been uncovered during epic nine-hour cycling sojourns by Carmen Atkinson.

Exploring the likes of Kenilworth, Obi Obi and beyond, it's all part of Ultraman training.

Each week she has been clocking more than 500km on the bike, swimming about 15-20km and running between 80-100km.

The third annual event is the ultimate triathlon test, including a 10km swim, 421km bike and 84km run over three days from Noosa Heads. From May 13-15, 54 athletes will face the enormous challenge – the largest field in Ultraman's Australian history.

Carmen, a Hendrey Chiropractic doctor, will be among 12 women competing, while Richard Thompson of Rosemount, Ben Johnston from Tuchekoi, Sam Cooke of Maroochydhore, as well as Noosa's Keith Maricich and Andrew Hartnett will also toe the line.

Local support is growing, and Queensland-based Isuzu UTE Australia has just announced its backing with MU-X and D-Max support vehicles.

"We are delighted about the support from Isuzu UTE – a race as tough as Ultraman Australia needs a tough ute on the course," Ultraman Australia race director

ULTRAMAN

When: May 13-15.
Where: Noosa Heads.
Details: Day 1 - 10km swim and 140km ride. Day 2 - 281.1km ride. Day 3 - 84.3km run.
Field: 54 athletes, participants representing Australia, Brazil, Canada, Great Britain, India, Ireland, New Zealand, Poland, South Africa, Spain and the USA.

Tony Horton said.

"Ultraman Australia is all about the athletes, and the support of our sponsors – like Isuzu UTE – makes for a great event."

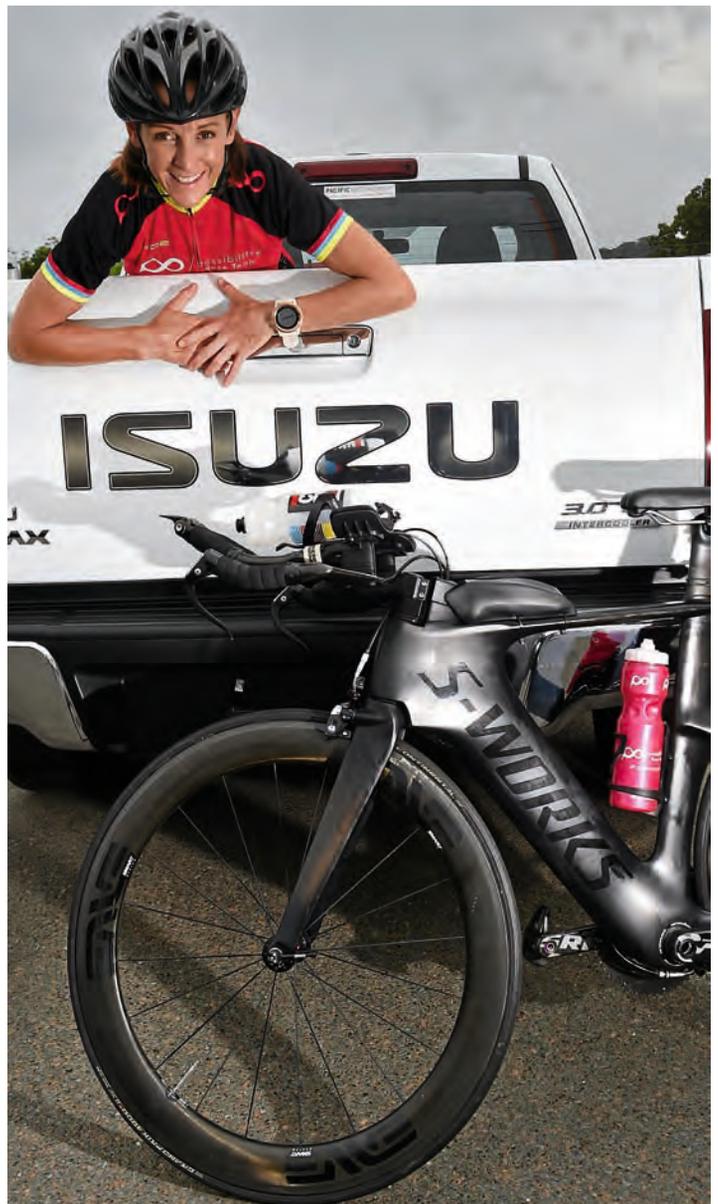
Isuzu UTE's assistant general manager of marketing and PR Dave Harding said the toughness shown by athletes fit perfectly with his brand's ethos.

"The training, physical preparedness and mental fortitude shown by everyone on the start line is to be applauded," Mr Harding said.

"These athletes are certainly leaders in terms of pushing the limits – they echo our 'go your own way' mantra – and we're happy to help them on that journey."

On May 13 the Ultraman athletes will face a 10km swim and 140km ride. Day two is a 281.1km ride, while on the third day is a 84.3km double marathon.

The youngest athlete in the



Carmen Atkinson is competing in the 2017 Ultraman Australia, sponsored by Isuzu UTE.
PHOTO: IAIN CURRY

field is Michael Harvey, 30, and the oldest is Mark Heaysman, 61. Sixteen athletes have raced in

previous Ultraman events, and five of those will be showing up for their third Ultraman Australia.

Runners converge on state's most popular series

TWO decades of tradition will continue at Buderim's Elizabeth Daniels Park on Sunday.

Race one of the Allez Sport Cross Country Series will see more than 400 runners toe the start line across 10km, 6km, 4km and 3km events, as well as junior races of 2km, 1km and 500m.

Jointly organised between a dedicated committee and Maroochy Athletics Club since 1996, race director Andrew Bock said the series attracts about 2000 athletes across six races.

"We have people who come from Deception Bay, Gympie and Maryborough," Andrew said.

"There is also a huge number of kids because its the same as the regional course.



The Allez Sport Mooloolaba Sunshine Coast Cross Country series returns on Sunday.
PHOTO: CONTRIBUTED

"Entry is also very cheap. We try and do everything we can to keep the price down. The funds from the series support senior athletes who go to national and international events...we currently have 20 going to the national

championships."

This year will also see Maleny Golf Course host the state championship on July 29.

It's a stunning location where spectators can see the entire route from one vantage point.

CROSS COUNTRY

April 2: Buderim.
April 23: Caloundra.
May 7: Maleny.
May 21: Ewen Maddock Dam.
June 4: Sippy Downs.
June 11: Buderim.

"We take pride that our courses are challenging," Andrew said.

"People get a sense of achievement when they finish. (Cross country) is so much more interesting than just running on the road. Parkruns have a huge following as well, but we have all different courses so you are not doing the same course all the time."



AUSMAR

homes

A home for every lifestyle.

www.ausmarhomes.com.au



QBCC 1083000

6552186ad





Allez Sport Cross Country Series 2017

Runners and Joggers; Competitive and Recreational; All Ages.

Be part of this successful series jointly organised since 2000 by Maroochy Athletics Club and University of the Sunshine Coast Athletics Club.

Race 1: Sunday April 2nd

Elizabeth Daniels Park (Cricket Pavilion)
Syd Lingard Drive, Buderim

Race 2: Sunday April 23rd

Ben Bennett Park
Next to Caloundra High School, Queen St.
(Continuation of Sugar Bag Road)

Race 3: Sunday May 7th

Maleny Golf Club
Porters Lane (off Obi Lane), Maleny

Race 4: Sunday May 21st

Maddock Park, Ewen Maddock Dam,
Mooloolah Connection Rd., Glenview

Race 5: Sunday June 4th

Sunshine Coast University
Next to Athletics track, Sippy Downs

Race 6: Sunday June 11th

Elizabeth Daniels Park (Cricket Pavilion)
Syd Lingard Drive, Buderim

Just keeps getting bigger and better!

Registration Fee

Once only fee to cover all races in series

*QA, QMA, QLA

Registered members - Nil

*Non Members - \$15 per runner

Race Fees (payable each race day)

*Maroochy senior & LA Members /

*USCAC senior Members:

u8 free

u10 to u18 \$5

18+ \$8

Family (parents and children) \$15

*All other runners:

u8 free

u10 to u18 \$10

18+ \$14

Family (parents and children) \$30

Race Day Program

Entries taken on race days.

8:00am - 10km

Male & Female
Open; u40; 40-49; 50+



8:00am - 6km

Male - Open; u18; u40; 40+; 50+; 60+; 70+
Female - Open; u40; 40+; 50+; 60+; 70+

9:00am - 3km & 4km

3km - Open; u14; u40; 40+; 50+; 60+; 70+; (M+F)
4km - u18 girls; u16 boys and girls

9:25am - 2km Boys and Girls under 12

9:40am - 1km Boys and Girls under 10

9:50am - 500m Boys and Girls under 8

Please register 30 minutes prior to race start;
Open 10km runners eligible for prizes.



Races run in rain, mud, frost & sunshine!

Contact: Andrew Bock Ph: 5444 8458 a/h
abock@bigpond.net.au

Point Score (each age category)

Runners must complete 4 out of 6 races to be eligible for series trophies

1st - 10 points; 2nd - 8 points;

3rd - 6 points; 4th - 4 points;

5th - 3 points; 6th - 2 points;

7th onward - 1 point.

Results and more

www.sccrosscountry.com.au

NB. Ages at 31st December 2017



This Gold Coast property is part of the StayzFit program, which gives visitors discounts for being active.

PHOTOS: CONTRIBUTED



Holiday training rewards

STAYZ has launched a way for travellers to pay for their holiday home – through the number of steps they take.

The more active you are on holiday, the less expensive the accommodation.

There is a growing trend for fitness holidays, in fact, the majority of Australians (87% according to Stayz research) say it is important to them to exercise and keep active while travelling.

Combining Aussies' love for travel and fitness, Stayz is trialling a new payment system that converts steps to currency and can earn guests a free holiday.

"Australian travellers are at the heart of our business and if they believe it's important to keep active while on holiday, then we want to help them achieve this," Stayz's Philippa Durrant said.

"Holidays are all about doing the things you love.

"For those that love to stay active, the StayzFit initiative is a great way for them to do this and get rewarded at the same time.

"We have holiday homes with swimming pools, tennis courts, skateboard ramps, yoga studios and gyms to name a few.

"We also have homes located close to beaches, national parks, hiking trails and cycle trails as well as lakes.

"With over 40,000 homes to choose from, there is something for every interest and fitness level."

How does it work?

■ The cost of the Stayz holiday rental works on a sliding scale.



Fitness guru Tiffany Hall is the StayzFit ambassador.

PHOTO: STAYZ

■ The StayzFit listings can be found at www.travel.stayz.com.au/info/StayzFit.

■ Guests secure their booking by paying in full – the same way they would any Stayz holiday rental.

■ Upon arrival at the StayzFit holiday home, guests receive two Fitbit step trackers that calculate their total step count each day.

■ Depending on the joint step target reached by the participating guests, the cost of the rental is discounted or refunded in full.

There are only 12 properties available, two in Queensland – one on the Gold Coast and the other at Port Douglas.

Fitness professional Tiffany Hall was the first to trial StayzFit with her husband.

"The new StayzFit initiative is a fantastic way to encourage friends and families to utilise the facilities in and around their Stayz home, explore new destinations across Australia and get active together," she said.

"If, like me, you love to keep fit when you're on holiday, you can even step your way to a free stay.

"It's important to remember that there are many ways to stay active and increase your step count.

"Whether it's throwing a frisbee on the beach, walking to the shop instead of driving, playing a game of tennis or cooling off in the pool, it all adds up.

"I loved my StayzFit escape and would encourage others to give it a try over the Easter break."

DISCOUNTS

Step count required for two guests staying one-night, two-days:

30,00010%
50,00020%
60,00030%
70,00040%
80,00050%
90,00060%
100,00080%
120,000100%

The StayzFit listings went live yesterday and are available to travellers looking to book an escape during April 10–24, 2017. Visit www.travel.stayz.com.au/info/StayzFit or check out #StayzFit.

The latest and greatest...



Here's an awesome deal from Allez Sport Mooloolaba. The Suunto Ambit3 Sport is a great product, which is now even better value. The RRP is \$350, down from \$530. Allez owner David Chick said it's the shop's most popular multisport watch, which is GPS enabled with advanced run, cycle and swim functions, has smartphone and iPad/iPod connection, 25h battery life, altitude, bike power support and training programs.



The Adidas Zonyk is built for speed and offers superior technology and a wide field of vision. These functional sunglasses let you personalise the fit and the new lens lock system makes it easy to find the perfect setup. The Pro version includes a removable sweat blocker, Vision Advantage, polycarbonate lens, Lens Lock System, TRI.FIT temples, Double-Snap Nose Bridge, detachable foam bar, compatibility with prescription lenses and different sizes. The photochromatic lense is great moving into winter where morning rides start in the dark but sun comes up over the ocean and becomes bright quickly. Check them out at Allez Sport Mooloolaba. RRP \$399.



Guys, looking for a new tri suit that's nice and fast through the water? What about a tri short you can use in the pool to train in, as well as run and race in? Don't want to break the bank? Check out the Allez Sport men's Arena Raptor X Power Skin Tri suits and Tri Shorts. At only \$99 for the tri suits and \$59 for the tri shorts they are less than half the original price. In store now in all sizes, small to extra-large while stock lasts.



There are some great savings on the Trek Emonda range at Venture Cycles in Noosaville. Like this SLR10, now \$11,999 - a saving of \$3000. Unbelievably light at 690 grams, with sensational ride-tuned balance and handling, it has a SRAM Red eTap 11-speed drivetrain and Bontrager Aeolus XXX SL wheels. On sale until Friday, March 31.



Trek and Venture Cycles has a massive sale on until Friday, March 31. The Farley 5 is down from \$2399 to \$1899. With lightweight carbon or alloy frame options and the ability to accommodate five-inch tyres and a variety of wheel sizes, Farley is the quickest and most versatile fat bike ever. Fat bikes give you more places and more seasons to ride. From dunes to drifts, race to recreation: Farley lets you tackle anything, any time, for any reason.



Just arrived at Cycle Zone Mooloolaba is the Wahoo Elemnt Bolt - the first, fully aerodynamic GPS bike computer. Equipped with Bluetooth Smart and ANT+ dual-band technology, the Bolt pairs with all of your cycling sensors. It works with a companion app which allows you to set up your data fields, customise profiles, track performance, and share ride data. Plus, programmable LED QuickLook Indicators provide a quick way to see if you're on pace with important performance metrics like speed, heart rate and power. RRP \$399.

The latest and greatest...



Venture Cycles has recently taken on Ridley Bikes to complement the already strong road bike offering of Trek. Venture's Jez Peterson said Ridley fits well "with its customisation program, as with all the other brands we sell we can custom build a bike to your exact needs, all the way down to the colour". Check out the Noah (above) from \$4299, or the Fenix (below) from \$3799.



The Garmin Fenix 5, Fenix 5S and Fenix 5X are expected to arrive at Cycle Zone Mooloolaba late in April. Measuring 47mm, the watch has a new industrial design and is more compact than previous models like the Fenix 3HR, but is still packed with multisport features. All the new models are available in a variety of colours and finishes with more accessory bands available (sold separately), which makes the new QuickFit bands a great addition. Users can mix and match between their choice of leather, metal or silicone watchbands and switch between them in seconds with no tools needed. Easier than changing clothes for different occasions, Fenix 5 users just need to swap, click and go to change out their band.



The Fenix 5S is lighter, sleeker and smaller than previous models – perfect for small wrists without sacrificing multisport functionality.

The Fenix 5X boasts preloaded wrist-based mapping; and the compact Fenix 5, like other Fenix watches, is feature-packed. All the Fenix 5 models are 24/7 wearable with extended battery life, daily activity tracking, Garmin Elevate wrist heart rate technology, and a host of connected features.

With the new Fenix 5 line-up, users now have a watch that compliments their style and adventures.

RRP pricing is Fenix 5 in slate grey, granite blue or amp yellow \$799; Fenix 5 slate grey, performer bundle \$999; Fenix 5 Sapphire in black \$949; Fenix 5 Sapphire, black, performer bundle \$1149; Fenix 5 Sapphire in slate grey with metal band \$1099; Fenix 5s in white, turquoise or black \$799; Fenix 5s Sapphire in black or champagne with leather band \$949; Fenix 5s Sapphire in champagne with metal band \$1099; Fenix 5x Sapphire in slate grey \$999.



Equipped with Shimano Ultegra SS Di2 electronic shifting, Rotor Flow chainring, Prologo Zero Tri Pas T2.0 saddle, Profile Design cabon wheelset with Continental Grand Prix 4000S rubber, the UCI approved Merida Warp TRI 7000 is your ultimate aero machine with an RRP of \$7999 from Bicycle Centre Maroochydore, 77-79 Wisers Road.



The Merida Warp TRI 3000 is equipped with Shimano Ultegra SS drivetrain, Shimano 105 brakes, available from Bicycle Centre Maroochydore from RRP \$3699.

Upcoming Sunshine Coast events

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

Date	Event	Distance	Location	Website
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 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	www.bushrangers.org
April 2	Allez Sport Cross Country Series	First of the six-race series which caters for runners, walkers of all ages and abilities. Distances include 10km, 6km, 5km, 3km, 2km, 1km and 500m. Race staged at Elizabeth Daniels Park.	Buderim	www.sccrosscountry.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 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	www.bushrangers.org
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
April 16	Bushrangers MTB Club Pomona to Cooran Ride	Meet Reserve Street Park, Pomona, at 6.45am for 7am ride off. Grade two.	Pomona	www.bushrangers.org
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	www.bushrangers.org
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. 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.	Lake Wivenhoe	www.rogueadventure.com
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 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	www.sccrosscountry.com.au
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	www.bushrangers.org
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	www.toomoo220.com.au

CONTINUED NEXT PAGE

Upcoming Sunshine Coast events

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

Date	Event	Distance	Location	Website
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	www.bushrangers.org
May 7	Rosemount Road Race	Sunshine Coast Cycling Club road race, 7-9am. Meet at Paynters Creek Road.	Rosemount	www.scccracing.wixsite.com
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	www.sccrosscountry.com.au
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	www.facebook.com/WideBayMTB
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	www.in2adventure.com.au
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/?ref=ts
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	www.sccrosscountry.com.au
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.	Beerburum	www.mtbo.com.au
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	www.sccrosscountry.com.au

CONTINUED NEXT PAGE

Upcoming Sunshine Coast events

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

Date	Event	Distance	Location	Website
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	www.in2adventure.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 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	www.sccrosscountry.com.au
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
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 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	www.caloundrafunrun.com
June 24	Sunshine Coast Cycling Crit Champs	Sunshine Coast Cycling Club Criterium Championships, 7-10am, at Skippy Park.	Landsborough	www.scccracing.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 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	www.in2adventure.com.au
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

CONTINUED NEXT PAGE

Upcoming Sunshine Coast events

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

Date	Event	Distance	Location	Website
July 28	Sunshine Coastrek	Trekking the thrilling 30km or super 60km from Twin Waters or Caloundra to Noosa. 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	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 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	www.triadventure.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	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	www.sunshinecoastmarathon.com.au
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	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 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	www.triadventure.com.au
September 9-10	Glasshouse Trail Series – Glasshouse 100	Options include 100 mile, 100km, 50km, 30km and 11km trail run in the Glasshouse Mountains. The terrain varies from easy gravel road to rough, steep singletrack.	Beerburrum	www.glasshousetrailseries.com

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.	Beerburrum	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 15	Wild Women Adventure Race	All you really need is a basic level of fitness, a female friend and a willingness to try something a little different. Competitors can expect between 20 to 30 km of mountain biking, 8 to 15 km trail running/trekking and 1-3 km of kayaking/swimming/paddling (water discipline). There may be multiple legs of each discipline.	Sunshine Coast	www.triadventure.com.au
October 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