

Multisport MECCA

May 23, 2018

Back on fitness track

SURGERY to fix constant back issues was shaping as the only option for Michel Schnidrig.

But going under the knife to fuse discs didn't sit right with his wife, personal trainer Kirsten.

That inspired a new exercise and strength building regime which has paid dividends and virtually fixed Michel's back issues.

Losing weight and reaping the benefits of a more active lifestyle, the 39-year-old Swiss-born chef and his 35-year-old wife will together lace up for their first half marathon together on Saturday at Noosa.

CONTINUED ON PAGE 2



SPECIALIZED TURBO LEVO

OUR E-MOUNTAIN BIKES GIVE YOU THE POWER TO RIDE MORE TRAILS. AND WITH SILENT PEDAL-ASSISTED POWER TO THE PEDALS AND PROPRIETARY TECHNOLOGIES THAT WOULD MAKE A SILICON VALLEY ENGINEER BLUSH, WE'RE TAKING YOUR TRAIL RIDES TO NEW HEIGHTS...AND MORE THRILLING DESCENTS.

AVAILABLE AT CYCLEZONE MOOLOOLABA

WWW.CYCLEZONE.COM.AU



Inaugural marathon takes shape

FROM PAGE 1

"This year we decided to sign up for everything," Kirsten said.

"We did the Noosa swim at the start of the year, and we just did out first triathlon at Byron Bay.

"We have also signed up for the full marathon in August."

Given this is the inaugural Runaway Noosa Marathon festival, shifting focus from the Noosa Ultimate Festival, it fits perfectly with the Schnidrig couple's "year of firsts".

Thousands will descend on Noosa Parade for the event, which will start with events featuring 5km, 10km, 20.1km, 31.6km and full marathon options. There is also a "team" option for the marathon where athletes can each undertake one lap of the 10km course.

For both Michel and Kirsten, they are excited about the challenge ahead and are hoping for a sub-two hour time.

"We are looking forward to it. It will be good to get it ticked off," Kirsten said.

"We are not sure what to expect. After about the 10km mark we expect it to be tough mentally...the pushing through when you hit that wall."

Kirsten enters the multisport world after success in rowing as a youngster. She competed at a state and national level for about a decade.

After finishing school she started personal training, then she went travelling and met Michel while in Canada.

Returning to Noosa together, where they now have children Fynn (7) and Maiya (4), they face the constant juggle of work, kids and training.



RUN FOR IT: The Runaway Noosa marathon arrives on Saturday.

PHOTO: CONTRIBUTED

"We tag team the running. On Mondays we try to get in 12km together at least," Kirsten said.

"Then we try to get out on the bike as much as possible and one swim a week."

This year's festival will only feature the running and swimming events, with the 'Cycling Noosa' program dropped.

Noosa's marathon is one of four stops on the Runaway Marathon Series calendar, which also includes Hawkes Bay, Queenstown and the Barossa.

"Runaway Noosa Marathon is about running social with a flat, fast and friendly multi-lap on-road course that starts and finishes in the heart of Noosa so you're never far from fellow runners, supporters

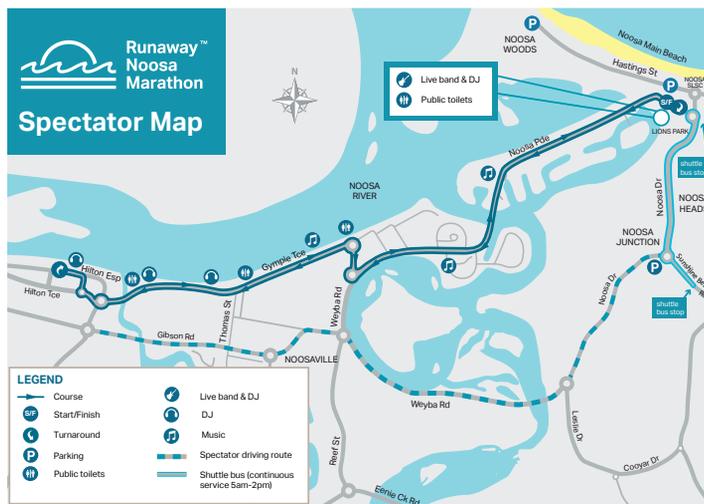
SWIM TIMETABLE

What: Swim Noosa.
When: Sunday, May 27.
Where: Noosa Main Beach.
Start times: 7am - 3.8km at Noosa Main Beach; 8am - 2km at Little Cove; 9.30am - 1km at Little Cove; 10.30am - 500m at Noosa Main Beach.
Check-in: Noosa Surf Club car park. 3.8km - 5.45-6.45am; 2km - 6.30-8am; 1km - 8-9.30am, 500m - 9.45-10.30am.

RUN TIMETABLE

What: Runaway Noosa Marathon.
When: Saturday, May 26.
Where: Start and finish at Lions Park, Noosa Heads.
Start times: 6.30am marathon, marathon team relay, 31.6km and half marathon; 8.30am 10km; 9.30am 5km.
Check-in: Friday, May 25 - 2-7pm all distances at Lions Park. Saturday, May 26 - 4.45-6.15am - marathon, marathon team relay, 31.6km, half marathon; 6.30-8.15am 10km, 8.15-9.15am 5km.

and the on-course live music and entertainment," Ironman Oceania managing director Dave Beeche said.



Those who make advertising placement and/or supply copy material or editorial submissions to the magazine undertake to ensure that all such material does not infringe the Trade Practices Act or other laws, regulations or statutes. Further to the above-mentioned, these persons agree to indemnify the publisher and/or its agents against any investigations, claims or judgements. A News Corp Australia publication.

Emotional running journey

SITTING in a stroke ward of a hospital, unable to walk, with restricted arm use and immersed in the total confusion of an early diagnosis of multiple sclerosis, Currimundi's Andrew Heaphy refused to succumb. Instead he declared to run a half marathon within a year.

Six months later, a motivated, angry, battered and bruised Heaphy, lived up to his promise to himself, his family and supporters, defiantly running 21km in a touch over 1:45, showing that he won't be defined by his illness.

"I did the Noosa half marathon last year with two months of training and I injured myself because I was overdoing it and I couldn't feel my feet," he said.

"I had never done all the nutritional things and I was so determined to push myself that I ended up with ITB injuries. I had five or six falls along the way because that is part of MS because you can't feel your feet and the balance underneath."

Heaphy's story is one of defiance, anger and determination, all wrapped up in an unwavering love and support of his family and friends, and the discovery that running can actually change your life.

"I am an intensive care nurse so it was pretty tough being on the other side. They gave me adrenalin, I almost required CPR and there was thoughts of putting me on a ventilator at one stage which was pretty scary. I was quite unwell," Heaphy said.

In hospital for two weeks and then a week of neuro rehabilitation at Caloundra started the slow process of learning how to walk again and to reuse his upper limbs.

"From just being able to walk a metre down the hallway, it went

from five metres to 20 metres," he said.

"If you tell me I can't do something I am the sort of guy who will go out of the way to push it. I am a very determined bloke, and I guess I was lucky after making the decision to do something like that, that I had a local running group called Dark Runners and also the local Parkrun that cemented that I would be able to do it."

"I have a cafe and that is 700m down the road and part of our routine before I became unwell was to walk the kids there before school for a hot chocolate, so it became my first goal of getting some distance and that took me about three weeks to achieve. Living in Currimundi, being able to walk to the beach was another thing that I loved doing before I had issues with my legs. So I managed that walk, up and back. Then I started to trot five metres and walk five metres. The walk/run interval training was important and all the time I had my wife there beside me."

This year, at Runaway Noosa Marathon, Heaphy is back, but this time he is not running in anger or to prove a point, but running to support his wife Britt in her first half marathon and to celebrate their love for each other.

"I did about 1:45 last year and a lot of that was anger with being in that position but this year I am running with Britt in her first half marathon," Heaphy said.

"Her maximum distance was probably 5km at the beginning of this year but we have cranked up the kilometres and she has gotten up to half marathon distance in the last two months. We now use our time running together to chat about what is happening and



STRENGTH TOGETHER: Andrew Heaphy and wife Britt will compete in Noosa's half marathon on Saturday . PHOTO: TIM MILLER

family stuff. It is now an integral part of our life and we didn't have that until 18 months ago."

"There is a little hill called Sunset Drive out the back of Caloundra and when Britt did her first 21km training run we all clapped her up the hill. It took her months to get there but now she knows she can complete the course."

"I am really looking forward to sharing this run with my wife Britt and the kids who will be on the finish line.

"What has happened to me is also Britt's story, she has supported me at every stage and been there beside me, so this year's run is definitely going to be a bit emotional."

OUR GOAL IS YOUR GOAL

• SERVICE • EXPERIENCE • EXPERTISE

FULL DIGITAL GAIT ANALYSIS TO FIND THE RIGHT SHOE FOR YOU!

SHOP 5/1 DUPORTH AVENUE, MAROOCHYDORE QLD 4558
P: 5326 1842 | THERUNNINGCOMPANY.COM.AU | SUNSHINECOAST@THERUNNINGCOMPANY.COM.AU



679561ab



Iconic Asics
No.1
Selling Running
Model



Asics Gel Kayano 24 Special \$179* FINAL CLEARANCE

*Only until all colours and sizes are sold out



34 Brisbane Rd, Mooloolaba | 5477 5246

6766811ad

OPEN SEVEN DAYS



Return to happy hunting ground

NO ONE knows more about the joy of running in Noosa than Australian athletics superstar, Noosa regular, 5km Bolt record holder and Runaway Noosa Marathon ambassador Craig Mottram.

Mottram will be using his vast athletic experience, local knowledge and genuine love of Noosa to help motivate and inspire the thousands of athletes, family and friends heading to the inaugural event on Saturday.

"Why wouldn't you want to go to Noosa every year, seriously," he said.

"In 2000, I went up there to train for the Olympics in Sydney.

"I have also trained up there for warm weather conditioning using the national park, the bush trails and things like that around Noosa and the Sunny Coast. It is wonderful running, an awesome destination and a natural fit.

"You can go to Noosa as an elite athlete, you can go there with kids and have a family holiday."

The Noosa "Walk of Fame" inductee is excited to have the opportunity to promote and share two of his favourite

pastimes, running and discovering all of Noosa's hangouts.

He said the attraction of Runaway Noosa Marathon is the racing over all distances from 42km to 5km.

"And with a kids race thrown in, together with the opportunity to have a weekend in an amazing destination where you can escape from the southern winter," he said.

"Having the racing on the Saturday as opposed to the Sunday means you can fly in or drive to do your race and then enjoy all the benefits post race that Hasting St and Noosa have to offer.

"I intend on enjoying them to the full. The lifestyle, the culture and the atmosphere is fantastic.

"It is probably not the destination to turn in world-record times for the marathon but it is a good location for a quick 10km or even a half.

"With 10km, half marathon and a 30km it offers the serious runner some interesting training options for anyone targeting other marathons later in the year."



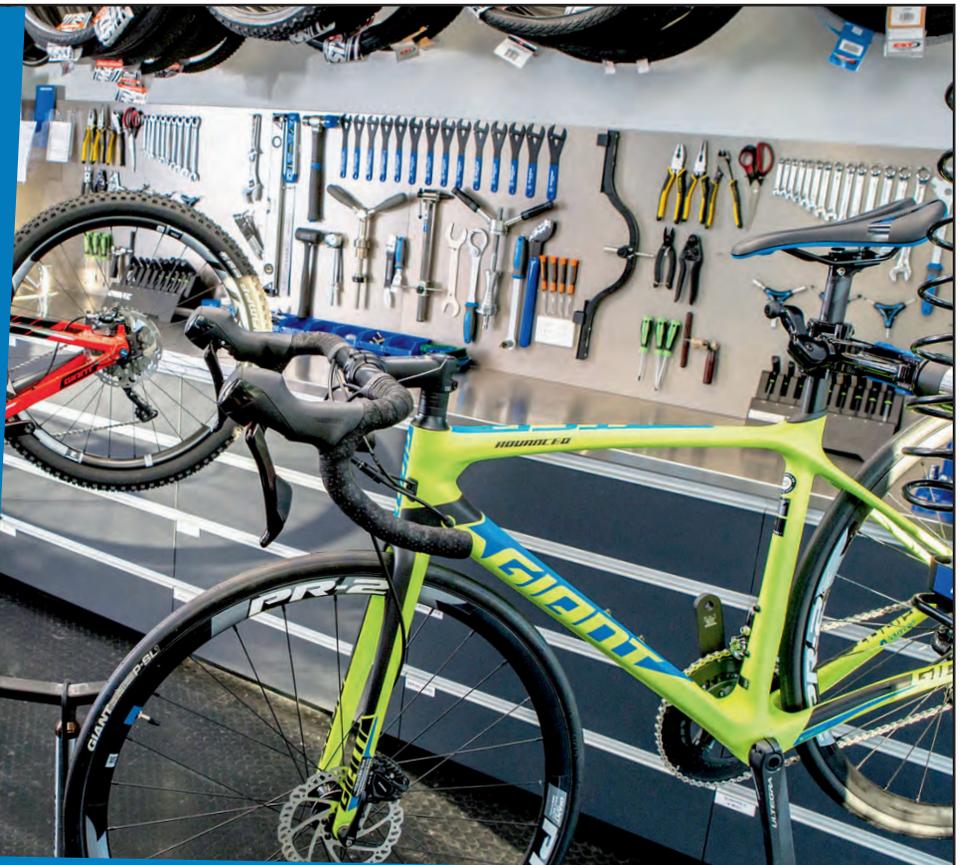
AMBASSADOR: Craig Mottram with his son Christian.

PHOTO: WAYNE LUDBEY

EXPERT WORKSHOPS

SERVICING ALL BRANDS

FRIENDLY
PROFESSIONAL
SERVICE
WITH A GIANT
RANGE OF
BIKES &
ACCESSORIES



GIANT SUNSHINE COAST
122 BRISBANE ROAD, MOOLOOLABA
WWW.GIANTSUNSHINECOAST.COM.AU
07 5444 3811

GIANT NOOSA
1 RENE STREET, NOOSAVILLE
WWW.GIANTNOOSA.COM.AU
07 5474 1760

6578871a1



AUSMAR 
custom build

*A home for every lifestyle.
Why compromise?*

www.ausmarcustombuild.com.au



QBCC 1083000

Triathlete tackles first marathon

Steele Taylor

steele.taylor@scnews.com.au

REIGNING Ironman 70.3 Sunshine Coast champion Katey Gibb has never run 42.2km before but she's intent on giving the inaugural Runaway Noosa Marathon a genuine shake on Saturday.

The 31-year-old from Buderim is eagerly anticipating the event, which is set to attract plenty of eager competitors to a flat, fast course.

A professional triathlete with some significant titles to her name, she's determined to prove her wares as a runner.

"I've been wanting to do one (a marathon) for years but triathlons have sort of got in the way," Gibb said.

"But I've put my swimming and biking on the back bench and focused on running for the last couple of months."

She's essentially doubled her mileage to about 110km a week.

"If I'm going to do something I like to be able to do it well. I really enjoy running and Noosa looks like a great course because it's dead flat with multiple laps," she said.

"Fingers crossed, I hope to be pretty competitive over the marathon...I've never done a race over 21.1km so it's really unknown but I feel pretty confident that I'll have a good race but whatever I get I'll be happy with because it will be a PB regardless."

Gibb's plan is to stay with the 3hr pacer for three of four laps before attempting a strong finish.

She expects there will be a hot field but will give the race her all.

"I always go into everything with the intention to win it," she said.

"Regardless of whether it's realistic or not, that's just my mentality. If I'm going to do something I'm going to give it 100 per cent and try to win it so I'll be



ROOKIE: Buderim's Katey Gibb will face her first marathon at Noosa.

PHOTO: IAIN CURRY

leaving it all out there, for sure.

"Because I've been training so hard I want to make the most of it."

She said she was unlikely to continue a running-only focus after the marathon.

"I'll go back to triathlons. That's where my passion is," she said.

From Western Australia, Gibb relocated to the Sunshine Coast about 18 months ago before winning one of the country's top endurance events, Ironman 70.3 Sunshine Coast (1.9km swim, 90km ride, 21.1km run).

She had a strong 2017, winning

Ironman 70.3 Busselton, along with the Bribie Island Triathlon and Robina Sprint, while claiming placings in the Australian long course championships, the Hell of the West and the Mooloolaba Triathlon Olympic distance championships.



Venture Cycles

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








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

6256914ag

Focus set on marathon goal

Full name: Ryan Rae.
Nickname: Rysie.
Birthplace: Portsmouth, UK.
Current residential suburb: Noosa Heads.
Occupation: Manager - Athletes Foot Noosa.
Age and marital status (kids): 37, married to wife Natalie, three kids (Madison 10, Preston 10, Isabelle 7).
Club/coach: Noosa Tri Club. Self coached although attending coached sessions with Noosa Tri Club head coach Nick Croft.
Favourite food: Ask my kids and they will all tell you that I love to make and eat spaghetti bolognese.
Favourite drink: Stone and Wood Pacific Ale.
Pet hates: People who can't walk in a straight line on a path.
Favourite run location and why: I know it is cliché but I love going out to Hells Gates via Tanglewood track and then back to Noosa on the Coastal track.
What are your favourite shoes: On Clouds.
What other sports do you do: Triathlon/Ironman/basketball but I love all sports either watching or playing.
Best or most memorable event: It wasn't actually a race I competed in but one that I watched. I can't remember the year it was but I went and sat in the stands for the finish of the Gold Coast Marathon and watched the runners come in under the 3hr mark. Seeing the joy on their faces when they finished is what started me on this journey and I swore to myself on that day that I would run a sub three-hour marathon one day. I am still yet to go under three hours but have steadily progressed my running

over the many ensuing years and am getting close to that goal.
Bucket-list event: New York Marathon.
Favourite race: Noosa.
What's your favourite part of racing and training: My social life basically revolves around training and racing so for me it is all about meeting like-minded people and sharing the passion for our sport. I also just love the feeling of crossing the finish line after everything you have put into a race.
What does a training week look like for you in terms of volume and disciplines: I try to balance gym, running, swimming and cycling into a week with an average week about 10-12hrs of training and high volume weeks of up to 20hrs.
What is your most dreaded sessions: Thursday morning track session coached by Nick Croft which consists of high-intensity speed work.
How are you feeling ahead of the Noosa run this weekend: Pretty calm and relaxed. I am going into the marathon to enjoy the race and appreciate the fact I get to compete in an event in my own backyard. I have no real time expectations except that I want to stay under four hours and finish with a smile.
What is on your athletic agenda this year: I competed in the NZ Ironman earlier in the year and I now have Noosa Marathon which I am hoping to use as a springboard for the Sunshine Coast Marathon in August, then the Sunshine Coast 70.3, Noosa Triathlon and Western Sydney 70.3 in November.
How do you manage to fit in training with work and life commitments: I have a very, very,



SPOTLIGHT: Ryan Rae (left) is looking forward to tackling the Runaway Noosa marathon on Saturday. PHOTO: CONTRIBUTED

very understanding wife and my family often make sacrifices to allow me to do my training and achieve my goals. A lot of it comes down to preparation and planning as well so that events and training are built around everyone's commitments and schedules. The benefit of my kids getting older is that they are now starting to train with me as they also share my passion for running - it won't be long before I am trying to keep up with them.
If you could have a celebrity live with you, who would it be and why: I can't go past my childhood sporting idol and hero -

Michael Jordan. There are so many things I would ask him to do with work ethic, commitment and what it took to be the most recognisable athlete on the planet.
When you were little what job did you want to do: This is sad but I really wanted to be an accountant.
Best movie: I can't narrow this down so I will give you my top five (in no particular order) - *Creed*, *Deadpool*, *White Men Can't Jump*, *Star Wars - A new hope*, *Star Wars - The Force Awakens*.
Current car: Toyota Kluger.
Dream car: I can't go past an Audi R8.



Join Grant Edwards as he chats with inspiring athletes from the Coast and beyond, available now!

Join our priority mailing list to keep up to date with the latest episodes, email: multisportmecca@apn.com.au

Also available from iTUNES or GOOGLE PLAY





CYCLEZONE

MOOLOOLABA

C Y C L E Z O N E . C O M . A U



S-WORKS TARMAC DISC FRAMESET \$4499

THE NEW S-WORKS TARMAC DISC, THEY DIDN'T JUST WANT IT TO BE FAST. NO, WE WANTED IT TO BE FAST EVERYWHERE. LONG CLIMBS, WINDY FLATS, GRAND TOUR STAGES, AND LOCAL FONDOS. A RACE BIKE TO BE THE MOST COMPLETE BIKE OUT THERE. A WHY DISC BRAKES? THE REAL QUESTION IS "WHY NOT?" THEY OFFER SUPERIOR BRAKING POWER AND MODULATION, WORK EXCEPTIONALLY WELL IN WET WEATHER, AND OFFER A VERY, VERY MINOR ADDITION. ALL THIS MEANS THAT YOU HAVE MORE CONTROL AND CAN GO FASTER WITH MORE CONFIDENCE. BUILD THIS UP THE WAY YOU WANT.



CERVELO P2 2018 SHIMANO 105 \$3999 \$3699

THE CERVELO P2 IS ONE OF THE MOST ICONIC TRIATHLON BIKES OF ALL TIME. THE LATEST VERSION OF THE P2 KEEPS WITH THE CERVELO TRADITION OF BUILDING AERODYNAMIC AND PRACTICAL TRIATHLON FRAMES. THE FIT IS IDEAL FOR MOST ATHLETES RACING SHORT OR LONG COURSE. FOR THE DOLLAR THE P2 105 IS ON PAR WITH BIKES TWICE ITS PRICE AND A GREAT PLATFORM FOR ANY TRIATHLETE OR TIME TRIALIST.

ZIPP 302 WHEELSET RIM/DISC \$2299 \$1999

FROM THE ENGINEERS AT ZIPP, COMES THE COMPLETELY REDESIGNED 302 CARBON CLINCHER. WITH A 45MM DEEP INDIANAPOLIS-MADE CARBON RIM, DESIGNED FOR LOW AERODYNAMIC DRAG AND PRECISE HANDLING IN ALL RIDING CONDITIONS, THE 302 CARBON CLINCHER DELIVERS THE RIDE THAT ZIPP WHEELS ARE RENOWNED FOR AT A PRICE THAT MAKES ZIPP CARBON QUALITY AND PERFORMANCE MORE ATTAINABLE THAN EVER. RIM BRAKE AND DISC BRAKE AVAILABLE.



CERVELO R2 2018 SHIMANO 105 \$3499 \$3299

SHARING MUCH OF THE R3'S LEADING-EDGE TECHNOLOGY AND ENGINEERING, THE ALL-NEW R2 COMBINES VALUE AND PERFORMANCE TO THRILLING EFFECT. BOASTING A SHIMANO 105 PLATFORM, CATEGORY-LEADING STIFFNESS, AND OUR VERSATILE ELITE FIT AND STABLE HANDLING, THIS IS THE OBVIOUS CHOICE FOR ANY ROAD CYCLIST RARING TO RIDE LIKE THE PROS.



OAKELY FLIGHT JACKET FROM \$259

AERODYNAMIC ENGINEERING MAKES THIS SPEED SPECIALIST THE ULTIMATE EYEWEAR FOR CYCLING, RUNNING AND BEYOND. AN OPEN-EDGE BROW MAXIMIZES THE UPPER FIELD OF VIEW, AND OUR NEW ADVANCER NOSE BRIDGE INSTANTLY OPENS AIRFLOW TO COMBAT FOGGING AND OVERHEATING. TWO INCLUDED LENGTHS OF INTERCHANGEABLE TEMPLES MAKE FLIGHT JACKET COMPATIBLE WITH HELMETS.



OAKELY FIELD JACKET FROM \$259

FIELD JACKET COMES OPTIMIZED WITH ADVANCER TECHNOLOGY, AN INNOVATION THAT INSTANTLY OPENS AIRFLOW TO COMBAT FOGGING AND OVERHEATING. SIDE CONTOURS MAXIMIZE THE PERIPHERAL FIELD OF VIEW IN THIS RX-COMPATIBLE DESIGN, AND YOU CAN SWAP OUT THE TEMPLES FOR ACCESSORY STYLES THAT MAKE IT FIT WELL WITH HELMETS.



QUARQ RIKEN AL GXP & BB30 ALL LENGTH 130BCD \$799

THE RIKEN AL IS AVAILABLE IN 130 BCD, THERE ARE 24MM GXP AND 30MM BB30 AXLE OPTIONS. ONCE FITTED, THERE'S NO FURTHER SETUP REQUIRED. AS THE BUILT-IN ACCELEROMETER SENSES THE SLIGHTEST MOVEMENT, SWITCHES THE UNIT ON, AND ITS ANT+ DATA TRANSMISSION LINKS TO A COMPATIBLE HEAD-UNIT WITHIN MOMENTS. THE RIKEN AL SHARES ITS MEASURING TECHNOLOGY WITH THE REST OF QUARQ'S POWER-METER FAMILY, AND HAVING USED AN ELSA RS FOR NEARLY A YEAR WITHOUT A HICCUP, WE WEREN'T SURPRISED TO FIND THE NEW MODEL TO BE JUST AS RELIABLE. ITS IPX7 WATERPROOF RATING RELATES TO A TEST AT 1M DEPTH FOR 30 MINUTES

SPECIALIZED TURBO LEVO 29ER/650+ \$6300 \$5800

THE TURBO LEVO FSR COMP 6FATTIE/29 HAS THE PERFECT BLEND OF TRAIL PERFORMANCE, PROPER HANDLING, TECHNOLOGY, AND DURABILITY, DELIVERING YOU THE POWER TO RIDE MORE TRAILS IN A PACKAGE THAT WON'T LEAVE YOU BROKE AND HUNGRY. M5 ALUMINIUM FRAME AND EFFICIENT AND POWERFUL TURBO TECHNOLOGY, INTEGRATING A BATTERY, AND A NEW TURBO 1.3 MOTOR THAT DELIVERS 15% MORE POWER THAN THE PREVIOUS VERSION. THIS ALSO DELIVERS A SIGNIFICANT INCREASE IN EFFICIENCY, WHILE OUR EXCLUSIVE RX TRAIL TUNE AT THE MOTOR SMOOTHLY AND QUIETLY BRINGS THIS ADDITIONAL POWER TO THE PEDALS, MAKING CLIMBING THE STEEPEST OF TRAILS NEARLY EFFORTLESS. THE TURBO M1-460 BATTERY FEATURES AN INTEGRATED TRAIL DISPLAY, ANT+/BLUETOOTH MODULE, AND MISSION CONTROL APP CONNECTIVITY. IT ALSO HOUSES 460WH OF TRAIL-TAMING JUICE, AND IT'S NEATLY INTEGRATED INTO THE DOWNTUBE



CYCLEZONE MOOLOOLABA ONLINE & INSTORE

WWW.CYCLEZONE.COM.AU

2/120 BRISBANE RD MOOLOOLABA 4557

PH. 0754781001 // SALES@CYCLEZONE.COM.AU

Brutal NSW one-day cycle epic

Grant Edwards

PUNISHING 45km/h head winds and bitterly cold conditions tormented riders throughout the gruelling Grafton to Inverell Cycle Classic.

Regarded as one of the nation's toughest races, the classic covers 228km with 3382m of climbing.

This year's race took nearly an hour longer than last year for many competitors with the elements playing a pivotal role.

The Coast's best performer in the elite category was Cameron Scott in third, as part of the Australian Cycling Academy team's debut in the National Road Series, who just managed to hold off the chasing peloton in what was a tight finish in a day of breakaways.

Ryan Cavanagh was also in the mix for the St George Continental team, finishing eighth.

In the group about 10 minutes behind was Aidan Kampers, Ashley Mackay (ACA) and Kaden Groves (St George).

Division 3 had a strong contingent of Sunshine Coast riders, with David Chick leading the way.

Chick claimed the first king of the mountain points, but a group got away after the first climb, and he finished in 13th overall with a time of 7hr 54min 46 sec, 2:25 behind winner Adrian Land from Fraser Coast Cycling Club.

Cooloom's Jason Cheshire was 28th, Sebastiaan Lambooy was close behind in 32nd place, while veteran Mick Patton was about 30 minutes back in 46th.

Rob Symmons finished close to Chick and was the fastest of the Challenger section, with a time of 7:54:47.



ROUGH RACE: Riders taking part in Grafton to Inverell were (from left) Rob Symmons, David Chick, Kephren Izzard, Sherry Ey and Jason Cheshire.

PHOTO: CONTRIBUTED



Mick Patton begins the climb at Cattle Creek Station.

PHOTO: MATTHEW ELKERTON



App helps bike riders when they need it most

A NEW smartphone app is set to improve legal protection for bike riders involved in crashes and close passes with vehicles.

The app has been developed by Cycle Law with the endorsement of Bicycle Queensland and will make it easier for cyclists to file claims against third parties if they get hurt or injured while riding.

Bicycle Queensland CEO Anne Savage said the Cycle Incident Log was the first of its kind anywhere in the world.

"The Cycle Law Incident Log is designed to help bike riders when they need it most, immediately following a crash or incident," Ms Savage said.

"It steps riders through the incident recording process and captures vital evidence that can be retained and used later in compensation and legal claims.

"This app helps the rider to collect critically important details, including photographic evidence, witness details, and location data."

The app is available free for download in iPhone and Android stores.

It records registration numbers, driver licence details, road conditions and other information that can be taken straight to the police or shared with a solicitor.

Cycle Law principal Emily Billiau said the aim of the app was to

ensure cyclists got "fair and swift outcomes" after a crash or accident.

"The information captured can be submitted immediately for no-obligation legal advice and assistance," Mr Billiau said.

"All too often cyclists are left in a state of shock and distress, without ready access to a step-by-step support system that can do their thinking for them while they try and process what occurred.

"The app is both a support service and a safety device, designed to encourage compliance with the road rules and honest dealings by all parties in the unfortunate event of a crash."

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

Online Programs Available



**ATLAS
MULTISPORTS**

EVENTS : COACHING

www.atlasmultisports.com.au



VICTORY: Palmwoods teenager Taj Jones secures victory at the state criterium championships.

PHOTOS: BEAR LIANGE/VELOSHOTZ

Shh...the Jones secret is out

■ Grant Edwards

WITH his finger pressed against pursed lips, the larrikin act from Taj Jones was the first time he could relax after 30 gruelling minutes of racing.

The Palmwoods 17-year-old rightfully celebrated after securing the best performance of his road cycling career with a strong solo effort to claim the under-19 Queensland criterium championship at Redlands on May 7.

"The celebration is a long story...a few dudes and I saw another rider do it overseas and we said that if we ever get into a position where we could emulate the move then we would," Jones said.

The teenager's performance was a fine display of strength and determination.

A group got away early in the 30-minute criterium, and with Jones at the front, a rider made a short breakaway. Jones covered his wheel and then went into the lead at the 10 minute mark, pulling away and maintaining his advantage for 20 minutes plus two laps.

He finished 13 seconds in front of James Moriarty of Balmoral Cycling Club and 24 seconds in front of the chasing pack.

"I was in two minds as to



TITLE SECURED: Alexandra Martin-Wallace (centre) on the top step at the Queensland criterium championship with Sophie McAuley and Mia Hayden. **RIGHT:** Jeff Liddell.

whether to sit up and join the pack because when you're out in front you put all your eggs in one basket," Jones said.

"From the 10 minute mark I just keep looking behind at certain points to see if they were catching. I managed to maintain the gap, so I decided to put my head down and go for the win."

After completing Year 12 last year at Kawana Waters State College, the teenager is looking toward a short-term future in



cycling. He's the only Queensland rider on the Nero KOM Financial Advice team competing in the National Road Series, and he is also part of the new Team Sunshine Coast, which is expected to include the likes of Kaden Groves, Ryan Cavanagh, Dylan Newberry, Elliot McKean, Patrick Kennedy and Alistair McKellar, that will race in the upcoming Queensland Road Team Series.

"I don't really know what I want to do long-term, at the moment I'm

RESULTS

2018 State Criterium Championships

Elite men: 1st Stu Shaw.

Elite women: 1st Alexandra Martin-Wallace.

Junior U19 men: 1st: Taj Jones.

Men's Masters 8: 1st Jeff Liddell.

Men's Masters 9: 1st Mick Patton, 2nd Robert Dawson.

Men's Masters 5: 1st Jason Ford.

Women's Masters 5: 3rd Tess Martin-Wallace.

Women's Masters 6: 2nd Cathy Scott.

Men's Masters 1: 3rd Mike Onus.

just taking whatever opportunities arise," the Cycle Zone sales assistant said.

"For the moment my focus is on getting to China and other overseas races hopefully as part of a Continental team in the next couple of years."

Under the guidance of coach Nick Formosa, Jones' racing agenda this year will include the state road race and time trial championships, as well as the national road and criterium champs at Ballarat in January, 2019.



Allez Sport Cross Country Series 2018

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 22nd

Corbould Park Racecourse
Pierce Avenue, Caloundra **COMPLETED**

Race 2: Sunday April 29th

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

Race 3: Sunday May 13th

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

Race 4: Sunday May 27th

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

Race 5: Sunday June 3rd

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

Race 6: Sunday June 10th

Sunshine Coast University
Next to Athletics track, Sippy Downs

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; u30; 30-39; 40+; 50+; 60+; (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: 0412 145 106
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 2018

Teenager claims cup victory

Mal Keeble

TEENAGER Brooke Carnes proved she is a rising star of women's cycling in winning the Lesley Thompson Memorial Cup.

Brooke, who rides with the Balmoral Cycling Club in Brisbane, sprinted across the line ahead of local cyclists Veronica Lebedev and Kristina Clonan to win the cup on Sunday, May 13.

The second running of the Lesley Thompson Memorial Criterium was hosted by the Sunshine Coast Cycling Club at the Skippy Park Criterium Track in Landsborough.

The event was named after Lesley Thompson, club president Robert Thompson's late wife, with junior and female cycling two of her biggest passions.

The feature event was the combined A/B women's race with a strong field of local and visiting riders entering the Lesley Thompson Memorial Cup.

Kristina, a national champion and world championship bronze medallist, went on the attack early in the race and opened a small break on the field.

Veronica took control of the chase to bridge the gap before Brooke and sister Isabelle teamed up to push the pace for the remainder of the 35-minute race.

A tight sprint finished resulted in Brooke becoming the second winner of the cup after Alex Martin-Wallace won the inaugural event in 2017.

Club president Robert Thompson said the strong field is an indication that women's racing is experiencing a revival on the Sunshine Coast.

"The quality of the women's race was the best I've seen in a long time," Thompson said.

"When you have Brooke, who is still an under-17 rider, cross the line in front of Veronica and Kristina you know women's cycling has a bright future.

"The club has increased its female membership and attendance at events this year, with the ladies now asking for their own races.

"The increase in our female riders is something that Lesley would be very proud of."

In the C-grade women's race Leana McCormack took the win ahead of Corinne Dolan and Kylie Burkwood. Newcomers Sharlee Duffy, Yvette Drysdale and Lauren Camp filled the podium in the D-grade race.

In the elite men's race Stu Shaw



PIVOTAL MOVE: Brooke Carnes sprints to the line ahead of Veronica Lebedev. PHOTOS: MAL KEEBLE



ABOVE: Buderim rider Lucy Bowden leading Kristina Clonan, Brooke Carnes, Rachel Effney and Veronica Lebedev.

RIGHT: Ollie Burkwood in the junior race at Skippy Park.

from the Sunshine Coast-based Australian Cycling Academy crossed the line ahead of local Ben Price and Fraser Coast's Mal Rudolph.



Perfect conditions for Island swim

RECORD Island Charity Swim entries resulted in unprecedented support for the kids of Currimundi and Nambour special schools.

Stellar conditions saw 42 individuals conquer the 11km journey from Mudjimba Beach, around Old Woman Island, and then the stretch to Mooloolaba Main Beach.

With teams and participants in the Mooloolaba bay's 5km event, there were 163 swimmers.

"It was good to see so many new faces supporting the charity," organiser Jason Crowther, of Atlas Multisports, said.

"This year saw the 5km event option for the younger swimmers and those that can't do the longer event. It's a perfect distance for those guys who want to still be involved but can't complete the 11km event.

"Once again I thought the highlight was the recovery and the afterparty. It's not just the iconic swim, but also the support of the parents, friends and school community which makes the event so amazing."

After navigating the island, swimmers faced consistent wind chop and strong currents, but conditions were near perfect for much of the journey.

One of the highlights was the finish of blind competitor Beth White together with her guide Barrie Greenbury.

For three swimmers, April Hulbert, Dan Latham and Grant Edwards, it was their second attempt at the event...although last year they all swam in the bay due to strong winds and large swell.

"The organisation of the event was seamless. The recovery table (gourmet buffet bar) was delicious and the afterparty was loads of fun," Hulbert said.

"The start line was filled with chatter and excitement. That's when you can tell you're in the right place.

"Everyone's hearts are in it, and we are all happy to be raising



THEY SURVIVED: Grant Edwards, April Hulbert and Daniel Latham all successfully finished the Island Charity Swim this month after their previous attempt in 2017 was hampered by wind and swell.

PHOTO: PATRICK WOODS



LEFT: Matthew Toon receives his medal from Currimundi Special School student Bradley Lawson.

PHOTO: CONTRIBUTED

money and taking part in the swim for our local special schools.

"Will I be back? Absolutely - every year that I can.

"Thank you to Atlas Multisports, the teachers and parents of Currimundi and Nambour special schools for making the Island Charity Swim an amazing event. You're all legends."

For Latham, who did much of his swim preparation stationary with a

tether in a 10m pool while working away, it was a brilliant day in the water.

"The swim was great, perfect conditions and clarity," he said.

"A world-class venue for a open-water swim. If you want to challenge yourself and raise money for an extremely worthy cause then this swim is the number one. It's tough but totally worth it."

For Edwards, it marks the

beginning of what he hopes will be a long involvement.

"That finishing arch seemed to never get closer in the latter stages but it's outstanding to hit the sand and see the likes of Bradley Lawson, Lola Dell and the other kids on the beach supporting everyone," he said.

"You can truly see what it means to the schools...there isn't a legion of people in marketing and administration putting this together, it's the parents digging in, cooking, helping and doing whatever they can to make the event successful. It's the greatest community involvement I've seen with any fundraiser."



Michael Taylor, Piers Euler and Troy McDonald.



Janelle McCosker and Tanya Revell.



Tane James and Ala Carstens.

PHOTOS: JOHN MCCUTCHEON

Riding to Russia for World Cup

Tessa Patrick

Tessa.Patrick@scnews.com.au

TYSON Williams has less than a month to pedal 5000km from Paris to Moscow in time for the FIFA World Cup.

The keen cyclist and physical education teacher has committed to riding across Europe solo and unassisted in time for kick-off at the Socceroos game against France on June 16.

While the trip is bound to include sightseeing, new adventures and a whole lot of memories, the Coolum resident will be working closely with World Bicycle Relief to raise awareness.

"I love cycling and I love to get people involved," Williams said.

"In my job I see benefits of getting people moving; it makes lives easier and gives a better quality of life."

The international charity provides bikes to people living in third world countries, helping children get to school and healthcare professionals reach more people.

It also focusses on the recycling of cycling, re-homing both bikes and parts to these communities.

"If I get one person riding a bike that's more than a successful campaign," Williams said.



ON A MISSION: Tyson Williams is about to embark on an unassisted 5000km ride from Paris to Moscow.

PHOTO: PATRICK WOODS

He has completed several, long-distance journeys, but nothing can prepare him for what's in store.

"It's a combination of all sorts of feelings, I'm a bit nervous, but overall more excited," he said.

"I just want to get going, I wish I was there now."

His route will see him traversing through steep climbs and hilly terrain. He plans to make the most of as many countries as he can get to, with the idea of travelling to Northern Italy, Budapest and the Ukraine.

"Essentially, I'm going to be

riding all day, every day to get there."

Williams is embarking on the trip of a lifetime with "no real expectations" but he's looking forward to finishing in time to watching Australia compete on the world stage.

Trail runners battle through cold and tough Blue Mountain climbs

TYPICALLY freezing and challenging terrain pushed runners to the brink at Ultra-Trail Australia over the weekend.

Staged in the Blue Mountains, NSW, a small contingent of Coast runners competed with impressive results.

Leading the way was Jack Brownlee and Ammon Chesworth in the 100km event, finishing seventh and ninth respectively in the men's 18-29 age group.

Last year's women's Blackall 100 winner Chrissie Redwood was fifth in her age group, and 11th woman overall.

In the 50km race, Todd Mumberson placed in the top three per cent of a competitive field.

Unfortunately, 78-year-old Frank Falappi withdrew 48km into the 100km race. He left to be with his wife Marilyn who was hospitalised after withdrawing about 17km into the 22km event on Friday.

Falappi had little sleep worrying about his wife, and then retired mid-way to be by her side.

The Peregian Springs athlete was competing to inspire seniors to be active.



POSITIVE OUTLOOK: Frank Falappi.

PHOTO: PATRICK WOODS

He's also done a variety of other long distance events in Australia and New Zealand but, surprisingly, Falappi's only been running since his early 70s, after years of cycling.

He thrives on being active.

"I could sit around and watch TV all day and just get fat and old and wrinkly and then just die tomorrow but that's not the way I want to live," he said.

"I want to do something and this is positive, it keeps me happy and you meet some wonderful people

along the way."

He said he'd like to be an example to some of the elderly who have the potential to be active.

"I don't mind the challenge (of the events) but the main reason I started all of this was in the hope that I could influence more old people to get out and do something like this.

"Well not as much as this, but just 5km or 10km or something like that.

COAST RESULTS

100km

Jack Brownlee 12:37 (76/964)

7th M18-M29

Ammon Chesworth 12:45

(84/964) 9th M18-29

Chrissie Redwood 12:52

(97/964) 5th F40-F49

Bruce Thiele 14:05:59

(221/964) 69th M40-49

Tylana Woodward 14:27

(246/964) 18th F40-49

50km

Todd Mumberson 5:30

(45/1824) 18th M30-39

Kelly Ann Spreight 5:38

(62/1824) 9th F30-39

Kate Child 5:58 (130/1824) 4th

F18-29

22km

Maddy Woodward 3:09

(531/1893) 4th F16-17

Scott Woodward 2:53

(294/1893) 15th M50-59

"It gives them something to do, instead of just sitting around waiting to die. That's not my idea of life.

"I hope it does move a few long."

Gardner digs deeper than ever

AFTER more than 65km of receiving electric shocks, diving into filthy water, crawling and running through mud...Brodie Gardner tapped out.

His body gave in after more than seven hours of battling in the inaugural Australia's Toughest Mudder at Woodford on Saturday night.

Completing eight laps of the course in seven hours and 22 minutes, Gardner finished in third overall and secured \$1000 in prize money after an epic battle.

Matching it with Lachlan Dansie, an experienced Toughest Mudder and Spartan competitor, the Sunshine Coast triathlete began to feel the effects of the cold air temperature late in the race.

"I went in unprepared and probably didn't have the right clothing for it...the body temp just dropped too much," Gardner said.

"It's the longest race I have done by a long way. It's the sorest I have ever pulled up."

Joining the battle against the elements was a spur of the moment decision.

"Two weeks ago I decided to enter for something different and to really test both my physical and mental capacities as an athlete," Gardner said.

"Having never run over 2hr15min in my life and nothing over two hours in the past seven years it was certainly going to push me physically. Add in obstacles that I've never done (including rope climbing that I only tried for the first time two days before the race) and iced water immersion I was truly going to be outside of my comfort zone.

"Having no clue how I'd go, I decided to push it from the start and was yo-yoing in and out of first, second and third for the first three hours before holding second until 30 minutes to go. I gave it everything until the body simply had enough."

While pleased having pushed some of the best in the business, Gardner's training focus will return to triathlon - both on and off-road derivatives.

Despite having been selected in the Australian team for September's world age group championships over the standard distance, he will return to racing the elite division. Gardner is currently eyeing an off-road race in the Philippines, and may also toe the line at 70.3 Sunshine Coast.

Throughout the weekend more than 8500 participants faced one lap of the 16km Tough Mudder



BRUTAL: Toughest Mudder competitors raced from 8pm. PHOTO: MATHEW FARRELL/TOUGH MUDDER

TOUGHEST MUDDER

Men

1st Lachlan Dansie (40-44 age group) 8:18:06, 9 laps, fastest lap 46:11, slowest lap 1:00:28

2nd Jarad Kohlar (35-39) 8:23:11, 9 laps, 45:02, 1:00:54.

3rd Brodie Gardner (30-34) 7:22:41, 8 laps, 44:30, 1:00:53.

Women

1st Alison Tai (25-29) 7:06:03, 7 laps, 49:11, 1:07:52.

2nd Dianna Blegg (45-49) 7:27:18, 6 laps, 1:04:42, 1:25:19.

3rd Krysty Davies (30-34) 7:50:21, 6 laps, 1:12:01, 1:30:22.



Brodie Gardner is supported by Kate Schultz after pushing himself to the limit.

PHOTO: NOEL GARDNER/FACEBOOK:



Brodie Gardner in good spirits competing in Tough Mudder.

PHOTO: CONTRIBUTED

course, which included 20 obstacles.

Yet it was the Toughest Mudder which captured the attention of the most hardcore athletes, attracting entire world-wide.

"This year Tough Mudder hit a

milestone globally - more than three million have participated in one of our events around the world, with Aussies accounting for about 10 per cent of those numbers," Paul Mudge said, consumer marketing director for

Tough Mudder Australia.

"Our registrations continue to grow so we have made sure that our south east Queensland events will offer something exciting for all Mudders, whether it's their first or eighth time."

No limits for Kiwi first timer

■ Steel Taylor

PUSHING your body to the limit across a 515km race is a brutal task but New Zealand triathlete Carl Read loved it so much he's hungry to do it again.

After already swimming 10km and cycling 421.1km across two days, Read managed to conjure up the strength to power through the final 84.3km run leg of the Ultraman Australia to take out top honours at Noosa Heads.

He finished the double marathon, and final leg of race, in a record time of 6hours 35mins 08secs - two seconds better than the previous time set by the Sunshine Coast's own Stephen Gage. It was Read's first Ultraman event and he said to win was "unbelievable".

"It hasn't quite sunk in and I came here to give it my all and to win is just epic and I'm so happy," he said.

"The job has been done and the legs are wrecked (but) I'll take that."

Read finished with a total time of 21:00:20, which would have been the fastest recorded for the epic three-day event had there not been an issue with the day one swim course.

Intense tidal movements caused the western buoy to move, which led all swimmers to cut the course about 1km short of the 10km requirement.

As a result, Sunshine Coast's Richard Thompson retains the overall record of 21:21:14.

Despite only just wrapping up his first Ultraman, Read was already considering another crack at the torture test.

"It was one of the highlights of my sporting career, if not the highlight," he said.

"I loved it and, I hate to say it, but I'll be back and I'll come back to Noosa.

"The weather was fantastic and



RUN RECORD: Winner Carl Read and support runner Kirra Seidel.

PHOTOS: GRANT EDWARDS



Jules Drysdale at Coolum.

to race over three days on what I call a pretty brutal course - it just shows what the body is capable of as long as your head is in the game."

The Ultraman World Championships at Hawaii later this year could be on the cards for Read depending on how his recovery progresses.

Jason Shields crossed in second



Bronwyn Butt shows support for Carmen Atkinson.

place with Chris White in third.

In the women's event, overnight leader Ann Brinkamp was second on day three with a double marathon of 7:48:54, but she had a big enough buffer to claim the overall Ultraman Australia title.

The best of the Sunshine Coast athletes was chiropractor Carmen Atkinson, who was fifth woman across the line with a total time of

ULTRAMAN

Coast results

22nd - Carmen Atkinson (fifth woman) day one - (swim 3:05:36, bike 5:13:29) 8:19:05, day two bike - 9:36:44, day three run - 8:36:43. Total 26:32:32.

25th - Julienne Drysdale (seven woman) day one - (2:44:14, 5:41:22) 8:25:36, day two bike - 10:15:33, day three run - 9:05:28. Total 27:46:37.

30th - Chloe Kay (10th woman) day one - (2:40:14, 5:42:21) 8:22:35, day two bike - 10:53:22, day three run - 9:07:08. Total 28:23:05.

26 hours, 32 minutes and 32 seconds.

The equal oldest athlete in the field, Noosa's Julienne Drysdale, was seventh woman across the line.

Meanwhile, pharmacist Chloe Kay was 10th among the females and 30th from a 48-person field.



Chloe Kay on the run course at Ultraman Australia.



Carmen Atkinson embraces the crowd support at Coolum.

The latest and greatest...



Just arrived at Cycle Zone Mooloolaba, the oversize Tripeak Jetstream Derailleur Cage Kit reduces friction through the jockey wheel, saving watts, and features a super ceramic bearing. Compatible with SRAM E-tap, SRAM Red/Force as well as Shimano DuraAce or Ultegra. Cheapest on the market at the RRP of \$299.



The TriPeak pulley wheel features a range of colours and sizes, with compatibility with Shimano (road/MTB), SRAM and Campagnolo (road). Available in black, blue, green and red from Cycle Zone Mooloolaba, RRP \$25.99.



A jersey featuring the elements that SaKO loves most ... all rolled into one. It has an aerodynamic design for cutting the wind for enhanced efficiency and speed, the arms are longer than a traditional sportive jersey and incorporate a subtle stealthy silicon gripper. It is slightly shorter in the torso to accommodate a more aggressive position on the bike. It has a full-length zipper, while three rear pockets are reinforced to avoid premature wear and tear. Italian fabrics offer UV protection and are polygiene, hydrophilic and antibacterial treated. Available from Cycle Zone Mooloolaba, RRP \$139.



Soft. Smooth. Light. Now softer, smoother, and lighter. The all new Brooks Ghost 11 sees an all new midsole with BioMoGo DNA and DNA LOFT working together to provide just the right amount of softness underfoot without losing responsiveness and durability, yet feels lighter than ever before. Also available in a waterproof Gor-Tex version in the Ghost 11 GTX. RRP \$219.95 at Allez Sport Mooloolaba.

Springy and supportive and now even lighter, the Brooks Ravenna 9 is for those runners who need mild support in the midfoot. The new lightweight mesh upper gives your toes plenty of breathing room and the reflective saddle ensures a secure fit. The BioMoGo DNA midsole has teamed up with the rebound rubber outsole to provide a springy feel underfoot to keep you moving forward quickly. Available from Allez Sport Mooloolaba, RRP \$199.95.



A full range of Aquasphere goggles have arrived at Allez Sport, including new women's Kayenne colours, Kaiman mirror lense and Michael Phelps K180 competition model.

Softness wrapped in comfort, inside plushness, laced around your feet. Featuring Brooks brand new cushioning technology, DNA LOFT, the Glycerin 16 is engineered to provide a luxurious feeling underfoot without losing responsiveness and durability. The new DNA LOFT transition zone makes every move from heel to toe incredibly smooth and the new engineered mesh upper and 3D Print technology only enhance the fit. RRP \$249 from Allez Sport Mooloolaba.



Upcoming Sunshine Coast events

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

Date	Event	Distance	Location	Website
May 26	Runaway Noosa Marathon	The inaugural event will feature five distances, 42.2km, 31.6km, 21.1km, 10km and 5km. The marathon can be run as an individual, or a two or four-person relay. The multi-lap course will start and finish in the heart of Noosa.	Noosa Heads	www.runawaynoosamarathon.com.au
May 26	Wild Horse at Night	A night trail run near Beerburrum with 25km, 16.5km and 10km options. All events start and finish at Wildhorse Mountain car park with 10km runners following an out and back course. The 16.5km course follows the same out and back, adding a loop at the turn around point. The 25km course follows the 16.5km course, adding another separate loop.	Wildhorse Mountain	www.aaracing.com.au
May 27	Swim Noosa	Previously part of the Noosa Ultimate Festival, Swim Noosa is now staged on the Sunday featuring 3.8km, 2km, 1km and 500m swims.	Noosa Heads	www.ap.ironman.com
May 27	Sunshine Coast Cross Country race four	Six-race series jointly organised since 2000 by Maroochy Athletics Club and University of the Sunshine Coast Athletics Club. Races of 10km, 6km, 4km, 3km, 2km, 1km and 500m. Fourth race at Ewen Maddock Dam.	Glenview	www.sccrosscountry.com.au
May 27	Sunshine Coast Cycling Club ITT	Race one of the individual time trial series up Gyndier Drive.	Noosa	www.sccracing.wixsite.com
June 1-3	Ride for Russ	Annual cycling event, covering 350km over two days. The event will provide a challenge of endurance both physically and mentally for participants, and aims to honour Russell Sheehan and Tony Pattemore whilst raising awareness and funds for Blue Hope. Three ride options, full 350km event, day two of Rainbow Beach to Noosa 170km, or 40km from Noosa to Alexandra Headland.	Woodgate to Maroochydhore	www.atlasmultisports.com.au
June 2-3	Garapine MTB Ride Day	Garapine hosts regular ride days open to all MTB riders. All riders must have current MTBA membership and bring their membership details for sign-in on arrival. Shuttle service available.	Garapine	www.garapine.com.au/enduro/
June 3	Sunshine Coast Cross Country race five	Six-race series jointly organised since 2000 by Maroochy Athletics Club and University of the Sunshine Coast Athletics Club. Races of 10km, 6km, 4km, 3km, 2km, 1km and 500m. Fifth race at Ben Bennett Park.	Caloundra	www.sccrosscountry.com.au
June 3	Sunshine Coast Cycling Club ITT	Race two of the individual time trial series.	Glass House	www.sccracing.wixsite.com
June 3	World Bicycle Day	A day dedicated to "recognising the need to strengthen and coordinate efforts to promote sustainable transportation and healthy human development."	Events worldwide	www.undocs.org/A/72/L.43
June 10	Sunshine Coast Cross Country race six	Six-race series jointly organised since 2000 by Maroochy Athletics Club and University of the Sunshine Coast Athletics Club. Races of 10km, 6km, 4km, 3km, 2km, 1km and 500m. Sixth race at the University of the Sunshine Coast.	Sippy Downs	www.sccrosscountry.com.au
June 10	Sunshine Coast Cycling Club ITT	Race three of the individual time trial series and championship decider	North Arm	www.sccracing.wixsite.com
June 16	Wildhorse at Night	Night trail run near Beerburrum, Queensland on Saturday, 16 June 2018 with 25km, 16.5km and 10km options, covering some of the Glasshouse 100 course. This event is part of the Runaway Marathon Series (which includes Hawkes Bay International Marathon, Queenstown Marathon and Runaway Barossa Marathon).	Beerburrum	www.runqueensland.com.au
June 16-17	Garapine MTB Ride Day	Garapine hosts regular ride days open to all MTB riders. All riders must have current MTBA membership and bring their membership details for sign-in on arrival. Shuttle service available.	Garapine	www.garapine.com.au/enduro/
June 17	Caloundra Foreshore Fun Run	The 10km Foreshore Run, which hugs the tranquil Pumicestone Passage from Golden to Bulcock beaches, takes entrants through the spectacular scenery at Kings and Shelly beaches before climbing over the Moffat Headland to the finish line. There is also a testing 3km Fun Run for those who prefer a shorter distance. For families the 3km Family Walk over Moffat Headland is a great way to start a Sunday Morning. All funds raised from the event benefit the Our Lady of the Rosary local primary school.	Caloundra	www.caloundrafunrun.com

CONTINUED NEXT PAGE

Upcoming Sunshine Coast events

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

Date	Event	Distance	Location	Website
June 24	Memory Walk & Jog	Register for the 2.5km walk, 5km walk or 9km run to help those impacted by dementia by joining the race against dementia. All funds raised increase Dementia Australia's ability to provide vital support services.	Kawana	www.memorywalk.com.au/events
June 24	Sunshine Coast Solstice Swim	Ocean swims of 1km, 2km and 3km is staged by Alexandra Headland Rotary Club with support from Alexandra Headland Surf Life Saving Club. All funds raised will support local charities.	Alexandra Headland	www.eventwizards.com.au
June 24	Queensland Enduro Series	Round three of the downhill mountain bike Queensland Enduro Series. Results are based on the total cumulative time across the stages. The lowest time in each category will be the winner.	Garapine	www.emsaustralia.net.au
June 30	Kruising Around Kingaham 6/12hr Rogaine	Staged at LandCruiser Mountain Park, there are six and 12-hour foot rogaine events available. The six-hour event is great for families and beginner rogainers, getting back to the Hash House before dark to enjoy dinner by the campfire. The 12hr event is always popular, since it lets you prove your skills in both day and night and also allows you to get a meal at the end and a well-deserved sleep.	LandCruiser Mountain Park	www.qldrogaine.asn.au
July 15	Sunshine Coast Cycling road race	Race one of the Sunshine Coast Cycling Club road race series.	Rosemount	www.scccrcing.wixsite.com
July 20-22	Velothon Sunshine Coast	The ultimate winter cycling escape to the sun, bringing together a stunning riding location, dream race set-up and a world class rider experience on and off the bike. Choose from a three-day ride of 361km and 5340m of climbing, or a one-day ride with 155km or 95km options.	Cotton Tree	www.velothonsunshinecoast.com
July 21	Prince and Princess of the Mountain	Held the day before the King of the Mountain Festival in Pomona, the 3.4km track from the Lions Den on Mountain St to the base of the mountain is designed for 9-13 year olds as a lead-up race for children interested in the King of the Mountain challenge.	Pomona	www.kingofthemountain.com.au
July 22	Rainbow Beach Trail Running Festival	Trail running events including a marathon, half marathon and 11km running events.	Rainbow Beach	www.runqueensland.com.au
July 22	Pomona King of the Mountain	The Pomona King of the Mountain Festival is an all-day fun filled event for the whole family where in the main race competitors run up the face of Mount Cooroora. The program includes a 3km fun run, but the Bendigo Bank International Mountain Challenge, is a steep, almost vertical climb up the mountain, 4.2km race to the top of the mountain and back.	Pomona	www.kingofthemountain.com.au
July 22	Sunshine Coast Cycling road race	Race two of the Sunshine Coast Cycling Club road race series.	North Arm	www.scccrcing.wixsite.com
July 27	Sunshine Coastrek	The second annual event run by Wild Women On Top, with 30km or 60km treks, to raise funds for the Fred Hollows Foundation. The event is open to both men and women, but teams of four must have at least 50% women. Competitors must start and finish with the same four trekkers, no relays.	Sunshine Coast	www.sunshine.coastrek.com.au
July 29	Glasshouse Trail Series - Flinders Tour	Matthew Flinders was the first European to climb one of the Glasshouse Mountains (Beerburrum) on July 26, 1798. Flinders' Tour is based at Beerburrum State School. Distances include 52km, 26km, and 12.5km.	Beerburrum	www.glasshousetrailseries.com
August 4	Queensland Cross Country Championships	All runners aged six and up, of all abilities, are encouraged to compete. There are no qualifying standards - everyone is welcome. Gold, silver and bronze medals will be awarded to the first three individual place-getters in each age group. Age groups include under-7, under-8, under-9, under-10, under-11, under-12, under-13, under-14, under-15, under-16, under-17, under-18, under-20, open, masters 35-44, masters 45-54, masters 55-64, masters 65+.	Maleny	www.qldathletics.org.au
August 9	Sunshine Coast Cycling winter crit	First race of the winters crits organised by Sunshine Coast Cycling Club.	Caloundra	www.scccrcing.wixsite.com

CONTINUED NEXT PAGE

Upcoming Sunshine Coast events

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

Date	Event	Distance	Location	Website
August 11-12	Hells Bells and Fairy Bells	Teams of two (four-person for A1 registered teams) will navigate their way through a course of about 120km with disciplines including kayaking, trekking and mountain biking that is only revealed to them hours before race start. Team categories for all male, female and mixed. Fairy Bells about half the distance. Each year a new and exciting course is developed.	Sunshine Coast	www.wldnco.com
August 11-12	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 Mini Fondo, and a swap meet. On the Sunday there is a 82km Medio Fondo, 137km Gran Fondo and a 162km Imperial Century.	Noosa	www.noosa-stradebianche.com.au
August 12	Maroochy River Paddle	The Maroochy River Paddle is a marathon paddling race on the Maroochy River starting upstream at the Dunethin Rock Scout Camp and travelling downstream with the outgoing tide to finish 17km later in Eudlo Creek at the Sunshine Coast Paddlesports Club. Racing craft include kayaks, sea kayaks and fishing kayaks; dragon boats and outrigger canoes; surf spec skis and ocean racing skis; stand-up paddle boards; Canadian canoe, plastic sit-on-top and anything else you might wish to paddle.	Maroochy River	www.maroochyriverpaddle.com.au
August 19	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 Maroochydhore. This year's half marathon will again have a one-loop course.	Alexandra Headland	www.sunshinecoastmarathon.com.au
August 9	Sunshine Coast Cycling winter crit	Second race of the winters crits organised by Sunshine Coast Cycling Club.	Caloundra	www.scccracing.wixsite.com
August 25	Australian Cross Country Championships	National championships featuring 10km, 8km, 6km, 4km and 3km events in age groups from under-14 to open men and women.	Maleny	www.athletics.com.au
August 25-26	Sun SEQer Rogaine	The 2018 Australian Rogaining Championships. The event will be held in the vicinity of the Manumbar locality, in the Gympie region.	Gympie	www.qldrogaine.asn.au
August 26	Australian Winter Race Walking Championships	Athletics Australia will offer events for all ages at the 'Winter Walks' with entry details to be provided as they come to hand. Distances from 1km-20km.	Maleny	www.athletics.com.au
August 26	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 Maroochydhore.	Mooloolaba	www.ironman.com
August 26	Noosa Classic	Make your choice from three courses: The Maxi Classic, is a challenging 160km ride through some of the most breathtaking scenery you can experience on two wheels. There's also The Challenge Classic; a 120km option for those with less time on their hands, or distance in their legs. For a more cruisy and casual experience, The Social Classic is a 45km ride through the most stunning areas of the Noosa region.	Noosa	www.noosaclassic.com.au
September 2	Sunshine Coast Cycling road race	Race two of the Sunshine Coast Cycling Club road race series.	Glass House	www.scccracing.wixsite.com
September 8-9	The Glasshouse 100	The Glasshouse 100 is a 100 mile, 100km, 54km, 33km and 11km trail run in the Glasshouse Mountain. The terrain varies from easy gravel road to rough, steep singletrack. There are beautiful views throughout the course, particularly from the top of Mt Beerburum and Wildhorse Mountain.	Beerburum	www.glasshousetrailseries.com
September 9	Sunshine Coast Cycling road race	Race three of the Sunshine Coast Cycling Club road race series.	Rosemount	www.scccracing.wixsite.com

CONTINUED NEXT PAGE

Upcoming Sunshine Coast events

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

Date	Event	Distance	Location	Website
September 9	Hervey Bay Pier 2 Pub	Ocean swim at Torquay with 500m, 1km and 3km distances available.	Hervey Bay	www.oceanswims.com
September 16	Mt Cooroora Endurance Challenge	The challenge is a four-hour or eight-hour run on a 1.2km lap at Mt Cooroora run solo or in relay team pairs or triples. Spend a day on this magic mountain testing your fitness and endurance, with all money raised to the Children's Hospital Foundation, Humpty Dumpty Foundation and HeartKids through the 1200kms for kids charity team.	Pomona	www.mtcoorooraendurancechallenge.com
September 22	Brisbane Open Water Swim	Lake Kawana hosts Brisbane Open Water Swim on September 22-23 with swim distances 1.25km, 2.5km, 5km and 10km. Open to SQ registered swimmers, members of clubs affiliated with other State Swimming Associations and international swimmers who meet clearance criteria.	Lake Kawana	www.brissswim.org.au
September 23	Bli Bli Unite Fun Run and Walk	The untimed 4km Bli Bli Unite Fun Run & Walk is a family friendly event which will help to raise funds for victims of domestic violence.	Bli Bli	www.atlasmultisports.com.au
September 30	Sunshine Coast Cycling road race	Race four of the Sunshine Coast Cycling Club road race series, as well as club championships.	North Arm	www.scccrcing.wixsite.com
October 6-7	Sunshine Coast CycleFest	Includes King and Queen of the Mountain at Palmwoods on the Saturday morning, then in the afternoon a street criterium at Cotton Tree with six events. On the Sunday, there is the 110km Gran Fondo, new 55km Classic and a family ride near Cotton Tree.	Cotton Tree	www.sccyclefest.com.au
October 14	Maleny Lions Mountain View Challenge	The Maleny Blackall Range Lions stage this event in spring each year in order to raise funds for medical research and to provide keen runners the opportunity to compete on a challenging but scenic circuit. Distances include 3km run/walk, 5km, 10km and 21km.	Maleny	www.malenyblackallrange.qld.lions.org.au
October 14	Sunshine Coast Cycling road race	Race five of the Sunshine Coast Cycling Club road race series.	Cootharaba	www.scccrcing.wixsite.com
October 20	Queensland Open Water Swimming Championships	Annual state championships for all age groups, within a range of distances and an opportunity for open water swimmers to gain qualifying times to nominate for the Australian Open Water Swimming Championships.	Lake Kawana	www.qld.swimming.org.au
October 20-21	Blackall 100	The Blackall 100 is on trails traversing the Blackall Range, taking in the Sunshine Coast Great Walk. With a primary 100km event, supported by a 50km event.	Montville	www.runqld.com.au
October 25	Sunshine Coast Cycling sprint	Race one of the Sunshine Coast Cycling Club sprint race series.	Caloundra	www.scccrcing.wixsite.com
October 28	All Schools Triathlon	For athletes looking to qualify for the Queensland School Sport State Triathlon Championships or just give swim, bike, run a go in a protected lake and closed roads. All Schools Triathlon is just for kids and teens aged 7-18 years of all abilities. Aquathlon (ages 7-9 DOB 2010-2008): 500m run - 100m swim - 500m run. Primary aquathlon (ages 10-11 DOB 2007-2006): 1km run - 200m swim - 1km run. Junior triathlon (ages 12-13 DOB 2004-2005): 400m swim - 12km cycle - 3km run. Intermediate triathlon (ages 14-15 DOB 2003-2002): 600m swim - 16km cycle - 4km run. Senior triathlon (ages 16-18 (DOB 2001-1999): 750m swim - 20km cycle - 5km run.	Lake Kawana	www.triathlon.org.au
October 31	Noosa Run Swim Run Aquathlon	Run along Noosa Main Beach and swim in Laguna Bay at Noosa Main Beach. 8-13 years- 500m run/200m swim/ 500m run. 14 years and over 1.5km run/750m swim/1.5km run.	Noosa Heads	www.noosatri.com.au
November 2	Noosa Breakfast Fun Run	Raising money for breast cancer research, the run features a 5km one lap course starting from Noosa Woods. The run takes you up Hastings Street to Park Road and then back down Main beach to Noosa Spit where you will then return to Noosa Woods.	Noosa Heads	www.noosatri.com.au
November 2	Noosa 1000 ocean swim	1km M-shaped ocean swim off Noosa Main Beach. Minimum age 10. Age as at event day.	Noosa Heads	www.noosatri.com.au
November 2	Sunshine Coast Cycling sprint	Race two of the Sunshine Coast Cycling Club sprint race series.	Girraween	www.scccrcing.wixsite.com

CONTINUED NEXT PAGE

Upcoming Sunshine Coast events

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

Date	Event	Distance	Location	Website
November 3	Noosa Tri Superkids Triathlon and Noosa Special Triathlon	The kids only version of the famous Noosa Triathlon. Short achievable distances for kids aged 7-13 years based on participation and fun. 1-13 years - 200m swim/5km cycle/900m run. 7-10 years - 100m swim/3km cycle/500m run. The Noosa Special Triathlon is the only triathlon specifically held for people with special needs, 100m swim/3km cycle/500m run.	Noosa Heads	www.noosatri.com.au
November 3	Australian Criterium, Asics 5km Bolt and legends triathlon	Women's open cycling criterium, and then the legends of all sports undertake a relay triathlon at Noosa Parade in a battle to find the best team. Followed by the 5km Asics Bolt run. Afternoon finishes with open men's cycling criterium.	Noosa Heads	www.noosatri.com.au
November 4	Noosa Triathlon	The world's biggest Olympic-distance triathlon, including a 1500m swim, 40km ride, 10km run.	Noosa Heads	www.ap.ironman.com
November 8	Sunshine Coast Cycling enduro crit	Race one of the Sunshine Coast Cycling Club enduro crit race series.	Caloundra	www.scccrcing.wixsite.com
November 10	Trachyte Tour Duathlon	A new event for 2018, consisting of multiple run and MTB legs. Distances and events include: Run-bike: 15/20km (approx), Run-bike-run-bike: 30km (approx), Run-bike-run-bike-run-bike: 45km (approx).	Woodford, Beerwah, Beerburrum	www.aaracing.com.au
November 16	Sunshine Coast Cycling sprint	Race three of the Sunshine Coast Cycling Club sprint race series.	Girraween	www.scccrcing.wixsite.com
November 17	Kawana Aquathlon and Open Water Swim	Ahead of the Queensland Tri Series is the aquathlon, a Triathlon Queensland State Championship sanctioned event. The events include full distance - 2.5km run/1km swim/2.5km run, enticer - 300m swim/2km run, kool kids (10-11 years) 200m swim/1km run and kool kids (7-9 years) 100m swim/500m run. The open water swim distances include 500m, 1000m and 1500m.	Kawana	www.qldtriserries.com.au
November 18	Queensland Tri Series	Round three of the Queensland Tri Series at Kawana. Events include sprint (15 years+) - 750m swim/20km bike/5km run, enticer (12 years+) - 200m swim/5km bike/2km run, kool kids (7-14 years) - 100m swim/2km bike/500m run.	Kawana	www.qldtriserries.com.au
November 17-18	Hervey Bay 100	Annual long-distance triathlon, including a 2km swim, 80km ride and 18km run. On the Saturday is a kids and beginners event of a 200m swim, 8km ride and 2km run, as well as a 2km Barge2Beach swim.	Hervey Bay	www.hb100.herveybaytriclub.org.au
November 22	Sunshine Coast Cycling enduro crit	Race two of the Sunshine Coast Cycling Club enduro crit race series.	Caloundra	www.scccrcing.wixsite.com
November 30	Sunshine Coast Cycling sprint	Race four of the Sunshine Coast Cycling Club sprint race series.	Girraween	www.scccrcing.wixsite.com
December 1-2	Noosa Cycling Open	Sunshine Coast Cycling Club's Noosa Open with the prologue at Gyndier Drive and the crit at Girraween on the Saturday, followed by the road race at Pomona (Old Bruce Highway).	Noosa	www.scccrcing.wixsite.com/sccc
December 9	Beerwah at Daybreak	Staged at the base of Mt Beerwah at the end of Mount Beerwah Road in the Glass House Mountains National Park. There are four events: the 42km marathon; 21km half marathon; 10km; and marathon relay for teams of two.	Beerwah	www.runqld.com.au
December 9	Sunshine Coast Cycling enduro crit	Race three of the Sunshine Coast Cycling Club enduro crit race series.	Caloundra	www.scccrcing.wixsite.com
December 16	Buderim 9	The Challenge is an exciting annual 76km community cycling event covering nine different hills of Buderim. It lasts for three hours and is held on the last Sunday every year before Christmas.	Buderim	www.buderim9.com.au
December 23	Christmas Crit	Sunshine Coast Cycling Club criterium racing.	Skippy Park	www.scccrcing.wixsite.com/sccc
January 26, 2019	Beerwah@night	Based at Mt Beerwah National Park Day Use Area, and formerly known as Aus'Trail'ia Day Marathon, consisting of three events of 10km, half marathon and full marathon in the Glasshouse Mountains.	Glasshouse Mountains	www.runqld.com.au
February 2-3, 2019	Noosa Summer Swim	The weekend festival will again offer a range of distances for every ability, from junior events to the 5.0km Noosa Grand Prix where seasoned swimmers can push their limits alongside current Olympic swimmers. Distances include 1km, 2km, 1km, juniors 300m and 1km on the Saturday, followed by the 5km and 1.5km on the Sunday.	Noosa	www.worldserieswims.com.au