

Multisport MECCA

May 24, 2017



Quest to build an athlete

CONSIDER this group the fabulous five geared to take a budding athlete from zero to hero.

This week, the Sunshine

Coast Daily and Multisport Mecca begin the search to find, train, hone and develop an athlete over five months into a long course triathlete.

We're chasing those new to the sport or those with a desire but no idea where to start. With the guidance of the best in the business, one

male and one female will learn to become a triathlete, and compete at November's Hervey Bay 100.

FULL STORY, PAGE 2

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Search begins for newcomer



Helping to Build an Athlete are (from left) Cycle Zone Mooloolaba's John Carey, Atlas Multisports' Lisa Crowther, David Hendrey of Hendrey Chiropractic, Jason Crowther from Altas Multisports and David Chick of Alles Sport. PHOTO: IAIN CURRY

LOOKING to reinvigorate your sporting prowess? Do you want to become a triathlete but don't know where to start?

This group wants you. Sunshine Coast Multisport Mecca and the Sunshine Coast Daily has launched its Build an Athlete competition, where a novice triathlete will be trained, honed, dressed and prepared for one of Queensland's most popular long course races – the Hervey Bay 100.

One male and one female over the age of 18 will be selected to receive the package valued at more than \$5800.

The winners simply need to live on the Sunshine Coast, have an ambition to take on long course triathlon and own a bike (or be willing to buy one).

Successful candidates will receive coaching sessions and a program from Atlas Multisports, a professional bike fit by Cycle Zone using the state-of-the-art Retül Muve SL Dynamic platform, chiropractic support from Hendrey Chiropractic, race kit from Alles Sport and entry to November's

Hervey Bay 100.

"This is a remarkably exciting opportunity for two people to get their start in triathlon," Multisport Mecca editor Grant Edwards said.

"Getting involved in triathlon can be daunting for many. For those who see Mooloolaba, Noosa or even Caloundra triathlons for the first time, they can feel intimidated among those who are more experienced.

"We want to break down the barriers and help two lucky people achieve their goal, and share their story with readers along the way."

Whether swimming, running or riding, getting involved in any of these disciplines has many health and well-being benefits.

Combining all three helps develop lean muscles, build strength and tone your entire body

Upper body strength is gained through swimming, while cycling and running does the same for your lower body.

The Hervey Bay 100 is an achievable distance for even new athletes, featuring a 2km swim, 80km ride and an 18km run.

While it sounds daunting, the

BUILD AN ATHLETE

What: Search for a novice athlete keen to tackle long course triathlon.

How to enter: Send an email or video detailing your name, age, residential address, a picture of yourself and reasons why you should be the chosen athlete to multisportmecca@apn.com.au.

Key criteria: Entrants must live on the Sunshine Coast, have a bike or be willing to buy one, must commit to at least six hours of training a week, pay for their own accommodation/transport to race at the Hervey Bay 100 (2km swim, 80km bike, 18km run) on November 19, and be aged 18 or older. The judging panel will take into consideration personality, aptitude, physical history, expectations and knowledge.

Submissions to close: June 15, 5pm.

Winners to be announced: June 21 edition of Multisport Mecca and in the Sunshine Coast Daily on June 23. Training to start at the beginning of July.

longer distance events enable athletes to pace themselves throughout, rather than the high-threshold pressure of sprint or Olympic-distance events.

"Through assembling this group of experts we'll be able to guide our competition winners to conquer this challenge," Grant said.

"There are so many great people involved in triathlon, and

it's amazing how you meet people from all walks of life."

Full terms and conditions are available on the Sunshine Coast Daily website.

Entrants must simply send an email or video detailing their name, age, residential address, and why they should be the chosen athlete to multisportmecca@apn.com.au.

Competition entries close at 5pm on June 15.

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Rich's clinical Ultraman victory

Steele Taylor and Grant Edwards

KIEL Mountain's Richard Thompson claimed a remarkable world record-breaking victory in Ultraman Australia at Noosa Heads last Monday.

Competing in front of home fans, the 32-year-old clocked 21hrs21min14sec to shatter the old mark by 17 minutes.

"That's certainly something I didn't expect going into the event, that's for sure," he said.

"(But) the last three days have just been clinical."

The gruelling format included a 10km swim and 141km ride, followed by a 264km ride on day two before finishing with an 84km run on day three.

Richard was the first to the finish line each day. The only time he wasn't leading was just out of the swim, when Michael Harvey clocked the fastest time of 2:28:35. Richard was just two minutes behind and quickly turned the screws when on the bike to take a commanding lead.

"There's a sense of relief and a huge amount of gratitude to my (support) team," he said.

"They're friends I've had for years and they've all done Ironman events and over the last three months they have given their own time to have meetings or train with me.

"And it was three days of absolute perfection from them crewing for me."

Richard only got into the 50-strong field in February following another athlete's withdrawal.

The race provided him with an opportunity to exorcise some demons which had plagued him since last year's Ironman World Championship.



Richard Thompson celebrates victory at Ultraman Australia with his team.
PHOTO: BARRY ALSOP

A former age group winner at the famous Hawaii event in 2008, he was left dejected by his second outing in Kona, a ninth placing in his division.

"I rode far too hard too early...and for me it was such a disappointment," he said.

"It's really grinded the teeth, the fact I wasn't able to do what I was capable of so to have this result..."

Before Ultraman Australia, he picked the brains of former competitors, including a "four hour coffee" with inaugural winner David Kalinowski.

As a result, he adopted a run-walk strategy during the day three double marathon and it proved crucial, especially because Richard had been troubled by knee complaints in recent months.

The leg injury had hampered his preparation to the point he was forced to do light water running when he was scheduled to do his long runs.

He "flipped the mileage" and actually ran a marathon just a week before he took to the start line.

Richard said 'home ground'

advantage was also "integral".

"For the past three months I haven't trained anywhere but on the course, except in the pool," he said.

He lives just 10km from the bike route.

"So I knew every corner and every bump, which was a huge advantage."

A qualified lawyer who practiced on the Coast for six years, Richard decided to focus wholly on T:Zero Multisport coaching from last year, with Scott Farrell.

He hopes his dogged effort during the three days inspires others to attempt Ultraman Australia next year, when he is likely to be part of a support crew.

Richard won't race for a while, with a return to Hawaii on the agenda at some stage in the next few years. But for now he's keen to support his wife Lisa, who is preparing for Ultra-Trail Mont-Blanc, a 120km run in the Alps in August.

Among the other Coast competitors, Ultraman rookies Keith Maricich and Sam Cooke finished in the top 10. Noosa's

COAST RESULTS

1st. Richard Thompson (Kiel Mountain): Day one - 10km swim 2:30:36, 145km bike 4:02:58 = 6:33:34. Day two - 273km bike 7:42:42 = 14:16:16 (bike total 11:45:40). Day three - 84km run 7:04:58. Total 21:21:14.

9th. Keith Maricich (Noosa): Day one - 10km swim 2:44:33, 145km bike 4:48:19 = 7:32:52. Day two - 273km bike 8:41:24 = 16:14:16 (bike total 13:29:43). Day three - 84km run 8:37:04. Total 24:51:20.

10th. Samuel Cooke (Maroochydore): Day one - 10km swim 3:32:46, 145km bike 4:53:28 = 8:26:14. Day two - 273km bike 8:38:46 = 17:05:00 (bike total 13:32:14). Day three - 84km run 8:12:36. Total 25:17:36.

16th. Andrew Hartnett (Noosa): Day one - 10km swim 3:28:32, 145km bike 5:10:40 = 8:39:12. Day two 273km bike 8:54:27 = 17:33:39 (bike total 14:05:07). Day three - 84km run 9:45:31. Total 27:19:10.

28th. Sean Riley (Palmwoods): Day one - 10km swim 2:55:08, 145km bike 6:01:30 = 8:56:38. Day two 273km bike 10:27:37 = 19:24:15 (bike total 16:29:07). Day three - 84km run 9:47:13. Total 29:11:28.

31st. Ben Johnson (Gympie): Day one - 10km swim 3:30:02, 145km bike 5:30:30 = 9:00:32. Day two 273km bike 9:47:08 = 18:47:40 (bike total 15:17:38). Day three - 84km run 10:42:32. Total 29:30:12.

DNF - Carmen Atkinson (Kawana): Day one - 10km swim 3:29:23, crash 90km into the bike meant she was unable to continue.

Andrew Hartnett was 16th.

Sean Riley beat the mark he set last year by nearly three hours, while Ben Johnston was ecstatic with his inaugural finish.

It was sad news for Carmen Atkinson, who after a strong swim had pushed into third on the bike before a nasty crash at the 90km mark. She has no recollection of the accident which left her in Gympie Hospital, but she is already eyeing an Ultraman return.

See full pictorial coverage on pages 16-18.

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Event for the bucket list

Grant Edwards

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STEPPING onto the Mooloolaba sand at the culmination of this year's Island Charity Swim provided an unmatched atmosphere.

The sense of community which surrounds this iconic swim is something to behold.

Starting on Mudjimba beach, going around Old Woman Island and then setting course for Mooloolaba attracts experienced swimmers and rookies alike.

For the first time since the inaugural journey by Bill Hoffman and Ashley Robinson in 2001, a contingency course was used where swimmers undertook four laps inside the protected Mooloolaba bay due to strong winds and predicted swell.

Yet that did little to dampen the enthusiasm – not even some light rain. Despite the change, 35 individuals and 19 teams added up to 111 swimmers hitting the water.

Money is still coming in, but expect between \$60,000 and 70,000 raised for Nambour and Currimundi Special Schools.

Seeing the kids delivering medals to participants and performing at the evening presentation ceremony is a reminder of the worthy cause.

Without doubt, there are a lot of great fundraising initiatives nowadays. Yet you feel humbled through being involved with this event.

Bill and Ashley are not interested in any hero-worshipping for starting this event. In fact they both gladly hide from any adulation while helping in the background. They do take pride in the fact this is become embraced



Teachers from Nambour Special School's Wahoo 2 finish the swim.

PHOTO: TESSA MAPSTONE



Medal presentations at the Island Charity Swim.



Daniel and Alice Latham.

by the community.

Parents of the children who attend the schools are never seeking handouts or sympathy, but they are truly grateful for the support they receive each year.

For those who haven't been involved, it's one for the bucket list. Over recent months I

have trained with some amazing people, including Ultraman finisher Tony Bryan and triathlete Jarrod Covey who both undertook their first Island Swims. There were also sessions with David Ogg, long-distance veteran Sara Whitelaw, Robbie Andrews, Scotty Farrell, Wade Scougall and 10-time Island

Swim legend David Hendrey.

Experienced swimmers, newcomers and groups, everyone is welcome.

It's not about times or places.

The reward comes from making the journey and getting a medal from the smiling faces of those who truly appreciate the effort.



Grant Edwards after the Island Charity Swim with Digby and Lola Dell.

PHOTO: CONTRIBUTED



Ruth D'Hennin and Casey Munro.



David Schloss and Tony Bryan.

PHOTO: JACKIE BRYAN

Nick's break-through finish

PODIUM one day, surgery the next.

Part-time Noosa resident Nick Kastelein was under the knife yesterday after breaking his collarbone in a bike crash while racing Ironman 70.3 Barcelona.

But not only did Nick finish the race, he also managed to claw his way into second to finish behind training partner and world champion Jan Frodeno.

Jan led out of the swim with Nick, Ivan Rana and Bertrand Billard in the lead group. Bertrand was fastest on the bike, and with Nick looking to bridge the gap he crashed in wet conditions with about 2km to transition two.

Getting back on despite injury, Nick ran himself into second spot with a half marathon of 1:13:13 – just 1min 15sec slower than Jan.

This courageous performance takes us back to 2013, when Paul Costa fell off his bike during Ironman Australia and popped his shoulder out of its socket. He managed to ride the remaining 100km and finish the marathon despite excruciating pain.

After that event four years ago,



Jan Frodeno (centre) sprays training partner Nick Kastelein (left) with the spoils of victory at Ironman 70.3 Barcelona.

INSET: Our coverage of Paul Costa in 2013. PHOTO: IRONMAN

Paul said, "Everyone feels sore and tired doing an Ironman but it was nauseatingly sick. That kind of pain which hits you right in the guts".

"I knew something was pretty wrong when every step you think 'I'm going to throw up here'," he said.



Stowy's fine form

FORMER Sunshine Coast triathlete and cyclist Sam Stow has found fine running form while working in the United States. He set a new record in winning California's Surfer's Path Marathon in a time of 2:47:03, more than three minutes ahead of second place.

Tough going

MORE than 8000 competitors toughed out a gruelling obstacle course at the weekend as Tough Mudder returned to the Sunshine Coast. Held at Woodfordia, the event tested the physical strength, stamina and mental grit of thousands of "Mudders". This year's Tough Mudder official charity partner was beyondblue.

Entries open

AFTER this year's success, Ironman is again offering discounted entry to the Mooloolaba Triathlon. Individuals can enter for \$169 until June 8, a saving of more than \$60 off the regular entry fee. Once again it will be the Australian Standard Distance Triathlon Championship, which should prove popular as athletes look to qualify for Team Australia and race at the ITU World Triathlon Grand Final on the Gold Coast in September 2018.

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Age groupers impress at Byron

BRISBANE professional Josh Amberger won the 22nd annual Byron Bay Triathlon on May 13.

The race had its share of drama with one 31-year-old competitor requiring CPR after collapsing due to a medical episode.

He was treated at the scene before being conveyed to Byron Bay Hospital for treatment with police confirming they will not be investigating the incident.

Twenty-eight-year-old Josh finished in a time of 1 hour 54 minutes 28 seconds, ahead of Suffolk Park athlete Matt Slee and third-placed Nick Hull.

He started the year with a second place finish at Ironman 70.3 in Dubai, before competing in South Africa last month and will now shift his focus to the Ironman Cairns Asia-Pacific Championship in June.

It was a big effort from Matt, who comes from a cycling background and has only recently started competing in triathlon.

He finished in 1hr57m40s while Hull crossed the finish line in 1hr59m08s.

Meanwhile, Redcliffe

professional Holly Grice won the open women's division in 2hrs12m04s. She finished more than five minutes clear of Grafton's Celia Sullohern and Brisbane-based Flick Abram.

There were about 1000 competitors in all, with a kids' triathlon for the first time.

Leading Sunshine Coast performances were from Beerwah's Ash Hunter who won the 25-29 women's division, while Jenna Bugeja of Mountain Creek was first in female 20-24.

It was around 3.30pm, as most race events were coming to an end, that the competitor collapsed on the ground in parkland between the finish line and Byron Bay Surf Club.

Onlookers rushed to assist the man, starting CPR, before paramedics and surf life savers took over performing CPR for more than 20 minutes.

Coast results:

Pete Jacobs 2:01:30 (Noosa) fifth open male (18:57, 1:04:23, 38:08).

Damien Collins 2:05:53 (Beerwah) eighth open male (21:58, 1:05:11, 38:43).

Justin Hunter (Pacific Paradise) 2:17:08 seventh 40-44 male (24:24, 1:13:10,



Byron Bay Triathlon age group winner Ash Hunter of Beerwah.

PHOTO: GREG MILLER

39:33).

Adam Dinnage (Tewantin) 2:18:53 ninth 40-44 male (22:53, 1:09:59, 46:00).

Jake Hynes (Bokarina) 2:19:31 12th open male (18:51, 1:16:14, 44:25).

Ashleigh Hunter (Beerwah) 2:26:40 first 25-29 female (25:46, 1:12:04, 48:50).

Jenna Bugeja (Mountain Creek) 2:31:59 first 20-24 female (24:55, 1:20:23, 46:40).

David McMahon (Peregian Springs) 2:38:31 19th 40-44 male (26:22, 1:28:48, 43:19).

Mark Clayton (Moffat Beach) 2:44:45 29th 35-39 male (28:10, 1:26:57, 49:37).

Ian Spence (Coolum Beach) 2:48:45 29th 30-34 (28:10, 1:24:17, 56:16).

Scott Clark (Mooloolaba) 2:52:15 sixth 60-64 male (29:31, 1:28:22, 54:21).

John Duffy (Mooloolaba) 2:54:47 22nd 45-49 male (30:08, 1:26:34, 58:05).

Sian Hillard (Cooran) 3:00:20 ninth 25-29 female (30:32, 1:28:33, 1:01:15).

Robert Boeke (Buderim) 3:05:15 38th 40-44 (30:56, 1:28:30, 1:05:48).

Rene Grenfell (Buderim) 5:17 12th 40-44 female (28:57, 1:33:51, 1:02:28).

Ian King (Parrearra) 3:50:50 second 70-74 male (38:21, 1:46:12, 1:26:17)

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CHASING an adventure and not just a race led Jez Peterson to New Zealand.

The Venture Cycles owner joined the prestigious five-day Trans NZ Enduro last month where he finished fourth in the masters 40+ men with a time of 2:05:28.

Just getting a spot can be challenging, with prospective competitors asked to lodge an expression of interest, including a brief riding history and motivation to join the capped 120-rider field.

Each day featured vastly different trails in the south island of New Zealand, starting at Craigieburn in the Canterbury region and finishing in Queenstown.

Timed downhill sections were included in each day's three to five hours of riding.

Competitors covered more than 1500m of climbing each day and more than 2000m of descending – totalling in excess of 12,000m of descending for the five days.

"I had done all the enduros around these parts, and I was keen to go riding places I had never been to before with people I had not met," Jez said.

"I knew a handful of people, but most of the other competitors were from all different parts of the world.

"Trying to hit trails as hard as you dare when you have never seen them before...you are hitting everything blind so that was pretty exhilarating."

The trails include native beach forest, alpine riding, roots, high-speed flow, loose, steep and rock.

As an added bonus, it's an all-inclusive journey.

Riders are picked up at the airport, taken to backpacker-style



Jez Peterson competes in the five-day Trans NZ Enduro.

PHOTO: BRENT NEIGHBOUR/TRANS NZ



PHOTO: MATT WOOD



PHOTO: MATT WOOD

accommodation and then ferried to the trails each day with all the food and drinks provided.

"It's all very cool," Jez said.

"In Australia I don't think there is any multi-day like that. I don't think we have the trails for it, without going to somewhere like Thredbo and Mt Buller where there would be big transitions.

"I'd recommend anyone to do it if you can get in."

For more information visit www.transnz.com.



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Feeling at Home on world stage

Grant Edwards

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LAST-minute decisions have paid dividends for Courtney Home.

The Sunshine Coast 24-year-old secured her spot at the Hawaii world championship this month with an age group victory at Ironman Australia.

Her entry into the race came at the 11th hour. Courtney only claimed her start line spot on the Tuesday before racing Sunday following a discussion with coach Richard Thompson.

That meant she raced with little expectation, nerves or anxiousness surrounding her performance – similar to her experiences at Tweed and Kingscliff where she won her age group.

“Originally I was going to do Cairns and we were going to see how I was going at the end of my build,” she said.

“All the races I have dropped into with two or three days notice. I was feeling confident, but I didn’t want to go in with the mentality to say ‘I’m, here to win’.

“I just wanted to go in with no expectations and see how I went. I tried to keep it low key to avoid the pressure and the hype. I wanted to race for myself and not think other people were watching my results.”

Courtney got off to a steady start, completing the 3.8km swim in 1:04:20, before taking the lead during the 180km bike leg with an effort of 6:10:52. She then ran a marathon in 4:09:08 to easily win the 18–24 category.

Ecstatic with the performance, she has endured some tough times away from triathlon. After moving to the Coast last year, she had personal difficulties and was struggling with her job.

Formerly from Chicago, and with her parents still living in San Francisco, Courtney battled being away from family. But a new job, coach and boyfriend has seen Courtney quickly find her feet and triathlon enthusiasm.

“I have a wonderful job now, my boss is delightful, I’m coached by Rich Thompson and he has been phenomenal with support in regards to everything in my life,” she said.

“It’s all coming together really nicely.”

After a couple of weeks of rest, Courtney will now start her recovery before looking to race 70.3 Sunshine Coast in her preparation for Kona.



Courtney Home got her slot for the Hawaii Ironman World Championship after winning her age group at Ironman Australia.

PHOTOS: @KORUPT VISION FOR AUSTRIMAG

“I want to go to Hawaii and do what has to be done. The goal is to win the age group,” she said.

“Ultimately I would love to race professionally. It’s going to take a lot to get there.

“When I raced Port I was racing at 75% of my potential. I know I still have a lot in the bag.”

Also booking a spot on the Big Island was Paul Davies and Barry Oelofsen. They finished one-two in the men’s 35–39 age group, Barry ecstatic with the result given he had two flat tyres during the bike leg.

Barry, a South African-born electrician, is a relative newcomer to the Coast, and his fiancée Katey Gibb secured her first professional win at 70.3 Busselton on the same weekend as Ironman Australia. He previously competed at the world championship in 2014 and 2015.

Unfortunately for Kierra Sansome there was only one Kona slot in the women’s 25–29 age group, and she finished second, but she will instead focus on a strong performance at the 70.3 World Championship at Chattanooga, Tennessee, on September 9.

Coast results: Ironman Australia

David Dellow 8:15:35 (Tewantin) first male pro
Paul Davies 9:10:46 (Peregian Springs) first male 35-39
Barry Oelofsen 9:11:44 (Mountain Creek)

second male 35-39
Adam Dubberley 10:10:29 (Mountain Creek) 13th male 30-34
David Ogg 10:23:11 (Mooloolaba) 16th male 40-44
Luke Radonich 10:26:53 (Buderim) sixth male 25-29
Kierra Sansome 10:27:55 (Aroona) second female 25-29
Glen Dean 11:27:09 (Noosville) 56 male 35-39
Michael Small 11:28:44 (Peregian Springs) 60th male 40-44
Courtney Home 11:29:43 (Sunshine Coast) first female 18-24
Cameron Herbert 11:41:56 (Wurtulla Beach) 58th male 45-49
Isaac Lambert 11:42:09 (Mount Coolool) 70th male 40-44
Nigel Gaffney 12:04:25 (Coolool Beach) 87th male 40-44
David Jouy 12:05:30 (Sunrise Beach) 83rd male 35-39
Nathan Glarvey 12:13:22 (Cooroy) 88th male 35-39
Sarah Ellis 12:13:32 (Maroochydore) 10 female 30-34
Bernie Massingham 12:35:07 (Sippy Downs) 100 male 45-49
Kye Maroney 13:24:18 (Sippy Downs) 10th male 18-24
Anna Matthews 13:35:56 (Maroochydore) 15th female 35-39
Andrew Roberts 14:06:54 (Sunshine Coast) 163rd male 45-49
Greg McDougall 14:12:56 (Aroona) 91st male 50-54
Peter-Andrew Bath 15:02:32 (Noosa Heads) 178th male 45-49
Rebecca Davies 15:22:52 (Noosville) 25th female 30-34
Andrew Trout 15:47:08 (Noosville) 107th male 50-54
Koppo Kopicak 15:57:39 (Golden Beach) 179th male 40-44
70.3
Jason Crowther 4:33:48 (Buderim) sixth male 35-39
Scott Koltermann 4:37:53 (Kuluin) fourth male 25-29

Dyson Findlay 4:49:16 (Noosa Heads) seventh male 45-49
Greg Rehbock 5:15:08 (Birtinya) 30th male 30-34
Alice Latham 5:07:34 (Sunshine Coast) sixth female 30-34
John Ferguson 5:10:04 (Peregian Beach) 26th male 40-44
Scott Shults 5:17:17 (Maroochydore) 36th male 40-44
Sean Lever 5:18:24 (Moffat Beach) eighth male 50-54
Gavin Bell 5:23:19 (Currimundi) 32nd male 45-49
Chris Maroney 5:27:41 (Ilkley) 37th male 45-49
Cassy Cason 05:34:39 (Mooloolaba) 10th female 40-44
Scott Newman 5:37:03 (Moffat Beach) 50th male 35-39
Trent Myles 5:39:18 (Maroochydore) 55th male 35-39
Inna Atkinson 5:40:48 (Alexandra Headland) 10th female 45-49
Virginia Sargeant 5:40:53 (Buddina) 11th female 40-44
Emma Cook 5:41:07 (Currimundi) 12th female 40-44
Kevin Hammond 5:46:13 (Burnside) 60th male 35-39
Chad Carey 5:47:19 (Mountain Creek) 67th male 40-44
Nick Caple 5:56:32 (Sunshine Beach) 67th male 45-49
Justin Sims 5:59:05 (Caloundra) 68th male 45-49
Sandii Rixon 6:04:41 (Dicky Beach) 20th female 30-34
Jen Shults 6:04:59 (Maroochydore) 25th female 40-44
Erin Reid 06:13:18 (Birtinya) 30th female 40-44
Robyn Lever 6:37:17 (Moffat Beach) 19th female 50-54
Stuart Masters 6:58:57 (Mooloolaba) 113th male 35-39
John Simpson 7:00:56 (Aroona) 47th male 50-54
Danielle Wieriks 7:25:50 (Mooloolah) 23rd female 25-29



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The central section features the AUSMAR logo and promotional text. The background is a collage of lifestyle images: a person running on a path, a modern kitchen with a white countertop, and a view of a house through a window.



QBCC 1083000

Get educated on bike laws

Meghan Rothery
Senior Associate at Maurice Blackburn

EVERY time you get on your bike you want to be safe and get where you're going in one piece.

You want to believe your fellow road users will do the right thing and protect you from harm.

Sadly, already this year we have seen a bicycle rider die on Queensland roads – this is one fatality too many.

If we are to see a reduction in cycling deaths and injuries, motorists and bicycle riders must both take responsibility by being aware of other cyclists on the roads and knowing which road laws exist to protect this vulnerable road user.

Know the rules – know your rights

As a keen bicycle rider, what can you do to ensure your safety on our roads? Knowing the Queensland Government's 'stay wider of the rider' laws and educating those around you is a great place to start.

For motorists this includes, but is not limited to the following:

- Vehicles must stay wider of the rider by giving at least one metre when passing bicycle riders in a 60kmh or less speed zone; and 1.5 metres where the speed limit is more than 60kmh.

- Where cyclists are riding two abreast, the minimum passing distance must be kept from the cyclist furthest to the right.

- Drivers can cross the centre lines, including double unbroken centre lines, straddle lane-lines or drive on painted islands to pass bicycle riders, provided the motorist has a clear view of any approaching traffic and it is safe to do so.

- If the minimum distance cannot be abided in passing a cyclist, then the vehicle needs to slow down and wait until it is safe to pass, at the minimum distance.

But did you know the law only applies to vehicles passing cyclists, not cyclists passing vehicles? The penalty for a driver passing too close is three demerit points and a \$353 fine. If the matter goes to court, a maximum fine of \$4712 can apply.

It's a two way street – top five road rules for cyclists

We've all heard motorists negatively stereotyping cyclists as a result of the unsafe or unlawful action of one or two individuals.

While you can't control the undesirable attitudes of motorists,



If a bicycle lane is available, you are not required by law to use it.

PHOTO: FILE

you can make sure you're not the cyclist whose behaviour justifies this by following these simple rules:

1. Signal when turning right:

You must signal your intention to do so with your right arm out horizontally; your hand open, with your palm facing forward.

2. Keep your distance:

Allow at least 2m distance between you and the back of the car in front of you (when following for more than 200m).

3. Keep to the left:

Stay as close to the left as possible on a road that is not a multi-lane road (on a multi-lane road, you can take up any position within the lane). Don't overtake another vehicle on the left if it is not safe to do so or that vehicle is turning left and indicating they will turn left.

4. Maintain an appropriate distance between riders:

Avoid riding with more than two riders side by side unless you are overtaking. Otherwise ride within 1.5m of the other rider if you are travelling side by side with someone.

5. Use bicycle lights when riding at night or in conditions with reduced visibility:

White (front) and red (rear) bike lights need to be mounted so they can be clearly seen at least 200m away. Cyclists also need a red reflector that can be clearly seen at least 50m from behind the bicycle.

Did you know?

Sometimes it's the lesser-known road rules that we may not be aware of that can cause the

biggest confusion and angst amongst road users, such as:

- Bicycle lanes are not compulsory. Where one is available, you are not required by law to use it.

- You can ride on the road shoulder, across a continuous white edge line on a bicycle. However, you must give way to vehicles on the road when moving back onto the road across the continuous white edge line.

- You're allowed to ride your bicycle in special purpose lanes, including: bicycle lanes, bus lanes, tram lanes (you cannot ride on a tramway, i.e as exists on the Gold Coast) and transit lanes.

- You can ride across a zebra crossing or children's crossing as long as you come to a complete stop first, and then:

1. Proceed slowly and safely

2. Give way to any pedestrian on the crossing

3. Keep to the left of any oncoming bicycle riders.

The path ahead

Thanks to significant campaigning in Queensland we're seeing improved road safety rules in favour of cyclists. But the laws themselves are not enough.

Increased awareness and respects for the rights of cyclists on the roads is needed to promote increased respect for their appearance on our roads.

Whether you've just started riding or you're an experienced cyclist, educating yourself on Queensland's cycling laws is key to creating safe bikeways. But did you know that failing to adhere to

these road rules could also impact your bank balance?

Fines for flouting road laws vary and range from a minimum of \$48 for failing to keep left of oncoming vehicles to a whopping \$1137 for exceeding the speed limit by more than 40kmh.

Keep other cyclists safe and your hip pocket happy by checking out 10 of Queensland's commonly broken road rules and what it will cost you to ignore them:

- Failing to wear a bicycle helmet – \$121 fine

- Riding a bicycle without brakes and a bell, horn or similar warning device – \$121 fine

- Neglecting to keep left of the centre of a road – \$97 fine

- Overtaking in an unsafe manner – \$170 fine

- Drinking alcohol while riding - \$365 fine

- Ignoring a 'Stop' sign at a level crossing or intersection – \$365 fine

- Ignoring a 'No U-turn' sign at an intersection without traffic lights – \$97

- Not giving way to a vehicle when entering a roundabout – \$365 fine

- Failure to move out of the way of a police or emergency vehicle with its flashing lights or alarm – \$284 fine

- Failing to give way to a pedestrian in a shared zone – \$365 fine

Remember, ignorance of the law is not a defence. Make sure you're informed by checking out Queensland Cycling Laws.

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Peddling business on two wheels

■ Iain Curry

PUT away the putter and irons and suit up in your lycra, networking for business is happening on the saddle rather than the golf course.

Real estate agent Andrew Hedley of McGrath Noosa has created Business on a Bike, a monthly cycle ride where businesspeople can pedal along in a group, keeping fit, making contacts and sharing work ideas and challenges.

Similar to the Business Cycles rides undertaken from Giant Sunshine Coast every Wednesday from Mooloolaba, this new ride is a free, non-competitive and conducted at a leisurely average pace of 25-28kmh. Leaving from Trilogy Cycles bike shop at Noosa Junction on a weekday before work, the ride lasts an hour and is followed by a half-hour group coffee to finish.

"It's not meant to be people forcefully trying to network, but more a natural process of meeting people," Andrew said.

"If people are looking for a social outlet this is a healthy and inclusive environment, and not only can participants potentially get more business, but also share ideas and challenges in a forum that's non-judgmental."

The Sunrise Beach resident said the first three Business on a Bike rides had already brought success.

"We started with four riders on our first event, and last time we had 10 riders ranging from a retail shop owner, electrician, business consultant and hotel resort manager," Andrew said.

"The electrician had seen a downturn in large contract work in the mining sector of late, and said not only has he got back into cycling now, but has quickly picked up some business with a local retail owner."

Andrew has a master's degree

BUSINESS RIDES

■ The Coast hosts two regular business cycling events.

■ Mooloolaba's Business Cycles ride leaves Giant Sunshine Coast at 6am every Wednesday

■ The new Business on a Bike is staged at Noosa, with the next ride on June 14

in Exercise Science, and this combined with his career in sales and marketing, and now a decade in real estate, helped inspire this new initiative, with cycling being the obvious choice for the keen rider.

"People are getting more and more time-poor, so businesspeople are steering towards things more time efficient than golf or a social networking group outside work hours, especially if they have a family," he said.

"There's a huge correlation between cycling and businesspeople, and Business on a Bike means this social networking can easily fit in with their early morning cycling routine, so they're not missing out on work or family time."

Andrew said novice cyclists are welcome to participate.

"It's non-competitive and more about enjoying the scenery at a steady pace," he said. "Having said that, it encourages people to get into cycling, it's very inclusive and we're hoping to get more women along."

Cyclists typically ride two abreast (where safe to do so) and chat away at their leisure, as you'd find in any cycling group ride. Andrew says knowledge of bunch riding is not essential to come along, and the basics are obtained quickly.

"When people are riding they tend to be a bit more open; it's an informal setting and everyone's a



Andrew Hedley organises Business on a Bike at Noosa.

PHOTO: IAIN CURRY

bit more relaxed," Andrew said. "Business on a Bike is an opportunity to allow people the freedom to talk shop in an organised ride."

The next Business on a Bike ride takes place on June 14, leaving Trilogy Cycles at Noosa Junction at 5.30am.

For more information, like

'Business on a Bike' on Facebook, or contact Andrew Hedley on 0410 551 554 or andrewhedley@mcgrath.com.au.

The Business Cycles ride leaves Giant Sunshine Coast, 122 Brisbane Rd, Mooloolaba, at 6am every Wednesday. Visit www.businesscycles.com.au for more information.



Jeff Rubach and brother Dan Rubach race the RRR.

PHOTO: BRENDAN RADKE

Ironman adds mountain bike races to portfolio

THE Ironman juggernaut continues its stranglehold on Australia's biggest endurance events, last week announcing West Australia's Cape to Cape and Newcastle's Port to Port are new additions to its growing event stable.

Both events were bought from Zubini Marketing & Management.

They join Ironman's mountain bike portfolio which already includes races in New Zealand,

The Motatapu and the multiple stage The Pioneer, the RRR Mountain Bike Challenge in Cairns, and the Absa Cape Epic in the Western Cape of South Africa.

Wanda Group bought Ironman in August 2015 for US\$650 million.

It was back in 2012 that Ironman bought USM Events, which used to run the multisport festivals at Noosa, Cairns, Mooloolaba and Geelong.

Noosa-based Ironman Oceania

managing director Dave Beeche said there were plans to build on the legacy created by both events.

"Cape to Cape and Port to Port embodies the very essence of freedom and satisfaction that is associated with mountain biking," he said.

"There is nothing better than experiencing a few days away, riding through beautiful countryside and enjoying valuable time with friends and family.

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Spectacular third installment



Sean Riley of Palmwoods during Ultraman Australia 2017. PHOTO: BARRY ALSOP, EYES WIDE OPEN IMAGES



Mary Knott has a post-ride ice bath at Ultraman. PHOTO: IAIN CURRY



ABOVE: Andrew Hartnett is embraced by his family at the end of the bike leg, day two.

PHOTO: IAIN CURRY

LEFT: David Ogg (left) joins Ben Johnston during the double marathon.

PHOTO: BARRY ALSOP, EYES WIDE OPEN IMAGES



Fastest female, Deanna Fuller (centre) at the finish line of Ultraman Australia. PHOTO: IAIN CURRY

Ultraman Australia 2017 Official Results

Last Name	First Name	Age	Gender	Day 1			Day 2			Day 3			Overall Place
				Swim 10 km	Bike 145 km	Total Day 1	Bike 273.6 km	Overall Total Day 2	Total Bike Day 1 & 2	Run 84.3 km	Overall Event Total		
Thompson	Richard	32	M	2:30:36	4:02:58	6:33:34	7:42:42	14:16:16	11:45:40	7:04:58	21:21:14	1	
Vicary	Andrew	41	M	2:39:19	4:34:33	7:13:52	8:04:00	15:17:52	12:38:33	7:20:48	22:38:40	2	
Hill	Stuart	45	M	3:06:58	4:26:46	7:33:44	8:05:20	15:39:04	12:32:06	7:22:02	23:01:06	3	
Dalrymple	Brad	38	M	2:55:56	4:48:54	7:44:50	8:36:06	16:20:56	13:25:00	7:12:36	23:33:32	4	
Kelly	Gary	46	M	2:52:52	4:47:18	7:40:10	8:15:45	15:55:55	13:03:03	7:51:09	23:47:04	5	
Wayth	Trout	46	M	3:03:46	4:29:09	7:32:55	8:37:23	16:10:18	13:06:32	8:00:10	24:10:28	6	
Harvey	Michael	30	M	2:28:35	4:50:32	7:19:07	8:39:38	15:58:45	13:30:10	8:11:57	24:10:42	7	
O'Brien	Dean	39	M	3:03:34	4:49:54	7:53:28	8:35:00	16:28:28	13:24:54	7:56:46	24:25:14	8	
Maricich	Keith	39	M	2:44:33	4:48:19	7:32:52	8:41:24	16:14:16	13:29:43	8:37:04	24:51:20	9	
Cooke	Samuel	48	M	3:32:46	4:53:28	8:26:14	8:38:46	17:05:00	13:32:14	8:12:36	25:17:36	10	
Fuller	Deanna	36	F	3:04:47	5:14:08	8:18:55	9:02:20	17:21:15	14:16:28	8:14:13	25:35:28	11/F	
Vaid	Mayank	40	M	3:43:52	5:01:33	8:45:25	9:05:51	17:51:16	14:07:24	8:12:55	26:04:11		
Dennis	Andy	40	M	3:30:10	5:07:36	8:37:46	9:20:12	17:57:58	14:27:48	8:22:50	26:20:48		
Knott	Mary	40	F	2:42:46	5:27:05	8:09:51	9:01:53	17:11:44	14:28:58	9:41:28	26:53:12		
Grummitt	Rob	37	M	3:05:40	5:06:13	8:11:53	9:06:36	17:18:29	14:12:49	9:47:50	27:06:19		
Hartnett	Andrew	44	M	3:28:32	5:10:40	8:39:12	8:54:27	17:33:39	14:06:07	9:45:31	27:19:10		
Neto	Joao Carlos Bernardes	33	M	3:18:47	5:00:33	8:19:20	10:06:51	18:26:11	15:07:24	9:03:55	27:30:06		
Sattler	Trent	30	M	2:54:25	5:23:53	8:18:18	10:01:22	18:19:40	15:25:15	9:21:52	27:41:32		
Mendes	Livia	35	F	3:23:43	5:14:45	8:38:28	9:47:49	18:26:17	15:02:34	9:15:36	27:41:53		
Lee	Craig	47	M	3:38:45	5:25:50	9:04:35	9:44:59	18:49:34	15:10:49	8:52:25	27:41:59		
Muir	Steve	51	M	2:42:09	5:23:45	8:05:54	9:33:02	17:38:56	14:56:47	10:04:23	27:43:19		
Blanch	Aaron	41	M	3:20:22	5:15:59	8:36:21	9:29:50	18:06:11	14:45:49	9:59:25	28:05:36		
Monaghan	Glenn	41	M	3:32:49	5:30:28	9:03:17	9:33:03	18:36:20	15:03:31	9:36:37	28:12:57		
Wheatley	Peter	60	M	4:09:24	5:38:39	9:48:03	9:54:23	19:42:26	15:33:02	8:58:37	28:41:03		
Weightman	Phillip	51	M	3:15:45	5:37:22	8:53:07	9:43:15	18:36:22	15:20:37	10:05:16	28:41:38		
Clark	Jason	40	M	3:42:05	5:28:15	9:10:20	9:37:38	18:47:58	15:05:53	10:05:51	28:53:49		
Page	Krista	46	F	3:39:34	5:35:08	9:14:42	10:17:55	19:32:37	15:53:03	9:31:44	29:04:21		
Riley	Sean	47	M	2:55:08	6:01:30	8:56:38	10:27:37	19:24:15	16:29:07	9:47:13	29:11:28		
McIntyre	Matthew	43	M	4:17:35	6:05:48	10:23:23	11:06:00	21:29:23	17:11:48	9:26:46	30:56:09		
Stoddart	Ryan	37	M	4:07:17	5:50:10	9:57:27	10:36:44	20:34:11	16:26:54	10:28:30	31:02:41		
Tremayne	Margaret	53	F	4:41:40	6:19:31	11:01:11	10:43:35	21:44:46	17:03:06	10:46:05	32:30:51		
Carroll	David	46	M	4:29:20	6:12:44	10:42:04	11:31:51	22:13:55	17:44:35	10:44:57	32:58:52		
Patil	Anand	54	M	5:03:12	6:35:02	11:38:14	11:46:30	23:24:44	18:21:32	10:17:32	33:42:16		



First female finisher, Deanna Fuller, embraces co-competitor Carmen Atkinson (who crashed an had to retire on day one) at the race finish. PHOTO: IAIN CURRY



Sam Cooke (left) running at Mt Cooloom. PHOTO: IAIN CURRY



Ben Johnston prepares for the challenge of Ultraman with crew captain Joanne Taylor, pace runner Dave Ford and supporter Linda Florence. PHOTO: BARRY ALSOP, EYES WIDE OPEN IMAGES



Keith Maricich at the finish line of Ultraman. PHOTO: IAIN CURRY



Richard Thompson at the end of the 10km swim (above) and then at the double marathon finish. PHOTOS IAIN CURRY



Brad Dalrymple, second place on the day three run, celebrates at the finish of Ultraman Australia. PHOTO: IAIN CURRY



Ultraman Australia champion Richard Thompson on the final run stretch at Noosa Main Beach, to achieve a world best Ultraman time.



Sam Cooke in the last 200m of his double marathon. PHOTO: IAIN CURRY



Carmen Atkinson reveals the scars of a bad bike fall on day one of Ultraman Australia. PHOTO: IAIN CURRY



Brad Dalrymple in second place on the day three run. PHOTO: IAIN CURRY



At the end of the 10km swim on Noosa Main Beach. PHOTO: IAIN CURRY



Sean Riley prepares for the bike leg on day one.

PHOTO: BARRY ALSOP,
EYES WIDE OPEN IMAGES



Keith Maricich (left) and Noosa's Andrew Hartnett.

PHOTO: IAIN CURRY



Deanna Fuller (left) and Mary Knott at the finish of the day two bike leg. PHOTO: IAIN CURRY



Sam Cooke gets a post-cycle massage on day two. PHOTO: IAIN CURRY



Keith Maricich on the home stretch of day two. PHOTO: IAIN CURRY



Sam Cooke and crew at the finish line of Ultraman Australia on Noosa Main Beach. PHOTO: IAIN CURRY

The latest and greatest...

The Nike Zoom Flyknit Streak Unisex racing shoe is designed for ultralight support and responsive cushioning to help you fly by the competition.

Compression-moulded Phylon foam is used for lightweight cushioning and comfort. Weight is just 192 grams (men's size 9). This unisex offering is RRP \$239.95 at Allez Sport, Mooloolaba.



The 2017 Giant Anthem X 29er now on sale for \$2799 (was \$3299). It's available at Giant Noosa and Giant Sunshine Coast. The Anthem X is equipped with plush Fox forks and rear shock and Shimano SLX 1 x 11 Drivetrain. The lightweight ALUXX SL frameset is engineered with geometry that's optimised for smooth, fast-rolling 29-inch wheels, its 100mm Maestro rear suspension setup gives it precise, quick-handling that helps you keep your momentum in rough and technical XC terrain.



You in for the long run? Allez Sport at Mooloolaba has a range of Camelbak vests to suit varying budgets. Starting with the recently upgraded Circuit from \$129.95 which has a 1.5-litre Crux reservoir. Then there's the Pro which is lightweight and streamlined for \$189.95, and the range-topping Ultra 10 that was designed and tested with professional endurance athletes for \$229.95.

This is Zipp's all-new 302 carbon clincher. With a 45mm deep Indianapolis-made carbon rim, optimised 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. Available at Cycle Zone Mooloolaba, RRP \$2299 for the wheelset.



The Giant SLR1 Aero wheelset is on sale for \$1799, was \$2199. Available at Giant Noosa and Giant Sunshine Coast, these super light 55mm carbon clinchers, tubeless compatible, Aero bladed spoke with Dynamic Balanced Lacing providing significantly higher transmission stiffness versus traditionally laced wheels - 1700g per pair.

Channel your inner Sagan with this limited edition Allez Sprint Superstar Sagan frameset - ponytail and infinite swagger not included. At the heart of the Allez Sprint is Specialized's D'Aluisio Smartweld Sprint Technology, which strategically places more welding material where it's needed, resulting in an aluminum bike that's more compliant and considerably stiffer. This extremely limited edition offering is \$1500, in 56cm and 58cm only, at Cycle Zone Mooloolaba.



The perfect companion when you don't want to carry a bottle. It has a 500ml capacity, the big bite valve self-seals after each drink eliminating annoying drips, a large mouth opening allows you to fill the flask easily with ice and drink mixes...and when you are finished the empty flask collapses and folds ultra-compact to fit in most pockets. Available at Allez Sport, RRP \$39.95.

Can bar tape really glow? Oh yeah, it glows and the special felt finish on this cork tape will keep your hands happy as well. Great for being seen whether you're concerned for safety or just wanna turn heads. This glow in the dark bar tape by Supacaz is \$49 from Cycle Zone Mooloolaba.



Upcoming Sunshine Coast events

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

Date	Event	Distance	Location	Website
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 checkpoints. Course lengths vary from 5km to over 40km, in terrain from flat coastal pine plantations to undulating native bush forests. Courses to suit riders of all abilities, from social to competitive.	Beerburum	www.mtbo.com.au
May 28	Bushrangers MTB Club Beerburum to Woodford ride	Meeting at the Matthew Flinders Rest Area, Cnr Glass House Mountains Rd and Steve Irwin Way, Beerburum, 7.15am meet for 7.30am ride off. Grade four, about 60km. Bring appropriate level of water for length of time. Stop in Woodford for something to eat and drink (bring money).	Beerburum	www.bushrangers.org
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
June 4	Brightwater Bash	First race of the three-race series. Expect to paddle 1-2 km (on stable sit-on kayaks; lakes/canals and rivers). Ride 20-25 km (on mostly flat bike paths, with off-road options). Run 8-10 km (flat running, with trail options). How far you paddle, ride or run will depend on how you plan to attack the checkpoints. Registration 7am, race at 8am.	Brightwater	www.xciteadventureracing.com.au
June 4	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 4	Bushrangers MTB Club Mapleton Community Ride	Starting at Delicia Road, Mapleton, opposite Lilleyponds at 7.45am for 8am ride off. Grade three, children welcome, but under 16 must be accompanied by an adult on the ride. Monthly community ride that welcomes and introduces new riders to the club. All riders must have insurance coverage. You can sign up to the MTBA free 8-week trial membership.	Mapleton	www.bushrangers.org
June 4	Skippy Park Crit	Sunshine Coast Cycling Club criterium racing, 6-8pm at Skippy Park. Registration from 7am, start times: C/D grade - 7.30am, B grade - 8.10am, A grade - 8.55am. Distances: A grade - 45mins + 2 laps, B grade - 40mins + 2 laps, C grade - 35mins + 2 laps, D grade - 30mins + 2 laps.	Landsborough	www.scccracing.wixsite.com
June 10-11	Moreton Bay MTB Series – Back 2 Back	Competitors take part in three 20km races hosted across two days at Murrenbong Scout Camp 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	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 11	Hervey Bay Duathlon	Event at River Heads Sports Reserve, with juniors: under-10 500m run/2k ride/500m run; under-12 500m run/4k ride/500m run; under-14 1k run/6k bike/1k run. Seniors and under-16: intermediate 2k run/10k ride/2k run; open 2k run/10k ride/2k run/10k ride/2k run.	Hervey Bay	www.herveybaytriclub.org.au

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Upcoming Sunshine Coast events

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Date	Event	Distance	Location	Website
August 12	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
June 17	Wild Horse @ Night	The 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. Registration from 7am, start times: C/D grade - 7.30am, B grade - 8.10am, A grade - 8.55am. Distances: A grade - 45mins + 2 laps, B grade - 40mins + 2 laps, C grade - 35mins + 2 laps, D grade - 30mins + 2 laps.	Landsborough	www.scccrcing.wixsite.com
July 14-16	Velothon Sunshine Coast	The inaugural event will offer a three day or one day road cycling event and include: 3-day Velo ride from Friday to Sunday with each day being between 90km and 155km. 1 Day Velo ride on the Sunday with two distance options from 95km and 155km. Participants can also enter as a team of four, in the three day ride, with the three best times combining for their stage finish time. Velo Clubhouse event hub on the Mooloolaba waterfront providing highlights of the Tour. A cycling sports expo will be staged at Mooloolaba.	Mooloolaba	www.velothonsunshinecoast.com
July 21-23	Caboolture 48 Hour Race	The race at the Caboolture Historical Village in Caboolture, Queensland has 48 hour, 24 hour, 12 hour, 6, 3 and 1.5 hour races. See how far you can run or walk in the given timeframe on an officially measured 500 metre decomposed granite loop.	Caboolture	www.geoffsrns.com
July 22-23	Wide Bay MTB Series – Back Stage Triple	Tackle three diverse: 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
July 28	Sunshine Coastrek	Trek 30km or 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 while raising money for the Fred Hollows Foundation.	Sunshine Coast	www.sunshine.coastrek.com.au

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Date	Event	Distance	Location	Website
July 29	Queensland Cross Country Championships	All runners aged six and up, of all abilities, are encouraged to compete at the championships. There are no qualifying standards and everyone is welcome. Gold, silver and bronze medals will be awarded to the first three individual place-getters in each age group. Age groups: Under-8, under-10, under-12, under-14, under-16, under-18, under-20, open, masters. Masters will compete in 10-year age groups based on the athlete's age on the day: 35-44/45-54/55-64/65+. Junior age is calculated at December 31, 2016.	Maleny	www.sccrosscountry.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
July 30	Rainbow Beach Marathon Festival	Trail runs through Rainbow Beach/Coolooloa National Park, distances of 11km, half marathon and full marathon.	Rainbow Beach	www.runqueensland.com
August 4-6	Hells Bells and Fairy Bells	Teams of two will navigate their way through a course of about 120km with disciplines including kayaking, trekking and mountain biking that is only revealed to them hours before race start. Fairy Bells about half the distance.	Sunshine Coast	www.dareyouadventure.com.au
August 12	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 13	Twin Waters Urban Adventure	Second race of the three-race series, which includes two urban adventure races, and one urban/street rogaine. Expect to paddle 1-2 km (on stable sit-on kayaks; lakes/canals and rivers). Ride 20-25 km (on mostly flat bike paths, with off-road options). Run 8-10 km (flat running, with trail options). How far you paddle, ride or run will depend on how you plan to attack the checkpoints. Registration 7am, race from 8am.	Twin Waters	www.xciteadventureracing.com.au
August 18	Cricks Onesie Fun Run	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/Coolooloa National Park with distances of 11km, 21.1km and 42.2km starting at Phil Rodgers Park.	Rainbow Beach	www.runqueensland.com

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Date	Event	Distance	Location	Website
September 2-3	Rainbow Beach Double Triathlon	Two triathlons in two days. On the Saturday is active kids from 2pm, and then the active first timers at 2.30pm. Race one (750m swim/20km bike/5km run) starts 3.30pm. On the Sunday, the race starts at 7.30am (750m swim/20km bike/5km run). The two events are combined to give an 'olympic' distance time. Competitors can do one or both races.	Rainbow Beach	www.rainbowbeachtriathlon.com.au
September 2	Adventure racing skills clinic	Get the lowdown on navigation and gear, paddling, mountain biking and trail running. BYO all your adventure gear (including mini first aid kit), mountain bike equipment, compass (map-board would be beneficial if you have one), backpack sufficient to carry shoes for foot nav and food/drink during sessions, hydration/nutrition for all sessions. Paddle craft and paddling equipment will be provided. Bookings essential, 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.	Beerburum	www.glasshousetrailseries.com
September 10	Ironman 70.3 Sunshine Coast	Half-Ironman distance triathlon, featuring a 1.9km swim off Mooloolaba Main Beach, two-lap 90km bike route along the Motorway and also some hinterland aspects, and two-lap 21.1km run course from Mooloolaba to Maroochydore.	Mooloolaba	www.ironman.com
September 17	Mt Cooroora Endurance Challenge	The Mt Cooroora Endurance Challenge is a 4 hour or 8 hour run on a 1.2km lap at Mt Cooroora run solo or in relay team pairs or triples.	Pomona	www.mtcoorooraendurancechallenge.com
September 24	Mountain Bike Orienteers State Series	Round nine of the State Series. Using specially produced maps, riders navigate their way along roads, tracks and trails to control markers (checkpoints). Course lengths vary from 5km to over 40km.	Beerburum	www.mtbo.com.au
September 24	Coolum Triathlon	New triathlon event at Coolum's industrial estate. Sprint Distance Triathlon: 750m swim, rectangle course. 20km bike course 4x5km laps on bike leg. 5km run; 2.5km out and back course on run. Enticer distance: 400m swim. Rectangle course. One lap. 15km bike course; 3x5km laps. 2.5km run, one lap. Kids: 200m swim, rectangle course, one lap. 5km bike course, one lap. 500m run.	Coolum	www.triathlon.org.au
October 7-15	Sunshine Coast Bike Week	Celebration of riding, with a range of events for participants of all ages and abilities staged by Sunshine Coast Council.	Sunshine Coast	www.sunshinecoast.qld.gov.au
October 7-8	Sunshine Coast CycleFest	Includes King and Queen of the Mountain at Palmwoods on the Saturday morning, then in the afternoon a street criterium at Cotton Tree with six events. On the Sunday, there is the 110km Gran Fondo, new 55km Mid Fondo and a 25km Family Fondo from Port Arkwright to Cotton Tree.	Cotton Tree	www.sccyclefest.com.au
October 8	Metrogaine	Queensland Rogaine Association hosts Metrogaine at Caloundra. Instead of getting checkpoints, answer questions about the area's key landmarks.	Caloundra	www.qldrogaine.asn.au
October 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

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Date	Event	Distance	Location	Website
October 15	12-Hour MS Swimathon	Nambour Aquatic Centre will host its MS Swimathon fundraiser.	Nambour	www.msswimathon.com.au
October 18	Ride2Work Day	Ride2Work Day is an annual national event that promotes cycling to and from work.	Sunshine Coast	www.sunshinecoast.qld.gov.au
October 21-22	Blackall 100	Two trail runs, featuring 100km and 50km events. The 100km starts at 6am with the 50km starting an hour later at 7am. Cut-off for the 100km is 10am Sunday morning (28 hours) and 9am for the 50 km (25 hours).	Mapleton	www.blackall100.com
October 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 11	Caloundra Urban Street Rogaine	Third race of the series, involves trekking/running/walking to checkpoints which will comprise a series of multiple choice questions relating to landmarks, street signs, and other particular points of interest. You will have to navigate yourself around the coastline hills of Mooloolaba and Maroochydore within the three-hour race duration. This race will be held in the evening commencing at 6pm, so you will have to bring a torch.	Mooloolaba and Maroochydore	www.xciteadventureracing.com.au
November 19	Sunshine Coast Spring Swim	The Sunshine Coast Spring Swim offers distances for every ability (5km, 2.5km, 1.25km, and juniors 300m and 1.25km), a simple course layout for kids and beginners and longer events for competitive swimmers and triathletes in training.	Mooloolaba	www.worldserieswims.com.au
November 19	Hervey Bay 100	Main event is a 2km swim, 80km ride and 18km run. Saturday includes a mini aquathlon, junior triathlon and Have a Crack tri.	Hervey Bay	www.hb100.herveybaytriclub.org.au
December 17	Buderim 9	Rated as one of the toughest rides on the Sunshine Coast, cover the nine hills of Buderim within three hours, covering nearly 75km and raising money for the Cerebral Palsy League.	Buderim	www.buderim9.com.au
February 3-4, 2018	Noosa Summer Swim	The Noosa Summer Swim, presented by Milk & Co, is a bucket list event for any keen ocean swimmer. The event is over a full weekend program offering a range of distances for every ability, from junior events to a new 5.0km marathon distance where seasoned swimmers can push their limits. Distances include 300m, 1km, 2km, 3km on the Saturday, and then a 5km and 1.5km option on the Sunday.	Noosa Heads	www.worldserieswims.com.au
March 9-10, 2018	Mooloolaba Triathlon Festival	Mooloolaba Twilight 5km run, 1km Ocean Swim, Superkidz Triathlon and the Special Tri. The event also features the Mooloolaba ITU Triathlon World Cup.	Mooloolaba	www.ap.ironman
March 11, 2018	Mooloolaba Triathlon	The Olympic-distance triathlon featuring a 1.5km swim in the Mooloolaba bay, one-lap 40km bike course on the Sunshine Motorway, and two-lap 10km run course from through Alex Headland.	Mooloolaba	www.ap.ironman.com
April 28-29, 2018	TreX Cross Triathlon Championships	Seven-race off-road triathlon series culminates at Ewen Maddock Dam. Events include standard course: 1500m swim, 30km bike, 10.5km run. Sprint course: 400m swim, 10km bike, 3.5km run. Junior and teaser: 150m swim, 4km bike, 1km run. Dirt Kids 50m swim, 1.5bike, 500m run. Aquabike (swim and bike): Standard and sprint distance.	Landsborough	www.trextriathlon.com.au