

Multisport

September 13, 2017

MECCA



Teenage star on the rise

Grant Edwards

THREE years ago, riding a bike usually involved a motor for Kaden Groves. Today he's in China riding for the St George Continental Cycling Team competing in the 12-stage Tour of Poyang Lake.

After a motorcycle accident just over two years ago, Kaden was introduced to the sport when he climbed aboard a spin bike as part of his knee injury recovery.

His first race was with Sunshine Coast Cycling Club on March 22 in 2015.

Since then the 18-year-old has become a powerhouse.

He won last year's under-19 road race national championship at Canberra, and after finishing Year 12 at Gympie has moved to Maroochydore with a pure cycling focus.

While having previously trained under Noosa coach Ron Boyle, Kaden is now "doing my own thing" and riding with the likes of fellow rising star Ryan Cavanagh.

CONTINUED ON PAGE 2

PHOTO: MAL KEEBLE

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Kaden dominates Queensland

FROM PAGE 1

His new approach has paid dividends and the youngster was in white-hot form ahead heading for China. In his home town, Kaden claimed victory in all three stages of the Queensland Road Teams Series. He also won the elite Queensland individual time trial just weeks before at North Stradbroke Island.

Kaden's parents are supporting him as he undertakes a serious tilt at the sport, which he attributes to his most recent success.

"There's no secret really. Just big weeks on the bike," he said.

"I do around 16-20 hour weeks which is between 500-700km."

"It's been a big jump but it's really good. I have been training hard. It helps being full time, you have time to recover."

Since last year's national title it has been a steep learning curve.

Riding the Tour of Poyang Lake last year saw Kaden exposed to a big stage race.

That event led to him being approached by St George, a club regarded as one of the nation's most successful – laying claim to having produced more than 100 national representatives.

He rode with St George at the Herald Sun Tour in February where he rode in the peloton alongside some of the world's best, including four-time Tour de France winner Chris Froome and Team Sky and Orica-Scott's Simon Gerrans.

"It was awesome to race against Froome and the like. It was really good racing," he said.

"Seeing the benchmark being set so high was really good and it



Kaden Groves leads home The Pedaler team in the Queensland Road Teams Series time trial.

PHOTO: MAL KEEBLE

makes you want to train harder."

During June, Kaden secured his UCI podium after finishing second in the prologue at Japan's Tour de Kumano.

Ahead of flying out, Kaden said he was looking forward to his return to China.

"I raced this tour last year and I was inexperienced. Now, I know what I'm in for," he said.

"There is a lot of really flat and fast racing, and a few days for the climbers. I'm probably one of two sprinters, and the rest of the team are strong. I might have to lead out for a few days into the hills.

"We have a good team, it

should be really good."

There's a busy schedule for Kaden and his team this year, after returning on September 25 he will again head for another tour in China 10 days later, while there are other races in Malaysia and Indonesia among the plans.

After finishing with his road race commitments, he will then turn his attention to the track as he prepares with the men's team pursuit youth squad for the Cycling Australia Madison National Championships on December 17.

Kaden said he would continue to ride for St George overseas, and team Pedaler locally.

"I have worked hard and it's nice to get the results," Kaden said.

"So far I have had a few offers for next year. I'm really happy on St George and they are looking after me.

"I like the competitiveness (of cycling) and having teammates. I really like team racing, everyone working together.

"I enjoy parts of both (track and road). There are two pathways, I don't quite know which one I'll take yet...the Tokyo Olympics would be cool."

See full coverage of the Queensland Road Teams Series racing on page 10.



Alexandra Martin-Wallace is the Sunshine Coast Sports Federation's Junior Sports Star of August.

PHOTO: WARREN LYNAM

Medal moments to savour

BUDERIM teenager Alexandra Martin-Wallace harbours Olympic hopes and it seems she's on track.

The 17-year-old is the Sunshine Coast Sports Federation's Junior Sports Star of August after claiming bronze at her first junior track world championships, in Italy.

She fared well in a string of events but it was the scratch race in which she snared a place on the podium.

"I didn't really know how I'd go...I just really wanted to do my best and to gain a lot of

experience," she said. "I definitely did that and I was just stoked to come away with a medal as well."

She also stunned in March, when she broke the Australian junior record in winning the national under-19 pursuit crown, clocking 2min21.124sec over 2000m.

The Sunshine Coast Cycling Club member – an athlete with the Queensland Academy of Sport – has serious ambitions.

"I'd love to make it to the Olympics. I'm not sure which one but it definitely is the long-term goal."

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Action from the 2016 Ironman 70.3 World Championship at Mooloolaba.

PHOTO: GRANT EDWARDS

Worlds back on radar

Grant Edwards
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SETTING the benchmark at last year's event, the Ironman 70.3 World Championship could return to the Sunshine Coast in 2020.

While the famed Ironman World Championship is anchored in Hawaii, the half distance title decider moves every year.

Last year it was held at Mooloolaba to rave reviews, and this weekend the titles are in the United States at Chattanooga, Tennessee.

The weekend's 70.3 event did not require qualification. World title events only take the leading competitors from elite and age group categories who gain entry through either finishing high enough in their segment, or

gaining enough points over a series of races.

That saw a massive influx of international competitors to the region, both pre and post event.

At a VIP event in Mooloolaba on Friday, Ironman head of partnerships Jeff Gillies said he was confident the Sunshine Coast would again host the event given the success of 2016.

Next year's 70.3 world championship will be staged at Port Elizabeth, South Africa.

For 2019 it will head for Nice, France.

Jeff said the Sunshine Coast had set the standard for other world championships last year, and was hopeful the title decider would return to the Asia Pacific region in 2020.

"Our athletes travel with our

brand. They travel with our sport and it's a lifestyle for them," Jeff said.

"The Sunshine Coast holds a very special part of that lifestyle. Here we are coming into spring and getting ready for summer...it's the traditional kick-off for our season.

"We (are) now rolling to events like the Noosa Triathlon celebrating its 35th year, which is just such an outstanding achievement, then we gear up for Mooloolaba and roll into the Gold Coast region which is a big year with (ITU) worlds.

"What works for us is the attributes of the destination. It's also the community and the partners who are around here who have the vision and the foresight to invest."

Back in favour

BELLI Park product Shara Gillow (pictured) has been included in the Australian team for the road world championships in Norway. The London Olympian returns to the squad for the first time since 2014, following a strong season with FDJ Nouvelle-Aquitaine Futurescope. The 29-year-old claimed top-10 results at classic races Fleche Wallonne and Liege-Bastogne-Liege and she was fifth at La Course in July.



First ultra finish

COOLUM'S Rach Cheshire (pictured) completed her first ultra marathon, finishing the 50km Wildearth Coastal High 50 this month. She completed the challenging trail run from Binna Burra to Springbrook in 7:29:51, and was the 39th woman overall.

Conquering Mont Blanc

LISA Thompson of Kiel Mountain crossed the line of the 120km Ultra Marathon Mont Blanc in just under 30 hours. Starting on the Wednesday morning in Courmayeur, Italy, she ran the challenging trails around Mt Blanc (including 7250m of vertical) to finish in Chamonix, France on Thursday in 29:58:21.

Trio's Smiddy ride

COAST athletes Mick Farrag, Sean and Robyn Lever completed a challenging 1600km journey by bike from Townsville to Brisbane. Leaving on August 27, they travelled through Charters Towers, Clermont, Emerald, Biloela, Gayndah and Blackbutt before reaching the finish.

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Festival's full weekend expansion

■ Grant Edwards

GROWING interest in ocean water swimming has inspired an expanded Mooloolaba Beach Festival next February.

Previously known as the Mooloolaba Mile, World Series Swims will introduce a two-day program next year featuring paddling races, yoga, exhibitions, an outdoor cinema, as well as additional ocean swims.

New events on the Saturday will see swimmers undertake a 2.5km Alexandra Headland to Mooloolaba ocean swim. There will also be a 5km race from Mooloolaba to Alex and return for long-course swimmers.

Paddle boarders and stand-up riders will also be given a chance to race the same 5km course.

On the Sunday there will be junior 300m and 800m swims, along with the traditional half mile and Mooloolaba Mile (1.6km) events.

"It was always our intention to expand and have ocean swims over two days," World Series Swims director John Guise said.

"The mile field has been growing, and there is plenty of demand for ocean swims.

"We wanted to introduce a new format on the Sunshine Coast. Rather than just a straight ocean swim event, we wanted some more leisure activities, paddle boarding and lifestyle options that are more family friendly."

The Noosa event, in early February, lengthened over two days this year and proved successful, with the rapid improvement in long-course entrants.

"Every year the long-course fields are growing. The weekend punters are looking to test their limits," John said.



The World Series Swims program will expand in 2018 with a two-day Mooloolaba Beach Festival.

PHOTO: SURFSHOTS NOOSA

NEW EVENT

What: Mooloolaba Beach Festival.

When: February 17-18.

Details: Saturday to feature beach yoga sessions, 2.5km Alex Headland to Mooloolaba Ocean Swim, 5km Mooloolaba Grand Prix Ocean Swim, 5km Paddle Race (paddle board and SUP), sand sculpture exhibition and an outdoor cinema.

Sunday to include beach yoga sessions, 300m and 800m Junior Ocean Swim, 800m Mooloolaba Half Mile and the headline 1.6km Mooloolaba Mile event.

"It's similar to the running events, where once you conquer a 10km you look to a half marathon.

"Once you do 1km you then look to 2km or 3km. The short courses are popular as ever but there has been a steady growth in the longer races.

"The fields are growing all around the country. The Bondi to



Bronte in Sydney is also part of the World Swims Series, and we managed it for first time last year and it was the biggest field they have ever had.

"I think there is now a swimming community who also do a bit of triathlon. There is a group dedicated to ocean swimming."

Both the days will be

action-packed, with the Saturday to have activities from sunrise to sunset.

Each morning will begin with yoga sessions and special guests will include lifeguards who feature on the Bondi Rescue television series, along with official ambassador and Olympic legend Michael Klim.

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Long ride all in a day's work

EVER wondered how much training you could fit in if work didn't get in the way?

Tour de Office combined work and play last week when Ausmar Homes estimator Dave Schloss and Multisport Mecca editor Grant Edwards spent the day at their desks – but riding stationary bikes in the process.

After seven hours in the saddle, they amassed more than 160km. The tally was monitored by a Wahoo Fitness app synced to a Wahoo Kickr Snap trainer.

"The aim of the day was to simply roll things over and work in the process," Grant Edwards said.

"Averaging 91 watts meant the leg fatigue never really set in, the greatest challenge was finding a comfortable position. Sitting upright means you can't get your normal sit bone position, which meant a numb bum for most of the day and things certainly got challenging through the afternoon even though we double-kicked early in the day.

"It's probably something you could handle on a regular basis for

91	n/a	TSS
Avg		
85		
20 sec	5 min	20 min
237	107	102
1 min	10 min	1 hour
174	105	--
Heart Rate	Speed	Cadence
77	--	--
Time	Heading	Distance
7:00:17	--	160.77

a few hours, but we wouldn't recommend it become part of the usual training regime."

Tour de Office was started in 2011 and aims to raise awareness about the health risks office workers face by sitting for



prolonged periods of time. Research shows that sitting for more than four hours per day greatly increases your risk of chronic disease.

Two Suncoast Fitness spin bikes were also set up next to David and Grant at the Sunshine



David Schloss and Grant Edwards undertake Tour de Office. Top left, the data from the day showing 160km in seven hours.

Coast Daily office, where they were joined by riders throughout the day for 30-minute stints.

Experienced RPM coach and instructor at Suncoast Fitness Dallas Blacklaw (pictured left) also dropped in for a spin.

"Surprisingly the day sparked a fair bit of interest from people keen to have a crack next year," Grant said.

"Ausmar director Tony Bryan was away as part of his racing commitments in Canada and he's already keen to make it an annual event."

Dave backed up to race at the weekend, winning the mixed division of both the 15-hour and 24-hour events at the Dodge the Divide Rogaine with Kim Beckinsale.

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Lively chronicle of professional team

WHEN the tour bus got wedged beneath a Tour de France finishing arch, Australia's first professional cycling team knew it wasn't going to be smooth sailing on the international stage.

All For One is a lively documentary chronicle of the first five years in existence of GreenEdge, Australia's first ProTour cycling team.

The film's deep, behind-closed-doors access to the inner workings of an elite cycling outfit — particularly one which made quick and significant inroads into Europe — is both its calling card, and saving grace.

Two-wheeled tragics eager to learn as much as they can about the planning, training and personality management necessary to engender real success in the likes of the Tour de France will be enthralled by much of what is on display here.

"One of the best sporting documentaries I have ever seen." — Dean Jones, legendary Australian batsman.

"Amazing film... Really inspiring." — Nathan Buckley,



The GreenEdge team is featured in the movie All For One, looking at their first five years in existence. PHOTO: CONTRIBUTED

Collingwood AFL coach.

"One of the best films I have seen." — former AFL coach Mick Malthouse.

"Packed with heart, bravery, laughter and tears... much more than a cycling film." — Sam Edmund, Herald Sun

The movie is part of Bike Week celebrations which runs from

October 7-15.

It will start with a bang courtesy of CycleFest, which begins with a time trial climb from Palmwoods to Montville. That will be followed by 110km gran fondo and several smaller events as part of the festival.

Check out our events calendar for more Bike Week activities.

ALL FOR ONE

Where: Majestic Cinemas and Event Centre, Nambour.

When: October 11, 7-9pm.

Cast: Phil Liggett, Matthew Hayman, Esteban Chaves.

Directors: Marcus Cobbledick, Dan Jones.

Classification: M, 99 mins, coarse language

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Alastair claims title

Mal Keeble

ALASTAIR Mackellar proved he is a future star of Australian cycling in winning the under-17 men's time trial at the 2017 Cycling Australia Junior Road National Championships in Tasmania.

The championships were held from September 1-3 in Devonport. Eight titles were awarded across Friday and Saturday in the time trial and road races, before bad weather caused the cancellation of the Sunday criteriums for safety reasons.

Alastair raced to victory over the 14km time trial course in a time of 19 minutes 10 seconds.

Fellow Queenslander James Moriarty, from the Balmoral Cycling Club in Brisbane, finished in second place, 25 seconds behind Alastair.

Alastair said to win the under-17 national time trial championship was a dream come true.

"Words cannot not describe how excited I am to have the national championship," he said.

"I'm over the moon with this result and can't thank those people who have helped me out over the past few months enough.

"The conditions were always going to be tough in Tasmania and to take the win against James (Moriarty) and the other strong riders means a lot to me."

Alastair fell short of a podium place in the under-17 men's road race, finishing 17th in a bunch sprint, two seconds behind the winners. This was after Alastair punctured in the race and had to solo back on to the lead group.

The combined time trial and road race results meant that Alastair received the under-17 Champion of Champions Jersey as the overall winner of the



Alastair Mackellar won the under 17 men's time trial at the 2017 Cycling Australia Junior Road National Championships in Tasmania.

PHOTO: CONTRIBUTED

under-17 men's national title.

Alastair said it was great to have former national champion Henk Vogels supporting him at the event.

"Henk was a great support for me over the weekend with his encouragement and tactical advice," Alastair said.

"Having experienced people in my corner has improved my confidence and provided me with the opportunity to learn more about racing and performing at the elite level.

"Achieving the time trial win and champion's jersey would not have been possible without the support of my coach Warren McDonald and his father Merv McDonald OAM - I can't thank them enough."

Former winners of the junior road national championships



Alastair MacKellar (centre) delivered another title to Queensland in the time trial. He won from James Moriarty and Harry Morgan.

PHOTO: CHRISTINE TAYLOR

include current stars on the world stage Rohan Dennis, Luke Durbridge, Caleb Ewan and Amy Cure.



Inna Atkinson finishes at worlds.
PHOTO: CONTRIBUTED

Duo finish 70.3 worlds races

TAKING on the world's best proved challenging for two Sunshine Coast athletes on Saturday.

Kierra Sansome and Inna Atkinson both finished tough individual races at the Ironman 70.3 World Championship in Chattanooga.

Kierra had an overall time of 5:11:46 and finished 37th in the 25-29 women category (32:46 swim, 2:54:07 bike, 1:37:33 run).

Inna Atkinson crossed the line in 6:30:35, which saw her 152nd in women 45-49 (41:26 swim, 3:33:55 bike, 2:08:28 run).

Go west for Epic off-road racing

COAST athletes featured prominently at the Flight Centre Sports and Events Trail Run and Cycle Epic at the weekend.

Gina Dunsdon won the women 40-49 age group in 6:21:18, Dyson Findlay was fourth male 40-49 (5:16:26). Others to compete were Ross Cattle (5:58:11), Josh Russell (6:04:36), Lukas Cann (6:15:17), Jason Cheshire (6:23:03 and 2:06:12 for the 21km trail run), Eugene Craddock (6:25:57), Grant Callaghan (6:31:16) and Lucy Coldwell was fourth in her age group (6:31:41).

Wade Scougall ran the half in 2:04:19, and then finished the 52km ride in 5:54:23.

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Kaden fires against state's elite

■ Mal Keeble

KADEN Groves showed he is in top form winning all three stages of the elite men's Queensland Road Teams Series held in Gympie earlier this month.

The third round of the elite men's Queensland Road Teams Series (QRTS) consisted of a 122.8km road race, 60 minute criterium and 30.6km team time trial.

Kaden stormed to victory in the stage one road race at Langshaw, 24 seconds ahead of his The Pedaler teammate Mitch Neumann and over a minute in front of the chasing bunch.

The criterium was held on the streets around the home of the Valley Rattler in Gympie on the Sunday morning and a large crowd was on hand to see Kaden sprint across the line to claim his second victory ahead of 80 other elite cyclists.

The third and final stage was the team time trial at Pie Creek where Kaden and his The Pedaler team, including fellow Sunshine Coast rider Ryan Cavanagh, finished more than one minute ahead of their nearest rivals, giving Kaden a clean sweep of round three of the series.

Kaden who is based at Maroochydore but grew up in Gympie, said winning in his backyard was a special feeling.

"The road race and team time trial were both held on roads that I used to train on every day – home is just five kilometres down the road," Kaden said.

"I'm happy to have been able to use my local knowledge of these roads to take the three stage wins and overall victory of the round."

Kaden said winning the Sunday morning criterium in front of his family was a special feeling.

"My family have backed my



Kent Carpenter leads the Farrago Interiors team to the finish of the team time trial. PHOTOS: MAL KEEBLE



Mandy Newman looking strong in the women's criterium.



Veronica Lebedev (finished third in the women's criterium.

cycling career and are my biggest supporters – to have them there on the sidelines was fantastic," he said.

"It was really special to have my grandparents there to see me race and win the criterium.

"Thank you to the organisers Cycling Queensland, NXsports and Gympie Regional Council for bringing the event to Gympie, and I can't thank my The Pedaler Cyclery teammates enough for their support over the weekend."

The Sunshine Coast was well

represented at round three of the QRTS, with Noosa's Kent Carpenter beating home a strong field in the masters men criterium. Kent was the aggressor for much of the race and was well supported by his Farrago Interiors teammates – the only Sunshine Coast team in the series.

Mandy Newman and Veronica Lebedev represented the Sunshine Coast in the women's events. Mandy finished both the women's road race and criterium in ninth position, while Veronica

claimed third in the criterium and second in the team time trial.

Ryan Cavanagh, Patrick Kennedy, Jonathon Noble and Michael Ryan also put in strong performances throughout the weekend. Under-19 Sunshine Coast Cycling Club riders Jonathan Curry, Taj Jones, Jake van der Vliet, Ocker Henning and Sutton Henning all held their own in the elite series.

The fourth and final round of the series is on the Sunshine Coast from October 7-8.



Bradley Fox (left) and Michael Ryan racing for the Campos Cycling Team in the team time trial.



Sunshine Coast riders Luke van Maanen, Ocker Henning and Patrick Kennedy (left to right) compete in the criterium.



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Striking gold at state road champs

■ Mal Keeble

SUNSHINE Coast cyclists punched above their weight to bring home four gold medals and three silver medals at the weekend's Queensland senior road championships held at Elimbah.

Ryan Cavanagh claimed the biggest win on the day in the men's under-23 race. The 130km race was decided in the final 200 metres with Ryan and Brisbane's Olly Smith locked in a sprint to the finish.

Only millimetres separated the two with Olly's wheel crossing the line first but he settled for second place when he was relegated by officials after he ran off the course on the final corner.

Sunshine Coast Cycling Club claimed its first gold medal early in the day when Jeff Liddell crossed the line first in the masters men 8 division. Jason Ford claimed one of the most popular wins of the day when he came from behind to win the masters men 5 division.

Fraser Coast Cycling Club's Dylan Newberry, who is based on the Coast, claimed the elite men's victory. Dylan who recently returned from racing in Europe showed his class and experience throughout the 130km race.

Cathy Scott (masters women 6), Ben Sutton (masters men 2) and Gary Buckley (masters men 7) put in strong performances to claim silver medals.

Taj Jones and Ocker Henning



Ryan Cavanagh (left) and Brisbane's Olly Smith throw for the line in the under-23 race.

PHOTOS: MAL KEEBLE



Jason Ford all smiles before his victory.



Taj Jones in action.



Jeff Liddell in control on the Elimbah road course.



Cathy Scott and Marion Kahler chase down a break in the women's race.

narrowly missed out on the medals in the junior men's race (under-19). Taj and Ocker made it

into the breakaway group, which formed on lap one of their 108km race, and came across the line

three seconds behind the winner in sixth and seventh positions respectively.

Massive weekend of cycling for all abilities

HUNDREDS of cyclists are making their way to the Sunshine Coast for two days of cycling action next month.

The Sunshine Coast CycleFest will see riders take part in a range of police controlled events designed for riders of all ages on October 7-8.

The two-day event includes the final round of the Queensland Road Team Series (QRTS) and has attracted both professional and amateur riders from across Australia. CycleFest combines the best elements of major road race events where participants enjoy a perfect riding climate and the magnificent scenery of the Sunshine Coast.

Now in its third year, CycleFest will see up to 600 participants ride through destinations such as Cotton Tree, Montville,



Palmwoods, Eumundi, Yandina and Cooloom. From the hinterland to the headland, the Coast will be showcased extensively.

CycleFest spokesman Adam Mathieson said while there are many cycling events across Australia, he wanted to create an event that focused on the social side of cycling and allowed people to "give it a go" in a supported environment.

"CycleFest is not about winning or losing. It is all about getting on a bike and doing something that you thought 'I couldn't possibly do that'," he said.

There are events for the beginner right through to the advanced rider.

The headline event is the 110km gran fondo on Sunday morning. Starting in Cotton Tree, the route takes in some of the most scenic

areas of the Sunshine Coast but with 1000m of climbing, your legs will remind you of the achievement you have just completed.

"The event needed to have its challenges. We wanted people to set a goal but even more, we wanted them to get their friends, work colleagues and families to set a goal," Adam said.

"We wanted people to ask themselves 'Could I actually ride up that mountain?' 'Maybe I could ride for 55km?' 'There is no way I could ride 110km - or could I?' There is only one way to find out."

CycleFest helps to raise funds for SANDS Queensland and proudly utilises the services from local businesses. For more information about the event, including changed traffic conditions, course maps, visit www.sccyclefest.com.au.

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Casey's back and on-song

AFTER a challenging year battling career-threatening illness, Buderim's Casey Munro showed he was back in full flight on Sunday.

Getting off the bike in second position behind eventual winner Dan Wilson, Casey clung onto fourth ahead of fast-finishing three-time Ironman world champion Craig Alexander.

The performance was his best since making a return to racing in February. Heart issues that had shown small signs of trouble in recent years erupted in 2016.

Casey's heart was out of rhythm, his heart rate climbing 40-50 beats above usual levels. During training runs last year his heart rate rose above 200bpm.

It was later revealed he had a hereditary condition called atrial fibrillation, and after a forced lay-off he is now following strict specialist advice to stay in the sport.

And Sunday's race went close to plan for the 32-year-old.

With Dan the hot favourite, Casey knew he had to keep pace on the bike.

"The swim was really slow and it felt super easy," he said.

"As soon as I stepped up on the sand I knew Wilson had the same plan. He took off and I just hung on.

"We got to that turn past Coolum and we had 50 seconds on a big group."

In two minds whether to push harder, Casey thought the group would catch easily but a time check leading into the Rosemount loops saw the break grow to 2:30 minutes.

"We rode really well and those laps went by really quickly," Casey said.

"We dropped Belly on just the last bit of the Motorway.

"I wanted that gap to start the run. I know how much it sucks having to catch 15 seconds on someone.

"In the run, I had a clear plan. I just forgot Wilson was even there. Not even for a metre did I go with him.

"I had a plan to cruise the first couple (of kilometres). If I was good then I would go for it in the last 5km, but I blew with about 5km to go."

Tim van Berkel caught him going past Maroochydore Surf Club on the final lap home, while Sam Betten moved into third through Alexandra Headland.

"Then the hill...I knew Crowie wouldn't be far off," Casey said.



Casey Munro (left) congratulates 70.3 winner Dan Wilson on Sunday.

PHOTO: IAIN CURRY

"I knew how slow I was going to go up there, and I was. It was absolute torture. I knew if I got to the top with 100m (gap) I would have him."

Casey managed to reach the summit and beat Crowie home by eight seconds.

For Dan, the result was a breakthrough after being pipped at the post by Courtney Atkinson in a gut-wrenching sprint-finish loss in 2014.

"The amount of times I've had people remind me about getting smoked by Courtney in 2014, at least I'll have some rebuttal now," he said.

"It was a nice redemption today.

"I was a bit more comfortable coming down to the last couple hundred metres than I was last time around so I couldn't be happier."

It was a tough day out for Beerwah's Damien Collins in his first major professional race. As expected he came out of the water behind the main groups, and after a good bike he struggled on the run with cramping after 2km.

Josh Minogue was on song in the men's 30-34 division, blitzing the field with an outstanding 22:32 swim (which was the same time as overall winner Dan Wilson) before delivering a strong 2:21:43 on the bike and finishing with a 1:21:13 run to claim first about four minutes ahead of Matthew Rundle in second place.

After enjoying off-road triathlon

victory at Stradbroke Island earlier this year, Maroochydore's Kate Schultz continued her podium form with third in the women's 30-34 age group. Kate started well with a 26:55 swim, was consistent on the bike with a 2:31:21 and then finished with 1:40:18 in the half marathon. She will now turn her attention to the Tre-X off-road triathlon at Mt Cotton in October.

Paul Davies showed his Kona world championship preparations are on track with fifth in the men's 35-39 age group with a time of 4:15:36.

Coast results:

Casey Munro 3:55:19, Callum Millward 3:57:06, Ricky Swindale 4:07:24, Josh Minogue 4:09:35, Damien Collins 4:09:22, Paul Davies 4:15:35, Katey Gibb 4:29:02, Annelise Jefferies 4:36:55, Kate Schultz 4:42:58, Grant Edwards 4:43:13, Kirralee Seidel 4:47:11, Graham Svensen 4:47:18, Cameron Cole 4:47:32, Alise Selsmark 4:48:03, Melissa Charlton 4:50:38, Jacqui Swindale 4:51:05, Michael Baker 4:52:13, David Wassman 4:52:46, Andrew Hunt 4:52:58, David Ford 4:53:43, Sean Ryan 4:53:56, Damien May 4:54:42, Elias Evans 4:55:25, Adam Dubberley 4:56:40, Chris Pye 4:57:12, Gavin Bell 4:59:45, Jamie Ison 5:02:16, Dan Carpenter 5:02:42, Andre Mai 5:04:20, Scott Webster 5:04:45, Aaron Belsham 5:04:51, Samuel Bull 5:05:00, Dylan Lunn 5:05:17, Damon Faint 5:06:11, Sarah Ellis 5:06:21, Katie Kenny 5:06:31, Greg Rehbock 5:08:29, Peter Howden 5:09:46, Dessie Gourlay 5:11:45, Dallas Foster 5:12:13, Jason Parsons 5:13:29, Olivia Latimer 5:14:33, Paul Marshall 5:15:05, Scott Shults 5:15:37, Geoff McKeachie 5:16:22, Jenna Bugeja 5:17:06, Kevin Hammond 5:17:21, Robert Tredger 5:17:57, Hannah Blanchett 5:18:11, David Fowler 5:18:51, Jarred Hoffmann 5:19:43, Ben Murnane 5:23:13, Stephen Potter 5:24:03, Emma Cook



Kate Schultz on her way to third.

PHOTO: FACEBOOK

5:25:49, Paul McDonald 5:29:35, Andrew Holford 5:29:48, Paul Gallagher 5:29:51, Steve Cook 5:30:13, Luke Howard 5:31:33, Virginia Sargeant 5:33:18, David Neighbour 5:35:37, Cathie Visona 5:36:43, Andrew Saw 5:37:03, Catherine Milgate 5:37:30, Kellee Offley 5:38:01, Scott Newman 5:39:15, Paul Booker 5:39:40, Kate Coles 5:41:22, Michael O'Gorman 5:41:29, Grant Croghan 5:42:36, Jaclyn Munge 5:43:36, Nick Coull 5:43:38, Mark Delaney 5:44:57, Scott Farquhar 5:45:17, Danielle Jackson 5:45:35, Nathan Glarvey 5:45:56, Anthony James 5:46:44, Sarah Ryan 5:47:02, Isaac Lambert 5:47:12, Dean Saunders 5:47:40, Luke Jensen 5:48:05, Letty James 5:49:58, Dean Nankivell 5:50:12, Leanne McClure 5:56:51, Melissa Fox 5:58:57, Warren Venaglia 6:03:55, Charlotte Carver 6:08:35, Brad Thompson 6:08:43, Scott Clark 6:08:46, Jak Nash 6:09:58, Robert Luxford 6:11:31, Jessica Lee 6:12:38, Troy Spink 6:13:15, Jayne Dean 6:20:02, Bob Vander-wal 6:20:53, Cameron Pleydell 6:21:34, Kate Taylor 6:22:01, Rachael Eames 6:22:34, Tanya Brown 6:22:53, Anni Conn 6:24:27, Jan Burdekin 6:26:55, Andy Dean 6:27:11, Rob Cross 6:29:45, Brittany Cook 6:29:46, Tina Reynolds 6:32:25, Stuart Masters 6:41:11, Pieter Hefer 6:44:56, Jenni Anderson 6:49:47, Rebecca Davies 6:57:11, Nathan Waller 6:59:09, Ian King 7:13:27.

Katey feeling right at home

IRONMAN 70.3 Sunshine Coast winner Katey Gibb doesn't like cycling near traffic and there's a good reason why.

The 30-year-old lost her partner in 2014, when he was hit by a drunk driver while riding home from work in Perth.

Brynt McSwain's death re-ignited debate about road safety for cyclists, particularly in Western Australia, and Katey battles demons every time she gets on her bike for a training ride.

"I have (thought about giving it up) and I still get very nervous riding on the roads so I only ride once a week on the road and the rest I do on an indoor bike," she said.

"I never ride by myself, I'm always riding with someone else just because I'm not confident. Riding on a race day is different because the roads are closed, (but) it's always in the back of my mind."

Katey moved to Buderim in December, with fiancé Barry Oelofsen.

"I didn't want to be in Perth any more ... moving here was to restart my life a little bit," she said.

She said the Sunshine Coast provided a safer environment for her.

"I'm not overly confident riding in traffic because of my past history with cyclists and cars so moving here (enables me) to be able to train where there's not much traffic and it's laid-back, which is pretty good," she said.

"Queensland's got that 1m rule which they don't have in WA and it makes a difference. You get cases where people cut it a bit close but compared to WA, because there is a law in place, it makes it a little bit better."

In April, the State Government enforced a law requiring at least 1m between vehicles and cyclists.

Showing new-found confidence on Sunday, the talented endurance athlete was closely followed by Michelle Gailey through the swim leg of the race, but Katey's pure pedal power left competitors in her wake.

After a solid run, Katey crossed the finish first at Mooloolaba in a time of 4hrs29mins03secs, more than three minutes ahead of second-placed Hannah Wells from New Zealand.

Katey hadn't raced since May and achieved the milestone after recovering from a knee injury.

"I wasn't too confident going in because I haven't raced in a while but coming out with a win you've



Buderim's Katey Gibb on her way to winning Ironman 70.3 Sunshine Coast.

PHOTOS: IAIN CURRY



Damien Collins on the run.

always got to be happy," she said.

"When you haven't raced in a while you feel a bit rusty and although I've been doing it a long time you get a bit nervous that you might mess up, but it all worked out."

Katey was pleased to break from the chasers during the 90km bike leg, but was surprised with the gap she had managed to achieve.

"Biking used to be my weakness and now it's turned into my strength," she said,

"When I'm out front like that I start to self doubt a little bit and when I got to the turnaround and no one was there I thought I'd done something wrong.

"But I've started to learn to just focus on myself and really push on



Kirra Seidel had a tough day out among the pro women.

the bike to give me that advantage on the run and it works out really well.

"I love it (here). You guys don't really have a winter or the winter is dry which is perfect for training and I can do consistent training for the last 16 weeks without being interrupted by the weather."

Katey's coach Cameron Watt was ecstatic to see her cross the line with the win.

"She was quite nervous coming into this," he said.



Peter Andrews cools off.



Jamie Ison completes the ride

PHOTO: KELLY EDWARDS

"Training was going really well and I think when you're training really well that expectation to execute it on race day when it counts mounts.

"She was feeling that expectation for sure leading into this race but she delivered tenfold and she took control of this race really early on the bike and didn't look back."

Michelle Gailey crossed third with fellow Buderim athlete Annelise Jefferies finishing fourth.



Ride2Work Day

Wednesday
18 October 2017

Register to
WIN a \$1000
bike shop
voucher

Celebratory breakfast locations at
Birtinya, Caloundra, Cotton Tree and Nambour.

Gain valuable tips and confidence by joining a
FREE cycling workshop before Ride2Work Day.
Visit council's website to register for these workshops.

www.sunshinecoast.qld.gov.au

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Register for a
free event to enter
the draw for 1 of 4
**\$500 bike shop
vouchers!**



BIKE WEEK 2017

Sunshine Coast 7 to 15 October 2017

Dedicated road cyclist CycleFest

Recreational rider Sunday social rides

Learning to ride again

Basic skills for females and senior's rides

And lot's more...

Sunshine Coast Council is coordinating events across the region. There's something for everyone with a range of workshops and bike rides. Contact the organiser listed on the program of events for each individual workshop or event to register. Visit council's website for more cycling information.

www.sunshinecoast.qld.gov.au

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Gear with Aussie influence

■ Rowan Hunnam

SAMSUNG has made a big splash in Berlin, revealing a new partnership with an iconic Aussie swimwear maker and a trio of wearables.

The new products launched at IFA 2017 include Gear Sport, a fitness-focused smartwatch (yes, you can swim with it); Gear Fit2 Pro, an upgraded GPS sports band with smart features; and Gear IconX, the next generation of the company's cord free earbuds.

Both the \$549 Gear Sport and the \$329 Gear Fit2 Pro have upgraded heart-rate tracking on previous models, with Samsung claiming they would be top of the line.

The Gear Fit2 Pro will be out in Australia from September 15, and the Gear Sport in November, with pre-orders available before then.

Samsung also announced a partnership with Speedo to help swimmers track activity with a new platform, Speedo On.

Samsung's collaboration deal with leading music streaming service Spotify is also big news; it allows music tracks to be played on the devices, on or offline, even without a smartphone.

The new Gear devices assist with a range of activities – from robust fitness tracking to nutrition and sleep monitoring, as well as motivational coaching as a lifestyle companion.

Samsung says that by introducing new smart capabilities, easy-to-use features and by partnering with leading names in tech and fitness, consumers will be able to go beyond fitness and accomplish big things.

As Garry McGregor, the director for IT and Mobile, Samsung Electronics Australia, explained:

"In 2017, fitness means more than just burning calories in the gym".

"Thanks to features like water and caffeine intake recording and auto sleep tracking, our new range of wearables are designed to help Australians bring balance to their lives," Mr McGregor said.

"Through exciting collaborations with iconic fitness brands like Speedo and Under Armour, the Gear Fit2 Pro and Gear Sport set a new benchmark for what Australians can expect from their wearables."

GEAR SPORT

Samsung says Gear Sport is stylish, yet practical with a minimalistic, circular bezel, Super AMOLED 1.2-inch display and improved user interface, making it



The \$329 Gear Fit2 Pro (left) and the \$549 Gear Sport (below left).



easy to view information – including on-the-go.

With Gear Sport, users can work to achieve health and wellness goals, and receive nutrition management alerts and activity recommendations, even when you are offline.

It's got almost military level-durability, meaning it can handle a wide-range of environments.

Gear Sport comes in blue and black and also includes Gear foundational functions:

- Control of Samsung IoT-enabled devices through Samsung Connect
- Act as a remote control, whether for a PowerPoint presentation or Samsung Gear VR

headset

- Pay for stuff with a flick of your wrist via Samsung Pay (NFC Only).

From swimming laps to splashing about in the pool, these devices are 5 ATM certified for water resistance. And with the new swim training app, Speedo On, using the Gear Sport and Gear Fit2 Pro you can track key swim metrics including lap count, lap time and stroke type.

GEAR ICONX

IconX are comfortable fit, cord-free earbuds. And they are the newest connection to Bixby so with a tap and hold of the earbud you can use your voice to control your music or phone – without even having it in your hand.

GEAR FIT2 PRO

What does it have?

- New swim and heart rate monitoring capabilities
- Advanced built-in GPS tracking to capture your run or ride with accurate activity tracking
- Super AMOLED curved 1.5-inch display
- High-res colour touchscreen making things easier to read
- A new secure, light weight ergonomic band
- Available in black and red

The updated design comes in black, grey and pink and is even more ergonomic and lightweight than its predecessor.

Fitness heavyweights will be keen to know the Gear IconX automatically tracks your running routines, and also features standalone Running Coach which can be activated by simply tapping the earbud to provide in-ear audio exercise status updates – in real-time and without your phone.

Samsung says that with a fast-charging and improved battery life of up to five hours of streaming and seven hours of standalone music playing, and up to 4GB of internal storage, you can enjoy a seamless and fully standalone music listening experience.

The writer travelled to Berlin as a guest of Samsung

The latest and greatest...



Power meets plush in the new Altra Escalante that have just arrived at Allez Sport. With a sock-like fit and flexible construction of the engineered knit upper, they feature "zero drop" technology which is design to place your heel and forefoot the same distance from the ground to encourage natural, low-impact running form. RRP \$199.95.



Zoggs Predator Flex Polarized Ultra swimming goggles feature polarised lenses to not only reduce glare but also cut out blue light making them ideal for high level light conditions and direct sunshine. By repelling blue light these goggles also amplify light in darker overcast conditions, therefore providing enhanced visual sharpness and improved depth perception. The Predator Flex frame boasts fantastic 4 Flexpoint Technology for enhanced frame flexibility, combined with a durable split-yoke silicone strap to reduce pressure around the eyes. Available in green, orange and pink from Allez Sport at Mooloolaba, RRP \$47.95.



Cycle Zone Mooloolaba has taken delivery of a wide selection of colours and styles from Swiftwick. A firm compression sock with contoured support for running, cycling and other endurance sports. Thin and lightweight the they provide a responsive feel in today's high-tech footwear. Available in seven, five and four inch lengths, RRP \$34.95.



Allez Sport has a wide selection of Aqua Sphere goggles available. Made in Italy, the range includes many styles to suit all faces, along with easy-adjust side buckles for the perfect fit. Prices from \$25-\$35.



Excitement is building around the 2018 Giant Propel's arrival. Every model in the 2018 Propel Advanced aero bike line features hydraulic Shimano disc brakes, while Giant is also laying claim to having a higher stiffness-to-weight ratio than the top competitors' aero bikes. Prices start from \$4999, up to \$11,999 for the Disc Advanced SL Disc 0. Contact Giant Noosa or Giant Sunshine Coast for more information.



The Coros Frontier features some amazing technology. Not only does it protect your head, it's also an audio platform. It uses integrated bone conduction technology to channel music, calls, navigation prompts, pace alerts and more without compromising safety. Listen to music, radio and podcasts at the same time while riding. Pause, skip or select the next song or audio file through a smart remote mounted on your handlebar. Not only that, a sensor embedded in the helmet can detect any collisions and crashes. An emergency alert SMS with GPS location will be generated and sent to the nominated emergency contact. Test it for yourself at Cycle Zone Mooloolaba. RRP \$249.99.

Upcoming Sunshine Coast events

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

Date	Event	Distance	Location	Website
September 16	Sunshine Coast Tri Club swimrun	Social get-together for Sunshine Coast Tri Club, featuring a mini: 50m swim/250m run, junior: 100m swim/500m run, junior/senior 400m swim/2km run or senior 400m swim/2km run/400m swim/2km run.	Buderim	www.sunshinecoasttriclub.com.au
September 16	Bushrangers MTB bike maintenance workshop	Learn the basics of bike maintenance, including pre and post ride checks, bike cleaning and bike fitting, 1-2pm at 4 First Ave, Maroochydore.	Maroochydore	www.bushrangers.org
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 17	Time trial championships	Sunshine Coast Cycling Club time trial championships	North Arm	www.scccracing.wixsite.com/sccc
September 19	Children's Cycling Course	Progression from training wheels to intermediate skills, 10-11.30am. It will teach bike handling skills and road awareness to help them ride safely in low traffic environments and on pathways. Staged at Chancellor State Secondary College.	Sippy Downs	www.sunshinecoast.qld.gov.au
September 21	Children's Cycling Course	Progression from training wheels to intermediate skills, 10-11.30am. It will teach bike handling skills and road awareness to help them ride safely in low traffic environments and on pathways. Staged at Pedal Park, Aura.	Aura	www.sunshinecoast.qld.gov.au
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.	Caloundra	www.mtbo.com.au
September 26	Children's Cycling Course	Progression from training wheels to intermediate skills, 10-11.30am. It will teach bike handling skills and road awareness to help them ride safely in low traffic environments and on pathways. Staged at Peregian Springs State School.	Peregian Springs	www.sunshinecoast.qld.gov.au
October 7	Bike Week introductory MTB ride	Learn the basics of off-road mountain bike riding with the Caloundra Off Road Cycling Association. Meet at Ben Bennett car park, 8-10am.	Caloundra	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	Sunny Coast Scramble	Queensland Rogaine Association hosts Metrogain at Caloundra. Instead of getting checkpoints, answer questions about the area's key landmarks.	Caloundra	www.qldrogaine.asn.au
October 8	Bike Week Bushrangers MTB Club ride	Learn the basics of off-road mountain bike riding with the Bushrangers. Meet at radar Hill car park, 7.15-9.15am.	Bli Bli	www.bushrangers.org
October 10	Bike Week Test Ride an Electric Bike	Electric assist bikes are all the rage...check them out at 99 Bikes from 10-11.30am.	Kawana	Email: kawana@99bikes.com.au
October 10	Bike Week Bike Maintenance Workshop	Learn the basics of maintaining your bike with the team from Bicycle Centre Caloundra.	Caloundra	Email: bicyclecentrecaloundra@gmail.com
October 11	Bike Week Giant Sunshine Coast Shop Ride	No matter what bike you ride, all are welcome at the weekly Giant Sunshine Coast shop ride. Easy spin from 6-7am.	Mooloolaba	www.giantsunshinecoast.com.au
October 11	Bike Week Movie Night	Catch <i>All for One</i> , a movie dedicated to the first five years of the GreenEdge cycling team at Majestic Cinemas and Event Centre.	Nambour	www.majesticcinemas.com.au
October 12	Thursday Night Criterium	Sunshine Coast Cycling Club criterium racing at Caloundra.	Caloundra	www.scccracing.wixsite.com/sccc
October 13	Bike Week Beginners Road Ride	New to riding on the road? Bicycle Centre Caloundra is hosting a group ride just from you, from 6-7am.	Caloundra	Email: bicyclecentrecaloundra@gmail.com
October 14	Bike Week Ladies Only Social Road Ride	Louise Vant is hosting the regular women's only road ride from Giant Sunshine Coast at Mooloolaba, from 6-8am.	Mooloolaba	www.giantsunshinecoast.com.au

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Upcoming Sunshine Coast events

Send us your events:
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Date	Event	Distance	Location	Website
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 30km of mountain biking, 8 to 15km trail running/trekking and 1-3km of kayaking/swimming/paddling (water discipline). There may be multiple legs of each discipline.	Sunshine Coast	www.triadventure.com.au
October 15	12-Hour MS Swimathon	Nambour Aquatic Centre will host its MS Swimathon fundraiser. Teams of at least six people are sponsored by friends, family and work colleagues to swim in a 12-hour relay.	Nambour	www.msswimathon.com.au
October 18	Ride2Work Day	Ride2Work Day is an annual national event that promotes cycling to and from work. Four community breakfasts, Nambour, Cotton Tree, Caloundra, Birtinya. Go in the draw for \$1000 bike shop voucher.	Sunshine Coast	www.sunshinecoast.qld.gov.au
October 19	Thursday Night Enduro Criterium	Sunshine Coast Cycling Club criterium racing at Caloundra, enduro race one.	Caloundra	www.scccracing.wixsite.com/sccc
October 21-22	Bribie Tri Series race one	Active Kids (7 - 9 years: 100m swim/3km cycle/500m run, 10 - 11 years: 200/6/1km, 12 -13 years: 250/6/2km, 14 years+: 250/6/2km) and First Timers (250m swim, 6km bike, 2km run) compete on the Saturday, there is also a 1.5km and 500m open water swim. Sunday are the triathlons. Long course – 750m swim, 20km cycle, 5km run. Short course - 300m swim, 10km cycle, 3km run.	Bribie Island	www.briebietri.com
October 21	Color Run	It's called a run, but more like a dance, walk shuffle. Hosted at Sunshine Coast Stadium, it claims to be the original happiest 5k on the planet. Enter a cloud of colour, swim through an ocean of dreamy foam and party the day away with giant unicorns and more music than ever before.	Kawana	www.thecolorrun.com.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 22	Caloundra Mountain Bike Expo	A mountain bike expo held in October to celebrate 50 years of cycling on the Sunshine Coast. Caloundra Off Road Cycling Association Inc will showcase mountain biking with a range of stalls, displays, activities, guided rides, skills instruction and other aspects designed to attract new riders into the sport. Staged at Caloundra Rugby Union Grounds and Club, 9am-3pm.	Caloundra	www.corca.com.au
October 22	Kunda Cup Criterium	Sunshine Coast Cycling Club criterium racing at Skippy Park.	Landsborough	www.scccracing.wixsite.com/sccc
October 29	Shimano MTB Enduro Series championship	Results will be based on the total cumulative time across the stages. The lowest time in each category will be the winner.	Garapine	www.emsaustralia.net.au
October 29	All Schools Triathlon	All Schools Triathlon is a selection race for the Queensland School State Triathlon Championships. All races are selection races except the Kids Aquathlon (7-9 years). Kids Aquathlon for ages 7-9 (DOB 2010-2008): 500m run, 100m swim, 500m run. Primary Aquathlon for ages 10-11 (DOB 2007-2006): 1km run, 200m swim, 1km run. Junior Triathlon for ages 12-13 (DOB 2004-2005): 400m swim, 12km cycle, 3km run. Intermediate Triathlon for ages 14-15 (DOB 2003-2002): 600m swim, 16km cycle, 4km run. Senior Triathlon for ages 16-18 (DOB 2001-1999): 750m swim - 20km cycle - 5km run.	Bokarina	www.triathlon.org.au

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Upcoming Sunshine Coast events

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Date	Event	Distance	Location	Website
November 1	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 3	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 3	Noosa Criterium	Sunshine Coast Cycling Club criterium racing at Giraween.	Giraween	www.scccrcing.wixsite.com/sccc
November 3	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 4	Noosa Tri Superkids Triathlon and Tingirana 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 Tingirana 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 4	Australian criterium, Asics 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 5	Noosa Triathlon	Australia's biggest triathlon, including a 1500m swim, 40km ride, 10km run.	Noosa Heads	www.ap.ironman.com
November 9	Thursday Night Enduro Criterium	Sunshine Coast Cycling Club criterium racing at Caloundra, enduro race two.	Caloundra	www.scccrcing.wixsite.com/sccc
November 11	MooMar Urban Race	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 at 6pm, so you will have to bring a torch.	Mooloolaba and Maroochydore	www.xciteadventureracing.com.au
November 18	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 18	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	Barge2Beach	The inaugural Kingfisher Bay Resort Barge2Beach open water swim. Up to 200 swimmers will take a barge 2km off shore from the race precinct located near Enzo's At The Beach. The drop of a drawbridge will signify the start of the race.	Hervey Bay	www.hb100.herveybaytriclub.org.au
November 18- 19	Hog's 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 (200m swim, 8km bike, 2km run).	Hervey Bay	www.hb100.herveybaytriclub.org.au
November 19	Queensland Tri Series round three	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

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Upcoming Sunshine Coast events

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Date	Event	Distance	Location	Website
November 25-26	Bribie Tri Series race three	Active Kids (7 - 9 years: 100m swim/3km cycle/500m run, 10 - 11 years: 200/6/1km, 12 -13 years: 250/6/2km, 14 years+: 250/6/2km) and First Timers (250m swim, 6km bike, 2km run) compete on the Saturday, there is also a 1.5km and 500m open water swim. Sunday are the triathlons. Long course – 1km swim, 30km cycle, 8km run. Short course - 300m swim, 10km cycle, 3km run.	Bribie Island	www.briebietri.com
November 30	Thursday Night Criterium	Sunshine Coast Cycling Club criterium racing at Caloundra.	Caloundra	www.scccracing.wixsite.com/sccc
December 3	Sunday Morning Criterium	Sunshine Coast Cycling Club criterium racing at Caloundra.	Caloundra	www.scccracing.wixsite.com/sccc
December 14	Enduro Criterium	Sunshine Coast Cycling Club criterium racing at Caloundra, enduro race three.	Caloundra	www.scccracing.wixsite.com/sccc
December 16	Daybreak Run	It's back! The Mt Beerwah Daybreak Run is a 10km, 21km and 42km races in the Glasshouse Mountains. Marathon starts at 4am. Half at 6am.	Mt Beerwah	www.runqueensland.com.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
December 31	New Year's Eve Criterium	Sunshine Coast Cycling Club criterium racing at Giraween.	Giraween	www.scccracing.wixsite.com/sccc
January 27, 2018	AusTRAILia Day Marathon	AusTRAILia Day marathon of 42km, or 21km and 10km options. Formerly known as Beerwah @ Night) was first held in 2015 as an introduction for those wanting to have an opportunity to run at night in a safe, well managed event. 2016 saw the event change name to the AusTRAILia Day marathon. The event is staged at Mt Beerwah on the Saturday night closest to Australia Day. AusTRAILia Day marathon is the first event in the Run Queensland Day/Night series.	Beerwah	www.runqueensland.com.au
February 3-4, 2018	Noosa Summer Swim	The Noosa Summer Swim, presented by Milk & Co, 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
February 10, 2018	Caloundra Open Water Swim	Staged ahead of the Queensland Tri Series, the swim options are 500m, 1000m and 1500m.	Caloundra	www.qldtriseries.com.au
February 11, 2018	Queensland Tri Series round six	Round six of the Queensland Tri Series at Caloundra. 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.	Caloundra	www.qldtriseries.com.au
February 17-18, 2018	Mooloolaba Beach Festival	In 2018, celebration of sand, surf and beach culture on the Sunshine Coast. Saturday to feature beach yoga sessions, 2.5km Alex Headland to Mooloolaba Ocean Swim, 5km Mooloolaba Grand Prix Ocean Swim, 5km Paddle Race (paddle board and SUP). Sunday to include beach yoga sessions, 300m and 800m Junior Ocean Swim, 800m Mooloolaba Half Mile and the headline 1.6km Mooloolaba Mile event.	Mooloolaba	www.worldserieswims.com.au
February 24-25, 2018	Bribie Tri Series race three	Active Kids (7 - 9 years: 100m swim/3km cycle/500m run, 10 - 11 years: 200/6/1km, 12 -13 years: 250/6/2km, 14 years+: 250/6/2km) and First Timers (250m swim, 6km bike, 2km run) compete on the Saturday, there is also a 1.5km and 500m open water swim. Sunday are the triathlons. Long course – 1km swim, 30km cycle, 8km run. Short course - 300m swim, 10km cycle, 3km run.	Bribie Island	www.briebietri.com

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Upcoming Sunshine Coast events

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Date	Event	Distance	Location	Website
March 4, 2018	Bendigo Bank Just Tri it Series Race One	A two-race triathlon series for all levels. The event has two distance options, short - 300m swim/10k, bike/3km run and long - 600m swim/20km bike/6km run. There are also two kids races for children aged 7 to 12. Kids 7-9 race 100m swim/2.5km bike/500m run, and ages 10-12 200m swim/5km bike/1km run.	Golden Beach	www.caloundratriathlonclub.com.au
March 9-10, 2018	Mooloolaba Triathlon Festival	Mooloolaba Twilight 5km run on the Friday night, then on the Saturday a 1km Ocean Swim, Superkidz Triathlon and the Special Tri. 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
March 24-25, 2018	Bribie Tri Series race four	Active Kids (7 - 9 years: 100m swim/3km cycle/500m run, 10 - 11 years: 200/6/1km, 12 -13 years: 250/6/2km, 14 years+: 250/6/2km) and First Timers (250m swim, 6km bike, 2km run) compete on the Saturday, there is also a 1.5km and 500m open water swim. Sunday are the triathlons. Long course – 750m swim, 20km cycle, 5km run. Short course - 300m swim, 10km cycle, 3km run.	Bribie Island	www.briebietri.com
April 1, 2018	Wild Horse Criterium	Trail running event is staged at night, beginning from 6pm, and includes distances of 25km, 16.5km and 10km.	Wild Horse Mountain	www.runqueensland.com.au
April 22, 2018	Bendigo Bank Just Tri it Series Race Two	Second race of the series for all levels. The event has two distance options, short - 300m swim/10k, bike/3km run and long - 600m swim/20km bike/6km run. There are also two kids races for children aged 7 to 12. Kids 7-9 race 100m swim/2.5km bike/500m run, and ages 10-12 200m swim/5km bike/1km run.	Golden Beach	www.caloundratriathlonclub.com.au
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
April 29, 2018	Triathlon Pink	Triathlon open and available to children aged 7-14 and ladies of all ages. Short – 100m swim, 4km cycle, 1km run. Medium – 200m, 6km, 2km. Long – 300m, 8km, 3km. Ultra – 600m, 16km, 6km. Runs: kids – 1km, 7+ 3km, 12+ 6km.	Sippy Downs	www.triathlonpink.com.au
May 12, 2018	Island Charity Swim	Fundraising swim of 11km from Mudjimba Beach around Mudjimba Island (Old Woman Island) to Mooloolaba Beach.	Mudjimba to Mooloolaba	www.islandcharityswim.com.au
May 12-14, 2018	Ultraman Australia	A three-day, 515 km annual endurance divided into three stages over three days. Day one – 10km swim and 140km bike. Day two – 281.1km bike. Day three – 84.3km run.	Noosa Heads	www.ultramanoz.com.au
July 13-15, 2018	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
August 11-12, 2018	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