

Sunshine Coast Daily

Multisport MECCA

July 19, 2017



Laws must change

Grant Edwards

SENTENCING must be increased for those who deliberately hurt or kill cyclists.

A groundswell of support is building to force new national legislation which would enforce minimum jail times following two sentences of drivers who killed riders were handed down in the past month.

Nathan Craig MacDonald was sentenced to nine years in prison for killing father-of-one Stephen Small, with a parole eligibility date of March 14, 2020 – four years after the incident.

MacDonald pleaded guilty to dangerous driving while intoxicated causing Mr Small's death, and leaving the scene of the crash.

In Victoria, Ben Smith, 27, was sentenced to a non-parole period of 5 ½ years for the manslaughter of father-of-three Steve Jarvie who was left to die on the side of the Old Pacific Hwy at Cowan in February 2013.

Sunshine Coast triathlete, cyclist and Allez Sport owner David Chick (pictured) said both sentences were "grossly inadequate" and failed to meet community expectations.

CONTINUED ON PAGE 2

A collage of screenshots from the CycleZone website. It includes a 'Best Sellers' section with images of a saddle and a Specialized bike. Another screenshot shows a search results page for 'BONT VAPOR' with options to 'SHOP IN-STORE' or 'VIEW ALL'. Other pages shown include 'HOME APPAREL', 'BIKES', 'COMPONENTS', and a specific product page for the 'NEW TARMAC' bicycle.

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'Small' safety steps

FROM PAGE 1

"These sentences are manifestly insufficient considering these individuals deliberately set out to hurt innocent individuals," Mr Chick said.

"There needs to be sufficient deterrents to those who somehow think cyclists are not human."

"It's inhumane and beyond belief to think these people have been killed simply undertaking their passion, training and trying to better themselves."

"I'm not sure what it is that causes some individuals to harbour so much anger toward cyclists. Whether its physiological or jealousy that some people have the motivation to challenge themselves, I'm not sure, but the actions of these individuals are inhumane."

There are plans for a petition to be formulated which calls for minimum jail sentencing – similar to one-punch can kill laws introduced in 2014. The potential penalty is life imprisonment.

"The judge said there was no remorse for the attack on Steve. Is anyone going to feel safe riding when he is back on the road in four years?" Mr Chick said.

"I ride past Steve's tribute bike all the time and it's a constant reminder we cannot let this go without action."

Sunshine Coast Cycling Club president Robert Thompson backed Mr Chick's comments and agreed tougher deterrents were needed.

"This type of behaviour cannot be tolerated in our community," Mr Thompson said.

"It's a very sad day when anyone is threatened on our roads – this is not what the Sunshine Coast is about. As a community we have a responsibility to look out for each other and a duty to create a safer road environment."

"Every road user, regardless of what mode of transport they are using – motorists, motorcycles, cyclists and pedestrians – has the right to return home safely to their families."



Cyclists at the sentencing of Stephen Small's killer, Nathan Craig MacDonald. PHOTO: TESSA MAPSTONE

Victorian cyclist hater convicted for manslaughter

A CYCLIST hater was sentenced to eight years in jail after he killed a Sydney cyclist while on bail and a good behaviour bond for a string of other crimes.

Earlier this month Ben Smith (pictured right), 27, was sentenced to a non-parole period of 5½ years for the manslaughter of father-of-three Steve Jarvie who was left to die on the side of the Old Pacific Hwy at Cowan in February 2013.



But before Judge Mark Buscombe read out Smith's sentence, he revealed his criminal history which showed

he has been caught twice for excessive speeding, high-range drink driving and was on bail at the time of Mr Jarvie's death after being charged with offensive behaviour, resisting arrest and destroying property.

And less than a month after killing Mr Jarvie, Smith was then caught for mid-range drink-driving.

Smith was found guilty of manslaughter in May this year after a jury heard he had boasted about knocking Mr Jarvie off his pushbike when he sped past on his motorcycle.

During the 10-day trial the court heard Smith left Mr Jarvie on the side of the road and then ranted and raved about how "the c---t deserved it" at the

nearby Road Warriors cafe at Mount White, just north of Sydney.

The court heard evidence Smith, from Wheeler Heights on Sydney's northern beaches, was possibly racing with his father Mark on the treacherous bends of the Old Pacific Hwy which is a well known spot frequented by cyclists and motorbike riders.

In handing down his sentence Judge Buscombe found Smith had "a strong dislike verging on hate towards cyclists" as evidenced by a Facebook post in which he warned cyclists they would keep "coping 2inch flybys" and abuse if they continued to use the road.

— Emma Partridge,
The Daily Telegraph

A spokeswoman for the Attorney-General said "the penalty for the one-punch law was a maximum penalty rather than a mandatory penalty".

"This government considers that the courts are best placed to impose an appropriate sentence in the circumstances rather than impose minimum mandatory sentences," she said.

"Before making a new law, consideration needs to be given to determine whether the current penalties are adequate and there would be a need for community consultation and consideration of the policy."

Governments of all levels are working to encourage cycling across the nation to ease congestion and improve health.

The National Cycling Strategy was due to finish at the end of last year, but has been extended until the end of 2017.

The strategy has a vision to double the number of people cycling in Australia, and among the key priorities are:

- Promoting cycling as a viable and safe mode of transport, and an enjoyable recreational activity.
- Creating a comprehensive and continuous network of safe and attractive routes to cycle and

end-of-trip facilities.

■ Addressing cycling needs in all relevant transport and land use planning activities.

According to the Australian Bicycle Council's National Cycling Participation Survey 2017, about 3.74 million people ride a bicycle for recreation or transport in a typical week.

While bicycle ownership has remained steady in comparison to the 2011 National Cycling Participation Survey, there has been a statistically significant decrease in the level of cycling participation in Australia between 2011 and 2017.

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Outrage over 'weak' penalties

Grant Edwards
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SENTENCES handed to a pair of men who attacked one cyclist and then went on to kill rider Stephen Small have stirred the community into action.

After Nathan Craig MacDonald ran down cyclist Stephen Small at Doonan last year, police found his ute 1.5km down the road with Mr Small's bicycle still embedded in the bumper.

Court evidence heard MacDonald did not brake or stop when he ploughed into Mr Small from behind, killing him instantly.

Leading up to the death, MacDonald also tried to deliberately run down another cyclist, Rod Wilcox.

Corey Michael Sinclair, who was a passenger in the ute, pleaded guilty to common assault while adversely affected by a substance and was fined \$450 and sentenced to 60 hours community service.

Member for Maroochydore Fiona Simpson has written to the Attorney-General and Minister for Justice Yvette D'Ath seeking an appeal on both sentences.

"I was deeply disturbed by the attacks on both cyclists," she said.

"I believe the penalties handed down aren't strong enough. That's why I'm asking the Attorney-General to appeal them."

"It's important that we stand together to send a clear message as a community that any type of violence is unacceptable and that the penalties fit the crime. These offences appear to be particularly callous."

While the Attorney-General will undertake analysis, it's believed a

successful appeal would be unlikely.

The sentence is likely to be within range for the charges – not the incident.

Judge John Robertson said in "over 20 years and this is one of the most serious examples of dangerous driving causing death that I've come across," which suggested MacDonald should have faced greater charges than dangerous driving while intoxicated and leaving the scene of the crash.

"The Attorney-General seeks advice from the Office of the Director of Public Prosecution in regards to appealing sentences and is awaiting advice on this matter," a spokesman for the the Attorney-General said.

It's been a harrowing time for Mr Small's former partner Yolanda Brady, and their son Oscar.

The court hearing was a long and long and emotionally draining two hours.

"A full-on description of Steve's multiple injuries are a new scar on my heart. This was too much to hear and something that leaves a horrid vision in my mind," she said.

"The judge was a sympathetic man who very kindly took time to speak to me personally and acknowledge the pain and suffering that Steve's family, myself and Oscar have been through in the past 16 months and that the impact on us had been catastrophic.

"I felt the judge really saw red with this case. A nine-year sentence to only have to sit four is a real slap in the face for the people who lost a son, a father, a brother and a good friend. It just



Doonan's Stephen Small had an impressive cycling career in the UK. He was killed in a callous attack while training at Doonan, after Rod Wilcox was earlier attacked (below).



doesn't seem right at all.

"It also means MacDonald is out just in time to walk his third son

into school for his first year, but he robbed my son of the rest of his life with his father."

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Peregian Beach's Meredith Hill will toe the line of Norway's prestigious Norseman Xtreme Triathlon.

PHOTO: JOHN MCCUTCHEON

Strong and fit for extremes

Grant Edwards

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NORWAY is a long way to travel for a black t-shirt, but getting one is Meredith Hill's number-one priority when she tackles next month's Norseman Xtreme Triathlon.

Regarded as the world's toughest full-distance triathlon, the 226km journey lives up to its name.

Freezing cold water for the 3.8km swim, a 180km bike route with almost 3700m of vertical climb, followed by a marathon which finishes on a mountain.

That's the task ahead of the Peregian Beach physiotherapist.

Only the first 160 of 250 athletes get the opportunity to complete the race at the iconic mountain finish due to safety issues. Those athletes are awarded a black finishers shirt. Anyone who misses the cut-off gets diverted to an alternative finish where they are given a white shirt.

The freezing water and then her recovery on the bike is Meredith's greatest concern.

When jumping off the car ferry 3.8km from shore the water

temperature could be between 9–15 degrees.

"I feel like I'm trained. It's a matter of how I handle the cold," she said.

"I have purchased all the gear I can to combat the elements. That includes a hood, booties and a Orca Heatseeker vest which goes underneath your wetsuit."

"Pete Jacobs (former Ironman world champion), who has done the Escape from Alcatraz triathlon, said it's also a good idea to smear Vaseline on my skin for another insulation layer as well as using additional compression-type clothing layers for warmth in the swim."

During recent months Meredith has become a climbing machine. Long sessions in the saddle have seen her scale the hills of Budirum more than 20 times on a long ride.

That should hold her in good stead for between 6.5–7 hours on the bike, which passes over five mountains.

"I just put my entire trust in my coach Hilary Biscay," Meredith said.

"I'm as fit and as strong as I have ever been. Getting a black

t-shirt is my number-one goal. I plan on being on the pointy end of the field."

"I have thought about the race for four–five years. It's one of those bucket-list events. I was lucky enough to get a spot in the ballot."

For run training, she has climbed Mt Coolum countless times and undertaken stair repeats wearing 10kg packs.

In the lead-up to Norseman Meredith will tackle the half-distance (1.9km swim, 90km bike, 21km run) Challenge Iceland on July 23.

"I thought it was a long way to go for one race. I'll see Iceland and justify the expense of getting over there," Meredith said.

The Iceland race will also be Meredith's elite debut. She hasn't raced since the 70.3 Ironman World Championship at Mooloolaba last September.

There were plans to race Challenge Wanaka earlier this year but she was sidelined with a stress fracture of the sacrum.

Recovering by late-March, there have been a lot of hours in the gym to strengthen her body for the return to racing.

NORSEMAN

What: Norseman Xtreme Triathlon.

Where: Eidfjord, Norway.

When: August 5.

Details: Athletes board a car ferry and jump into the water of the Hardangerfjord fjord to the town, Eidfjord.

At Eidfjord the competitors ride 180km through the mountains, the first 4km of which is uphill (reaching 1200m above sea level). After transition two at Austbygdi, the competitors then run 42.2 km of which the first 25km to Rjukan is flat and following this they end up climbing the mountain, Gaustatoppen, 1880m above sea level.

The race is "unsupported" so competitors need to have personal back-up crews that follow them with cars to provide them with food and drink. The support crews also have to accompany their competitor up the final 7km mountain climb.

Go from barge to beach

Matthew McInerney
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AN OPEN water swim will entice more entries to the Fraser Coast's biggest triathlon carnival.

The Hog's Hervey Bay 100 has evolved from a 100km triathlon, in which competitors complete a 2km swim, 80km ride and 18km run, to a weekend of events in which athletes of every age and skill can enter.

The senior Have-a-Crack triathlon and junior aquathlons and triathlons have made Super Saturday an unmissable event.

The addition of a 2km open swim, the Barge2Beach, provides another avenue in which people can participate.

Up to 200 swimmers will take a barge to a location 2km off shore from the race precinct located near Enzo's On the Beach.

The drop of a drawbridge will signal the start of the race, and the swimmers will work their way back to the shore.

Hervey Bay 100 co-ordinator Jeffrey Morris said he expected some of those swimmers to be



Athletes can swim from a barge 2km off shore to the beach as part of the Hog's Hervey Bay 100.

PHOTO: FILE

completely new visitors.

"I expect some of the Sunday (HB100) competitors to be there – for some people 2km is 40 minutes of exercise," Morris said.

"If we get those 200 involved I'd expect about 50 of them to be extra entrants who previously weren't involved with the weekend."

Morris said months of planning with Hervey Bay Surf Life Saving Club, Triathlon Queensland, Department of National Parks and Wildlife and the Hervey Bay Triathlon Club had brought the event to fruition.

Like "Barge2Beach" on Facebook for more details.

Entries have now opened.



Tim Jarrold welcomes wife Kate Gazzard to the finish.

PHOTO: SARAH-JANE MARSHALL

Kate claims first Mongrel victory

MINYAMA'S Kate Gazzard claimed the marathon title at the inaugural Moreton Mongrel.

A small field battled the elements over 2.2k, 5km, 10km 21.1km and 42.2km distances.

The event on Moreton Island was brutal, staged completely on soft sand.

Kate said it was the toughest marathon she'd ever undertaken.

The Mongrel was a fundraiser for Level Minds, an initiative by Couee Community set up to help raise awareness and tackle the issue of adults and children suffering from PTSD, other forms of anxiety, and mental illness.

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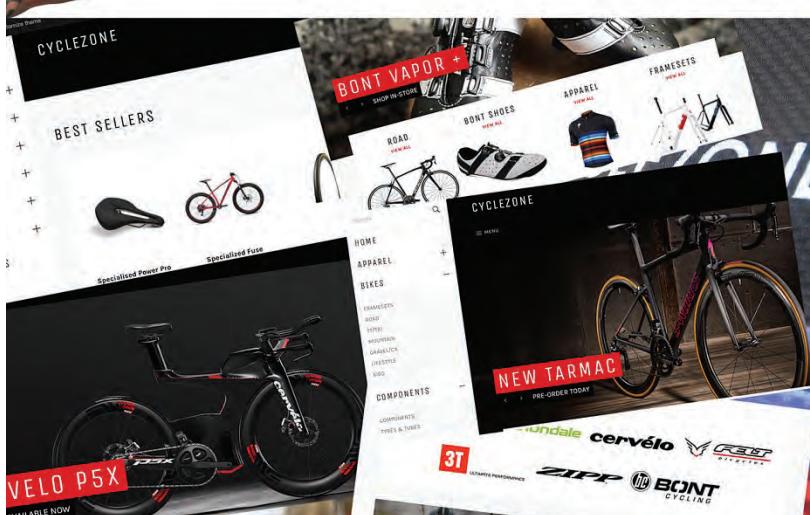
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Smart helmet could save your life

A CYCLIST who has been knocked off his bike twice by passing cars has developed a helmet which provides riders with an electronic rear-view mirror on their phone.

Cyclevision has secured a \$100,000 Advance Queensland Ignite Ideas grant to take the product to market.

Developed by Rob Asker, a cycling enthusiast and aviation engineer, the 'smart helmet' has video streaming technology to give riders advance warning of impending collisions.

The helmet features in-built wi-fi technology and live rear-vision streaming.

A live stream from the rear camera is transmitted to the cyclist's smartphone, which can be mounted hands-free on the handlebars, providing a wide angle, electronic rear-view mirror.

The front and rear cameras are embedded in the structure of the helmet along the centreline. Both record simultaneously onto twin micro data storage cards.

Mr Asker, of Cairns, started work on the helmet after being



Rob Asker of Cairns has developed a helmet which has cameras front and rear. PHOTOS: CONTRIBUTED

knocked off his bike by a passing car for the second time while riding home from work.

"This is the Holy Grail for cyclists worldwide – forward and rear camera systems recording high-definition vision and sound simultaneously, with the added ability to display the rear vision in live time," Mr Asker said.

"Both cameras record 160 degrees wide and 140 degrees high views front and back, with their positioning designed to accommodate the downward-facing angle of the head which most riders tend to

adopt on long hauls."

Mr Asker said the helmet's developmental journey had taken several years.

"There's strong demand from cyclists around the world for this type of product. Our market research is telling us that we may need to scale our supply chain rapidly in our first year," he said.

"The vulnerability and frailty of the cyclist compared to other co-road users is an extremely one-sided affair.

"An error of judgment by either party could have fatal consequences, and for the cyclist

it often happens without warning."

Innovation Minister Leeanne Enoch praised what is believed to be a world-first innovation.

"Bicycle riders are vulnerable road users, and the number of cyclists hospitalised as a result of road incidents nationally has been increasing by about four per cent each year," Ms Enoch said.

"But with enough warning, a cyclist may be able to take the necessary action to avoid a collision, especially with vehicles approaching from behind and this smart Cyclevision helmet is a great solution."

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Foundation for the future

EXCITEMENT surrounded the inaugural Velothon Sunshine Coast.

Interstate visitors were raving about the scenery and conditions which augers well for the future of the event.

Coolum rider Tony Bryan took part over the three days and said the event was well run, with those interstate loving the roads and conditions...albeit the routes were challenging with some tough climbs through the event.

Stellar conditions saw cyclists start early in cool weather, but finish in bright sunshine.

A brief shower at the start of Sunday's third instalment was the only blight on an otherwise perfect three days for more than 700 riders.

Cooroy's Tim Jensen was the best of the locals over three days with a total time of 10:51:21, with the overall victory going to Melbourne's Sean Vintin who maintained his lead after crossing first on day one.

Parrearra duo Ben Harris and Robert Marcucci went under 11 hours for the three days, while David Chick's final day was cruelled by a puncture with 90km remaining – but he still finished 17th overall.

Sydney's Phillip Taaffe won stage three (4:30:49) to claim the Master's category but fell 44 seconds short of Sean who snared the overall general classification win.

"I have done stage racing as an endurance runner but never on a bike so I didn't know what to expect," Sean, said.

"It is a lot easier on the body than I am used to but the three



Yvette Edward was first female across the line on day one.

days have been a roller coaster.

"The first day I didn't expect to do as well as I did and finishing first, I put a lot of pressure on myself mentally and I really struggled to sleep on the first night.

"The second day was going to be make or break for me and I felt terrible. It wasn't my kind of stage, it was flat and fast and I am not a sprinter, so my plan was just to hang on, get through the day and try and get some sleep. I managed to do that and felt fantastic today.

"It has been a roller coaster and it hasn't been easy for sure."

"My training is a minimum of 90km a day, so I wasn't worried about backing up day to day and the hills don't scare me."

Brisbane doctor Rachel Effeney also kept her perfect record intact on the final day, winning the stage (4:46:47) and taking home the much sought after leader's jersey.

Rachel said day three provided plenty of surprises she hadn't counted on, but it didn't stop the



Sean Vintin won on day one, and then stayed in yellow for the remainder of Velothon Sunshine Coast. PHOTOS: GRANT EDWARDS

cycling rookie from turning in another strong performance.

"It was brutal for a third day," she said.

"Good but tough with lots of hills that just kept coming. It has been a great event and I have really enjoyed it."

"Tough riding but a great atmosphere and I would love to come back next year. Why wouldn't you want to do three days of cycling on the Sunshine Coast? I would definitely encourage people to enter."

"I am trying to get into racing, so I have a few events coming up in Brisbane but my main focus is a

cycling tour of Japan coming up in August. So this has been a perfect preparation for that. I have eight days of cycling around the mountains of Japan which I am looking forward to."

Norwegian student Kjell Oeyen picked up line honours in the 90km option on day three, adding an international flavour to the Velothon.

Velothon Sunshine Coast returns next year, with the event to be held from July 12–15 July. Entries open on Thursday, September 21, 2017. Visit www.velothonsunshinecoast.com.

CONTINUED ON PAGE 10

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Race results

FROM PAGE 9
Three-day Velo overall

Timothy Jensen (Cooroy Mountain) 10:51:21.60 Male Masters.
 Ben Harris (Parrearra) 10:52:02.20 Male Masters.
 Robert Marcucci (Parrearra) 10:57:02.70 Male Masters.
 David Chick (Yaroomba) 11:01:17.70 Male Team.
 William Craddock (Sunrise Beach) 11:01:38.10 Male Masters.
 Brendan Butler (Caloundra) 11:04:10.30 Male Under 23.
 Carlo Calleri (Peregian Springs) 11:23:46.40 Male Masters.
 Matthew Clark (Buderim) 11:28:12.30 Male Masters.
 Jarred Hoffmann (Buderim) 11:48:28.50 Male Open.
 Lawrence Cranley (Noosa Heads) 11:59:59.40 Male Masters.
 Tony Bryan (Coolum Beach) 12:20:40.90 Male Team.
 Rick Young (Mooloolaba) 12:26:10.70 Male Masters.
 Andrew Hunt (Peregian Beach) 12:26:27.70 Male Masters.
 Paul Marshall (Buderim) 13:29:00.70 Male Masters.
 Garry Weston (Caloundra) 13:31:04.20 Male Masters.
 Jane Smith (Noosa Heads) 13:36:02.50 Female Open.
 Brad Moses (Coolum Beach) 13:40:08.00 Male Masters.
 Ruth Probert (Buderim) 13:50:55.20 Female Masters.
 Marek Malter (Maleny) 14:51:39.20 Male Team.
 Steve Hills (Maleny) 15:01:06.50 Male Team.
 Joanne Measures (Peregian Springs) 15:10:10.90 Female Masters.
 Mark Rowlands (Peregian Springs) 15:14:29.00 Male Masters.
 Brett Graham (Maroochydore) 15:18:43.70 Male Masters.
 Cris Harris (Mt Coolum) 15:33:29.00 Male Masters.
 Gerard Baarslag (Diddillibah) 15:46:16.50 Male Masters.
 Jenny Allen (Maleny) 16:03:24.80 Female Team.
Three-day stage one:
 Timothy Jensen (Cooroy Mountain) 3:50:46.66.
 Robert Marcucci (Parrearra) 3:50:47.23.
 David Chick (Yaroomba) 3:51:01.66.
 William Craddock (Sunrise Beach) 3:51:12.79.
 Ben Harris (Parrearra) 3:51:17.14.
 Matthew Clark (Buderim) 4:00:07.62.
 Shaun Phillipson (Buderim) 4:01:40.14.
 Dave Beeche (Sunshine Beach) 4:01:48.89.
 Brendan Butler (Caloundra) 4:04:00.52.
 Carlo Calleri (Peregian Springs) 4:06:38.12.
 Lawrence Cranley (Noosa Heads) 4:07:47.89.
 Rick Young (Mooloolaba) 4:17:06.41.
 Tony Bryan (Coolum Beach) 4:19:33.33.
 Robbie Andrews (Maroochydore) 4:21:58.01.
 Scott Farrell (Palmwoods) 4:24:47.71.
 Andrew Hunt (Peregian Beach) 4:26:23.27.
 Jarred Hoffmann (Buderim) 4:27:17.65.
 Paul Marshall (Buderim) 4:36:20.15.
 Brad Moses (Coolum Beach) 4:45:24.05.
 Ruth Probert (Buderim) 4:48:12.01.
 Garry Weston (Caloundra) 4:53:30.81.
 Letty James (Buderim) 4:56:28.18.
 Charles Pollack (Birtinya) 4:56:36.37.
 Jane Smith (Noosa Heads) 5:01:26.88.
 Gary Morgan (Parrearra) 5:01:52.28.
 Simon Best (Mooloolaba) 5:15:44.26.
 Brett Graham (Maroochydore) 5:16:19.28.
 Chris Salmon (Buderim) 5:17:31.50.
 Marek Malter (Maleny) 5:19:28.42.
 Steve Hills (Maleny) 5:19:30.38.

Jenny Allen (Maleny) 5:19:35.52.
 Joanne Measures (Peregian Springs) 5:24:42.55.
 Mark Rowlands (Peregian Springs) 5:28:25.87.
 Tony Meyer (Aroona) 5:29:51.36 Male Open.
 Cris Harris (Mt Coolum) 5:33:27.32.
 Paul Hennessy (Palmwoods) 5:35:12.14.
 Mark Skeates (Wurtulla) 5:36:35.34.
 Scott Service (Maroochydore) 5:36:42.93.
 Damian Torre (Noosa Heads) 5:40:38.64.
 Samantha Miezie (Forest Glen) 5:48:15.46.
 Paul Carr (Lake MacDonald) 5:54:19.89.
 Gerard Baarslag (Diddillibah) 5:55:33.22.
Three-day – stage two
 Robert Marcucci (Parrearra) 2:27:25.99.
 David Chick (Yaroomba) 2:28:04.66.
 Timothy Jensen (Cooroy Mountain) 2:28:30.97.
 Brendan Butler (Caloundra) 2:28:42.02.
 Ben Harris (Parrearra) 2:28:51.11.
 Matthew Clark (Buderim) 2:29:03.93.
 William Craddock (Sunrise Beach) 2:29:23.59.
 Tim Devries (Coolum) 2:31:25.79.
 Jarred Hoffmann (Buderim) 2:33:02.61.
 Scott Farrell (Palmwoods) 2:35:18.28.
 Carlo Calleri (Peregian Springs) 2:35:38.26.
 Shaun Phillipson (Buderim) 2:39:36.23.
 Lawrence Cranley (Noosa Heads) 2:39:36.71.
 Mark Skeates (Wurtulla) 2:40:57.40.
 Rick Young (Mooloolaba) 2:43:02.15.
 Tony Bryan (Coolum Beach) 2:43:56.49.
 Robbie Andrews (Maroochydore) 2:49:12.48.
 Gary Morgan (Parrearra) 2:50:18.70.
 Brad Moses (Coolum Beach) 2:51:40.10.
 Garry Weston (Caloundra) 2:52:03.66.
 Andrew Hunt (Peregian Beach) 2:53:01.43.
 Scott Service (Maroochydore) 2:54:13.82.
 Jane Smith (Noosa Heads) 02:59:18.04.
 Letty James (Buderim) 3:06:31.46.
 Ruth Probert (Buderim) 3:06:44.25.
 Paul Marshall (Buderim) 3:06:47.57.
 Tony Meyer (Aroona) 3:08:04.30.
 Marek Malter (Maleny) 3:14:46.85.
 Gerard Baarslag (Diddillibah) 3:15:21.96.
 Steve Hills (Maleny) 3:20:26.27.
 Chris Salmon (Buderim) 3:21:04.15.
 Simon Best (Mooloolaba) 3:21:51.72.
 Cris Harris (Mt Coolum) 3:23:13.72.
 Brett Graham (Maroochydore) 3:25:33.53.
 Joanne Measures (Peregian Springs) 3:26:15.96.
 Mark Rowlands (Peregian Springs) 3:26:50.54.
 Paul Carr (Lake MacDonald) 3:30:44.66.
 Samantha Miezie (Forest Glen) 3:30:48.68.
 Damian Torre (Noosa Heads) 3:31:20.52.
 Jenny Allen (Maleny) 3:36:56.98.
 Paul Hennessy (Palmwoods) 3:50:24.52.
 David Johns (Aroona) 4:22:09.89.
Three-day – stage three 152km
 Brendan Butler (Caloundra) 4:31:27.80.
 Ben Harris (Parrearra) 4:31:54.00.
 Timothy Jensen (Cooroy Mountain) 4:32:04.00.
 Robert Marcucci (Parrearra) 4:38:49.50.
 William Craddock (Sunrise Beach) 4:41:01.80.
 Carlo Calleri (Peregian Springs) 4:41:30.10.
 Tim Devries (Coolum) 4:41:30.10.
 David Chick (Yaroomba) 4:42:11.40.
 Jarred Hoffmann (Buderim) 4:48:08.30.
 Matthew Clark (Buderim) 4:59:00.80.
 Andrew Hunt (Peregian Beach) 5:07:03.00.
 Lawrence Cranley (Noosa Heads) 5:12:34.90.
 Tony Bryan (Coolum Beach) 5:17:11.10.
 Rick Young (Mooloolaba) 5:26:02.20.
 Jane Smith (Noosa Heads) 5:35:17.60.
 Garry Weston (Caloundra) 5:45:29.80.
 Paul Marshall (Buderim) 5:45:53.00.
 Charles Pollack (Birtinya) 5:49:34.10.
 Ruth Probert (Buderim) 5:55:59.00.
 Brad Moses (Coolum Beach) 6:03:03.90.
 Marek Malter (Maleny) 6:17:24.00.



Timothy Jensen on his way to finishing day one of Velothon Sunshine Coast.

PHOTOS: GRANT EDWARDS



Ironman Oceania managing director Dave Beeche finishes day one of Velothon Sunshine Coast.

Joanne Measures (Peregian Springs) 6:19:12.40.
 Mark Rowlands (Peregian Springs) 6:19:12.60.
 Steve Hills (Maleny) 6:21:09.90.
 Gerard Baarslag (Diddillibah) 6:35:21.40.
 Cris Harris (Mt Coolum) 6:36:48.00.
 Brett Graham (Maroochydore) 06:36:50.90.
Three-day 90km
 Dave Beeche (Sunshine Beach) 2:28:08.90.
 Gary Morgan (Parrearra) 02:45:47.40.
 Letty James (Buderim) 2:58:13.80.
 Simon Best (Mooloolaba) 2:58:54.70.
 Tony Meyer (Aroona) 2:59:19.70.
 Paul Hennessy (Palmwoods) 3:11:24.40.
 Chris Salmon (Buderim) 3:15:02.20.
 Damian Torre (Noosa Heads) 3:19:00.90.
 Paul Carr (Lake MacDonald) 3:30:42.90.
 Samantha Miezie (Forest Glen) 3:30:43.80.
 David Johns (Aroona) 4:07:48.50.
 Mark Skeates (Wurtulla) 4:22:17.20.
One-day 152km
 Adam Hulme (Caloundra) 4:38:33.20.
 Jeff Liddell (Cotton Tree) 4:38:35.90.
 Dan San Martin (Shelly Beach) 4:40:57.00.
 David Wighton (Mudjimba) 4:41:21.90.
 Caleb Fenech (Sippy Downs) 4:41:22.00.
 Mick Patton (Buderim) 4:41:37.50.
 Owen MacPhillary (Tewantin) 4:43:58.10.
 Rod Kennerson (Mount Coolum) 4:46:11.20.
 Sebastian Lambooy (Buderim) 4:46:34.40.
 Matt Wall (Mount Coolum) 4:50:20.30.
 Mark Cozens (Birtinya) 4:54:32.90.
 Ryan Devlin (Warana) 5:00:56.20.
 Jo Stewart (Noosa Heads) 5:07:52.20.
 Tony Boyle (Little Mountain) 5:11:49.90.
 James Turner (Peregian Beach) 5:12:01.20.
 Ben Peterson (Bli Bli) 5:24:14.60.
 Nick Vanderpold (Cotton Tree) 5:32:33.90.
 Tony Asmus (Mount Coolum) 5:32:39.80.
 Brett Elsum (Golden Beach) 5:33:59.70.
 Steve Brassington (Bli Bli) 5:37:20.90.
 Brad Burnett (Buderim) 5:42:49.30.
 Jai Williams (Maroochydore) 5:49:31.40.
 Nathaniel Simpson (Mountain Creek) 5:49:33.70.
 Winston Hall (Mountain Creek) 05:54:05.20.
 Jonny Harper (Buderim) 5:56:21.90.

CONTINUED ON PAGE 12



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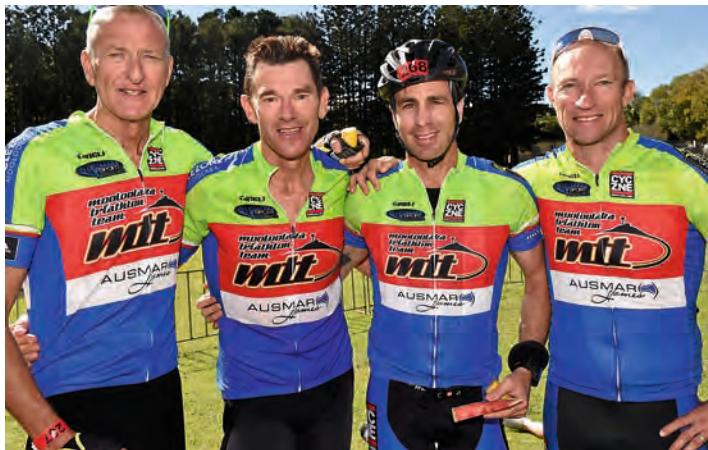
Robbie Andrews climbs Ilkley Rd as part of the first stage.

PHOTO: GRANT EDWARDS



Brendan Butler at the finish of day one.

PHOTO: GRANT EDWARDS



Sunshine Coast team members Tony Bryan, Robbie Andrews, Scotty Farrell and David Chick.



Riders in action at Velothon.

PHOTO: TIM BARDSLEY-SMITH



The Obi Obi climb proved the undoing for many riders on day three.

PHOTO: TIM BARDSLEY-SMITH

FROM PAGE 10

Dane Kinloch (Buderim) 5:56:22.10.
Michael O'Gorman (Peregian Springs) 6:00:05.50.
Richard Kidd (Maroochydore) 6:08:21.70.
Nick Coull (Buderim) 6:08:23.20.
Gilbert Rousset (Twin Waters) 6:10:36.80.
David Nicol (McIntosh Creek) 6:21:18.20.
Felix Sibarani (Bli Bli) 6:25:10.40.
James Loano (Wurtulla) 6:35:49.50.
Stuart Christie (Mountain Creek) 6:39:11.50.
Sian Hillard (Cooran) 6:41:31.80.
Chris Pearson (Pomona) 6:41:32.50.
Derek Swift (Noosaville) 6:44:02.90.
Philip Dixon (Eumundi) 7:02:36.80.
Mark Landells (Buderim) 7:02:54.10.
Andrew MacLean (Maleny) 7:06:01.80.
Steve Hayden (Sippy Downs) 07:31:50.30.
One-day - 90km
Kjell-Anne Oeyen (Maroochydore) 2:28:46.80.
Jason Baughurst (Noosaville) 2:36:51.00.
Steve Sagar (Marcus Beach) 2:42:38.10.
Alan McLean (Minyama) 2:43:53.90.
Armando Serafin (Mooloolaba) 2:46:28.00.
Sam Hartvigsen (Parrearra) 2:47:20.90.
Scott McGuinn (Didililbah) 2:47:25.00.
Gary White (Mooloolaba) 2:51:55.90.

Stephen Parkes (Maroochydore) 2:52:24.40.
Liam Owen (Golden Beach) 2:53:04.80.
Russell Mason (Buderim) 2:57:38.00.
Paul Thomas (Buderim) 2:58:29.30.
David Hill (Noosa Heads) 3:00:15.30.
Bec Edwards (Maroochydore) 3:05:47.00.
Paul Eberhart (Buderim) 3:07:01.80.
John Bidwell (Twin Waters) 3:07:02.70.
Blake Jones (Sippy Downs) 3:13:08.80.
Mark McFarlane (Parrearra) 3:13:48.80.
Glen Mulhall (Bli Bli) 3:13:50.10.
Mark Norman (Kings Beach) 3:13:51.60.
Garry James (Buderim) 3:14:10.00.
Chris White (Mooloolaba) 3:15:58.80.
Dean Saunders (Minyama) 3:18:53.50.
Justin Smith (Caloundra) 3:18:55.60.
Emma King (Caloundra) 3:20:32.20.
Andrew Walker (Nambour) 3:20:32.30.
Sharon Gerlach (Nambour) 3:24:08.90.
Ian Mackle (Buderim) 3:24:10.50.
David Beaden (Palmwoods) 3:24:42.90.
Teresa Munce (Coolum Beach) 3:24:43.90.
Syd Wakefield (Mountain Creek) 3:25:17.30.
Cameron Penfold (Warana) 3:27:39.20.
Paula Ryan (Kings Beach) 3:28:24.80.
Sandii Rixon (Moffat Beach) 3:31:33.00.
Karen Artis (Noosa Heads) 3:33:27.10.
Eric Sutherland (Buderim) 3:36:20.00.
Karen Phillips (Mount Coolum) 3:38:11.60.

Richard Phillips (Mt Coolum) 3:38:12.40.
Paul Fisher (Twin Waters) 3:39:11.50.
James Johnson (Tanawha) 3:41:36.80.
Colin Smyth (Noosa Heads) 3:45:20.00.
Greg McDermott (Ilkley) 3:46:02.50.
Kate Taylor (Sunrise Beach) 3:49:27.80.
John Gazzard (Mapleton) 3:49:50.40.
Brendan Meagher (Alexandra Headland) 3:50:36.00.
Katrina Palmer (Mooloolaba) 3:52:01.60.
Karen Martin (Warana) 3:52:17.00.
Greg Martin (Warana) 3:52:18.00.
Graeme Adlin (Marcus Beach) 3:52:18.50.
Roger Watson (Golden Beach) 3:52:20.90.
Paul Glass (Twin Waters) 3:52:22.10.
John Ingram (Parrearra) 3:52:26.70.

Ed Brown (Tewantin) 3:53:10.60.
Morne Terblanche (Coolum Beach) 3:54:13.80.
Nanu Graval (Bli Bli) 3:54:19.60.
Sarah Grewal (Bli Bli) 3:55:35.60.
Bernie Nichols (Twin Waters) 3:58:54.10.
James O'Beirne (Peregian Springs) 4:01:26.50.
Anton Klekar (Sippy Downs) 4:01:37.30.
Ken Gundlach (Mudjimba) 4:01:47.20.
Trevor Ryan (Peregian Beach) 4:04:08.40.
Mark Blomkamp (Sunshine Coast) 4:15:05.50.
Daniel Allman (Burnside) 4:18:37.60.
Jan D'Arcy (Buderim) 4:24:55.10.
Richard Bailey (Eumundi) 4:30:07.10.



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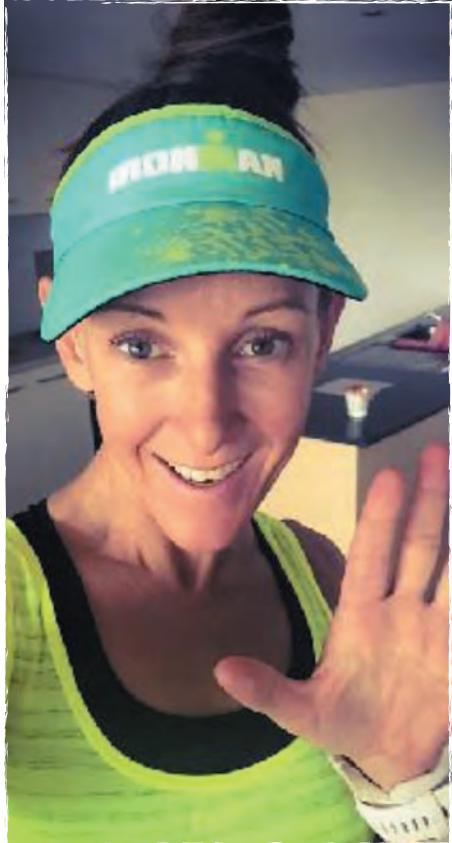


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PERFORM AT YOUR PEAK

@ Hendrey Chiropractic on Lake Kawana
6pm - 8pm

Join Ultraman World Record holder, Richard Thompson and Ultra distance athlete Carmen Atkinson for an inspirational evening, where both athletes share their contrasting stories, what they learned from their experiences and how you can implement similar strategies to perform better in sport and in life.

COST \$15 - LIGHT SUPPER INCLUDED

13/5 Innovation Parkway, Lake Kawana, Sunshine Coast - Tickets Purchased through EventBrite

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Lessons in life and triathlon

THEIR Ultraman Australia experiences were poles apart.

Richard Thompson had the perfect race and claimed victory as well as the world record.

Carmen Atkinson was moving through the field on day one but a bike crash saw her hospitalised.

Their contrasting stories, what they learnt from their experiences and how you can implement similar strategies to perform better in sport and in life is the inspiration behind Perform At Your Peak.

What was the motivation behind the presentation?

"I felt compelled to share mine and Richie's contrasting stories," Carmen said.

"Even though our race outcomes were very different, each experience was filled with great insight and lessons."

"I'm inspired to share this with others in the hope that they too may see the gift in all life's experiences, the good, the bad and the ugly."

"I want to share all the positives I've learnt and also share my mistakes, so that others may avoid a similar fate."

Rich said after preparing and competing in Ultraman Australia, there were some specific lessons you took away from it.

"Those lessons, when applied, gives you a real advantage in achieving your goals – both within triathlon and all aspects of life," he said.

"We wanted to discuss what we learnt in this journey in the hope that people will benefit from our experiences."

What insights can the audience expect?

Rich said while there would be great insights into what it takes to contemplate and prepare for an Ultraman, there would be a holistic approach.

"The lessons learnt in the process can be applied to anything in life – how to set a massive goal, how to perform when it counts and achieve that goal and everything in between," he said.

For Carmen, one of her greatest accomplishments for Ultraman 2017, despite not completing the race, was getting through six months of intense training, up to 30 hours a week and getting to the start line completely injury free.

"Not once did I have to modify my program to accommodate injury. Not even the slightest niggle," she said.

"I don't believe this is by sheer luck, in fact, I think there are very



Ultraman Australia 2017 Champion Richard Thompson crosses the finish line at Noosa Main Beach in a world-best Ultraman time.

PHOTOS: IAIN CURRY



Carmen Atkinson had her 2017 Ultraman Australia campaign cut short by a crash.

precise strategies that helped me achieve this. I'd like to share those insights and strategies with others."

Will there be good information for those not ever looking to do an Ultraman event?

The night will be for those people seeking success in areas of health and life in general.

"The topics covered apply equally to Ultraman as they do to life in general," Rich said.

"If you want to achieve something big, whatever sphere of your life that is, then this is for

you."

What will the audience leave with post-event?

"Inspiration to explore the depths of their own athletic potential," Carmen said.

"Clear strategies to get the most out of their bodies in training and racing, to not only help prevent injuries, but to achieve what they are truly capable of."

Rich said those who attended would not only receive an epic goodie bag provided by sponsors, "but also the motivation and knowledge to set, prepare and

PRESENTATION

What: Perform At Your Peak.

When: Friday, August 4, 6–8pm.

Where: Hendrey Chiropractic, 5 Innovation Parkway, Warana.

Details: Light supper provided.

Price: \$15.

Tickets: Available online at www.eventbrite.com.au.

achieve your goals so that you can go out and live your potential in anything you do in life".

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Teen among world's top 10

Steele Taylor

steele.taylor@scnews.com.au

CHELSEA Gubecka claimed a top-10 standing at the world championships but the teenager admits she's likely to tweak her approach to the sport after being caught by surprise in the 10km race.

The 18-year-old continued her rise in open water swimming with a ninth placing at Budapest on Sunday night, when she clocked 2hrs30sec to finish behind France's Aurelie Muller.

Fellow Sunshine Coaster Kareena Lee came in 19th with 2:02.08.

It was a frantic race, in which the tempo increased early in the proceedings.

"It was definitely tough. The pace was just on from the 2.5km mark, so I basically swum 7.5km at a threshold pace which is unheard of in open water swimming," Chelsea said.

"She (Muller) definitely turned on the pace quite early, which strung out the field and separated the pack and I was so excited to not lose them and still be there for the finish."

Sixty-two women competed for the world title at Lake Balaton.

"This has just been a new

experience and the way this was raced is unheard of," Chelsea said.

"Maybe open water is changing a little bit. Maybe I need to work on being able to hold a high speed over a longer distance."

Despite her age, it was the Rio Olympian's third tilt at the title, after previously finishing 30th and 13th.

Her coach, Sunshine Coast's Michael Sage admitted they were caught out by the nature of the race.

"I thought that was one of the toughest races that she has raced at an international competition," he said.

"The pace didn't really change, which did surprise us, but we did train for different situations and I think that showed when she was able to keep up with the lead pack and unfortunately we just didn't have that last gear that would have seen us finish in the medals."

Meanwhile, Kareena also said the tempo was particularly high.

"I felt from the second lap that everyone just took off, so I was left trying to catch the whole way, which was a bit annoying, and not normally how that happens," she said.

She will also compete in the 5km while Kawana's Jack Brazier


Open water swimmer Chelsea Gubecka.

PHOTO: CHE CHAPMAN

was due to compete in the men's 10km race on Tuesday.

Chelsea, Kareena and Jack

earned berths at the meet via strong showings at the national championships.

Team dig deep to finish trek

TRUDGING through heavy rain and mud while battling cramps and muscle spasms, David Hendrey's team had to dig deep to finish this year's 96km Kokoda Challenge.

The Buddina chiropractor and teammates Vance Pritchard, Brian Coleman and Anthony Pohlner were winners of the four-person men's division with a time of just over 19 hours.

David said it was toughest event he had endured – "quadruple harder than the last Kokoda Challenge we did".

"Two members vomited. Two members battled through 60km of cramps and muscle spasms," he said.

"One team member had a chest infection and was coughing and then there was painful reflux for six hours which meant being unable


Coast chiropractor David Hendrey (left) and Kokoda Challenge teammates Vance Pritchard, Brian Coleman and Anthony Pohlner.

PHOTO: CONTRIBUTED

to maintain the nutrition plan.

"I'm so proud of my team and support crew Penne Jean, Breanna Coleman, Billy Markwell

and Lauren Dawson."

Wurtulla's David Schloss was part of a team which completed the course in just under 23 hours.

Unfortunately for Nambour's Dylan Cole-Jones, he had to withdraw late in the race due to crippling cramps.

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The Stinson 3 ATR features the signature category-defining Hoka One One cushioning and support, and is redesigned from the ground up. The upper features ComfortFrame in the heel and midfoot for improved fit, and light padding on the tongue for increased comfort. The Stinson 3 ATR is designed to be durable enough for the roads while providing ample traction on the trails. Check them out at Allez Sport, RRP \$259.95.



Specialized has completely redesigned the frame of the Epic, developing a modern cross-country geometry and created a new Brain rear shock and suspension platform. The frame saves up to 525 grams, while also maintaining stiffness. The new Brain sits closer to the rear axle and features a new layout and oil flow path for more consistent damping control, bump performance and bump responsiveness. Check them out at Cycle Zone Mooloolaba, prices start from \$5200 for the Comp (pictured in men's and women's), \$6900 for the Xpert and \$12,500 for the S-Works. Alloy Comp versions from \$3800.



A lightweight and responsive road flat, the Mizuno Wave Hitogami 4 is built for race day. A great option for anything from 5k to a half marathon. A similar underfoot feel to its previous version now with a little extra pop, loyalists to the series will be thrilled by this small addition. For the competitive road runner looking for a reliable racing flat that has versatility to go up in distance, the Mizuno Wave Hitogami 4 is built to perform on race day. This new women's colour combination is available at Allez Sport Mooloolaba, RRP \$199.95.



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Upcoming Sunshine Coast events

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

Date	Event	Distance	Location	Website
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.geoffsruns.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 lapRiders 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, have between 9-18 hours to complete the challenge while raising money for the Fred Hollows Foundation.	Sunshine Coast	www.sunshine.coastrek.com.au
July 29	Cycling Interclub Series round two	Sunshine Coast up against Hamilton Wheelers Cycling Club and University of Queensland Cycling Club in a three-race series. Men's A-grade 60min, men's B-grade 50min, women's A/B-grade 45min, men's C-grade 40min, women's C/D-grade 35min, men's D-grade 30min. Race at Lakeside Park.	Lakeside	www.scccracing.wixsite.com/sccc
July 29	Queensland Cross Country Championships	All runners aged six and up, of all abilities, are encouraged to compete at the championships. 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.	Maleny	www.scccrosscountry.com.au
July 29	MTB 3-hour Endurace Race	Paul's private push-bike playground has new features to explore as you smash out the laps. Bushrangers MTB is running with a 3hr endurance format (otherwise known as cross-country endurance or XCEN). Try and do as many 4km laps as possible in the timeframe and where equal number of laps have been completed the one with the fastest time overall wins. Cost is \$10, and is open to anyone with a MTBA race insurance or those who have a day licence. Racing starts at 9am. Registration between 7-8.30am.	Dulong	www.bushrangers.org
July 30	Glasshouse Trail Series- Flinders Tour	The Flinders Tour is a 12.5km, 26km and 52km trail run at Beerburum. Flinder's Tour is based at Beerburum State School, and pays tribute to Matthew Flinders who was the first European to climb one of the Glasshouse Mountains (Beerburum) on this date in 1798.	Beerburum	www.glasshousetrailseries.com
July 30	Rainbow Beach Marathon Festival	Trail runs through Rainbow Beach/Cooloola National Park, distances of 11km, half marathon and full marathon.	Rainbow Beach	www.runqueensland.com
August 5	Frog Challenge	Swimrun comes to the Sunshine Coast. Swim legs 10, run legs nine, longest run 3km, longest swim 500m, total swimming - 3km, total running - 16km, total distance about 19km.	Mooloolaba	www.frogchallenge.com
August 4-6	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	https://www.eventbrite.com.au/e/hells-bells-adventure-race-2017-tickets-32493123808?aff=es2

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Date	Event	Distance	Location	Website
August 6	Cycling Interclub Series round three	Sunshine Coast up against Hamilton Wheelers Cycling Club and University of Queensland Cycling Club in a three-race series. Men's A-grade 60min, men's B-grade 50min, women's A/B-grade 45min, men's C-grade 40min, women's C/D-grade 35min, men's D-grade 30min. Race staged at Skippy Park.	Landsborough	www.scccrracing.wixsite.com/sccc
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 equipment will be provided. Book 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 13	LifeFlight Tour de Rescue	Ambassador Robbie McEwen will ride with our participants with a police escort departing from North Brisbane to Maroochydore. The 155km route winds its way through the rolling hills lying within the northern outskirts of northern Brisbane and making its way past the Glasshouse Mountains then onto the Blackall Range, Montville and Mapleton, before descending to the LifeFlight base at Maroochydore, not far from the foreshore of the pristine coastal village of Mudjimba. LifeFlight provides a critical care medical rescue helicopter service to Queensland.	Brisbane to Maroochydore	www.tinyurl.com/LFTDRrego
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. This year's half marathon has a one-loop course.	Alexandra Headland	www.sunshinecoastmarathon.com.au
August 20	Rainbow Beach Trail Run	Trail runs through Rainbow Beach/Cooloola National Park with distances of 11km, 21.1km and 42.2km starting at Phil Rodgers Park.	Rainbow Beach	www.runqueensland.com
September 2-3	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

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Date	Event	Distance	Location	Website
September – whole month	Love to Ride	Love to Ride is all about showing more people how easy and enjoyable cycling is. If you love to ride, then let's spread the love. The challenge is back to get more people riding on the Sunshine Coast, and the competition is returning this September with more prizes and more friendly competition, and a new challenge format. Earn points for every person you encourage to ride and for every ride you log.	Sunshine Coast	www.lovetoride.net
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, email 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	Skippy Park Criterium	Sunshine Coast Cycling Club criterium racing at Skippy Park.	Landsborough	www.scccracing.wixsite.com/sccc
September 24	Mountain Bike Orientees 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.scccyclefest.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 12	Thursday Night Criterium	Sunshine Coast Cycling Club criterium racing at Caloundra.	Caloundra	www.scccracing.wixsite.com/sccc
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

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Date	Event	Distance	Location	Website
October 15	Wild Women Adventure Race	All you really need is a basic level of fitness, a female friend and a willingness to try something a little different. Competitors can expect between 20 to 30 km of mountain biking, 8 to 15 km trail running/trekking and 1-3 km of kayaking/swimming/paddling (water discipline). There may be multiple legs of each discipline.	Sunshine Coast	www.triadventure.com.au
October 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.	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	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	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	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
September 24	Giraween Criterium	Sunshine Coast Cycling Club criterium racing at Giraween.	Giraween	www.scccracing.wixsite.com/sccc
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.scccracing.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.scccracing.wixsite.com/sccc

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Date	Event	Distance	Location	Website
November 11	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 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.worldseriesswims.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.qldtriseries.com.au
November 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.qldtriseries.com.au
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 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
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.worldseriesswims.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
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