

# Multisport

MECCA

May 9, 2018

## Enduring memories

■ Iain Curry

**AN obvious question to anyone preparing for Ultraman Australia: why?**

For Julienne Drysdale it's about seizing the day.

"I'm putting the memories in the bank now," said the 59 year-old accountant from Noosa Heads.

"I've had a lot of people close to me die in the last few years. Also my father passed away a few years ago, and in his decline, he really only had memories."

It's a clear message. Do what you want and what you can while you still have the chance.

CONTINUED ON PAGE 2



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# Veteran racer seizing the day

**FROM PAGE 1**

Such an attitude is common to those embarking on one of the most challenging physical pursuits man or woman can undertake.

On Saturday, Noosa hosts the first stage of the epic three-day Ultraman Australia. To the uninitiated, it includes a 10km ocean swim and 140km bike ride on day one; a 281.1km bike ride on day two, then an 84.3km double marathon on the final day, finishing at Noosa's Main Beach.

Drysdale is steely in her determination when we meet on the sand at Noosa a few weeks before she'll take the start line this weekend.

Tanned, slim and eloquent as she speaks about her Ultraman preparations, she exudes none of the fear most would expect so close to such an athletic odyssey. She's impressively relaxed and free of fuss; either that or she's expert at hiding her fears.

But don't the distances phase her? "I did a 5km ocean swim soon after elbow surgery in January, so perhaps naively I think I can punch out 10km, especially in a wetsuit," she said.

"Both days are tough cycle courses, but I've been over them and done them in training many times. It helps to be a local.

"The run is an unknown quantity, but my coach Nick Croft has got me on a program running for 14 minutes, walking for one. It means I can think in 15 minute blocks at a time, rather than worrying about how far away Twin Waters is. Ultraman is about pacing and nutrition."

That system proved successful for former Coast lawyer Tim Franklin in Ultraman 2016, finishing second overall.

Drysdale will be joint oldest competitor tackling Ultraman this year, and perhaps it's her experience and wisdom that will see her succeed.

She only started her athletic career aged 40 when she and a friend made a bet that one would do a triathlon and the other a marathon.

"It started from there and I was hooked," she said.

Her resume includes countless half Ironmans, 11 Ironmans including two Konas, plus numerous long-distance cycle races.



**FINISH FOCUS: Julieenne Drysdale of Noosa Heads training for Ultraman Australia.** PHOTO: IAIN CURRY

"It's all about the camaraderie, the achievement and the discipline of training that just suit my personality," Drysdale said.

But Ultraman is a whole other level of physical endurance.

"I saw Ultraman at Noosa a few years ago and I thought I could never do that," Jules said. "But the more people said it was an event for me I thought 'stuff it, I'll give it a go.' I've got bunions, my toes are turning the way they shouldn't, so if I'm going to have a go, I've got to do it now."

In her words, Drysdale "turned her mind over" to convince herself she could do Ultraman. Nick Croft assured her she could with the right training, so "between the two of us we're going to get there".

Unlike many competitors, Drysdale's training has been relatively injury free, except for the broken elbow that meant she had to alter her bike position somewhat to reduce pain.

"Compared to events I've done before, Ultraman's difference is there's no end to training," she said. "Each day is a very long day, and you have to back it up the next. I'll do two training sessions on each weekend day. I'll go out early then come home, do the shopping, ironing, whatever, then I've got another training session."

Back-to-back rides see Drysdale complete 120km, 140km, 180km then 140km rides, and a typical few days a few weeks out from the race saw a packed schedule.

"This weekend I have a 6km ocean swim, then 140km on the bike," she said. "Then there's 200km on the bike on Sunday followed by a 4.5 hour run on Monday. Next weekend could be the same."

What about work and family, two major sticking points for those training like this?

"I have a very understanding boss and it's not a busy time of year for an accountant," she said. "I have more leeway to get in later, leave later or take a day off. It's a desk rather than manual job so that helps too."

"I'm divorced so don't have an obligation to cook or clean for anyone, and my kids are 29 and 27 and both live in Melbourne. They're extremely proud of what I do, and will be my support crew alongside some local friends."

Drysdale's nutrition plan has her chowing down on gels, energy bars and electrolyte tablets for her water, but she said she's looking forward to her crew being on hand to carry a bit more variety such as bananas, watermelon and creamed rice.

She's learnt to eat even if not hungry, has made the nutritional mistakes already so she shouldn't do the same come race day, and says her only real fear is missing the 12-hour cut off time each day.

This smart approach is mirrored by her plans post-Ultraman.

Some athletes suffer after the event, mentally drained by the experience, along with a shift of lifestyle and focus when the training and race are over.

Drysdale is heading to Germany to do Challenge Roth a few weeks after Ultraman, then has a seven-day hike planned with a friend in Japan.

"I know my days of long-distance running are coming to an end because of my feet, but I want to be doing this as long as I can," she said.

"I want to be riding my bike, paddling, doing swim tours around the Mediterranean. I want to keep physically active and it helps you keep in touch with younger people."

Banking memories now. And in a few weeks' time there'll be perhaps Drysdale's greatest endurance memory of all: running triumphantly down Noosa Main Beach alongside her friends and two kids after three giant days. Ultra memories indeed.

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# Ultimate challenge on home turf

**Grant Edwards**

SITTING in the outback town of Alpha, Chloe Kay was one of about 300 people. That gave her time to think.

The result was Ultraman Australia.

While stationed in the Queensland town 439km west of Rockhampton over four months, the 31-year-old looked for a challenge. In triathlon, challenges don't come much bigger than a 10km swim, 421km bike and 84km run over three days.

"I was trying to pick an Ironman race which excited me but I just couldn't pick one," she said.

"Ultraman made me nervous but excited so I decided to apply."

Having completed four Ironmans, including Cozumel, Malaysia and two in Cairns, along with three 70.3s, this will be her greatest triathlon battle.

While growing up on the Coast and going to school at Stella Maris, Kay is a relative newcomer to the sport. She had been in Darwin for eight years with family and studying pharmacy before landing a job in Noosa.

"I wasn't really meeting any people... and everyone else seemed to be fit and that was the start of 2014," she said.

"Someone said to me 'don't join Noosa Tri Club because you'll get addicted', and I was like 'I can't even run around the block I'm pretty sure I won't get addicted'.

"The next thing you know, I'm fairly addicted.

"When I started tris I would run-walk from light post to light post. To think now I run a half marathon before work is pretty crazy. That's the beauty of living in Noosa where everyone is very fit."

Her preparation for this weekend has been measured and

purposeful. Under the guidance of coach Pete Lever from EnduranceCollab, Kay has been careful to avoid injury especially with a history of foot issues.

Working full time and standing for nine-10 hours each day as a pharmacist, double sessions have been the greatest hurdle on her way to peaking at training weeks of about 25 hours.

"The difference now is training fatigue. Morning might have a two-hour ride and then backing it up again in the afternoon with another hour ride," she said.

"It's fatigue on fatigue is how we have approached it rather than banking heaps of miles.

"I have to be able to function at work and turn up to the start line uninjured.

"Even my lightest weeks now have been bigger than my heaviest weeks in Ironman training.

"I seem to be forever hungry. It's next level from Ironman training and having to think at lunch to have a big enough meal to sustain me from 12 until six. But then also I might have a session from 6.30 until eight and then have dinner and go to bed so I can get up and do it the next day. I have definitely been more organised with meals and snacks ... my days off are really meal prepping, washing and extra training."

Nervous and excited about the three days ahead, Kay has never before faced a multi-day event.

Confident of the 10km swim, it's day two's challenging bike course which has her on edge.

Passing through Borreen Point, Cooroy, Pomona, Amamoor, Kandanga, Kenilworth, Eumundi and Bli Bli before heading north back to Noosa along David Low Way, it's a massive day in the saddle over 273km.

"The swim is probably my



**WELL PREPARED:** Noosa Heads pharmacist Chloe Kay is excited for Ultraman Australia.

PHOTO: CONTRIBUTED

strength and my favourite, I have a good friend of mine who is paddling for me and I'm looking forward to knuckling down and getting that out of the way first," Kay said.

"Then also having some good friends on the run course and just having a great crew there to share

the experience."

Kay will be supported by Noosa Tri Club members Sue Hancock, Alison Hamblin and Belinda Burke.

Post Ultraman Kay is looking at the multisport race Coast to Coast in New Zealand during February, but may do another Ironman before the end of the year.



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# Trio lead Coast's prestige event

NOOSA is once again going to be the backdrop to one of the nation's toughest endurance events, Ultraman Australia – a three-day, 515km test of sheer determination.

Race director Tony Horton said this gruelling epic would again start and finish at Main Beach in front of the Noosa Heads Surf Lifesaving Club across May 12–14.

This year there are three Sunshine Coast locals participating – Carmen Atkinson, Julianne Drysdale and Chloe Kay.

Horton said the event was limited to 50 athletes on an invitation-only basis and attracted participants from around the world.

Each athlete must be accompanied by an individual support team of at least two people over the entire course.

“The first Ultraman Australia was held in 2015, with the goal of staging an event which focused on the guiding principles of Hawaiian culture: aloha (love), ohana (family), and kokua (help),” Horton said.

This year, 48 athletes from 11

## EPIC RACE

**What:** Ultraman Australia 2018.

**When:** May 12-14.

**Start and finish:** Noosa Surf Life Saving Club car park.

### Schedule

**Day one, May 12:** 6.15am swim start at Noosa Main Beach. Swim cut-off 12.15pm. Bike cut-off 6.15pm.

**Day two, May 13:** 5.30am bike start. Bike cut-off 5.30pm.

**Day three, May 14:** 5.30am run start. Run cut-off 5.30pm.

countries will come together to participate in Ultraman Australia 2018. The field includes participants from Brazil, Canada, Germany, Great Britain, India, New Zealand, Pakistan, Singapore, Thailand and the US.

“Seven athletes have raced in previous Ultraman Australia events, and two of those will be showing up for their fourth event,” he said.



**Richard Thompson broke world Ultraman records on his way to victory last year.** PHOTO: BARRY ALSOP

Horton said day one started with a 10km ocean swim, which must be completed in six hours.

This is followed by a 140km bike ride through the spectacular Sunshine Coast Hinterland, which must be completed within six hours for a total 12-hour timeline.

Day two is a 273km bike ride, and day three sees the fatigued athletes up early for a double marathon – that’s an 84.3km run from Noosa along the Coast,

through the back of Cooloolum and the turnaround is at Twin Waters.

The last section of the run is along Noosa Beach, and the finish line is outside the surf club.

There are 15 women in the field, 32% up from 12 last year, six in 2016 and seven in 2015.

The youngest athlete is Shubham Kajale, 20, while the oldest honour is shared between Drysdale and Belinda Balfour aged 59.

## EXPERT WORKSHOPS

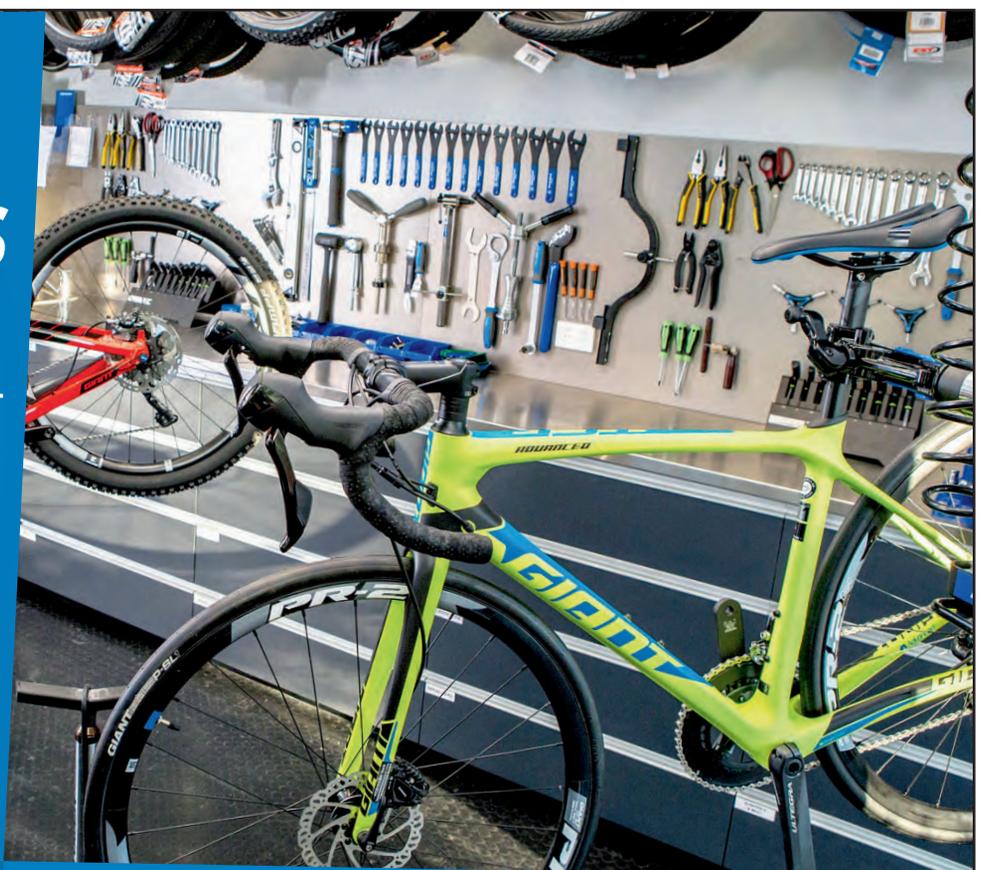
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# Ready for road to redemption

■ Grant Edwards

DAY one. Carmen Atkinson has a laser-like focus on getting to the finish of Ultraman Australia, but first she must exorcise some demons.

The 42-year-old chiropractor from Buddina was firing last year after getting through the 10km swim, but a crash about 90km into the bike leg saw her hospitalised.

Devastated after months of hard work, Atkinson regrouped for another tilt at the event which has quickly become revered in multisport circles since its 2015 launch.

While "12 months wiser" and maintaining a steely resolve, Atkinson has the accident in the back of her mind.

"It's the greatest source of my nerves," she said.

"I still get dizziness and light headedness as a result of my accident. I don't want a repeat of last year ... 90-95% of my riding has been on the course and I'm more familiar where the descents are and tricky turns.

"I'm nervous about it, but I couldn't have done any more to prepare myself.

"Once I get through day one, I'll be able to breath easy."

Starting training again from scratch after recovering from the crash, Atkinson is fitter and stronger than ever.

Since December she has banked at least one 50km run a month, and consistent rides which have seen her cover more than 200km in a day.

This year has also seen a new approach to swimming. Simply trying to "survive" last year's 10km swim before hitting land, Atkinson is hoping for something around the 3hr 15min mark after posting a



**SHE'S BACK:** Carmen Atkinson ahead of last year's Ultraman Australia, which is once again supported by Isuzu Ute. **RIGHT:** Atkinson post accident which saw her hospitalised.

PHOTOS: IAIN CURRY

3:39 last year.

The secret to her new-found belief has come courtesy of swim squad training with Lisa Spink at Palmwoods pool.

"Last year I saw it as a three-day race. This year I have set goals for each discipline," she said.

"This year I have done less open-water swimming. Time will tell whether that has been successful, but we've worked on efficiency and technique and feeling comfortable in the water.

"The bike leg is really about being smart and conservative and managing my nutrition.

"My ultimate is day three. I want to have an incredible day three."

Before Ultraman and ahead of an appearance at the Ironman World Championship, Atkinson

was an ultramarathoner. Her resume includes the 89km South African Comrades Marathon three times.

"I really want to break eight hours (in the double marathon). Everything I do on day one and two is having day three in mind," she said.

"Last year I was worried about my swim and from Ironman I was always used to chasing on land. This year I'll be aware of what others are doing, but I just have to focus on my own race.

"It's the largest female field with some great athletes, and I just have to focus on my own race."

Leaving nothing to chance, Atkinson said she'll arrive on Saturday morning knowing she could have done nothing more during her preparation.



From the start Atkinson will have some knowledgeable guidance. Local surf and triathlon star Seano Clancy will be her paddler, and is part of a support crew which includes Andrew Terlich, Tony Asmus and Matt Grills.

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# Record field to make a splash

**Bill Hoffman**  
bill.hoffman@scnews.com.au

A RECORD number of swimmers in the 15 years' running of the Island Charity Swim will hit the water at Mudjimba on Saturday to swim 11km to Mooloolaba in support of Caloundra and Nambour Special Schools.

Event organiser Jason Crowther of Atlas Multisports said he had been forced to close entries in the 11km swim because of the flotilla of 67 boats required to support the 37 individual swimmers and 28 teams already registered to take part.

This year's field is the biggest in the charity endurance swim's history and follows strong interest in 2017 when weather conditions forced the change to a contingency course around the bay at Mooloolaba.

Crowther said entries not only included swimmers who returned year after year but also a contingent of 30 from Chermside.

A briefing for swimmers was held on May 1, where new arrangements were outlined to ensure separation between support power craft and swimmers and the paddlers who remain beside them through the course which takes participants up to two kilometres off shore.

Crowther said two cans would be set up outside Old Woman Island to marshal boats until they had identified their swimmer.

The event is not a race but a swim designed to celebrate achieving the fundraising targets required for entry.

As such it attracts a range of athletic ability as people take



**ALL SMILES:** Teachers from Nambour Special School's Wahoo 2 team finish last year's Island Charity Swim.

PHOTO: TESSA MAPSTONE

## TIMETABLE

**What:** Island Charity Swim.  
**When:** Saturday, May 12.  
**Start:** The start is from Mudjimba Beach, with swimmers released in 30 second installments from 7am.  
**Finish:** Mooloolaba Main Beach, near the 'Cheeseblock' units.

themselves outside their comfort zone to experience for a short while some of the challenges children with disabilities, their siblings, teachers and parents face every day.

Individual swimmers must hit a minimum benchmark of \$1000,

**11km Island Charity Swim** May 12<sup>th</sup> 2018

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teams of two (\$1500), teams of four (\$2500) and teams of six (\$3000).

A small contingent of 11 swimmers will complete a five kilometre course around the bay at Mooloolaba, while those coming

from Mudjimba complete their ocean crossing.

The short-course participants also must meet fund raising minimum benchmarks of \$500 for an individual \$750 for a team of two and \$1250 for a team of four.

## ISLAND CHARITY SWIM PARTICIPANTS

### Individuals:

Ian Norman, Paul Skillen, April Hulbert, Emily Baker, Ange Brearley, Janine Cardell, Katrina Coombs, Stephen Donnelly, Mercia Cloete, Kate Forrester, Brett Glistler, David Frizzell, Bradley Hitchman, Darryn Jackson, Lene Knudsen, Jess Lucas, Calum MacLean, Hayden Marsden, Daniel Latham, Richard Lewis, Matthew Francis Paul Toon, Jackstar Pascoe, John Phillips, Carl Perkins, Belinda Stumer, Lachlan Teal, Nic Van Der Maat, Trent Wakerley, Grant Edwards, Greg Woodward, Sharon Young, Martin Anderson, Anthony Hunkin, Sarah Windsor and Tania Davey.

### Teams:

Hank Hsieh Team, Stunned Mulletts, Currimundi Splasher, Wahoos, We are going to need a bigger boat, Flying Scots, Flipper Flappers, Dayboro Dugongs, Beth & Co, Mudjimba SLSC Youth, Swimfit Sirens, Manta Babes, Samford Swim Mates, Moni & Sam, Short Course Flunkies, Mudjimba Mudskippers, Mudjimba Sea Serpents, Ala, Noosa Master Swim Team, Maroochy Fire & Rescue, Digging Deep for Dooley T1, Digging Deep for Dooley T2, Ratbags, Kirsty Smith Team, Andrew Plackett Team, Jet, Chermside Swimming Club, Brett Glistler Team.

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# Nothing stops blind swimmer

■ Grant Edwards

FEW people know the benefits of public support better than Beth White.

That's why she is undertaking the 11km Island Charity Swim to support kids from Nambour and Currimundi special schools. The fact she's blind may provide some extra hurdles, but nothing the 42-year-old can't overcome.

"The opportunities I have got in life are only because people have given them to me. The opportunities we have received are from the generosity of the general public. I feel why not (do the swim)?," she said.

"The kids deserve a good education like anyone else."

Moving to Buderim from North Sydney about three months ago, she has been embraced by the Coast's swimming community.

Arriving one Sunday morning at Mooloolaba looking for a swim partner, White found a willing helper in Barrie Greenbury.

A member of the Mooloolaba Beach Bums casual swimming group, Barrie was happy to help out. During recent months they have crossed the bay daily, and have also undertaken longer sessions of 4-5km.

Misdiagnosed when she was young, White began losing her sight at the age of five due to a rare degenerative retinal disorder. So rare it didn't have a name.

"My central vision went first so what we primarily use our central vision for is facial recognition and reading," she said.

"Although I couldn't see the finer detail I had my peripheral vision to rely on."

By the age of 21 she was legally blind.

With strong support from her family, White never wavered from life's challenges. She rode skateboards, bikes and learned to snow ski with her now husband, David.

"I think it was a privilege being able to see," White said.

"Everything in my mind is a picture. I'm always imagining what I am looking at.

"How would you know what red looks like if you have never seen red?"

"I can't imagine how challenging it would be if you have never seen. I think I'm really lucky."

During her work as a massage therapist she got involved with triathlon.

White met a competitor who had undertaken Ironman Australia,



**GIVING BACK: Blind athlete Beth White and guide Barrie Greenbury ahead of tackling the 11km Island Charity Swim.**

PHOTO: GRANT EDWARDS

## IN PROFILE

**Who:** Beth White.

**Age:** 42.

**Occupation:** Massage therapist.

**What:** Taking part in the Island Charity Swim with guide Barrie Greenbury.

**Details:** Beth is an accomplished blind triathlete, winning a PT5 paratriathlon silver medal at the ITU grand final during 2015 with an effort of 1:28:20 over the 750m swim (18:07), 20km bike (34:21) and 5km run (27:45), followed by gold at Rotterdam in 2016 with a 1:32:35 (14:50, 39:51, 28:01).

and from there she was hooked.

That has led her to a paratriathlon silver medal at the ITU grand final during 2015, and gold at Rotterdam during 2016.

Along the way she has overcome many hurdles, particularly in training.

"When you can't see anything, even getting in the pool...you can imagine at squads to keep straight is a challenge and you often bang hands and have to count your strokes," she said.

"With my most recent guide I got to the point where I could count my strokes and we could do a tumble turn, and because we were attached, I would go under her and she would go above me and swap sides of the pool and keep going. That took years to get to that phase.

"There was always a way."

That's White's mantra. Little stands in her way.

While swimming at Mooloolaba has been difficult on occasions with less rests, she's embraced her



**Guide Barrie Greenbury with Beth White and guide dog Queenie.**

PHOTO: WARREN LYNAM

time in the open water.

"There is nothing better. I don't know how I would ever go back to the pool now," she said.

"That early part of the day is just stunning. This whole (Island Swim) process has made my transition to the area so much better.

"Sadly for all those Sydney-siders, I don't miss it at all."

Undertaking the 11km will also be a first for Greenbury. He's completed the journey before as part of a team, but never solo.

"She's a very competent swimmer

and it's just a matter of timing," he said.

"I just had to adjust my stroke a bit on my right, I just have to cut it a bit short than where I would normally pull through because of the tether down by my leg.

"It was a challenge at the beginning to see if I could keep the pace going with her there. She is so confident with everything she does sometimes I forget she is there.

"We'll just set ourselves a plan where we will stop every couple of kilometres."

# CYCLEZONE

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# Mullets dedicated to community

■ Annie Caughey

EVERY morning, rain, hail or shine, down at King's Beach you will come across these loveable lads known as the Stunned Mullets.

While they may be remembered for their Speedo uniforms even in winter, they are celebrated for their incredible efforts raising money for those in need within the Caloundra community.

This weekend, of course, is no different as the group gears up to participate in their 11th annual Island Charity Swim.

Swimming as a team, the group with members ranging from age 43-93 will participate in the 11km event from Mudjimba to Mooloolaba to raise funds for the Currimundi and Nambour special schools.

Ian Aldret has been with the Stunned Mullets since day one and he said the men had an incredible dedication to supporting their community.

"If it's fair dinkum and we think it's warranted, we will give money," he said.

"I'm proud of every one of my men and I call them my men because I love every one of them."

Mr Aldret said they have been supporting the Currimundi Special



**WE LOVE IT HERE:** Ron Carr and Barry Thomas are part of the stunned Mullet crew who swim at Kings Beach every morning. PHOTO: KARI BOURNE

School since 2001 and every year they donate about \$4000-\$5000 because it gives those kids the confidence to go on and lead successful lives.

"We've got a soft spot for the school," he said.

"They are good kids they deserve all the help they can get.

"We have an excellent

relationship with the kids at that school, many of our members regularly visit to socialise with the kids and every year about 20-30 of our members attend their concert."

At 85-years-old, Mr Aldret still participates in the daily surf swims at Kings Beach and he said no matter how much members age, they will always continue to

participate in charity events such as the island swim.

"Oh yeah we will always do this," he said. "We do everything possible for the children around here. I always say the best two things in my life are putting down my head at bed night and then jumping in that surf in the morning."

## Charity aspect makes the long haul worthwhile

ELEVEN kilometres is a long way to swim, but when you're in the water to give others a new lease on life, nothing else matters.

The annual Island Charity Swim is just around the corner, and Mudjimba Surf Lifesaving Club are getting all bodies in the water.

Todd McSwan, best known in the community as Swanny, will be splashing into the ocean for his seventh swim alongside Yve Warren and Ollie Earl.

Thirteen-year-old Yve will swim the entire 11 kilometres. "I'm going to try my best, I really just want to raise money for the kids who are less privileged than us."

Joining them will be her brother Kai, Darcy Owen, 16-year-old Dali Baldock (who was the youngest female member to complete a full swim) and 16-year-old Euan Fisher, whose father Richard is the principal of Nambour Special School.

Now in its 18th year, the Island Charity Swim is one of the primary fundraisers for Nambour and Currimundi special schools.

Swanny said while the swim is



**HELPING HANDS:** Mudjimba Surf Lifesaving Club members (back, from left) Matthew Baldock, Todd McSwan, Simon Warren, Dean Hore, Darcy Owen, Ollie Earl, (front) Yve Warren, Kai Warren, Dali Baldock and Sharon Young. PHOTO: WARREN LYNAM

great fun, it's the charity aspect that makes it all worth it.

"When you finally land on the beach at Mooloolaba and you see

all the kids and their parents from the schools, it's just indescribable," he said.

"Knowing that you're putting

yourself through this challenge, but that it's nothing compared to what others have to face, helps you keep kicking your feet."

# First Mudjimba, then Kokoda

**Full name:** April Hulbert  
**Nickname:** My family call me Prilla, Prill, (and my Mum used to call me Dill Pickle).  
**Birthplace:** Sydney, Australia. But lived all my life in the Snowy Mountains, Jindabyne.  
**Current residential suburb:** Caloundra  
**Occupation:** Gym owner with my partner Ryan - UFIT Australia.  
**Age and marital status:** 36 this year - gosh! 4 children, 1 stepdaughter = five in total.  
**Club/coach:** I train myself. Or Ryan trains me. If I am time poor, I jump into the group sessions at UFIT Australia.  
**Favourite food:** Anything that I don't have to cook is awesome. Nothing beats a good steak and salad!  
**Favourite drink:** I brew my own kombucha which I love. Bottle it with lime and raspberries - yum! On the alcoholic beverage side, I love a gin and tonic with lime - however, I don't drink all that much. You'd think with five kids I would.  
**Pet hates:** Maybe people that push their kids, but don't participate themselves... and annoying underpants.  
**How did you get involved in the Island Charity Swim?** It is something that I always wanted to do. I had heard about it years ago, and then it was a bit of a goal after I had Daisy (our youngest). This will be my second year.  
**Favourite swim location:** I've got a couple. Mooloolaba to Alex - return. It's a great one. Especially when you get the early morning conditions, sun coming up - sensational. I love swimming out at Ewen Maddock Dam. The fresh water reminds me of my home, Jindabyne (Snowy Mountains) and seeing the Glasshouse Mountains in the background, it almost feels like you could be anywhere in the world. Oh, and I love Noosa with the kids!  
**Favourite goggles and togs:** I love Funkita togs. Goggles - I like the Aqua Sphere Kayenne goggles. They are great in the ocean.  
**What other sports do you do:** I love all sports. Anything outdoors I love. Hiking, skiing, water skiing, cycling, swimming, gym sessions. I really do love it all!  
**Best or most memorable event:** 'Kings Of The Coast'. Which if on good conditions, you swim around the Kings Beach headland to Moffat Beach. However, this particular year - it was not good conditions. I just remember being smashed for 3.8km in the



**BUSY LIFE:** April Hulbert is preparing for the Island Charity Swim.

PHOTO: CONTRIBUTED

contingency swim, with my good friend Bel Symes. Quite possibly the roughest conditions I have swam in to date. I have never laughed so much in an event.  
**Bucket list event:** Rotttnest Channel Swim as an individual a 19.7km open water swim from Cottesloe Beach to Rotttnest Island.  
**Favourite race:** I really enjoy the Mooloolaba tri. That's a good local one.  
**What's your favourite part of racing and training:** I love training. I like the feeling of maintaining a good base level of fitness at all times. Not only does it support my everyday health, but I also like to know that if I chose an event last minute - swim, run, mountain climb, triathlon (within reason) I could achieve it. Of course, I would have to tweak the program here and there - but that my everyday lifestyle supports that. I love ticking goals off.  
**What does a training week look like for you in terms of volume and disciplines?**

Well at the moment it's a little more. I am participating in the 11km Island Charity Swim. So, I am trying to get at two to three swims in per week.

Ryan and I are also taking a group over to trek the Kokoda Track, PNG in June. In our business we take a group over each year. Last year we did a fast trek, and this year we set out to do the same. This means we complete the track in five days, (most groups take eight-10 days to complete the trek). We carry our own packs, which means you have to have a strong level of fitness covering 18-20km per day with challenging terrain.

My training week currently: I teach six indoor freestyle cycle classes in our business per week, three-four strength conditioning sessions per week (usually five), two pack weighted hikes (17kg in backpack), two-three swims per week (one ocean swim).  
**What are your most dreaded sessions:** I don't really dread any of my training. However, if I am tired or out of routine (chasing my tail), sometimes I find it hard. Like everything, as soon as I start - I am in to it. You always finish feeling better than when you started.  
**How are you feeling ahead of the Island Charity Swim:** I know it is for a good cause. I have four children, so I don't have all the time in the world. So, when I get nervous about my preparation I remind myself of 'why I want to do it'. Again, and again, I am reminded of the charity.

I am blessed with a healthy family and I try to put myself in the shoes of a parent who has a child with special needs, and I applaud them. I can only imagine how difficult some days would be, and if I can help in some small way - I am happy. How difficult it would be for parents to raise extra funds for their child's schooling, on top of their daily parenting duties. It takes a village, so let's be that village.  
**What is on your athletic agenda this year:** Once I have done the swim and Kokoda in June, I will focus a little more on the adventures of our business. We are taking a group to Nepal in September, and I run a lot of adventure days for the women in our gym.

I would like to lock in another personal training goal for the end

of the year - I will keep you posted!  
**How do you manage to fit in training with work and life commitments?**

It very much is a tag team with my partner Ryan. I train during school hours mostly. We are fortunate to own and operate a group training facility that I believe has awesome programming. I can jump into a session and get a workout that I would traditionally put myself through.

I teach freestyle cycle, so I always give that 100 per cent. No air con, which makes you feel like you are training outside, which I love. I don't get to dedicate hours, so I really make the most of when I do train.

I have learnt that intensity will dictate results. We are busy in business and in family. I believe that the balance in strength, cardio, and good everyday nutrition will assist any goal you chose.

**If you could have a celebrity live with you, who would it be:**

I am not awesome at sharing my space with people I don't know, I don't like social pressure - the feeling of having to entertain. A celebrity would make me feel a little uneasy. So, I would say if I could have anyone come live with me or visit, it would be my Mum who passed away from ovarian cancer 14 years ago.

**When you were little what job did you want to do:** I wanted to be a flight attendant or an actress.

**Best movie:** Dirty Dancing, Legends of the Fall or Jerry Maguire.

**Current car:** Dodge Journey. It's a five-kid thing.

**Dream car:** Mercedes G-Class - you did say dream car.



# Allez Sport Cross Country Series 2018

Runners and Joggers; Competitive and Recreational; All Ages.  
Be part of this successful series jointly organised since 2000 by Maroochy Athletics Club and University of the Sunshine Coast Athletics Club.

## **Race 1: Sunday April 22nd**

Corbould Park Racecourse  
Pierce Avenue, Caloundra

**COMPLETED**

## **Race 2: Sunday April 29th**

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

**COMPLETED**

## **Race 3: Sunday May 13th**

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

## **Race 4: Sunday May 27th**

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

## **Race 5: Sunday June 3rd**

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

## **Race 6: Sunday June 10th**

Sunshine Coast University  
Next to Athletics track, Sippy Downs

Just keeps getting bigger and better!

### Registration Fee

Once only fee to cover all races in series

**\*QA, QMA, QLA**

**Registered members - Nil**

**\*Non Members - \$15 per runner**

### Race Fees (payable each race day)

**\*Maroochy senior & LA Members /**

**\*USCAC senior Members:**

u8	free
u10 to u18	\$5
18+	\$8

**Family (parents and children) \$15**

**\*All other runners:**

u8	free
u10 to u18	\$10
18+	\$14

**Family (parents and children) \$30**

## Race Day Program

Entries taken on race days.

### **8:00am - 10km**

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



### **8:00am - 6km**

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

### **9:00am - 3km & 4km**

3km - Open; u14; u30; 30-39; 40+; 50+; 60+; (M+F)  
4km - u18 girls; u16 boys and girls

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

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

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

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



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abock@bigpond.net.au

### Point Score (each age category)

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

<b>1st</b> - 10 points;	<b>2nd</b> - 8 points;
<b>3rd</b> - 6 points;	<b>4th</b> - 4 points;
<b>5th</b> - 3 points;	<b>6th</b> - 2 points;
<b>7th onward</b> - 1 point.	

**Results and more**

**[www.sccrosscountry.com.au](http://www.sccrosscountry.com.au)**

**NB. Ages at 31st December 2018**

# Ride brings hope for police officers

DURING her career in the Queensland Police Service, Detective Senior Constable Linda Florence has seen many colleagues struggle with mental health issues.

In 2015 her colleague, Detective Senior Constable Russell Sheehan took his own life and Snr Const Florence said it had a profound impact on her.

Wanting to do her bit to help, Snr Const Florence started Ride For Russ in 2016 to raise money for Blue HOPE, an independent mental health care and support service for current and former police officers and their families.

"I knew Woodgate was Russell's favourite place to holiday so I asked my triathlon club and asked them to help me organise a ride from there to Alexandra Headland Surf Life Saving Club," she said.

"His family had been very involved with Blue HOPE after his passing so I thought it was a good chance to help raise some money.

"We had 80 or so people join us and rode the 300km in one day."

Blue HOPE director Mark Kelly said events like Ride For Russ are vital to growing the organisations reach.

"The only way we can continue to do what we do is through the



**HELPING HAND:** Detective Senior Constable Linda Florence and supporters gearing up for the Ride for Russ. PHOTO: PATRICK WOODS

kind donations from communities," Mr Kelly said.

This year the 350km ride will be held over three days, there is also a

170km two-day option, with a 40km supporters ride being held on the last day.

For more information, visit

[atlasmultisports.com.au/ride-for-russ](http://atlasmultisports.com.au/ride-for-russ). If you, or anyone you know, needs help, call Life Line 13 11 14, or Blue HOPE 1300 002 583.

## Port Macquarie secures Ironman until 2021

IRONMAN Australia will remain in Port Macquarie for at least another three years.

A partnership between the NSW Government's tourism and major events agency, Destination NSW, and Port Macquarie-Hastings Council will continue from 2019-2021.

"The iconic Ironman Australia is one of the longest running Ironman events in the world that has become an integral part of life on the New South Wales Mid North Coast and a must visit destination for the thousands of competitors, families and supporters who return to Port Macquarie year after year," Ironman Oceania managing director Dave Beeche said.

"Since it was established in 1985, Ironman Australia has attracted some of the biggest names in the sport and the event has played an integral part in the growth of Ironman in this region.

"The success of Ironman Australia and the development of its reputation as a truly global event is a result of the dedication



**ANNOUNCEMENT:** Ironman Oceania managing director.

PHOTO: GRANT EDWARDS

and hard work of many people and long term support of local community. In this, the 40<sup>th</sup> anniversary of Ironman, it is wonderful to be able to announce the continuation of the partnership with the NSW Government and Port Macquarie Hastings Council that continues this outstanding sporting tradition."

Member for Port Macquarie Leslie Williams said that as one of the oldest Ironman events, she is delighted that Ironman Australia

will be returning to Port Macquarie for another three years.

"Ironman Australia is expected to attract more than 33,000 overnight visitors and generate over \$27 million for the local economy across the three year period," she said.

"This wonderful event has been hosted in Port Macquarie since 2006 and provides a fantastic opportunity for local businesses, accommodation providers, restaurants and tourist attractions to capitalise on the additional

visitors."

"It is events such as this that allow us to showcase why our region is such a great destination, with many Ironman competitors coming back to the region for a holiday with friends and family."

NSW Minister for Tourism and Major Events Adam Marshall said driving tourism growth in rural and regional NSW is one of the Government's leading priorities.

"Regional events such as Ironman Australia in Port Macquarie help to fuel the state's overnight visitor economy, while placing our incredible destinations front and centre," Mr Marshall said.

"As a country-based Minister I am determined to continue our support for rural and regional events, to help boost local economies and generate jobs."

Ironman Australia Port Macquarie is an endurance triathlon event that includes both a full-distance Ironman, consisting of a 3.8km swim, 180km bike ride and 42km run, and a half-distance 70.3 which both run concurrently.



RUNNER-UP: Luke McKenzie crosses the line at Ironman Australia.

PHOTO: DELLY CARR SPORTSHOOT



Beerwah's Ash Hunter was first in the 25-29 age group and third female overall at Port Macquarie 70.3. She will now continue training for her first Ironman.

PHOTO: CONTRIBUTED



Last week's cover star Nathan Glarvey dropped 51 minutes from his best time at Port Macquarie.

# McKenzie benefits from injury spell

LUKE McKenzie says some time away from long distance racing helped him re-emerge as a force.

The 36-year-old from Sunshine Beach finished second in the gruelling Ironman Australia at Port Macquarie on Sunday, following a win at Ironman Wisconsin in November.

They're impressive results after a hiatus from competing in the extended events.

"I had a few injuries (in) 2016 and I felt just needed to get a few things right," McKenzie said.

"It was the best decision for me because I was able to go away and was able to really assess how I was going to attack the last bit of my career.

"And to put two of the best runs of my career together back to back in the last two events - to win at

Wisconsin and to come second here - it just goes to show you're never down and out. Sometimes a little time away is better than anything."

A nine-time ironman champion and 2013 ironman world championship runner-up, McKenzie showed some of his best form on Sunday, when he clocked 8hrs18min10sec.

He finished 3min33sec behind Belgium's Marino Vanhoenacker after the 3.8km swim, 180km ride and 42.2km run.

"I'm proud of the way I raced. To be able to push one of the best ever athletes to the line like that," he said.

"He's given it his all... any time I race against guys like Marino... it really gives me a big kick to be that close to him, I'm stoked."

McKenzie had the leader under pressure, especially when they hit the marathon, but it wasn't to be.

"In the first 20km I was reeling the guys in and I backed myself to try and run down the deficit but coming into that last lap I just knew that it was not going to happen," McKenzie said.

"I was at my maximum and the time was starting to go back a bit again and I just had to concede for second.

"This is such a tough race, this one.

"My swim let me down ... missing that front group in the swim.

"I rode my own race, just knew what I could do and produced a good run so I'm glad I stuck to my guns in the end and I couldn't have done any more."

Vanhoenacker broke the course record.

Sunshine Coasters David Dellow - last year's champion - and Casey Munro failed to finish after pushing the pace too hard early.

Munro and Dellow had brilliant swims, stepping from the water after 45 minutes for the 3.8km swim.

They applied the blowtorch on the first lap of the bike and cooking themselves in the process, going through in 2:07 after averaging 340 watts. But they couldn't maintain the form, with Dellow dropping out about 90km into the 180km bike, while Munro retired 21km into the marathon as they both start preparation for Ironman Cairns.

McKenzie will also head north, before another crack at Hawaii.

## Coast's Ironman Australia and Port Macquarie 70.3 results

### Ironman

Luke McKenzie (Sunshine Beach) 8:18:10.057  
 Scott Farrell (Palmwoods) 9:38:31.023  
 Els Visser (Marcoola) 09:56:32  
 Robbie Andrews (Maroochydore) 10:08:25.963  
 Kierra Sansome (Aroona) 10:32:40.063  
 Shaun Richardson (Noosaville) 10:46:46.870  
 David Jouy (Tewantin) 11:10:12.860  
 Nathan Glarvey (Cooroy) 11:22:38.927  
 Aaron Belsham (Mooloolaba)

11:42:10.720  
 Nick Vanderpoll (Peregian Beach) 11:42:33.613  
 Tony Bryan (Coolum Beach) 11:43:39.683  
 Matthew Coles (Aroona) 12:12:32.773  
 Paul Marshall (Buderim) 12:20:02.537  
 Shaun Morris (Caloundra) 12:28:35.817  
 Brad Thompson (Mountain Creek) 12:44:23.500  
 Ben Murnane (Mooloolaba) 12:51:55.380  
 Scott Webster (Buderim)

13:12:31.830  
 Anna Matthews (Kuluin) 13:15:51.380  
 Ian Christison (Maroochydore) 13:44:03.353  
 Andrew Roberts (Sunshine Coast) 14:24:54.273  
 Greg McDougall (Aroona) 14:34:03.443  
 Andrew Trout (Noosaville) 16:44:53.787  
**70.3**  
 Ashleigh Hunter (Beerwah) 4:49:29  
 Luke Jensen (Coolum Beach) 05:53:33.227

Stuart Thomas (Noosa) 05:57:06.530  
 Haydn Perugini (Eumundi) 6:17:05.670  
 Leanne McClure (Buddina) 06:23:31.593  
 Jeffrey Qazim (Mountain Creek) 06:30:18.187  
 Jeremy Bell (Kings Beach) 06:59:21.350  
 Linda Florence (Peregian Beach) 07:12:06.487  
 Rene Grenfell (Mooloolaba) 07:17:46.647  
 Jayne Dean (Buderim) 07:39:39.747

# Turning back sprint clock

ONE of the most hotly-contested Australian age group triathlon teams has been finalised ahead of the world championships in September.

Sunshine Coast athletes figure prominently in the team which will race at the Gold Coast as part of the ITU Sprint Distance Triathlon Age Group World Championships from September 12-16.

It's one of the fastest amateur teams ever assembled, with athletes racing since last year to gain selection points over the 2017-18 season. Triathlon Australia has selected 25 male and 25 female athletes per age category to wear the green and gold.

Among those athletes to achieve selection was Nathan Fitzakerley of Parrearra, who managed to gain positions in both the sprint (750m swim, 20km bike, 5km run) and standard (1.5km swim, 40km bike, 10km run) distance events.

It will be Fitzakerley's first time representing Australia in short distance events since 2009. His last time was also at the Gold Coast, finishing seventh - less than three minutes behind the winner.

While he has been to the Ironman and 70.3 world championships in recent years, the 43-year-old is now looking to turn back the speed clock.

Back in '09 was when Fitzakerley was begging to find his feet, and a strong performance at the Husky long course saw him earn a professional card.

He went on to finish second in the 30-34 age group at Perth's world long course event later that year before being struck with heart issues which saw him sidelined.

Successfully making a comeback, Fitzakerley has remained one of the Coast's most successful age groupers.

Ecstatic with having made the two teams, courtesy of a second at Robina, first at Coffs Harbour and a second at Mooloolaba (the sprint team selection came after a fourth at the Gold Coast duathlon and first at Kawana), Fitzakerley has now started his "base miles" training.

"I knew if I prepared well I'd be in the mix for the top 25," he said.

"You never know who comes out of the woodwork for these events.

"Quite often there are a lot of ex-elites and guys you haven't seen

for a long time. Being the host country you would expect tough competition."

Following success in Ironman, the training regime will ultimately shift to shorter, faster sessions. Close friend Matthew Wolstencroft has also achieved qualification in both distances, who will provide the perfect training accomplice.

"Time is a luxury you have in the longer events. With the longer ones the lead out of the swim can be amplified because its a longer swim. Ironman is totally different, it's all about endurance and pacing," he said.

"Sprint and Olympic is just below 100 per cent from the gun."

Fitzakerley managed to qualify despite suffering from achalasia - a disorder of the oesophagus with an inability to swallow solids and liquids. An operation since Mooloolaba Tri has rectified the issue, and he's now feeling primed for a serious tilt come September.

## Sprint team

Emma Dann (female 16-19) Sunshine Coast Triathlon Club.  
Chloe McLennan (F 16-19) Race Pace Coaching.  
Maddison Dutton (F 20-24) Sunshine Coast Triathlon Academy.  
Brianna Thomas (F 20-24) Sunshine Coast Triathlon Club.  
Chloe Turner (F 25-29) Sunshine Coast Triathlon Academy.  
Tania Gover (F 40-44) Sunshine Coast Triathlon Academy.  
Maureen Cummings (F 55-59) Sunshine Coast Triathlon Academy.  
Sally Ratcliffe (F 60-64) Noosa Tri Club.

Penny Hearn (F 65-69) Noosa Tri Club.  
Michael Hooper (M 20-24) Sunshine Coast Triathlon Academy.  
Ben Holland (M 30-34) Sunshine Coast Triathlon Club.  
Nathan Fitzakerley (M 40-44) Atlas Multisports.

Jordan Gover (M 45-49) Sunshine Coast Tri Academy.  
Dmitri Simons (M 45-49) Noosa.  
Matthew Wolstencroft (M 45-49) Sunshine Coast Triathlon Academy  
Adrian Lovatt (M 50-54) Caloundra Triathlon Club.  
Rowland Cook (M 65-69) Atlas Multisports.

Gary Turner (M 70-74) Sunshine Coast Triathlon Academy.

## Reserve

Julia Turner (F 30-34) Sunshine Coast Tri Academy.



**QUICK DIP: Nathan Fitzakerley will return to the sprint and standard distance world stage this year.** PHOTO: BEN TURNBULL

Jack Hawke (M 25-29) Sunshine Coast Tri Academy.  
Garry Weston (M 60-64) Atlas Multisports.

## Standard distance team

Anastasia Heikkila (18-19 F) Caloundra Triathlon Club.  
Lucy Bowden (25-29 F) Sunshine Coast Triathlon Academy.  
Charlotte Durand (25-29 F) Sunshine Coast Triathlon Academy.  
Emma Quinn (30-34 F) T: Zero Multisport.  
Sandii Rixon (30-34 F) T:Zero Multisport.  
Melissa Charlton (35-39 F) Sunshine Coast Tri Academy.  
Kate Schultz (35-39 F) Sunshine Coast Triathlon Academy.  
Pauline Ashley (45-49 F) Sunshine Coast Triathlon Academy.  
Penny Hearn (65-69 F) Noosa Tri Club.  
Renee Reynolds (65-69 F) Noosa Tri Club.  
Hamilton Andrews (18-19 M) Race

Pace.  
Benjamin Fox (25-29 M) T-Zero Multisport.  
Brodie Gardner (30-34 M) Sunshine Coast Tri Academy.  
Nathan Fitzakerley (40-44 M) Atlas Multisports.  
Michael Woodcock (45-49 M) Sunshine Coast Triathlon Academy.  
Matthew Wolstencroft (45-49 M) Sunshine Coast Triathlon Academy.  
Robbie Andrews (50-54 M) T:Zero Multisport.  
Paul Worroll (50-54 M) Noosa Tri Club.  
David Ford (55-59 M) Race Pace coaching.  
Chris Penniford (55-59 M) Noosa Tri Club.  
Brett Stalley (55-59 M) Sunshine Coast Tri Academy.  
Rowland Cook (65-69 M) Atlas Multisports.  
**Reserve**  
Wade Scougall (40-44 M) Sunshine Coast Triathlon Academy.

# Riders prepare for NSW epic

■ Viktor Berg

ACA-Ride Sunshine Coast recruit Ashley Mackay says the team is chasing a podium position in Australia's toughest one-day cycling race on Saturday.

Mackay will ride in support of Michael Potter, who won the Tour de Tochigi in Japan last month, when the new squad opens its National Road Series campaign in the gruelling Grafton to Inverell Cycle Classic.

"We do believe we have riders who can participate and really make the race, and they're going to be the ones that can really get over that line first," Mackay said.

Potter and Cameron Scott are co-leaders in the five-man line-up with Mackay and Amarni Gates in support roles. Climber Aidan Kampers returns for his first race since a knee injury.

"Ultimately you always want to aim for the win, so we're going to do everything we can to do that," Mackay said.

Mackay, 22, will provide valuable support in the New South Wales event after filling the role of domestique during the Tour de Tochigi and the Jayco Herald Sun Tour.

Riders in the 58th edition of the Grafton to Inverell face a total distance of 228km and 3382m of climbing.

"Distance alone is going to make it hard, then you throw in a 1000m elevation 80km into the race - that's going to change the whole dynamic," Mackay said.

"It's not exactly flat after that either, some say the hardest part is after the climb just because it's relentless.

"I'm going to play a support role as best I can."

Mackay said his focus would be to help out Potter as much as



**LIMBERING UP:** Ashley Mackay prepares for the Grafton to Inverell race.

PHOTO: VIKTOR BERG.

possible, while surviving in his own right.

"He's going to be looking at really giving it a crack," he said.

Mackay, who joined the USC-based team from Perth, said the early stages would be crucial for the team to be able to set themselves up for the finale.

"The actual race will start way before the actual climb itself, I expect the hardest part to be the first 20k run-in," Mackay said.

He said that part of the race would be extremely fast as riders try to be in front before the first major climb to avoid splits or crashes.

"When you're going up the hill, obviously positioning is going to be key, so you want to be at least top third going into that climb," he said.

"Ideally you want to have your team mates around you, keep each other safe, [and when] you hit the climb, everything is clear."

In preparation for the race,



**From left top, Rob Symmons, Jason Cheshire, below, David Chick and Mick Patton.**

Mackay has been doing around 21 hours of endurance training a week, as well as combining his sports studies degree as part of USC's high performance student athlete program.

"It's a single-day event, but quite a long duration so you want to be able to make sure you can go the

## COAST RIDERS

Grafton to Inverell amateur competitors.

**Division 2b:** Ben Harris

**Division 3a:** Jason Cheshire, Sebastiaan Lambooy, Mick Patton.

**Division 3b:** David Chick.

**Challenger:** Michael Baker, Rob Symmons.

distance without hitting the wall ... the dreaded wall," he said.

The Australian Cycling Academy is a new development cycling team supported by major partner, the Sunshine Coast Council, and based out of the high performance precinct of the University of the Sunshine Coast.

Other Sunshine Coasters set to compete in the race are Ben Harris, Jason Cheshire, Sebastiaan Lambooy, Mick Patton, David Chick Michael Baker and Rob Symmons.

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# The latest and greatest...



Probably now the best known running shoe on the market, ASICS Gel Kayano 24 has all of ASICS latest footwear technology. The shoe hugs your feet and cushions the impact to make your last kilometre as comfortable as your first. It has achieved more than 20 years of success on the road, helping overpronators stay stable and comfortable over any distance. Pick up a pair from Allez Sport Mooloolaba while stock lasts for only \$199, save \$60.



The Elite Direto is a direct drive trainer offering unparalleled accuracy and functionality at this price point. The integrated Optical Torque Sensor power meter offers accurate power with an accuracy of +/-2.5% which is almost unseen on a trainer at this level. The 4.2kg flywheel gives a great feel and can offer resistance of a 14% slope and can resist 1400 watts at 40km/h. Includes 12-month free subscription to the My E-Training software and app. Available from Cycle Zone Mooloolaba, RRP \$1199.



Is there a better goggle on the market than the Zoggs Predator Flex Reactor Titanium? At \$69.95 they are priced as though they are the best, however this month Allez Sport has them for on sale for \$49.95 - a great opportunity to trial the goggle that everyone who buys love. They feature photochromatic light changing lenses which make them ideal for swimming in both outdoor and indoor environments. Titanium lenses reduce glare while clear gaskets help the lenses to react quickly to changing light conditions.

The Quarq Riken AL power meter crankset is on sale at \$899, down from the RRP of \$1399. Available in 165mm, 170mm, 172.5mm and 175mm lengths, it delivers power measurement from the crankset spider. It uses the same power meter spider as RIKEN R, but forged aluminum crank arms instead of carbon. Requires a compatible SRAM bottom bracket and works with 10- and 11-speed chainrings from SRAM, Shimano (10-speed only), Rotor (130 BCD only), Praxis, WickWerks and others. Available now at Cycle Zone Mooloolaba.



Be seen, be safe this winter season with the Bontrager Circuit Helmet, which comes with the appropriate integrated mounts for the Bontrager lights or your favourite action camera. Bontrager Circuit Helmet \$219. Rear light, Flare R City \$49.95. Front light, ION 800 lumen \$149.95. Available at Venture Cycles.



What makes the perfect cycling shoe? Is it exceptional power transfer? Superior comfort? Undeniable style? The simple answer is "yes" to all of the above. With the S-Works 7, you get a shoe with no compromises. Available from Cycle Zone Mooloolaba, RRP \$499.

# Upcoming Sunshine Coast events

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Date	Event	Distance	Location	Website
May 11	Kingaroy Sprint	Come and try orienteering at Kingaroy State High School from 4-5pm. Parking in Markwell St. Go around in a group or on your own. Just bring a waterbottle, hat and sturdy shoes. \$5 individual or \$15 for a family.	Kingaroy	<a href="http://www.oq.asn.au">www.oq.asn.au</a>
May 11	What is triathlon, really?	Seminar from renowned coach Brett Sutton helping athletes of all levels achieve their best from 6pm at Caloundra Scout Hall, \$40.	Caloundra	<a href="http://www.trisutto.com">www.trisutto.com</a>
May 12	Island Charity Swim	Fundraising swim of 11km from Mudjimba Beach around Mudjimba Island (Old Woman Island) to Mooloolaba Beach.	Mudjimba to Mooloolaba	<a href="http://www.islandcharityswim.com.au">www.islandcharityswim.com.au</a>
May 12	WWI Queensland Challenge	A 100km trek from The Gap to Woodford to coincide with the centenary of our ANZACS, 2014 - 2018.	The Gap to Woodford	<a href="http://www.ww1queenslanderchallenge.com.au">www.ww1queenslanderchallenge.com.au</a>
May 12-14	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	<a href="http://www.ultramanoz.com.au">www.ultramanoz.com.au</a>
May 13	Sunshine Coast Cross Country race three	Six-race series jointly organised since 2000 by Maroochy Athletics Club and University of the Sunshine Coast Athletics Club. Races of 10km, 6km, 4km, 3km, 2km, 1km and 500m. Third race at Maleny Golf Club.	Maleny	<a href="http://www.sccrosscountry.com.au">www.sccrosscountry.com.au</a>
May 13	The Glasshouse Trail Series - Cook's Tour	The Glasshouse 50 or Cook's Tour - based at Woodford is held on the Sunday closest May 17. Captain Cook named the mountains on this day during his voyage up the east coast of Australia in 1770. The 50 mile starts at 3am with a 12-hour cut off. The standard 50km, 33km and 12km events remain for those not ready for 50 miles.	Woodford	<a href="http://www.glasshousetrailseries.com">www.glasshousetrailseries.com</a>
May 13	Lesley Thompson Memorial Crit	Annual Sunshine Coast Cycling Club criterium at Skippy Park, Landsborough.	Landsborough	<a href="http://www.scccrcing.wixsite.com">www.scccrcing.wixsite.com</a>
May 17	MAB Six Mountains in One Day	About 6am-4pm, this adventure is not for the faint hearted. Climb six mountains in one day. Ventures will allow adequate time for decent to incorporate all six mountains. Whatever fitness level Experientia guarantees at the very least three summits that capture the glorious scenery of the prestigious Glass House mountains and Sunshine Coast hinterland. Drive from Caloundra, the group will tackle Wild Horse Mountain, Mount Beerburum, Mount Ngungun, Mount Cooroora, Mount Ninderry and then Mount Coolum.	Caloundra	<a href="http://www.mabpersonaltraining.com.au">www.mabpersonaltraining.com.au</a>
May 18	Aussie Aito	One day of long distance ocean paddling in a single rudderless outrigger canoe, the V1. Categories include U12 2km and U14 4km (boys and girls), U16 6km, U19 and women long course 12km, men and women short course and adaptive 6km, as well as the men long course 18km.	Mooloolaba	<a href="http://www.aocra.com.au">www.aocra.com.au</a>
May 19-20	AOCRA National Marathon Titles 2018	Two days of OC6 ocean marathons racing where Australian paddling clubs fight it out for the national titles.	Mooloolaba	<a href="http://www.aocra.com.au">www.aocra.com.au</a>
May 19-20	Tough Mudder	The 2018 Tough Mudder season will kick off at the home of the Woodford Folk Festival (Woodfordia) where there is rolling hills, epic valleys and thick back-forests all lined up ready for our Mudders. Experience the rush of Tough Mudder's new 2018 course which will be a total change up on 2017 with two distances: more than 20 obstacles over 16km or more than 13 obstacles over 9km. Also includes the Toughest Mudder, an eight-hour race over the same course where competitors see how many laps they can do in the allotted time.	Woodfordia	<a href="http://www.toughmudder.com.au">www.toughmudder.com.au</a>
May 26	Runaway Noosa Marathon	The inaugural event will feature five distances, 42.2km, 31.6km, 21.1km, 10km and 5km. The marathon can be run as an individual, or a two or four-person relay. The multi-lap course will start and finish in the heart of Noosa.	Noosa Heads	<a href="http://www.runawaynoosamarathon.com.au">www.runawaynoosamarathon.com.au</a>
May 26	Wild Horse at Night	A night trail run near Beerburum with 25km, 16.5km and 10km options. All events start and finish at Wildhorse Mountain car park with 10km runners following an out and back course. The 16.5km course follows the same out and back, adding a loop at the turn around point. The 25km course follows the 16.5km course, adding another separate loop.	Wildhorse Mountain	<a href="http://www.aaracing.com.au">www.aaracing.com.au</a>

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# Upcoming Sunshine Coast events

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Date	Event	Distance	Location	Website
May 27	Swim Noosa	Previously part of the Noosa Ultimate Festival, Swim Noosa is now staged on the Sunday featuring 3.8km, 2km, 1km and 500m swims.	Noosa Heads	<a href="http://www.ap.ironman.com">www.ap.ironman.com</a>
May 27	Sunshine Coast Cross Country race four	Six-race series jointly organised since 2000 by Maroochy Athletics Club and University of the Sunshine Coast Athletics Club. Races of 10km, 6km, 4km, 3km, 2km, 1km and 500m. Fourth race at Ewen Maddock Dam.	Glenview	<a href="http://www.sccrosscountry.com.au">www.sccrosscountry.com.au</a>
May 27	Sunshine Coast Cycling Club ITT	Race one of the individual time trial series up Gyndier Drive.	Noosa	<a href="http://www.sccracing.wixsite.com">www.sccracing.wixsite.com</a>
June 1-3	Ride for Russ	Annual cycling event, covering 350km over two days. The event will provide a challenge of endurance both physically and mentally for participants, and aims to honour Russell Sheehan and Tony Pattemore whilst raising awareness and funds for Blue Hope. Three ride options, full 350km event, day two of Rainbow Beach to Noosa 170km, or 40km from Noosa to Alexandra Headland.	Woodgate to Maroochydore	<a href="http://www.atlasmultisports.com.au">www.atlasmultisports.com.au</a>
June 3	Sunshine Coast Cross Country race five	Six-race series jointly organised since 2000 by Maroochy Athletics Club and University of the Sunshine Coast Athletics Club. Races of 10km, 6km, 4km, 3km, 2km, 1km and 500m. Fifth race at Ben Bennett Park.	Caloundra	<a href="http://www.sccrosscountry.com.au">www.sccrosscountry.com.au</a>
June 3	Sunshine Coast Cycling Club ITT	Race two of the individual time trial series.	Glass House	<a href="http://www.sccracing.wixsite.com">www.sccracing.wixsite.com</a>
June 3	World Bicycle Day	A day dedicated to "recognising the need to strengthen and coordinate efforts to promote sustainable transportation and healthy human development."	Events worldwide	<a href="http://www.undocs.org/A/72/L.43">www.undocs.org/A/72/L.43</a>
June 10	Sunshine Coast Cross Country race six	Six-race series jointly organised since 2000 by Maroochy Athletics Club and University of the Sunshine Coast Athletics Club. Races of 10km, 6km, 4km, 3km, 2km, 1km and 500m. Sixth race at the University of the Sunshine Coast.	Sippy Downs	<a href="http://www.sccrosscountry.com.au">www.sccrosscountry.com.au</a>
June 10	Sunshine Coast Cycling Club ITT	Race three of the individual time trial series and championship decider	North Arm	<a href="http://www.sccracing.wixsite.com">www.sccracing.wixsite.com</a>
June 16	Wildhorse at Night	Night trail run near Beerburum, Queensland on Saturday, 16 June 2018 with 25km, 16.5km and 10km options, covering some of the Glasshouse 100 course. This event is part of the Runaway Marathon Series (which includes Hawkes Bay International Marathon, Queenstown Marathon and Runaway Barossa Marathon).	Beerburum	<a href="http://www.runqueensland.com.au">www.runqueensland.com.au</a>
June 17	Caloundra Foreshore Fun Run	One of most scenic running events on the Coast. The 10km Foreshore Run, which hugs the tranquil Pumicestone Passage from Golden to Bulcock beaches, takes entrants through the spectacular scenery at Kings and Shelly beaches before climbing over the Moffat Headland to the finish line. There is also a testing 3km Fun Run for those who prefer a shorter distance. For families the 3km Family Walk over Moffat Headland is a great way to start a Sunday Morning. All funds raised from the event benefit the Our Lady of the Rosary local primary school.	Caloundra	<a href="http://www.caloundrafunrun.com">www.caloundrafunrun.com</a>
June 24	Memory Walk & Jog	Register for the 2.5km walk, 5km walk or 9km run to help those impacted by dementia by joining the race against dementia. All funds raised increase Dementia Australia's ability to provide vital support services.	Kawana	<a href="http://www.memorywalk.com.au/events">www.memorywalk.com.au/events</a>
June 30	Kruising Around Kingaham 6/12hr Rogaine	Staged at LandCruiser Mountain Park, there are six and 12-hour foot rogaine events available. The six-hour event is great for families and beginner rogainers, getting back to the Hash House before dark to enjoy dinner by the campfire. The 12hr event is always popular, since it lets you prove your skills in both day and night and also allows you to get a meal at the end and a well-deserved sleep.	LandCruiser Mountain Park	<a href="http://www.qldrogaine.asn.au">www.qldrogaine.asn.au</a>
July 13-15	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	<a href="http://www.velothonsunshinecoast.com">www.velothonsunshinecoast.com</a>

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# Upcoming Sunshine Coast events

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Date	Event	Distance	Location	Website
July 15	Sunshine Coast Cycling road race	Race one of the Sunshine Coast Cycling Club road race series.	Rosemount	<a href="http://www.scccrcing.wixsite.com">www.scccrcing.wixsite.com</a>
July 21	Prince and Princess of the Mountain	Held the day before the King of the Mountain Festival in Pomona, the 3.4km track from the Lions Den on Mountain St to the base of the mountain is designed for 9-13 year olds as a lead-up race for children interested in the King of the Mountain challenge.	Pomona	<a href="http://www.kingofthemountain.com.au">www.kingofthemountain.com.au</a>
July 22	Rainbow Beach Trail Running Festival	Trail running events including a marathon, half marathon and 11km running events.	Rainbow Beach	<a href="http://www.runqueensland.com.au">www.runqueensland.com.au</a>
July 22	Pomona King of the Mountain	The Pomona King of the Mountain Festival is an all-day fun filled event for the whole family where in the main race competitors run up the face of Mount Cooroora. The program includes a 3km fun run, but the Bendigo Bank International Mountain Challenge, is a steep, almost vertical climb up the mountain, 4.2km race to the top of the mountain and back.	Pomona	<a href="http://www.kingofthemountain.com.au">www.kingofthemountain.com.au</a>
July 22	Sunshine Coast Cycling road race	Race two of the Sunshine Coast Cycling Club road race series.	North Arm	<a href="http://www.scccrcing.wixsite.com">www.scccrcing.wixsite.com</a>
July 27	Sunshine Coastrek	The second annual event run by Wild Women On Top, with 30km or 60km treks, to raise funds for the Fred Hollows Foundation. The event is open to both men and women, but teams of four must have at least 50% women. Competitors must start and finish with the same four trekkers, no relays.	Sunshine Coast	<a href="http://www.sunshine.coastrek.com.au">www.sunshine.coastrek.com.au</a>
July 29	Glasshouse Trail Series - Flinders Tour	Matthew Flinders was the first European to climb one of the Glasshouse Mountains (Beerburrum) on July 26, 1798. Flinders' Tour is based at Beerburrum State School. Distances include 52km, 26km, and 12.5km.	Beerburrum	<a href="http://www.glasshousetrailseries.com">www.glasshousetrailseries.com</a>
August 4	Queensland Cross Country Championships	All runners aged six and up, of all abilities, are encouraged to compete. There are no qualifying standards – everyone is welcome. Gold, silver and bronze medals will be awarded to the first three individual place-getters in each age group. Age groups include under-7, under-8, under-9, under-10, under-11, under-12, under-13, under-14, under-15, under-16, under-17, under-18, under-20, open, masters 35-44, masters 45-54, masters 55-64, masters 65+.	Maleny	<a href="http://www.qldathletics.org.au">www.qldathletics.org.au</a>
August 9	Sunshine Coast Cycling winter crit	First race of the winters crits organised by Sunshine Coast Cycling Club.	Caloundra	<a href="http://www.scccrcing.wixsite.com">www.scccrcing.wixsite.com</a>
August 11-12	Hells Bells and Fairy Bells	Teams of two (four-person for A1 registered teams) will navigate their way through a course of about 120km with disciplines including kayaking, trekking and mountain biking that is only revealed to them hours before race start. Team categories for all male, female and mixed. Fairy Bells about half the distance. Each year a new and exciting course is developed.	Sunshine Coast	<a href="http://www.wldnco.com">www.wldnco.com</a>
August 11-12	Noosa Strade Bianche	The Noosa Strade Bianche pays homage to the 'golden age' of cycling. In the vein of the famed L'Eroica in Italy, Noosa Strade Bianche is strictly for steel framed cycles with downtube shifters (or bar-end shifters). As a celebration of the steel framed cycle, there is no restriction on age of the frame set. The Saturday includes a 33km Mini Fondo, and a swap meet. On the Sunday there is a 82km Medio Fondo, 137km Gran Fondo and a 162km Imperial Century.	Noosa	<a href="http://www.noosa-stradebianche.com.au">www.noosa-stradebianche.com.au</a>
August 12	Maroochy River Paddle	The Maroochy River Paddle is a marathon paddling race on the Maroochy River starting upstream at the Dunethin Rock Scout Camp and travelling downstream with the outgoing tide to finish 17km later in Eudlo Creek at the Sunshine Coast Paddlesports Club. Racing craft include kayaks, sea kayaks and fishing kayaks; dragon boats and outrigger canoes; surf spec skis and ocean racing skis; stand-up paddle boards; Canadian canoe, plastic sit-on-top and anything else you might wish to paddle.	Maroochy River	<a href="http://www.maroochyriverpaddle.com.au">www.maroochyriverpaddle.com.au</a>

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# Upcoming Sunshine Coast events

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Date	Event	Distance	Location	Website
August 19	7 Sunshine Coast Marathon and Community Running Festival	Annual running festival, including 2km, 5km, 10km, 21.1km and 42.2km runs through Alexandra Headland, Mooloolaba and Maroochydore. This year's half marathon will again have a one-loop course.	Alexandra Headland	<a href="http://www.sunshinecoastmarathon.com.au">www.sunshinecoastmarathon.com.au</a>
August 9	Sunshine Coast Cycling winter crit	Second race of the winters crits organised by Sunshine Coast Cycling Club.	Caloundra	<a href="http://www.scccracing.wixsite.com">www.scccracing.wixsite.com</a>
August 25	Australian Cross Country Championships	National championships featuring 10km, 8km, 6km, 4km and 3km events in age groups from under-14 to open men and women.	Maleny	<a href="http://www.athletics.com.au">www.athletics.com.au</a>
August 25-26	Sun SEQer Rogaine	The 2018 Australian Rogaining Championships. The event will be held in the vicinity of the Manumbar locality, in the Gympie region.	Gympie	<a href="http://www.qldrogaine.asn.au">www.qldrogaine.asn.au</a>
August 26	Australian Winter Race Walking Championships	Athletics Australia will offer events for all ages at the 'Winter Walks' with entry details to be provided as they come to hand. Distances from 1km-20km.	Maleny	<a href="http://www.athletics.com.au">www.athletics.com.au</a>
August 26	Ironman 70.3 Sunshine Coast	Half-Ironman distance triathlon, featuring a 1.9km swim off Mooloolaba Main Beach, two-lap 90km bike route along the Motorway and also some hinterland aspects, and two-lap 21.1km run course from Mooloolaba to Maroochydore.	Mooloolaba	<a href="http://www.ironman.com">www.ironman.com</a>
August 26	Noosa Classic	Make your choice from three courses: The Maxi Classic, is a challenging 160km ride through some of the most breathtaking scenery you can experience on two wheels. There's also The Challenge Classic; a 120km option for those with less time on their hands, or distance in their legs. For a more cruisy and casual experience, The Social Classic is a 45km ride through the most stunning areas of the Noosa region.	Noosa	<a href="http://www.noosaclassic.com.au">www.noosaclassic.com.au</a>
September 2	Sunshine Coast Cycling road race	Race two of the Sunshine Coast Cycling Club road race series.	Glass House	<a href="http://www.scccracing.wixsite.com">www.scccracing.wixsite.com</a>
September 8-9	The Glasshouse 100	The Glasshouse 100 is a 100 mile, 100km, 54km, 33km and 11km trail run in the Glasshouse Mountain. The terrain varies from easy gravel road to rough, steep singletrack. There are beautiful views throughout the course, particularly from the top of Mt Beerburrum and Wildhorse Mountain.	Beerburrum	<a href="http://www.glasshousetrailseries.com">www.glasshousetrailseries.com</a>
September 9	Sunshine Coast Cycling road race	Race three of the Sunshine Coast Cycling Club road race series.	Rosemount	<a href="http://www.scccracing.wixsite.com">www.scccracing.wixsite.com</a>
September 16	Mt Cooroora Endurance Challenge	The challenge is a four-hour or eight-hour run on a 1.2km lap at Mt Cooroora run solo or in relay team pairs or triples. Spend a day on this magic mountain testing your fitness and endurance, with all money raised to the Children's Hospital Foundation, Humpty Dumpty Foundation and HeartKids through the 1200kms for kids charity team.	Pomona	<a href="http://www.mtcoorooraendurancechallenge.com">www.mtcoorooraendurancechallenge.com</a>
September 23	Bli Bli Unite Fun Run and Walk	The untimed 4km Bli Bli Unite Fun Run & Walk is a family friendly event which will help to raise funds for victims of domestic violence.	Bli Bli	<a href="http://www.atlasmultisports.com.au">www.atlasmultisports.com.au</a>
September 30	Sunshine Coast Cycling road race	Race four of the Sunshine Coast Cycling Club road race series, as well as club championships.	North Arm	<a href="http://www.scccracing.wixsite.com">www.scccracing.wixsite.com</a>
October 6-7	Sunshine Coast CycleFest	Includes King and Queen of the Mountain at Palmwoods on the Saturday morning, then in the afternoon a street criterium at Cotton Tree with six events. On the Sunday, there is the 110km Gran Fondo, new 55km Classic and a family ride near Cotton Tree.	Cotton Tree	<a href="http://www.sccyclefest.com.au">www.sccyclefest.com.au</a>
October 14	Maleny Lions Mountain View Challenge	The Maleny Blackall Range Lions stage this event in spring each year in order to raise funds for medical research and to provide keen runners the opportunity to compete on a challenging but scenic circuit. Distances include 3km run/walk, 5km, 10km and 21km.	Maleny	<a href="http://www.malenyblackallrange.qld.lions.org.au">www.malenyblackallrange.qld.lions.org.au</a>
October 14	Sunshine Coast Cycling road race	Race five of the Sunshine Coast Cycling Club road race series.	Cootharaba	<a href="http://www.scccracing.wixsite.com">www.scccracing.wixsite.com</a>

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Date	Event	Distance	Location	Website
<b>October 20-21</b>	Blackall 100	The Blackall 100 is on trails traversing the Blackall Range, taking in the Sunshine Coast Great Walk. With a primary 100km event, supported by a 50km event.	Montville	<a href="http://www.runqld.com.au">www.runqld.com.au</a>
<b>October 25</b>	Sunshine Coast Cycling sprint	Race one of the Sunshine Coast Cycling Club sprint race series.	Caloundra	<a href="http://www.scccracing.wixsite.com">www.scccracing.wixsite.com</a>
<b>October 31</b>	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	<a href="http://www.noosatri.com.au">www.noosatri.com.au</a>
<b>November 2</b>	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	<a href="http://www.noosatri.com.au">www.noosatri.com.au</a>
<b>November 2</b>	Noosa 1000 ocean swim	1km M-shaped ocean swim off Noosa Main Beach. Minimum age 10. Age as at event day.	Noosa Heads	<a href="http://www.noosatri.com.au">www.noosatri.com.au</a>
<b>November 2</b>	Sunshine Coast Cycling sprint	Race two of the Sunshine Coast Cycling Club sprint race series.	Girraween	<a href="http://www.scccracing.wixsite.com">www.scccracing.wixsite.com</a>
<b>November 3</b>	Noosa Tri Superkids Triathlon and Noosa Special Triathlon	The kids only version of the famous Noosa Triathlon. Short achievable distances for kids aged 7-13 years based on participation and fun. 1-13 years - 200m swim/5km cycle/900m run. 7-10 years - 100m swim/3km cycle/500m run. The Noosa Special Triathlon is the only triathlon specifically held for people with special needs, 100m swim/3km cycle/500m run.	Noosa Heads	<a href="http://www.noosatri.com.au">www.noosatri.com.au</a>
<b>November 3</b>	Australian Criterium, Asics 5km Bolt and legends triathlon	Women's open cycling criterium, and then the legends of all sports undertake a relay triathlon at Noosa Parade in a battle to find the best team. Followed by the 5km Asics Bolt run. Afternoon finishes with open men's cycling criterium.	Noosa Heads	<a href="http://www.noosatri.com.au">www.noosatri.com.au</a>
<b>November 4</b>	Noosa Triathlon	The world's biggest Olympic-distance triathlon, including a 1500m swim, 40km ride, 10km run.	Noosa Heads	<a href="http://www.ap.ironman.com">www.ap.ironman.com</a>
<b>November 8</b>	Sunshine Coast Cycling enduro crit	Race one of the Sunshine Coast Cycling Club enduro crit race series.	Caloundra	<a href="http://www.scccracing.wixsite.com">www.scccracing.wixsite.com</a>
<b>November 10</b>	Trachyte Tour Duathlon	A new event for 2018, consisting of multiple run and MTB legs. Distances and events include: Run-bike: 15/20km (approx), Run-bike-run-bike: 30km (approx), Run-bike-run-bike-run-bike: 45km (approx).	Woodford, Beerwah, Beerburrum	<a href="http://www.aaracing.com.au">www.aaracing.com.au</a>
<b>November 16</b>	Sunshine Coast Cycling sprint	Race three of the Sunshine Coast Cycling Club sprint race series.	Girraween	<a href="http://www.scccracing.wixsite.com">www.scccracing.wixsite.com</a>
<b>November 17-18</b>	Hervey Bay 100	Annual long-distance triathlon, including a 2km swim, 80km ride and 18km run. On the Saturday is a kids and beginners event of a 200m swim, 8km ride and 2km run, as well as a 2km Barge2Beach swim.	Hervey Bay	<a href="http://www.hb100.herveybaytriclub.org.au">www.hb100.herveybaytriclub.org.au</a>
<b>November 22</b>	Sunshine Coast Cycling enduro crit	Race two of the Sunshine Coast Cycling Club enduro crit race series.	Caloundra	<a href="http://www.scccracing.wixsite.com">www.scccracing.wixsite.com</a>
<b>November 30</b>	Sunshine Coast Cycling sprint	Race four of the Sunshine Coast Cycling Club sprint race series.	Girraween	<a href="http://www.scccracing.wixsite.com">www.scccracing.wixsite.com</a>
<b>December 1-2</b>	Noosa Cycling Open	Sunshine Coast Cycling Club's Noosa Open with the prologue at Gyndier Drive and the crit at Girraween on the Saturday, followed by the road race at Pomona (Old Bruce Highway).	Noosa	<a href="http://www.scccracing.wixsite.com/sccc">www.scccracing.wixsite.com/sccc</a>
<b>December 9</b>	Beerwah at Daybreak	Staged at the base of Mt Beerwah at the end of Mount Beerwah Road in the Glass House Mountains National Park. There are four events: the 42km marathon; 21km half marathon; 10km; and marathon relay for teams of two.	Beerwah	<a href="http://www.runqld.com.au">www.runqld.com.au</a>
<b>December 9</b>	Sunshine Coast Cycling enduro crit	Race three of the Sunshine Coast Cycling Club enduro crit race series.	Caloundra	<a href="http://www.scccracing.wixsite.com">www.scccracing.wixsite.com</a>
<b>December 16</b>	Buderim 9	The Challenge is an exciting annual 76km community cycling event covering nine different hills of Buderim. It lasts for three hours and is held on the last Sunday every year before Christmas.	Buderim	<a href="http://www.buderim9.com.au">www.buderim9.com.au</a>
<b>December 23</b>	Christmas Crit	Sunshine Coast Cycling Club criterium racing.	Skippy Park	<a href="http://www.scccracing.wixsite.com/sccc">www.scccracing.wixsite.com/sccc</a>