

Sunshine Coast Daily

Multi**sport** MECCA

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Once bitten, now ready

Grant Edwards
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TRAVERSING 172km of mountainous terrain, and climbing the equivalent height of Mt Everest in the process, is the road of redemption for Dylan Cole-Jones.

While he finished the trail running's holy grail race last year, there is unfinished business at UltraTrail Mont Blanc (UTMB).

"It was not the experience I was hoping for...once you are in that pain cave it is difficult to move on," he said.

"There were a lot of dark moments where I was cold, wet and I couldn't eat. I drank a lot of Coke just to get through."

CONTINUED ON PAGE 2

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The centrepiece of trail running

FROM PAGE 1

While the thought of running on towering, rocky trails that pass through France, Switzerland and Italy is too much to contemplate for many, Cole-Jones feels like he has won the lottery. Twice.

Amateur athletes must qualify through a series of races. Even then they have to go through a ballot system.

The streets of French town Chamonix are a kaleidoscope of colour and energy for the week-long festival, of which UTMB is the centrepiece. Yet the village excitement masks the battles which face runners who converge on the village from all corners of the world.

Each year there are 2300 competitors. The 2017 race saw only 1500 finish due partly to brutally cold weather conditions.

Armed with the knowledge of last year, which saw him finish in about 43 hours, the 46-year-old is determined to improve.

"I trained really well and felt really good. About seven or eight hours into the race I stopped eating and like any endurance event if you are not eating you are in trouble," Cole-Jones said.

"I don't know if it was a mixture of elevation or altitude, because at the early point of the race we go around 2600 above sea level. I'm not used to that...the other mistake I made was I got up early. In this country most races start at 4am, UTMB starts at 6pm so I had all day where I was up.

"Things just unravelled and we had bad weather. I was falling asleep. There was a lot of hiking and I used lightweight poles.

"It wasn't the day I was hoping to have. I was still determined to finish."

Originally from North Wales, Cole-Jones moved to Buderim about five years ago.

A keen runner during his school years, university studies for the now IT project manager and life saw the sport put on the backburner.

One conversation with friends about rekindling his career about 15 years ago sparked his return.

Moving to the Coast fuelled his desire and he regularly hits local bushland with members of the Noosa Ultra Trail Runners (NUTRs).

"There are some really great runners along the Coast who are



HIGH COUNTRY: Dylan Cole-Jones during the Shotover Mountain Marathon. PHOTO: CONTRIBUTED



Dylan Cole-Jones and Phoebe Nance. PHOTO: JOHN MCCUTCHEON

down-to-earth people who have a laugh and there is nothing too serious," he said.

"We have a bit of banter. We do put our game faces on when we are training for a particular race. If we don't have fun doing it what's the point?"

"We have some great characters."

Cole-Jones completed 100km races Alpine Challenge in Victoria and Ultra Trail Australia as part of his qualification, and training also included last month's 100km Elephant Trail Race at Port Macquarie where he finished fourth overall in a time of 13:48:06.

An intense training program has included a gruelling schedule of climbs. He's been logging about 4500-5000m of climbing each week and covering more than 110km at Parklands and other

nearby trails. One recent weekend he ran laps of Mount Warning for nine hours.

"Living in Buderim I do a lot of repeats. A few weeks ago I did a marathon on Ballinger just going up and down," he said.

"Monday nights I dread because I do a lot of speed work getting VO2 max in top condition. It includes a 20-minute warm-up on Dixon, Ballinger or Coghill, and I sprint as fast as I can for six minutes and then sprint down with no recovery three times. Then it's a two minute recovery and I do it again three times."

Cole-Jones also joined the University of Sunshine Coast gym where he has undertaken a strength and conditioning course by Aaron Turner.

"This has made a huge difference in my running - I would

ULTIMATE TEST

What: Ultra Tail Mont Blanc.
When: Starts 6pm, August 31, from Chamonix, France.
Distance: 172km, with more than 10,000m of climbing.
Field: Capped at 2300.
Times: Fastest to complete the course is about 20hr 45min, the cut-off is 46hr 30min.

recommend this to anyone who wants to improve as a runner," he said.

Considerable work has also been done on his nutrition plan.

Yet little can prepare him for the mental battle ahead.

"If I'm in a dark spot I start counting. You get into that rhythm and all of a sudden you are out of that dark place," Cole-Jones said.

"One of the big climbs last year I was already in a bad place, and I'll never forget, and I saw a lot of French guys turning around saying 'too cold'. It spurred me on. I thought it might be too cold for the French but I'm Welsh and I'm going to get to the top of that mountain.

"I don't want to come back and say I failed.

"I'm lucky I can go to these events. It is a lot of hard work and a lot of sacrifice.

"I want to test myself. I'm not going to be at the front of the field. Winning this race is finishing it. A lot of people have tried this race multiple times and failed for whatever reason."

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Victorians chasing national titles

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WHO has the fastest half-marathon course in Australia?

The question could be answered on Sunday morning.

A white-hot field will be at the start line for this year's 21.1km race, which has attracted three of the quickest males and the fastest female from the Gold Coast's half marathon event in July.

They are gunning for not only the national title, but \$25,000 for anyone who can break the Australian record for the fastest male and female half marathon.

Pat Carroll holds the record, 1:01:11, set in Sydney during 1994. Lisa Weightman set the women's mark in 2010 with 1:09:00 at the Gold Coast.

Two-time Olympian Collis Birmingham returns to the Sunshine Coast after claiming the title in 1:03:15 last year. While he has run a 1:00:56 in Japan during 2013, Birmingham hasn't been in top form as he juggles training with building industry commitments. It's fellow Victorian Jack Rayner who is shaping up as the man to beat.

Rayner won at the Gold Coast last month with an effort of 1:03:12. Sixteen seconds behind him at the Gold Coast was William Chebon, and Birmingham finished fourth in 1:04:27.

Chebon has stayed on the Sunshine Coast for the past two weeks after winning the Brisbane Marathon Festival half marathon with a 1:09:35 finish time.

In the women's event, the favourite is two-time world championship marathon representative Sinead Diver.

She was second at the Gold Coast with a time of 1:09:51. Only two weeks ago the Victorian impressed during a 10km race in Sydney in 32:43.



FAVOURITES: Victorian pair Jack Rayner and Sinead Diver are both expected to be among the leaders of the half marathon. PHOTO: JEREMY NG

Kenyan struts his stuff with locals

COAST doctor and athlete Kate Gazzard recently enjoyed the regular Tuesday speed session with the 7 Sunshine Coast Marathon crew and Kenyan long-distance star William Chebon.

"We were busting foofoo valves and he hadn't even taken his jacket off!" she said.



Others to watch will be Tasmanian Meriem Daoui, as well as the Coast's own Melanie

Panayiotou (see her Q&A on page 7).

Entries to all events are still

PROGRAM

7 Sunshine Coast Marathon Festival

Sunday, August 19

6am: Marathon and half marathon start.

9am: 10km start.

10.15am: 5km start.

10.55am: Ronald McDonald stretching.

11am: 2km start.

1pm: Event close.

3pm: After party.

available online, closing tomorrow, August 16 at 5pm. Visit the website www.sunshinecoastmarathon.com.au.

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Chasing Guinness record books

EVERY Christmas Ryan Hansen used to receive the Guinness Book of World Record. Marvelling at the feats, he thought it would be cool to one day make the list.

The 32-year-old paramedic from Beerwah Ambulance Station is hoping to achieve that feat after Sunday's 7 Sunshine Coast Marathon. Hansen is looking to become the fastest male marathoner while dressed as a paramedic.

The current record is held by German Karsten Koehler who stopped the clock in 3hrs 58mins and 17 sec.

"I have to run in complete paramedic uniform including shirt, trousers, boots and a high-visibility jacket," he said.

"The boots are heavy and the uniform is hot."

Hansen is originally from Newcastle, but transferred to Beerwah from the Gold Coast one year ago, and while he ran cross-country in school he lost interest.

Returning to running over the past two years, he has completed a half marathon about four months ago but this will be his first time at the full 42.2km journey.

Finishing his first half in 1hr 55min, his speed has rapidly increased during recent months.

"I have had my eye on this record for two years since I commenced running again and became employed with the Queensland Ambulance Service," Hansen said.

"I got back into running as I wanted to stay fit for the role and unfortunately the roster didn't allow for participation in a regular weekend sport so I was able to work running around my job.

"I am doing short, fast runs and hills combined with a weekly long run. In order to practice running in



CHALLENGING TASK: Ryan Hansen from Beerwah Ambulance Station aims to run the fastest marathon while dressed as a paramedic. PHOTO: CONTRIBUTED

the uniform I have jumped on the treadmill at home as the sight of a paramedic running through the streets may seem a little odd to some. I am enjoying training but after a long 12-hour day at work it can be a little difficult to jump straight onto a treadmill for a run, still in my uniform.

"As far as marathons go I hope this will be just the beginning, but

perhaps the uniform will stay in the wardrobe."

Hansen said one of his greatest concerns was staying hydrated, and he has a nutrition plan in place to combat salt and energy losses.

As part of the attempt he is raising money for QAS Legacy, a charity that assists Ambulance officers and their families should they become injured or killed on

the job. He has already raised \$2200. You can donate by visiting www.qaslegacy.org/ryan-hansen-sc-marathon

Up to 7000 runners are expected to take part in this year's event, 60 per cent of which will be female. Overseas participants come from London, the United States, Japan, France, New Zealand and China to compete.



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Exciting race on home turf

Full name: Melanie Panayiotou.

Nickname: Mel.

Birthplace: Melbourne.

Current residential suburb: Maroochydore.

Occupation: Veterinarian.

Age: 34.

Sport: Distance running.

Club/coach: Team Telford - Coach Prof Dick Telford.

Favourite food: Bananas.

Favourite drink: Soy latte.

Pet hates: Poor spelling and grammar.

Favourite run location and why:

Falls Creek is one my favourite places to run. And even though I've run it thousands of items, I can't get tired of our waterfront on the Sunshine Coast.

What are your favourite shoes:

I currently rotate three pairs of Saucony and three pairs of Nike shoes... Kinvaras are my favourite training shoe and I currently love the Nike Zoom Fly and Vaporfly for faster running.

How are you feeling about the half marathon:

My training over the past year has been far from ideal, taking several months off last year and running quite low mileage this year. I don't expect to be at my best just yet, however I am hoping this will be another step in the right direction toward my best running. Most importantly I am looking forward to an enjoyable event.

Best or most memorable event:

This is an easy one. Running in the marathon at the Commonwealth Games in Glasgow. My preparation was great and I was simply excited to be there. I ran relaxed and confidently, taking in the atmosphere, and finished in eighth place with a new PB.

Bucket-list event: That's a four-way tie between Paris, Berlin, Boston and New York marathons.



Sarah Klein, Melanie Panayiotou and Jess Tregrove at the Glasgow Commonwealth Games. PHOTO: ADAM HEAD

Favourite race: Melbourne Marathon. I had a great experience there, and running into the MCG is very exciting.

What's your favourite part of racing and training: A great part of running is you get a direct reward for the effort you put in. After a solid block of training, it is the best feeling to toe a start line feeling fit and confident, and seeing what you can achieve.

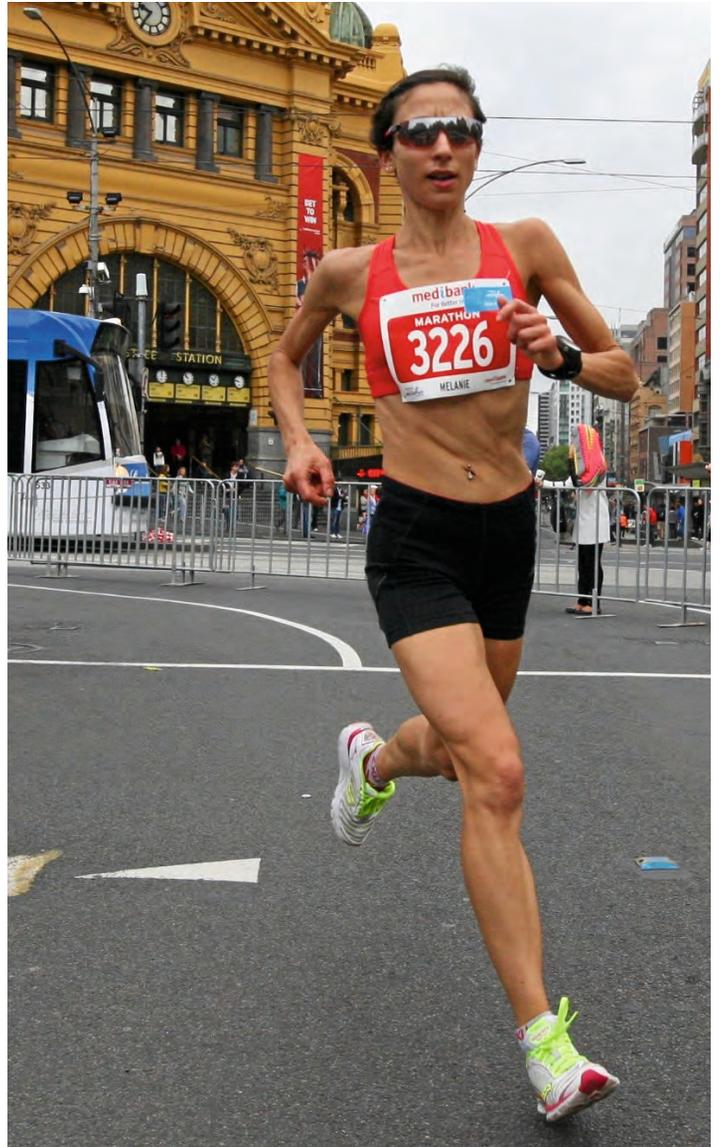
What does a training week look like for you in terms of volume and disciplines: When I'm in full training I average 160km each week, over 8-11 runs. I usually have three hard sessions (eg. fartlek, long tempo, or interval work) and one long run on Sunday.

What is your most dreaded sessions: Probably track work, as I'm a road runner and have not spent much time on the track.

What is on your running agenda this year: I'm playing it by ear at the moment, hoping to run a few Aussie road races and build off each one, with the goal of a marathon in the near future.

How do you manage to fit in training with work and life commitments: Running is my hobby, and I've always started my

day with a run. I do most of my runs in the morning and get my second, shorter runs done after work.



CHASING FORM: Maroochydore's Melanie Panayiotou competing in the Melbourne Marathon. PHOTO: JAMIE HANSON

did you want to do: I've always wanted to work with animals

Best movie: Bridesmaids.

Current car: Skoda Yeti.

Dream car: Mini Cooper.

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READY TO RUN: Emily Preston, Monte Brown, teacher Angela Hoppe, Eva Nicol-Rann and Izacc Budd-Stinton of Mooloolaba State School are ready for the marathon this weekend. PHOTO: JOHN MCCUTCHEON

Angela's teaching by example

Full name: Angela Hoppe.

Nickname: Ange.

Birthplace: Brisbane.

Current residential suburb: Mountain Creek.

Occupation: Teacher at Mooloolaba State School.

Age: 33.

Sport: I don't currently play sport but enjoy a variety of team and individual sports.

Favourite food: Cheese and chocolate.

Favourite drink: Coffee.

Pet hates: People using incorrect spelling and grammar (it's a teacher thing).

Tell us about your involvement with the marathon team and how it began:

I have participated in the event since I moved here in 2013 and last year thought it would be a good idea to see if we could create a Mooloolaba State School Team. I knew a lot of kids and families ran in the event but wasn't sure how successful a team entry would be. We are the closest school to the event and are very community orientated so it seemed perfect to show our support at the event.

Last year we had 70 people register and we all had such a fantastic day cheering each other on and being there for support at

the end. This year we are back bigger and better with 110 registered participants and our very own 'Mooloolaba State School Marathon Team' singlets! We were lucky enough to get sponsorship from The Good Guys (Kawana and Maroochydore) and Grove Residential Estates to help us purchase the singlets.

What are your favourite shoes: Asics Nimbus - I like the cushioning.

Favourite run location and why: Mooloolaba Spit to Cotton Tree, the view is just magical at any time of day.

Best or most memorable event: I set a PB for the 10km in the Jetty2Jetty this year which was a long time coming but having our first ever team at 7 Sunshine Coast Marathon Festival last year was pretty memorable.

Bucket-list event: If I could ever see myself running a full marathon it would definitely be the New York Marathon.

Favourite race: Half marathon for the 7 Sunshine Coast Marathon and Caloundra Foreshore 10km.

What's your favourite part of racing and training: Just the thrill of completing something that you have trained so hard for. There is no better feeling than crossing that

finishing line.

What does a training week look like for you in terms of volume and disciplines: I do a lot of different things - I have one sprint and heavy weights session with my trainer, a few HIIT classes, RPM, boxing, yoga and a run.

What is your most dreaded sessions: The long runs leading up to the half. I have to watch what I eat and drink beforehand and prepare myself mentally.

What training have the children undertaken: We offer running clubs twice a week before school which have been really popular and the kids have been running with their parents on the weekends.

How do you manage to fit in training with work and life commitments: I use my training sessions as my "out" for the end of the day. I really look forward to them.

If you could have a celebrity live with you, who would it be and why: Pink - her confidence and strength is empowering. She has a wicked sense of humour too!

When you were little what job did you want to do: I spent a lot of time in hospital as a child so I think I first thought I wanted to be a doctor but other than that, I always knew I wanted to be a

BACKGROUND

Last year Angela Hoppe decided to enter a team from Mooloolaba State School. It attracted a massive response, and entries have increased again this year. Fifteen staff members are participating in 2018.

"The kids have really stepped up their training this year with running clubs several times a week before school and on weekends. The energy they bring to these sessions is amazing," Hoppe said.

Other schools to attract strong entries are Buderim Mountain State School, and Sunshine Coast Grammar.

The biggest team will be Halcyon Communities with more than 200 entries, while other sizeable groups will include Rockers for Knockers, Running Chicks and Roosters, as well as Intraining.

teacher.

Best movie: Pretty Woman and Dirty Dancing.

Current car: Mitsubishi Lancer Sports.

Dream car: Anything fast.



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Ensure fuss-free preparation

GOOD preparation is the key to a successful 7 Sunshine Coast Marathon Festival.

Parking is limited around the immediate precinct, although before 6am there are spaces in the Alexandra Headland Surf Club area off Mari Street until 6am for a gold coin donation. There is also parking at Mooloolaba State School for \$5 from 7am-noon.

Street parking is available, but there are restricted times on Brisbane Rd, Alexandra Pde, Sixth Ave, Duporth Ave and Bradman Ave.

Race kit collection will open on Friday at the Alexandra Headland Surf Life Saving Club Function Room from 1-6pm, as well as Saturday from 10am-4pm.

There no collections on race day. Photo ID or registration confirmation is required (a friend can collect on your behalf with a copy of your registration email).



PACE RUNNERS

Marathon

3hr - Shayne Steenson and Simon Wolnizer.

3hr 15min - Anderson Moquiuti and Peter Lewis.

3hr 30min - Matt Archer and Geoff Waldoock.

3hr 45min - Armando Avanti and Bruce Thiele.

4hr - Wade Scougall and Dave Ogg.

4hr 15min - Stacey Morton and Mark Emr.

4hr 30min - Maurice Gregory and Corrina Black.

Half marathon

1hr 24min - Anthony Fuster and Daniel James.

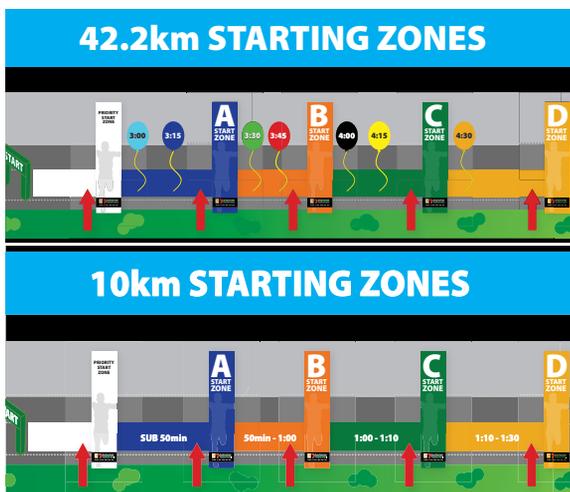
1hr 30min - Nathan Fitzakerley and Michael Holmes.

1hr 45min - Ian McConnel and Jared Byrne.

2hr - Paul Dack and Helen Greenfield.

2hr 15min - Geoff van Wachem and David Saville.

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Road to Hervey Bay 100 begins

COLD and early mornings have been the first hurdles for triathlon rookies Fiona Thomme and Fiona Fewtrell.

The winners of *Multisport Mecca's Build an Athlete* competition have started training under the guidance of Jason Crowther, head coach of Atlas Multisports.

It's been a baptism of fire, or to be more accurate chilly mornings, for the duo who are learning the ropes.

Both have undergone bike fits with John Carey of Cycle Zone Mooloolaba and taken the first steps in completing the Hervey Bay 100 (2km swim, 80km cycle, 18km run) on November 18 this year.

"I've really enjoyed getting into the swing of regular, focussed training. And everyone I've met so far has been so encouraging and supportive," Thomme said.

But swimming has presented the biggest challenge.

"I'm still going through alternate stages of 'I can do this' and 'oh my God what have I gotten myself into', but it's been great to have that focus and the opportunity to get stuck into it with excellent coaches and a supportive team



JOURNEY STARTED: Fiona Thomme and Fiona Fewtrell have started their preparation for the Hervey Bay 100 as winners of the Mecca's Build an Athlete competition.

PHOTO: PATRICK WOODS

around me," she said.

"It has been surprising how much I genuinely love swimming. I've never, ever been a swimmer and it's definitely something I will continue with in the future - it's such a wonderful way to start the

day." For Fewtrell, she's found it motivating to have an event to train for - "especially when surrounded by supportive, like-minded people".

"The rapid improvement in such a short period of time has been

surprising with my swimming and cycling," Fewtrell said.

"And the difference having a proper bike fit has made. I'm so much more comfortable on the bike now which has improved both my ability and my confidence."

Cycling academy rider to join BMC Racing Team for rest of season

ACA-Ride Sunshine Coast's Freddy Ovett will join BMC Racing Team as a stagiaire for the remainder of the 2018 season.

The offer comes off the back of his impressive form this year, including a top-10 placing at July's Tour of Qinghai Lake, China.

"Joining BMC Racing Team for the last half of the year is quite simply a dream come true," he said.

"It's a team I've been very fond of since I started cycling and I'm very humbled to be given this opportunity by the team. It's exciting to be a part of one of cycling's biggest professional teams and I'm looking to learning as much as possible within this time period."

The son of Olympic 800-metre gold medallist Steve Ovett, Freddy was a long-distance runner at Oregon State University before moving to road cycling due to an injury four years ago.

The 24-year-old is based on the Sunshine Coast and attends the University of the Sunshine Coast.

But he can now look forward to getting valuable experience at the World Tour level, BMC Racing Team General Manager Jim Ochowicz said.



STRONG RIDERS: Freddy Ovett and Cameron Scott.

PHOTO: @ JACKSON LAW

"The stagiaires will have a diverse race program with us and will be able to learn from some of the most experienced riders in the peloton, starting with the Larry H. Miller Tour of Utah this month," he said.

"Freddy impressed this year at the *Herald Sun* Tour so we are excited to see what he can do in the upcoming races.

"We obviously have a strong connection to Australian riders so it

is good to welcome some young talent to BMC Racing Team to race alongside some of Australia's most well known riders; Rohan Dennis, Simon Gerrans, Richie Porte, and Miles Scotson."

ACA director Ben Kersten said creating opportunities like this one for Ovett were exactly what the under-23 development team was all about.

The team had an impressive showing at Qinghai Lake tour.

Twenty-year-old Cameron Scott claimed a stage victory in a sprint finish at Bird Islet, after 235km of racing at altitude.

Kersten also praised the other ACA team riders at the Tour of Qinghai Lake. They helped contribute to the high-tempo pace to force a split late in stage 5 of 13.

Scott was delighted to claim victory after 5hr51min, in which he overcame a Hors Category climb early in proceedings.

"Very happy," he said in an ACA press release. "It's my first big tour stage win, so can't ask for much more than that.

"I made the front and had a couple of teammates up there. It was pretty messy in the final but we stayed out of trouble."

It's one of the biggest victories on the road for ACA since they were launched late last year.

They had a seven-man team at the race, with Scott and ex-Tour de France rider Leigh Howard joined by Freddy Ovett, Michael Potter, Toby Orchard, Ashley Mackay and Jono Noble.

Kersten said the team had now been invited to another race in Japan.



SUCCESS: Helen Shadforth and Sam Penny after his English Channel swim. PHOTO: CONTRIBUTED

Penny drops for Sam in the English Channel

LOOKING up at the White Cliffs of Dover, a wave of adrenalin washed over Sam Penny.

After a false start the day before due to boat mechanical problems, the Sunshine Coast swimmer got his opportunity and grabbed it with both hands to finish in just over 11 hours.

With surprisingly warm water of 19 degrees, and air temperature of 28, Penny had to increase his fluid and magnesium intake to deal with cramps. Yet he pushed through the early stages with ease in near perfect conditions.

"I spoke less than 20 words on my whole swim. I felt so great in the water," he said.

"I had zero pain, zero fatigue and my pace was strong. As each hour went by, my condition didn't change. I just felt great. I stormed through six, seven, eight hours."

Having never swum for more than eight hours, he entered uncharted territory.

"We knew the weather was going to change around the eight-hour point and just like clockwork, it did," Penny said.

"The wind picked up to produce a rather annoying chop, but worse

still, the chop was bouncing off the boat back at me.

"With chop coming at me from both sides, my rhythm had been broken, I had to change my stroke to suit the conditions and then my shoulders started to go.

"On several occasions, my left shoulder seized to the point that I couldn't even do a stroke. An intense pain would strike me in my shoulder."

Changing his stroke style to relieve the strain, he managed to stop the shoulder seizing with support in the boat from Helen Shadforth and London swim coach Tim Denyer.

Looking up he could see France, but land still seemed so far away.

"We were getting close to 10 hours and France was not getting closer," Penny said.

"You can see Dover for nearly the entire swim. It's so depressing.

"At the 10 hour feed and everything changes. Tim said, 'give me everything and we'll get in under an hour'. Less than an hour of swimming! I tried to go hard but the pain in my shoulders was still so intense.

"I tried to lift but I couldn't. We

hit 10hr30mins and Tim throws another bottle for me to gulp down. 'Mate, this is your last feed. Take a quick gulp, just go boy'.

"And go I did. All the pain left my body as the rush consumed me.

"Tim held up a sign '400m to go' In my mind, 400m was going to be six, maybe seven minutes.

"I absolutely nailed that last 400m. I went as hard and as fast as I could. I could feel the end of months of hard work becoming a reality."

His preparation took 12 months, swimming regularly with Toby Coote's Sunshine Coast Tri Academy, "when four-hour, six-hour, eight-hour swims became normal".

"The 10km swims were short swims, of which I would often do three times a week," he said.

Penny was the third Sunshine Coast swimmer to cross the English Channel in recent years.

Peter Schultz managed the feat last year in 11hr 55min, while two years ago Buderim's Chris Shaplund became the second oldest person to achieve the feat at the age of 69 after a gruelling 16 hours and 28 minutes.

China victory

COAST triathlete David Dellow was in fine form on a brutal course at Ironman 70.3 Qujing China, winning overall by nearly two minutes. The bike leg included 1900m of elevation. Dellow won with a time of 4:01:43, ahead of Guy Crawford (4:03:30) and Mitchell Kibby (4:04:03). Age groupers Inna Atkinson and Gaye Carter Ottogalli also got on the podium in their 45-49 category, with second and third respectively.

Top 10 finishes

SUNSHINE Beach's Luke McKenzie and Casey Munro of Alexandra Headland finished sixth and eighth respectively among a tough field at Regent Aguila Ironman 70.3 Asia-Pacific Championship 2018 at the weekend. Both were at the pointy end of the race, but were unable to produce their best runs to hunt the podium in hot and humid conditions. Mexican Mauricio Mendez Cruz won with a time of 3:46:45. McKenzie hit the line in 3:55:29 while Munro crossed after 3:57:42.

Millward fine form

AFTER withdrawing following bike problems at Ironman Canada, Peregian Springs triathlete Callum Millward

(pictured) claimed victory at an intense 70.3 Boulder. Sam Appleton pushed the pace on the bike and had a four-minute lead, but was run down by



Millward, Matt Chrabot and Ben Hoffman. Millward managed to break clear when it mattered to win in 3:47:04, three seconds ahead of Hoffman and about one minute in front of Chrabot.

Top performances

NEW Sunshine Coast resident Simon Hearn continued his impressive form, winning overall at the long-distance Yeppoon Triathlon Festival (2km swim, 80km bike, 20km run). Hearn, who won 70.3 Cairns during June, finished in 3:36:18. He was nearly one minute ahead of Matt Duncan, and a further three minutes quicker than Peregian's Ricky Swindale. In the women's race, Coast duo Kirra Seidel and Katey Gibb had a sprint finish for second (4:06:00) with Seidel claiming the honours. Zsolt Dallas was second in the 30-39 age group with a quick time of 3:57:50, Jason Cheshire claimed a silver but in the 40-49 age group (4:17:17), while Jacqui Swindale (4:25:22) and Lauren Murphy (4:44:38) were second and third respectively in the women 30-39 category.

Gardener shows strong form with double tri victory

VERSATILE triathlete Brodie Gardner was triumphant at the Rainbow Beach Double Tri over the weekend.

Gardner, who competes in both on and off-road events, was quickest in both races which saw

two sprint-distance (750m swim, 20km bike, 5km run) events over two days. He finished with an overall time of 1:55:38, ahead of Nicholas Hull with 1:56:29.

Fellow Coast and Sunshine Coast Tri Academy squad member Romy

Wolstencroft was fastest of the women with an effort of 2:06:51.

Other local athletes to claim age group wins were Lucy Bowden (2:10:40), Matthew Wolstencroft (2:03:21) and Destry Gourlay (2:20:42).

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Sensational effort for 10 in a row

BRENDAN Neil is made of sterner stuff than most and for 10 days this month has needed every ounce of it.

On Saturday morning he completed 111kms of swimming, stretched over 10 arduous days.

About 100 students from Currimundi and Nambour special schools were there to cheer him into shore on Thursday morning, ready with high fives and thanks.

But the following day, day nine, saw him greeted with some of the toughest conditions of the challenge.

"We turned south and it (the waves) was constant, just bang, bang," he said.

"Normally we stop after about 45 minutes and have something to eat and the Island was still there.

"It was tough like day one."

Neil undertook the swim with limited training, but it was the greater cause and inspiring his own kids which were among his motivating factors.

Seeing the kids welcoming him to the beach at Mooloolaba ensured it was all worthwhile.

"I'm doing this for a purpose beyond myself, and this is it," Neil said.

"We don't realise how tricky it is for some of their parents."

Already, he has personally raised more than \$5000 for schools and, surprisingly, isn't struggling as much as most predicted.

"I actually think I will miss it and the routine," he said.

"Honestly, all the encouragement I've got makes it easy."

Along the way the father-of-two



MASSIVE EFFORT: Brendan Neil, who completed 10 swims from Mudjimba to Mooloolaba in a row, with students from Currimundi and Nambour special schools. PHOTO: PATRICK WOODS



has shared the water with a cruise liner and witnessed nature at its most spectacular.

Whenever the going did get exhausting, his thoughts quickly turned to the families.

Currimundi Special School

principal Alwyn Green was there to watch him come in.

"To do this just shows how big his heart is," Mr Green said.

"We see a lot of people challenge themselves but this is massive. It is a long way to do that



many times.

"I actually can't believe anyone is doing it, it is such a massive effort."

For those keen to tackle the Island Charity Swim (just once), next year's event will be staged on May 11.

Deep athletic thinkers claim tough Hells Bells win

TEAM Thought Sports secured victory in a gruelling Hells Bells adventure race and also wrapped up the sought-after overall A1 Series title at the weekend.

The visiting team of Kathryn Preston, Peter Preston, Tim Boote and Angus Rodwell weren't the first over the line, but they managed to find more checkpoints than most to claim victory.

Second was the Coast all-female Mountain Designs Wild Women team of Kim Beckinsale, Elizabeth Dornom, Cass Percival and Ali Wright.

Third was team Everyday Life Fitness/Tiger AR.

In the half-distance Fairy Bells, Stephen Porter and Adam McKane of Noosa Shallow Watermen claimed a five-second win over



SECOND: Kim Beckinsale (right) and Elizabeth Dornom ready to muscle their way through Hells Bells. PHOTO: MICHAEL PAGE

Jeremy Tibbits and Damian Andrew of Dad Can Read Maps with a sprint finish. Only one minute behind were Tri Adventure

Vintage (Jan Leverton and Shan McGrath) and Tri Adventure AR (Abbey Anderson and Rick Anderson).

Panel to answer burning questions

SOME of the Coast's leading athletes are hosting a Q&A to provide insights and advice into reaching running and endurance goals.

Brad Dalrymple, Dr Carmen Atkinson, Chris White, Seano 'Goofy' Clancy and Paul MacKinnon are hosting the session on Friday from 6-8pm at The Running Company, 1 Duporth Ave, Maroochydore.

They will be answering questions on:

- How to manage pre-race nerves
 - How to penetrate perceived limitations
 - How to embrace the discomfort of racing
 - Pacing and fuelling your race.
- Tickets are \$15.

Coldwell rekindles form of old

LUCY Coldwell says she suffered through the final day of Velothon Sunshine Coast but the Coolum vet emerged a comprehensive winner of the women's division.

Sydney's Philip Taafe claimed overall honours among the men but Coldwell starred among the Coast contingent.

The former Commonwealth Games competitor for Scotland finished atop the standings after winning each of the three stages during the three-day event.

She also won the King of the Mountain and Sprint classifications.

She finished 19min56sec ahead of Shelley Nisbet – but that doesn't mean she did it easy.

"By the time we got to Obi Obi I was really suffering. Knowing the climb was a slight disadvantage because I knew what was ahead of me," she said.

"At least I was in a good group so I just tried to hang on. There was no chat from me in the bunch, I was still suffering."

She said she was delighted to be involved in Velothon Sunshine Coast.

"Being a local ride it is a bit special and I am really happy with how things have worked out this year, personally and for the team Multisport Mecca."

Stage 3 consisted of a 152km ride from Twin Waters to Maroochydore via the hinterland.

Amid the men, Gary Hancock won the day but Taafe was delighted to claim overall honours after coming second last year. He was 31 seconds ahead of Alex Malone.

The Mecca team also included Danielle Evans, David Chick and



FINE FORM: Lucy Coldwell climbs Coghill Road on her way to winning the first stage of Velothon Sunshine Coast.

PHOTOS: GRANT EDWARDS



Alastair Mackellar and Armani Drake of ACA helping out fellow riders on day one.



Paul Batchelor on Coghill.

David Schloss, who collectively comfortably won the mixed team division.

"The best part was the different ride every day, a really hilly first day, faster shorter second day and big steep Obi Obi climb and longer ride on the Sunday," Chick said.

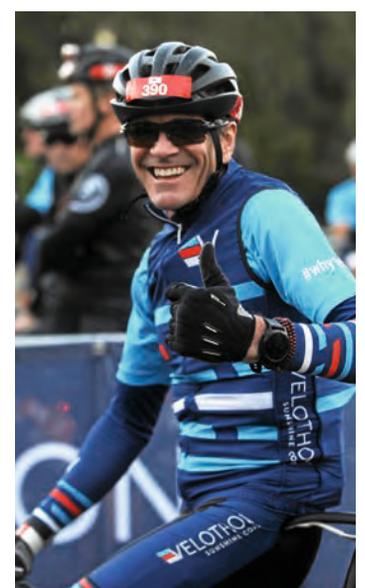
"It was faster and harder than last year with higher quality cyclists doing it which made it more than a challenge.

"We had an awesome team, coming from a diverse sporting background, great having the girls in the team that rode really well."

Chick was at the pointy end of the race, often pushing the pace, and went hard on day three with a solo breakaway at the 70km mark, but he paid the price at Kiel Mountain on the trek home to Cotton Tree, but was fourth to climb over Obi Obi.



The Sunshine Coast crew of (from left) Tony Bryan, Josh Green, Sean Fraser, Danielle Evans, David Chick, Dallas Blacklaw, Robbie Andrews, David Schloss, Justin Voss and Lucy Coldwell.



Gary Weston ahead of competing in Velothon.

Memorable world title victory

AGE shall not weary Jonathan 'Jo' Hamwood.

Queensland's oldest team member competing at the world International Triathlon Union age group championships in Denmark this month proved one of the most successful, securing the 70-74 age group aquabike title.

The 70-year-old from Mons produced a monumental effort on the day to claim his maiden world title – his first tilt at the swim-bike format after knee issues marked an end to his 33-year triathlon career.

Hamwood completed the 3km swim in 54min 54 sec, and then delivered an outstanding 3hr 30min 50sec bike leg over 120km to win by two minutes from Great Britain's Michael Smallwood.

Ahead of the race Hamwood had done his research. Travelling to Canada last year to see how the event unfolded, he analysed recent results and knew Smallwood was the man to beat.

After getting through the swim ahead of all his age group rivals, Hamwood hit the bike full of confidence.

"I was motoring along quite smartly and settled into a good pace when a guy in a blue race kit flashed by going like a rocket. As I glanced at him I read his name on the back of his suit – Smallwood," he said.

"My heart sank. How the hell could a guy in my age group be going so fast?"

Hamwood had to make a quick decision: Let all that time, planning, effort, training and money count for nothing or do something about it? He opted for the latter.

Digging deep he bridged the gap while maintaining the legal five bike lengths apart. Hanging on "like

COAST RESULTS

International Triathlon Union age group championships results:
Standard Distance Duathlon
 Rowland Cook (Atlas Multisports) 9th in the 65-69 age group
Sprint Distance Duathlon
 Rowland Cook (Atlas Multisports) 12th 65-69
Cross Triathlon
 Annkathrin Franzmann (Noosa Tri Club) 4th 55-59
Aquathlon
 Tania Gover (Sunshine Coast Tri Academy) 12th 40-44
 Rowland Cook (Atlas Multisports) 1st 65-69
Aquabike
 Brian Hannon (Noosa Tri Club) 29th 55-59
 Basil MacReadie (Noosa Tri Club) 8th 55-59
 Rowland Cook (Atlas Multisports) 4th 65-69
 Jonathan Hamwood 1st 70-74

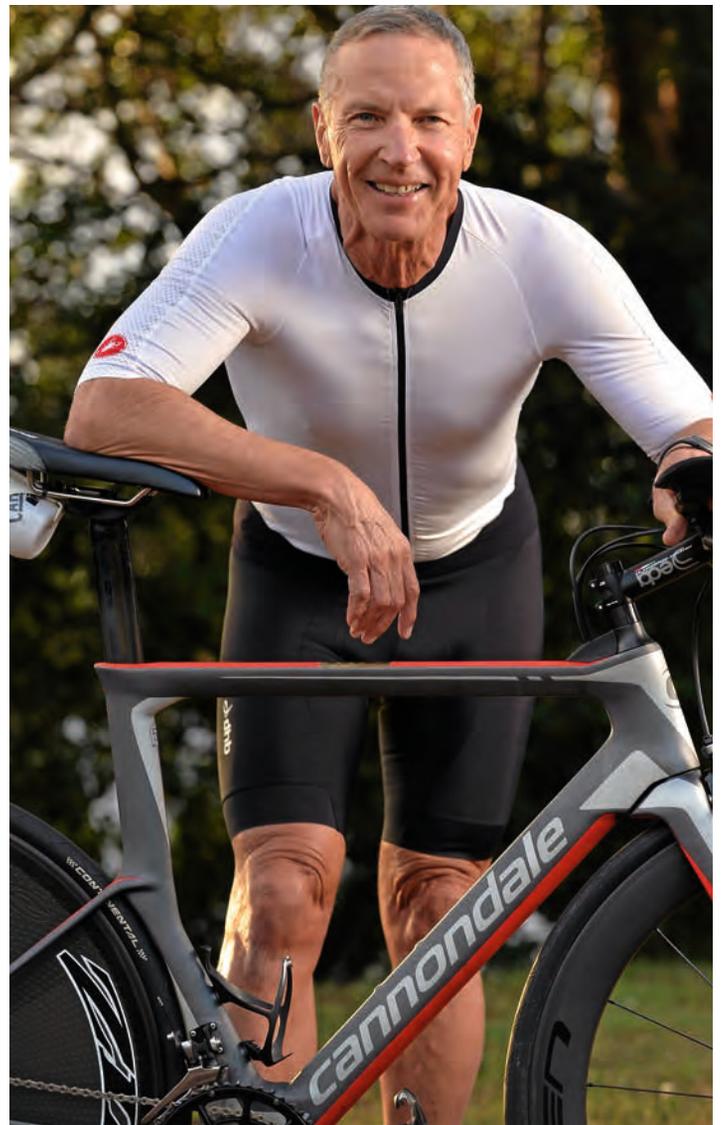
grim death" when they approached the 80km mark, Hamwood noticed his heart rate was gradually falling.

With about 25km to ride opportunity knocked when Smallwood opted for a banana at an aid station.

"They are difficult to peel with one hand and consume while you are racing. I belted past him as fast as I could go and determined to put some time into him. I was jumping out of my skin as I knew this was my best chance to win a world championship," he said.

"For those last 25km I busted my buns and was not going to die wondering.

"As it turns out, he did not pass



BIG EFFORT: Jo Hamwood won the gold in this year's aquabike at the ITU world age group championships. PHOTO: PATRICK WOODS

me and I had that warm glow of having had my best and most challenging race ever. Not only had I beaten him, I had outmanoeuvred

him." His performance was so quick it would have earned a silver in the 65-69 age group, and fourth in the 60-65.



Runner falls short of southern 'sea to summit' feat

AFTER running from Kings Beach to the summit of Mount Beerwah during January, James McAlloon (pictured) had an idea.

The 26-year-old wanted to explore his ultra-marathon boundaries. Continuing his "sea to summit" theme, James figured he would just "cut to the chase" and go big.

So he attempted a 217km journey from the New South Wales coastal town of Tathra to the summit of Australia's greatest peak, Mt Kosciuszko.

Unfortunately he fell short, abandoning the trek 25km from the top of the mountain.

"I figured if I trained hard and got good enough I could go all the way there," he said.

Growing up in Gympie, post school James spent time in South and North America.

Over the years he has run official and unofficial marathons, as well as been support crew for friends undertaking ultra events. Featuring on his run resume is Detroit and Chicago marathons, as well as longer runs in Patagonia and Santiago in Argentina.

An experienced climber, James believed his time in America has conditioned him for the cold weather.

He moved to Alexandra Headland 18 months ago.

Supporting James over the journey was his partner Emma and friend Ben Sharpley. They had a van decked out with beds and a kitchenette to follow the journey.

Working in marketing and business development, James had been running at least three days a week, with two shorter runs of about 12km and one long, as well as a hike to help build strength. He peaked at 70km for his biggest run, encompassing areas like the Coastal Path, along the David Low Way to Sunshine as well as the Noosa National Park.

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New at Allez Sport are the Clif Nut Butter range. The Nut Butter Filled Energy Bar brings together two great energy foods - a delicious, creamy nut butter inside an organic energy bar - to deliver sustained energy. RRP \$3.50.



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It's not often that you see the words "elegance" and "rebellion" in the same sentence, but Peter Sagan isn't your typical rider. He's constantly breaking the mould of what's possible from a bike racer, and does so in a way that makes it look easy - and it's these characteristics that inspired the Sagan Collection. It takes these traits and, through some heavy design collaboration, transforms them into a collection of products that'll help you find your own world champion stripes. Check them out now at Cycle Zone Mooloolaba, the S-Works 7 Road Shoes are \$500, and the Prevail helmet is \$350.



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Upcoming Sunshine Coast events

Send us your events:
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Date	Event	Distance	Location	Website
August 16	Run Nation Film Festival	The Run Nation Running Film Festival presented by Travelling Fit at BCC, Sunshine Plaza, is the only film festival in Australia that is dedicated to showing the most inspirational running films from around the world.	Sunshine Plaza	www.runnationfilmfestival.com
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	www.sunshinecoastmarathon.com.au
August 19	Wild Women adventure racing clinic	Learn the skills of adventure racing ahead of the main event in October.	Noosa	www.triadventure.com.au
August 9	Sunshine Coast Cycling winter crit	Second race of the winters crits organised by Sunshine Coast Cycling Club.	Caloundra	www.scccracing.wixsite.com
August 25	Australian Cross Country Championships	National championships featuring 10km, 8km, 6km, 4km and 3km events in age groups from under-14 to open men and women.	Maleny	www.athletics.com.au
August 25-26	Sun SEQer Rogaine	The 2018 Australian Rogaining Championships. The event will be held in the vicinity of the Manumbar locality, in the Gympie region.	Gympie	www.qldrogaine.asn.au
August 26	Australian Winter Race Walking Championships	Athletics Australia will offer events for all ages at the 'Winter Walks' with entry details to be provided as they come to hand. Distances from 1km-20km.	Maleny	www.athletics.com.au
August 26	Ironman 70.3 Sunshine Coast	Half-Ironman distance triathlon, featuring a 1.9km swim off Mooloolaba Main Beach, two-lap 90km bike route along the Motorway and also some hinterland aspects, and two-lap 21.1km run course from Mooloolaba to Maroochydore.	Mooloolaba	www.ironman.com
August 26	Noosa Classic	Make your choice from three courses: The Maxi Classic, is a challenging 160km ride through some of the most breathtaking scenery you can experience on two wheels. There's also The Challenge Classic; a 120km option for those with less time on their hands, or distance in their legs. For a more cruisy and casual experience, The Social Classic is a 45km ride through the most stunning areas of the Noosa region.	Noosa	www.noosaclassic.com.au
August 30	Movie: We Are Triathletes	Feature-length documentary dedicated to the sport of Ironman triathlon.	Sunshine Plaza	www.au.demand.film/we-are-triathletes/
September 2	Sunshine Coast Cycling road race	Race two of the Sunshine Coast Cycling Club road race series.	Glass House	www.scccracing.wixsite.com
September 8-9	The Glasshouse 100	The Glasshouse 100 is a 100 mile, 100km, 54km, 33km and 11km trail run in the Glasshouse Mountain. The terrain varies from easy gravel road to rough, steep singletrack. There are beautiful views throughout the course, particularly from the top of Mt Beerburum and Wildhorse Mountain.	Beerburum	www.glasshousetrailseries.com
September 9	Sunshine Coast Cycling road race	Race three of the Sunshine Coast Cycling Club road race series.	Rosemount	www.scccracing.wixsite.com
September 9	Hervey Bay Pier 2 Pub	Ocean swim at Torquay with 500m, 1km and 3km distances available.	Hervey Bay	www.oceanswims.com
September 16	Mt Cooroora Endurance Challenge	The challenge is a four-hour or eight-hour run on a 1.2km lap at Mt Cooroora run solo or in relay team pairs or triples. Spend a day on this magic mountain testing your fitness and endurance, with all money raised to the Children's Hospital Foundation, Humpty Dumpty Foundation and HeartKids through the 1200kms for kids charity team.	Pomona	www.mtcoorooraendurancechallenge.com
September 22	Brisbane Open Water Swim	Lake Kawana hosts Brisbane Open Water Swim on September 22-23 with swim distances 1.25km, 2.5km, 5km and 10km. Open to SQ registered swimmers, members of clubs affiliated with other State Swimming Associations and international swimmers who meet clearance criteria.	Lake Kawana	www.brisswim.org.au
September 22	Wild Women adventure racing clinic	Learn the skills of adventure racing ahead of the main event in October.	Noosa	www.triadventure.com.au
September 23	Bli Bli Unite Fun Run and Walk	The untimed 4km Bli Bli Unite Fun Run & Walk is a family friendly event which will help to raise funds for victims of domestic violence.	Bli Bli	www.atlasmultisports.com.au

CONTINUED NEXT PAGE

Upcoming Sunshine Coast events

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Date	Event	Distance	Location	Website
September 30	Sunshine Coast Cycling road race	Race four of the Sunshine Coast Cycling Club road race series, as well as club championships.	North Arm	www.scccracing.wixsite.com
September 30	Dam Dash	The Dam Dash involves kayaking, mountain biking and running/walking to checkpoints which will be located around the course. This race is fully off-road, on well-established tracks and trails. You will have to plan your own course to maximise the time and gather the highest points. The winner is the team who gathers most points in three hours.	Landsborough	www.xciteadventureracing.com.au
October 6-7	Sunshine Coast CycleFest	Includes King and Queen of the Mountain at Palmwoods on the Saturday morning, then in the afternoon a street criterium at Cotton Tree with six events. On the Sunday, there is the 110km Gran Fondo, new 55km Classic and a family ride near Cotton Tree.	Cotton Tree	www.sccyclefest.com.au
October 14	Maleny Runfest	The Maleny Blackall Range Lions stage this event in spring each year in order to raise funds for medical research and to provide keen runners the opportunity to compete on a challenging but scenic circuit. Distances include 3km run/walk, 5km, 10km and 21km.	Maleny	www.malenyblackallrange.qld.lions.org.au
October 13	Adventure Race Prologue	'Come & Try' style event open to all-comers with a family-friendly focus (not female specific), ahead of the Wild Women Adventure Race. This is a two-hour course involving trekking, mountain biking and navigation.	Noosa	www.triadventure.com.au
October 14	Wild Women Adventure Race	The Wild Women Adventure Race is about getting out of the gym/office/house and into the wild, to experience all the thrills of all-women's adventure racing in teams of two. Competitors can expect between 20 to 30 km of mountain biking, 8 to 15 km trail running/trekking and 1-3 km of kayaking/paddling (water discipline) and basic navigation. There may be multiple legs of each discipline.	Noosa	www.triadventure.com.au
October 14	Sunshine Coast Cycling road race	Race five of the Sunshine Coast Cycling Club road race series.	Cootharaba	www.scccracing.wixsite.com
October 17	Ride2Work Day	In October each year, council encourages the region to travel to work by bicycle as part of National Ride2Work Day. This is an annual event that encourages people to try cycling to and from work. It acknowledges those who regularly commute by bicycle and encourages others to give it a go for the first time.	Sunshine Coast	www.sunshinecoast.qld.gov.au
October 20	Queensland Open Water Swimming Championships	Annual state championships for all age groups, within a range of distances and an opportunity for open water swimmers to gain qualifying times to nominate for the Australian Open Water Swimming Championships.	Lake Kawana	www.qld.swimming.org.au
October 20-21	Blackall 100	The Blackall 100 traverses the Blackall Range, taking in the Sunshine Coast Great Walk. With a primary 100km event, supported by a 50km event.	Montville	www.runqld.com.au
October 20-21	Bribie Triathlon Series race one	First race of the four-event series. Active Kids (7-9 years: 100m swim/3km cycle/500m run, 10-11 years: 200/6/1km, 12-13 years: 250/6/2km, 14 years+: 250/6/2km) and first timers (250m swim, 6km bike, 2km run) compete on the Saturday, there is also a 1.5km and 500m open water swim. Sunday features the triathlons. Long course - 750m swim, 20km cycle, 5km run. Short course - 300m swim, 10km cycle, 3km run.	Bribie Island	www.bribietri.com
October 25	Sunshine Coast Cycling sprint	Race one of the Sunshine Coast Cycling Club sprint race series.	Caloundra	www.scccracing.wixsite.com
October 28	All Schools Triathlon	For athletes looking to qualify for the Queensland School Sport State Triathlon Championships or just give triathlon a go. All Schools Triathlon is just for kids and teens aged 7-18 years of all abilities. Aquathlon (ages 7-9 DOB 2010-2008): 500m run - 100m swim - 500m run. Primary aquathlon (ages 10-11 DOB 2007-2006): 1km run - 200m swim - 1km run. Junior triathlon (ages 12-13 DOB 2004-2005): 400m swim - 12km cycle - 3km run. Intermediate triathlon (ages 14-15 DOB 2003-2002): 600m swim - 16km cycle - 4km run. Senior triathlon (ages 16-18 (DOB 2001-1999): 750m swim - 20km cycle - 5km run.	Lake Kawana	www.triathlon.org.au

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Upcoming Sunshine Coast events

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Date	Event	Distance	Location	Website
October 27	TreX Sunshine Coast	Race three of the TreX Series at Ewen Maddock Dam and taking in the rainforest trails and fern-filled bushland of Beerwah State Forest. The off-road triathlon series includes: Standard course: 1000m swim, 18.5km bike, 7km run. Sprint course: 400m, 10km, 3.5km. Junior & Teaser: 150, 4km, 1km. Dirt kids: 50m, 1.5km, 500m. Aquabike/Duathlon: standard and sprint distance. Also 'Dirt Master Challenge' for endurance athletes tackling the standard course and the Trail Run Australia half marathon the following day.	Landsborough	www.trextriathlon.com.au
October 28	Trail Run Australia	Part of a four-race series which also includes Port Stephens, Bendigo and the Snowy Mountains. Race distances include half marathon, 10-12km, 5-6km and free kids event. The series culminates at the Snowy Mountains in New South Wales with a 50km Ultra added to the festival.	Landsborough	www.trailrunaustralia.com
October 31	Noosa Run Swim Run Aquathlon	Run along Noosa Main Beach and swim in Laguna Bay at Noosa Main Beach. 8-13 years- 500m run/200m swim/ 500m run. 14 years and over 1.5km run/750m swim/1.5km run.	Noosa Heads	www.noosatri.com.au
November 2	Noosa Breakfast Fun Run	Raising money for breast cancer research, the run features a 5km one lap course starting from Noosa Woods. The run takes you up Hastings Street to Park Road and then back down Main beach to Noosa Spit where you will then return to Noosa Woods.	Noosa Heads	www.noosatri.com.au
November 2	Noosa 1000 ocean swim	1km M-shaped ocean swim off Noosa Main Beach. Minimum age 10. Age as at event day.	Noosa Heads	www.noosatri.com.au
November 2	Sunshine Coast Cycling sprint	Race two of the Sunshine Coast Cycling Club sprint race series.	Girraween	www.scccrcing.wixsite.com
November 3	Noosa Tri Superkids Triathlon and Noosa Special Triathlon	The kids only version of the famous Noosa Triathlon. Short achievable distances for kids aged 7-13 years based on participation and fun. 1-13 years - 200m swim/5km cycle/900m run. 7-10 years - 100m swim/3km cycle/500m run. The Noosa Special Triathlon is the only triathlon specifically held for people with special needs, 100m swim/3km cycle/500m run.	Noosa Heads	www.noosatri.com.au
November 3	Australian Criterium, Asics 5km Bolt and legends triathlon	Women's open cycling criterium, and then the legends of all sports undertake a relay triathlon at Noosa Parade in a battle to find the best team. Followed by the 5km Asics Bolt run. Afternoon finishes with open men's cycling criterium.	Noosa Heads	www.noosatri.com.au
November 4	Noosa Triathlon	The world's biggest Olympic-distance triathlon, including a 1500m swim, 40km ride, 10km run.	Noosa Heads	www.ap.ironman.com
November 8	Sunshine Coast Cycling enduro crit	Race one of the Sunshine Coast Cycling Club enduro crit race series.	Caloundra	www.scccrcing.wixsite.com
November 10	Trachyte Tour Duathlon	A new event for 2018, consisting of multiple run and MTB legs. Distances and events include: Run-bike: 15/20km (approx), Run-bike-run-bike: 30km (approx), Run-bike-run-bike-run-bike: 45km (approx).	Woodford, Beerwah, Beerburrum	www.aaracing.com.au
November 11	South East Queensland Trail Running Series	Round three of the eight-race series based at the Cooroy/Pomona Lions Club Hall. Distances include 13.2km and 7.1km. Starts from 6.30am, on-the-day entries available.	Pomona	www.seqtrailrunningseries.com.au
November 16	Sunshine Coast Cycling sprint	Race three of the Sunshine Coast Cycling Club sprint race series.	Girraween	www.scccrcing.wixsite.com
November 17	Kawana Aquathlon and Open Water Swim	Ahead of the Queensland Tri Series is the aquathlon, a Triathlon Queensland State Championship sanctioned event. The events include full distance - 2.5km run/1km swim/2.5km run, enticer - 300m swim/2km run, kool kids (10-11 years) 200m swim/1km run and kool kids (7-9 years) 100m swim/500m run. The open water swim distances include 500m, 1000m and 1500m.	Kawana	www.qldtrseries.com.au
November 18	Queensland Tri Series	Round three of the Queensland Tri Series at Kawana. Events include sprint (15 years+) - 750m swim/20km bike/5km run, enticer (12 years+) - 200m swim/5km bike/2km run, kool kids (7-14 years) - 100m swim/2km bike/500m run.	Kawana	www.qldtrseries.com.au

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Upcoming Sunshine Coast events

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Date	Event	Distance	Location	Website
November 17-18	Hervey Bay 100	Annual long-distance triathlon, including a 2km swim, 80km ride and 18km run. On the Saturday is a kids and beginners event of a 200m swim, 8km ride and 2km run, as well as a 2km Barge2Beach swim.	Hervey Bay	www.hb100.herveybaytriclub.org.au
November 24-25	Bribie Triathlon Series race two	Second race of the four-event series. Active Kids (7-9 years: 100m swim/3km cycle/500m run, 10-11 years: 200/6/1km, 12-13 years: 250/6/2km, 14 years+: 250/6/2km) and first timers (250m swim, 6km bike, 2km run) compete on the Saturday, there is also a 1.5km and 500m open water swim. Sunday features the triathlons. Long course - 1km swim, 30km cycle, 8km run. Short course - 300m swim, 10km cycle, 3km run.	Bribie Island	www.bribietri.com
November 22	Sunshine Coast Cycling enduro crit	Race two of the Sunshine Coast Cycling Club endure crit race series.	Caloundra	www.scccracing.wixsite.com
November 30	Sunshine Coast Cycling sprint	Race four of the Sunshine Coast Cycling Club sprint race series.	Girraween	www.scccracing.wixsite.com
December 1-2	Noosa Cycling Open	Sunshine Coast Cycling Club's Noosa Open with the prologue at Gyndier Drive and the crit at Girraween on the Saturday, followed by the road race at Pomona (Old Bruce Highway).	Noosa	www.scccracing.wixsite.com/sccc
December 9	Beerwah at Daybreak	Staged at the base of Mt Beerwah at the end of Mount Beerwah Road in the Glass House Mountains National Park. There are four events: the 42km marathon; 21km half marathon; 10km; and marathon relay for teams of two.	Beerwah	www.runqld.com.au
December 9	Sunshine Coast Cycling enduro crit	Race three of the Sunshine Coast Cycling Club endure crit race series.	Caloundra	www.scccracing.wixsite.com
December 16	Buderim 9	The Challenge is an exciting annual 76km community cycling event covering nine different hills of Buderim. It lasts for three hours and is held on the last Sunday every year before Christmas.	Buderim	www.buderim9.com.au
December 23	Christmas Crit	Sunshine Coast Cycling Club criterium racing.	Skippy Park	www.scccracing.wixsite.com/sccc
January 20, 2019	Hares and Hounds	Trail run distances are 51km, 11km and 5km solo runs, 51km relay for two-, three- or four-person teams and 11km walk.	Woodford	www.glasshousetrailseries.com
January 26, 2019	AusTRAILia Day Marathon/Beerwah@night	Based at Mt Beerwah National Park Day Use Area, and also known as Aus'Trail'ia Day Marathon, consisting of three events of 10km, half marathon and full marathon in the Glasshouse Mountains.	Glasshouse Mountains	www.runqld.com.au
February 2-3, 2019	Noosa Summer Swim	The weekend festival will again offer a range of distances for every ability, from junior events to the 5.0km Noosa Grand Prix where seasoned swimmers can push their limits alongside current Olympic swimmers. Distances include 1km, 2km, 1km, juniors 300m and 1km on the Saturday, followed by the 5km and 1.5km on the Sunday.	Noosa	www.worldserieswims.com.au
February 17, 2019	South East Queensland Trail Running Series	Round six of the eight-race series based at the Ewen Maddock Dam. Distances include 14.7km and 8.3km. Starts from 6.30am, on-the-day entries available.	Glenview	www.seqtrailrunningseries.com.au
February 23-24, 2019	Bribie Triathlon Series race three	Third race of the four-event series. Active Kids 7-9 years: 100m swim/3km cycle/500m run, 10-11 years: 200/6/1km, 12-13 years: 250/6/2km, 14 years+: 250/6/2km) and first timers (250m swim, 6km bike, 2km run) compete on the Saturday, there is also a 1.5km and 500m open water swim. Sunday features the triathlons. Long course - 1km swim, 30km cycle, 8km run. Short course - 300m swim, 10km cycle, 3km run.	Bribie Island	www.bribietri.com
March 2-3, 2019	Mooloolaba Beach Festival	A program of events including ocean swims, paddling events that both elites and weekend paddlers will enjoy and community events that the whole family, of any age, can participate in. The Saturday to feature 2.5km 2.5km Alex Headland to Mooloolaba Ocean Swim or the 5km grand prix starting at Mooloolaba Beach, travel north towards a turn at Alex Beach, then return following the headland back to the finish at Mooloolaba. On the Sunday is the Mooloolaba Mile (1.6km) ocean swim and Half Mile, followed by the Junior Giants (300m & 800m).	Mooloolaba	www.worldserieswims.com.au

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Upcoming Sunshine Coast events

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Date	Event	Distance	Location	Website
March 15, 2019	Mooloolaba Twilight 5km Run	The launch event for the Mooloolaba Triathlon Festival, the 5km run along the esplanade and up the hill toward Alexandra Headland.	Mooloolaba	www.ap.ironman.com
March 17, 2019	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 Alexandra Headland.	Mooloolaba	www.ap.ironman.com
March 23-24, 2019	Bribie Triathlon Series race four	Final race of the four-event series. Active Kids (7-9 years: 100m swim/3km cycle/500m run, 10-11 years: 200/6/1km, 12-13 years: 250/6/2km, 14 years+: 250/6/2km) and first timers (250m swim, 6km bike, 2km run) compete on the Saturday, there is also a 1.5km and 500m open water swim. Sunday features the triathlons. Long course - 750m swim, 20km cycle, 5km run. Short course - 300m swim, 10km cycle, 3km run.	Bribie Island	www.bribietri.com
March 31, 2019	Triathlon Pink Sunshine Coast	Great first-timers event, with women and kids-only triathlons at the University of the Sunshine Coast. For women there is a short (100m swim, 4km cycle, 1km run), medium (200m swim, 6km cycle, 3km run) or ultra (600m swim, 16km cycle, 6km run). Also relay and fun runs of 1km, 3km and 6km. Kids triathlons include 7-9 years (50m swim, 2km cycle, 500m run) or 10-13 years (100m swim, 4km cycle, 1km run).	Sippy Downs	www.triathlonpink.com.au
April 6-7, 2019	Bay Break	Bay Break is a multisports event held in Hervey Bay. This year Bay Break is a triathlon, run, walk and bike event held in the Urangan Pier Precinct. Participants can enter in a single event or multiple events.	Hervey Bay	www.herveybaybreak.com.au
April 14, 2019	Mt Mee Marathon	This year is the 25 th anniversary of the event. The events are: marathon solo run, marathon relay run (two runners), half-marathon solo run, 9km run, 9km walk.	Mt Mee	www.glasshousetrailseries.com
April 20, 2019	Wild Horse Criterium	Events of 11km, 22km, 33km, 55km along with six-hour and 12-hour events. There will also be a free children's event of up to 3km.	Wild Horse Mountain	www.aaracing.com.au
April 27, 2019	TreX Championships	Race seven on the TreX off-road triathlon 2018/19 calendar. Sunshine Coast Multisport Festival. Standard: XTri - 1500m swim, 28.5km MTB, 10.5km trail run. Duathlon: 28.5km MTB, 10.5km trail run. AquaBike: 1500m swim, 28.5km MTB. Sprint: XTri - 400m swim, 9.5km MTB, 3.5km trail run. Duathlon - 9.5km MTB, 3.5km trail run. AquaBike - 400m swim, 9.5km MTB. Junior: XTri - 150m swim, 4km MTB, 1km trail run. Dirt Kids: XTri - 50m swim, 1.5km MTB, 500m trail run.	Landsborough	www.trextriathlon.com.au
April 28, 2019	Sunshine Coast XC MTB Festival	Staged in conjunction with the TreX Championships, the XC MTB Festival includes 50km, 25km, 8.3km and free Kids Mud Rats events.	Landsborough	www.in2adventure.com.au
May 10-12, 2019	Ultraman Australia	A three-day, 515 km annual endurance divided into three stages over three days. Day one - 10km swim and 140km bike. Day two - 281.1km bike. Day three - 84.3km run.	Noosa Heads	www.ultramanoz.com.au
May 11, 2019	Island Charity Swim	Fundraising swim of 11km from Mudjimba Beach around Mudjimba Island (Old Woman Island) to Mooloolaba Beach.	Mudjimba to Mooloolaba	www.islandcharityswim.com.au
May 18-19, 2019	Tough Mudder	New course planned for 2019 at Woodfordia, expect a course of more than 16 kilometres with at least 20 obstacles.	Woodford	www.toughmudder.com.au
July 19-21, 2019	Velothon Sunshine Coast	Organised by Ironman, Velothon takes the best elements of a Gran Fondo style race and transplanted this format to the Sunshine Coast. There are two ride options, three days with a total 361km and 5340m of climbing. The one-day options include either a 152km (2073m) or 90km (1037m) rides.	Maroochydore	www.velothonsunshinecoast.com.au