Sunshine Coast Daily
Multisport MECCA
December 6, 2017

Former cyclist Matt Wilson and wife Megan (nee Prowd). INSET: Garth Prowd OAM.

Prowd support of emerging talent

Another cog in the Garth Prowd legacy machine in motion. Australian Cycling Academy launch - full story page 2

Matt Wilson on his way to winning the Jayco Bay Cycling Classic during the 2008 season. PHOTO: GLENN FERGUSON

Ben Kersten wins the men's omnium at the 2007 Australian Track Cycling Championships. PHOTO: GREGG PORTEOUS

Pathway for our cycling young guns

Grant Edwards
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NURTURING young talent is the motivation behind the new Australian Cycling Academy.

Full details and members of the emerging cycling squad will be announced on December 11, but it has been confirmed the ACA will be backed by the University of the Sunshine Coast and Sunshine Coast Council.

The deal emulates the successful platform laid by the Lightning, who last year claimed the Super Netball title in their inaugural season.

Council is a strong supporter of the Lightning, with the partnership showcasing the university's high performance program that also encompasses the USC Spartans Olympic and Paralympic swimming squad.

ACA will be another link in the chain designed to promote the region as a sporting excellence hub.

For talented young cyclists, it will be a pathway to riding in the world's biggest European races, including the Tour de France and Grio d'Italia.

The team will be led by former Australian cycling champions Matt Wilson and Ben Kersten. Both have strong ties to the Sunshine Coast, marrying the late Garth Prowd OAM's twin daughters, Megan and Sally.

A post highlighting the deal with Ridley bikes (above) and riding in the region. PHOTOS: INSTAGRAM

In fact, the academy will be another part of Garth's unyielding legacy. The events doyen, who died suddenly in July after a fall from his bike in Spain, was passionate about developing a professional cycling team from the Coast.

It's expected ACA will be awarded a Continental racing licence next season.

Gaining the licence means easy entry into some of the world's big races, particularly in Asia, as well as the lucrative Herald Sun Tour.

There are currently three existing Australian teams with licences, IsoWhey Sports SwissWellness, St George Continental and Drapac-Pat's Veg, and all will continue. But applications this year have doubled – including the ACA.

Cycling Australia has confirmed all teams who have applied will gain a licence for 2018.

Information about the academy is being drip-fed via social media channels, but already they have confirmed sponsorship support from bike manufacturer Ridley, and tyres from Pirelli. Crick's Auto Group will be providing Skoda vehicles.

Under-19 national road champion Mitchell Wright has been confirmed as a team rider for the 2018 season. World tour rider Leigh Howard has also signed and will be a senior mentor of ACA. More details will be unveiled next week

DYNAMIC DUO

Ben Kersten and Matt Wilson are leading the Australian Cycling Academy.

■ **BEN KERSTEN**

Born: September 21, 1981.

Career highlights: Gold medal in the Commonwealth Games 1km Time Trial, world silver medallist, multiple world cup winner, more than 30 national titles, and three junior world titles. First successful on the track, he switched to road riding in 2009. During 2013 he joined NSWIS where he was head endurance coach and race team director.

■ **MATT WILSON**

Born: October 1, 1977.

Career highlights: Professional road rider between 2001-2012. He won the Herald Sun Tour in 2007, and the Australian road race championship in 2004. During his career there were various stage tour wins, and was highly regarded as a selfless team player. After riding for Australian world tour team Orica-GreenEDGE, he went on to become the team's sport director the year after retiring.

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Fitness is everyone's business

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Matt Austin, Troy Kernaghan and Matt Dahl exiting swim leg of their first triathlon.

IT'S time to get down to business.

Caloundra Tri Club has issued the challenge to the region's corporate leaders to get fit...and drag staff along for the ride.

Next year's two-race 'Just Tri It' series, to be staged on March 4 and April 22, will feature the inaugural business team event.

The Caloundra event is the perfect introduction to triathlon, where competitors can get a taste of racing without the pressure of large crowds and the intimidating factors associated with big events.

"We want to get the support of our business leaders. We are trying to encourage employers and employees to be fit and healthy," series co-organiser Rick Shambrook said.

"They can get three people from the business, where each person does one leg or there can be teams of two were one person undertakes two legs.

"We want to encourage them to be part of the Sunshine Coast environment and use the amazing facilities we have here.

"We have a number of club members who work in a couple of big businesses like council, Youi, Sunshine Coast Toyota and they seem to be pretty receptive and have indicated they will be putting teams in."

Participants in the business teams event will undertake the same distance as the adult long course races, a 600m swim, 20km ride and a 6km run.

Rick said to help those get a start in the New Year, there is a free 10-week training program on the website.

All experienced multisport athletes are encouraged to inspire their workmates to get involved and get hooked on the sport.

"Add an extra element of competition and challenge the business next door," club member Carlee Driscol said.

"See how your business stacks up against other local businesses. Or if you work in a large business, try pitting department against department, or managers against their teams – the more the merrier."

Among the rookie competitors will be Coast radio personality Todd Widdicombe.

Two-time Ultraman finisher Sean Riley with his kids Brenna and Aedan in the team event last year. PHOTOS: CONTRIBUTED

Radio personality Todd Widdicombe. PHOTO: ERLE LEVEY

JUST TRI IT

Dates: Sunday, March 4, and Sunday, April 22 (from 5.30am)
Location: Keith Hill Park, Golden Beach.
Details: All ages and fitness levels welcome (fins allowed), entry includes a breakfast burger and lucky prize draws
Register online: www.caloundratriathlonclub.com.au
Kids events: Kids 7-9yrs - 100m swim, 2.5km ride, 500m run. Super Kids 10-12yrs - 200m swim, 5km ride, 1km run
Adults events: Short course - 300m swim, 10km ride, 3km run. Long course - 600m swim, 20km ride, 6km run.
Business teams: 600m swim, 20km ride, 6km run.

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Enduring finish to a 'long' year

ARRIVING home on Saturday night, Sam Cooke was entitled to sit down and relax.

Last week he finished seventh overall at the Ultraman World Championship – the end of a massive 2017 program.

Sam completed Ultraman Australia (10km swim, 421km bike and 84km run) in May, and then undertook the Smiling for Smiddy Alice Springs to Darwin ride of about 1450km over eight days.

That was followed by Challenge Roth during August, where he completed the 3.8km swim, 180km cycle and 42km run in 11:05:07 (1:18:16, 5:30:48, 4:02:51).

Those preparations led the Maroochydore father of one to finish last week's world championship event at Hawaii after racing for 25hr 23min 25sec.

After a nightmare 10km swim on day one, he climbed from 22nd position to 10th with a strong 144km bike leg. Day two saw him move into eighth after the 275km cycle.

The final day saw Cooke secure seventh overall after completing the 84km run in 7hr 51min 33sec.

He was 19 minutes behind sixth, and seven minutes ahead of eighth. The winner was Rob Gray in an overall time of 22:19:48.

"It was great. I knew it was a tougher event in Hawaii due to the heat, humidity, as well as the amount of elevation gain, but when I drove it I was still surprised," Sam said.

"It was a tough course and we had all kinds of weather over the three days. It was insane but fun! Luckily having already done Ultraman Australia I had a mental plan in my head how to try and get through the three days as fast as I could."

The riding conditions on day two saw Sam deal with some of the toughest weather conditions.

"Starting in wet greasy conditions for descending the volcano, to warm and sunny, to pouring rain to totally insane crosswinds as we rode over the Kohala mountains before descending in pouring rain down to Hawi," he said.

"I felt I rode my own race well on day two with only one patch where I fell in a hole for a while between Hilo and Waimea."

The double marathon was staged on the infamous Queen K from Hawi back to Kona.

During the first marathon competitors had insane tail and cross winds which "made it difficult to run properly".

Sam Cooke and his team of Paul Clark, Wrecka Revell and Cam Herbert after finishing seventh overall at the 2017 Ultraman World Championships in Hawaii. PHOTOS: MATTHEW D'AVELLA

"We were leaning sideways into the wind between cuttings in the road to stay upright," Sam said.

"Like you would on a bike. It was nuts at times. I went through the first 42k in 3hr49min and pretty happy. The second marathon was tougher with more uphill than the first and the wind coming from every direction at different times.

"I found the last 21k tough but my crew kept me focused and moving to get home in 7hrs 51min."

Sam paid tribute to his team of Paul Clark, Wrecka Revell and Cam Herbert, who were also the recipients of the Kokua award for sportsmanship after helping eventual second place getter Jeremy Howard for an hour or so on day two after his support van needed work.

Looking back at his mammoth program, Sam said one of the greatest challenges was going into the race injury free.

His coach Nick Croft delivered a lower volume training program to ensure he made the start line, and he was also supported by Innovation Podiatry and Dr Kate Gazzard to keep him fit and firing.

"Being a poor swimmer I always find the 10km swim a big effort. But the three biggest challenges I encountered were digging myself out of a hole after probably going a little too hard out of Hilo trying to keep second place getter Jeremy Howard in sight, climbing the Kohala mountains in extreme cross winds riding a pair of 808s and descending the Kohala's in pouring rain with no glasses unable to see much at all," he said.

As for the plan now?

"I'll probably take December easy and start back with the Atlas Christmas training camp," he said.

"Then I'm going to Challenge Wanaka with Caloundra Tri Club but I'll have a chat with my coach and will more than likely drop back to the half distance event to give my body a rest."

Celebrating a year to remember

NICK Kastelein running a half marathon with a broken collarbone to finish second at 70.3 Barcelona behind Jan Frodeno.

Meredith Hill claiming silver at the Norseman Xtreme iron-distance triathlon in Norway.

Posting world record times in the process, Richard Thompson claimed a resounding victory at Ultraman Australia.

Taking the lead 40km into the race, Chrissy Redwood stormed to a breakthrough victory at the Blackall 100km trail race.

The launch of Velothon Sunshine Coast.

It has been an action-packed year, and another 12 months of amazing performances from local athletes. This is the final Multisport Mecca for 2017, in what has been another stellar year.

"Whether racing locally, interstate or overseas, the Coast's athletes continue to represent the region with distinction," Mecca editor Grant Edwards said.

"While there have been many highlights, one of the biggest stories we broke this year was the events leading up to the death of cyclist Stephen Small who was tragically killed while on a training ride.

"That has led to calls for greater penalties for those who deliberately attack riders to keep cyclists safer on our roads."

Among the highlights this year was our 'Build an Athlete' competition, which saw Helen Greenfield and Glenn Petrie successfully trained to become long-course triathletes.

The past year has also seen a growing contingent of supporters for the fortnightly Mecca publication.

"It's no coincidence that those who advertise in the Mecca are also the greatest sponsors of local events," Grant said.

"The likes of Dave Chick of Allez Sport, Ian and Louise Vant of Giant Sunshine Coast, David Hendrey and Carmen Atkinson of Hendrey Chiropractic, John Carey of Cycle Zone Mooloolaba, Jez Peterson of Venture Cycles, Jason and Lisa Crowther of Atlas Multisports…they are the people deserving of our support.

"They're the ones giving back to our sports on the Coast, and it's worth thinking of that before giving your money to those operating from tax havens overseas."

The front page of Multisport Mecca recognising the finish of Build an Athlete competition winners Helen Greenfield and Glenn Petrie.

Meredith Hill crosses the finish in second place at the Isklar Norseman Xtreme triathlon 2017. PHOTO: OLA MORKEN

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Maleny hosts cross-country titles

RENOWNED for its tough hills and brilliant spectator vantage points, Maleny Golf Club and Community Precinct will host the Australian Cross Country Championships next year.

More than 1200 athletes and 4000 visitors are forecast to converge on the picturesque location from August 24-25 – which is sandwiched between the 7 Sunshine Coast Marathon Festival on August 19 and Ironman 70.3 Sunshine Coast on August 26.

Athletics Australia and School Sports Australia committed to the venue after the successful running of the Queensland championships on the course earlier this year.

Maleny Golf Club president Dr Max Whitten said the major athletics event only came to Queensland once every eight years and would provide Maleny and the Sunshine Coast hinterland with a major economic boost.

"The combined resources of the Maleny District Sport & Recreation Club, especially its services club members, will be called on to make this a truly memorable occasion for Maleny, the Sunshine Coast and all of Queensland," Dr Whitten said.

Dr Whitten said Maleny was now recognised as having one of the best cross country racing venues in the nation since opening up the undulating golf course and community precinct for local and state competitions in recent years.

"On August 4 next year, prior to the national event, Queensland Athletics will again be holding their annual state championships in Maleny for all age groups from eight to 70," Dr Whitten said.

Similarly, the Maroochydore Athletics Club will run one of its local cross country series races at Maleny again on May 6 next year.

"These events all bring significant economic and social benefits to our district and the Maleny Golf Club is pleased and proud to be able to open up and share its facility for major cross country activities," Dr Whitten said.

"As a member of Maleny District Sport & Recreation Club, the Maleny Golf Club is reassured to know that running of these events will draw in the support and services of its fellow clubs."

CHAMPIONSHIPS

What: 2018 Australian Cross Country Championships.
When: August 24-25.
Where: Maleny Golf Club and Community Precinct.
Details: Athletes aged under 14, under 16, under 18, under 20 and open will have the chance to take home the gold medal for their respective age group. The School Sport Australia races will include teams, 10-12 years, 13-19 years events.

Maleny will host the National Cross Country Championships in August 2018. PHOTO:CONTRIBUTED

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Multisport MECCA

Rookie to dedicated triathlete

After completing the Caloundra 'Just Tri It' race eight years ago, Carlee has just finished her first Ironman

Little Mountain's Carlee Driscoll finished the shortened Ironman WA on Sunday. Eight years ago she completed her first race at Caloundra (below). PHOTOS: CONTRIBUTED

Full name: Carlee Driscoll.
Nickname: Duck.
Birthplace: England.
Current residential suburb: Little Mountain.
Occupation: Manager of an educational publishing business in Buderim.
Age and marital status: 39, married.
Club: Caloundra Tri Club.
Favourite food: Spanish.
Favourite drink: Red wine.
Pet hates: Intolerant drivers who could all benefit from a turn on the road as a cyclist.
Sport: Triathlon of course
How did you get involved in this sport: Perhaps similar to most people I started small... Just Tri It and the Pinkie Tri back in 2009 and got hooked like everyone else!
Favourite run location: Golden Beach because no matter where I run anywhere else in the world running at Golden Beach is like coming home... I know every step and every bend or bump in the path.
What shoes do you run in: Hoka Cliftons.
Favourite ride location: Perth. Just love the bike path infrastructure.
What bike do you ride: A beautiful yellow and teal Felt that Scott (aka Aardvark) at the Bicycle Centre Caloundra recommended for me.
Favourite swim location: Busselton Jetty Swim without a doubt. If you don't know why just Google it.
Best or most memorable event: This year I did the Straddie Pure for the first time... loved it, what a cracking all-terrain run.
Bucket-list event: Busselton Ironman.
Favourite race: I hate to say it but Noosa. It was my first Olympic length years ago and every year I say 'never again, it's too busy and too expensive' but every year I keep signing up.
What's your favourite part of racing and training: The social beers afterwards!
What does a training week look like for you in terms of volume and disciplines: Of late, with Ironman training between 15 and 20 hours but then I'll settle happily back into a more sustainable two swims, two runs, two rides a week plus a club training session each week.
What is next on your racing agenda: At the time of writing, Busselton Ironman but by the time of publishing that will have been and gone so it's time for some time off from racing and just support some of the smaller local events in the new year... Caloundra Tri and the Just Tri It series, although I'll probably be volunteering instead of racing.
How do you manage to fit in training with work and life commitments: I don't know but best not ask my husband either... I'm just at the end of a very long Ironman training program and I'm not sure there was any life balance!
If you could have a celebrity live with you, who would it be and why: The only kind of

celebrity I'd have live with us would be someone useful... can't think of any celebrity cleaners so maybe Jamie Oliver or Maggie Beer to cook for us.
When you were little what job did you want to do: I was totally going to be a vet.
Best movie: Too hard to chose. Let's go childhood favourite: The Sound of Music.
Current car: Holden Rodeo ute.
Dream car: I'd rather another bike.

Mel achieves winning double

NOOSAVILLE'S Melissa Hauschildt is relishing early qualification into major Ironman events in 2018 after claiming her second victory in as many weeks.

The 34-year-old backed up her Ironman 70.3 Western Sydney win, and Asia Pacific title, last week with victory in the gruelling full-distance Ironman Western Australia on Sunday.

The two victories "well and truly" cemented her spot at the 2018 Ironman 70.3 world championships in South Africa and next October's Ironman World Championships in Kona.

After a tough 2017, in which she endured complications following major surgery, Melissa believed a weight had finally been lifted from her shoulders.

"It's good to do it (qualify) so early and I'm free next year to do whatever and I can race wherever and I don't have to worry about chasing points and chasing certain races," she said.

"That was the main reason I wanted to do another Ironman before the end of the year to just get all the qualification ticked off as it just takes the pressure off there."

Achieving the feat wasn't easy, however, with the Ironman in Busselton a particularly "tough" race to win.

"The heat really made everyone suffer and it was a bit of carnage out there," she said.

"It was way hotter than Kona and they say Kona is the hottest race in the world."

Added to the sticky conditions, the usual Ironman format was modified to a 180km ride and 42.2km run due to a shark sighting that required race organisers to cancel the swim. Elite competitors were seeded and released in 30-second intervals, with the fastest athletes starting at the back.

Melissa was a comfortable winner, finishing in 7:52:05 (4:37:42 bike, 3:10:46 run).

Melissa only returned to training in October but, with two wins now under her belt, believed she was "heading in the right direction".

"It's been a rough year and my first year where I hadn't won a race yet so it's really good to do last weekend and this weekend and get back on top and get back in form," she said.

"I'm just looking forward to continuing to race now and getting fitter, stronger and back to normal."

After missing out on the European and US Ironman season, Melissa said she would shift her focus onto the Asia Pacific schedule in a bid to maintain form.

Coast athlete Mel Hauschildt on her way to victory at WA. PHOTO: DELLY CARR

"The season is just kind of starting for me," she said.

"I don't usually race the Asia Pacific season but because I had so many problems during the year I'm going to keep racing.

"I'll take a few weeks easy after this though to recover and I'll work out a race schedule but I'll definitely race Geelong 70.3 in February."

Another to earn a spot at the world championships was former surf sports star Josh Minogue.

With the swim his strongest leg, Josh still finished fourth in the 30-34 age group with 4:51:15 for the 180km bike and a 3:22:23 marathon for a finish time of 8:19:49.

After taking her professional card in October, Kierra Sansome was 11th in 9:08:41 (5:25:00, 3:38:12).

"It was different but still a great day out there, few challenges but just a great experience," she said.

"The earlier start time was a plus, which allowed for more space."

Also impressing in the elite ranks was Meredith Hill, who benefited from the format change with the swim being her weakest leg. She was sixth among the pros, crossing the line in 8:24:02 (4:56:22, 3:22:33).

Dean Saunders, who finished in 10:53:14 (5:29:24, 5:12:08), competed in his 10th Ironman and fourth Busselton event, had one word: "brutal".

10-time Ironman Dean Saunders. PHOTO: CONTRIBUTED

"No swim lead to most, pushing much hard in the bike in dry hot conditions which made for a very tough 42km run in the heat," he said.

"Seeing so many crack and walk so early was a concern. Very, pleased to have it done and behind me.

"Communication before the race was poor... we were waiting next to bikes in transition without any advice for the best part of 25 mins, eventually we were told the swim course is closed, delayed start by an hour and rolling start. The 70.3 was underway and people swimming just prior so it was confusing."

In other results, Michael Baker was sixth in men 50-54, 09:40:40 (5:00:41, 4:32:01), Beerwah's Damien Collins was 12th among elite men after suffering with stomach issues in the run 8:06:31 (4:37:57, 3:24:41), while Courtney Home was second in women 20-24 with an effort of 10:10:13 (5:46:55, 4:17:55).

Taryn Smith with Josh Minogue after he qualified for the Ironman World Championships. PHOTO: CONTRIBUTED

Post race, the WA government announced support for the event's funding for another three years.

"Since its inception in 2004 Ironman Western Australia has become an integral part of life in Busselton and an important stop on the global Ironman calendar," Ironman Oceania managing director Dave Beeche said.

"Busselton is a stunning race destination and one of the favourite destinations for Ironman athletes who make the annual pilgrimage from all over Australia and overseas. While Ironman Western Australia is renowned worldwide for the stunning Geographe Bay and the iconic Busselton Jetty, I am always reminded by athletes that one of the greatest attractions of the this event is the local community and their ability to make everyone feel at home and part of the family."

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Record run remains in focus

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PAT Carroll's half marathon record is sitting within Collis Birmingham's crosshairs.

After winning last year's 7 Sunshine Coast Marathon 21.1km event, the Australian running legend has committed to a return in 2018.

This year he fell short of the mark (1:01:11 set in 1994) by two minutes after running much of the race solo in blustery conditions.

Once again there will be a prize purse of $25,000 for any male or female who can break the national record.

"You guys have been bold enough to put the $25,000 out there for breaking the record and I'd like to be bold enough to say I will come back and give it another shot," Collis said.

"I think I am capable of it, I think it is a great course and the conditions here at that time of the year and that time of the day are very good for half marathon running."

It's hoped more athletes who can push Collis and vie for the title will be at the start line next August.

"After having the national championships more people will be aware of it next year and it will be something written down in the training diaries and competition schedules," he said.

While he had planned to qualify for the Commonwealth Games marathon, injury has stalled his qualification. He is now looking at other opportunities, perhaps in the 5km and 2km track events, but for now his main goal is the world half marathon championships in Spain in March.

"I just love running. I have competed over all sorts of events. I have been lucky enough to go to two Olympics and two Commonwealth Games," he said.

"I did think track running was in my past.

"But with the home games I might have to dust off the spikes."

The 7 Sunshine Coast Marathon Festival will be staged on August 19 next year, visit www.sunshinecoastmarathon.com.au.

Collis Birmingham will return to the 7 Sunshine Coast Marathon Festival next year. PHOTO: PATRICK WOODS

Giving back to the community

RECORD numbers, personal bests and growing charity support are becoming the hallmarks of the 7 Sunshine Coast Marathon and Community Run Festival.

Entries to next year's event opened on Friday, and to celebrate organisers handed over more than $100,000 to support those in need.

The event's major beneficiaries, Ronald McDonald House, received $88,513, while the Westpac Foundation took home a cheque for $27,500.

In turn, five $10,000 Westpac Foundation Community Grants were presented at the launch:

Noosa Yacht & Rowing Club – The club has developed a disabled sailing program held in high regard, and one of the best children's sailing programs in Queensland.

Bayside Transformational Residential Drug and Alcohol Rehab Program – Program providing a therapeutic community in which through self-help and mutual support personal change is promoted - housing up to 25 men, and a house that can take up to 12 women.

The Board Meeting Surf Charity, Helping Local Kids in Need – Since 2005, The Board Meeting has raised in excess of $750,000 for these local families, proving that surfers have big hearts when it comes to helping out those in the community. The families helped by The Board Meeting Surf Charity are often lacking the Government support needed, doing it extremely tough financially, and have children with special needs/requirements.

Smart Pups Assistance Dogs for Special Needs Children Inc – Specialising in providing trained service dogs to assist children with special needs. Their goal is to improve the quality of life of children with autism and seizure-related syndromes through training the dogs in 'task specific' skills.

Sunshine Butterflies Inc – Provides families with parent support, information and individual assistance, swim, social and recreational opportunities, early intervention programs, post-school recreational programs, respite and personal fundraising plans.

Sponsors and committee members Greg Gabel, Neil Mooney, Steve Jorgensen, Greg Biggs, Geoff Dick, Jason Crowther, Katheryn Chambers, Steve Gage and Lisa Crowther. PHOTOS: GRANT EDWARDS

Gaining support through the Westpac Foundation's Geoffrey Dick (centre) are (from left) Mark Skinner of The Board Meeting Surf Charity, Tina Davie of Bayside Transformational Residential Drug and Alcohol Rehab Program, Dawn Reid of Smart Pups Assistance Dogs for Special Needs Children Inc, Peter Watson of Noosa Yacht & Rowing Club and Lucy Mills of Sunshine Butterflies Inc.

Ronald McDonald House Charities' Christopher Macaulay and Greg Biggs.

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This insurance is contained in most superannuation policies, unless you have specifically "opted out", but it is often hidden in the fine print.

Cameron Single recovering after accident on his bicycle three years ago. PHOTO: PETER HOLT

The devil's in the detail

Unfortunately fine print can have some tricky clauses that might prevent you from accessing your insurance benefits.

We see lots of cases where people are paying premiums out of their superannuation retirement savings for many years and when it comes to the crunch they're told by insurers that they can't access insurance due to a technicality.

So while terms and conditions between insurers vary, here are some of the common things you need to look for which might impact whether you are covered in your time of need:

- If your employer contributions cease, so if you resign from employment or are on a period of unpaid leave (such as maternity leave), even if insurance premiums are still being paid by you;
- If your superannuation balance dips below a certain amount;
- If you access benefits from another source, such as workers' compensation;
- If you return to some form of work, even if it is in a reduced capacity or a different role;
- If you have pre-existing illnesses or injuries;
- Self-inflicted injuries or extreme sporting injuries;
- Waiting periods usually apply;
- If you didn't see a doctor for treatment at the time you went off work;
- If your job is defined as a 'hazardous' occupation by the insurer (this can arguably be something like a security guard or loader operator); and
- If your policy has changed. Some insurers will even backdate changes to the scope of policies.

Check your policy

When you're unable to work due to illness or injury you should check all of your insurance policies, not just superannuation. Other policies with benefits that may have hidden cover include mortgage insurance, life and travel insurance.

Income protection insurance will pay a certain percentage of your wage up to a certain period of time, or a fixed dollar amount.

Total and permanent disablement insurance is usually a lump sum which is paid if you are permanently unable to do your job or any other similar work you are reasonable trained or qualified to do by education, training and experience.

Obtain advice early

Most cyclists and athletes are completely unaware of the existence of insurance lump sums and income support as part of their super membership.

Super funds do not generally alert members, nor do employers. Most, if not all, funds have default insurance cover. The important thing is to obtain advice early and make a claim quickly as the processing of insurance claims can be lengthy. It's important to know what cover you have and make sure you're eligible.

Did you know?

1. Your injury or illness doesn't have to be work-related. A disability claim can be made because of a heart attack, cancer, mental illness, MS, Chronic Fatigue Syndrome or an injury suffered at home; in a car; or in a cycling accident

2. You can claim on multiple policies. If you are a member of more than one fund, and depending on your policy it is usually possible to make two or more lump sum claims.

3. Income Protection (IP) Insurance can be paid in monthly payments. IP can be paid in either a flat amount or 75% of your usual income and will cover you for:

- two years
- five years
- until aged 65, or
- lifetime

You can still access partial benefits even if you return to work.

Queensland's top 10 commonly broken cycling laws

WHETHER you're cycling down a trail or on the road, educating yourself on Queensland's cycling laws is key to creating safe bikeways.

But did you know that failing to adhere to these road rules could also impact your bank balance?

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

- Failing to wear a bicycle helmet – $121 fine.
- Riding a bicycle without brakes and a bell, horn or similar warning device – $121 fine.
- Neglecting to keep left of the centre of a road – $97 fine.
- Overtaking in an unsafe manner – $170 fine.
- Drinking alcohol while riding – $365 fine.
- Ignoring a 'Stop' sign at a level crossing or intersection – $365 fine.
- Ignoring a 'No U-turn; sign at an intersection without traffic lights – $97.
- Failure to move out of the way of a police or emergency vehicle with its flashing lights or alarm – $284 fine.
- Not giving way to a vehicle when entering a roundabout – $365 fine.
- Failing to give way to a pedestrian in a shared zone – $365 fine.

Ignorance of the law is not a defence. Click here to check out Queensland's cycling rules.

The latest and greatest...

Allez Sport has the women's Wave Inspire 14 in store. A firm favourite over 14 years, the Wave Inspire 14 doesn't disappoint. Newly designed jacquard mesh provides the flexibility, durability and support required for this go-to-model, this combined with the introduction of cloudwave technology means a softer-smoother more stable run awaits you. Check them out at Allez Sport, RRP $199.95.

Brooks has released the Adrenaline GTS 18, which offers a balance of soft cushion and support to see you through long runs. Features include streamlined mesh upper to deliver a proven fit, along with softer cushioning for increased flexibility. Available at Allez Sport, RRP $239.95.

Silca have provided for you a stylish and practical wallet perfect for your jersey pocket. The wallet provides pockets and slots for everything you might need, money, cards, CO2 in the perfect jersey pocket size. Each bag is hand sewn at Silca from the premium fabrics, water-resistant and reflective adding over 1500 square millimetres of extra reflective surface for night riding. Make your ride safer and more secure with the critical things in your back pocket. Available from Cycle Zone Mooloolaba, RRP $69.

The Brooks Levitate is a neutral shoe design for those looking for a springy, responsive ride. A flexible, arrow-point patter on the outsole helps move from feel to toe quickly. RRP $259.95 at Allez Sport.

The RoadLink derailleur hanger extension is a unique patent-pending device that offsets the position of your road derailleur to make it possible to run a wide-range mountain bike style cassette. It is an ideal solution for riders looking to convert their road, gravel, cyclocross, or commuter drivetrain bike to attain the simplicity and reduced weight of a single front chainring but without giving up the gear range of a double. RRP $49 at Cycle Zone Mooloolaba.

When seconds count (which is really every triathlon if we're being honest with ourselves), your shoes need to get you through the transition quickly. More so, they need to deliver maximum performance out on the road. The S-Works Trivent features revolutionary Tri-Specific Drawbridge closure system that leaves the heel of the shoe "popped" open and ready for entry in the transition. The Launch Clip, meanwhile, puts the shoe in the level position for the best flying start possible. And when you combine this with a temperature-regulating construction, a stiff and efficient carbon sole, and Body Geometry ergonomics, you get the total performance package you've been longing for. Now, you are one step closer to your best time ever. RRP $449 from Cycle Zone Mooloolaba.

Designed for speed and comfort, the Vaypor S once again redefines the standards of pro level road cycling shoes. Whether you are a pro racer or simply a rider who demands the finest, the Vaypor S will provide the most anatomically and bio mechanically correct platform with the most efficient power transfer platform currently available. RRP $379 from Cycle Zone Mooloolaba.

Upcoming Sunshine Coast events

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Date	Event	Distance	Location	Website
December 14	Enduro Criterium	Sunshine Coast Cycling Club criterium racing at Caloundra, enduro race three.	Caloundra	www.scccracing.wixsite.com/sccc
December 16	Beerwah at Daybreak	It's back! The Mt Beerwah Daybreak Run is a 10km, 21km and 42km races in the Glasshouse Mountains. Marathon starts at 4am. Half at 6am.	Mt Beerwah	www.runqueensland.com.au
December 16	Atlas Yoga	Atlas yoga sessions to help stretch out those sore tired muscles. Sessions will be 1hr in length.	Buderim	www.atlasmultisports.com.au
December 17	Buderim 9	Rated as one of the toughest rides on the Sunshine Coast, cover the nine hills of Buderim within three hours, covering nearly 75km and raising money for the Cerebral Palsy League.	Buderim	www.buderim9.com.au
December 28-31	Atlas Multisports Christmas Training Camp	Finish 2017 with an intensive and fun weekend of triathlon training on the beautiful Sunshine Coast. The camp offer beginner, intermediate and advanced options for all levels whether you are attempting your first event, sprint, Olympic, long course or Ironman event.	Sunshine Coast	www.atlasmultisports.com.au
December 31	New Year's Eve Criterium	Sunshine Coast Cycling Club criterium racing at Giraween.	Giraween	www.scccracing.wixsite.com/sccc
January 27, 2018	AusTRAILia Day Marathon	AusTRAILia Day marathon of 42km, or 21km and 10km options. Formerly known as Beerwah @ Night) was first held in 2015 as an introduction for those wanting to have an opportunity to run at night in a safe, well managed event. 2016 saw the event change name to the AusTRAILia Day marathon. The event is staged at Mt Beerwah on the Saturday night closest to Australia Day. AusTRAILia Day marathon is the first event in the Run Queensland Day/Night series.	Beerwah	www.runqueensland.com.au
February 3-4, 2018	Noosa Summer Swim	The Noosa Summer Swim, presented by Milk & Co, is over a full weekend program offering a range of distances for every ability, from junior events to a new 5.0km marathon distance where seasoned swimmers can push their limits. Distances include 300m, 1km, 2km, 3km on the Saturday, and then a 5km and 1.5km option on the Sunday.	Noosa Heads	www.worldseriesswims.com.au
February 10, 2018	Caloundra Open Water Swim	Staged ahead of the Queensland Tri Series, the swim options are 500m, 1000m and 1500m.	Caloundra	www.qldtriseries.com.au
February 11, 2018	Queensland Tri Series round six	Round six of the Queensland Tri Series at Caloundra. Events include sprint (15 years+) - 750m swim/20km bike/5km run, enticer (12 years+) - 200m swim/5km bike/2km run, kool kids (7-14 years) – 100m swim/2km bike/500m run.	Caloundra	www.qldtriseries.com.au
February 17-18, 2018	Mooloolaba Beach Festival	In 2018, celebration of sand, surf and beach culture on the Sunshine Coast. Saturday to feature beach yoga sessions, 2.5km Alex Headland to Mooloolaba Ocean Swim, 5km Mooloolaba Grand Prix Ocean Swim, 5km Paddle Race (paddle board and SUP). Sunday to include beach yoga sessions, 300m and 800m Junior Ocean Swim, 800m Mooloolaba Half Mile and the headline 1.6km Mooloolaba Mile event.	Mooloolaba	www.worldseriesswims.com.au
February 24-25, 2018	Bribie Tri Series race three	Active Kids (7 - 9 years: 100m swim/3km cycle/500m run, 10 - 11 years: 200/6/1km, 12 -13 years: 250/6/2km, 14 years+: 250/6/2km) and First Timers (250m swim, 6km bike, 2km run) compete on the Saturday, there is also a 1.5km and 500m open water swim. Sunday are the triathlons. Long course – 1km swim, 30km cycle, 8km run. Short course - 300m swim, 10km cycle, 3km run.	Bribie Island	www.bribietri.com

CONTINUED NEXT PAGE

Upcoming Sunshine Coast events

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Date	Event	Distance	Location	Website
February 24-25, 2018	Atlas Multisports Women's Tri Workshop	Atlas Multisports encourages women from all ages and fitness levels to get out and enjoy triathlon. These workshops for females of all ages, backgrounds and fitness abilities who have little or no experience in triathlon. The two-day course provides women with the skills to start in a squad or compete in a triathlon whilst making new friends. All sessions are provided in a safe, fun, female-only training environment.	Sunshine Coast	www.atlasmultisports.com.au
February 25, 2018	South East Qld Trail Running Series	Round seven of the series at Ewen Maddock Dam, with headquarters at 164 Connection Rd. Racing starts at 6.30am with distances of 14.7km and 8.3km.	Ewen Maddock Dam	www.seqtrailrunningseries.com.au
March 3, 2018	Freestyle Clinic for Triathletes and Open Water swimmers	Clinic with Duane Cannell and Jason Crowther includes the basics of the freestyle stroke, including common misunderstandings and misconceptions. Aim is to enhance your efficiency in the pool, so you can swim further more easily. Swim bio mechanics - generating more propulsion in the water, create speed and reduce drag/resistance and how to develop the high elbow catch. Also, how to stay focused during training and how to get the most out of your swim sessions.	Buderim	www.atlasmultisports.com.au
March 4, 2018	Bendigo Bank Just Tri It Series Race One	A two-race triathlon series for all levels. The event has two distance options, short - 300m swim/10k, bike/3km run and long - 600m swim/20km bike/6km run. There are also two kids races for children aged 7 to 12. Kids 7-9 race 100m swim/2.5km bike/500m run, and ages 10-12 200m swim/5km bike/1km run.	Golden Beach	www.caloundratriathlonclub.com.au
March 9, 2018	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
March 10, 2018	Mooloolaba Superkidz Tri and Ocean Swim	The Saturday starts with the Superkidz Triathlon and the Special Tri, followed by a 1km Ocean Swim. Also features the elite sprint-distance ITU Triathlon World Cup race for men and women on the Saturday afternoon.	Mooloolaba	www.ap.ironman
March 11, 2018	Mooloolaba Triathlon	The Olympic-distance triathlon featuring a 1.5km swim in the Mooloolaba bay, one-lap 40km bike course on the Sunshine Motorway, and two-lap 10km run course from through Alexandra Headland.	Mooloolaba	www.ap.ironman.com
March 17, 2018	Paddy Pallin Adventure Series	Teams have to change between three core disciplines several times during the event: mountain biking, running/trekking and kayaking.	Wild Horse Mountain	www.paddypallinadventure.com.au
March 24-25, 2018	Bribie Tri Series race four	Active Kids (7 - 9 years: 100m swim/3km cycle/500m run, 10 - 11 years: 200/6/1km, 12 -13 years: 250/6/2km, 14 years+: 250/6/2km) and First Timers (250m swim, 6km bike, 2km run) compete on the Saturday, there is also a 1.5km and 500m open water swim. Sunday are the triathlons. Long course – 750m swim, 20km cycle, 5km run. Short course - 300m swim, 10km cycle, 3km run.	Bribie Island	www.bribietri.com
April 1, 2018	Wild Horse Criterium	Trail running event is staged at night, beginning from 6pm, and includes distances of 25km, 16.5km and 10km.	Wild Horse Mountain	www.runqueensland.com.au
April 14, 2018	Freestyle Clinic for Triathletes and Open Water swimmers	Clinic with Duane Cannell and Jason Crowther includes the basics of the freestyle stroke, including common misunderstandings and misconceptions. Aim is to enhance your efficiency in the pool, so you can swim further, more easily. Swim bio mechanics - generating more propulsion in the water, create speed and reduce drag/resistance and how to develop the high elbow catch.	Buderim	www.atlasmultisports.com.au

CONTINUED NEXT PAGE

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Date	Event	Distance	Location	Website
April 14-15, 2018	Hervey Bay Break	Bay Break is a multisports event held in Hervey Bay. This year Bay Break is a run, walk and bike event held in the Urangan Pier Precinct. Participants can enter in a single event or multiple events. Running events include junior 2km event, a 5km, 10km and 21km. Walkers can enter 2km and 5km events. There are three criterium races for cyclists and, A-grade 30 mins 3 laps, B-grade 30 mins and 3 laps, C-grade 30 mins and 3 laps.	Hervey Bay	www.herveybaybreak.com.au
April 22, 2018	Bendigo Bank Just Tri It Series Race Two	Second race of the series for all levels. The event has two distance options, short - 300m swim/10k, bike/3km run and long - 600m swim/20km bike/6km run. There are also two kids races for children aged 7 to 12. Kids 7-9 race 100m swim/2.5km bike/500m run, and ages 10-12 200m swim/5km bike/1km run.	Golden Beach	www.caloundratriathlonclub.com.au
April 28-29, 2018	TreX Cross Triathlon Championships	Seven-race off-road triathlon series culminates at Ewen Maddock Dam. Events include standard course: 1500m swim, 30km bike, 10.5km run. Sprint course: 400m swim, 10km bike, 3.5km run. Junior and teaser: 150m swim, 4km bike, 1km run. Dirt Kids 50m swim, 1.5bike, 500m run. Aquabike (swim and bike): Standard and sprint distance.	Landsborough	www.trextriathlon.com.au
April 29, 2018	Triathlon Pink	Triathlon open and available to children aged 7-14 and ladies of all ages. Short – 100m swim, 4km cycle, 1km run. Medium – 200m, 6km, 2km. Long – 300m, 8km, 3km. Ultra – 600m, 16km, 6km. Runs: kids – 1km, 7+ 3km, 12+ 6km.	Sippy Downs	www.triathlonpink.com.au
May 5, 2018	TOOMOO 220	The TOOMOO 220 is not an event and certainly not a race, at 220km with 2000m of elevation gain, the TOOMOO is fast being recognised as a well supported group ride designed to take you out of your comfort zone, test and reward you like never before.	Toowoomba to Mooloolaba	www.toomoo.com.au
May 12, 2018	Island Charity Swim	Fundraising swim of 11km from Mudjimba Beach around Mudjimba Island (Old Woman Island) to Mooloolaba Beach.	Mudjimba to Mooloolaba	www.islandcharityswim.com.au
May 12-14, 2018	UM 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 13, 2018	The Glasshouse 50	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 quite ready for 50 miles.	Woodford	www.glasshousetrailseries.com
May 19-20, 2018	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	www.toughmudder.com.au
May 26, 2018	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	www.runawaynoosamarathon.com.au

CONTINUED NEXT PAGE

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Date	Event	Distance	Location	Website
May 27, 2018	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	www.ap.ironman.com
June 16, 2018	Wildhorse at Night	Night trail run near Beerburrum, 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).	Beerburrum	www.runqueensland.com.au
June 24, 2018	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	www.memorywalk.com.au/events
July 13-15, 2018	Velothon Sunshine Coast	The ultimate winter cycling escape to the sun, bringing together a stunning riding location, dream race set-up and a world class rider experience on and off the bike. Choose from a three-day ride of 361km and 5340m of climbing, or a one-day ride with 155km or 95km options.	Cotton Tree	www.velothonsunshinecoast.com
July 22, 2018	Rainbow Beach Trail Running Festival	Trail running events including a marathon, half marathon and 11km running events.	Rainbow Beach	www.runqueensland.com.au
July 27, 2018	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	www.sunshine.coastrek.com.au
July 27, 2018	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	www.kingofthemountain.com.au
July 29, 2018	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	www.glasshousetrailseries.com
August 11-12, 2018	Hells Bells and Fairy Bells	Teams of two (four-person for A1 registered teams) will navigate their way through a course of about 120kmwith disciplines including kayaking, trekking and mountain biking that is only revealed to them hours before race start. Team categories for all male, female and mixed. Fairy Bells about half the distance. Each year a new and exciting course is developed.	Sunshine Coast	www.wldnco.com
August 11-12, 2018	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. NSB encourages the renaissance of the artisan-built steel frame taking place across the world. 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	www.noosa-stradebianche.com.au
August 19, 2018	7 Sunshine Coast Marathon and Community Running Festival	Annual running festival, including 2km, 5km, 10km, 21.1km and 42.2km runs through Alexandra Headland, Mooloolaba and Maroochydore. This year's half marathon has a one-loop course.	Alexandra Headland	www.sunshinecoastmarathon.com.au

CONTINUED NEXT PAGE

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Date	Event	Distance	Location	Website
August 26, 2018	Ironman 70.3 Sunshine Coast	Half-Ironman distance triathlon, featuring a 1.9km swim off Mooloolaba Main Beach, two-lap 90km bike route along the Motorway and also some hinterland aspects, and two-lap 21.1km run course from Mooloolaba to Maroochydore.	Mooloolaba	www.ironman.com
September 8-9, 2018	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	www.glasshousetrailseries.com
September 17, 2018	Mt Cooroora Endurance Challenge	The challenge is a 4 hour or 8 hour run on a 1.2km lap at Mt Cooroora run solo or in relay team pairs or triples. Spend a day on this magic mountain testing your fitness and endurance, as you also benefit the lives of chronically sick kids and their families, through the donation of 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
October 6-7, 2018	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, 2018	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	www.malenyblackallrange.qld.lions.org.au
October 20, 2018	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	www.runqld.com.au
October 31, 2018	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, 2018	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, 2018	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 3, 2018	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, 2018	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, 2018	Noosa Triathlon	The world’s biggest Olympic-distance triathlon, including a 1500m swim, 40km ride, 10km run.	Noosa Heads	www.ap.ironman.com