Triathlon Queensland Racing Guide

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Recommended Citation

# GREAT VALUE! GREAT FUN!

## QUEENSLAND TRIATHLON SERIES

**1999-2000**

Presented by

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**FOR EVERYONE!**

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<td>Gold Coast Triathlon</td>
<td>Gold Coast</td>
<td>50/15/4</td>
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**Series Finals**

This series offers many great features, such as:

- Excellent national sponsorship support by M&F, Weet-Bix & FILA
- Entry only $30 per race (for licensed competitors - Olympic Distance $45) and $20 for Weet-Bix Aussie Kids. Student discount - only $20 including students.
- Weet-Bix Aussie Kids Triathlon events with events separate for juniors 8-13 years. Fun, fast events with each competitor receiving a t-shirt, medal, race breakfast and certificate.
- Point Score system with updates after each race; winners receiving complimentary entry to every race in the 2000/2001 Series valued at $1350.
- Newsletter after each race featuring post-race stories and photographs.
- Great FILA prizes and medals for all age group categories from 1st to 3rd and cash prize money for open divisions.
- Over $2,000 worth of random draw prizes at every race.
- Yummy post race breakfasts from Top Top.
- Great discounts for 3 and 5/5+ race entries.
- All competitors will receive an early entry form for the Noosa and Noosa Heads Triathlons.
- Online entry and results on the USM website.
- Special first timers registration and race briefings.
- Priority registration for multiple entry competitors.
- Club incentives including with Queensland Triathlon Club offered + a free series entries.
- FILA Encouragement Award for each race.

** queensland can now proudly say it has its own triathlon series, with 11 races from Townsville to the Gold Coast, brought to you by the Event Managers of the two biggest triathlons in Australia!**

The Series will kick off in August 1999 and go right through until April 2000 with distances catering for first timers through to Olympic Champions. Each race will feature a separate 'Weet-Bix AUSSIE KIDS TRISATHLON' event for 8-13 year olds with separate distances for 8-10/11-15 year olds.

Entry forms and information are available from Local Clubs, Sports Stores or by calling USM direct:

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**Event Coordinators, United Sports Marketing**

1st Floor, 25 Mary St & 85-89 Weyba Rd, Noosa Heads

PO Box 1344, Noosa Heads, Q, 4567

Ph: 0754 490 711 Fax: 0754 490 897

Email: usmports@ozemail.com.au

Website: www.ncoast.com.au
Welcome to Triathlon Queensland

On behalf of the Triathlon Queensland Executive, Management Committee and Queensland Race Directors I welcome you to our first edition of the Triathlon Queensland Racing Guide.

The Racing Guide lists all Triathlon Queensland sanctioned races for the coming season. By sanctioning an event, Queensland ensures that the Race Directors maintain a standard that is acceptable to our members. This standard allows all entrants from Queensland the opportunity to compete in a fair and safe environment.

A SPORT TO TRY
Compared to most Australian Sports Triathlon is extremely young. In fact Queensland Australia and Triathlon Queensland were only officially established eleven years ago. Triathlon is fast becoming the growth sport of Queensland. With triathlon’s inclusion in the Sydney 2000 Olympic Games and with Queensland Elite Triathletes leading the way, domestically and internationally triathlon will be the fastest growing sport in 2000.

Despite triathlon’s increasing profile it still remains one of the very few sports where elite athletes still mix with the “weekend warriors” and novices competing alike. You can compete each weekend alongside some of the best in the world, race against the clock or participate just to finish and a have fun.

It does not matter what age you are or how fast and far you can go, triathlon provides a large range of age categories from under 13 to over 65, distances from 300m/75km and varying levels of expertise.

STRUCTURE
Triathlon in Queensland is made possible by the planned structure that has been put in place by Triathlon Queensland, in conjunction with Triathlon Australia our National Body. This structure would not be possible without our employees and volunteers. The existing structure that has allowed the sport in Queensland to function, is the result of years of hard work by Triathlon Queensland. We have the full support of the Queensland State Government through the Department of Tourism, Sport and Racing, which allows us to provide administration support, junior development programs, trained technical officials, a sanctioning co-ordinator for races and coaching development.

We also have the support of the Queensland Academy of Sport (QAS). The QAS program develops our Queensland elite triathletes to achieve recognition on a National Representative level.

SUPPORTING YOUR STATE & YOUR SPORT Members are Triathlon in Queensland! Without the ongoing support of members, Triathlon Queensland would not be able to provide the essential services to run triathlons in Queensland. The three most important ways you can provide this support are as follows:

1. Join Triathlon Queensland and renew your membership annually.

To provide the essential services to run triathlons, we need increased revenue from membership; thus, more members are really beneficial to our sport. Remember, you receive training and racing insurance cover, the Ultimate Challenge magazine and many other benefits.

2. Enter the Triathlon Queensland State Championships Series.

3. Join an affiliated triathlon Queensland Club. The club structure is an essential part of triathlon. Besides, clubs are good fun and provide you with motivation and support to compete. Thank you to all members for their support and appreciation of what we provide. I hope you benefit from the contents of the Racing Guide and enjoy your sport.

Paul Binns
President Triathlon Queensland

Triathlon Queensland 1/13 Sports House, Cnr Clifton & Castlemaine St, Milton QLD 4064 Phone 07 3369 9600 Fax 07 3359 3400 Email: TriathlonQueensland@uq.net.au Website: www.uq.net.au/triathlonqld
Words of Wisdom
From the Young & Old of Triathlon

1999 WORLD CHAMPION
LORETTA HARROP

I hope you can all be a part of what looks like being another busy and exciting triathlon season in Queensland.

If you have never raced, don't let that stop you from trying to have fun and improve your fitness.

I did my first one in 1994 and although I came from a swimming background, I had to learn the technicalities of running, cycling and transitions almost from scratch.

Races such as Wynnum, Suttons Beach, Pelican Waters, Tweed Heads, Bribie, Rottna and Red Bay, many of which are new part of the Lord of the Rings and an important role in my early development.

Don't forget North Queensland either. We raced Gladstone and Julia Creek and both were marvellous tips for fun.

Whether you want to make a career out of it or you are just trying to build your fitness, triathlon is a great sport.

1999 WORLD AGE GROUP CHAMPION
MARKUS HANLEY

If you think you're too old to start doing triathlons, think again.

I'm speaking from experience because I never thought I was. I was almost sixty years old! It was November 1990 when I took a visit to the NOOSA Triathlon to witness what the fuss was all about. I was immediately hooked and knew that is what I TO NOOSA TRIATHLON.

If someone had told me ten years ago, that I would represent Australia at a World Championship, achieve a National No.1 rank in my age group, stand on a table to celebrate winning a Triathlon Queensland State Championship medal and win 25,000 francs prize money at the Nurne Triathlon I would have told them they were crazy.

I was even part of a premiership winning team this year thanks to my friends in the Sunshine Coast Triathlon Club.

To be a world age group champion at any age there are some points that you need to be aware of; these include;

1. You need to do lots of serious training (I am a lazy trainer)
2. There may be a few injuries and times where you have to sit back and watch
3. You must incorporate quality training sessions, not just quantity
4. You get to give it your best go and then some more
5. Be a good winner and loser

Take it from me and don't think twice. Get into triathlon NOW!

WORLD AGE GROUP CHAMPION
PAUL DODD

Welcome to the world of triathlon!
I had been competing for ten years as a competitive roadtrack runner before I even got a taste for this new, exciting and challenging multi-sport event.

I thought my first race as a triathlete would be a very daunting experience, but I trained with a triathlon club beforehand and made a lot of friends as well as gaining race tips that enabled me to finish the race (red-faced) and go back and do more.

Five years later I placed in my age group (male 25-29) at the World Triathlon Championships and have no intention of giving up, as there are no limits and definitely no limitations as to who can be a triathlete.

If you want anything bad enough you can achieve it.

Get Smart
Advice for new Triathletes

Peter has been a triathlete for ten years and a Level 1 Triathlon coach for five years. He has raced in all distances up to ironman. He is President & Coach of the RIRI Triathlon Club in Brisbane. He is currently the Age Group representative on the Triathlon Queensland board, a Level 2 Technical Official and is completing a Level 2 Triathlon Coaching Course.

TRAIN SMART
There are three important disciplines in the sport but you really need to train for and understand the importance of seven.

They are: The Swim Leg, Swim to Cycle Transition, Swim to Cycle, The Cycle Leg, Cycle to Run Transition, Cycle to Run and The Run Leg.

This means that your training should include aquatic and swimming activities as well as quality swimming, cycling and running.

You need to put some time into brick training. That is where you put two or all three of the three legs together. Follow a swim with a bike or follow a ride with a run. Your body will learn to adapt to the transfer of oxygenated blood from one set of muscles to another. The other essential activities can be incorporated into these training sessions.

Practice laying out your equipment for a quick changeover. Practice in the gear you would use during the race. Get on the bike. As far as the three disciplines are concerned you need to find a balance between speed, strength and endurance. Some of your training needs to be done at race speed or faster. Some activities require resistance to be applied (hill riding & running are good examples). Some sessions will need to be done at a constant heart rate (aerobically) for extended periods – we call this Long, Slow Distance training.

As important are the recovery sessions – these allow your body to train harder because you stay fresher. They could include a total rest or a light training session. Create a little variety to keep training interesting. Training also includes keeping a training log to monitor progress and to sort out problems.

LOOK AFTER YOURSELF
If training for a triathlon is the first exercise you have done in a while it is a good idea to have a medical check up with your GP.

To put and keep your body in peak condition you need to look after it. You need to eat a well balanced diet that is high in complex carbohydrates and low in saturated fats (you haven’t heard that one before). You need to stay well hydrated by drinking lots of water.

Finally, because of the stress you are placing on your body you may need to supplement your diet with a quality multi-vitamin supplement, including antioxidants, seek you local GP’s advice on whether you might need this.

To protect you from injury it is a good idea to have a regular massage by a sports therapist; to make sure your bike is the correct size and that the setup is right for you; and that you have correctly fitted running shoes. Don’t be afraid to call on the experts to help you.

RACE HARD
When it comes to race day you will be ready to achieve your goal because you have planned well and trained smart. You have all of your gear and it is in good working order. You know the course because you have checked the course map. You understand the important aspects of the race because you have listened to the race briefing.

Now you need to draw on your mental strength to maintain an appropriate level of arousal. The atmosphere and excitement on race day can make life difficult for even the fittest triathlete. If you are too excited you will rush, make mistakes and become frustrated. If you are too relaxed then you’ll make mistakes because you are not concentrating on the many tasks at hand.

HAVE FUN
If you don’t enjoy what you achieve in training you don’t enjoy what you achieve in a triathlon. If you don’t enjoy the achievement of competing in the most challenging of sports then you are doing something wrong. Get out there and enjoy yourself! Be the best you can be in training and out on the course.

One last tip: If you want to make all of this so much simpler get out and find yourself a good coach that will help with all the hard work (preparation and planning); and a club where you can train with other people (important in an individual sport).

Keep trying.
Race Checklist

Organising what equipment to take to a triathlon is quite daunting, even for the experienced athlete. Triathlon Queensland has provided a checklist below, which you can copy and check off the items before leaving home for each race.

**SWIMMING**
- [ ] Swim caps
- [ ] Suits - optional
- [ ] Swim caps (unless provided).

**CYCLING**
- [ ] Bike
- [ ] Bike shoes - if your have clipless pedals
- [ ] Helmet
- [ ] Fuel kit
- [ ] 1 to 2 water bottles
- [ ] Bike pants
- [ ] Socks
- [ ] Bicycle and tube
- [ ] Pump
- [ ] Race singlet
- [ ] Energy bars/bananas for longer races

**RUNNING**
- [ ] Shoes
- [ ] Socks
- [ ] Cap
- [ ] Sunglasses
- [ ] Carbo gels - especially for longer races

**POST RACE**
- [ ] Energy bar or high carbohydrate foods
- [ ] Water or high carbohydrate fluid
- [ ] Towel
- [ ] Change of dry clothes

**JUST IN CASE**
- [ ] Warm up gear
- [ ] Tissues
- [ ] Vaseline
- [ ] Sunscreen
- [ ] Safety pins
- [ ] Money
- [ ] State Racing licence and/ or identification
- [ ] Watch
- [ ] Space entry form

The When, Where and How guide to Triathlon in Queensland

Queensland has the largest race calendar in Australia, mainly due to our perfect climate - "beautiful one day perfect the next".

Triathlons take place in south-east Queensland almost every weekend between late September and early May. For the remainder of the year, triathlons are conducted in North Queensland. Triathlons take place virtually year round with March to September being the period when the major events occur.

The South Queensland season kicks off with the Runaway popular Come 'N' Try Triathlon and Darwin's four major series. The LOOK, Franklin, BMD and ASICS-Power Bar Series. Each of these series has their regular followers and are highly recommended for entry-level triathletes as well as the more experienced. The season finishes with the F&A Triathlon at Byron Bay, a real "party" weekend.

Triathlon Queensland coordinates its own eight-race State Championship Series with an end-of-season State Point score rankings up for grabs as well as interclub points and the usual gold, silver and bronze state medals. Awards are presented at the Triathlon Queensland Annual Presentation night.

The highest profile races are Noosa and the Queensland Triathlon, which is the Australian Championship, both conducted by United Sports Marketing and both attracting tens of thousands of participants and spectators. One of Australia's two ITU World Cup races is conducted with the Noosa Triathlon.

Age groups contested in most races are 11yrs and under, 11-12, 13-15, 16-17, 18-19 and then five year age groups up to 70yrs plus, both male and female. There is also normally a novices or professional category with prize money on offer. Distances range from a super-sprint (100m-1.5km-5km) up to the famous Half-Ironman Hill of the West race at Gladstone in early February.

Some notable "one day" events in Queensland include:
- Triopalsm, a popular early season race conducted by the famous Surfers Paradise Triathlon Club at Runaway Bay in past years of the Gold Coast's annual Festival.
- The ITU World Aquathlon Championship connected at Noosa the weekend before the ITU World Cup.
- The Australian Aquathlon Championship held on the Gold Coast in conjunction with the Queensland title.
- Queensland's only Forster qualifying race at Cabarita (Tweed Coast) held in late November each year.
- Queensland's own ITU Aquathlon race, part of the huge Ono Summer Carnival conducted on the Gold Coast in mid-December.
- The unique night-time Boating Day Triple Aquathlon conducted at Robina Town Centre in front of thousands of holiday makers.
- The Stanthorpe Triathlon conducted in winery country as back-to-back sprint distance races over a weekend in mid-January. Very popular camping spot for families.
- The Annual Corporate Triathlon attracting hundreds of business teams.
- A season - ending CLD Grand Final race.

The Winter Duathlon competition is held, state short and long course titles, a series which attracts 500 plus entrants (The Lock Winter Series), an "off-road" Frenk in the Forest event in the Sunshine Coast hinterland and the Australian Aquathlon Championship at Amby held in June each year.

Concluding a Triathlon Holiday in Queensland?

Triathlon holiday opportunities abound, especially for south of the border triathletes looking for exotic North Queensland events to build their winter vacations around. Here are some suggested breakaways:

- Race Laguna Quay (Maclay) on March 18, cruise the Whitsundays and make it down to the nationals at Mackay the next week.
- Race Salomina Beach (Mackay) on April 8, the drive out to Julia Creek for the countries best outback Triathlon a fortnight later.
- Spend a week either side of The Big AL Half Ironman State Long Course Championships. The event is held in Cairns on June 11 and you’ll be sure to score an extra race in Townsville.

Fly to Cairns for the traditional Coastal Coal Coast Triathlon on August 13, then hire a car and paddle down to Yippinup just in time for September's Big Ultra race.

For race dates/contact details see the Triathlon Queensland Race Calendar or contact Triathlon Queensland on (07) 3369 9600.
Attention Juniors

What do you Need?

TRAINING
• You need the basic skill of swimming, cycling and running in order to compete in a triathlon.
• A good endurance background will be a big help because even the short races for 10yr olds and younger last more than 10 minutes.
• If you are practicing by yourself, do a series of repeats in each of the three sports at a steady pace and keep the recoveries in between fairly short. E.g.

Swim Repeats – Swim a lap of a pool every two minutes at a steady pace. Rest at the end of each lap until the 2 minutes is up then go again. You can do up to 20 or more of these if you wish.

Bike Repeats – Go for a steady 30-60 minute ride on quiet roads, but every 1 minute pick up the pace for 2-4 minutes just as you would if it was a race. Slow down to a steady riding pace till you have recovered before you pick up the pace again.

Run Repeats – Try and find a park or other grass area to run on and go for about 8 minutes pick up the pace for 2-4 minutes just as you would if it was a race. Slow down to a steady riding pace till you have recovered before you pick up the pace again.

Better still, phone Triathlon Queensland to find out the nearest club or coach to you and you’ll be able to train with other young triathletes in a session that is even more effective than the ones described above.

• Exposure to competition in triathlon races is essential if you are going to learn about the events, the equipment and improve.
• Obtain your licence from Triathlon Queensland and you will be sent a calendar of events in the Ultimate Challenge magazine. Pick races with the distances you know you can handle before you move up to the State Junior Championships and other big events.

Don’t make your parents spend heaps on floaters and other equipment for your first season. Any normal bike you would ride to school is fine as long as it is safe. Many juniors use regular mountain bikes and BMX bikes and the real young ones sometimes race with their training wheels still on.

HOW TO GET INVOLVED?

Most school physical education teachers can point you in the direction and each February teams from all the school regions in Queensland meet for the state SSSA Triathlon Championship at Twin Waters on the Sunshine Coast. If your school is not involved in Triathlon send them a copy of this guide and encourage them to contact Triathlon Queensland to organise a visit to your school by the Triathlon Mobile Training Clinic.

Phone TQ or the race directors and they will send you entry forms for any of the events throughout Queensland. Almost all the races have shorter events for juniors. See a list of club contacts in this guide, they will be more than happy to offer you advice on training and completing your first triathlon.

Which Events To Do?
The four major series include junior and “fun” races (eg. Kids of Steel, Superkids, Aussie Kids) for juniors. There are also the Annual State All Schools Triathlon and Duathlon Championships as well as the February State Secondary Schools (SSSA) Championship.

The Neosa and Moondabula Triathlons both conduct “Superkids” mini-triathlons while Goondiwindis legendary Hell of the West Triathlon in early February has a popular “just for kids” event on the Saturday.

Triathlon Queensland selects a State Junior Team (13-19 yrs) to travel to the Australian Sprint Championships each January or February with selections normally based on a trial race in the year the state team is decided on (December 5th is this year’s main trial).

Other opportunities for juniors include:
• The SSSA team that goes to the National each Easter.
• The junior F1 triathlon (draft-legal) which is part of the One Summer Carnival.
• The Southern Downhill Challenge at Couran Cove in July.

FILA Junior Development Squad

Each year Triathlon Queensland selects a Junior Development Squad. The Squad’s initial role was to represent Queensland at the National Sprint Championships. However the 1999/2000 program is developing into providing activities which are aimed at assisting junior athletes to reach full potential and to act as a stepping stone to inclusion in the Queensland Academy of Sport (QAS) Triathlon Program and selection in the National Team.

The 1999/2000 FILA Junior Development Squad

Michael McCann
Kate Boyd
Steven Rankine
Alicia McOwen
Chris Boyle
Rebecca Myresough
Luke Grünke
Natural Penny
Glen Barratt
Melissa Trimm
Alan Moran
Kara Fitzgerald
Jayden Russ
Natalie Delcor
Matt Lobste
Kim Mugi
Paul Matthews
Amber Scott
Joes Browning
Paul Benke

will be invited to attend QAS clinics, exercise testing and camps, and some members will be chosen to compete at the Australian Sprint Championships. All squad members will receive a FILA team uniform.

Selection Policy

Eligibility
• To be eligible, athletes must be 13 -19 years of age with the age determination date on the 1st October 1999.

• Athletes must be members of Triathlon Queensland

• There are specific rules laid down by the ITU regarding eligibility when competing for a country. Rules regarding nationality and citizenship are based on the conditions laid down in the charter of the International Olympic Committee. The requirements for athletes to be members of the “squad” are as per these rules.

Selection Criteria
• That members be in good standing with Triathlon Queensland.
• That the selection will be performed based on past results and potential shown. Highest placed finishers at the Australian Schools, Australian Sprint and National Junior Elite Olympic Distance Championships will be added to fill 20 spots and respecting equity principles.

Four spots will be added after early season performances (in 1999 the State Junior Sprint Championships).

Due consideration will be given to gender equity but not restrictive.
• Consistency and dedication will be taken into consideration.
• Athletes to be able to demonstrate a willingness and ability to fill and/or complete a role that may enhance the TO Junior Development Program.

Triathlon Queensland Mobile Training Trailer

The Triathlon Queensland Mobile Training Trailer is available to all Queensland Schools. But be quick because many schools are taking up the offer and the calendar is filling quickly for the 1999/2000 season.

The trailer includes:
• Swim buoys, paddles and kick boards
• Wind trainers
• Bike
• Triathlon Queensland magazines
• Triathlon Queensland sponsor product

Triathlon Queensland can conduct a variety of activities with the Trailer. Many schools have invited Triathlon Queensland to conduct fully supervised clinics for a number of classes and to assist with conducting the schools Triathlon.

The aim of the Mobile Training Trailer is to increase the awareness of Triathlon and project the image that everyone who participates in Triathlon wins, just by trying it!

Clinics and Camps
Each year Triathlon Queensland holds a number of camps and clinics aimed at all levels of competition. Contact Triathlon Queensland for their latest calendar of camps and clinics. Here are a few examples for the 1999/2000 season.

DECEMBER 18
One Summer Fan H.Q. display Formula One Race on the Gold Coast.
Cost – free

FEBRUARY 18 2PM
Queensland Secondary Schools Professional Clinic
Twin Waters
Junior, coaches, parents all welcome
Cost – free

MAY 6
Post Grad Junior Championship Seminar
1/13 Sports House,
Cnr Canton & Castlemain St Milton
Cost – $5

JUNE 17-18
Triathlon Junior Day Camp
Nudgee College, Brisbane
Cost – $20 per day

For further information or bookings contact Triathlon Queensland on 3309 5600.
1999-2000 Triathlon Queensland State Championships

"BE IN IT TO WIN IT"
The Official Triathlon Queensland Point Score Races

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<td>Triathlon Queensland Sprint Championships</td>
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<td>1/3/0/6</td>
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OTHER TRIATHLON QUEENSLAND RACES

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For More Information Contact Triathlon Queensland on (07) 3389 9600.

THE 1999/2000 TRIATHLON QUEENSLAND STATE CHAMPIONSHIP SERIES

State Long Course Duathlon | Closeburn August 22 1999
State Short Course Duathlon | Eagle Farm October 31 1999
State Sprint Triathlon, National/State Aquathlon Champs | Tweed Heads December 5 1999
State Short Course Triathlon | Southport January 6 2000
State Triathlon (1/4/20) | Bribie Island February 13 2000
State Super Sprint Triathlon | Wynnum April 2 2000
State Long Course Triathlon | Carrara June 11 2000

Annual State Rankings are based on performances at the eight-race State Championship Series in Queensland.

QUEENSLAND'S 1999 STATE SERIES NO.1 RANKED TRIATHLETES WERE:

Under 11  Matt Daley and Victoria Phillips
11-12yrs  Matthew Domett and Nicole Brooks
13-15yrs  Luke Ginnivan and Cara Schadel
16-17yrs  Rhys Davies
18-19yrs  Chris Boyle and Sally Carter
20-24yrs  Damien Leeding and Sarah Robins
25-29yrs  Steve Andrikovic and Lorraine Williams
30-34yrs  Mark Briscoe and Rula Sutton
35-39yrs  Malcolm Andrew and Marion Hermitage
40-44yrs  Allan Biber and Susan Williams
45-49yrs  Peter Butterworth and Face Collins
50-54yrs  Terry Morgan and Jeanette Brien-Eddwards
55-59yrs  Lewis Williams
60-64yrs  Colin Andrews
65-69yrs  Don Dickson
Open  Matt Hopper and Angela O’Connor

Rankings are awarded in under 11, 13-15, 16-17, 18-19, 20-25 year and every five years up to 70 years plus, male and female.

Competitors need to do a minimum of two races, but can drop their worst performance (6+ eleven tens to count).

Points are awarded as follows: 1st for 1st, 10 for 2nd, 9 for 3rd, and so on with all finishers receiving 1 point.

The Sprint Duathlon Championship is a new event in the Triathlon Queensland State Championship Series. The LOOK Winter Series Duathlons run at Eagle Farm have grown to be the most popular duathlons in the country and it is fitting that the Eagle Farm course should feature the first Qld Sprint Duathlon Championship.

The event will also include the popular BROOKS Fun and SuperKids races. It will take place on the popular Eagle Farm course, and will be an ideal opportunity for Novice competitors to have a short, sharp, local workout the week before their big event.

The course is in the shadow of the Gateway Bridge, offers easy access for competitors and features total road closure on wide, flat roads. The event, which is race 2 of the LOOK Summer Series will utilise the start of the art ChampionChip timing system.

LOOK Summer Series

<table>
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<tr>
<th>DATE</th>
<th>VENUE</th>
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PRESENTERATIONS
Will commence as soon as the last finisher crosses the line. 9Q medals for all Championship place getters, LOOK Summer Series prizes for the first three across the line in each category and a bounty of random draw prizes that are a feature of LOOK Series events including a chance to win a $1500 LOOK bike.

ACCESS
The central location of the course and its proximity to the Gateway Motorway provides easy access no matter which direction you are coming from. There is a host of motels along Kingsford Smith Drive only minutes from transition for anyone coming from further afield.

ENTRIES
Event is race 2 of LOOK Summer Series Entry forms available from Ray Event Management ph (07) 3280 6665, On line www.rayevent.com.au or from Triathlon Queensland on (07) 3369 9600.

The Sprint Duathlon Championship is a new event in the Triathlon Queensland State Championship Series. The LOOK Winter Series Duathlons run at Eagle Farm have grown to be the most popular duathlons in the country and it is fitting that the Eagle Farm course should feature the first Qld Sprint Duathlon Championship.
Triathlon Queensland State Sprint Championship

Greenmount Beach Coolangatta, Sunday 5 December 1999
Carnival of Sport – Twin Towns Triathlon, 750m Swim / 20km Ride / 5km Run
Registration 6.00am to 6.45am, Transition Open 6.00am to 6.45am
Race Briefing 6.50am, Race Start 7.00am

The State Sprint Championship being the Twin Towns Triathlon is the main feature of the Eximier Eye Vision/Carindale Shopping Centre Carnival of Sport weekend.

The Gold Coast is renowned for the staging of major sporting events and with the Carnival of Sport being held at Coolangatta/Tweed Heads has undoubtedly given the opportunity to present a spectacular three day multi sport festival along some of the most beautiful coastline in Australia.

The Twin Towns Sprint Triathlon is the Queensland Sprint Championships and will be held on the third day of the Carnival with the swim being in the calm waters of the Jack Evans boat harbour and the Fabulous Twin Towns Services Club as the back drop for the event.

The Carnival of Sport held over three days enables some of Australia's best athletes to compete in three different sports to participate and in particular the Twin Towns Triathlon will be of particular interest with last years winners being the current World Junior Champion, Courtney Atkinson who defended a very strong men's field including the likes of Greg Bennett, Tim Don, Shane Reed etc and Rina Hill taking out the women's event. The Carnival starts with an Ocean Swim on the Friday, an 8km Fun Run Saturday, an elite 5km run Saturday night with the Queens-Band Sprint Championships and a Junior Triathlon on the Sunday.

Junior Triathlon Distance
250m Swim / 6.7km Bike / 2km Run
Start Time for Juniors. 8.15am

Age Group Triathlon Queensland Championship
Swim 750m
The swim will be a 750m; rectangular shape in the wind protected boat Harbour

Cycle 3 laps
Left out of transition on to Border Rd then left on to Wharf road left into Bay St, Etendreoud Pd, Frances St, Ivory St, Keith Compton Dr follow through to Rotory St U Turn and return along same route back to Border Rd follow Border Rd to Hill St U Turn and back past Transition. Competitors will complete the course (3) Three times. This is an extremely flat and fast course each Lap 6.7km.

Run 2 laps
The run course heads out around the Jack Evans Boat Harbour through Chris Cunningham Park following the river front the turn around point and back. This will be a two-lap course for a total of 5km.

Race Presentation
Presentations will take place at the race site. State Championship medals will be awarded to members of Triathlon Queensland. All competitors present at the awards will be eligible for Random Draw Prizes.

Accommodation Packages
Special discounted packages available with Calypso Plaza (07) 5570 4030 and the new Twin Towns Resort 1800 192 020.
Both have One and Two Bedroom units. Please ask for the special Carnival of Sport/ Triathlon discount rate.

Entry Forms
Entry Forms are available from Triathlon Queensland, 113 Sports House Cnr Cailton and Castlemaine St, Milton QLD 4064 or Fax to (07) 3369 9600.
For further information contact Triathlon Queensland on (07) 3369 9600.

The Transition Area
Gold Coast Broadwater, Southport. Opposite Australia Fair and Home to Gold Coast Marathon.

Run 2.5km
2 loop course, along the pathways around the Broadwater.

Junior Distances
16yrs and under, Run 1km
11-12yrs; 800m / 2km
13-15yrs; Run 3km

Swim 1km
Triangular shaped course in the flat waters of Southport.

Junior Distances
16yrs and under; Swim 150m
11-12yrs; Swim 300m
13-15yrs; Swim 400m

Run 2.5km
Final leg is the same as the first. Competitors and spectators get to see all the action and where their nearest rivals are placed due to the compact nature of the course.

Presents
Presentations will take place at the race venue. The Junior Development Committee will be preparing a BBQ lunch to raise money for Junior Development. State Championship medals will be awarded to members of Triathlon Queensland. National Championship medals will be awarded to members of Triathlon Australia/ Queensland and Australian Surf Lifesaving. Elite category winners will receive $600.00 for 1st place, $300.00 for 2nd place, $200.00 for 3rd place, $100.00 for 4th place and $50.00 for 5th place. All competitors present at the awards will be eligible for Random Draw Prizes.

Entry Forms
Entry Forms are available from Triathlon Queensland, 113 Sports House Cnr Cailton and Castlemaine St, Milton QLD 4064 or Fax to (07) 3369 9600.
For further information contact Triathlon Queensland on (07) 3369 9600.

This dual championship will be contested at the famous venue of the Gold Coast Marathon on the Southport Broadwater. Racing will be continuous with each race starting at the conclusion of the previous race. Races will include juniors from under 10 up to the 70+ age groupers and an elite race attracting $3000 in prize money. The format will allow competitors to race and then sit back and watch their friends and family race.

To further enhance the uniqueness of this event members of Australian Surf Lifesaving are eligible to win National Championship Medals. So make sure you are part of this long awaited clash between the Best of the Best.
Triathlon Queensland
State Short Course Championship

Sylvan Beach Sunday 13 February 2000
Bribie Island 1km Swim/30km Ride/8km Run
Registration 5.30am to 6.40am Sylvan Beach Esplanade opposite Bribie Island Hotel
Race Briefing 6.55am Race Start 7.30am

The State Short Course Championship held at the beautiful shores of Bribie Island is only 40 minutes drive north of Brisbane.
The event is Race 5 of the Triathlon Queensland State Short Course Championship, which is just over half way through the point scoring season.
The course of 1/30/8 will be an excellent build up to Race 6, the Triathlon Queensland State Short Championship held at Hervey Bay.

TRANSITION
Sylvan Beach Esplanade opposite Bribie Island Hotel, Bribie Island. Sharp left off bridge to Bribie Island. The transition area opens at 5.30am and closes at 6.45am.
Swim 1km
The start of the swim is situated 750m north of the transition area. The swim will travel towards the mainland of Brisbane for 150m and then turn left towards the transition area. Race organisers will monitor the current and adjust the distance accordingly.
Cycle 30km
2 lap course taking in many of the sights of Bribie Island. The course heads out of the transition area onto Sylvan Beach Esplanade up Bonita Drive onto Verdoni Drive and out to Sandilands, Solander and Endeavour Drive and back onto Verdoni, Bellara and Sylvan Beach Esplanade.
Run 8km
Once again the run is a 2 lap spectator friendly course. Runners turn left out of the transition area, pass under the Bribie Bridge, and run over the second bridge to a turn around point of 2km. On the way home cross over to the left-hand side of the road. On the second lap run through to the Finish beside the transition area.

PRESENTATION
Presentations will take place in the Beer Garden of the Bribie Island Hotel on Sylvan Beach Esplanade at 10.30am. State Championship medals will be awarded to members of Triathlon Queensland. Open category winner will receive $150.00 for 1st place, $75.00 for 2nd place and $40.00 for 3rd place. All competitors present at the awards will be eligible for Random Draw Prizes.

BRIBIE ISLAND TRIATHLON SERIES
The Triathlon Queensland State Short Course Championship is apart of the famous Bribie Island Triathlon Series proudly sponsored by Asics and Power Bar. Just as famous is the Kids of Steel Triathlon Series which incorporates distances of 200/102 for 11 to 15 year and 100/500 for 10 years and under.

ENTRY FORMS
Entry forms are available from Triathlon Queensland on (07) 3369 9000 or from the Run Inn on (07) 3354 3425.

FINISH

Triathlon Queensland
Olympic Distance Championship

"Bay Central Hervey Bay Triathlon" Sunday 5 March 2000
Hervey Bay 1.5km Swim/40km Ride/10km Run
Registration Saturday 2-5pm at Bay Central Shopping Centre
Late Entries Sunday 6am-6.45am Kids only
Racking/Numbering Adults 6am-7.45am Sunday Seafront Oval, Pialba, Hervey Bay
Race Briefing 7.45am Race Start 8.00am

TRANSITION
Transition opens from 6-7.45am at Seafront Oval Pialba.
Swim 1.5km
The swim course is situated north of the transition area. It is a triangular course. From the start competitors swim in a north easterly direction for 250m. Rounding the buoy they swim parallel with the beach for a further 1000m turning to swim in a south easterly direction back to the beach.
Cycle 40km
The cycle course is a fast looped course. On leaving transition the course heads east along The Esplanade out through Pulpit Street and Boat Harbour Drive onto Elizabeth Street to a turn around just past the Airport. Turning the same way the course then passes the transition area (where cyclists ride out to Point Vernon) taking in some of the sights of Hervey Bay. They return along the same route to the transition area.
Run 10km
The run is out and back heading along The Esplanade in an easterly direction. On reaching the turn around competitors return via the cycle path to the finish located along side the transition area.

PRESENTATION
Presentations will take place at the race site and will begin at 11.00am. Age group athletes who place 1st, 2nd and 3rd will receive Triathlon Queensland State Championship medals as well as race medallions and FIA product prizes. The Open division will receive prize money $1st $500, 2nd $300, 3rd $200. 4th $150, 5th $100. All Weet-Bix Aussie Kids will receive a T-shirt, race kit, finishes medalion, certificate and post race breakfast and random prize draws.

ENTRY FORMS
Entry forms are available from United Sports Marketing, Ph (07) 5449 0711, Fax (07) 5449 0828, e-mail ussport1@ozemail.com.au, web site: www.rosalind.com.au or contact Triathlon Queensland on (07) 3369 9600.

The Triathlon Queensland Olympic Distance Championship is held in conjunction with the Bay Central Hervey Bay Triathlon. Event Promoters United Sports Marketing have packaged the State Championship within the new MBF Queensland Triathlon Series.
The picturesque scenery of the Hervey Bay is an ideal weekend away for all the family.
The event also features the Weet-Bix Aussie Kids Triathlon for 7-13 year olds over short distances. For 7-10 years 100m swim/3km cycle/500m run and for 11-13 years a 200m swim/6km cycle/1km run.
**Triathlon Queensland State Long Course Championship**

“City of Cairns Half Ironman Triathlon” Sunday 11 June 2000
Palm Cove 1.9km Swim/90km Ride/21km Run
Registration Saturday June 10, 2000 from 1-3pm
Palm Cove Surf Lifesaving Club William Esplande, Palm Cove
Race Briefing Transition Area, The Pier, Palm Cove Race Start 6.30am June 11th.

The City of Cairns Half Ironman Triathlon, formally known as the JAL half Ironman is hosting for the first time the Triathlon Queensland State Long Distance Triathlon. The decision to award Cairns the championship race was largely based on the past success of the event. The race is of the highest international and national standard, it has the support of the Queensland Events Corporation and attracts competitors from all around the world.

Awarding a State Championship to an event in North Queensland will also assist Triathlon Queensland to realise its goals of increasing the participation and services available in the Central and North Queensland Areas.

**THE TRANSITION AREA**

Fronting the Pier at the Northern end of Palm Cove Beach. Full facilities provided, and a 10 metre run up from the beach exit.

Swim 1.9km Open Water
The start of the swim is next (southern side) to the Pier at the northern end of Palm Cove Beach. Athletes travel an M-shaped course which will allow spectators to keep in contact with swimmers around the long Pier. Swimmers exit on the northern side of the Pier.

Cycle 90km
After exiting the water at Palm Cove, competitors will then mount their bikes for the 90km bike ride which will take them first north along the Captain Cook Highway -- toward the bike turn around past Cape Beach (0.3km) before turning back for the ride into Cairns City.

On the final stretch, the athletes will head down the Esplanade to the bike-to-run transition area in Fogarty Park, fronting Trinity Bay.

Run 21.1km
After arriving in Fogarty Park, competitors will change into their run gear for the 21.1 km run. The run course consists of three 7 kilometre loops, that will take the athletes the full length of the Cairns Esplanade Walkway, before the well-deserved finish in Fogarty Park. (Note: the race starts in Palm Cove and finishes in Cairns City).

**PRESENTATION**

The Post Race Party will begin at 6.00pm at the Courtyard Resort, Palm Cove, and is open to both competitors and supporters. An open bar will be provided, and a full buffet will also be provided by the Courtyard at a nominal cost. Further details will be provided at the Race Briefing on Saturday 10th June.

**ACCOMMODATION**

Palm Cove is about 30km north of Cairns city and the airport.

With an early start on race day, most competitors will choose to stay in Palm Cove, which boasts a range of accommodation styles from international brand Resorts to the very popular Franklins Fresh Style homes and adjacent to the very popular Manly boat harbour.

**ENTRY FORMS**

Entry forms are available from Triathlon Queensland on (07) 3369 9600, from Event Director Mark Bullen on 0408 081 201 or from Race Director, Rod Sparks on 0418 774 515.

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**Triathlon Queensland State Super Sprint Championship**

“Franklins Fresh Triathlon Series – Race 7” Sunday 2 April 2000
Pandanus Beach, Wynnum, Brisbane 400m Swim/15km Ride/4km Run
Registration 6.00am to 7.15am
Race Briefing 7.20am Race Start 7.30am

Swim 400m
The Swim will start on the shores of Pandanus Beach and will be a triangular shape course totaling 400m.

Cycle 15km
The cycle being 15km heads out along the Wynnum Esplanade towards Manly with a U Turn at approx. 2km and then return back along the esplanade going past the transition area and returning for a total of 15km.

Ride 4km
On the run competitors will be able to enjoy the beautiful beauty of Wynnum and Manly as the course will encompass two laps along the fabulous expanse overlooking Moreton Bay.

**PRESENTATION**

Presentations will take place at the race site. State Championship medals will be awarded to members of Triathlon Queensland. All competitors present at the awards will be eligible for Random Draw Prizes.

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**ENQUIRIES**

Triathlon Queensland
Starting Line Sport and Event Management Ph (07) 3369 9600 Fax (07) 3369 9400
Email startingline@one.net.au Website startingline.com.au
Entry forms are available from Starting Line or Triathlon Queensland.

The State Super Sprint Championship will be held at Brisbane's bay-side suburb of Wynnum and at the very popular Pandanus Beach. Wynnum is only 15 minutes from Brisbane central and is renown for the unique and beautiful Queenslander style homes and adjacent to the very popular Manly boat harbour.

The State Super Sprint Championship is incorporated into Queensland's very popular Franklins Fresh Triathlon Series. The Franklins Fresh Triathlon Series also includes a Junior Series for age groups under 16 and caters for people starting out in the sport of Triathlon with a Just For Fun series of events. The distance for the Junior and Just For Fun events are both the same and will be 200m swim, 5km bike and 2km run.

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**CARNIVAL OF SPORT**

Dec 3rd

Ocean Swim

Dec 4th

Super Sprint Run

Dec 5th

Triathlon

Jan 23rd

Franklins Fresh Triathlon Series

Jan 29th

Franklins Fresh Triathlon Series

Feb 27th

Franklins Fresh Triathlon Series

Mar 19th

Franklins Fresh Triathlon Series

April 2nd

Franklins Fresh Triathlon Series

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**Franklins Fresh Triathlon Series** includes a separate Junior Series and a Just For Fun category – approx 200 / 5 / 25

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**Starting Line**

Sport & Event Management Ph (07) 3369 4311 Fax (07) 3369 4308
Email: startingline@one.net.au
Website: startingline.com.au

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**Experience the Difference**

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**Franklins Fresh Triathlon Series** includes a separate Junior Series and a Just For Fun category – approx 200 / 5 / 25
Triathlon Queensland

Annual Presentation night

UNDER 11 YRS
Matt Daley
Bryce Werner
Joshua Oliver

11-12 YRS
Matthew Dommert
Jarred Wender
Timothy Barrett

13-15 YRS
Luke Grinnell
Tyler Borer
Aaron Wender

16-17 YRS
Ryan Davies
Justin Armstrong

50-54 YRS
Jeremy Morgan
Alan Pitman
Alan Knight

55-59 YRS
Lewis Williams
John Dee

60-64 YRS
Colin Andrews
Douglas White

65-69 YRS
Don Dickson
Mark Hanley

OPEN
Matt Hopper
Angela O’Connor
Jacob Newell
Kim Beckman
Brenton Coth
Uziel Moore

Volunteer of the Year
Cheryl Rogers

Coaching Excellence
Bradley Terry

Premiership Club Coach
Brenton Coth and Robert Crick

Junior Development Award
Joanne Kies

Interclub Champions
Sunshine Coast

Overall Age Group Winner
Marnie Hermitage

The 2000 Annual Triathlon Queensland Dinner will definitely be one date to book in your diary now. The Dinner will incorporate the Presentation Night, however we are encouraging many interclub members to come along and celebrate the end of the 2000 season in style. We anticipate that the 2000 Triathlon Dinner will be held in June. Booking forms for tables of up to ten will be taken. For more information, please contact us on (07) 3369 9600 or email TriathlonQLD@uq.net.au.
**Racing: Do you know what to do?**

Unless you are a complete novice, you will be aware of the various rules and requirements that make up an event. Unfortunately, the same mistakes are always being made.

Use the following as a guide to what to do prior, during and after a triathlon.

**REGISTRATION**
- Registration is the first thing you do.
- Have your arms and legs marked with your race number and category.
- Affix bike tag to the head-stem.

**TRANSITION**
- Affix bike tag to the head-stem.
- Look and understand the whole course from the maps displayed at registration. If uncertain or do not register, do not guess.

**THE RULE OR DRAFT SPACE**
- Where the draft situation first occurs.
- By always checking to see if you are in draft space, even if you are not being overtaken.

**THE PENALTIES**
- Drafting is the most contentious issue in the sport of Triathlon and the magnitude of the penalties for breaking them will likely deter you from doing so.

**DRAFTING**
- Drafting is the most contentious issue in the sport of Triathlon and Duathlons. Contentious, due to the magnitude of the rules, regulations and requirements that are needed to control the possibility of drafting in an event.

Ninety-nine percent of all events in Australia are Draft illegal, therefore all competitors (beginners to the elite) need to know and understand the Draft rules and the control methods.

Find listed below a simplistic look at the rules of drafting.

**YOUR DRAFT SPACE**
- Imagine yourself on your bicycle and you are looking at the ground just in front of your front wheel. One and half metres on both sides of your front wheel is the leading edge of your "draft space", extend the 1.5m on both sides of you from the front wheel to behind you to form a rectangle. The rear edge of this rectangle is 7metres from your front wheel edge – This is your total draft space and yours alone.

**PRACTICE SAFE CYCLING**
- In drafting, you will be questioned if any equipment is missing and the controls are likely to expand to 13 athletes.

The following aspects form the building blocks of the program:
- The program is an elite based squad which is coach driven, athletes focussed and overviewed by the National coach.
- Athletes are provided with a combination of sport, science/medical services, travel support to important national competitions and a training environment.
- Coaches of athletes in the squad are invited to attend all activities of the program and in being provided with some travel support during the season.

The competition schedule has an individual focus and provides the athletes with the best possible chance of many representative national triathlon events at the Olympic Distance.

The QAS triathlon squad is one of 20 sports within the QAS. It is managed by Darren Smith, Ph.D who oversees the day to day operational and sports science aspects of the program.

The squad was formed at the beginning of the 1998/99 and the inaugural squad included 5 female and 5 male elite triathletes. This for the squad is likely to expand.
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<th>DATE</th>
<th>EVENT</th>
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<td>3/5/02/5</td>
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<td>1000/30/8</td>
<td>P. Hungerford</td>
<td>(07) 3354 3425</td>
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<tr>
<td>20</td>
<td>TA Tour Event</td>
<td>Wollongong</td>
<td>Sprint</td>
<td>M. Wise</td>
<td>(07) 4666 7099</td>
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<tr>
<td>20</td>
<td>Look Summer Series Race 5</td>
<td>Koby Ray</td>
<td>500/20/5</td>
<td>D. Ray</td>
<td>(07) 3288 6665</td>
</tr>
<tr>
<td>27</td>
<td>Franklin Fresh Tri</td>
<td>Robinabond</td>
<td>500/20/5</td>
<td>B. Upton</td>
<td>(075) 570 4311</td>
</tr>
<tr>
<td>7 Mar</td>
<td>Triathlon Qld State Distance Championships</td>
<td>Harvey Bay</td>
<td>1.5/40/10</td>
<td>USM</td>
<td>(075) 449 0711</td>
</tr>
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<td>12</td>
<td>The BMW Corporate Triathlon Series</td>
<td>Robina</td>
<td>400/10/4</td>
<td>Super Sprint</td>
<td>(07) 9996 2340</td>
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<tr>
<td>17</td>
<td>The Gold Coast International Tri</td>
<td>Gold Coast</td>
<td>240/36</td>
<td>P. Leis</td>
<td>(07) 37168526</td>
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<td>25</td>
<td>TA Tour Event</td>
<td>Bribie Is.</td>
<td>750/20/5</td>
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<td>(07) 3354 3425</td>
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<tr>
<td>29</td>
<td>Look Summer Series Race 4</td>
<td>Southbank</td>
<td>TBC</td>
<td>USM</td>
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<tr>
<td>18</td>
<td>Laguna Quays Tri</td>
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<td>750/20/5</td>
<td>J. Seaston</td>
<td>(07) 4951 6240</td>
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<tr>
<td>19</td>
<td>Franklin Fresh Tri</td>
<td>Koby Ray</td>
<td>500/20/5</td>
<td>D. Ray</td>
<td>(075) 3288 6665</td>
</tr>
<tr>
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<td>Robinabond</td>
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<td>(075) 3288 6665</td>
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<tr>
<td>30</td>
<td>Macintyre's Superkazkiz</td>
<td>coconut</td>
<td>Various</td>
<td>USM</td>
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<td>2 Apr</td>
<td>Triathlon Qld State Super Sprint Championships</td>
<td>Wynnun</td>
<td>400/15/4</td>
<td>B. Upton</td>
<td>(075) 570 4311</td>
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<tr>
<td>2 Apr</td>
<td>Sea Eagles Resort Classic Duathlon</td>
<td>Selenka Beach</td>
<td>10/405</td>
<td>W. Meng</td>
<td>(075) 4952 1911</td>
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<td>Caloundra Tri</td>
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<td>Raby Bay</td>
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<td>Mackay Triathons</td>
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<td>Triathlon Qld Long Course Championships</td>
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<td>1.9/80/21</td>
<td>R. Spinks</td>
<td>0419 774 514</td>
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<td>8 July</td>
<td>Cooyar Cove Southern Slips Tournament</td>
<td>Cooyar</td>
<td>500/2/41</td>
<td>TQ</td>
<td>(07) 3369 9601</td>
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<td>13 Aug</td>
<td>Coral Coast Tri</td>
<td>Calmias</td>
<td>1500/40/10</td>
<td>R. V. Nicol</td>
<td>(07) 4031 6244</td>
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