**2014 GUIDE TO THE GOLD**

**2014 COOLANGATTA GOLD COURSES**

**SHORT COURSE - 32.4KM (FROM 7AM; SATURDAY, NOVEMBER 1)**

**EVENT CATEGORIES (Short Course)**

**Individual: Male and Female (Under 19; 20-29; 30-39; 40-49; 50plus)**

**Teams: Male and Female (Under 19, Open, Masters 35 plus); Mixed (Under 19, Open, Masters 35 plus)**

**SHORT COURSE DISTANCES**

|  |  |  |
| --- | --- | --- |
| **LEG** | **DISTANCE** | **LOCATION** |
| **Ski** | 14.6km | Coolangatta to Miami |
| **Run** | 2.1km | Miami to Burleigh |
| **Swim** | 2.5km | Burleigh to Burleigh |
| **Board** | 6.1km | Burleigh to Currumbin (south side of Currumbin Rock) |
| **Run** | 7.1km | Currumbin to Coolangatta |

**LONG COURSE – 41.5KM (FROM 7AM; SUNDAY, NOVEMBER 2)**

**EVENT CATEGORIES (Long Course)**

**Individual: Male and Female (Under 19; 20-29; 30-39; 40-49; 50plus**

**Teams: Male and Female (Open, Masters 35 plus); Mixed (Open, Masters 35 plus)**

**LONG COURSE DISTANCES**

|  |  |  |
| --- | --- | --- |
| **LEG** | **DISTANCE** | **LOCATION** |
| **Ski** | 23km | Coolangatta to Anne Ave (Broadbeach) turn and return to Miami Beach |
| **Run** | 1.8km | Miami to Burleigh |
| **Swim** | 3.5km | Burleigh to Burleigh |
| **Board** | 6.1km | Burleigh to Currumbin (south side of Currumbin rock) |
| **Run** | 7.1km | Currumbin to Coolangatta |

**ELITE LONGCOURSE PRIZEMONEY – MALE AND FEMALE**

|  |  |
| --- | --- |
| **Place** | **Prize Money** |
| 1 | $25,000 |
| 2 | $5,000 |
| 3 | $1,600 |
| 4 | $1,000 |
| 5 | $650 |
| 6 | $350 |
| 7 | $350 |
| 8 | $350 |
| 9 | $350 |
| 10 | $350 |

**COOLANGATTA GOLD TIMETABLE**

|  |  |  |
| --- | --- | --- |
| **Friday 30 October** | **Event** | **Venue** |
| 4.00pm-5.00pm | Short Course Briefing – Option 1 | Coolangatta Outrigger Resort |
| 5.00pm-6.00pm | Long Course Briefing – Option 1 | Coolangatta Outrigger Resort |
| 6.00pm-7.00pm | Short Course Briefing – Option 2 | Coolangatta Outrigger Resort |
| 7.00pm-8.30pm | Officials, First Aid Coordinators and ARRO’s Briefing | Coolangatta Outrigger Resort |

|  |  |  |
| --- | --- | --- |
| **Saturday 1 November** | **Event** | **Venue** |
| 6.30am | Short Course: Marshalling and Numbering | Coolangatta Beach |
| 7.00am | Short Course: Waves begin | Coolangatta Beach |
| Approx 1.00pm | Short Course Presentations | Finish Area Coolangatta Park |
| 4.00pm-5.00pm | Long Course Briefing – Option 2 | Coolangatta Outrigger Resort |

|  |  |  |
| --- | --- | --- |
| **Sunday 2 November** | **Event** | **Venue** |
| 6.30am | Long Course: Marshalling and Numbering | Coolangatta Beach |
| 7.00am | Long Course: Waves begin | Coolangatta Beach |

**2014 COOLANGATTA GOLD YOUTH CHALLENGE**

 This 2014 Coolangatta Gold Youth Challenge is especially designed for young ocean athletes (11-15 year olds) who are up for a challenge and are keen to be part of the Coolangatta Gold experience. The course consists of a 400m soft sand run, a 500m water course and then a 500m run to finish. All participants receive an event lycra and medal as well as opportunities to meet their favourite Coolangatta Gold athletes.

**IMPORTANT CHANGES TO COOLANGATTA GOLD IN 2014**

* **Short Course**: The swim leg has been altered in to a loop course. This means there is no longer an additional run leg between 4th Avenue and Burleigh. See course maps below.
* **Event Categories**: Event Categories have been altered to be consistent between the Short and Long Course.
* **Wave starts**: The elite categories will be the first wave to start each morning (Saturday 1 Sunday 2 November).

**LONG COURSE FIELDS**

* **Male Elite Long Course**
* Caine Eckstein (Northcliffe) – 5 x time winner -
* Hayden Lester (Tannum Sands)
* Bodier Renaud (Mermaid Beach)
* Anthony Rock (Half Moon Bay)
* William Budd (North Cronulla)
* Neil Glover (Mooloolaba)
* Torrington Callun (Elouera)
* Benjamin Zuill (West Beach)
* Adam Coble (Corrimal)
* Steve Cahill (Currumbin)
* Sam Fuller (Southport) – 8th in 2013
* Jason Evans (City of Perth) – 32nd in 2013
* Mackenzie Hynard (Noosa Heads) – 11th in 2013
* Sam Bull (Alexandra Headlands) – 10th in 2013
* Chris Evans (Northclffe)
* Joel Simondson (Mooloolaba)
* Jake Nicholson (Northcliffe) – 7th in 2013
* Angus Bennett (Coogee)
* Jack Retty (City of Perth)
* Nick Marshall (Kurrawa)
* Dane Farrell (Elouera)
* Blair Day (Mooloolaba) 31st in 2012
* Isak Costello (Redhead)
* Josh Minogue (Mooloolaba) 3rd in 2012, 2013
* Hayden Slee (Mermaid Beach)
* Brendon Ross (Unattached)
* Adam Bryce (Elouera)
* **Elite Women Long Course**
* Stephanie Thompson (Mordialloc)
* Phoebe George (City of Perth)
* Jayde Hardstaff (City of Perth)
* Kirstie Hardstaff (City of Perth) 9th - 2013
* Tiarne Smith (Northcliffe) 12th 2013
* Jade Mickle (City of Perth)
* Elizabeth Pluimers (North Burleigh) – Defending champion
* Emma Armstrong (Half Moon Bay) 10th – 2013
* Rebecca Creedy (Northcliffe) – Australian Rep swimmer/Australian Ironwoman champion; making Coolangatta Gold debut.
* Zoe Heiniger (Byron Bay) Represented Australian Youth Team, 2014 World Championships
* Peggy Harris (Mooloolaba) -
* Naantali Marshall (Angelsea) – Competed 2005 (will celebrate 40th birthday)
* Kira Kinsey (North Burleigh)

**2014 COOLANGATTA GOLD FACT BOX**

* Coolangatta Gold 2014 is the ultimate endurance challenge on the Gold Coast from 1-2 November; There are **580** entries; **263** individual; **87** teams = **317** people
* This is one of the most physically challenging endurance races of its kind in the world
* The Coolangatta Gold is presented annually by Surf Life Saving Australia (SLSA)
* The multi-disciplinary course combines swimming, running, board paddling and surf skiing
* Open to the public and consisting of a 32.4 km Short Course and a 41.5 km Long Course that can be taken on individually or as a team
* Celebrating 30 years since the inaugural race in 2014, The Coolangatta Gold is an action packed weekend not to be missed
* This will be the 14th running of the iconic race
* It was first staged in 1984 and then again in 1985 with **Guy Leech** winning the first two races
* The 1984 race originated out of the **Peter Schrek** movie The Coolangatta Gold about two brothers and an ambitious father
* The Movie starred original Ironman super star and Olympian **Grant Kenny** who has entered this year’s race in the Masters 50 plus division.
* The Gold came back in 1991 with **Michael King** victorious before **Darren Mercer** added his name to the honour role in 1992 when he reversed the result from the previous year
* Then started the “Caine Reign” in 2005 with Caine Eckstein – who’s father **Billy Eckstein** was in the original field in 1984 – winning the third incarnation of the Coolangatta Gold.
* **Caine Eckstein** has won the Gold a record five times in 2005, 2008, 2009, 2010, 2011.
* Other winners have been **Zane Holmes** in 2006, Rhys Drury 2007 and Ali Day in 20012 and 2013
* Women were added in 2005 with **Hayley Bateup** becoming the inaugural winner. Bateup added further Gold wins ion 2006 and 2008, becoming the first women to win three Coolangatta Golds.
* Other women to have won the coveted Gold have been **Alicia Marriott** in 2007, 2009 and 2010, becoming the second woman to win three; **Courtney Hancock** in 2011, **Brodie Moir** in 2012 and **Elizabeth Pluimers** in 2013.
* There are only four survivors in 2014 from the 2005 fields – Caine Eckstein and Nick Marshall in the men’s field and **Elizabeth Pluimers** and **Naantali Marshall** in the women’s.
* The men and the women will both race for the same $25,000 first prize purse.
* Before **Elizabeth Pluimers** won the Gold in 2013 she had previously finish second in 2011 and 2007 and third in 2005, 2006 and 2012
* The Coolangatta Gold 2014 is expected to generate over $1 million in to the South East Queensland economy
* Come down to Coolangatta Beach and support your Aussie Ironmen and Ironwomen legends as they battle it out to conquer the ultimate endurance challenge
* For the first time Young Ocean Athletes between 11 – 15 years of age are also encouraged to be part of the Coolangatta Gold experience with a Youth Challenge event on Sunday morning at 9am. Anyone can enter via sls.com.au/coolangattagold
* Come down to Coolangatta Beach and enjoy live entertainment from 12pm on Sunday 2 November
* Cole Soul & Emotion featuring Lionel Cole from the Voice will play live from the main stage at Coolangatta Beach from 12pm on Sunday 2 November
* Watch the athletes cross the finish line as they endure the ultimate challenge
* With a live Morning Show hosted by Live Morning Show by Glen Hawke and former Ironman great Trevor Hendy from Sunday morning at 7am.
* Grab some mates and be part of all the excitement of this iconic sporting event returning to the Gold Coast
* Proudly supported by Tourism Events QLD
* Join the conversation at #cooliegold
* For more event info visit: [www.sls.com.au/coolangattagold](http://www.sls.com.au/coolangattagold)

**PROFILES**

**Caine Eckstein**

**Born:** November 16, 1985 **Age:** 28

**Lives:** Gold Coast **Club:** Northcliffe

**Coolangatta Gold Record:** Has made his name synonymous with the iconic Coolangatta Gold, winning the toughest endurance Ironman race a record five times, in 2005, 2008, 2009, 2010 and 2011. Transferred his talents to Ironman Triathlon in 2012 when he raced in Kona and withdrew in 2013 with a virus, years that saw Ali Day take the coveted crown twice. Eckstein went on to finish second to brother Shannon in a red-letter day for the brothers when he finished second to big brother in the Australian Ironman Championship in Perth. Eckstein returns to his famous stomping grounds after setting a new Guinness World Record for the number of pull ups in 24 hours in New York earlier this month (4,210) in 12 hours.

**Elizabeth Pluimers**

**Born:** October 25, 1986 **Age:** 28 (Age on race day)

**Lives:** Gold Coast **Club:** North Burleigh

**Coolangatta Gold Record:** Elizabeth Pluimers showed in 2013 and 2014 that her best performances were yet to come, first up winning the 2013 Coolangatta Gold after previously finishing second (2007, 2011) and third (2005, 2006, 2010) and coming agonisingly close to winning when she collapsed 20 metres from the line in 2009, with her maiden victory in sight. She came back in 2013 to finally conquer the Gold, defeating two previous winners Brodie Moir and Courtney Hancock. She would then cap off a stellar season by adding the coveted Australian Ironwoman championship at Scarborough Beach in Perth in 2014. She will attempt to become only the third Ironwoman to defend the Coolangatta Gold – joining Hayley Bateup (2005, 2006) and Alicia Marriott (2009, 2010)

**Guy Leech**

**Born:** February 29, 1964 **Age:** 50

**Lives:** Sydney Northern Beaches **Club:** Manly

**Coolangatta Gold Record:** The winner of the inaugural Coolangatta Gold in 1984 who came back 12 months later to defend his crown in 1985. A former champion swimmer and long distance champion; a Manly and Kurrawa lifesaver who played a leading role in transforming the sport of Ironman racing and training who has gone on to become one of the sport’s most recognisable figures and fitness advocates. Lives on Sydney’s Northern Beaches with wife Helen and daughters Paloma, 11 and Phoenix, three. Will contest the Teams event in the run leg at the 2014 Coolangatta Gold with former winners Ali Day, Darren Mercer and Rhys Drury to celebrate the 30th anniversary of the first ever Coolangatta Gold in 1984.

**Rebecca Creedy**

**Born:** March 12, 1983

**Age:** 31

**Lives:** Gold Coast **Club:** Northcliffe

**Coolangatta Gold Record:** Will make her Coolangatta debut in 2014 after establishing herself as one of the country’s foremost Ironwomen in the Nutri-Grain Series over the past five years. Had a major triumph in 2012 when she was crowned the Australian Ironwoman champion after wiping out in 2011, when in a commanding position. The former two-time Commonwealth Games swimmer won gold in Kuala Lumpur alongside Susie O'Neill, Sarah Ryan and Lori Munz in the 4x100m freestyle relay in 1998. Coached in her swimming days by wily fox Ken Wood, Creedy has now linked with Northcliffe after breaking into the Ironwoman ranks on the Sunshine Coast with Metropolitan Caloundra. Represented Australia at Rescue 2012, making her a duel international.

**COOLANGATTA GOLD RESULTS**

**1984 January 7 – 43k**

1. Guy Leech (Manly) 4:30.46

2. Lawrence Reece (Southport)

3. Craig Riddington (Manly)

**1985 January 5 – 48.65k**

1. Guy Leech (Manly) 4.20.14

2. Stephen McBean (Point Lonsdale)

4.36.55

3. Gray Parkes (Nth Cronulla) 4.39.30

**1991 October 12**

1. Michael King (Mooloolaba)

2. Darren Mercer (Thirroul)

3. David Kissane (Manly)

**1992**

1. Darren Mercer (Thirroul)

2. Michael King (Mooloolaba)

3. Dean Mercer (Thirroul)

**2005 October 16**

**Open Men**

1. Caine Eckstein (Northcliffe) 4.20.14hrs

2. Jeremy Cotter (Northcliffe) 4.21.52hrs

3. Shannon Eckstein (Northcliffe)

4.22.59hrs

**Open Women**

1. Hayley Bateup (Northcliffe) 2.25.45hrs

2. Alicia Marriott (City of Perth)

2.27.16hrs

3. Elizabeth Pluimers

(Northcliffe)

2.28.50hrs

**Teams**

1. Manly - 4.14.13hrs

2. Redhead Comutel – 4.14.51hrs

3. Surfers Mayfair – 4.21.48hrs

**2006 October 17**

**Open Men**

1. Zane Holmes (Northcliffe) 4.25.01hrs

2. Nathan Smith (Cronulla) 4.27.23hrs

3. Dean Mercer (Mooloolaba) 4.27.43hrs

**Open Women**

1. Hayley Bateup (Northcliffe) 3.17.13hrs

2. Kristy Harris (Northcliffe) 3.17.59hrs

3. Elizabeth Pluimers (Northcliffe)

3.24.55hrs

**Teams**

**Women**

1. North Burleigh 5:07.39

2. Queenscliff 5:19.49

3. Currumbin 5:24.50

**Men/Mixed**

1. North Burleigh-Tugun – 4.09.57hrs

2. Manly – 4.24.11hrs

3. BHMP – 4.30.58hrs

**2007 October 14**

**Open Men**

1. Rhys Drury (Mooloolaba) 4:10:58

2. Shannon Eckstein (Northcliffe) 4:14:01

3. Drew Cairncross (Bulli) 4:16:30

**Open Women**

1. Alicia Marriott (City of Perth) 3.22.33 2

2. Elizabeth Pluimers (Northcliffe)

3.23.22

3. Hayley Bateup (Kurrawa) 3.23.43

**Masters**

**30-39**

1. Benjamin Hewitt (Claremont) 04:51:09

2. Mark Stewart (City of Perth) 05:04:03

3. Jason Foye (North Wollongong)

05:10:22

**40+**

1. Gavin Hill (Northcliffe) 04:57:20

2. Matthew Braban (Hervey Bay) 04:57:49

3. Ian Rowling (Gold Coast) 04:59:41

**U 19**

1. Jacob Lollback (Yamba) 3.12.49

2. Cameron Gordon (Northcliffe) 3.18.04

3. John-Patrick McCarthy (Bronte) 3.19.33

**Teams**

**Women**

1. Sunshine Coasters 04:52:04

2. North Burleigh A 04:54:28

3. North Burleigh B 04:55:56

**Men/Mixed**

1. Burleigh Heads 04:05:05

2. Freshwater SLSC 04:08:00

3. Cronulla 04:13:59

**2008 October 19**

**Open Men**

1 Caine Eckstein 04:14:15

2 Tim Peach 04:16:44

3 Nathan Smith 04:17:18

**Open Women**

1 Hayley Bateup 03:18:45

2 Courtney Hancock 03:25:56

3 Alyce Bennett 03:26:58

**Masters**

**30-39**

1 Shane Whittaker 04:55:51

2 Benjamin Hewitt 04:59:18

3 Shane Dowel 05:02:10

**40+**

1 Greg Mickle 04:46:22

2 Jeff Lemarseny 04:55:37

3 Michael Waide 04:59:58

**Women**

**30+**

1 Ruth Highman 03:50:32

2 Nadine Derriman 03:56:17

3 Melinda Pelly 03:58:57

**U19**

1 Hayden White 03:11:47

2 Kendrick Louis 03:11:56

3 Ben Hepburn 03:12:04

**Teams**

**Women**

1 Brea Bailey K Bowlay B Lee P Cooper 05:00:25

2 K Lowe A Miller R Crerar B Miller

05:01:17

3 R Clarke A Clarke G Butt L Leeson

05:04:32

**Men/Mixed**

1T Jacobs J Nolan G Coates D Deagan 04:14:48

2 J Stewart R Lysaught T Trembath N Mcubbery 04:16:33

3 D Sloss N Cuthbert S Hamilton S

Madden 04:17:16

**2009 October 18**

**Open Men**

1 Caine Eckstein 4:00.51

2 Dean Mercer 4:05.04

3 Nathan Smith 4:08.35

**Open Women**

1 Alicia Marriott 3:15.39

2 Hayley Bateup 3:16.05

3 Courtney Hancock 3:18.50

**Masters 30-39**

1 Mark Norris 4:29.32

2 Brent McKinnon 4:40.12

3 Luke O’Garey 4:45.35

**Masters 40+**

1 Jeff Lemarseny 4:45.01

2 Scott Sewell 4:50.39

3 Darren Schott 4:53.11

Women 30+

1 Melinda Pelly 3:43.53

2 Tiarne Smith 3:45.28

3 Kylie Zikarsky 3:47.11

**U/19**

1 Alex Tibbits 3:03.22

2 Michael Booth 3:04.41

3 Joshua Brown 3:13.03

**Teams**

**Women**

1 Freshie 1 3:18.19

2 Maroochydore Swans 3:22.17

3 Rashinol 3:24.52

**Men/Mixed**

1 Freshie Gold 3:56.54

2 Kurrawa A 4:00.01

3 Manly 4:03.

**2010**

**Open Men**

1 Caine Eckstein 4:11.41

2 Cory Hill 4:27.12

3 Josh Minogue 4:28.35

**Masters Men 30-39**

1 Brent McKinnon 5:06.19

2 Benjamin Hewitt 5:13.40

3 Stephen Kernutt 5:30.11

**Masters 40 plus**

1 Paul Lemmon 4:57.01

2 Shane Whittaker 4:59.40

3 Jeff Lemarseny 5:11.56

**Under 19 Men**

1 Riley McGregor 3:01.55

2 Nick Anderson 3:03.34

3 Tanyn Lyndon 3:05.30

**Open Women**

1 Alicia Marriott 3:21.30

2 Courtney Hancock 3:24.45

3 Elizabeth Pluimers 3:25.15

**Masters Women 30 plus**

1 Melinda Pelly 4:06.32

2 Kylie Zikarsky 4:13.34

3 Tiarne Smith 4:18.05

**Open Teams**

1 Freshie Gold 4:23.56

2 Grange 4:30.59

3 Queenewroy 4:31.45

**Under 19 men’s Teams**

1 Currumbin Vikings Green 4:46.55

2 The Lads 4:52.20

Currumbin Vikings White 4:56.48

**Open Women’s**

1 Freshie Fighter Chicks 3:29.10

2 Team Kozi 3:33.16

3 Mighty Millers 3:49.43

**Under 19 women**

1 Mbar 3:30.44

Burleighbudgera 3:40.17

Freshie Girls 3:40.17

**2011**

**Open**

**Men**

1 Caine Eckstein (4:15.26)

2 Nathan Smith (4:22.48)

3 Alex Tibbits (4:24.04)

**Masters 40-49**

1 Shane Whittaker (5:08.52)

2 Scott Sewell (5:25.01)

3 David Whiteside (5:45.04)

**Masters 30-39**

1 Brent McKinnon (5:05.18)

2 Michael Jennett (5:26.32)

3 Michael Moran (5:27.05)

**Under 19**

1 Jake Nicholson (3:16.04)

2 Luke Cuff (3:24.05)

3 Samuel Bell (3:24.14)

**Open Teams**

1 Left Overs (4:20.48)

2 Surfers Old/New Boys (4:27.26)

3 Collaroy (4:29.28)

**Under 19 Teams**

1 Maroochydore Try Hards (4:39.56)

2 Team South (4:44.50)

3 Wacky Tube Men (4:59.10)

**Women**

**Open**

1 Courtney Hancock (3:20.42)

2 Elizabeth Pluimers (3:21.32)

3 Hayley Bateup (3:23.06)

**Masters 40-49**

1 Tracy Ann Apthorpe (4:52.23)

2 Kimberley Flemming (4:55.37)

3 Julie Cummings (5:15.24)

**Masters 30-39**

1 Tiarne Smith (3:34.11)

2 Michelle Kent (3:37.10)

3 Paula Stone (3:56.11)

**Under 19**

1 Teisha Jenkins \*

2 Kate Walker (3:58.24)

3 Brooke Eacott (4:02.59)

**Under 19 Teams**

1 Maroochydore Cygnets (3:39.23)

2 Team Sharkbait (3:44.51)

3 Ripper Nth Burleigh Nipper (3:48.31)

**Mixed**

1 Ripped & Immature (4:50.55)

2 Three-and-a-half-Men (5:03.44)

3 Petersen Proteges (5:17.14)

* Lost timing chip

**2012**

**Long Course**

**Open**

**Men**

1 Ali Day (3:47.25)

2 Alex Tibbits (3:52.33)

3 Josh Minogue (3:54.33)

**Masters 30-39**

1 Ben Marshall (4:20.07)

2 Brent McKinnon (4:21.23)

3 Luke O’Garey (4:22.03)

**Masters 40-49**

1 Paul Patrick (4:33.02)

2 Craig Burke (4:33.36)

3 Carl Greenhalgh (4:37.03)

**Short Course**

**Men**

**Open**

1 Jake Little (3:21.06)

2 Scott Sewell (3:37.37)

3 Jake Walsh (3:41.10)

**Under 19**

1 Max Brooks (3:08.09)

2 Lachlan O’Grady (3:14.00)

3 Benjamin Zuill (3.15.00)

**Masters 50 plus**

1 Kim Harker (3:28.35)

2 Glen Lawrence (3:31.46)

3 Ian Wright (3:38.54)

**Women**

**Open**

1 Brodie Moir (2:28.13)

2 Courtney Hancock (2:58.51)

3 Bonnie Hancock (3:01.33)

**Masters 40 plus**

1 Heli Murray (3:52.28)

2 Kimberley Flemming (4:17.12)

3 Kym O’Halloran (4:23.42)

**Under 19**

1 Alyssa Bull (3:28.06)

2 Olivia Hall (3:27.23)

3 Brooke Neumann (3:38.31)

**2013**

**Long Course**

**Open**

**Men**

1 Ali Day (3:54.40)

2 Nathan Smith (4:01.13)

3 Josh Minogue (4:01.37)

**Masters 30-39**

1 Brent McKinnon

2 Tim Jennett

3 Boyd Conrick

**Masters 40-49 years**

1 Ashley Massie (4:40.27)

2 Glenn Clatworthy (4:42.51)

3 Dean Hyland (4:43.29)

**Men’s Relay**

1 The Z Chills

2 Redhead (3:58.41)

3 Pair of Fives (3:58.50)

**Mixed Relay**

1 Three Men And A Lady

2 Delta 6 (4:30.59)

3 Coffs Force (4:34.03)

**Women**

1 Elizabeth Pluimers (4:19.39)

2 Brodie Moir (4:27.07)

3 Courtney Hancock (4:28.27)

**Short Course (31.36km)**

**Men**

**Open**

1 Kendrick Louis (3:11.21)

2 Pierce Leonard (3:14.33)

3 Bradley Doughan (3:57.54)

**Under 19**

1 Lindsey Lawry (3:15.54)

2 Max Brooks (3:17.22)

3 Alex Wright (3:17.56)

**Masters Over 50**

1 Glen Lawrence (3:44.20)

2 Kim Harker (3:48.54)

3 David O’Grady (4:01.21)

**Under 19 Relay**

1 Sloppy and Fat Whale (3:20.49)

2 Fat Whale Fins (3:21.55)

3 Alex Black ((3:23.12)

**Mixed Under 19 Relay**

1 Team Elouera (3:35.42)

2 Choose Life (3:50.37)

**Open**

**Women**

1 Alyssa Bull (3:32.02)

2 Jess Suriano (3:35.45)

3 Olivia Hall (3:47.54)

**Under 19**

1 Peggy Harris (3:44.09)

2 Georgina McDermott (3:45.16)

3 Karlee Nurthen (3:48.07)

**Masters 30-39**

1 Tamiel Benjamin (4:14.03)

2 Paula Stone (4:19.45)

3 Fiona day (5:17.37)

**Masters 40-49**

1 Kylie Zikarsky (4:05.29)

2 Heli Murray (4:10.44)

3 Jodi Kappler (4:51.38)

**Teams Relay**

1 Maroochydore Swans (3:28.29)

2 Team Kozii (3:34.21)

3 AMPD (3:34.54)