

AUSTRALIA AND NEW ZEALAND

SA MURRAY MAN

November 2014

Often a tester for some of the iron-distance events that follow, Murray Man has so much personality that it deserves its place as a stand-out event in its own right. It can get hot out in Barmera in November, and the winds bite, but if you're up for the challenge the bike around Lake Bonney is exceptional. It's one of the toughest races on which to test yourself, and the organisation is as athlete friendly as they come. The 2km swim, 80km bike and 20km run can feel longer, but that's its charm. murrayman.com.au



QLD CANNINGTON DIRT N DUST

April 2015

A race in the Aussie spirit of rolling up sleeves and getting your hands, and pretty much everything else, dirty. An 800m swim through the Eastern Creek feels longer due to the mud and currents; the 25km bike along Flinders Highway hurts too. All this before a 5km run is rewarded upon arrival in Julia Creek, where a Triathlon Festival is in full swing – including bull riding and bog snorkelling if you're game. The welcome is warm and the beer is cold. dirtndust.com/triathlon



QLD IRONMAN CAIRNS

June 2014

Bike legs don't come much better than that on offer in Cairns. The course stretches from the edge of the iconic Great Barrier Reef to World Heritage Listed rainforest, taking in the scenic coastline from Cairns to Port Douglas before a run along the boardwalk into town. It's simply a pleasure – lactic acid notwithstanding. Forty world championship qualifying spots are on offer for those to whom that matters, but for the rest of us who take a little longer to drag ourselves to the finisher's chute the journey is enhanced by a setting known all around the world for its natural beauty.

ironman.com



NSW BYRON BAY TRIATHLON

May 2015

Triathletes from Sydney and Brisbane flock to Byron in huge numbers, but such is the convivial atmosphere and opportunity to tag on a long weekend break (or more) with the family that it's worth the effort wherever your starting point. The organisers know how to put on an event – almost two decades' practice sees to that – and though conditions can be slightly challenging (especially if surf's up) there are few Olympic-distance races that can hold a candle to this one. An insanely popular race for good reason. byronbaytri.com.au



QLD NOOSA TRIATHLON

November 2014

An institution on these shores and beyond, Noosa can lay claim to being the beating heart of Australian triathlon. The five-day festival has grown since its origin back in 1983, and if you love your multisport you need to make a pilgrimage at least once. The sheltered 10km canal swim, gently undulating 40km bike ride and flat-as-a-pancake 10km run makes for fast times too. But it's as much about the festival and celebration of all things multisport as it is about PBs here.

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