

Date	Details	Distances
29th August 2009	Airlie Beach Triathlon www.whitsundaytriclub.com	750 / 20 / 5
20th Sept. 2009	XC Duathlon and Trail Run www.tailwindpromotions.com.au	12klm run, 30 klm bike
20th Sept. 2009	Triathlon Pink - Sunshine Coast www.triathlonpink.com.au	300 / 9 / 3 or 200 / 6 / 2
4th Oct. 2009	Cannibal Half Ironman - Gold Coast www.usmevents.com.au	1.9 / 90 / 21 or 1 / 33 / 7
14th Oct. 2009	The Straddie Salute - off road triathlon www.weekendwarriorevents.com	600 / 18 / 9
17th Oct. 2009	Triathlon Pink - Gold Coast www.triathlonpink.com.au	300 / 9 / 3 or 200 / 6 / 2
18th Oct. 2009	Gatorade Qld Tri Series - Race 1 www.usmevents.com.au	400 / 15 / 4 or 200 / 5 / 2
1st Nov. 2009	Noosa Triathlon Festival www.usmevents.com.au	1.5 / 40 / 10
15th Nov. 2009	Gatorade Qld Tri Series - Race 2 www.usmevents.com.au	400 / 15 / 4 or 200 / 5 / 2
13th Dec. 2009	Gatorade Qld Tri Series - Race 3 www.usmevents.com.au	750 / 20 / 5 or 300 / 10 / 2.5