



Press Release

2008 Coast to Kosci Ultramarathon

Organisers excited at champ's return



North Parramatta's Doctor Tim Cochrane is a man who likes to set high goals...the highest in Australia.

That's where Tim intends to run, and he hopes that for the second year in a row, he'll do it faster than anyone else.

The event is the 246km Coast to Kosciuszko ultramarathon, which starts at Boydtown Beach, near Eden, on December 12, and winds its way to the Strzelecki monument which sits atop Mt Kosciuszko, at 2,228m above sea level - before finishing 9km later at Charlotte Pass - the closest that public vehicles can get to the summit.

Last year Tim slashed more than 4 hours off the race record, finishing in 27 hours, 46 minutes and 37 seconds.

Asked what motivated him to return to a race that will leave all finishers, from first place to last, in agony for days afterwards, Tim quipped "it's the only place in the world where you can run to the top of a continent from the beach in a day I reckon...well, a day and a bit".

...and it's that bit that niggles at Tim. Asked what time he'd like to run, he replied that "the psychological barrier is 24 hours. I think that's possible if I was in peak form and had a good day, but I don't think I'll be chasing that time this year. You never know, but I doubt it".

However, Tim won't have it all his own way with the field growing in size and quality each year the event has been held since its inception in 2004. Organisers have just confirmed the entry of Jo Blake, a teammate of Tim's in the recent 100k World Challenge in Italy, and a man who holds a personal best 3 minutes quicker than Tim at that distance.

"Jo will certainly take the race up to Tim. John Mergler is also a contender at the front end of the field." says race director Paul Every. Sydney triathlete John Mergler is vastly experienced in a range of endurance sports with number Hawaii Ironman triathlon finishes to his credit.

Every is excited to have attracted so many of Australia's best ultramarathon runners to this event, with the women's field also hosting some talent in the form of Kerrie Bremnar, who Every believes is very capable of setting a new womens' benchmark.

"Kerrie has had an outstanding year at the 100 km distance, winning the Australian championship and leading home the Australian women in Italy. She will need to draw on the experience of her support crew which includes last year's runner-up, Martin Fryer, to have a chance at overhauling the women's course record holder Allison Lilley".

For more information about the race, visit the website at <http://www.coast2kosci.com> or send an email to enquiries@coast2kosci.com.