



# Coast to Kosciuszko Ultramarathon 2009

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Leading runners return to race the Coast to Kosciuszko Ultramarathon.

Defending Coast to Kosciuszko Ultramarathon champion Tim Cochrane and 2008 runner-up Jo Blake, will return to do battle in Australia's premier ultramarathon race, commencing on Friday 11 December.

The epic 240 kilometre event will lead runners from Boydtown Beach on the NSW south coast, to the summit of Australia's highest peak, before descending to the finish line at Charlotte Pass.

Cochrane established the course record of 27 hours and 46 minutes in 2007, and he and Blake have the ability to push each other to higher standards this year.

Tim, a 29 year old paediatrician at Sydney's Westmead Children's Hospital, possesses a softly spoken demeanor which belies his authoritative, front-running racing style. For the past two years, Tim has won the race with the bold approach of setting off quickly, dictating an immediate challenge to all other competitors.

Last year's Coast to Kosci saw Tim establish a lead of over two hours midway through the race, as runners traversed the rolling farmlands of the Monaro Plains. However, robust running from Jo over the final 60 kilometres, whittled Tim's lead to less than 20 minutes, as the runners were punished by an incessant storm with winds exceeding 100 kilometres per hour.

Jo returns to the Coast to Kosciuszko Ultramarathon with a silver medal from the 2009 Commonwealth 24 Hour Championships, staged in England in September. His 249 kilometre performance at the Commonwealth Champs indicates the 44 year old has improved significantly over the longer distances and is displaying imposing form.

Jo's ambitions extend beyond a fast run to the top of Australia. He also wishes to be finished, showered and kicking back at the Lake Jindabyne Hotel Motel before closing time, to share a few post-race beers with some of the other faster athletes.

Many of his fellow runners won't share that luxury. While Jo is nursing both his bruised feet and a beer on the Saturday evening, others will be running into their second night on the path to Kosciuszko, eager to finish inside the race's 46 hour cut off.

For more information on Coast to Kosciuszko Ultramarathon 2009 go to [www.coast2kosci.com](http://www.coast2kosci.com) or contact [racedirector@coast2kosci.com](mailto:racedirector@coast2kosci.com)