



## INCREDIBLE RACE

### The sleepless run from Coast to Kosciusko

By Sarah Chenhall

An incredible 48 hour event occurs on the outskirts of Eden at this time each year and few residents know about it.

It is the Coast to Kosci Ultramarathon and it attracts only the most committed and hardened of endurance runners.

Sleep is forsaken as they tackle a 246 kilometre climb from sea level to 2229 metres at the top of the mountain. Joining them is a support team of two or three who provide sustenance and company along the way.

The support team traveled by car or pushbike and sometimes offered a steadying arm.

The competitors eat on the run, through light, dark, rain and sun.

Tim Cochrane of North Parramatta, claimed first place again this year, completing the race in 27 hours, 19 minutes and 18 seconds and cutting about 27 minutes off his 2007 time.

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

This year the race was finished at Charlottes Pass, about 18 kilometres short of the usual finish line because of a blizzard so fierce a woman who was coming third was blown clean off her blistered feet.

The race began at Nullica at 5.30am on Friday December 12.

This year Lisa Spink, sister of Eden's Mark Spink, finished second in the women's competition and 12th overall.

Their mother Sue, an Eden resident, was also there on the road, walking with Lisa during the last 40 kilometre leg to the summit in 50 knot winds and horizontal sleet.

Mark said 32 year old Lisa and her best mate Peta Parker (who co-supported with Mr Spink) were among the fittest people he'd ever met, training between 130 and 170 kilometres a week.

"It blew my mind," the A Grade cricket captain and rugby league coach said.

"They just kept goin', they just kept on goin'."

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## In training for their biggest challenge

Three Eden swimmers are clocking up to 600 laps each in the pool in a bid to stay competitive on the swimming circuit.

Sally Williams, Hannah Galloway and Justin Galloway competed at the Canberra Christmas Classic last weekend and collectively smashed 26 of their own swimming records.

The girls also qualified for the state championships held in January 2009.

Sally Williams, who turns 12 on Tuesday, has qualified for 100 and 200 metre butterfly and Hannah Galloway (aged 12) qualified for the 50 metre freestyle.

Hannah's brother Justin Galloway (aged 14) had outstanding performances at the Canberra swimming meet with personal bests in all of his eight races.

Sally's swim in the 100 metre butterfly broke a record which had stood for two years at the Canberra Amateur Swimming Club.

She did the demanding challenge in one minute 18.66 seconds to beat the record of one minute 19.08 seconds held by Canberra swimmer Stephanie Wise.

"When you beat a meet record at a meet like that it's just outstanding," swim

coach John Pelling said.

Each race the three competed in had up to 50 competitors and five or six heats, from city and country clubs in New South Wales and the Australian Capital Territory.

"They're good kids," Mr Pelling said.

"Justin is working his way up the pecking order and the girls are really showing potential."

The last Eden Swimming Club members to reach this level were Erin Ranyard and Aaron Macnamarra in 2005.

The swim club trains two early mornings and five afternoons a week.

"The better they get, the harder they have to train," John's wife Anne said.

At the Canberra meet, Sally won two gold, and a bronze medal and qualified for the state championships in 12 year 100 and 200 metre butterfly.

She also came seventh competing against girls up to five years older than her, in the open 200 meter open.

She also bought home two firsts, a third and a fourth for other events.

Hannah qualified for the 12 years 50 metre freestyle and won three fifths, one sixth, one seventh, four eighths - all personal bests.



• Sally Williams (11), Hannah Galloway (12) and Justin Galloway (14) at Eden Pool on Monday afternoon.

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