



# Coast to Kosci ultra marathon 2009

Steve Bennett



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A photographer from Sydney, Steve was privileged to follow the 2009 Coast to Kosci ultra marathon.

The photograph above is a self-portrait while he was sheltering from winds on Mt Kosciuszko summit.

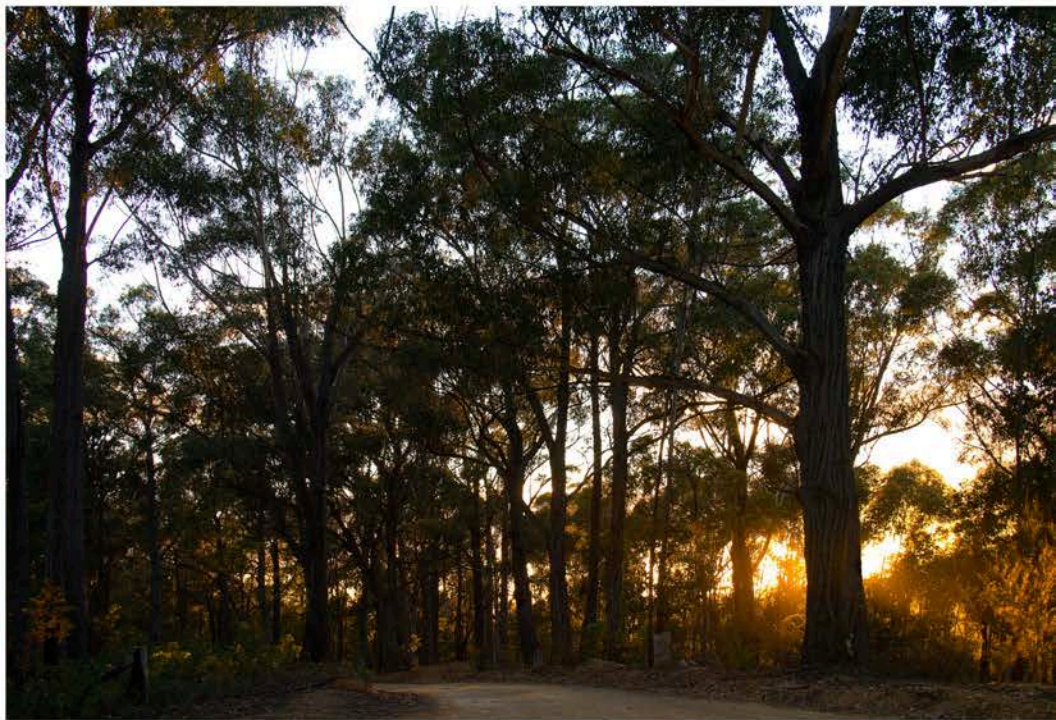
This album is his tribute to the elite athletes and their support crew who embarked on this remarkable journey.

# Coast to Kosci 2009

The Coast to Kosci starts on Boydtown Beach, near Eden, then passes through forests and rolling farmland of the Monaro Plains till reaching alpine slopes of the Snowy Mountains. The highest point in mainland Australia is scaled at 2,228 metres on Mt Kosciuszko, but there isn't much time to savour the moment as there is another 9 kilometres remaining to get to the finish at Charlotte Pass. This year second and third positions changed on the lap of honour. The total distance covered is 240 kilometres.

In the third year since it has been officially recognised, 27 starters lined up at 5:30 am on Friday, December 11, 2009. Jo Blake smashed more than an hour and a half off the 2007 record with a time of 26 hours 1 minute and 40 seconds. Newcomer Pam Muston took half an hour off the women's record. There were seven women amongst the 24 finishers within the 46 hour limit. Paul Every and Diane Weaver are the tireless organisers of this epic event. Paul completed the inaugural run in 2004 in 39 hours 27 minutes with Jan Herrmann. Jan has the most finishes with five. Allison Lilley with three, has the most finishes for a woman.

Wayne Gregory, Kevin Heaton, Rodney Ladyman and Jane Trumper were the four qualifiers for the Australian ultra running Grand Slam 2009 by completing the Glasshouse 160 km, Great Ocean Walk 191 km, Great North Walk 175 km, and the Coast to Kosciuszko 240 km in the same year.











































Coast to Kosciuszko Ultra Marathon

Inner TEAM  
Coast to  
Kosci





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