

"I really appreciate your coaching me for the 2007 PBP. I have attached the results of the Australians and as you can see I finished equal 17th (and equal 7th of the Victorians), out of 120 starters. Also I finished 1096 out of 5500 starters in total. This may not be very impressive but I am 58 years old and one of the older Australians competing, and have limited time for training as I need to spend time with my family and work.

The result was 9 hours faster and 4 years later than my previous ride (2003) and despite the terrible conditions on this years ride. The only significant difference that can explain my improvement was your training over the previous 18 months, so thank you again."

- Rus Hamilton (2 x PBP Cyclist - 2003/2007)