

Prerace:

As with a few others, didnt quite know what to expect with a good cross country season but a serious lack of long runs in the legs courtesy of niggly injuries & colds. Previous PB of 2.38 in my first marathon in 2002 & 2 subsequent dismal blow ups trying to beat that had me very respectful of the distance. Plan was 76min through half way and try not to get influenced by others expectations! Took some great advice from Thumper (Andre LaGerche) to expend minimal energy in the first half & avoid any significant changes in pace.

Dare I say it but being part of Team Vic was a real bonus. It was a bit of a buzz to have the Vic uniform but realised it came with a big target on the back! The major bonus was getting to use the elite facilities at the G that being our own room with ample toilets, showers, massage, water, food, chaperone straight to the front of the start line & even someone to take our clothes just prior to race start.

Race:

Loved the start. Perfect conditions & a great pack to start with ticking over at around 3.33 pace. Plan was 3.36s but opted to stay with the group for a while to see what happened. Was very thankful to have the Garmin giving me km splits as the km markers were all over the shop!

At about 3-4k, watched Smoothy move away with the big guns & opted to sit back with a smaller group. By about 8km opted to let this group go as the kms were continuing to tick over too quickly & I was starting to neglect my prerace plan. That left me alone but allowed me to tick over at 3.36s as planned.

Felt great until about 20k when the legs started to tire a little & the stomach started to feel a little upset. I was very happy to have my brother on a bike & I sent him up the road to spot a well placed toilet stop. Passed through the half way mark (which I nearly missed because there were so many MMMs surrounding it looking at their watches & relaying splits to goodness knows who!). Time said 75.18 but Garmin said not even 21km yet & so I took my half split a little later at about 75.48 perfect but wish I felt better!

Sometime after 22k my brother found a well placed loo & I tore in there! Bloody thing seemed to be awfully low but fortunately it wasnt 36k at that point. Managed to be in & out in about 15sec I think as the km split was 3.55 one of best parts of my run! Came out to find Thorny about to run past with 2 others so jumped in happy to have some company again.

The rest of the run was a very topsy turvy affair. There were times where we both felt great & others where we thought we were gone. The MMM support was instrumental in keeping me going as was that strong instinct that hates to see Thorny pull away from me! We sat on Michael McIntyre (age 50+) towards 30k before he blew us away amazing & gives us all hope for many years to come!

I headed into the last 10k full of dread as I had slowed dramatically in all my previous marathons at that point. Still the km splits were consistently 3.40ish & a sub 40min 10k would get me in under the goal of 2.35. We passed Smoothy at about 39k & I was truly amazed to see how fast he was still going given that PM had informed us he was walking earlier tremendous guts to get going again at that pace.

Soon after we hit the half marathon traffic which required plenty of dodging & may have helped to take the mind off the pain. At the 41km mark I decided the legs were going to make it & I got a sniff for sub 2.33. The slightly downhill finish towards the G was very welcome & I set off after that time. The Garmin gave me a final 203m split of 32secs round the G I very much enjoyed that part & was rapt to see the clock at 2.32.43 as I crossed the line and ahead of Thorny!

Now with some marathon confidence, bring on 2010 & similar conditions, hopefully for a crack at sub 2.30 along with Thorny & Smoothy & anyone else inspired by yesterdays events. Thanks again so much for all of the support out on course hard to explain how much it is appreciated when things get tough.

For those interested, below are my Garmin km splits. Total distance measured 42.203km how did it get those 8 metres wrong!!

3.36
3.30
3.32
3.30
3.35 (17.44) 5k
3.33
3.28
3.34
3.36
3.36 (17.48, 35.32) 10k
3.36
3.34
3.37
3.40
3.32 (18.01, 53.33) 15k
3.40
3.39
3.36
3.34
3.41 (18.13, 1.11.46) 20k
3.39 (half way approx 75.48)
3.38
3.55 (incl pitstop!)
3.36
3.35 (18.28, 1.30.12) 25k
3.32
3.35

3.36

3.39

Not Peer Reviewed

3.39 (18.03, 1.48.15) 30k

3.40

3.39

3.38

3.41

3.39 (18.20, 2.06.35) 35k

3.40

3.48

3.40

3.42

3.40 (18.32, 2.25.07) 40k

3.40

3.23

0.32 (2.32.43) (2nd half 76.55)