

Melbourne Marathon 2014

David “Duff” Hartley – first donning of the legendary MMM singlet

Months leading into:

Plan was to give sub 3 hours a go after running a PB of 3:07 in the 2013 Melbourne Marathon.

I knew that a fair way out from October that the 3 hour barrier may be too optimistic with my left calf feeling sore for most of that time (complaining incessantly about it to family, friends and anyone who wanted to / didn't want to listen didn't seem to make it better). I wasn't on the track as much as I would have liked due to not wanting to aggravate the calf with extra training. The lack of running combined with my usual double handed approach to eating (and drinking) pushed my weight up to 86 kgs whereas the year before I was a stick figure in comparison at around 80 kgs.

My first official Miler event was a 2 km trial at the start of July. Looking at some of the A group going around, I all of a sudden felt very comfortable settling in with the B's. I made some other Tuesday / Thursday runs sporadically over the next couple of months and was happy with the Miler Tan time trial in September where I clocked 14:05.

My only 30+ km lead up run to the Marathon was three weeks out when I tagged along with **Hally** from Eaglemont. The run was tough and enjoyable and I pulled up OK, only to strain my troublesome calf again later in the week. Some newly acquired Magnesium cream and the Rumble Roller helped with the injury although confidence was low in the lead up and I considered pulling the pin on the mission.

The next weekend involved a huge amount of carb loading i.e. beering up at the G as my beloved Hawks went back to back. The last weekend before the Marathon was an invite of free food and grog in the committee room at Flemington for Turnbull Stakes day (although obviously concerned about the adverse impact of another bender prior to the Marathon, I clearly had no choice but to accept). That weekend was another write off, so, you could say that I was well rested for Marathon day.

Mr Motivator had me down for 3:04 and my internal monologue thought that time was probably spot on – I would be happy / settle for a PB, something around the 3:05 mark. With the high temperature forecasted, my wish was that I could get the job done before the mercury rose too much!

Race Day

The start

Arrived at the start line a few minutes before kick-off time to find plenty of Miler red singlets all gathered around **House** in the 3 hour group. Some final good luck messages were spoken and then it's show time; the gun blasts off! The initial pandemonium passes and it feels a lot more congested and busier than the year before. I get clipped a couple of times by other runners and do not find any rhythm in the early stages.

3KM mark

At the back of the 3 hour group, still jostling for position and not keeping up comfortably. I am sweating too much, feel hot, and my breathing is unsteady (signs could be better). **GG** cruises past looking as fresh as a daisy and has a quick chat about expected finishing times. I know already that sub 3 hours is not in the picture although keep on fighting to stay with the group. As predicted, the warmer conditions are making it harder to feel settled and comfortable running 4:10's.

7KM mark

Great to arrive at the first Miler support crew checkpoint with thunderous applause as Anna, James Chiriano's partner, hands over the first of five sauce bottles filled with Powerade. I gulp it down quickly and see that I am behind the 3 hour group by a few hundred metres and losing ground steadily.

14-15 KM mark

Drink stop number 2 and I have felt better. The Miler Support crew are amazing with their calls that I am doing great. My lack of preparation, however, is going to mean a slow, painful slog to the finish line. I have been running at around 4:20's since before the 10km mark and finding the pace difficult to maintain.

18-21 KM mark

Rafa catches me around the **18km** mark and notices that I am struggling. He offers some advice for me to get some rhythm back and be consistent and it helps me to relax. We pass the half way point together in **1:32** and load up at pit stop #3. I smash down a banana – that I found incredibly difficult to do whilst running 4:20's - and some more Powerade. I remember catching up to Rafa again to say that I will try and stick with him a bit longer although, shortly after, I fall back to 4:30's - 4:40's and he had moved on.

28 KM mark

The focus now was to take it checkpoint to checkpoint and I am so thankful that the support crew waited for me – it's all relative although I felt that I was going very slow and not in a state to do much about it. **Simo** shouts encouragement that I am looking great. I don't believe him and say so as he rides off.

With a PB out of the equation I am not surprisingly finding 4:40's pace much easier and have been in 'relaxation mode' for about 5 kms and starting to gather a bit more composure. I tell myself that there is only just over an hour to go and grit my teeth and march on.

35 KM mark

The last Miler support crew checkpoint on St Kilda Rd. The sauce bottle had a leak, so the Powerade bottle had to suffice. I had dropped to 4:50's by this stage but the end was nigh and finally was starting to enjoy the run (it's taken a while).

I saw **Racer** walking amongst the madness of when the half marathon runners converge around the Art Centre and yell out to keep going. Not long after the road up Linlithgow Avenue approaches and I am happy to keep under 5 minute kms on this stretch as I turn the corner and head for home. I see **XMAS** and any pain I am feeling pales in comparison as I later find out he is having some nasty hamstring issues.

The final stretch is in my sights and I turn on the accelerator for the last km sprint that was right on 4 km pace (if only I could do that for the other 41kms!) and cross the line in 3:13.

Not my best although happy that I hung in there through some adversity along the way on a warm Melbourne morning.

Great to see all the Milers at the finish line sharing the war stories of the run. Some amazing efforts from all the guys that ran sub 3 and sub 2:50. It's a great bunch to be involved in and I can only aspire to be as good as some of the 'real' runners one day soon. A few refreshments at the Precinct later on to chat and meet with all the Milers was a great way to close the book on MM 2014.

Thanks again so much to all the support crew especially Simo, Anna and James Chiriano who helped so much on the day with helping me stay focused along the way.







The mantra will be: more training, less eating and drinking to one day make sub 3 hours a reality... In Melbourne 2015?

Individual Result - Windows Internet Explorer


http://www.multisportaustralia.com.au/Home/IndividualResult?clientId=1&raceId=1115&eventId=1&

DAVID HARTLEY #690 **STATUS - FINISHED**


Gender: Male Team: Suburb/Town: Eaglemont
 Division: 40-44 Country: Australia

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  My Pictures |
  Compare |
  Add to Compare

OFFICIAL TIME

	Overall Rank	Category Rank	Gender Rank
 03:13:40	473 from 6441 finishers	81 from 780 finishers	437 from 4462 finishers

NET TIME

	Overall Rank	Category Rank	Gender Rank
 03:13:29	477	81	441

HIDE SPLITS

LOCATION	SPLIT			ACCUMULATIVE			
	TIME	DISTANCE	SPEED/PACE	RACE TIME	OVERALL	DIVISION	GENDER
10k	00:42:54	10.0km	13.99 / 4:17	00:43:05	450	79	419
20k	00:34:44	7.8km	13.47 / 4:27	01:17:49	516	89	482
30k	00:56:49	12.2km	12.88 / 4:39	02:14:39	553	96	520
40k	00:49:10	10.0km	12.20 / 4:55	03:03:50	503	87	465
42k	00:09:50	2.2km	13.42 / 4:28	03:13:40	473	81	437

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