

David (Duff) Hartley: Melbourne Marathon 2015



Preamble

My 'love' for the Marathon started in 2009 when I registered for Melbourne with minimal training, ran with headphones, a bonds T shirt and a crusty old pair of runners that had survived since high school days. I finished the Marathon in 3:45 and have run the Melbourne Marathon every year since, gradually whittling away times towards the magical 3 hour barrier.

I first experienced running as a Midday Miler at Melbourne Marathon 2014, finishing in 3:13. I was amazed at how fast all the Milers were and remember seeing **Peely, Stods, 700, Obama, Dave Alcock, Smurf** and **Rog** at the finish line and only dreaming that I could one day run a Marathon in 2:50 or less as these guys had.

My disappointing 2014 Marathon spurred me on to start getting more serious about running. Weighing 86kgs, I was simply 'too fat' to run a quick Marathon. I spoke to **Smurf** at the 2014 Miler Xmas Party about my ambition to run a sub 3 hour Marathon. He advised "You will be fine. A few months before the 2015 Melbourne Marathon, cut down on beer and food to lose weight and you will do it".

I signed up for Two Bays 56km in January 2015 with **Fitter, 700** and **Courts**, knowing that I needed to limit the grog intake over the Christmas season to run it. Whilst I didn't break any land / speed records with Two Bays, it definitely set me up for the year to come. I booked into other events knowing that if I had something to train for, then I would stop hoovering down meals and just eat what I needed.

In April I accepted a late call up to fill in for the Oxfam 100km trail run when the team Captain went down with an injury a week prior to the event. Although I hadn't specifically trained for Oxfam, I was already on the **Hally** Saturday morning Eaglemont Long Run bandwagon and was starting to get some kms into the legs. The weekend after Oxfam I set off on the Kokoda track - this was the real weight dropper - especially as the tour operator ran short on food! A couple of weeks after Kokoda, the Holy Trinity was complete when I ran the Great Ocean Road Marathon with **HoJu** and clocked my first sub 3 hours marathon in 2:58. By this time my weight had dropped to below 80 kgs and running times were dropping as well across all distances.

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The Bevo Stables

It has a great ring to it doesn't it? **JC**, the star pupil of **Bevo** was joined by **Bermuda, Fitter, Courts** and 'the author' at the end of July and **Metric** a couple of weeks later to form the Fabled **Bevo Stables**. I felt immensely privileged and 'not quite good enough' to be invited by **Bevo** and **JC** into the stables, although quickly pledged my loyalty to **Bevo** and the program that he designed for me.

The extra training had some side effects. Midway through the second week of the program, I succumbed to a hip flexor issue that required 4 days rest (as I could barely walk let alone run), however came back refreshed and ready to go again. The constant grind of running almost every day meant that some of the sessions that I ran were 'poor' as the accumulated fatigue had left nothing in the tank and I was always feeling sore. The few times that I did feel relatively fresh after a rest day or light session were more encouraging. It was a case of me choosing some sessions to focus on (See **Fitter's** race report) and have a crack at those and try to hang on in others without falling too far behind.

10kms and Half Marathon

The AV Albert Park 10km at the end of June was prior to officially joining the Stables. **Bevo** had said 36:30 was the goal that I should aim for. I ran 36:46. Not a disaster but not great either. The AV Burnley half at the start of September showed the results of **Bevo's** tuition after a solid training block. **Bevo** was looking for a sub 1:22 although to finish in 1:19 exceeded both of our expectations.

With the half completed, **Bevo** (and I) did start to think that a sub 2:50 Marathon was possible if the conditions were favourable on the day. The training was making my hips sore and I just wanted to get the job done and for Marathon day to arrive. Lunch dates had been postponed to after the Marathon and apart from drinking all day / night watching/ celebrating the Mighty Hawks threepeat, I had limited the food and alcohol intake enough to drop my weight to around 78 kgs.

Marathon week

The taper had arrived! Thank God. Was thrilled to finally chill out, book in for a deep tissue massage on my sore right hip and put the feet up. I was ecstatic that I no longer had to chase **Bermuda, Fitter** and **Courts** around (**JC** by this time had succumbed to injury and had pulled out of the Marathon). My body was tired and needed a rest so decided to not join **Hally** and **Obama** for a final early morning training run on the infamous Birdwood Avenue uphill part of the Marathon course. **Bevo** had not sanctioned the run and my thinking was that less would be more although I had a nagging suspicion that I may later regret not running it.

The drinks for the support crew were handed over to **JC** at the European Bier Café on Friday to pass onto my man **Lurch** for distribution on the course. Friday afternoon came and after all the hard work was finished, the most awesome and motivational e-mail arrived from **SuperCoach Bevo** that had me ready to run through brick walls to get to the start line.

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Race Day

My little sister's 30th birthday party the night before wasn't ideal preparation, however, I managed to get home before turning into a pumpkin at midnight and had a good night's sleep. Was up before 5am and picked up **Courts** along the way; waiting with a smokin' hot cappuccino in hand to get the morning off to a great start. We parked at the MCG and made our way separately to the start line. I was lucky enough to obtain a preferred start due to my GORM run in May and maybe even luckier that within seconds of the Marathon starting I was able to release a chocolate hostage that would have weighed me down a bit on course. ☺

The gun goes off and I am at the start line with **HoJu** before he speeds off. For the first 7 kms I run solo slightly ahead of the 2:50 pacing group. It's not exactly a jog, although am feeling comfortable in the early stages.



The first handover drink from **Lurch** at the **7km mark** goes smoothly and I gulp down a Powerade pop top. **JC** is his usual bundle of happy energy and making plenty of noise with the support crew and encouraging all the Milers. I had a smile on the dial and picked up the pace at all of the drink handovers thanks to the amazing support.

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Bevo appears at the 10km mark applauding the Stables and other Milers through. I fall in line with the 2:50 group and join **Hally** and **Obama** for the first time. We travel down Fitzroy St and **Hally** tells me that this section on the way back around the 30km mark is where he has struggled to keep in touch with the **2:50 pacer** in previous Melbourne marathons. I make a mental note to hang onto **Dave the Pacer (DTP)** no matter what. **Lurch** hands over a water pop top and the first of three raspberry energy gels provided by **SuperCoach Bevo** at the **14 km mark**.



The next 15 kms are uneventful. **Bevo** makes another appearance near the Esplanade and advises to stay in the group for some protection from the wind. What **Bevo** says, Duff does. I'm not having too many issues and feeling comfortable with the pace and it's great to have **Hally** and **Obama** alongside the whole way.



The **21 km mark** passes and **Lurch** has the drinks handover transition working like a well-oiled machine and I gulp down another Powerade.

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We get to **30 kms** and I'm happy that **Hally** and I are still in touch with the 2:50 group. The half marathon runners converge on the Marathon Course and we head back up the hill and onto St Kilda Rd.

Only 1 or 2 kms later around the 32km mark, **Hally** says he is struggling to keep up and he falls behind. **Obama** is slightly ahead of **DTP** so I catch up to him and we run together for the next few kms. We start to move ahead of **DTP** at the **35km mark** and when the Garmin clocks a 3:39 min 36th km, **Obama** and I have created a gap on **the Pacer** and are starting to accelerate towards the finish line. Near the Arts Centre as we turn back towards the Tan someone from the crowd yells out "That guy looks like President Obama" which I find hilarious at the time although **Obama** is focused and means business at the business end of the Marathon.

Unfortunately my momentum from the 36th km very suddenly vanishes. At the last pit stop I take a gel and water from **Lurch** as we ascend Birdwood Avenue. **Obama** makes a break for it and I struggle to keep up. A 4:13 and 4:11 for the 37th and 38th kms respectively are my slowest km splits for the Marathon and **Obama** has opened up a 20 second gap on me as we turn the corner onto Domain Road. I didn't know it at the time although I had just been '**OBAMAered**'. A phenomena commonly felt by several Milers past, present and future on this section of the Marathon course.

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To make matters worse, **DTP** has caught me and for the first time I feel the pain. Birdwood Avenue has taken the wind out of my sails. At least the km splits return to sub 4 minutes as this section is slightly downhill. It is at these moments that **DTP** is really amazing and shouts "Come on Duff" at regular intervals and pumps up the crowd to provide more cheer.

At one stage I seem to be getting delirious and ask **DTP** whether I should "Go for it now" as if I need his permission to go faster (when clearly I can't) and the pain starts to bite. With not much more than a km to go I spot **HoJu** who looks like he is feeling more pain than me. I catch up and pass him as we near the MCG. Once inside the 'G', **HoJu** makes another mad dash for the finish line and although I really don't feel like going faster I push it for the last few hundred metres as we cross the line a few seconds apart. I catch a glimpse of **Fitter** in the home straight who



finishes about 20 seconds ahead with all three of us running 2:49. I am rapped, elated and overjoyed to be finished (in 69th position overall) and have an overwhelming need to hug people. **Fitter** is the first that I find to give a smelly bear hug to, then **HoJu**, **Bermuda**, **Obama** the list goes on as I'm all of a sudden very teary and emotional. Thank God it's done!

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Thank 'youz' & The Aftermath

Seeing the pure joy combined with agony on the Milers' faces for our own Melbourne Marathon is amazing. Although running a Marathon is a solo pursuit, it feels much more like a team event due to the countless hours training together with the Milers and pushing each other in sessions throughout the campaign to hopefully perform at or near your best on race day.

I can't thank **Bevo**, **Bermuda**, **Fitter**, **Courts**, **JC** and **Metric** enough for all their help and guidance throughout the campaign. **Bevo** is a natural coach and the programs that he designs are unique for each of his understudies in order to fit in with our often busy lifestyles (none more so than **Metric** who is forever jet-setting around the world on business).

To **Hally** and **Obama** for pacing me through the whole Marathon – just a privilege to run alongside these maestros. **Hally** again for sending through articles on nutrition and pre-race strategy (admittedly I only got around to reading it the night before the Marathon – left it a little late!) and to all the Milers for any advice provided along the way it is much appreciated. Finally, a big thank you to all the support crew on the day. Special thanks to **JC** for organising drinks for all the runners and **Lurch** for personally looking after me with water, gels and Powerade handovers along the course and plenty of encouragement to get me through. Bring on Melbourne Marathon 2016. Can't wait!



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Postscript: Back at work the day after the Marathon and there's a few colleagues that have been tracking my progress for the Marathon. Shouting out mature comments like 'dirty Dave 69th position' etc. So eventually get out for a morning coffee with my boss and hobbled down the steps in the usual Frankenstein post Marathon stiffness. Coffees are ordered and we decide not to get takeaway but to sit down and have a chat about the race. My boss starts laughing as the waiter hands over the table number for service. You guessed it... # 69!

Code Names:

Simon Bevege (Bevo) AKA SuperCoach
James Chiriano (JC),
Dave Alcock (Bermuda)
Adrian Hoel (Courts)
Nick Turner (Fitter)
Pamela Kearney Skaufel (Metric)
Rob Dalton (700)
Luke Peel (Peely),
Mark Stodden (Stods)
Anthony George (Obama)
Ewen Vowels (Smurf)
David Mellings (Rog)
Tony Hally (Hally) AKA Waterboy
Norval Hope (Lurch)
Nick Paine (HoJu)
Anthony Mithen (Mitho)
Tait Ovens (Dutchy)

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SUMMARY THE MEDIBANK MELBOURNE MARATHON 40-44 MALE COUNTRY NAME / BIB#: David HARTLEY

RESET

DAVID HARTLEY #919

STATUS - FINISHED

Gender: Male Team: Melbourne Midday Milers State: Victoria
 Division: 40-44

- Team Results
- Post to Facebook
- Post to Twitter
- Email My Results
- My Pictures
- My Video
- Compare
- Add to Compare

OFFICIAL TIME	Overall Rank	Category Rank	Gender Rank
02:49:35	69	11	64
	from 6054 finishers	from 760 finishers	from 4209 finishers

NET TIME	Overall Rank	Category Rank	Gender Rank
02:49:32	69	11	64
	HIDE SPLITS		

LOCATION	SPLIT			ACCUMULATIVE			
	TIME	DISTANCE	SPEED/PACE	RACE TIME	OVERALL	DIVISION	GENDER
5k	00:19:54	5.0km	15.08 / 3:59	00:19:54	120	20	109
10k	00:20:30	5.0km	14.63 / 4:06	00:40:25	136	23	125
15k	00:20:07	5.0km	14.91 / 4:01	01:00:32	146	23	133
20k	00:19:53	5.0km	15.09 / 3:59	01:20:25	135	21	124
25k	00:20:07	5.0km	14.91 / 4:01	01:40:32	122	21	115
30k	00:19:56	5.0km	15.05 / 3:59	02:00:29	111	19	104
35k	00:19:48	5.0km	15.15 / 3:58	02:20:18	90	12	84
40k	00:20:25	5.0km	14.69 / 4:05	02:40:44	80	11	75
42.2k	00:08:48	2.2km	15.00 / 3:60	02:49:32	69	11	64

Distance Time Calories Avg Pace:
42.7 2:49:32 3834 3:58 / km

KM Splits

1	3:56	11	3:58	21	4:01	31	3:58	41	4:00
2	3:53	12	3:55	22	4:01	32	3:57	42	3:57
3	3:58	13	4:00	23	3:59	33	3:55	738m	2:45
4	3:58	14	4:01	24	3:57	34	3:58		
5	4:02	15	3:53	25	3:59	35	3:56		
6	4:01	16	3:52	26	3:56	36	3:39		
7	4:00	17	3:56	27	3:54	37	4:13		
8	3:58	18	3:53	28	3:53	38	4:11		
9	4:02	19	3:58	29	3:56	39	3:56		
10	4:00	20	4:01	30	3:57	40	3:57		

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Bevo's pre-race e-mail:

Hey mate,

Hope the body is feeling good, and you are ready to rumble for Sunday. Conditions are looking fantastic, so it should be a great day for running a big PB.

You should be really proud of the way you have put in the work over the last 3 months – you have done some great sessions, which combined with a few marathon tempos and plenty of 30km+ runs has given you an awesome base of fitness. Clearly you are running well, and your efforts at Burnley a little while back were seriously impressive. You seem to be a big race performer, which I like because it reminds me a bit of the way I race. 😊

You have done the work, so you just have to back yourself in. Sub 2:50 is a great goal, and one which will no doubt be tough, but very doable if everything falls into place on the day. You should have a few milers to run with, which will be great.

The key will be sticking to the pace, and not getting carried away early. You want to be on auto-pilot for that first 20-25km, so that you are feeling good when the real stuff starts after that.

You can be confident come Sunday, that when it starts to hurt, you know that you can dig in and still keep going, as you have done in many sessions over the last few months. Just hold onto Tony George for dear life!! 😊

I will be out there on Sunday at around the 10, 20 and 36km marks. Looking forward to seeing you smash it.

Good luck!!

Bevo

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Duff

Happy New Year and goals for 2015

January 7 2015, 9:26 AM

Score 5.0 (1 person)

Another year is upon us and, like Racer, I have struggled yet again to keep my weight down over the festive season. But, of course that won't stop me from making some unrealistic goals and expose myself to MMM ridicule when reality set in!

The main goal of 2015 (as always) is a sub 3 hour Melbourne Marathon which is contingent on the following factors:

1. Losing the summer love handles (five + kgs)
2. Sorting out nagging left calf issue / remaining injury free
3. Having a good day weather wise with cool conditions

Other goals –

Sub 14 minute tan (ran 14:05 just prior to MM 2014)

Sub 18 minute 5km Albert and /or Westerfields park run (PB Xmas Day 2014 is 19:08)

Run a PB for Great Ocean Rd Marathon in May (45km) Current PB of 3:19 from 2013

Don't have any recent runs for the 10 km / Half marathon although if I get to run either of these in 2015, would be looking for sub 38 minutes / 1:27 respectively.