



# TOKYO MARATHON 2016

David "Duff" Hartley

## Training

The Tokyo Marathon program was delivered by Bevo in November 2015 whilst I was holidaying (without running shoes) in Bali. An ash cloud erupting from Mount Barujari's volcano conveniently stranded me for an extended period and enforced a running lay off post Melbourne Marathon of over a month.

Bevo's program commentary added that LG and Rog had signed up to the group formerly known as the Bevo Stables and along with Malibu made up the contingent that was heading off to Tokyo, whilst Bermuda, Fitter and JC had registered to run Wangaratta Marathon on the same day 28<sup>th</sup> February 2016.

The Balinese buffet breakfasts, where the mandatory consumption of a kilo of bacon everyday contributed to me carrying some serious 'excess baggage' on my return a couple of days prior to the 15km City to Sea run. The lack of fitness and extra weight proved telling. Whilst valiantly trying to stay in touch with my new Stables partners LG and Rog (who were treating City to Sea as a training run), I was well off the pace falling several minutes behind both. The Tokyo Marathon program started a week later and it was great to have LG and Rog on board to train with during the campaign.

Bermuda had organised a Sri Chinmoy Tan relay at the end of November with a Miler team consisting of himself, Fitter, Obama and I to run a combined 11 tan laps of the tan which we won. The program continued over Christmas and I kept the alcohol consumption low and started to reduce weight again after the Bali excesses. I ran the 56km Two Bays again at the start of January with an all-star Miler cast that included Dan Langelan, 700, Fitter, Courts, Obama, HoJu and Lurch. With Tokyo in mind I treated Two Bays more as a (long, painful) training run and pulled up well from it to resume the Bevo program straight away.

Bevo later mentioned that Two Bays was the turning point as it had been for me the previous year. All the sessions I ran in late Jan / early Feb felt easy and were much quicker than before Two Bays. The true test came when I comfortably completed the 3x3kms Tan session in the times that Bevo allocated - a session that I had struggled with in the past. The taper arrived and Bevo had placed an Albert parkrun in the program two weeks prior to Tokyo. Bevo was pacing a sub 17 minute group for the Milers and he was able to drag me across the line in 16:55. Three days later we had a summer Tan time trial where the Stables were out in force and I had a ding dong battle with Bermuda and Fitter with all three of us running comfortably under 13 minutes for the first time - my time another PB of 12:35.

Leading into Tokyo I felt great as my body was now used to the Bevo program following on from Melbourne Marathon 2015. Despite not having a Semi-Elite start, I was hoping to better the Melbourne personal best time of 2:49.

## Tokyo

Malibu, Katie and I flew out on the Wednesday night prior to the Marathon with JC thankfully providing us a taxi service to the airport. We arrived in Tokyo Thursday morning and my hotel companion Malibu and I ate a quick lunch before running a few easy kilometres to the Meiji Temple whilst Katie checked into her hotel. It immediately became apparent that Malibu via Mrs Malibu was henceforth setting the itinerary for eating and transportation logistics. My only prayer was to eventually find the way out of the hotel without Malibu holding my hand! ☺



The following day we all met up with LG, Rog and The Fury and ran a very scenic lap of the Emperor's Palace (the 'Tokyo Tan') with some 6 x 1 minute reps to blow away any remaining cob webs from the flight. At the time I didn't feel overly confident about the Marathon. My left calf and Achilles felt sore in the cold and I hoped that the lingering niggles would feel OK on race day.

We later ventured out to the Expo at Tokyo Big Sight which was amazing. After picking up the Race Bib and Marathon T-shirts, I copied Malibu and bought an Asics Marathon jacket and some funky white Tokyo Adidas Adios running shoes (that were very popular amongst the Milers back home when photos were posted on Facebook) as well as some Tokyo Marathon running gloves for the big day – in Miler red naturally. Some fun times are had with Katie procuring the new alias 'Pocari'; being led astray by the ever mischievous LG and in the process escaping with an extremely cheap pair of running gloves. There was also an amorous cat that took particular interest in Katie. That night we met up for dinner with a couple of Non Milers Joe Vaughan and Matt Callaghan from the Tokyo Marathon group for all you can eat Shabu Shabu.



We had a rest day before the Marathon and Malibu and I stayed local and dined at Keio Plaza close to our hotel before getting an early night. Last minute motivational messages from Bevo and JC and an awe inspiring video posted by Woolies on Facebook featuring the Arnie 'Break the Rules' speech had Malibu and I fired up and ready to smash Tokyo.

## Marathon Day

Malibu gratefully came through with his barista skills again as we had a really chilled out morning slurping coffee. With the help of Mrs Malibu, Malibu had written "I run 4 Bevo San" in Japanese and pinned it to my back in honour of our magnificent Sensei. The weather was fresh but not icy cold as we made our way to the start line a short stroll from the Keio Plaza Hotel. We went through a couple of airport style security checks before eventually dropping off all our gear in one of several buses parked near the start. Malibu and I arrived at the start line in plenty of time which allowed us to see that the Semi-Elite group in the next barrier was not marshalled. With the sound of Woolies 'Break the Rules' speech still ringing in my ears it was time to sneak through to the Semi-Elite zone with Malibu and his nervous Nellie hand bag in tow. Once in the Semi-Elite group we stayed low and stealth like until reinforcements arrived in the form of LG and Rog. As the count down to the start commenced we removed all excess clothing and soaked in the atmosphere of the ticker tape celebrations as the crowd cheered on all the Marathoners.



## The Marathon



Some final words of encouragement were shared before the gun blasts and LG and I set off slightly ahead of Rog. The first km is the most difficult of the entire Marathon as my legs feel like icicles being still for so long. Achilles and calf muscles are stiff and painful although as the legs eventually warm up the rust begins to dissipate and the gears crank up. LG is very chatty in the early stages which helps take my mind off the soreness. Before long we are away and flying. All the doomsday scenarios of Malibu and I being stuck behind countless thousands of slower runners are gone and I'm happy to see the kms fly by with ease. It almost feels too 'slow' although after reading all of the Milers' previous Tokyo Marathon reports, I'm very cautious not to go out too hard and blow up. The km split times are good and LG has everything under control. It's difficult to know exactly how fast we are going as the office buildings surrounding us on all sides play havoc with the Garmin.



Running with LG is a pleasure and he always seemed to navigate the course well with the angles, not running any extra distance than was necessary. The drink stations that we pass are also very casual with no urgency and I'm feeling extremely chilled out and relaxed, taking in the scenery and atmosphere; really enjoying the experience.

LG and I pass the first turnaround point at 16km and it's still smooth sailing. We reach the half way point and it feels like the race has barely started. The pace is still good and despite LG and I not finding any groups to run with, having the company of each other has helped to reach the half way point in comfort. At around the 24km mark a pack comes along and I'm finally of the mind that this is the group that we've been looking for to take us through to the end. The pace is a little faster although feeling there is plenty of juice in the tank at this stage, I'm happy to go with them. I look around after a while and LG is no longer with us. Within a km or so however, the group falls apart and I'm running solo again.



There is another turn around point at 28kms and suddenly there is a touch of panic that I may have left my run too late – Bevo had set a time of 2:45 although that was with the expectation that Malibu and I would be stuck for a minute or two behind the slower runners. At this point I try to step it up as there's less than an hour to go. The 5 km splits reflect the faster times – the 25-30km block is 19:22 and 30-35km@ 19:11. The gears are in full swing now and the 36<sup>th</sup> km is on 3:45 pace when the first of the dastardly bridges stops me dead in my tracks.



The 37<sup>th</sup> km is not great @ 4.07 and the wheels suddenly start to fall off. There are a few runners that pass me at this point which also adds to the pain as for the most part of the race the confidence was high due to steadily overtaking those that have gone out too hard. I feel like I'm running backwards and look around half expecting LG to fly by bright-eyed and bushy tailed to pick me up. Alas the news revealed later is that LG has his own issues dealing with a sore hammy and there was no LG led Miler train coming to help take us to the finish line.

It is difficult at the end to find any consistent rhythm due to the up and down nature of this part of the course. The km splits are unpleasant reading with the 35-40 block the slowest of the race at 20:15 and the slowest km being the 42<sup>nd</sup> and last @ 4:12 with yet another up hill bridge to deal with.



A sprint at the end where I pass several runners and cross the finish line 4 seconds short of the target time of 2:45. My first reaction was one of disappointment. Felt that I was on schedule to run a minute or two faster with plenty of juice in the tank. Similar to Melbourne Marathon 2015, however, where the Birdwood Avenue hill was my nemesis, the Tokyo bridges had the same effect. Unfortunately just wasn't able to get the wheels turning in the right direction post the bridges.



### Post Race Shenanigans

After crossing the finish line, the Tokyo Marathon towel is wrapped around me by one of the volunteers who also provides some rehydration in the form of a Pocari Sweat bottle. Rog and LG finish and we get some group photos of the three musketeers before hobbling along to the hot baths that Rog has told us so much about. This is the highlight of the day and so relaxing to dunk our sore feet and enjoy the spoils of our victory PB's. Malibu and Joe Vaughan join us later, both running sub 3 hours and there are plenty of beaming smiles all-round. The disappointment that I felt across the finish line is put into perspective by Rog who states that we have all run our best times and they don't come around very often so enjoy it while you can! We are in no hurry to leave the sanctuary of the baths although eventually the time comes to move on. After some post race beers and pork buns, Malibu and I find our way back to the hotel despite being separated momentarily. We find out the results of



Wangaratta with the news that Bermuda ran the wrong way. As unfortunate as it is for Bermuda, Malibu and I still piss ourselves laughing over it and it's great to see JC has finished his first Marathon.



Later that night Mrs Malibu sends Malibu and his disciples on a mission to find a restaurant by simply dividing Pythagoras' theorem by the square root of pi, walking three steps backward and somehow stumbling upon a dining venue on the upper level of a non-descript building. The unlimited beer gets us off to a fabulous start and it's amazing to have the whole group together again for the last time with most flying back home the next day. There were reports that some of the group ventured to the

Roppongi (translation 'six trees') district of Tokyo that night, however, nobody could confirm nor deny this and also unclear whether anyone saw any of the six trees.





The remainder of the Tokyo campaign is a bit of a blur. Malibu stays on for a few extra days and we take full advantage of sampling Japanese beer, shopping for loved ones back home and strolling around Tokyo on sore post Marathon legs. When Malibu heads back home I do finally sum up the courage to leave the hotel by myself and take in a day trip to Mt Fuji (where I find out for the first time from an American Marathon runner that Tokyo is a 'major' Marathon – somehow this had escaped my attention the entire trip despite being discussed several times by the Milers). Other highlights are catching the bullet train, experiencing the Robot Restaurant and fully appreciating the delights of the Golden Gai area in Shinjuku at night.



Sleeping beauty



Shopping in Shibuya

Last night in Tokyo

## Tokyo Wrap

Firstly, thanks to Bevo again for making it all happen. I arrived in Tokyo feeling fresh and ready to fire thanks to another stellar program designed by the great man. No training program is complete though without having amazing people to run and train with.

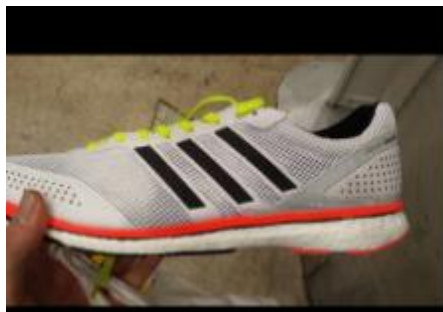


A special thanks especially to Rog and LG who I ran with most days and are always so encouraging and helping out in every way possible with advice and training tips.

Their sense of humour and friendly demeanour always made training with them a pleasure. I didn't know 'B1 and B2' that well prior to training for Tokyo and we became close friends along the way. One pearl of wisdom from LG after a MSAC long run was that "You Get Out What You Put In"; a mantra that I took on board throughout the campaign.

Training for Tokyo commences with LG and Rog (B1 & B2) @ City2Sea

To the remaining Tokyo crew; Malibu, for looking after me, making sure that I didn't get lost and being an awesome roommate and to Katie (Pocari), The Fury and Joe Vaughan for your companionship thank you so much. It made Tokyo 2016 the best running experience that I have had. Finally to the remaining Bevo Stables and training companions; Bermuda, Fitter, Courts, Malibu, JC, Metric and Jessie J for their continual support and to all the Milers I am eternally grateful. Bring on Tokyo 2017!!



<https://www.youtube.com/watch?v=R1JBQMXbN2k>

The Shoes!

The Speech!



# TOKYO MARATHON 2016

記録証  
CERTIFICATE

**ABBOTT**  
WORLD MARATHON MAJORS | IX  
SERIES  
TOKYO BOSTON LONDON BERLIN CHICAGO NEW YORK

2016年2月28日  
February 28, 2016

ナンバー  
NUMBER 75003

David Hartley

記録  
TIME

2:45:09

種目  
EVENT  
マラソン男子  
Marathon Men  
ネットタイム(参加)  
NET TIME  
2:45:04  
総合順位(クロス)  
OVERALL PLACE (CROSS)  
449位 / 34,677人中

順位  
PLACE  
426位 / 27,105人中  
年代別順位(ネット)  
PLACE BY AGE GROUP  
マラソン男子40~44歳  
52位 / 4,720人中  
総合順位(ネット)  
OVERALL PLACE (NET)  
454位 / 34,677人中

通過点 POINT	スプリットタイム SPLIT	ラップタイム LAP
5km	19:10	19:42
10km	38:52	19:40
15km	58:32	19:44
20km	1:18:16	
中間点	1:22:36	19:41
25km	1:37:57	19:22
30km	1:57:19	19:11
35km	2:16:30	20:15
40km	2:36:45	8:24
FINISH	2:45:09	



大会会長 / 公益財団法人 日本陸上競技連盟会長  
Chairman of Tokyo Marathons 2016  
President, Japan Association of Athletics Federations

横川 浩  
Hiroaki Yokokawa

一般財団法人 東京マラソン財団  
Tokyo Marathon Foundation

Distance    Time    Calories    Avg  
Pace:

42.8    02:45:04    3527    3:51 /  
km

KM  
Splits

1	03:30	11	03:48	21	03:52	31	03:46	41	03:56
2	03:44	12	03:51	22	03:48	32	03:48	42	04:12
3	03:41	13	04:01	23	03:47	33	03:48	821m	02:43
4	03:48	14	03:53	24	03:58	34	03:50		
5	03:45	15	03:53	25	03:47	35	03:45		
6	03:48	16	03:57	26	03:50	36	03:45		
7	03:51	17	03:53	27	03:48	37	04:07		
8	03:55	18	03:49	28	03:56	38	03:57		
9	03:50	19	03:58	29	03:49	39	03:59		
10	03:51	20	04:00	30	03:48	40	04:01		

### The Milers

**Simon Bevege (Bevo) AKA SuperCoach**  
**Luke Goodman (LG)**  
**David Mellings (Rog)**  
**Scott Stacey (Malibu)**  
**Katie Seibold (Pocari)**  
**Luke Yeatman (The Fury)**  
**James Chiriano (JC)**  
**Jessie J (Jessie Collins)**  
**Dave Alcock (Bermuda)**  
**Adrian Hoel (Courts)**  
**Nick Turner (Fitter)**  
**Pamela Kearney Skaufel (Metric)**  
**Rob Dalton (700)**  
**Anthony George (Obama)**  
**Norval Hope (Lurch)**  
**Andrew Coles (Woolies)**