



# RUN ONE

## TOKYO MARATHON 2017

David “Duff” Hartley

### Preface

Tokyo Marathon 2016 was such a fun time, sharing it with an awesome bunch of Milers that all gelled together so well. It was my first overseas Marathon and I was really excited to experience it all over again in 2017. The Tokyo '16 Marathon time of 2:45 was enough to guarantee entry for Tokyo '17 via the foreign semi – elite route. SuperCoach **Bevo** had entered via the same method, qualifying at Gold Coast Marathon, and **Rog** (Tokyo '16) were both set to go. Unfortunately for **Rog** the plan to go back to back at Tokyo '17 didn't eventuate as he had to pull the pin later due to injury.

The recovery went better than expected from Tokyo '16 and I entered a Miler team for Run for the Kids March. I felt some Achilles soreness and other niggles and in hindsight it may have been a good idea to take some time out and rest. There was a little run called Oxfam in April to get through first, however!



A Miler team consisting of **Bermuda, Courts, Fitter** and I took on the Oxfam 100km adventure. The last few kms especially were 'character building' as I picked up a Iliotibial band (ITB) issue in my left knee and literally rolled down the hills Pat Mullins style to the finish, slowing the team down somewhat. We still managed to be the first team over the line and despite overcoming some physical and mental difficulties on the day, it was a fantastic experience to join the team and support crew in the Champaign spray celebrations at the end.

<https://www.facebook.com/OxfamTrailwalkerAustralia/videos/10155487122809660/> Oxfam came at a cost with **Bermuda** and I especially not recovering well in the aftermath.

Marathon training for Melbourne 2016 began with training partner **Fitter** soon after. It was the AV 10km in July where the first stages of something being 'not quite right' became evident. At this time I felt some abdominal pain that had been there on and off since Oxfam. When coughing the pain was intense and I couldn't get out of bed without rolling off to the side. **Fitter** was going from strength to strength in training while I continued to struggle. The AV Burnley half was next in September and **Bevo** had set a time of around 1:16 as the objective. I had a shocker and finished in 1:18. That week I eventually got around to seeing one of the physios at Melbourne Sports for a checkup. The physio gave me one of those looks that many Milers have experienced with the added words "You won't be running Melbourne Marathon. You have severe osteitis pubis". 2016 provided two acronyms that I had not experienced before; ITB and OP. On that day and over the next few weeks Kübler-Ross was in full effect.

<https://www.youtube.com/watch?v=jYN4CIIWuiM>.



**Dr Dave** also confirmed that Melbourne Marathon was a no go. He did eventually provide a green light to transfer to the Melbourne half, however, which was amazing to run alongside my better half **Jessie J** as wind breaker and bug catcher on a warm and windy day.

**Bermuda, Fitter, Obama** and I ran the Sri Chinmoy Tan relay again at the end of November for a combined 11 tan laps of the tan and we were able to go back to back and defend our title from the previous year.

## Training

The Training plan for Tokyo started in December. **Bevo** had me starting off on around 70 kms a week which maxed out at around 90 kms. With the OP still lingering however, the maximum that I ran throughout the campaign was about 80 kms per week. The main thing was getting the long run in on the weekend and I ran most of the Tuesday and Thursday sessions at about 80% to avoid aggravating the injury further. There was plenty of Miler advice about dealing with OP and when I had mentioned the injury to anyone the same name kept on coming up; “You should go to see **Pat Allen**”. Fellow OP sufferer **Dan Langellan** had visited Pat as well and highly recommended him. The only problem was that Pat lives in Donald in country Victoria a mere 4 hours drive away! I did eventually take a day off work and drove to Donald and walked away 30 minutes later and whatever Pat did with his magic hands it worked. I wasn’t completely cured although I was able to walk without pain and it just generally felt much better.

**Bevo** was punching out 170km + training weeks and I did feel a touch inadequate in comparison. It was lonely at times without the **B1, B2 (LG and Rog)** training combo from Tokyo ‘16. Although physically not at peak fitness I did feel mentally prepared for Tokyo and focused on the positives – I had the experience from the previous year and was going to put it on the line this time around. As per **Bevo’s** race report all the pressure of expectation was on him to perform (from excited Milers wanting him to smash it) while I was very much in the background and had done a great job of sandbagging at 5Ms in the lead up two weeks before Tokyo and nothing much was expected from me.

There was a plan to visit **Pat Allen** again before Tokyo although with work and family commitments unfortunately I wasn't able to get back. I did venture out to Waverley massage who also specialise in OP (and dealing out excruciating torture). When Adam warns you that "This might hurt a bit" he is dead right. A pre Marathon tradition is to have a final deep tissue massage from fellow Miler **Leon Adkins** at Melbourne Sports; the last piece of the puzzle complete the day before flying to Tokyo.

## Tokyo

Upon arriving at the Keio Plaza Hotel in Shinjuku on Thursday morning **Bevo** and I dropped our bags off and set off to the Expo. We partook in the usual retail therapy purchasing Tokyo Marathon jackets, gloves, T shirts and Tokyo Adios shoes after collecting our bibs and race packs. Once back at the hotel and checked in the room immediately had an odd couple feel about it. **Bevo** meticulously organised Rafa Nadal like with everything placed in the correct spot and easily located; Duff with entire suitcase sprawled across the floor with one half of the room resembling a garbage tip.



**Bevo** and I set out to the Imperial Palace "Tokyo Tan" the next day. We had a few logistical issues. After finding the running station that **Malibu** had helped locate the previous year we turned up to find it has since closed. An 'Oh F\*ck' moment followed. For a short time we wandered around like headless chooks. **Bevo** and my Year 7 Japanese skills - ability to count to 10 and ask "Where is the party?" was clearly not going to get the job done. As luck would have it our damsel in distress act worked a treat and our prayers were answered when out of the

blue a saviour arrived speaking perfect English. We were led to a Running Station next door to where she worked directly across from the Palace. A couple of 1km on / off reps blew away any remaining cobwebs from the flight and it felt great to be back here again and at peace in this beautiful place.

The day before the Marathon **Bevo** and I smashed out another buffet brekky. **Bevo** specialised in pikelets and I ate everything that wasn't nailed down. Being at the hotel closest to the start line there were a few Kenyan Marathoners being asked for autographs and photos from running fans. Our newly purchased Tokyo '17 jackets weren't sufficient to attain similar celebrity status although we did offer to take some photos of the fans with the Kenyans so basically the same thing. A light run later in the day and an early night featuring plenty of YouTube action with "Hearts on Fire 🔥" from Rocky IV and the famous Arnie motivational speech had **Bevo** and I ready to rip Tokyo a new one. There may have been some talk of someone snoring loudly that night and keeping someone else awake potentially costing them the valuable 2 seconds that would have delivered a sub 2:26 Marathon, however, the statute of limitation has now been exceeded for this audio evidence to appear in the public domain and is now considered inadmissible.



## Race Day

Waking up to messages from loved ones, Milers, other friends and family is just the best. Really does make all the difference to help focus on the job at hand and feeling ready to give it all you've got. Some messages affected me more than others. **Jessie's** uncle, a 10 times Comrades finisher feeling so excited and pumped as if he was the one running Tokyo. It just captured how much it means to others to see you do well. I probably felt a bit like **Bevo** in that moment. Wanting to have a really big crack at it and not let anyone down who had invested in me.

Same as the previous year we went through some security checks and dropped our gear off. After a quick dunny stop where **Bevo** waited patiently for me it was time to get to the start line. Ironically this time with the semi elite start we settled on a position slightly back of where **Malibu** and I had snuck into without the special wrist bands the year before. As gun time approaches my old trusty pair of tracky pants (the article of clothing that **Jess** despised the most) are discarded to the side. I did momentarily smile at the poor unsuspecting Japanese resident who would delight in picking up this priceless garment and the consequential grief that he would receive from his wife forevermore. Excitement builds and **Bevo** and I wish each other best of luck and have a quick bonding hug before it's business time. This is the moment we've been waiting for.

## The Race

The gun blasts and we are away. **Bevo** is a blur and gone in a flash. I settle very quickly and ease into the run. The start of Tokyo is all arms and legs everywhere so the main thing is to stay calm and avoid the carnage. Several of the local club runners get carried away with the slight downhill start and go out at a ridiculous pace that is unsustainable.



Whilst not going crazy I am letting the legs go a bit and remain composed. There is a runner who looks in control slightly ahead of me and guess by his number - 8081 that he has qualified in 3 positions higher than me (8084) so he's as good a gauge as anyone to follow around. He is running slightly faster than I would normally like at this early stage, however

make the call that I'll stick close to him. There's no point in running overly conservative I say to myself; "I didn't come all this way to jog around". The photo above shows us going through 10km together in 37:49 (37:37 net) and I'm feeling strong at this point.

I'm definitely in the zone when **Bevo** calls out to me at one of the turnaround points. He has run about 16kms and I'm probably about five and a half minutes behind him nearing the 15 km point at this time. It's great to see him bouncing along as if he's got trampoline springs attached to the soles of his feet and he's still looking fresh as a daisy. Even though it's still early doors and there's so much more to go I'm wrapped that **Bevo's** smashing it and off to a flyer. I give him a quick wave in the split second that our eyes connect and then I'm back in Zen land straight away.

In what seems like no time at all, the half way point approaches. I possibly could have missed a drink station and powered through the first half in under 1:20, however, decide to back it off and take in some Pocari sweat. There is another turnaround point between the 20km marker and half Marathon distance which also slows momentum slightly. I'm over two minutes ahead at the half way point from the previous year which is great although going out faster means that there's no chance to increase the speed. Unlike the previous year where I had another gear or two to switch to when required, I'm doing well to hang onto the current pace which is averaging around 3:45 per km.



It's simply a matter of keeping the legs ticking over and staying relaxed. With the help of an article that **Malibu** had shared, **Bevo** and I had discussed the new course and one of the more challenging sections was coming up at 24km with a slight up hill. I was prepared for this although when it came it was nothing like the diabolical hills

from the 36km onwards at Tokyo '16. I thought if that's the worst of the ascents then I'm set for a decent run.

The 20-25km split is slower at 19:20 and things are starting to get tougher when the 25-30km split is slower again at 19:31. There's no panic yet as I'm still tracking along at sub 4 min km pace. At any stage I feel that I could punch out one 3:4x km although there are 12 more kms to go and I've got to spread the vegemite evenly over the toast for the best outcome. Luckily from 30-35 there is a slight tailwind and I'm able to go back to back with another 5km split of 19:31.



Apart from one or two runners that have been in close proximity to me most of the way I haven't been too concerned about running in a pack and happy to run my own race. I can't remember at the time although looking at the splits of my 'Twin' # 8081, the 35km is the point that I move slightly ahead of him - will have some small significance with the official results at the end 😊!



When I cross the line emotion takes over and I weep like a baby. Looking back I guess it's like a Grand Final and win or lose there's such a huge relief for it all to be over. What adds to the emotion this time around is that I gave it everything that I had. There was nothing left in the tank and I was satisfied that I put it all out there and couldn't have done any better on the day.

The first person that I see is Andrew Leigh MP and we have a great chat although I had no idea of who he is. We have a long walk to the change area and in my crippled state it takes almost as long as the Marathon to find **Bevo** waiting patiently for me. In my delirious state I finally get around to asking **Bevo** how we both went (i.e. what are the official times?).

It is starting to really hurt now. The legs feel heavy and fatigue has well and truly set in. Just after the 35km marker there is another turnaround point and the tailwind that helped previously is now a head wind that isn't making life any easier. At around 37 kms I feel a hot spot under my left foot as the constant pounding on roads over almost 40kms is having an effect. Hips and basically bloody everything is sore and I start telling myself that "I'm soft" and try to push through it. The cupboard is now bare, I'm running on empty and doing all I can to hang on here and grind it out as best as I can. I get to the 40km mark as the km splits start to head over 4 mins for the first time in the race. I am still overtaking people at this stage even though it's a big battle to run it out. The last two kms are torture and I'm praying for the finish line straight to appear near the Imperial Palace. The kms blow out to 4:10 pace. The roads at the end are probably made around the same time as the Palace which adds to the pain of my left foot on the cobbled uneven surface. As I turn the final left corner and see the finish line I have slowed to a crawl.





**Bevo's** time of 2:26:01 and mine 2:43:36 place us 1<sup>st</sup> and 9<sup>th</sup> Aussie's respectively. My buddy #8081 finishes as 10<sup>th</sup> Aussie and one second after me. The one second allows me to scrape into the top 500 men overall. It shows how strong the field was this year and that every second counts! We think about finding the magnificent foot baths from the previous year, however, I can't walk anywhere and **Bevo's** keen to get back to the hotel. Evidently he's pretty tired from not sleeping much the night before due to someone snoring and he's also run a Marathon. Back at the hotel we are famished and eat the Keio Plaza out of food gorging ourselves on the lunch menu.

<https://youtu.be/MlrMmYDGh1g>

### Tokyo Wrap

To read through all the Miler posts in the aftermath and updates from **Hutz** on the 5km splits throughout the Marathon made **Bevo** and I feel like movie stars. All the support is something that cannot be described in words. Magnificent stuff! It was a privilege in every way to hang with **Bevo** on this trip and probably will be my only experience being in the presence of an elite athlete. Most can only dream of having the ability to run a 2:26 Marathon although it's not so much the ability rather the hard work and dedication required to achieve the result that is the most inspiring aspect. **Bevo** was on a mission; totally focused. It was all about delivering on the big day.

We have another couple of nights in Tokyo to recover before **Bevo** heads back to be alongside Mrs Bevo (Jen) for the impending arrival of little Bevo (Lila) born later in May. In the interim we find a funky craft brewery in Shibuya for some celebratory drinks and experience some more Tokyo night life action hanging with the locals in the Golden Gai area within walking distance of the hotel.

Bevo delights in making me walk everywhere and especially down stairs. Behind every great coach is a sadist at heart! <https://www.facebook.com/simon.bevege/videos/10154363410726381/>. When Bevo departs I head to Kyoto on the bullet train (Shinkansen) and thankfully by this time my legs start to work again and I can walk around the marvelous temples there.

## Sayonara and final thanks

In the interests of keeping this report shorter than the Holy Bible I would like to thank all Milers as the group has always been like family to me and can't thank you all enough for all the support that you have given me. For all the training sessions that I've been to and run alongside mainly **Bermuda** and **Fitter** thanks to you both for keeping me honest and push myself to be better. Thanks so much to **Bevo** for all the advice and support along the way and having the right amount of carrot and stick to help achieve my goals. To **JC** and **Malibu** for your friendship along with all mentioned thank you. Also an article that **Hutz** shared for the benefit of **Bevo** and I on his Tokyo 1992 run was something that really inspired me. It was in a stellar field that included a guy called Robert de Castella (evidently he could run a bit) and what I took away from it was to be brave and not die wondering. Thanks **Hutz**!



And finally thanks to Jess for putting up with me and for your love and support. For all the early morning training runs, getting out of bed and waking you up – soz – we will get some sleep one day! ☺. It's never easy juggling life, our babies, work and family commitments although you're always there for me and help make it all happen. Thank you not only for your support for this campaign but every running and social event that we get to in an ever busy calendar. Xo

Speaking of a busy calendar Tokyo '18 awaits and there's a specific time of 2:39:27 (because sub 2:40 is too easy) that hopefully will inspire me to get my old body back into training for a tilt at another Marathon PB.

Feels like light years away from it at the moment although you've got to reach for the stars!



# TOKYO MARATHON 2017





# TOKYO MARATHON 2017

## INFOGRAPHIC

REPORT

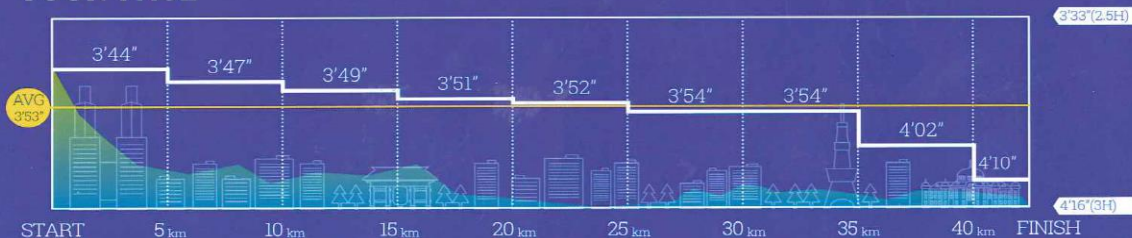
NO 08084

David Jonathan Hartley

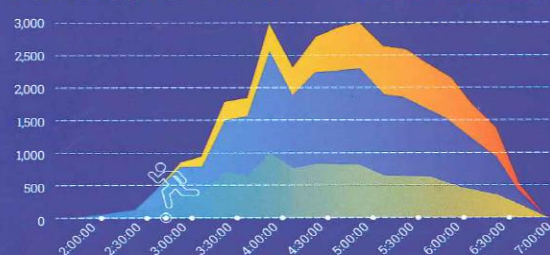
FINISH TIME

2:43:36

YOUR PACE



FINISHING TIMES



TOKYO MARATHON

35,378 ENTRIES



ENTRIES BY COUNTRY

JPN 29,750	GBR 252	ITA 131
TPE 1,216	THA 196	AUS 123
CHN 863	INA 170	GER 122
HKG 776	SIN 153	MAS 109
USA 531	NED 133	ESP 99

ENTRIES BY PREFECTURE



AVERAGE COURSE SPEED



FEBRUARY 26, 2017 / START TIME 9:10  
WEATHER: 12°C 38% 3.0M

This report is not the official finisher certificate (official time) issued by the Tokyo Marathon Foundation. KONICA MINOLTA is an OFFICIAL PARTNER of TOKYO MARATHON 2017.



# TOKYO MARATHON 2017



ABBOTT  
WORLD MARATHON MAJORS  
TOKYO BOSTON LONDON BERLIN CHICAGO NEW YORK

X  
SERIES

## 記録証 CERTIFICATE

2017年2月26日  
February 26, 2017

ナンバー  
NUMBER 8084

David Jonathan Hartley

記録  
TIME

# 2:43:48

種目  
EVENT

マラソン男子  
Marathon Men

順位  
PLACE

500位 / 26,257人中

ネットタイム(参考)  
NET TIME

2:43:36

年代別順位(ネット)  
PLACE BY AGE GROUPS

マラソン男子40歳~44歳  
60位 / 4,403人中

男女総合順位(グロス)  
OVERALL PLACE (GROSS)

520位 / 33,947人中

男女総合順位(ネット)  
OVERALL PLACE (NET)

522位 / 33,947人中



RUN ONE  
TOKYO MARATHON 2017

準エリート  
SEMI-ELITE ATHLETES

準エリート男子の部  
372位 / 846人中

通過点 POINT	スプリットタイム SPLIT	ラップタイム LAP
5km	18:53	18:56
10km	37:49	19:05
15km	56:54	19:13
20km	1:16:07	19:20
中間点	1:20:28	19:31
25km	1:35:27	19:31
30km	1:54:58	20:11
35km	2:14:29	9:08
40km	2:34:40	
FINISH	2:43:48	



大会会長 / 東京都知事

Chairperson of Tokyo Marathon 2017  
Governor of Tokyo

小池百合子

Yuriko Koike

一般財団法人 東京マラソン財団

Tokyo Marathon Foundation

Distance      Time      Calories      Avg  
 Pace:  
 42.8      02:43:37      3541      3:49 /  
 km

KM  
 Splits

1	03:37	11	03:40	21	03:50	31	03:45	41	04:15
2	03:37	12	03:39	22	03:50	32	03:57	42	04:09
3	03:38	13	03:46	23	03:51	33	03:43	838m	03:18
4	03:38	14	03:44	24	03:48	34	03:54		
5	03:37	15	03:47	25	03:53	35	04:00		
6	03:42	16	03:50	26	03:52	36	03:51		
7	03:40	17	03:44	27	03:43	37	04:00		
8	03:47	18	03:47	28	03:53	38	03:55		
9	03:42	19	03:50	29	03:52	39	04:01		
10	03:37	20	03:52	30	03:44	40	04:01		