

The Blackmores Marathon – I'd better report. After my previous effort on the M7 7 weeks ago, I was feeling a little deflated having easily scored my worst time. So on Sunday, I was a little apprehensive, and not especially looking forward to it. I had the 3.30 pacer in my sights and caught up to them at about 8km's, and surprisingly, stayed with them for longer than expected. They were doing some pretty quick times too (running a few minutes ahead of pace). They did start to get away as I started to flag into the 30's, but by that time I had a reasonable buffer having kept their quicker pace. So I struggled the last 4 or so kms particularly, but with some great encouragement from Paul & Les at the last drinks stop, I kept it going even as the wheels were coming off. So the stats – I came in at 3.30 (& a few secs) – woohoo !! – that's been my ambition this year; 5 mins less than my previous best; 7 mins faster than Blackmores last year, and 22 mins better than the M7 at end of July. Quite happy with the day, though a bit of a downer having to get on a plane to California Sunday night for a few days away – not the best way to wind down after a long run.

