

Alastair Hines – SBS Half Marathon

The Oracle once said “Less is more”

Well I just thought I'd better share my experience with the recent SBS Half marathon firstly because it was great fun and secondly because after the many events I have been in I think the photo's came out ok this time!

Last minute entry, a little bored sitting at my desk in Wellington wondering what I was going to do over the long weekend. Than “ding” another damn email, the final reminder for the SBS marathon. So out with the credit card and into it.

I woke at 5:30am to the sound of rain thundering down against the windows of the house and wondered what I'd got myself in for, after all I was doing this for fun, it wasn't in my program (no surprises there) no training and still an expectation of running a PB of 1hr 50min. But to be honest after a decent couple of months of rest I was feeling ok.



This was probably the first time I have ever stood on a start line with the attitude of well lets just see what happens. The rain had pretty much stopped, I had my CP kit on, I was looking good and ready to go! Cruised through the first few km's to warm up and then thought I'm feeling pretty damn good so lets put the foot down and see what happens. Well I started passing people, lots of people and it felt great. I think it was at about the 8km mark that I heard “hey snob” get shouted at me...I was a bit taken back, getting shouted at by an ironman wearing a skirt! And then I when I suggested that I'd keep Nades company and run with her I was told to p**s off or we would both be in trouble with the Oracle.

Hit the 10km mark in just over 50 mins and felt great so time to push harder see what I could do. I really enjoyed the last third of the race, I was getting quicker and it was only in the last 2km around that damn park that I started to feel that beautiful pain start to creep into my legs.

I was absolutely rapped to cross the line in 1:43:57 well under what I had targeted. I felt great and reckon I could definitely go 1:30ish next time.

I guess the key highlights for me were I didn't go into the event tired or with huge expectations. I just wanted have fun and give it a go and got a great result. The big improvements in my running are definitely down to technique, a long way to go to being a real runner, but thanks to Karen (aka the Whippet) having better technique makes an amazing difference over that last third of a race.

So to the wisdom of the Oracle...given very little training equalled a personal best...it would appear “less is more”