

Andy Frankenschmidt – SBS Half Marathon

6th of June 2010

It was a miserable old morning, but nothing to worry about. I found myself quite snug in between thousands of other excited competitors lining up for the start of the 30th anniversary of the Christchurch SBS Marathon! How great to be out there ignoring the elements together with all the other Complete Performance athletes and Craig & Daryl from work!

It was the last 10 seconds of the countdown and suddenly this vast “train” of people slowly started to push forward, initiating a giant mass-run past the central fire station towards the Avon River!

For the first few kilometres it was about finding my own rhythm and space, whilst avoiding I don't know how many other runners! I managed to find a nice group to hang onto, holding a good pace towards the 10k mark. The support from the crowds and volunteers who had come out in these cold and wet conditions was just stunning and so we ran past bands playing rhythm-type music, smiling kids yelling “GO GO GO” and hysteric Asian girls holding up signs saying “Don't give up”! The diversity of people involved in an event like this is just fantastic and it is what makes it so incredibly fun!

Everything went to plan and I managed to pass the 10km mark after 46minutes. I increased my pace and slowly worked my way past little groups of runners and walkers focusing on a good technique. “Pace yourself” is THE advice you will hear from any proper marathon-runner and so I did, whilst telling my legs to “Shut up”.... excuse my language but it really works!

About 3 kilometres to go, I felt these little cramps shooting up my calf muscles. Knowing those types of issues I changed my technique slightly and though it slowed me down I was still able to hold a steady run. I stocked up with electrolytes at the final aid-station and from then on it was just about making up lost time. Still experiencing cramps every now and again I entered the finish chute and just enjoyed the atmosphere!

How nice to get a handshake from the guy I ran with during the first 10km and who passed me again about 1 kilometre before the finish line!

I'm really stoked about my time of 01:39:13, even tho I just missed out on my goal of 01:35:00! Considering the cold conditions and the race not being on my yearly plan it was a great effort and I had a hell lot of fun out there.

Cheers Andy