

Dean Caplin-London Marathon-Race Report.

Stayed in London on Saturday to be shown around so that I knew what to do and when I needed to do it, I was treated to a pre race meeting Saturday night with one of the instructor telling us how to prepare for this race and kept suggesting to us all, make sure you keep some energy for the last 6 miles as you are going to need it. Sunday started early with me waking up at 5am so that all runners could eat early and get the last bit of energy in us and let it settle before we all start running. Our coach left our hotel at 7am to head from Hammersmith over to the start of the marathon run which is in Greenwich.

We got to the start area so I covered my legs in deep heat and started warming up like I've seen those professional runners doing, only for the heavens to open up and give us all a bit of a shower for approx 30 mins. However by the time we were put into our groups and asked to move into the starting areas the rain stopped, we were all really excited by this stage. Off goes the start of the elite runners at 9.45 and we all start to move forward towards the start line which took us a few minutes with my official start time being 9.53am so off we go the start of my charity marathon run.

Started off running at a slower than I wanted pace due to the amount of runners but it got better as we hit the first mile marker thinning out (thinking to myself only another 25 to go) so from this point onwards I could do my ideal pace (Very Slow). After 3 miles the rest of the runners joined the red runners coming in from different roads all merging into one (red blue and green runners) so it slowed us all up again but spreads out after a mile or so, all in all loving every minute of it. The crowd was along every road cheering all the runners on and they were fantastic and encouraged us all and giving us such a lift. Putting my name on my running shirt was a good move as the crowd called my name out and helped spur me on and at the later stages of the run you sure do need it.

Hit the 9 mile marker at 1.27 so again going well, felt great and very comfortable with my running, come across London Bridge and hit the half way at 2.07 so still happy with this thinking I can do this between 4hrs 15 / 20mins.

Kept going up and around the Isle of dogs around the financial sector at Canary Wharf and then started to feel tired, kept going up to 20 + miles without stopping once, that's a first for me to run without stopping for 20.5miles. After that I had a start-stop run for a couple of miles up to just before 23 mile marker knowing my family and friends were there cheering me on which gave me a massive lift and then soon after seeing them I hit the wall as they say, well the last 3 miles seemed like it took me forever and it did, I just struggled right up to the finish line but pleased that I had made it, finishing it in 4hrs 53mins I wanted a better time but when the tank was empty I could do nothing about it and just kept making myself move forward every step takes me closer to the finish line.

The one thing I can say is that it was one of the hardest thing I have ever done, but also very satisfying when I finished. what a lot of people don't see is the amount of runners that stop as early as 3 miles into the run, so their run must be so hard and take so long, and then the later stages people collapsing needing help, crying in pain and still running, slipping over on water bottles and it ends their run, or just under estimating how hard a run like this is and just don't finish it, big respect to them all.

The main thing that I have learnt from this is that it takes a lot of commitment in putting in the miles training in all weathers, you also need to be mentally prepared for this as you have a personal battle with your own body, your mind wants more from the body and wants you to keep running, but the body does not want to play anymore and it becomes harder and harder, but its achievable and I would recommended it to everyone as it is a fantastic thing to be involved in.

Once again, a big thank you to every one for their help and support.

Kind Regards

Dean Caplin