



Karima Makrof

Fast race = fast update...
Dubai marathon took place last Friday 24 January 2014. First race of the running season, a bit of travelling, nice sun-shining and definitely a very nice and fast ending...

New PB: 2:58:59, 4 minutes 4 seconds faster than Berlin in September 2013. Completed the race with a 25th place among women (after 16 Ethiopians, 1 Kenyan,, 1 Finnish...) and 3rd place of Swedish women. :)

The goal for 2014 was to go sub3 and it was nicely achieved with this great start of the season.

After an intensification of the training in the last months of 2013, the objectives of the race were set towards 1) aiming for sub3, 2) keeping a steady pace and 3) enjoy the run.

Short version? Quick-and-nice/enjoyable first half and fast-and-warm/tough second half ... Looks like a well disposed race, right? With 2minuter difference just between the halves ...

A bit more I guess should be added: early start (7:00am), right behind Louise Wiker and Lena Eliasson (who ran for qualifying in the Swedish team for the European Championship marathon held in Zurich in August). Fast first kilometer (4:05min/km!) and stable afterwards towards km10 (average pace of 4:10 min/km. Meaning consequently faster than planned already, but figured that all time savings during the first half will benefit for the tougher second half...) . Met the elite male runners at km13 (they've already been turning @km16) and 5-8 minutes later the elite women were following. Still as a pack. The two Swedish were just a bit behind. 180°-turn at km16 and got a little boost because I recognized the route now (the course route has changed namely compared to last year ... Still running on Jumeira Beach but start/finish close to Burj Al-Arab instead of Burj Khalifa) .

The guys that I had been following since a while (like from km5?) seemed to be slower after this turn and they responded that it would get even slower pace and that they were going to following from now on... It was not part of my plan , so I accelerate a bit. Passing the halfway after 1:28:32.

The second half is always a little tougher but I started it with three km on resp. 4:08 , 4:08 and 4:09min/km... So strengths were still available! From km16 to km36 is it just a loooooong street to run on and not many spectators at the side of the route. Only few runners to pass now and definitely none that could be having the same pace and being used as pace-maker. So by myself I ran all the way. Passed a few elite women who have broken the race but continued (it does give some little push to see that you can still go on when they could no longer). At km32 , I saw the elite men running toward the finish line (on the other side of the street). New little boost! But hard to keep the mind alert when you are alone on a long road (empty motorway-like...). Went for it anyway (even if the brain wanted so very much to stop on the side of the road and rest just for a little while...). Turn back at km36 and there something happened : it was ONLY 6km left . Meaning? Nothing! The last 10km I had passed maybe 5-7 runners. Nice for the place at the arrival, I thought, even if it was only male runners.

I was joined by another runner from km37 to 40, then it was just to race on to the end. "When you feel tired, there is still half of the energy left", said the coach ! And it seems to be true ! Passing km41 really fast and flew to the finish line (the last km at 4:09min/km...) . Could not see well the clock as having the sun in the eyes. Just hoping not to see it changed to 3:00 : xx while I see it. No, I could briefly see 2:59 : xx and then a few seconds later, stopped my watch: 2:59:12 - in other words , happy! Massage, talk to other runners and get my medal engraved with the official time : 2:58:59 (i.e. on the right side of 2:58!) .

Then there was rest, some food, walk the Mall next to where I stayed and so the day was over ...

A couple of rest days in the sun before I came back home to cold Sweden .

Real happy I am! A few days rest now before ramp up for the Paris half marathon ... Objective 2014 to go sub3 on the marathon distance? Checked (and with some margin!)! Now start some thinking about next objective to be set.

>> Thanks for all the words of support throughout the training and the race and the after-race! This is a great running season starting. Keep on cheering :)

Have a great week!

//Kind regards from a snowy place on Earth (aka Gothenburg!)

Karima

>justrunningaround<

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