

# Christchurch Marathon 2015 – Pace Running

## Rob Abraas

I was part of the pacing team at this year's Christchurch Marathon. Standing on the start line with Kate dressed in a C.P. Cape and Mask on I realised the 2hr 10min group was going to be rather large!

Running a race where the plan is to run the entire distance at the same pace was something new and as it turned out harder than it sounds.

I think the first time a stranger (fellow runner) asked "how's the pace?" was at the 3km mark. It was about here that I realised a lot of people were counting on us bringing them home at 2:10! As the 10km people peeled off for the finish line the mood of the runners around us changed. For some this was the longest they had ever run, for most I reckon they realised it had just got real.

Keeping as close as possible to the magical pace was a balance act between our natural running pace, and what was required of us to do. Around the 17km mark it became apparent that just running at the same pace was not going to be enough for some, time for a bit of verbal encouragement.



There is nothing more satisfying than seeing people who, just over two hours ago were strangers cross the finish line. Their smiles and excitement is confirmation that being there to help them was worth it. The effort and the depths some of the awesome people in our group went to was of the chart. I was fortunate to be a part of their achievement.

A big thank you to everyone who ran with us, it was your determination that made the day so enjoyable. It was truly an awesome event and fun day out.

Oh, and for the record...one runner who ran the entire way with us finished with an official time of 2:09:27, so the challenge is now set for any other pace team to get closer to their target time than the amazing and awesome pace team of Kate and Rob!

