

**MID-PACK RUNNER  
HEALTH WARNING**

# Runner and Crew

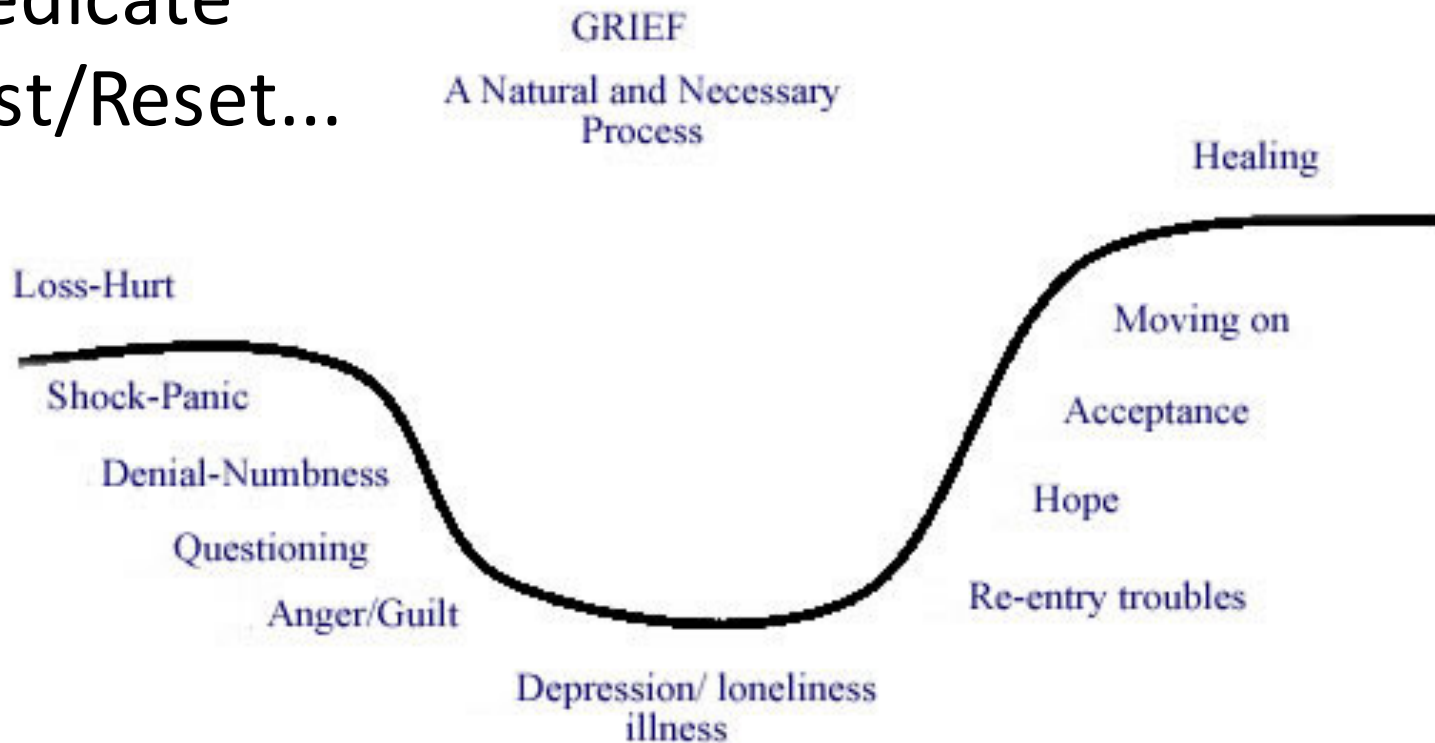
**Kenny Tindall** (2014 in 25.10, crewed Gavin in 2015)

**Gavin Orr** (2015 in 22.37, crewed Kenny in 2014)

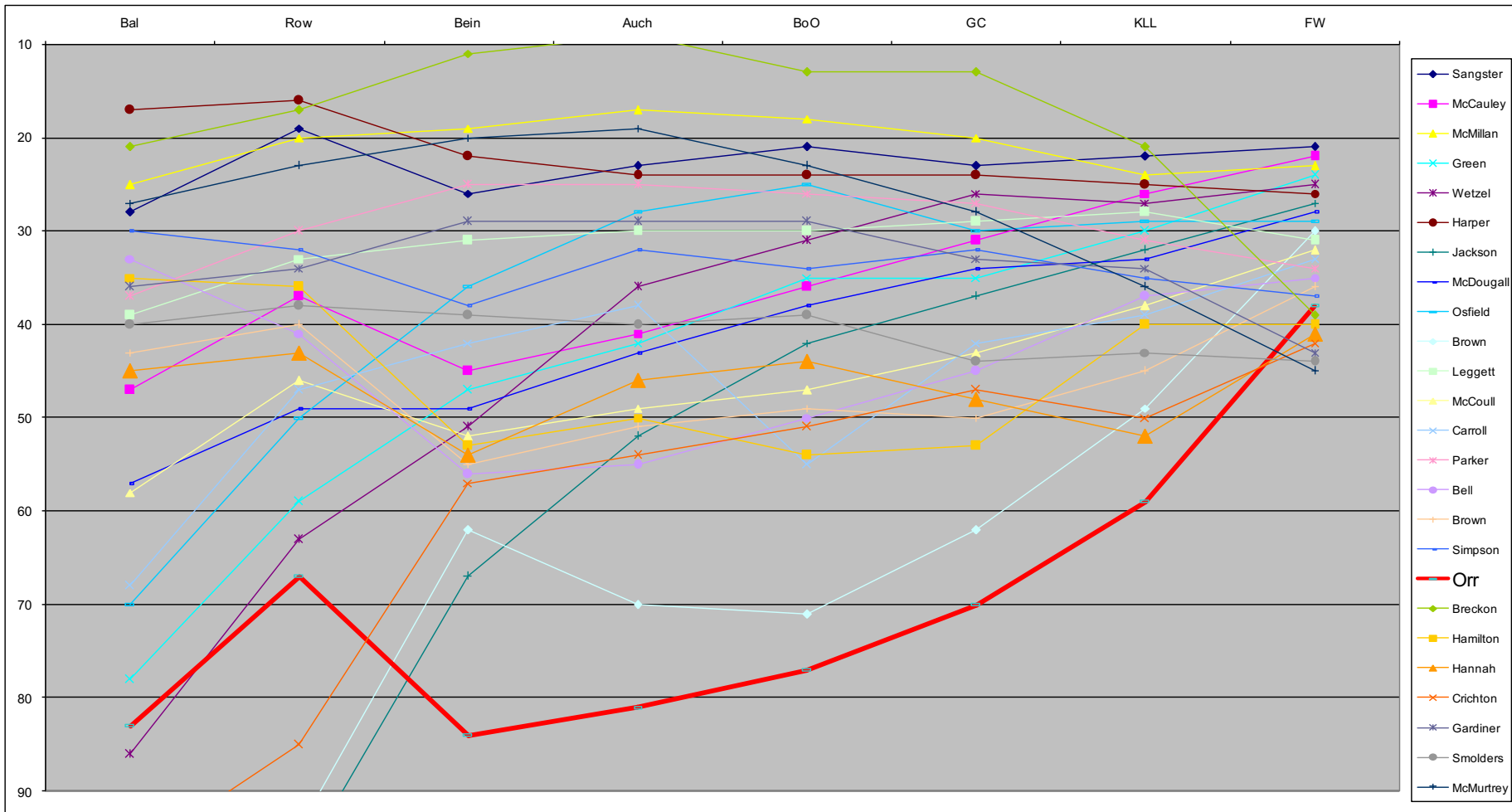
# Rising from the depths...

- Fuel
- Hydrate
- Medicate
- Rest/Reset...

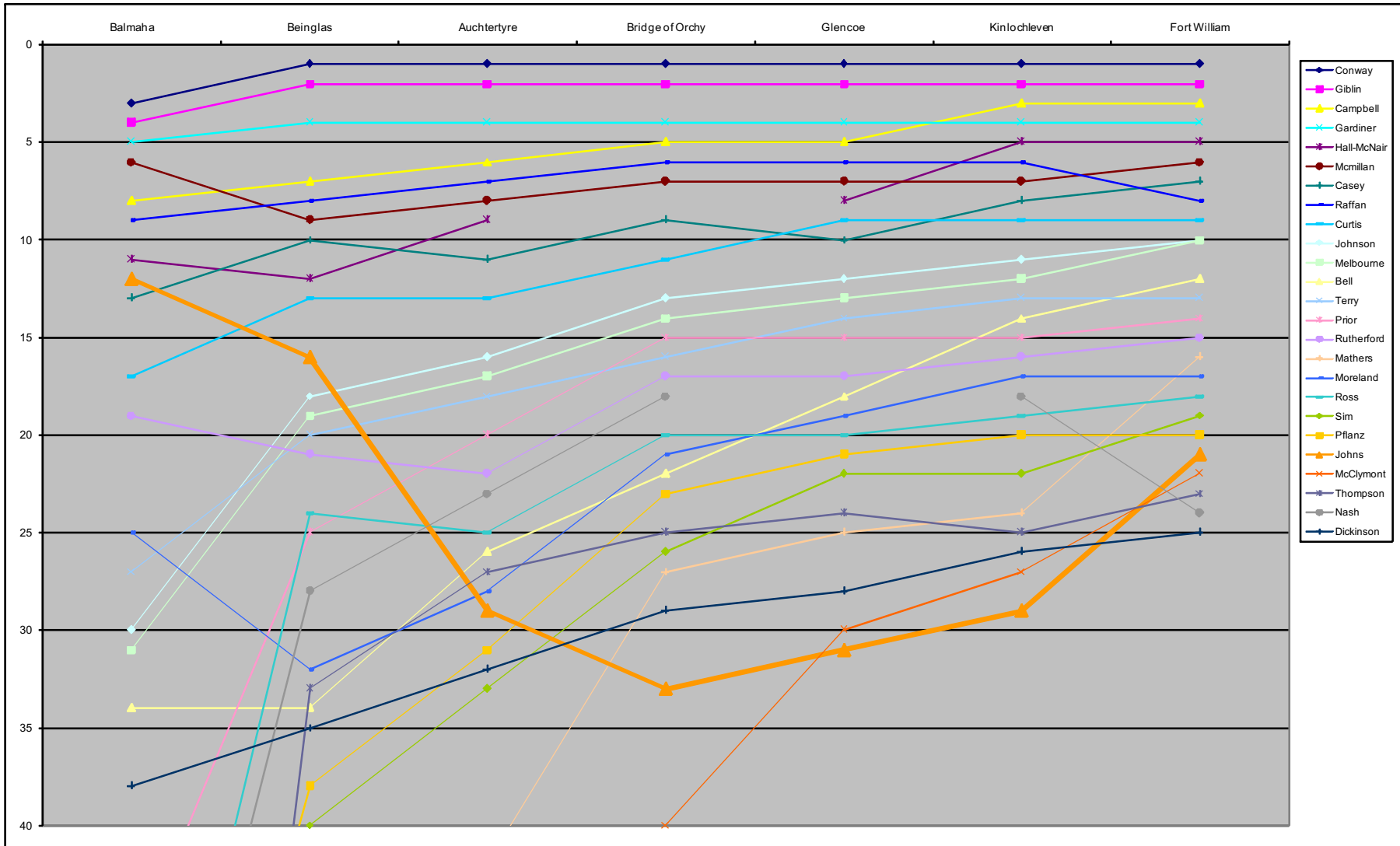
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# Rising from the depths...



# Rising from the depths...



# A, B, C of ~~Policing~~ WHW

- **Assume Nothing (as Crew)**

- Be there early (not too early for some CPs). BE THERE BEFORE YOUR RUNNER! You simply cannot imagine what it must feel like to be late!
- Don't assume they'll want to eat to their plan! Have options ready. They probably won't actually want an egg roll at Balmaha.
- Assume they'll 'lose it' at some point – be prepared for that. Be prepared to offer carrot or stick. Sometimes a big hug is needed, sometimes it is a big TTFU that is needed.
- Don't assume a runner is some else's problem. The Family ethos is that every runner needs to be supported to the end, some circs just need managed.
- Have too many clothes, too much food, too much DEET, a full petrol tank

- **Believe no-one**

- Read as much as you can, listen to as many podcasts as you can
- Take every piece of wisdom (this included) with a pinch of salt
- Work out what works for you – key criteria – shoes (GT2000), kit change (not very often), food, carrot/stick and plan on that basis.
- There are no universally right strategies for shoes, watches, food, crew or training. There probably is one for you though – you need to find it.

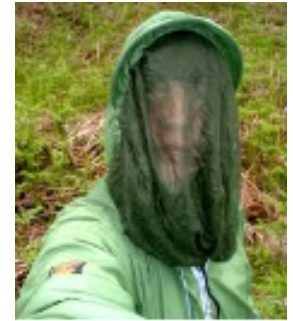
- **Check Everything in your plan**

- Get someone else to check it
- Then check it again

# What worked for me!



55/40



The Truth:  
Even a "bad"  
run is better  
than no run.

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# Conclusions?

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Gav and Kenny post-race <3

Stockholm Syndrome in action 😊

You'll hate your crew at some point

You'll love them if they get you to the end





# Appendix - what worked for me!

- Training – **back-to-backs at the weekend** – 25+10, 20+10, 30+10, 15+15 – miles on tired legs
- 2014 – I averaged 55 miles a week Jan to Fling, I averaged 40 miles a week Fling to WHW. **I didn't need to kill myself with miles.**
- **I did bad miles though** - 2014 – mistakes – no reps, not enough pace, no track. 2017 is different/will be different.
- **Hills – walk early, walk often.** No prizes for getting to Drymen, RWD, Balmaha quickly.
- **Proper food when running** – but regression to baby – weetabix, milkshake and mush.
- You are probably going to have the 'mental fail' at some point if you are mid-pack. Having beaten a mental fail before (hydration, food, pain = broken head) and **KNOWING you can come back is critical.**
- **Crew are critical to fixing the mental fail.** Drink+food+medication = mental strength!
- **Run the Lochside before the race.** Love it or hate it, best to know it. Preserve your legs there.
- **The KLL hill is worse than the Devil's Staircase.** The Devil just has better marketing.
- **If 20+, know the sun will set on you,** I found that hard and my body said 'WTAF' – again be prepared for that mental battle.
- I think that, assuming you have trained reasonably, **the Fling is in the legs, the Devil is in the head!**
- **To get to the end, you have to want to get to the end.** And your crew need to want to get you to the end.