

Marathon Split Times.

In the late 1970's a set of split times was drawn up for the Boston Marathon which gave the times to reach each checkpoint in order to achieve a particular finish time. The idea was that if, for example, you were aiming to finish the course in 4 hours you could read off the split times that had to be achieved at each checkpoint to get to the finish on time.

During the 1980's and 1990's these split times were used every year and proved to be relatively accurate.

In 2000 a couple of slight improvements have been made and the split times are shown below, giving you the choice of any finish time from 3 hours to 5 hours in 10 minute intervals.

The basis of these split times is that a crew's speed will gradually 'fade' from Lincoln to the last bridge at Langrick and will then remain constant for the last 4 miles. This fade factor is quite small but does seem to be about right, given that the split times have been used successfully on many occasions.

The times shown also allow 5 minutes at Bardney Lock to lift the boat out, carry it over the lock, put it back in and get going again. They also allow a 2 minute rest on the 2 hour boundary, the three hour boundary and the four hour boundary unless you are already past Langrick Bridge in which case it is assumed you will be carrying on to the finish without that extra rest!

For example, if you were aiming for a 3 hour finish time you should arrive at Bardney after 43 mins and 22s, take 5 mins to get over the lock, leave Bardney after 48 mins and 22s, have a 2 min rest after 2 hours and reach the finish after 3 hours.

Or if you were aiming for a 4 hour and 30 minute finish time you should arrive at Bardney after 1 hour 5 mins and 26s, take 5 mins to get over the lock, leave Bardney after 1 hour 10 mins and 26s, have a 2 min rest after 2 hours, a 2 min rest after 3 hours and reach the finish after 4 hours and 30 minutes.

You can also use the tables to predict how long it will take you to complete the course. For example if you reach Bardney in 1 hour it is likely you will get to the finish in 4 hours and 10 minutes.

Of course all of this depends how constant your speed is and if you don't have too many stops!

These split times worked for the crews I was in for many years but I cannot guarantee they will work for your crew or that you will win using them, but if you do try them I would be very interested to hear how you get on. If nothing else they will give you something to talk about down those long straights!

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Aim Finish Time	Miles	KM Sign	03:00:00	03:10:00	03:20:00	03:30:00	03:40:00
Five Mile Bridge	4.6	8	00:24:51	00:26:17	00:27:44	00:28:52	00:30:19
Bardney Lock (arrive)	8	13.5	00:43:22	00:45:52	00:48:23	00:50:23	00:52:54
Bardney Lock (depart)	8	13.5	00:48:22	00:50:52	00:53:23	00:55:23	00:57:54
Southery Station	11.7	19	01:08:40	01:12:20	01:16:01	01:18:58	01:22:39
Stixwould Ferry	13.3	22	01:17:29	01:21:40	01:25:52	01:29:13	01:33:24
Kirkstead Bridge	15.4	25.3	01:29:06	01:23:58	01:38:50	01:42:43	01:47:35
Tattershal Bridge	19.7	32	01:53:03	01:59:18	02:07:33	02:12:32	02:18:47
Kyme Eau	21.6	35	02:05:42	02:12:34	02:19:26	02:24:55	02:31:47
End of 1st Straight	23.5	38	02:16:23	02:23:52	02:31:21	02:37:20	02:44:49
Langrick Bridge	27.2	43.5	02:37:19	02:46:00	02:54:42	03:03:39	03:12:20
Antons Gowt	29.4	47	02:49:47	02:59:12	03:08:37	03:18:08	03:27:33
Finish	31.2	50.2	03:00:00	03:10:00	03:20:00	03:30:00	03:40:00

Aim Finish Time	Miles	KM Sign	03:50:00	04:00:00	04:10:00	04:20:00	04:30:00
Five Mile Bridge	4.6	8	00:31:45	00:33:11	00:34:37	00:36:03	00:37:30
Bardney Lock (arrive)	8	13.5	00:55:24	00:57:54	01:00:25	01:02:55	01:05:26
Bardney Lock (depart)	8	13.5	01:00:24	01:02:54	01:05:25	01:07:55	01:10:26
Southery Station	11.7	19	01:26:19	01:30:00	01:33:41	01:37:22	01:41:03
Stixwould Ferry	13.3	22	01:37:36	01:41:47	01:45:59	01:50:10	01:54:21
Kirkstead Bridge	15.4	25.3	01:52:26	01:57:18	02:04:10	02:09:01	02:13:53
Tattershal Bridge	19.7	32	02:25:02	02:31:17	02:37:32	02:43:46	02:50:01
Kyme Eau	21.6	35	02:38:38	02:45:30	02:52:22	02:59:13	03:08:05
End of 1st Straight	23.5	38	02:52:18	02:59:47	03:09:15	03:16:44	03:24:13
Langrick Bridge	27.2	43.5	03:21:02	03:29:43	03:38:25	03:47:05	03:55:47
Antons Gowt	29.4	47	03:36:58	03:46:23	03:55:47	04:05:11	04:14:37
Finish	31.2	50.2	03:50:00	04:00:00	04:10:00	04:20:00	04:30:00

Aim Finish Time	Miles	KM Sign	04:40:00	04:50:00	05:00:00
Five Mile Bridge	4.6	8	00:38:39	00:40:05	00:41:31
Bardney Lock (arrive)	8	13.5	01:07:26	01:09:56	01:12:27
Bardney Lock (depart)	8	13.5	01:12:26	01:14:56	01:17:27
Southery Station	11.7	19	01:43:59	01:47:40	01:51:21
Stixwould Ferry	13.3	22	01:57:42	02:03:54	02:08:05
Kirkstead Bridge	15.4	25.3	02:17:46	02:22:38	02:27:30
Tattershal Bridge	19.7	32	02:55:01	03:03:15	03:09:30
Kyme Eau	21.6	35	03:13:34	03:20:26	03:27:18
End of 1st Straight	23.5	38	03:30:11	03:37:40	03:45:09
Langrick Bridge	27.2	43.5	04:04:44	04:13:25	04:22:57
Antons Gowt	29.4	47	04:24:07	04:33:32	04:42:57
Finish	31.2	50.2	04:40:00	04:50:00	05:00:00