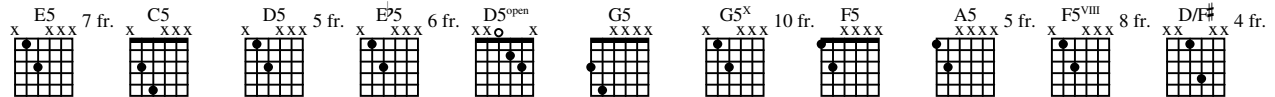


THE LONELINESS OF THE LONG DISTANCE RUNNER

As recorded by Iron Maiden
(From the 1986 Album CAUGHT SOMEWHERE IN TIME)

Transcribed by Little Prince
(<http://metalscript.homestead.com>)

Music by Steve Harris



A Intro - Riff 1

Moderately ♩ = 154

1

Gtr I

T 9 7 8 10 8 7 8 7 (7) 7 9 7 8 7 8 7 9 7 9

A 9 7 8 10 8 7 8 7 (7) 7 9 7 8 7 8 7 9 7 9

B 9 7 8 10 8 7 8 7 (7) 7 9 7 8 7 8 7 9 7 9

H P

5

T 9 7 8 10 8 7 8 7 (7) 7 9 7 8 7 8 7 9 7 9 12

A 9 7 8 10 8 7 8 7 (7) 7 9 7 8 7 8 7 9 7 9 12

B 9 7 8 10 8 7 8 7 (7) 7 9 7 8 7 8 7 9 7 9 12

H P sl.

9

T 12 10 11 13 11 10 11 10 (10) 10 12 10 11 10 11 10 12 10 12

A 12 10 11 13 11 10 11 10 (10) 10 12 10 11 10 11 10 12 10 12

B 12 10 11 13 11 10 11 10 (10) 10 12 10 11 10 11 10 12 10 12

H P

13

T 12 10 11 13 11 10 11 10 (10) 10 12 10 11 10 11 10 12 10 9

A 12 10 11 13 11 10 11 10 (10) 10 12 10 11 10 11 10 12 10 9

B 12 10 11 13 11 10 11 10 (10) 10 12 10 11 10 11 10 12 10 9

H P

17

Gtr II

E5 C5 D5 E5 D5 E5

T 9 7 8 10 8 7 8 7 (7) 7 9 7 8 7 8 7 9 7 9

A 9 7 8 10 8 7 8 7 (7) 7 9 7 8 7 8 7 9 7 9

B 9 7 8 10 8 7 8 7 (7) 7 9 7 8 7 8 7 9 7 9

H P

21

C5 D5 E5 D5 G5^x

T 9 7 8 10 8 7 8 7 (7) 7 9 7 8 7 8 7 9 7 9 12

A

B

H P sl.

25

E^b5 F5^{viii} G5^x F5^{viii} G5^x

T 12 10 11 13 11 10 11 10 (10) 10 12 10 11 10 11 10 12 10 12

A

B

H P

29

E^b5 F5^{viii} G5^x F5^{viii} Faster ♩ = 188

T 12 10 11 13 11 10 11 10 (10) 10 12 10 11 10 11 10 12 10

A

B

H P

B Verse

33

Gtr I *f* P.M.-----| P.M.-----| P.M.-----|

T 3 5 (5) 6 (6)

A 2 4 (4) 5 (5)

B 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 3

Gtr II *f* P.M.-----| P.M.-----| P.M.-----| ~

T 3 5 (5) 6 (6)

A 2 4 (4) 5 (5)

B 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 3

39

P.M.-----|

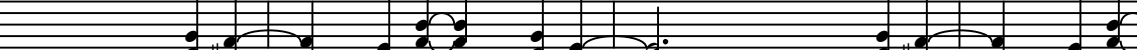
T	A	B
3	0 0 0	0 0 0
(3) 2	0 0 0	0 0 0
5 3	0 0 0	0 0 0
5 3	0 0 0	0 0 0
2 0	0 0 0	0 0 0
2 3	0 0 0	0 0 0
5 2	0 0 0	0 0 0
3 2	0 0 0	0 0 0
5	0 0 0	0 0 0

~~~~~

P.M.-----|

| T     | A     | B     |
|-------|-------|-------|
| 3     | 0 0 0 | 0 0 0 |
| (3) 5 | 0 0 0 | 0 0 0 |
| 3 2   | 0 0 0 | 0 0 0 |
| 5 3   | 0 0 0 | 0 0 0 |
| 2 0   | 0 0 0 | 0 0 0 |
| 2 3   | 0 0 0 | 0 0 0 |
| 5 2   | 0 0 0 | 0 0 0 |
| 3 2   | 0 0 0 | 0 0 0 |
| 5     | 0 0 0 | 0 0 0 |

**C Pre-Chorus**

42   
Gtrs I, II

| T | A       | B       |
|---|---------|---------|
|   | 5 4     | 5 4     |
|   | (4) 2 4 | (4) 2 4 |
|   | 5 2     | 5 2     |
|   | (2)     | (2)     |
|   | 5 4     | 5 4     |
|   | (4) 2 4 | (4) 2 4 |
|   | 5 4     | 5 4     |
|   | (4) 2   | (4) 2   |
|   | 5 4     | 5 4     |
|   | (4) 2   | (4) 2   |

46

T  
A  
B

7 6 (6) 4 6 7 4 (4) 7 6 (6) 4 6 7

(6) (6) 2 (4) (2)

**D** Chorus

50

P.M.-| P.M.-| P.M.----| P.M.-| P.M.-| P.M.-| P.M.----| P.M.-|

T  
A  
B

7 7 7 7 3 3 3 3 1 1 1 1 1 1 1 1

5 5 5 5 5 5 5 5 1 1 1 1 1 1 1 1

54

P.M.-| P.M.-| P.M.----| P.M.-| P.M.-| P.M.-| P.M.----| P.M.-|

T  
A  
B

5 5 5 5 3 3 3 3 1 1 1 1 1 1 1 1

3 3 3 3 3 3 3 3 1 1 1 1 1 1 1 1

58

Gtr I  
P.M.-----|

T  
A  
B

10 12 9 10 12 9 10 12 9 10 12 10 12 9 10 12

12 12 10 10 12 12 10 10 12 12 10 10 12 10 12

Gtr II  
P.M.-| P.M.-| P.M.----| P.M.-| P.M.-| P.M.-| P.M.----| P.M.-|

T  
A  
B

7 7 7 7 3 3 3 3 1 1 1 1 1 1 1 1

5 5 5 5 5 5 5 5 1 1 1 1 1 1 1 1

*To Coda*

62

P.M.-----|

T  
A 9 10 10 12 12 10 9 10 10 12 9 10 10 12 9 10 10  
B 12 10 10 12 12 10 10 10 10 12 12 10 10 12 12 10 10

T  
A 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5  
B 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3

P.M.-| P.M.-| P.M.----| P.M.-| P.M.-| P.M.-| P.M.----| P.M.-|

T  
A 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5  
B 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3

**E** Riff 2

66

3

T  
A 10 8 10 8 10 9 10 8 10 8 10 9 10 9 10 8 10 8 10 9 10 9 10 10 10  
B

H P

T  
A 6 5 6 5 7 5 6 5 7 5 7 5 7 5 6 7  
B

H P

4x

**F** Riff 3

70

3

T  
A 10 8 10 9 10 9 10 10 10  
B

4x

T  
A 6 5 7 5 7 5 7 6 7  
B

## [G] Riff 4

74

78

82



2.

100

P.M.-| P.M.-| P.M. P.M.-| P.M.-| P.M. P.M.-| P.M.-| P.M. P.M.-| P.M.-| P.M.

T

A

B

**I Guitar Solo**

G5 Gtr I

D5

E5

C5

104

Gtr II

Full

sl.

sl.

G5

D5

C5

108

Full

Full

Full

Full

Full

sl.

P

P

G5

D5

E5

C5

112

Full

P.M.-|

sl.

sl.

116

G5 D5 C5

P.M.-----| Full 1/2 1/2 1/2 1/2

T 14 (14)(14)12 10 14 (14)(14)12 10 14 (14)(14)12 10 14 (14)(14)12 14 (14)

A 12 12 14 12 12 14 (14)(14)12 14 12 14

B 14 12 14 14

P P P P P P P stil.

120

A5 F5 D5

Full Full

T 13 15 12 13 15 12 13 12 15 13 15 12 15 15 (15) (15)(15) 13 12

A

B

P P

124

A5 F5 D5 G5

Full

T 15 13 12 13 12 15 13 12 15 13 12 15 13 12 14 (14) 13

A

B

128

A5 F5 D5

Full A.H.

T (13) 13 12 10 12 10 12 10 12 10 9 12 10 9 10 9 12 9 12 10 8 12 10 8 12 10 0

A

B

P H P B

132

A5 F5 D5

1/2 Full Full

sl. H P sl. sl. P

135

D/F# D/F# D/F# D/F# D/F#

(4)4fr. (4)4fr. (4)4fr. (4)4fr. (4)4fr.

D.S. al Coda

Full Full Full

skl.

# J Out-Chorus

138

Gtrs I, P.M.-| P.M.-| P.M.----| P.M.-| P.M.-| P.M.-| P.M.----| P.M.-|

P.M.-| P.M.-| P.M.----| P.M.-| P.M.-| P.M.-| P.M.----| P.M.-|

142

P.M.-| P.M.-| P.M.----| P.M.-| P.M.-| P.M.-| P.M.----| P.M.-|

P.M.-| P.M.-| P.M.----| P.M.-| P.M.-| P.M.-| P.M.----| P.M.-|

146

Gtr I  
P.M.-----|

|   |    |    |    |  |
|---|----|----|----|--|
| T |    |    |    |  |
| A | 10 | 9  | 10 |  |
| B | 12 | 10 | 12 |  |

|   |    |    |    |   |
|---|----|----|----|---|
| T |    |    |    |   |
| A | 9  | 10 | 12 | 9 |
| B | 12 | 10 | 12 |   |

|   |    |    |    |  |
|---|----|----|----|--|
| T |    |    |    |  |
| A | 10 | 9  | 10 |  |
| B | 10 | 12 | 10 |  |

|   |    |    |    |  |
|---|----|----|----|--|
| T |    |    |    |  |
| A | 10 | 9  | 10 |  |
| B | 12 | 10 | 12 |  |

Gtr II P.M.-| P.M.-| P.M.----| P.M.-| P.M.-| P.M.-| P.M.----| P.M.-|

|   |   |   |   |  |
|---|---|---|---|--|
| T |   |   |   |  |
| A | 7 | 7 | 7 |  |
| B | 5 | 5 | 5 |  |

|   |   |   |   |  |
|---|---|---|---|--|
| T |   |   |   |  |
| A | 7 | 7 | 7 |  |
| B | 5 | 5 | 5 |  |

|   |   |   |   |  |
|---|---|---|---|--|
| T |   |   |   |  |
| A | 3 | 3 | 3 |  |
| B | 1 | 1 | 1 |  |

|   |   |   |   |  |
|---|---|---|---|--|
| T |   |   |   |  |
| A | 3 | 3 | 3 |  |
| B | 1 | 1 | 1 |  |

150

P.M.-----|

|   |    |    |    |    |
|---|----|----|----|----|
| T |    |    |    |    |
| A | 9  | 10 | 12 | 12 |
| B | 12 | 10 | 12 |    |

|   |    |    |    |    |
|---|----|----|----|----|
| T |    |    |    |    |
| A | 10 | 9  | 10 | 12 |
| B | 10 | 10 | 10 | 12 |

|   |    |    |    |   |
|---|----|----|----|---|
| T |    |    |    |   |
| A | 9  | 10 | 12 | 9 |
| B | 10 | 10 | 12 |   |

|   |    |    |    |  |
|---|----|----|----|--|
| T |    |    |    |  |
| A | 10 | 9  | 10 |  |
| B | 10 | 12 | 10 |  |

P.M.-| P.M.-| P.M.----| P.M.-| P.M.-| P.M.-| P.M.----| P.M.-|

|   |   |   |   |  |
|---|---|---|---|--|
| T |   |   |   |  |
| A | 5 | 5 | 5 |  |
| B | 3 | 3 | 3 |  |

|   |   |   |   |  |
|---|---|---|---|--|
| T |   |   |   |  |
| A | 5 | 5 | 5 |  |
| B | 3 | 3 | 3 |  |

|   |   |   |   |  |
|---|---|---|---|--|
| T |   |   |   |  |
| A | 3 | 3 | 3 |  |
| B | 1 | 1 | 1 |  |

|   |   |   |   |  |
|---|---|---|---|--|
| T |   |   |   |  |
| A | 3 | 3 | 3 |  |
| B | 1 | 1 | 1 |  |

**K** Riff 1A

E5  
Gtr II *mf*

Gtr I

|   |   |   |   |  |
|---|---|---|---|--|
| T |   |   |   |  |
| A | 9 | 7 | 8 |  |
| B |   |   |   |  |

|   |    |   |   |   |
|---|----|---|---|---|
| T |    |   |   |   |
| A | 10 | 8 | 7 | 8 |
| B |    |   |   |   |

|   |     |   |   |   |
|---|-----|---|---|---|
| T |     |   |   |   |
| A | (7) | 7 | 9 | 7 |
| B |     |   |   |   |

|   |   |   |   |   |
|---|---|---|---|---|
| T |   |   |   |   |
| A | 8 | 7 | 8 | 7 |
| B |   |   |   |   |

|   |   |   |   |  |
|---|---|---|---|--|
| T |   |   |   |  |
| A | 9 | 7 | 9 |  |
| B |   |   |   |  |

H P

158

T 9 7 8 10 8 7 8 7 (7) 7 9 7 8 7 9 7 9 12

H P *sl.*

162

T 12 10 11 13 11 10 11 10 (10) 10 12 10 11 10 11 10 12 10 12

H P

166

T 12 10 11 13 11 10 11 10 (10) 10 12 10 11 10 11 10 12 10

H P

**L** Riff 5

170

T 8 7 8 10 7 10 8 7 8 7 9 7 9

H H

174

T 8 7 8 10 7 10 8 7 8 7 8 10 7

A

B

H

178

T 12 10 12 10 12 10 12 10 12 10 12 11 12

A

B

182

T 8 7 8 10 7 10 8 7 8 7 9 7 9

A

B

1.

1. *rit.* much slower ♩ = 70

**Guitar Staff 1:** Treble clef, key of D major. Notes: F#4, G#4, A4 (triplet), B4. Fingering: 8, 7, 8, 7, 9, 7.

**Bass Staff 1:** Bass clef, key of D major. Notes: 8, 9, 7, 9. Fingering: 8, 7, 8, 7, 9, 7.

**Guitar Staff 2:** Treble clef, key of D major. Notes: F#4, G#4, A4 (triplet), B4. Fingering: 9, 7, 9, 7, 9, 7.

**Bass Staff 2:** Bass clef, key of D major. Notes: 9, 7, 9, 7, 9, 7. Fingering: 9, 7, 9, 7, 9, 7.

H P