

Human Race Kingston Bfast Run

I took to the streets of Kingston for the last 'race-pace' long effort before the London Marathon. The event takes the format of either an 8.2 or 16 mile run, starting and finishing in the centre of Kingston. I was here for the 16 miler, which was a 2 lap affair, with the route taking us out over the Thames via the Kingston Bridge, 3 miles down the river bank to Hampton Court, off down Hampton Court Way, returning back to the centre of Kingston along the Portsmouth Road via Thames Ditton following the river.

My plan for the race was to maintain an even pace throughout and aim for around 2.15 finish. I had intended to use my Garmin for pacing, however it decided it was going to choose today to struggle to get decent satellite reception, despite being away from built up areas. I later found out from a couple of other runners that they were also having problems, so at least it wasn't just me. Thankfully I had time to visit the Lucozade stand, and pick up a pace band for a 2.15 finish, and resorted to using the lap function on the Garmin to try and pace myself.

It was a relatively early start, with the 8.2 mile going off at 8am, followed by the 16 milers starting at 8.20. I arrived early to get myself sorted, everything was very well organised, if a little spread out. Loos were a couple of minutes walk from the start line in one direction, and the bag drop was a good 5 minutes walk from the start line in the other direction. After much queuing in both locations, I arrived at the start line with about a minute to spare.

Once started I tried to stick to my plan, but the early mile markers were hard to spot due to the narrowness of the Thames path and the volume of runners. The first mile marker I managed to spot was actually at mile 3 and unfortunately I was already behind schedule. As the runner's spread out, it was easier to run at a more consistent pace and I soon fell into a good 8.30 minute per mile pace. for the next 10 miles. A quick bit of mental arithmetic at mile marker 13, had me on a schedule to finish in around 2.16, so I decided to eat a couple of gels and see if I could improve on that. To my amazement the increases in my pace carried on and I was able to get across the finishing line in 2:13:10 which gave me 570th place out of 1077.

Definitely a runners race, not a sign of fancy dress anywhere. I will certainly be returning for the October running of this race called 'RunKingston'