

The Cabbage Patch 10

Sunday 19 October

I ran the Cabbage Patch 10 in 1984 (did 65:15, aged 39), back in the bad old days before I joined the Club (in 1991), and was never properly fit. I should always have run it – and knew it at the time – but let footling things like the drive, absence of showers etc. put me off. Learn from my mistakes!

There are three great things about the Cabbage Patch 10 (named after the Cabbage Patch pub in Twickenham): it's flat (being along the banks of the Thames), it's scenic, and so it gets a big field and a high-quality field (e.g. Steph Twell was leading lady last year and this, and Mara Yamauchi was second). The start is opposite Eel Pie Island; much of the course is on towpaths – upstream to Kingston Bridge, back behind Ham House to Richmond Bridge, then upstream again past Marble Hill House to the start.

Alex was the last finisher to break the hour (reminding me of what it was like to be his age) – though I suspect he'll be disappointed with his time. I was even comparable with Jo at the same age (conveniently overlooking the gender difference here). I achieved the odd double of a PW time (I've never been this old before) and a PB age-related grading (but I'm aging better than the opposition). So I can't kid myself my times will get better – hence my new-found devotion to this flat course.

I composed a poem during the race:

Real men

Run the Cabbage Patch 10.

So, fellas: if you want to measure up, see you there next year (ladies too, of course – couldn't make you fit in the rhyme scheme).

71	Alex Horton	59:59	74.47%
128	Jo Kent (2 nd L45-54)	1:02:54	86.48%
350	Nick Bingham	1:12:07	82.29%
1730	finished		

Nick Bingham