

### **Berkhamsted Half-Marathon, 6 March 2005**

43 (1 <sup>st</sup> M55, 2 <sup>nd</sup> M50)	Nick Bingham	1:29:27
197	Vito Luigi	1:49:21
371	finished	

This was my last race as an M50, and a pre-London Marathon sharpener for both of us. It was very cold, which depressed the times. But this course is so scenic it is always a pleasure to run, despite the fierce hills. I think this is a tougher course than Watford -- but as few of us run both regularly, it's hard to compare.

**Nick Bingham**