

## **Berkhamsted Half Marathon, 5 March**

27	Phil Cunningham	1:23:04
151	Helen Hoyle	1:36:16
153	Nick Bingham 1 <sup>st</sup> M60	1:36:23

This was my fourteenth Berky Half, and my slowest (even slower than in the early 80s, before I joined the Club).

The first people I saw on arriving were Helen, Phil and Russell Devitt. They were all in marathon training, while I was coming back from injury. If you want to see what marathon training does for you, look at Russell's time (1:28:57 – last year I did 1:27 and beat him by ten minutes, as he reminded me).

Helen came past me in the twelfth mile. I know the course like the back of my hand, and know to attack hard from the 12-mile mark, as it's all downhill. I drew level with her on the hill, with maybe 400m to go. She checked carefully it was me, took off, and took 7 seconds out of me. What it is to be young.

**Nick Bingham**