

Berkhamsted Half Marathon, 1 March

28 Phil Cunningham (3rd M40) 83:44
1191 finished.

Another very good run by Phil – who'd been doubtful whether he'd make it when I asked him the Thursday before.

The start had changed from 11:30 last year to 10:30 this year, but the version of the website I Googled the day before hadn't. So I saw the pack starting as I walked from the station carpark. I saw no point in panicking, and started in my own time. My guess was that I'd catch the tail-enders at 3m (spot on), and catch 700 (it was 712). Quite a number of finishers had 'No race number'; I was 479 in 1:48:27 (running time 93:20).

I wouldn't wish the experience on anyone (and will take good care to avoid it in future), but this was the nearest I'll ever come to doing a Mike Stapleton: he missed the start at the Fred Hughes 10 a few years back, and came past me like a bat out of hell. Normally I attack the course, and cope with the field as best I can. This time I ignored the course (which I know like the back of my hand), and attacked the field. It's different – quite fun, in its way.

Nick Bingham