

Berkhamsted Half Marathon, Sunday 4 March 2007

8	Grant Ramsay		1:17:29
15	Steve Nunn	(5 th M40)	1:21:04
16	Phil Cunningham	(6 th M40)	1:21:40
17	Mel Parker	(7 th M40)	1:21:43
134	Nick Bingham	(1 st M60)	1:34:40
940	Leza Plumb		2:54:32
943	finished		

This was a wonderful run by Grant, who used it as a sharpener for the Finchley 20 (not the London Marathon, because of the prior claims of baby Jessica!). Excellent packing by three friends and rivals from their schooldays, all in marathon training: Steve assures me that the traditional and natural pecking order has been re-established! I chased Russell Devitt (a mere stripling of 58, and in marathon training to boot), and held him to 90 seconds. Helen is still coming back from injury, and did the fun run instead.

It was a horrible day, cold, wet and windy, so not one for good times. But the scenery was as beautiful as ever.

We took third team prize (173 points, after Chiltern, the locals, on 116 and Shaftesbury on 158). With one more strong runner to score, rather than an old crock like me, we'd have been up there – get out there next year!

Nick Bingham