

33rd Berkhamsted Half Marathon
Sunday 2 March 2015

This was my 21st Berky Half – I never willingly miss. It's a beautiful course, though very hilly. It was a lovely day, apart from the wind – which was nasty, especially up at the highest point, by Ashridge College. It was nice to see our old club-mate Grant Ramsay – 4th (1st vet) in 1:17:35.

For me, the upside was position. Of the 24 men over 60 (I'm 70 this month), I was first M65 (by 4 seconds!), beating the first M60 (by 6 seconds!), and my old friend Stuart Mann of Herts Phoenix, the only M70, by 7 minutes (I fancy my chances as an M70 next year!).

The downside was time. I've never missed breaking 1:40 before, so I was gutted about that. I knew that I would lose position over the last mile (downhill, so I go flat out – and still get taken out by the young!). But losing a dozen places, including to four women (two F50s!) really hurt.

It was nice to meet Davina there – lots more improvement to come.

207	Nick Bingham	1 st M65	1:40:29
487	Davina Gutteridge		1:51:01
1010	finished		

Nick Bingham