



Ilford AC Walking Section

OVER 4 DECADES ON - THE MEDALS KEEP COMING

Ilford AC Life member BOB DOBSON, lived up to his status as an evergreen 50 Kilometres expert on a hot Saturday in Coventry when clinching a hard earned National bronze medal in the ultra-distance event. Former European and Commonwealth Games representative Dobson's 1st National medal was a gold one in the same Championship event at East Ewell in 1970 - and 43 years later he's still being called onto the presentation podium. The distance, 31 miles and 121 yards, to those unfamiliar with metric measurements is the longest athletics event in the Olympics - being 5 miles further than a marathon. It's a killer event at the best of times, but Saturday's conditions were unbearable and many retired leaving only the hardy making progress on a multi-lap course around the University of Warwick campus in Coventry with a sharp incline for good measure! In an event which brings disqualification if 3 judges object to a walker's mode of progression, it proved to be a mental test and a trial of stamina. Dobson had 2 red cards against his name on the hour mark, which left him with 5 hours on his feet without daring to transgress as he finished 3rd British finisher in 6 hours 4 minute and 19 seconds, well inside a 6-and-a-quarter hour deadline.

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