



## Essex County Championships – Racewalking

### ANOTHER MEDAL FOR BOB'S COLLECTION

Ilford AC life member Bob Dobson, a former European & Commonwealth games Representative, belied his veteran status to slog it out for 25 circuits of Garon Park Track on a hot, humid and windy Saturday morning to clock 71 minutes and 3 seconds to take a silver medal in the Essex 10,000 Metres' Walk Championship, beaten only by another former GB Commonwealth Games athlete, Dan King of Colchester Harriers. If that wasn't enough for the Ilford man, he celebrated his medal by another walk – a mile each way up-and down Southend pier afterwards!