

Amazing feat of 73-year-old with metal hip

Bob notches up running 'milestone'

By Alison Curtis
Chronicle Reporter

MARATHON man Bob Emmerson will complete his 100,000th competitive mile tomorrow night at the age of 73 and with a metal hip.

Mr Emmerson, from Walgrave, has been pounding roads and tracks across the country since 1977, after an article in the *Chronicle & Echo*, about the then newly-opened Lings Forum athletics facilities, inspired him to give the sport a go.

The Leamington Cycling and Athletics Club member has totted up the miles in the 29 years since then in a special book, recording races from five-mile events to full length marathons.

And he will achieve the landmark at a Market Harborough five-mile event tomorrow night.

Mr Emmerson said: "It is like an addiction. I love running so much, I just can't stop.

"This isn't a unique achievement but before it has been done by a much higher class of athlete than me."

Along the way to his 100,000th mile, Mr Emmerson has completed 96 marathons, including 13 London Marathons - most recently in April - and he once ran two 26-mile races in 24 hours.

He cites the proudest moments of his running career as finishing the London Marathon in two hours and 40 minutes, running from London to Brighton in six hours and 16 minutes in 1982 and winning several races in 1984 at Crystal Palace in the over-50s categories.

In July 2004 he had a hip operation known as a Birmingham Hip, in which surgeons resurfaced his joints with metal.

He said: "They told me it would be 10 months before I could run again, but I started again in eight months.

"The hip is an all-metal job, it has been a big success. I think I am running pretty good for my age."

Now Mr Emmerson, who is cheered on by his wife Thelma, is inspiring further generations of his family to hit the track.

He has competed against his 52-year-old son Robert and his grandson Lloyd, aged 26, both of Moulton, and he says he is still able to beat his son to the finishing line.



■ Bob Emerson heads to a landmark run

CE picture 060618KB16