

Ian Garmston C 899

Lancashire Walking Club

Leicester W.C. 'Leicester 100', Hungarton 1992 (100 miles) 23.16.24

Attached are a couple of pics.... Self explanatory really... One captures the buzz at the start of the race (1992 at Hungarton)... I am No. 16... Ron is obviously more eager than myself to get to the start (No 15)other pic is of Ron and myself doing a "posey" action shot for the local press afterwards because Ron had been heavily sponsored for Racing Welfare - he will probably have more on this...

I came late to racewalking after becoming a good friend and training pal of Ron... He told me he wanted to do the 100 miles... I said that I would keep him company for the early part of his necessary training... Then one thing lead to another... After doing the Manchester to Blackpool I realised that I might (just) stand a slim chance of finishing the 100 miles... And - Because I do like a challenge I had a go! I have not done the distance since, and don't intend to... Apart from "shot at" knees, which slow me down, I have other challenges on my bucket list, rather than pounding the lanes in endless training.

However, becoming a Centurion was significantly formative for my self esteem. Since that summer in 1992 I have been even more confident that if I set my mind on realistic life goals the results can be amazing.



Press Story 1992:
Ian Garmston C899 & Ron Wallwork