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HE KEEPS ON WALKING

Sports news we can shout about comes from professional walker, Bert Cousins. From West Ham's Mayor he receives official congratulations in the last stage of his walk of 3,000 miles in a little over 1,000 hours. Casualties were six pairs of shoes.

Bert Cousins covered the distance by walking round a greyhound stadium 13,000 times. In a straight line, this would have taken him all the way to New York.