

83 YEARS YOUNG - RUNS 20 MILES

In Slough, Buckinghamshire, seven o'clock on a Sunday morning finds Charlie Hart first man up-and-about. Despite his 83-years, the old man - many times over a grandfather - is ready to go, as sleepy-eyed crowds gather to see him off on his 20 mile run to Trafalgar Square.

Here the old chap is, chugging along at 3-miles-an-hour - proving there's nowhere a stout heartwom't take you.

Charlie models his running style on the effortless, leaping gait of the Red Indian. Sometimes, his pace slows almost to a walk, yet he puts youngsters to shame. If you feel like laughing, try it yourself sometime!

Taking a cooler from the scorching sun, Charlie reaches the halfway mark with plenty still left in him.

Born 1866, still going strong. No wonder amazement fills the onlookers. A lifetime long-distance runner, Charlie has done nearly a million miles in his time. Marvellous what an inspiration Charlie can be.

Hammermith. Charlie remembers it was 70-years ago when he won his first race; a penny bun at a Sunday School treat. Now his last race nears its end. Miraculously, these aged legs take him along the final stretch. Every inch seems a mile - but here's Nelson's Column, and victory. Britain salutes a Superman. Tell us, Charlie, how do you manage it at your time of life?

SPEECH