

Retiring Ron

Growing old disgracefully

May 26

Easter was exactly how I wanted, with family and friends. Reconnecting with old school pals from back in the day was another highlight as well as filming Maurice Hope's documentary which will soon be doing the rounds. We have high hopes of getting a TV deal.



At the London Ex-Boxers Association meet we appealed for investors for a 10-minute documentary we shot on Maurice



I was nervous pitching for film investors with Maurice



Hogarth champs kept everyone in order at the meeting



Ray Caulfield LEBA's treasurer gave us £100 for Maurice's film the old school way



Fellow Dominican Natalie Bleau is an author and generously contributed



So too did ex-boxer Jonathan Trevor. Thanks to all the other LEBA investors, Lee, Dominic Shepherd, Rob Benson and Scott Ewing



Gorgeous Solina is a champion investor too



We started filming at Mo's first school, Princess May Primary, in Dalston



Headteacher Mr Reynolds obviously wants to be schooled in the noble art!



This school dinner lady is Antiguan too and was excited to meet the champ



Magi and Dhairya are London Film School graduates



There are lots of colourful characters in Ridley Road Market



We filmed outside Maurice's first house in Hackney after arriving from the Caribbean in 1961



House owner John is a huge boxing fan and was pleasantly surprised that Mo used to live there



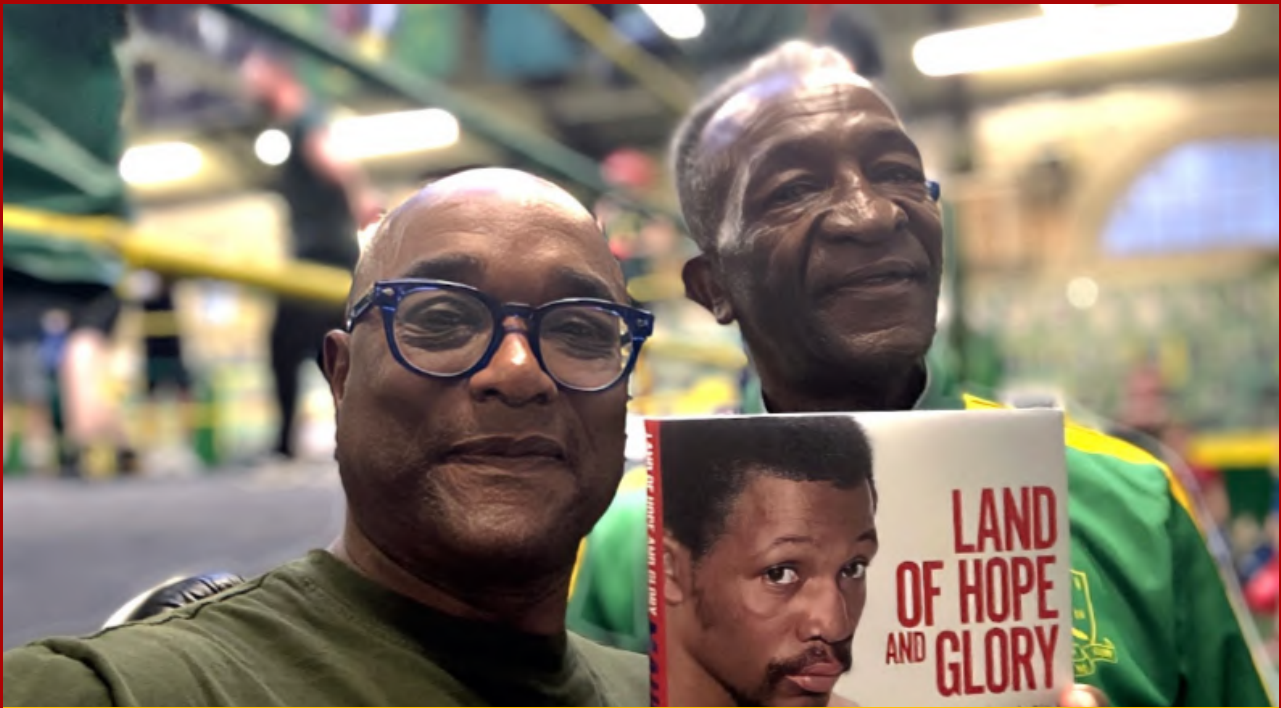
The Pedro Club is a celebrated gym that Maurice coaches at



The York Hall Bethnal Green is where Maurice and many champs boxed



DJ Costas is the main investor in the 'Land of Hope and Glory' film



The Repton Boxing Club gym was teeming with ambitious kids seeking glory

amazon

<https://www.amazon.co.uk/Land-Hope-Glory-Windrush-Conquered/dp/1801507112>



Maurice's niece Maria is interviewed in the doc. Here she is beside world champs John Conteh and 'Uncle Mo'



Maurice is one of few Repton graduates who became world champ



Maurice watches future champs beside heavyweight king Daniel Dubois



We went to a Repton dinner show with Maurice's partner Fiona to promote the film about graduates who became world champs



Mandy McVitie, biscuit queen, excelled herself again with an Easter cake for us



Mandy's spread was World Cup final quality



Easter Sunday at Westminster Cathedral was packed. I lit a candle for St Theresa and all our departed loved ones



Thanks Zinzin for my Easter egg. Hope you found yours hidden in the house



Warning - psychedelic animals roam freely in Battersea Power Station mall looking to trample Gooners



Jerry came over hoping to meet the Easter bunny



Chelsea v Port Vale was seventh heaven with Gabriel, my buddy Beco's stepson



Gabriel is over from the Cayman Islands attending a basketball college near Northampton



Took Gabe to Cottons, the Caribbean diner in Vauxhall, for a post-match nosh up



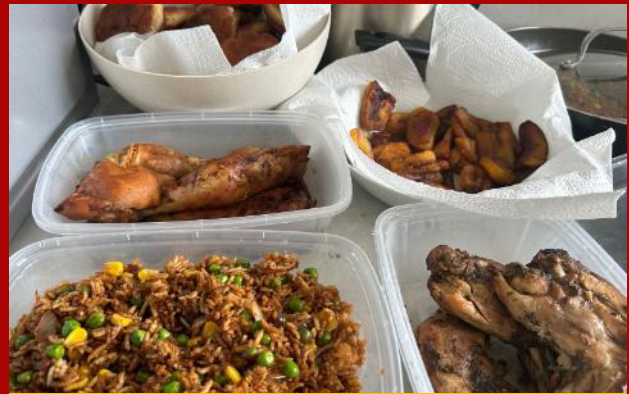
Oxtails is his fave. Mine was jerk chicken rolls and saltfish



I cooked for Gabe to remind him of home



Jerk chicken, burgers, spicy rice, white rice and dumplings



Next round was jerk chicken, Chinese chicken, spicy rice, plantain, dumplings and I bought him oxtails with sides



Took Gabriel to a London Lions game at the Copper Box Arena



Lions mauled the Sheffield Sharks



They won their third trophy of the season



We said bye to Kevin Marvellous after eight years of excellence. On his final Bridge tour he was pretty emotional. Bless



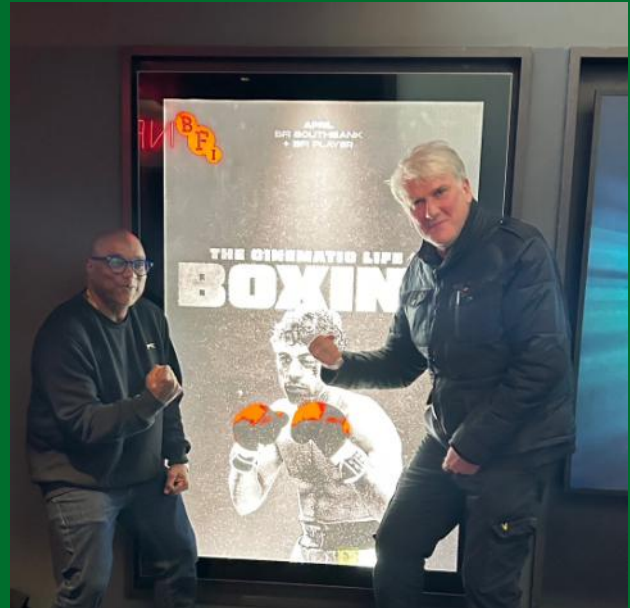
Sadly, Amy's gone too, 11 years in. Hero Vlad bought her chocs



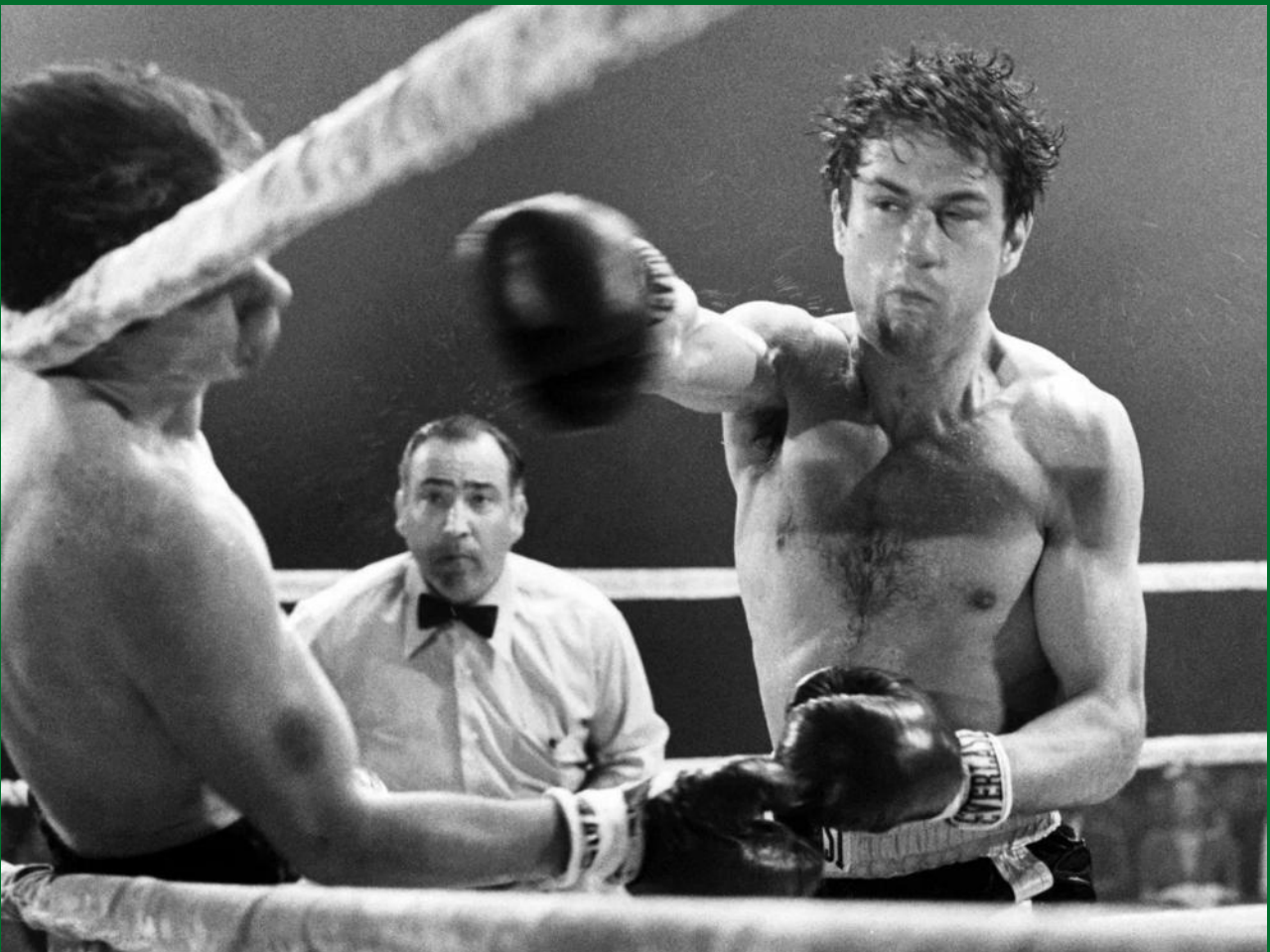
We gave Kev and Amy a nice send off in Frankie's



This crafty character, aka Derek Barnett Bees, held me hostage to watch 'Raging Bull' with him at the BFI



The BFI ran a season of knockout boxing films throughout April



Thanks Delboy, loved it all over again. One of Bob De Niro's finest



*London Landmarks Half Marathon ,
two weeks before the big one,
huffed and puffed around town
again*



*Her shorts could be seen from outer
space*



Lots of eye-catching costumes





Grandma insisted on coming just for the ride



Jasmin ran last year in honour of Nanny T



Congrats Kenya's Sabastian Sawe for being the first to run under two hours and set a world record at the London Marathon. That's exactly twice as fast as my best London Marathon run



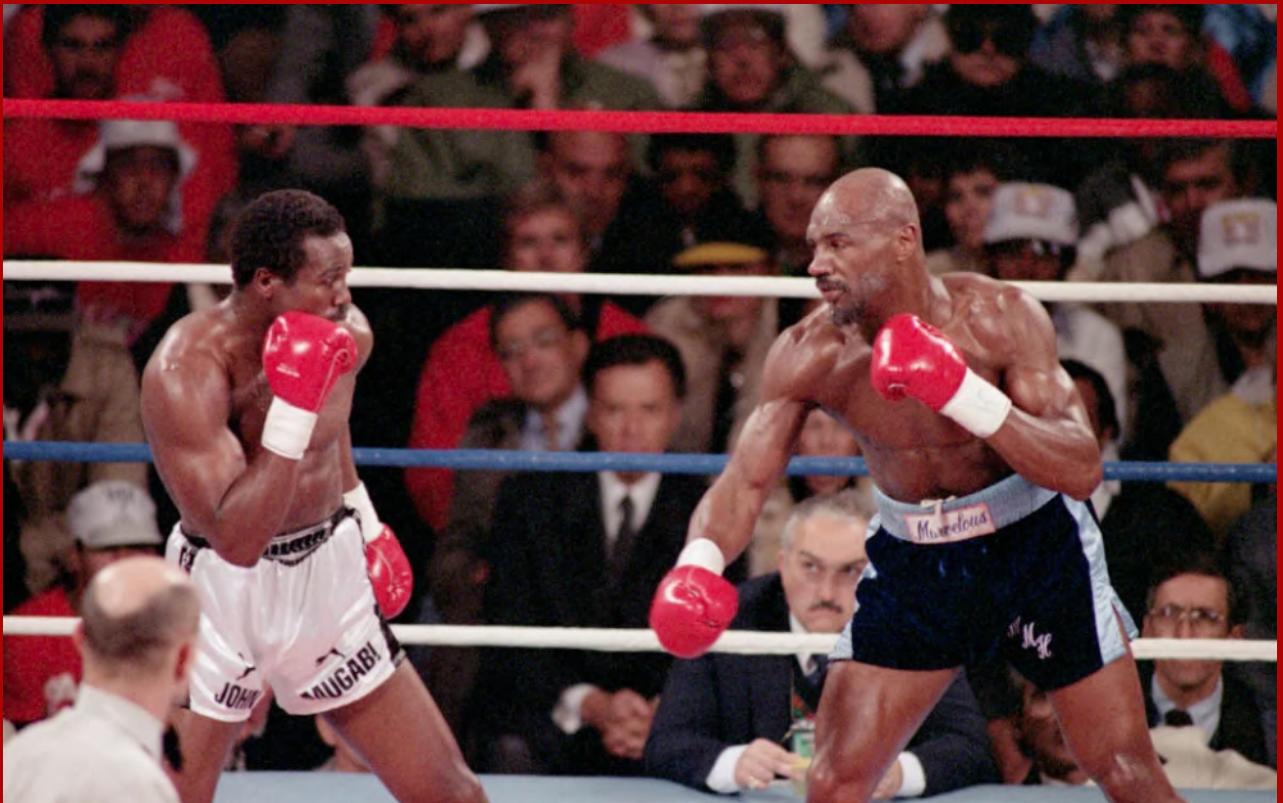
Phil Sharkey is a renowned boxing photographer. But his bread and butter is the family passport biz in Marylebone, established by his dad



Phil got star treatment at his book launch of passport shots of celebs. They include Errol Flynn, Muhammad Ali, Joan Collins, Sean Connery, Shirley Bassey, Mick Jagger, Madonna...



Nice to buck up on supastar MC John McDonald there. He too has recently retired. Best wishes mukka



The legendary Marvin Hagler admitted one of his hardest fights was with John 'The Beast' Mugabi, a hero in his Ugandan homeland



My boxing buddy George Walker, left, settled in America from London yonks ago. He was on holiday in Australia and visited Mugabi in Brisbane. 'The Beast' is a little tamer now



Sixty years ago when we all attended Worple Road Primary School, Isleworth, no one imagined that one day we'd have a reunion at the local Ailsa Tavern



Penny has had eight kids. Only three more for a full team Penny!



Alex was my childhood neighbour. Great times



Jeff and Wendy were Worple Road School icons



Rob Campin helped organise it all with Phil Andrews



Percy and Gary had a great night



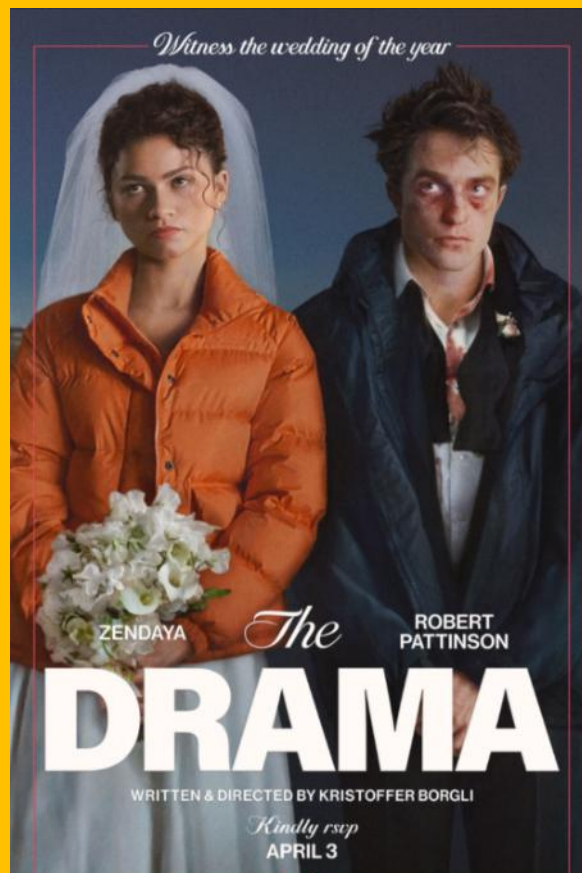
Katrina is 100% Isleworthian having stayed local all her life



Tony aka 'Bugs' was celebrating St George's Day in his usual understated style



My local carpet shop in Willesden is now honouring local lads who made it as footballers. It really carpetured my heart



A must-watch cinema film for young couples contemplating marriage



The Gregory Isaacs tribute night was amazing. Terence Wallen is the dead spit of the Cool Ruler - and croons like him too!



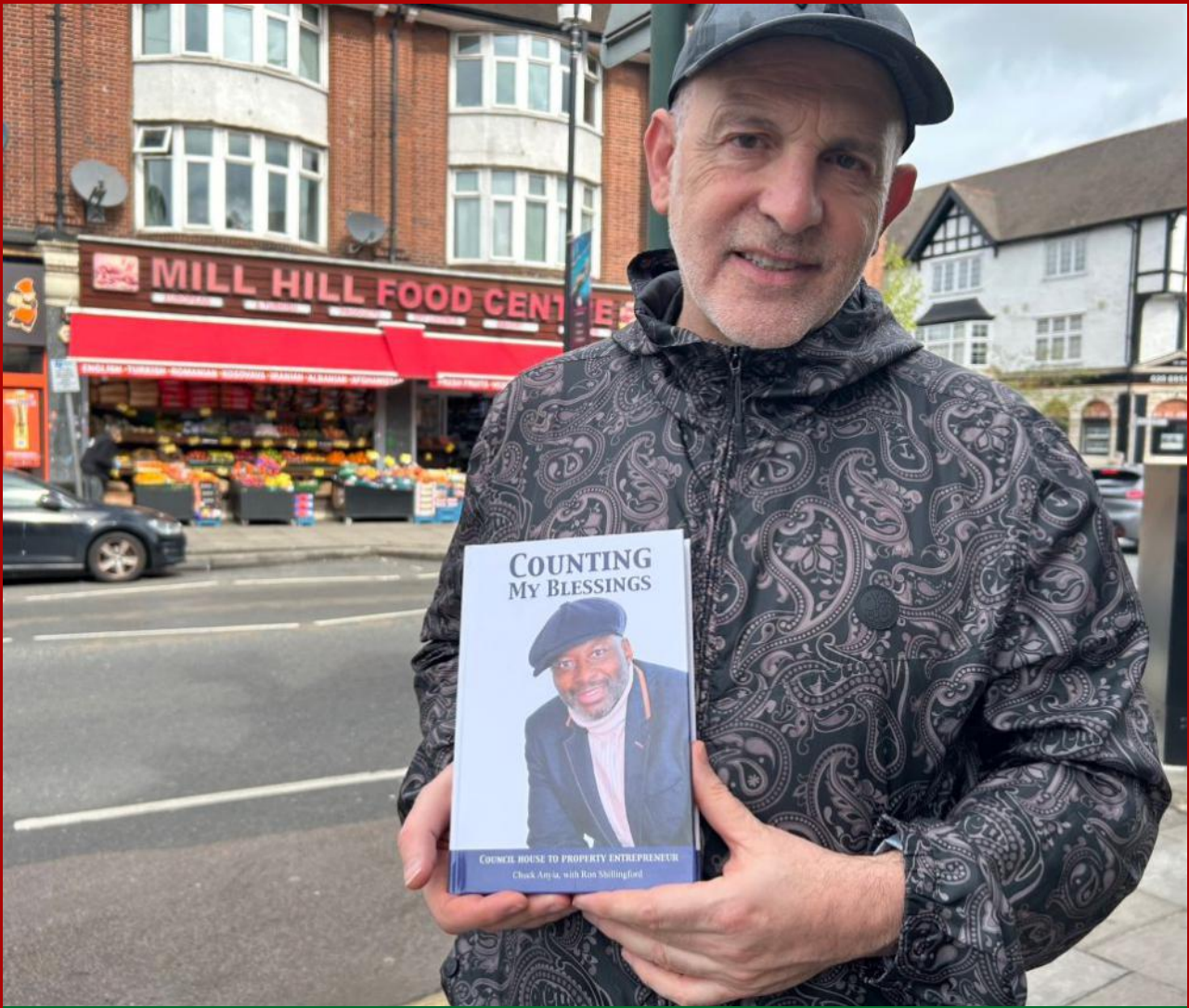
Terence wooed the girls in typical Cool Ruler style



Gregory Isaacs died in 2010, aged 59. His biggest hit was 'Night Nurse'. He was king of self-penned ballads.



Celebrated DJ Calvin Francis flew back from Jamaica just for this gig at 100 Club in Oxford Street



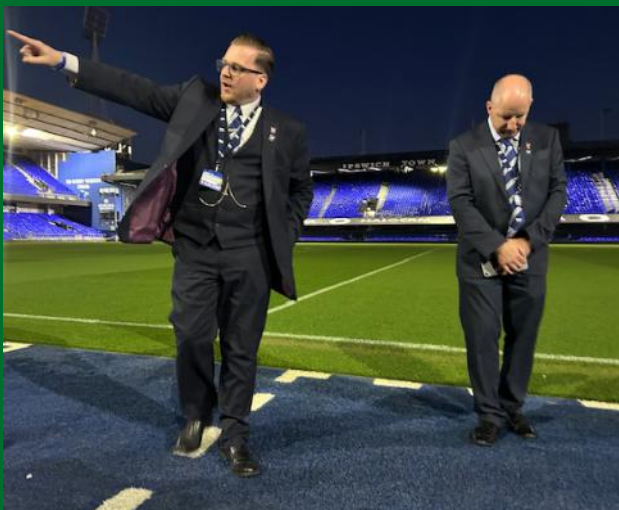
DJ Costas will soon be featuring Chuck to help promote his book on Luton Urban Radio

amazon

[https://www.amazon.in/
Counting-My-Blessings-
property-entrepreneur/dp/
1836150822](https://www.amazon.in/Counting-My-Blessings-property-entrepreneur/dp/1836150822)



Fab day in Ipswich to enjoy the town and a tour of Portman Road



Matt and Simon are excellent guides



Ed Sheeran is an Ipswich part owner who donates guitars and his tour trainers to the club



Ipswich town centre is lively



The coffee in Jamaica Blue actually comes from the island's Blue Mountains





Hard to believe the Chels reached the FA Cup final after recent dire form and all the turbulence at the Bridge this season



She'll be cheering from a heavenly seat in royal blue, of course, on May 16

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