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FROM LAST TO FIRST: A LONG-DISTANCE RUNNER'S JOURNEY FROM FAILURE TO SUCCESS



Aurum Press Ltd. Paperback Book Condition: new. BRAND NEW, From Last to First: A Long-Distance Runner's Journey from Failure to Success, Charlie Spedding, Charlie Spedding describes himself as 'not particularly talented' - at least, compared to the group of people he had chosen to find himself among. These were the athletes in the Olympic marathon. So how did he end up with a bronze medal? How did he win the London Marathon? And why does he still hold the English...

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