



Fartleks & Flatulence (2nd Revised edition)

By David Berridge

Filament Publishing. Paperback. Book Condition: new. BRAND NEW, *Fartleks & Flatulence (2nd Revised edition)*, David Berridge, David, a 53-year-old civil servant, took up running after watching a piece about the Marathon Des Sables on the television. At the age of 35, he limped and hobbled his way over the finish line of the 11th Marathon Des Sables in 126th place. A love of Ultra-distance running developed. He has had success and failure, from being last in the Norseman Extreme Triathlon to being a top ten finisher in his last Desert race and ultimately winning the 6633 Ultra - a tough 352 mile through the Arctic. This sometimes humorous book looks at the highs and low, the what to dos and the what not to dos. The agony and the ecstasy that is the sport of Ultra-distance running.

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It is easy in study safer to comprehend. It can be writer in basic phrases and never confusing. It is extremely difficult to leave it before concluding, once you begin to read the book.

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