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THE GREAT RUN: LIFE LESSONS ON THE RUN



Sunbird Publishers Ltd. Paperback. Book Condition: new. BRAND NEW, The Great Run: Life Lessons on the Run, Braam Malherbe, Tim Noakes, Everyone said it could not be done; even internationally renowned sports scientists such as Dr Tim Noakes. Certainly no-one had done it before, though many had tried: to run the Great Wall of China, end to end, non-stop. The journey would start in the Gobi Desert, cross the jagged Taihang Shan range, and end at the Bo Sea. It...

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- Authored by Braam Malherbe, Tim Noakes
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