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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...

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- Authored by David Berridge
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