



DOWNLOAD



## British Marathon Running Legends of the 1980s

---

By Gabrielle Collison

Gabrielle Collison. Paperback. Book Condition: New. Paperback. 454 pages. Dimensions: 7.9in. x 4.9in. x 1.0in. After the running boom of the 1980s, British marathon running standards gradually started to decline. This was despite the continued advancements in scientific backup, training methods, equipment, full-time professionalism and sponsorship. As a consequence, in the late 1990s, Gabrielle Collison decided to research the factors as to why this was happening and conducted interviews with some of the top British marathon runners from the previous era. Interviewees include London Marathon winners: Hugh Jones, Mike Gratton, Veronique Marot and Joyce Smith; Olympic bronze medallist, Charlie Spedding; and several other Big City marathon winners. The stories about their lifestyles and training make riveting reading, and it is certainly a must read for any aspiring marathon runner. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



**READ ONLINE**  
[ 6.24 MB ]

### Reviews

*Extensive guide! Its such a excellent read. This can be for anyone who statte that there was not a worth looking at. I am just effortlessly will get a satisfaction of looking at a written publication.*

-- **Melvin Hettinger**

*This book will not be effortless to start on reading through but very exciting to learn. It is amongst the most remarkable book i have got go through. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- **Dr. Easton Collier DVM**