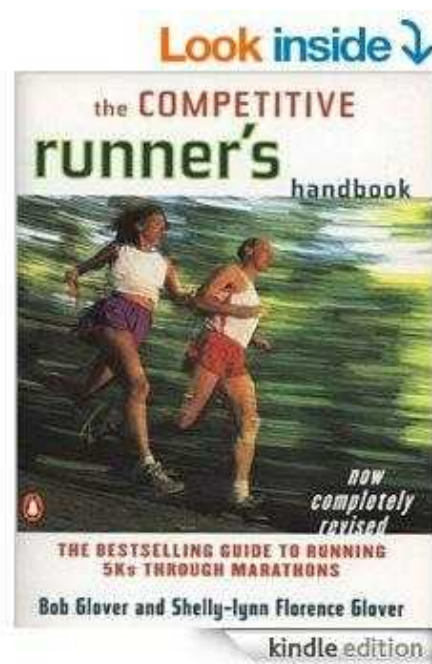


# The Competitive Runner039s Handbook (6 GBP)



Location

East Midlands, Leicestershire

<https://www.freeadsz.co.uk/x-197712-z>



The definitive training guide for all levels of runners. Published in 1980, written by Bob & Shelly Glover. 670+ page paperback. Excellent.



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