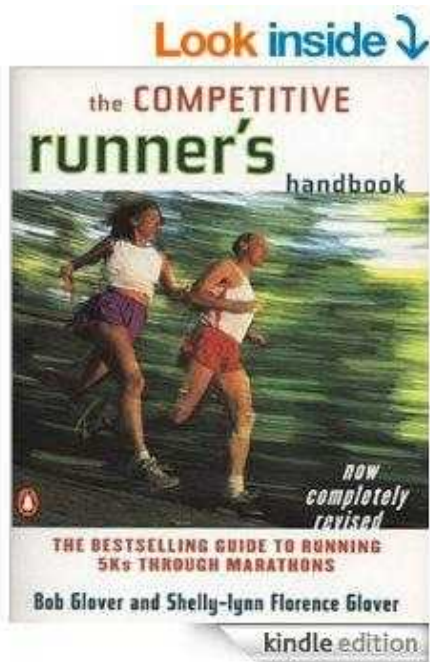


The Competitive Runner039s Handbook (6 GBP)



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.



The Competitive Runner039s Handbook
<https://www.freeadsz.co.uk/x-197712-z>



The Competitive Runner039s Handbook
<https://www.freeadsz.co.uk/x-197712-z>



The Competitive Runner039s Handbook
<https://www.freeadsz.co.uk/x-197712-z>



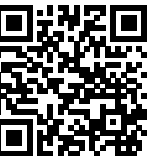
The Competitive Runner039s Handbook
<https://www.freeadsz.co.uk/x-197712-z>



The Competitive Runner039s Handbook
<https://www.freeadsz.co.uk/x-197712-z>



The Competitive Runner039s Handbook
<https://www.freeadsz.co.uk/x-197712-z>



The Competitive Runner039s Handbook
<https://www.freeadsz.co.uk/x-197712-z>



The Competitive Runner039s Handbook
<https://www.freeadsz.co.uk/x-197712-z>



The Competitive Runner039s Handbook
<https://www.freeadsz.co.uk/x-197712-z>



The Competitive Runner039s Handbook
<https://www.freeadsz.co.uk/x-197712-z>